

NDB No. 11001  
 Alfalfa seeds, sprouted, raw  
 Medicago sativa

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	92.82	0.299	6		1		30.63	2.78	
Energy.....kcal	23		0	NC	4		8	1	
Energy.....kj	96		0	NC	4		32	3	
Protein (N x 6.25).....g	3.99	0.563	10		1		1.32	0.12	
Total lipid (fat).....g	0.69	0.141	10		1		0.23	0.02	
Ash.....g	0.40	0.044	10		1		0.13	0.01	
Carbohydrate, by difference.....g	2.10		0	NC	4		0.69	0.06	
Fiber, total dietary.....g	1.9		0	O	4		0.6	0.1	
Sugars, total.....g	0.18	0.012	3		1		0.06	0.01	
Sucrose.....g	0.00		3		1		0.00	0.00	
Glucose (dextrose).....g	0.08	0.039	5		1		0.03	0.00	
Fructose.....g	0.12	0.059	6		1		0.04	0.00	
Lactose.....g	0.00		0	Z	7		0.00	0.00	
Maltose.....g	0.00		0	Z	7		0.00	0.00	
Galactose.....g	0.00		0	Z	7		0.00	0.00	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	32	4.659	10		1		11	1	
Iron, Fe.....mg	0.96	0.114	10		1		0.32	0.03	
Magnesium, Mg.....mg	27	3.978	10		1		9	1	
Phosphorus, P.....mg	70	7.914	10		1		23	2	
Potassium, K.....mg	79	9.790	10		1		26	2	
Sodium, Na.....mg	6	1.094	10		1		2	0	
Zinc, Zn.....mg	0.92	0.273	10		1		0.30	0.03	
Copper, Cu.....mg	0.157	0.017	10		1		0.052	0.005	
Manganese, Mn.....mg	0.188	0.019	10		1		0.062	0.006	
Selenium, Se.....mcg	0.6		0	CAZN	4		0.2	0.0	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	8.2	0.678	10		1		2.7	0.2	
Thiamin.....mg	0.076	0.005	10		1		0.025	0.002	
Riboflavin.....mg	0.126	0.017	10		1		0.042	0.004	
Niacin.....mg	0.481	0.044	10		1		0.159	0.014	
Pantothenic acid.....mg	0.563	0.069	10		1		0.186	0.017	
Vitamin B-6.....mg	0.034	0.005	10		1		0.011	0.001	
Folate, total.....mcg	36	0.800	10		1		12	1	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	36	0.800	10		1		12	1	
Folate, DFE.....mcg_DFE	36		0	NC	4		12	1	
Choline, total.....mg	14.4	0	0	AS	1		4.8	0.4	
Betaine.....mg	0.4		1	A	1		0.1	0.0	
Vitamin B-12.....mcg	0.00	0	0	Z	7		0.00	0.00	
Vitamin B-12, added.....mcg	0.00	0	0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	8	0	0	NC	4		3	0	
Retinol.....mcg	0	0	0	Z	7		0	0	
Carotene, beta.....mcg	87	0	0	O	4		29	3	
Carotene, alpha.....mcg	6	0	0	BFSN	4		2	0	
Cryptoxanthin, beta.....mcg	6	0	0	BFSN	4		2	0	
Vitamin A, IU.....IU	155	0	0	NC	4		51	5	
Lycopene.....mcg	0	0	0	Z	7		0	0	
Lutein + zeaxanthin.....mcg	0	0	0	BFSN	4		0	0	
Vitamin E (alpha-tocopherol).....mg	0.02	0	0	O	4		0.01	0.00	
Vitamin E, added.....mg	0.00	0	0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	30.5		0	BFSN	4		10.1	0.9	

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	Mean	Std. Error	Number of Data Deriv		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Points	Code					
<b><u>Lipids:</u></b>									
Fatty acids, total saturated.....g	0.069		0		1		0.023	0.002	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.000		0		1		0.000	0.000	
12:0.....g	0.000		0		1		0.000	0.000	
13:0.....g									
14:0.....g	0.002		0		1		0.001	0.000	
15:0.....g									
16:0.....g	0.059		0		1		0.019	0.002	
17:0.....g									
18:0.....g	0.008		0		1		0.003	0.000	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.056		0		1		0.018	0.002	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.056		0		1		0.018	0.002	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.409		0		1		0.135	0.012	
18:2 undifferentiated.....g	0.234		0		1		0.077	0.007	
18:3 undifferentiated.....g	0.175		0		1		0.058	0.005	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g									
Threonine.....g	0.134		1		1		0.044	0.004	
Isoleucine.....g	0.143		1		1		0.047	0.004	
Leucine.....g	0.267		1		1		0.088	0.008	
Lysine.....g	0.214		1		1		0.071	0.006	
Methionine.....g									
Cystine.....g									
Phenylalanine.....g									
Tyrosine.....g									
Valine.....g	0.145		1		1		0.048	0.004	
Arginine.....g									
Histidine.....g									
Alanine.....g									
Aspartic acid.....g									
Glutamic acid.....g									
Glycine.....g									
Proline.....g									
Serine.....g									
Hydroxyproline.....g									
<b><u>Others:</u></b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

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	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

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

**Common Measures:**

Measure 1 = 33g: 1 cup

Measure 2 = 3.0g: 1 tbsp

**Calories Factors: Protein** 2.44

**Fat** 8.37

**Carbohydrate**3.57

**Food Group:** 11 Vegetables and Vegetable Products  
USDA National Nutrient Database for Standard Reference, Release 21 (2008)



NDB No. 11700

Amaranth leaves, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.000		0		1		0.000		
15:0.....g									
16:0.....g	0.040		0		1		0.053		
17:0.....g									
18:0.....g	0.006		0		1		0.008		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.041		0		1		0.054		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.041		0		1		0.054		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.080		0		1		0.106		
18:2 undifferentiated.....g	0.079		0		1		0.104		
18:3 undifferentiated.....g	0.001		0		1		0.001		
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.027		0		1		0.036		
Threonine.....g	0.085		0		1		0.112		
Isoleucine.....g	0.102		0		1		0.135		
Leucine.....g	0.167		0		1		0.220		
Lysine.....g	0.109		0		1		0.144		
Methionine.....g	0.031		0		1		0.041		
Cystine.....g	0.025		0		1		0.033		
Phenylalanine.....g	0.114		0		1		0.150		
Tyrosine.....g	0.068		0		1		0.090		
Valine.....g	0.118		0		1		0.156		
Arginine.....g	0.104		0		1		0.137		
Histidine.....g	0.044		0		1		0.058		
Alanine.....g	0.119		0		1		0.157		
Aspartic acid.....g	0.196		0		1		0.259		
Glutamic acid.....g	0.250		0		1		0.330		
Glycine.....g	0.113		0		1		0.149		
Proline.....g	0.104		0		1		0.137		
Serine.....g	0.095		0		1		0.125		
Hydroxyproline.....g									

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**Common Measures:**

Measure 1 = 132g: 1 cup

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

**NDB No. 11700**

**Amaranth leaves, cooked, boiled, drained, with salt**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)



NDB No. 11004

Amaranth leaves, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.000		0		1		0.000		
15:0.....g									
16:0.....g	0.040		0		1		0.053		
17:0.....g									
18:0.....g	0.006		0		1		0.008		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.041		0		1		0.054		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.041		0		1		0.054		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.080		0		1		0.106		
18:2 undifferentiated.....g	0.079		0		1		0.104		
18:3 undifferentiated.....g	0.001		0		1		0.001		
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.027		0		1		0.036		
Threonine.....g	0.085		0		1		0.112		
Isoleucine.....g	0.102		0		1		0.135		
Leucine.....g	0.167		0		1		0.220		
Lysine.....g	0.109		0		1		0.144		
Methionine.....g	0.031		0		1		0.041		
Cystine.....g	0.025		0		1		0.033		
Phenylalanine.....g	0.114		0		1		0.150		
Tyrosine.....g	0.068		0		1		0.090		
Valine.....g	0.118		0		1		0.156		
Arginine.....g	0.104		0		1		0.137		
Histidine.....g	0.044		0		1		0.058		
Alanine.....g	0.119		0		1		0.157		
Aspartic acid.....g	0.196		0		1		0.259		
Glutamic acid.....g	0.250		0		1		0.330		
Glycine.....g	0.113		0		1		0.149		
Proline.....g	0.104		0		1		0.137		
Serine.....g	0.095		0		1		0.125		
Hydroxyproline.....g									

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

**Common Measures:**

Measure 1 = 132g: 1 cup

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57



**NDB No. 11004**

**Amaranth leaves, cooked, boiled, drained, without salt**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)



**NDB No. 11003**  
**Amaranth leaves, raw**

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.001		6		1		0.000	0.000	
15:0.....g									
16:0.....g	0.073		6		1		0.020	0.010	
17:0.....g									
18:0.....g	0.012		6		1		0.003	0.002	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.076		0		1		0.021	0.011	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.076		6		1		0.021	0.011	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.147		0		1		0.041	0.021	
18:2 undifferentiated.....g	0.145		6		1		0.041	0.020	
18:3 undifferentiated.....g	0.002		6		1		0.001	0.000	
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.031		14		1		0.009	0.004	
Threonine.....g	0.099		12		1		0.028	0.014	
Isoleucine.....g	0.119		12		1		0.033	0.017	
Leucine.....g	0.195		12		1		0.055	0.027	
Lysine.....g	0.127		16		1		0.036	0.018	
Methionine.....g	0.036		16		1		0.010	0.005	
Cystine.....g	0.029		13		1		0.008	0.004	
Phenylalanine.....g	0.133		11		1		0.037	0.019	
Tyrosine.....g	0.080		10		1		0.022	0.011	
Valine.....g	0.137		12		1		0.038	0.019	
Arginine.....g	0.121		11		1		0.034	0.017	
Histidine.....g	0.052		11		1		0.015	0.007	
Alanine.....g	0.139		6		1		0.039	0.019	
Aspartic acid.....g	0.229		6		1		0.064	0.032	
Glutamic acid.....g	0.292		6		1		0.082	0.041	
Glycine.....g	0.132		6		1		0.037	0.018	
Proline.....g	0.121		6		1		0.034	0.017	
Serine.....g	0.111		6		1		0.031	0.016	
Hydroxyproline.....g									

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

**Common Measures:**

Measure 1 = 28g: 1 cup

Measure 2 = 14.0g: 1 leaf

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**NDB No. 11003**  
**Amaranth leaves, raw**

**Food Group:** 11 Vegetables and Vegetable Products  
USDA National Nutrient Database for Standard Reference, Release 21 (2008)



NDB No. 11701

Arrowhead, cooked, boiled, drained, with salt

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

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

**Common Measures:**

Measure 1 = 12.0g: 1 corn, medium

**Calories Factors: Protein** 2.78

**Fat** 8.37

**Carbohydrate**3.84

**Food Group:** 11 Vegetables and Vegetable Products  
USDA National Nutrient Database for Standard Reference, Release 21 (2008)



NDB No. 11006

Arrowhead, cooked, boiled, drained, without salt

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

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

**Common Measures:**

Measure 1 = 12.0g: 1 medium

**Calories Factors: Protein 2.78**

**Fat 8.37**

**Carbohydrate 3.84**

**Food Group:** 11 Vegetables and Vegetable Products  
USDA National Nutrient Database for Standard Reference, Release 21 (2008)





NDB No. 11005

Arrowhead, raw

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

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

**Common Measures:**

Measure 1 = 25g: 1 large

Measure 2 = 12.0g: 1 medium

**Calories Factors: Protein** 2.78

**Fat** 8.37

**Carbohydrate**3.84

**Food Group:** 11 Vegetables and Vegetable Products  
USDA National Nutrient Database for Standard Reference, Release 21 (2008)



Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.002		0	BFFN	4		0.002	0.001	
15:0.....g									
16:0.....g	0.035		0	BFFN	4		0.042	0.012	
17:0.....g									
18:0.....g	0.002		0	BFFN	4		0.002	0.001	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.004		0	BFFN	4		0.005	0.001	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.004		0	BFFN	4		0.005	0.001	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.092		0	BFFN	4		0.110	0.030	
18:2 undifferentiated.....g	0.074		0	BFFN	4		0.089	0.024	
18:3 undifferentiated.....g	0.018		0	BFFN	4		0.022	0.006	
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									

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

**Common Measures:**

Measure 1 = 120g: 1 cup, sliced

Measure 2 = 33g: 1 root

**Calories Factors: Protein 2.78**

**Fat 8.37**

**Carbohydrate 3.84**

**Food Group: 11 Vegetables and Vegetable Products**

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11702

Artichokes, (globe or french), cooked, boiled, drained, with salt

Refuse:60% Stems and inedible parts of bracts and flower

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	84.08		1	A	1		100.90	70.63	
Energy.....kcal	53		0	NC	4		63	44	
Energy.....kj	220		0	NC	4		264	185	
Protein (N x 6.25).....g	2.89		1	A	1		3.47	2.43	
Total lipid (fat).....g	0.34		1	A	1		0.40	0.28	
Ash.....g	0.74		1	A	1		0.89	0.62	
Carbohydrate, by difference.....g	11.95		0	NC	4		14.34	10.03	
Fiber, total dietary.....g	8.6		1	A	1		10.3	7.2	
Sugars, total.....g	0.99		1	A	1		1.19	0.83	
Sucrose.....g	0.73		1	A	1		0.88	0.62	
Glucose (dextrose).....g	0.24		1	A	1		0.29	0.20	
Fructose.....g	0.02		1	A	1		0.02	0.01	
Lactose.....g	0.00		1	A	1		0.00	0.00	
Maltose.....g	0.00		1	A	1		0.00	0.00	
Galactose.....g	0.00		1	A	1		0.00	0.00	
Starch.....g	0.00		1	A	1		0.00	0.00	
<b>Minerals:</b>									
Calcium, Ca.....mg	21		1	A	1		25	17	
Iron, Fe.....mg	0.61		1	A	1		0.73	0.51	
Magnesium, Mg.....mg	42		1	A	1		51	35	
Phosphorus, P.....mg	73		1	A	1		87	61	
Potassium, K.....mg	286		1	A	1		343	240	
Sodium, Na.....mg	60		1	A	1		72	50	
Zinc, Zn.....mg	0.40		1	A	1		0.48	0.34	
Copper, Cu.....mg	0.127		1	A	1		0.152	0.107	
Manganese, Mn.....mg	0.225		1	A	1		0.270	0.189	
Selenium, Se.....mcg	0.2		1	A	1		0.3	0.2	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	7.4		1	A	1		8.9	6.2	
Thiamin.....mg	0.050		1	A	1		0.060	0.042	
Riboflavin.....mg	0.089		1	A	1		0.106	0.074	
Niacin.....mg	1.110		1	A	1		1.332	0.932	
Pantothenic acid.....mg	0.240		1	A	1		0.288	0.202	
Vitamin B-6.....mg	0.081		1	A	1		0.097	0.068	
Folate, total.....mcg	89		1	A	1		107	75	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	89		1	A	1		107	75	
Folate, DFE.....mcg_DFE	89		0	NC	4		107	75	
Choline, total.....mg	34.4		0	AS	1		41.3	28.9	
Betaine.....mg	0.2		1	A	1		0.2	0.1	
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	1		0	AS	1		1	1	
Retinol.....mcg	0		0	Z	7		0	0	
Carotene, beta.....mcg	8		1	A	1		10	7	
Carotene, alpha.....mcg	0		1	A	1		0	0	
Cryptoxanthin, beta.....mcg	0		1	A	1		0	0	
Vitamin A, IU.....IU	13		0	AS	1		16	11	
Lycopene.....mcg	0		1	A	1		0	0	
Lutein + zeaxanthin.....mcg	464		1	A	1		557	390	
Vitamin E (alpha-tocopherol).....mg	0.19		0	O	4		0.23	0.16	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	14.8		1	A	1		17.8	12.4	

NDB No. 11702

Artichokes, (globe or french), cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.081		0	NC	4		0.098	0.068	
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g	0.004		0		1		0.005	0.004	
13:0.....g									
14:0.....g	0.004		0		1		0.005	0.004	
15:0.....g									
16:0.....g	0.066		0		1		0.080	0.056	
17:0.....g									
18:0.....g	0.006		0		1		0.008	0.005	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.011		0	NC	4		0.013	0.009	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.011		0		1		0.013	0.009	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.143		0	NC	4		0.172	0.120	
18:2 undifferentiated.....g	0.105		0		1		0.126	0.088	
18:3 undifferentiated.....g	0.038		0		1		0.046	0.032	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

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

**Common Measures:**

Measure 1 = 120g: 1 artichoke, medium

Measure 2 = 84g: .5 cup hearts

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group:** 11 Vegetables and Vegetable Products  
 USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11008

Artichokes, (globe or french), cooked, boiled, drained, without salt

Refuse:60% Stem and inedible parts of bracts and flowers

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	84.08		1	A	1		100.90	70.63	
Energy.....kcal	53		0	NC	4		63	44	
Energy.....kj	220		0	NC	4		264	185	
Protein (N x 6.25).....g	2.89		1	A	1		3.47	2.43	
Total lipid (fat).....g	0.34		1	A	1		0.40	0.28	
Ash.....g	0.74		1	A	1		0.89	0.62	
Carbohydrate, by difference.....g	11.95		0	NC	4		14.34	10.03	
Fiber, total dietary.....g	8.6		1	A	1		10.3	7.2	
Sugars, total.....g	0.99		1	A	1		1.19	0.83	
Sucrose.....g	0.73		1	A	1		0.88	0.62	
Glucose (dextrose).....g	0.24		1	A	1		0.29	0.20	
Fructose.....g	0.02		1	A	1		0.02	0.01	
Lactose.....g	0.00		1	A	1		0.00	0.00	
Maltose.....g	0.00		1	A	1		0.00	0.00	
Galactose.....g	0.00		1	A	1		0.00	0.00	
Starch.....g	0.00		1	A	1		0.00	0.00	
<b>Minerals:</b>									
Calcium, Ca.....mg	21		1	A	1		25	17	
Iron, Fe.....mg	0.61		1	A	1		0.73	0.51	
Magnesium, Mg.....mg	42		1	A	1		51	35	
Phosphorus, P.....mg	73		1	A	1		87	61	
Potassium, K.....mg	286		1	A	1		343	240	
Sodium, Na.....mg	60		1	A	1		72	50	
Zinc, Zn.....mg	0.40		1	A	1		0.48	0.34	
Copper, Cu.....mg	0.127		1	A	1		0.152	0.107	
Manganese, Mn.....mg	0.225		1	A	1		0.270	0.189	
Selenium, Se.....mcg	0.2		1	A	1		0.3	0.2	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	7.4		1	A	1		8.9	6.2	
Thiamin.....mg	0.050		1	A	1		0.060	0.042	
Riboflavin.....mg	0.089		1	A	1		0.106	0.074	
Niacin.....mg	1.110		1	A	1		1.332	0.932	
Pantothenic acid.....mg	0.240		1	A	1		0.288	0.202	
Vitamin B-6.....mg	0.081		1	A	1		0.097	0.068	
Folate, total.....mcg	89		1	A	1		107	75	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	89		1	A	1		107	75	
Folate, DFE.....mcg_DFE	89		0	NC	4		107	75	
Choline, total.....mg	34.4		0	AS	1		41.3	28.9	
Betaine.....mg	0.2		1	A	1		0.2	0.1	
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	1		0	AS	1		1	1	
Retinol.....mcg	0		0	Z	7		0	0	
Carotene, beta.....mcg	8		1	A	1		10	7	
Carotene, alpha.....mcg	0		1	A	1		0	0	
Cryptoxanthin, beta.....mcg	0		1	A	1		0	0	
Vitamin A, IU.....IU	13		0	AS	1		16	11	
Lycopene.....mcg	0		1	A	1		0	0	
Lutein + zeaxanthin.....mcg	464		1	A	1		557	390	
Vitamin E (alpha-tocopherol).....mg	0.19		0	O	4		0.23	0.16	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	14.8		1	A	1		17.8	12.4	

NDB No. 11008

Artichokes, (globe or french), cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.081		0	NC	4		0.098	0.068	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.000		0		1		0.000	0.000	
12:0.....g	0.004		0		1		0.005	0.004	
13:0.....g									
14:0.....g	0.004		0		1		0.005	0.004	
15:0.....g									
16:0.....g	0.066		0		1		0.080	0.056	
17:0.....g									
18:0.....g	0.006		0		1		0.008	0.005	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.011		0	NC	4		0.013	0.009	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.011		0		1		0.013	0.009	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.143		0	NC	4		0.172	0.120	
18:2 undifferentiated.....g	0.105		0		1		0.126	0.088	
18:3 undifferentiated.....g	0.038		0		1		0.046	0.032	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

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

**Common Measures:**

Measure 1 = 120g: 1 artichoke, medium

Measure 2 = 84g: .5 cup hearts

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products  
 USDA National Nutrient Database for Standard Reference, Release 21 (2008)





NDB No. 11703

Artichokes, (globe or french), frozen, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.005		0			1	0.009	0.012	0.004
13:0.....g									
14:0.....g	0.005		0			1	0.009	0.012	0.004
15:0.....g									
16:0.....g	0.099		0			1	0.166	0.237	0.079
17:0.....g									
18:0.....g	0.010		0			1	0.017	0.024	0.008
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.015		0	NC		4	0.026	0.037	0.012
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.015		0			1	0.026	0.037	0.012
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.216		0	NC		4	0.362	0.518	0.173
18:2 undifferentiated.....g	0.157		0			1	0.263	0.376	0.125
18:3 undifferentiated.....g	0.059		0			1	0.099	0.142	0.047
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z		7	0	0	0
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g									
Caffeine.....mg	0		0	Z		7	0	0	0
Theobromine.....mg	0		0	Z		7	0	0	0

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

**Common Measures:**

Measure 1 = 168g: 1 cup

Measure 2 = 240g: 1 package (9 oz), yields

Measure 3 = 80g: .333 package (9 oz) yields

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group: 11 Vegetables and Vegetable Products**  
 USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11010

Artichokes, (globe or french), frozen, cooked, boiled, drained, w without salt

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	86.50		0		1		145.32	207.60	69.20
Energy.....kcal	45		0	NC	4		76	108	36
Energy.....kj	188		0		4		316	452	151
Protein (N x 6.25).....g	3.11		0		1		5.22	7.46	2.49
Total lipid (fat).....g	0.50		0		1		0.84	1.20	0.40
Ash.....g	0.71		0		1		1.19	1.70	0.57
Carbohydrate, by difference.....g	9.18		0	NC	4		15.42	22.03	7.34
Fiber, total dietary.....g	4.6		0		4		7.7	11.0	3.7
Sugars, total.....g	0.84		0	BFSN	4		1.41	2.02	0.67
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	21		0		1		35	50	17
Iron, Fe.....mg	0.56		0		1		0.94	1.34	0.45
Magnesium, Mg.....mg	31		0		1		52	74	25
Phosphorus, P.....mg	61		0		1		102	146	49
Potassium, K.....mg	264		0		1		444	634	211
Sodium, Na.....mg	53		0		1		89	127	42
Zinc, Zn.....mg	0.36		0		1		0.60	0.86	0.29
Copper, Cu.....mg	0.061		0		1		0.102	0.146	0.049
Manganese, Mn.....mg	0.273		0		1		0.459	0.655	0.218
Selenium, Se.....mcg	0.2		0	BFSN	4		0.3	0.5	0.2
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	5.0		0		1		8.4	12.0	4.0
Thiamin.....mg	0.062		0		1		0.104	0.149	0.050
Riboflavin.....mg	0.158		0		1		0.265	0.379	0.126
Niacin.....mg	0.915		0		1		1.537	2.196	0.732
Pantothenic acid.....mg	0.200		0		1		0.336	0.480	0.160
Vitamin B-6.....mg	0.087		0		1		0.146	0.209	0.070
Folate, total.....mcg	119		0		1		200	285	95
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg	119		0		1		200	285	95
Folate, DFE.....mcg_DFE	119		0	NC	4		200	285	95
Choline, total.....mg	29.2		0	BFSN	4		49.1	70.1	23.4
Betaine.....mg	0.1		0	BFSN	4		0.2	0.3	0.1
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	1		0	NC	4		1	1	0
Retinol.....mcg	0		0	Z	7		0	0	0
Carotene, beta.....mcg	7		0	BFSN	4		11	16	5
Carotene, alpha.....mcg	0		0	BFSN	4		0	0	0
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0	0	0
Vitamin A, IU.....IU	11		0	NC	4		19	27	9
Lycopene.....mcg	0		0	BFSN	4		0	0	0
Lutein + zeaxanthin.....mcg	394		0	BFSN	4		661	944	315
Vitamin E (alpha-tocopherol).....mg	0.16		0	BFSN	4		0.27	0.39	0.13
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	12.6		0	BFSN	4		21.1	30.1	10.0
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.119		0	NC	4		0.200	0.286	0.095
4:0.....g	0.000		0		1		0.000	0.000	0.000
6:0.....g	0.000		0		1		0.000	0.000	0.000
8:0.....g	0.000		0		1		0.000	0.000	0.000
10:0.....g	0.000		0		1		0.000	0.000	0.000

NDB No. 11010

Artichokes, (globe or french), frozen, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.005		0		1		0.009	0.012	0.004
13:0.....g									
14:0.....g	0.005		0		1		0.009	0.012	0.004
15:0.....g									
16:0.....g	0.099		0		1		0.166	0.237	0.079
17:0.....g									
18:0.....g	0.010		0		1		0.017	0.024	0.008
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.015		0	NC	4		0.026	0.037	0.012
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.015		0		1		0.026	0.037	0.012
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.216		0	NC	4		0.362	0.518	0.173
18:2 undifferentiated.....g	0.157		0		1		0.263	0.376	0.125
18:3 undifferentiated.....g	0.059		0		1		0.099	0.142	0.047
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	0
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0

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

**Common Measures:**

Measure 1 = 168g: 1 cup

Measure 2 = 240g: 1 package (9 oz), yields

Measure 3 = 80g: .333 package (9 oz) yields

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group: 11 Vegetables and Vegetable Products**

USDA National Nutrient Database for Standard Reference, Release 21 (2008)



NDB No. 11009

Artichokes, (globe or french), frozen, unprepared

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.004		0		1		0.010		
15:0.....g									
16:0.....g	0.082		0		1		0.209		
17:0.....g									
18:0.....g	0.008		0		1		0.020		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.012		0		1		0.031		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.012		0		1		0.031		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.179		0		1		0.456		
18:2 undifferentiated.....g	0.130		0		1		0.332		
18:3 undifferentiated.....g	0.049		0		1		0.125		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0		
Phytosterols.....mg									

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

**Common Measures:**

Measure 1 = 255g: 1 package (9 oz)

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group: 11 Vegetables and Vegetable Products**

USDA National Nutrient Database for Standard Reference, Release 21 (2008)



NDB No. 11007

Artichokes, (globe or french), raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.002		1		1		0.003	0.003	
15:0.....g									
16:0.....g	0.029		1		1		0.037	0.047	
17:0.....g									
18:0.....g	0.003		1		1		0.004	0.005	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.005		0	NC	4		0.007	0.008	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	Z	7		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.005		1		1		0.007	0.008	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.064		0	NC	4		0.081	0.103	
18:2 undifferentiated.....g	0.046		1		1		0.059	0.075	
18:3 undifferentiated.....g	0.017		1		1		0.022	0.028	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg									
Theobromine.....mg									

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

**Common Measures:**

Measure 1 = 128g: 1 artichoke, medium

Measure 2 = 162g: 1 artichoke, large

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group:** 11 Vegetables and Vegetable Products  
 USDA National Nutrient Database for Standard Reference, Release 21 (2008)



NDB No. 11959

Arugula, raw

*Eruca sativa*

Refuse:40% Roots, stems and yellowed leaves

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	91.71		2		1		1.83	9.17	
Energy.....kcal	25		0	NC	4		1	3	
Energy.....kj	105		0		4		2	10	
Protein (N x 6.25).....g	2.58		2		1		0.05	0.26	
Total lipid (fat).....g	0.66		2		1		0.01	0.07	
Ash.....g	1.40		2		1		0.03	0.14	
Carbohydrate, by difference.....g	3.65		0	NC	4		0.07	0.37	
Fiber, total dietary.....g	1.6		0		1		0.0	0.2	
Sugars, total.....g	2.05		0	O	4		0.04	0.21	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	160		2		1		3	16	
Iron, Fe.....mg	1.46	0.000	4		1		0.03	0.15	
Magnesium, Mg.....mg	47		2		1		1	5	
Phosphorus, P.....mg	52		2		1		1	5	
Potassium, K.....mg	369		2		1		7	37	
Sodium, Na.....mg	27		2		1		1	3	
Zinc, Zn.....mg	0.47		2		1		0.01	0.05	
Copper, Cu.....mg	0.076		2		1		0.002	0.008	
Manganese, Mn.....mg	0.321		2		1		0.006	0.032	
Selenium, Se.....mcg	0.3		0	BFSN	4		0.0	0.0	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	15.0		1		1		0.3	1.5	
Thiamin.....mg	0.044		2		1		0.001	0.004	
Riboflavin.....mg	0.086		2		1		0.002	0.009	
Niacin.....mg	0.305		2		1		0.006	0.031	
Pantothenic acid.....mg	0.437		2		1		0.009	0.044	
Vitamin B-6.....mg	0.073		2		1		0.001	0.007	
Folate, total.....mcg	97		2		1		2	10	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	97		2		1		2	10	
Folate, DFE.....mcg_DFE	97		0	NC	4		2	10	
Choline, total.....mg	15.3		0	BFSN	4		0.3	1.5	
Betaine.....mg	0.1		0	BFSN	4		0.0	0.0	
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	119		0	NC	4		2	12	
Retinol.....mcg	0		0	BNA	4		0	0	
Carotene, beta.....mcg	1424		0	BNA	4		28	142	
Carotene, alpha.....mcg	0		0	BNA	4		0	0	
Cryptoxanthin, beta.....mcg	0		0	BNA	4		0	0	
Vitamin A, IU.....IU	2373		0	NC	4		47	237	
Lycopene.....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin.....mcg	3555		0	BFSN	4		71	355	
Vitamin E (alpha-tocopherol).....mg	0.43		0	O	4		0.01	0.04	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	108.6		0	O	4		2.2	10.9	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.086		0		4		0.002	0.009	
4:0.....g	0.000		0		4		0.000	0.000	
6:0.....g	0.000		0		4		0.000	0.000	
8:0.....g	0.000		0		4		0.000	0.000	
10:0.....g	0.000		0		4		0.000	0.000	

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.003		0		4		0.000	0.000	
13:0.....g					4		0.000	0.000	
14:0.....g	0.000		0		4		0.000	0.000	
15:0.....g					4		0.001	0.007	
16:0.....g	0.072		0		4		0.001	0.007	
17:0.....g					4		0.000	0.000	
18:0.....g	0.004		0		4		0.000	0.000	
20:0.....g					4		0.000	0.000	
22:0.....g					4		0.000	0.000	
24:0.....g					4		0.000	0.000	
Fatty acids, total monounsaturated.....g	0.049		0		4		0.001	0.005	
14:1.....g					4		0.000	0.000	
15:1.....g					4		0.000	0.000	
16:1 undifferentiated.....g	0.001		0		4		0.000	0.000	
17:1.....g					4		0.001	0.005	
18:1 undifferentiated.....g	0.046		0		4		0.001	0.005	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g					4		0.000	0.000	
Fatty acids, total polyunsaturated.....g	0.319		0		4		0.006	0.032	
18:2 undifferentiated.....g	0.130		0		4		0.003	0.013	
18:3 undifferentiated.....g	0.170		0		4		0.003	0.017	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g					4		0.000	0.000	
20:3 undifferentiated.....g					4		0.000	0.000	
20:4 undifferentiated.....g	0.002		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g					7		0	0	
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg					7		0	0	
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

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

**Common Measures:**

Measure 1 = 2.0g: 1 leaf

Measure 2 = 10.0g: .5 cup

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group: 11 Vegetables and Vegetable Products**

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11015

Asparagus, canned, drained solids

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Deriv		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Points	Code					
<b>Proximates:</b>									
Water.....g	93.98	0.651	4		1		227.43	16.92	233.07
Energy.....kcal	19		0	NC	4		47	3	48
Energy.....kj	81		0	NC	4		197	15	202
Protein (N x 6.25).....g	2.14	0.146	4		1		5.18	0.39	5.31
Total lipid (fat).....g	0.65	0.065	4		1		1.57	0.12	1.61
Ash.....g	0.77	0.271	4		1		1.86	0.14	1.91
Carbohydrate, by difference.....g	2.46		0	NC	4		5.95	0.44	6.10
Fiber, total dietary.....g	1.6		0		1		3.9	0.3	4.0
Sugars, total.....g	1.06		0	BFSN	4		2.58	0.19	2.64
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	16		0		4		39	3	40
Iron, Fe.....mg	1.83	0.783	4		1		4.43	0.33	4.54
Magnesium, Mg.....mg	10		0		4		24	2	25
Phosphorus, P.....mg	43		0		4		104	8	107
Potassium, K.....mg	172		0		4		416	31	427
Sodium, Na.....mg	287		0	BD	4		695	52	712
Zinc, Zn.....mg	0.40	0.022	4		1		0.97	0.07	0.99
Copper, Cu.....mg	0.096	0.012	4		1		0.232	0.017	0.238
Manganese, Mn.....mg	0.170		0		4		0.411	0.031	0.422
Selenium, Se.....mcg	1.7	0.359	15	A	1		4.1	0.3	4.2
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	18.4		0		4		44.5	3.3	45.6
Thiamin.....mg	0.061		0		4		0.148	0.011	0.151
Riboflavin.....mg	0.100		0		4		0.242	0.018	0.248
Niacin.....mg	0.954		0		4		2.309	0.172	2.366
Pantothenic acid.....mg	0.139		0		4		0.336	0.025	0.345
Vitamin B-6.....mg	0.110		0		4		0.266	0.020	0.273
Folate, total.....mcg	96		0		1		231	17	237
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg	96		0		1		231	17	237
Folate, DFE.....mcg_DFE	96		0	NC	4		231	17	237
Choline, total.....mg	21.4		0	BFSN	4		51.7	3.8	53.0
Betaine.....mg	0.7		0	BFSN	4		1.7	0.1	1.8
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	41		0	NC	4		99	7	102
Retinol.....mcg	0		0	Z	7		0	0	0
Carotene, beta.....mcg	493		0	BFSN	4		1194	89	1223
Carotene, alpha.....mcg	0		0	BFSN	4		0	0	0
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0	0	0
Vitamin A, IU.....IU	822		0	NC	4		1990	148	2039
Lycopene.....mcg	24		0	BFSN	4		59	4	60
Lutein + zeaxanthin.....mcg	630		0	BFSN	4		1525	113	1563
Vitamin E (alpha-tocopherol).....mg	1.22		0	BFSN	4		2.96	0.22	3.04
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	41.3		0	BFSN	4		100.0	7.4	102.5
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.147		0		1		0.356	0.026	0.365
4:0.....g	0.000		0		1		0.000	0.000	0.000
6:0.....g	0.000		0		1		0.000	0.000	0.000
8:0.....g	0.000		0		1		0.000	0.000	0.000
10:0.....g	0.000		0		1		0.000	0.000	0.000

Asparagus, canned, drained solids

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.002		0		1		0.005	0.000	0.005
13:0.....g									
14:0.....g	0.004		0		1		0.010	0.001	0.010
15:0.....g									
16:0.....g	0.132		0		1		0.319	0.024	0.327
17:0.....g									
18:0.....g	0.009		0		1		0.022	0.002	0.022
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.021		0		1		0.051	0.004	0.052
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.004		0		1		0.010	0.001	0.010
17:1.....g									
18:1 undifferentiated.....g	0.017		0		1		0.041	0.003	0.042
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.284		0		1		0.687	0.051	0.704
18:2 undifferentiated.....g	0.269		0		1		0.651	0.048	0.667
18:3 undifferentiated.....g	0.015		0		1		0.036	0.003	0.037
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	0
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.021		0		1		0.051	0.004	0.052
Threonine.....g	0.060		0		1		0.145	0.011	0.149
Isoleucine.....g	0.079		0		1		0.191	0.014	0.196
Leucine.....g	0.093		0		1		0.225	0.017	0.231
Lysine.....g	0.101		0		1		0.244	0.018	0.250
Methionine.....g	0.021		0		1		0.051	0.004	0.052
Cystine.....g	0.025		0		1		0.061	0.005	0.062
Phenylalanine.....g	0.051		0		1		0.123	0.009	0.126
Tyrosine.....g	0.034		0		1		0.082	0.006	0.084
Valine.....g	0.082		0		1		0.198	0.015	0.203
Arginine.....g	0.100		0		1		0.242	0.018	0.248
Histidine.....g	0.033		0		1		0.080	0.006	0.082
Alanine.....g	0.101		0		1		0.244	0.018	0.250
Aspartic acid.....g	0.248		0		1		0.600	0.045	0.615
Glutamic acid.....g	0.350		0		1		0.847	0.063	0.868
Glycine.....g	0.069		0		1		0.167	0.012	0.171
Proline.....g	0.114		0		1		0.276	0.021	0.283
Serine.....g	0.081		0		1		0.196	0.015	0.201
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0

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

**Common Measures:**

**NDB No. 11015**

**Asparagus, canned, drained solids**

Measure 1 = 242g: 1 cup

Measure 2 = 18g: 1 spear (about 5" long)

Measure 3 = 248g: 1 can (300 x 407)

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)



NDB No. 11707

Asparagus, canned, no salt added, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.001		0		1		0.001	0.004	
13:0.....g									
14:0.....g	0.001		0		1		0.001	0.004	
15:0.....g									
16:0.....g	0.037		0		1		0.045	0.151	
17:0.....g									
18:0.....g	0.003		0		1		0.003	0.012	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.006		0	NC	4		0.007	0.023	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.001	0.004	
17:1.....g									
18:1 undifferentiated.....g	0.005		0		1		0.006	0.019	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.079		0	NC	4		0.096	0.325	
18:2 undifferentiated.....g	0.075		0		1		0.092	0.309	
18:3 undifferentiated.....g	0.004		0		1		0.005	0.015	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.018		0		1		0.022	0.074	
Threonine.....g	0.050		0		1		0.061	0.206	
Isoleucine.....g	0.066		0		1		0.081	0.271	
Leucine.....g	0.078		0		1		0.095	0.321	
Lysine.....g	0.085		0		1		0.104	0.349	
Methionine.....g	0.017		0		1		0.021	0.070	
Cystine.....g	0.021		0		1		0.026	0.086	
Phenylalanine.....g	0.043		0		1		0.052	0.177	
Tyrosine.....g	0.029		0		1		0.035	0.119	
Valine.....g	0.069		0		1		0.084	0.284	
Arginine.....g	0.084		0		1		0.102	0.345	
Histidine.....g	0.028		0		1		0.034	0.115	
Alanine.....g	0.085		0		1		0.104	0.349	
Aspartic acid.....g	0.209		0		1		0.255	0.859	
Glutamic acid.....g	0.295		0		1		0.360	1.212	
Glycine.....g	0.058		0		1		0.071	0.238	
Proline.....g	0.096		0		1		0.117	0.395	
Serine.....g	0.069		0		1		0.084	0.284	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

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

**Common Measures:**

**NDB No. 11707**

**Asparagus, canned, no salt added, solids and liquids**

Measure 1 = 122g: .5 cup

Measure 2 = 411g: 1 can (300 x 407)

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group: 11 Vegetables and Vegetable Products**

USDA National Nutrient Database for Standard Reference, Release 21 (2008)





Asparagus, canned, regular pack, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.001		0		1		0.001	0.004	
15:0.....g									
16:0.....g	0.039		0		1		0.048	0.160	
17:0.....g									
18:0.....g	0.003		0		1		0.004	0.012	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.006		0		1		0.007	0.025	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.001	0.004	
17:1.....g									
18:1 undifferentiated.....g	0.005		0		1		0.006	0.021	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.085		0		1		0.104	0.349	
18:2 undifferentiated.....g	0.080		0		1		0.098	0.329	
18:3 undifferentiated.....g	0.004		0		1		0.005	0.016	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.018		0		1		0.022	0.074	
Threonine.....g	0.050		0		1		0.061	0.206	
Isoleucine.....g	0.066		0		1		0.081	0.271	
Leucine.....g	0.078		0		1		0.095	0.321	
Lysine.....g	0.085		0		1		0.104	0.349	
Methionine.....g	0.017		0		1		0.021	0.070	
Cystine.....g	0.021		0		1		0.026	0.086	
Phenylalanine.....g	0.043		0		1		0.052	0.177	
Tyrosine.....g	0.029		0		1		0.035	0.119	
Valine.....g	0.069		0		1		0.084	0.284	
Arginine.....g	0.084		0		1		0.102	0.345	
Histidine.....g	0.028		0		1		0.034	0.115	
Alanine.....g	0.085		0		1		0.104	0.349	
Aspartic acid.....g	0.209		0		1		0.255	0.859	
Glutamic acid.....g	0.295		0		1		0.360	1.212	
Glycine.....g	0.058		0		1		0.071	0.238	
Proline.....g	0.096		0		1		0.117	0.395	
Serine.....g	0.069		0		1		0.084	0.284	
Hydroxyproline.....g									
<b><u>Others:</u></b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg									
Theobromine.....mg									

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

**Common Measures:**

Measure 1 = 122g: .5 cup

**NDB No. 11013**

**Asparagus, canned, regular pack, solids and liquids**

Measure 2 = 411g: 1 can (300 x 407)

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group: 11 Vegetables and Vegetable Products**

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11012

Asparagus, cooked, boiled, drained

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	92.63	0.140	4	A	1		83.37	55.58	
Energy.....kcal	22		0	NC	4		20	13	
Energy.....kj	94		0	NC	4		84	56	
Protein (N x 6.25).....g	2.40	0.124	4	A	1		2.16	1.44	
Total lipid (fat).....g	0.22	0.033	4	A	1		0.20	0.13	
Ash.....g	0.63	0.020	4	A	1		0.57	0.38	
Carbohydrate, by difference.....g	4.11		0	NC	4		3.70	2.47	
Fiber, total dietary.....g	2.0	0.085	4	A	1		1.8	1.2	
Sugars, total.....g	1.30		0	AS	1		1.17	0.78	
Sucrose.....g	0.08	0.052	4	A	1		0.08	0.05	
Glucose (dextrose).....g	0.42	0.066	4	A	1		0.38	0.25	
Fructose.....g	0.79	0.087	4	A	1		0.71	0.48	
Lactose.....g	0.00	0.000	4	A	1		0.00	0.00	
Maltose.....g	0.00	0.000	4	A	1		0.00	0.00	
Galactose.....g	0.00		0	Z	7		0.00	0.00	
Starch.....g	0.00		1	A	1		0.00	0.00	
<b>Minerals:</b>									
Calcium, Ca.....mg	23	0.866	4	A	1		21	14	
Iron, Fe.....mg	0.91	0.113	4	A	1		0.81	0.54	
Magnesium, Mg.....mg	14	0.430	4	A	1		13	8	
Phosphorus, P.....mg	54	2.689	4	A	1		49	33	
Potassium, K.....mg	224	7.632	4	A	1		201	134	
Sodium, Na.....mg	14	1.138	4	A	1		13	8	
Zinc, Zn.....mg	0.60	0.033	4	A	1		0.54	0.36	
Copper, Cu.....mg	0.165	0.028	4	A	1		0.148	0.099	
Manganese, Mn.....mg	0.154	0.010	4	A	1		0.139	0.093	
Selenium, Se.....mcg	6.1		2	A	1		5.5	3.7	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	7.7	0.771	4	A	1		6.9	4.6	
Thiamin.....mg	0.162	0.012	4	A	1		0.146	0.097	
Riboflavin.....mg	0.139	0.007	4	A	1		0.125	0.083	
Niacin.....mg	1.084	0.047	4	A	1		0.975	0.650	
Pantothenic acid.....mg	0.225	0.020	4	A	1		0.203	0.135	
Vitamin B-6.....mg	0.079	0.011	4	A	1		0.071	0.048	
Folate, total.....mcg	149	8.230	4	A	1		134	90	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	149	8.230	4	A	1		134	90	
Folate, DFE.....mcg_DFE	149		0	NC	4		134	90	
Choline, total.....mg	26.1		0	AS	1		23.5	15.7	
Betaine.....mg	0.9		1	A	1		0.8	0.5	
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	50		0	AS	1		45	30	
Retinol.....mcg	0		0	Z	7		0	0	
Carotene, beta.....mcg	604	60.732	4	A	1		543	362	
Carotene, alpha.....mcg	0	0.000	4	A	1		0	0	
Cryptoxanthin, beta.....mcg	0	0.000	4	A	1		0	0	
Vitamin A, IU.....IU	1006		0	AS	1		905	603	
Lycopene.....mcg	30	2.204	4	A	1		27	18	
Lutein + zeaxanthin.....mcg	771	78.514	4	A	1		694	463	
Vitamin E (alpha-tocopherol).....mg	1.50		0	BFSN	4		1.35	0.90	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg	0.02		0	BFSN	4		0.02	0.01	
Tocopherol, gamma.....mg	0.21		0	BFSN	4		0.19	0.13	
Tocopherol, delta.....mg	0.00		0	BFSN	4		0.00	0.00	
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	50.6	4.354	4	A	1		45.5	30.3	

NDB No. 11012

Asparagus, cooked, boiled, drained

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.048		0	NC	4		0.043	0.029	
4:0.....g	0.000		0	Z	7		0.000	0.000	
6:0.....g	0.000		0	Z	7		0.000	0.000	
8:0.....g	0.000		1	A	1		0.000	0.000	
10:0.....g	0.000		1	A	1		0.000	0.000	
12:0.....g	0.000		1	A	1		0.000	0.000	
13:0.....g									
14:0.....g	0.000		1	A	1		0.000	0.000	
15:0.....g	0.000		1	A	1		0.000	0.000	
16:0.....g	0.048		1	A	1		0.043	0.029	
17:0.....g	0.000		1	A	1		0.000	0.000	
18:0.....g	0.000		1	A	1		0.000	0.000	
20:0.....g	0.000		1	A	1		0.000	0.000	
22:0.....g	0.000		1	A	1		0.000	0.000	
24:0.....g	0.000		1	A	1		0.000	0.000	
Fatty acids, total monounsaturated.....g	0.000		0	NC	4		0.000	0.000	
14:1.....g	0.000		1	A	1		0.000	0.000	
15:1.....g	0.000		1	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.000		1	A	1		0.000	0.000	
17:1.....g	0.000		1	A	1		0.000	0.000	
18:1 undifferentiated.....g	0.000		1	A	1		0.000	0.000	
20:1.....g	0.000		1	A	1		0.000	0.000	
22:1 undifferentiated.....g	0.000		1	A	1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.105		0	NC	4		0.094	0.063	
18:2 undifferentiated.....g	0.076		1	A	1		0.069	0.046	
18:3 undifferentiated.....g	0.029		1	A	1		0.026	0.017	
18:4.....g	0.000		1	A	1		0.000	0.000	
20:2 n-6 c,c.....g	0.000		1	A	1		0.000	0.000	
20:3 undifferentiated.....g	0.000		1	A	1		0.000	0.000	
20:4 undifferentiated.....g	0.000		1	A	1		0.000	0.000	
20:5 n-3.....g	0.000		1	A	1		0.000	0.000	
22:5 n-3.....g	0.000		1	A	1		0.000	0.000	
22:6 n-3.....g	0.000		1	A	1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.029		0	A	1		0.027	0.018	
Threonine.....g	0.092		0	A	1		0.082	0.055	
Isoleucine.....g	0.082		0	A	1		0.074	0.049	
Leucine.....g	0.140		0	A	1		0.126	0.084	
Lysine.....g	0.113		0	A	1		0.102	0.068	
Methionine.....g	0.034		0	A	1		0.030	0.020	
Cystine.....g	0.034		0	A	1		0.030	0.020	
Phenylalanine.....g	0.082		0	A	1		0.074	0.049	
Tyrosine.....g	0.057		0	A	1		0.051	0.034	
Valine.....g	0.125		0	A	1		0.113	0.075	
Arginine.....g	0.099		0	A	1		0.089	0.059	
Histidine.....g	0.053		0	A	1		0.048	0.032	
Alanine.....g	0.125		0	A	1		0.113	0.075	
Aspartic acid.....g	0.555		0	A	1		0.499	0.333	
Glutamic acid.....g	0.255		0	A	1		0.229	0.153	
Glycine.....g	0.101		0	A	1		0.091	0.061	
Proline.....g	0.077		0	A	1		0.070	0.046	
Serine.....g	0.116		0	A	1		0.104	0.069	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

NDB No. 11012

Asparagus, cooked, boiled, drained

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

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

**Common Measures:**

Measure 1 = 90g: .5 cup

Measure 2 = 60g: 4 spears (1/2" base)

**Calories Factors: Protein** 2.44

**Fat** 8.37

**Carbohydrate**3.57

**Food Group:** 11 Vegetables and Vegetable Products  
USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11705

Asparagus, cooked, boiled, drained, w with salt

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	92.63	0.140	4	A	1		83.37	55.58	
Energy.....kcal	22		0	NC	4		20	13	
Energy.....kj	94		0	NC	4		84	56	
Protein (N x 6.25).....g	2.40	0.124	4	A	1		2.16	1.44	
Total lipid (fat).....g	0.22	0.033	4	A	1		0.20	0.13	
Ash.....g	0.63	0.020	4	A	1		0.57	0.38	
Carbohydrate, by difference.....g	4.11		0	NC	4		3.70	2.47	
Fiber, total dietary.....g	2.0	0.085	4	A	1		1.8	1.2	
Sugars, total.....g	1.30		0	AS	1		1.17	0.78	
Sucrose.....g	0.08	0.052	4	A	1		0.08	0.05	
Glucose (dextrose).....g	0.42	0.066	4	A	1		0.38	0.25	
Fructose.....g	0.79	0.087	4	A	1		0.71	0.48	
Lactose.....g	0.00	0.000	4	A	1		0.00	0.00	
Maltose.....g	0.00	0.000	4	A	1		0.00	0.00	
Galactose.....g	0.00		0	Z	7		0.00	0.00	
Starch.....g	0.00		1	A	1		0.00	0.00	
<b>Minerals:</b>									
Calcium, Ca.....mg	23	0.866	4	A	1		21	14	
Iron, Fe.....mg	0.91	0.113	4	A	1		0.81	0.54	
Magnesium, Mg.....mg	14	0.430	4	A	1		13	8	
Phosphorus, P.....mg	54	2.689	4	A	1		49	33	
Potassium, K.....mg	224	7.632	4	A	1		201	134	
Sodium, Na.....mg	240		0		4		216	144	
Zinc, Zn.....mg	0.60	0.033	4	A	1		0.54	0.36	
Copper, Cu.....mg	0.165	0.028	4	A	1		0.148	0.099	
Manganese, Mn.....mg	0.154	0.010	4	A	1		0.139	0.093	
Selenium, Se.....mcg	6.1		2	A	1		5.5	3.7	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	7.7	0.771	4	A	1		6.9	4.6	
Thiamin.....mg	0.162	0.012	4	A	1		0.146	0.097	
Riboflavin.....mg	0.139	0.007	4	A	1		0.125	0.083	
Niacin.....mg	1.084	0.047	4	A	1		0.975	0.650	
Pantothenic acid.....mg	0.225	0.020	4	A	1		0.203	0.135	
Vitamin B-6.....mg	0.079	0.011	4	A	1		0.071	0.048	
Folate, total.....mcg	149	8.230	4	A	1		134	90	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	149	8.230	4	A	1		134	90	
Folate, DFE.....mcg_DFE	149		0	NC	4		134	90	
Choline, total.....mg	26.1		0	AS	1		23.5	15.7	
Betaine.....mg	0.9		1	A	1		0.8	0.5	
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	50		0	AS	1		45	30	
Retinol.....mcg	0		0	Z	7		0	0	
Carotene, beta.....mcg	604	60.732	4	A	1		543	362	
Carotene, alpha.....mcg	0	0.000	4	A	1		0	0	
Cryptoxanthin, beta.....mcg	0	0.000	4	A	1		0	0	
Vitamin A, IU.....IU	1006		0	AS	1		905	603	
Lycopene.....mcg	30	2.204	4	A	1		27	18	
Lutein + zeaxanthin.....mcg	771	78.514	4	A	1		694	463	
Vitamin E (alpha-tocopherol).....mg	1.50		0	BFZN	4		1.35	0.90	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	50.6	4.354	4	A	1		45.5	30.3	

NDB No. 11705

Asparagus, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.048		0	NC	4		0.043	0.029	
4:0.....g	0.000		0	Z	7		0.000	0.000	
6:0.....g	0.000		0	Z	7		0.000	0.000	
8:0.....g	0.000		1	A	1		0.000	0.000	
10:0.....g	0.000		1	A	1		0.000	0.000	
12:0.....g	0.000		1	A	1		0.000	0.000	
13:0.....g									
14:0.....g	0.000		1	A	1		0.000	0.000	
15:0.....g	0.000		1	A	1		0.000	0.000	
16:0.....g	0.048		1	A	1		0.043	0.029	
17:0.....g	0.000		1	A	1		0.000	0.000	
18:0.....g	0.000		1	A	1		0.000	0.000	
20:0.....g	0.000		1	A	1		0.000	0.000	
22:0.....g	0.000		1	A	1		0.000	0.000	
24:0.....g	0.000		1	A	1		0.000	0.000	
Fatty acids, total monounsaturated.....g	0.000		0	NC	4		0.000	0.000	
14:1.....g	0.000		1	A	1		0.000	0.000	
15:1.....g	0.000		1	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.000		1	A	1		0.000	0.000	
17:1.....g	0.000		1	A	1		0.000	0.000	
18:1 undifferentiated.....g	0.000		1	A	1		0.000	0.000	
20:1.....g	0.000		1	A	1		0.000	0.000	
22:1 undifferentiated.....g	0.000		1	A	1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.105		0	NC	4		0.094	0.063	
18:2 undifferentiated.....g	0.076		1	A	1		0.069	0.046	
18:3 undifferentiated.....g	0.029		1	A	1		0.026	0.017	
18:4.....g	0.000		1	A	1		0.000	0.000	
20:2 n-6 c,c.....g	0.000		1	A	1		0.000	0.000	
20:3 undifferentiated.....g	0.000		1	A	1		0.000	0.000	
20:4 undifferentiated.....g	0.000		1	A	1		0.000	0.000	
20:5 n-3.....g	0.000		1	A	1		0.000	0.000	
22:5 n-3.....g	0.000		1	A	1		0.000	0.000	
22:6 n-3.....g	0.000		1	A	1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.029		0	A	1		0.027	0.018	
Threonine.....g	0.092		0	A	1		0.082	0.055	
Isoleucine.....g	0.082		0	A	1		0.074	0.049	
Leucine.....g	0.140		0	A	1		0.126	0.084	
Lysine.....g	0.113		0	A	1		0.102	0.068	
Methionine.....g	0.034		0	A	1		0.030	0.020	
Cystine.....g	0.034		0	A	1		0.030	0.020	
Phenylalanine.....g	0.082		0	A	1		0.074	0.049	
Tyrosine.....g	0.057		0	A	1		0.051	0.034	
Valine.....g	0.125		0	A	1		0.113	0.075	
Arginine.....g	0.099		0	A	1		0.089	0.059	
Histidine.....g	0.053		0	A	1		0.048	0.032	
Alanine.....g	0.125		0	A	1		0.113	0.075	
Aspartic acid.....g	0.555		0	A	1		0.499	0.333	
Glutamic acid.....g	0.255		0	A	1		0.229	0.153	
Glycine.....g	0.101		0	A	1		0.091	0.061	
Proline.....g	0.077		0	A	1		0.070	0.046	
Serine.....g	0.116		0	A	1		0.104	0.069	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	



NDB No. 11705

Asparagus, cooked, boiled, drained, with salt

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

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

**Common Measures:**

Measure 1 = 90g: .5 cup

Measure 2 = 60g: 4 spears (1/2" base)

**Calories Factors: Protein** 2.44

**Fat** 8.37

**Carbohydrate**3.57

**Food Group:** 11 Vegetables and Vegetable Products  
USDA National Nutrient Database for Standard Reference, Release 21 (2008)



NDB No. 11709

Asparagus, frozen, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.001		0		1		0.002	0.003	0.001
13:0.....g									
14:0.....g	0.003		0		1		0.005	0.009	0.002
15:0.....g									
16:0.....g	0.086		0		1		0.154	0.251	0.051
17:0.....g									
18:0.....g	0.006		0		1		0.011	0.018	0.004
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.013		0	NC	4		0.024	0.038	0.008
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0		1		0.004	0.006	0.001
17:1.....g									
18:1 undifferentiated.....g	0.011		0		1		0.020	0.032	0.007
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.185		0	NC	4		0.333	0.543	0.111
18:2 undifferentiated.....g	0.175		0		1		0.315	0.513	0.105
18:3 undifferentiated.....g	0.010		0		1		0.018	0.030	0.006
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	0
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.029		0		1		0.052	0.085	0.017
Threonine.....g	0.082		0		1		0.148	0.240	0.049
Isoleucine.....g	0.109		0		1		0.196	0.319	0.065
Leucine.....g	0.128		0		1		0.230	0.375	0.077
Lysine.....g	0.140		0		1		0.252	0.410	0.084
Methionine.....g	0.028		0		1		0.050	0.082	0.017
Cystine.....g	0.035		0		1		0.063	0.103	0.021
Phenylalanine.....g	0.070		0		1		0.126	0.205	0.042
Tyrosine.....g	0.047		0		1		0.085	0.138	0.028
Valine.....g	0.114		0		1		0.205	0.334	0.068
Arginine.....g	0.138		0		1		0.248	0.404	0.083
Histidine.....g	0.046		0		1		0.083	0.135	0.028
Alanine.....g	0.139		0		1		0.250	0.407	0.083
Aspartic acid.....g	0.342		0		1		0.616	1.002	0.205
Glutamic acid.....g	0.483		0		1		0.869	1.415	0.290
Glycine.....g	0.096		0		1		0.173	0.281	0.058
Proline.....g	0.157		0		1		0.283	0.460	0.094
Serine.....g	0.112		0		1		0.202	0.328	0.067
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g									
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0

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

**Common Measures:**

**NDB No. 11709**

**Asparagus, frozen, cooked, boiled, drained, with salt**

Measure 1 = 180g: 1 cup

Measure 2 = 293g: 1 package (10 oz) yields

Measure 3 = 60g: 4 spears

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group: 11 Vegetables and Vegetable Products**

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11019

Asparagus, frozen, cooked, boiled, drained, without salt

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	94.10		1		1		169.38	275.71	56.46
Energy.....kcal	18		0	NC	4		32	51	11
Energy.....kj	74		0	NC	4		132	215	44
Protein (N x 6.25).....g	2.95	0.108	4		1		5.31	8.64	1.77
Total lipid (fat).....g	0.42	0.079	4		1		0.76	1.23	0.25
Ash.....g	0.61	0.043	4		1		1.10	1.79	0.37
Carbohydrate, by difference.....g	1.92		0	NC	4		3.46	5.63	1.15
Fiber, total dietary.....g	1.6		0		4		2.9	4.7	1.0
Sugars, total.....g	0.32		0	O	4		0.58	0.94	0.19
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	18	0.686	38	JA	6		33	54	11
Iron, Fe.....mg	0.56	0.032	38	JA	6		1.01	1.64	0.34
Magnesium, Mg.....mg	10	0.430	38	JA	6		18	30	6
Phosphorus, P.....mg	49	1.677	38	JA	6		88	144	29
Potassium, K.....mg	172	7.439	38	JA	6		309	503	103
Sodium, Na.....mg	3	0.571	38	JA	6		5	9	2
Zinc, Zn.....mg	0.41	0.018	38	JA	6		0.73	1.19	0.24
Copper, Cu.....mg	0.105	0.004	38	JA	6		0.188	0.307	0.063
Manganese, Mn.....mg	0.140	0.006	38	JA	6		0.253	0.412	0.084
Selenium, Se.....mcg	3.9	0.781	38	JA	6		7.0	11.4	2.3
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	24.4		0		1		43.9	71.5	14.6
Thiamin.....mg	0.065	0.025	3		1		0.117	0.190	0.039
Riboflavin.....mg	0.103	0.018	3		1		0.185	0.302	0.062
Niacin.....mg	1.038		0		1		1.868	3.041	0.623
Pantothenic acid.....mg	0.158		0		1		0.284	0.463	0.095
Vitamin B-6.....mg	0.020	0.005	3		1		0.036	0.059	0.012
Folate, total.....mcg	135	25.658	6		1		242	395	81
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg	135	25.658	6		1		242	395	81
Folate, DFE.....mcg_DFE	135		0	NC	4		242	395	81
Choline, total.....mg	20.9		0	BFSN	4		37.7	61.3	12.6
Betaine.....mg	0.7		0	BFSN	4		1.2	2.0	0.4
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	40		0	NC	4		73	118	24
Retinol.....mcg	0		0	Z	7		0	0	0
Carotene, beta.....mcg	483		0	BFSN	4		870	1417	290
Carotene, alpha.....mcg	0		0	BFSN	4		0	0	0
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0	0	0
Vitamin A, IU.....IU	806		0	NC	4		1450	2361	483
Lycopene.....mcg	24		0	BFSN	4		43	70	14
Lutein + zeaxanthin.....mcg	618		0	BFSN	4		1112	1810	371
Vitamin E (alpha-tocopherol).....mg	1.20		1		1		2.16	3.52	0.72
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg	0.02		1		1		0.04	0.06	0.01
Tocopherol, gamma.....mg	0.17		1		1		0.31	0.50	0.10
Tocopherol, delta.....mg	0.00		1		1		0.00	0.00	0.00
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	80.0		1		1		144.0	234.4	48.0
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.096		0	NC	4		0.172	0.280	0.057
4:0.....g	0.000		0		1		0.000	0.000	0.000
6:0.....g	0.000		0		1		0.000	0.000	0.000
8:0.....g	0.000		0		1		0.000	0.000	0.000
10:0.....g	0.000		0		1		0.000	0.000	0.000

NDB No. 11019

Asparagus, frozen, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.001		0		1		0.002	0.003	0.001
13:0.....g									
14:0.....g	0.003		0		1		0.005	0.009	0.002
15:0.....g									
16:0.....g	0.086		0		1		0.154	0.251	0.051
17:0.....g									
18:0.....g	0.006		0		1		0.011	0.018	0.004
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.013		0	NC	4		0.024	0.038	0.008
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0		1		0.004	0.006	0.001
17:1.....g									
18:1 undifferentiated.....g	0.011		0		1		0.020	0.032	0.007
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.185		0	NC	4		0.333	0.543	0.111
18:2 undifferentiated.....g	0.175		0		1		0.315	0.513	0.105
18:3 undifferentiated.....g	0.010		0		1		0.018	0.030	0.006
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	0
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.029		0		1		0.052	0.085	0.017
Threonine.....g	0.082		0		1		0.148	0.240	0.049
Isoleucine.....g	0.109		0		1		0.196	0.319	0.065
Leucine.....g	0.128		0		1		0.230	0.375	0.077
Lysine.....g	0.140		0		1		0.252	0.410	0.084
Methionine.....g	0.028		0		1		0.050	0.082	0.017
Cystine.....g	0.035		0		1		0.063	0.103	0.021
Phenylalanine.....g	0.070		0		1		0.126	0.205	0.042
Tyrosine.....g	0.047		0		1		0.085	0.138	0.028
Valine.....g	0.114		0		1		0.205	0.334	0.068
Arginine.....g	0.138		0		1		0.248	0.404	0.083
Histidine.....g	0.046		0		1		0.083	0.135	0.028
Alanine.....g	0.139		0		1		0.250	0.407	0.083
Aspartic acid.....g	0.342		0		1		0.616	1.002	0.205
Glutamic acid.....g	0.483		0		1		0.869	1.415	0.290
Glycine.....g	0.096		0		1		0.173	0.281	0.058
Proline.....g	0.157		0		1		0.283	0.460	0.094
Serine.....g	0.112		0		1		0.202	0.328	0.067
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0

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

**Common Measures:**

**NDB No. 11019**

**Asparagus, frozen, cooked, boiled, drained, without salt**

Measure 1 = 180g: 1 cup

Measure 2 = 293g: 1 package (10 oz) yields

Measure 3 = 60g: 4 spears

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group: 11 Vegetables and Vegetable Products**

USDA National Nutrient Database for Standard Reference, Release 21 (2008)





**NDB No. 11018**  
**Asparagus, frozen, unprepared**

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	measures of food				
					Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.001		0		1		0.003	0.001	
15:0.....g									
16:0.....g	0.047		0		1		0.133	0.027	
17:0.....g									
18:0.....g	0.003		0		1		0.009	0.002	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.007		0		1		0.020	0.004	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.003	0.001	
17:1.....g									
18:1 undifferentiated.....g	0.006		0		1		0.017	0.003	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.101		0		1		0.287	0.059	
18:2 undifferentiated.....g	0.096		0		1		0.273	0.056	
18:3 undifferentiated.....g	0.005		0		1		0.014	0.003	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.031		0		1		0.088	0.018	
Threonine.....g	0.090		0		1		0.256	0.052	
Isoleucine.....g	0.119		0		1		0.338	0.069	
Leucine.....g	0.140		0		1		0.398	0.081	
Lysine.....g	0.153		0		1		0.435	0.089	
Methionine.....g	0.031		0		1		0.088	0.018	
Cystine.....g	0.038		0		1		0.108	0.022	
Phenylalanine.....g	0.076		0		1		0.216	0.044	
Tyrosine.....g	0.051		0		1		0.145	0.030	
Valine.....g	0.124		0		1		0.352	0.072	
Arginine.....g	0.151		0		1		0.429	0.088	
Histidine.....g	0.050		0		1		0.142	0.029	
Alanine.....g	0.152		0		1		0.432	0.088	
Aspartic acid.....g	0.374		0		1		1.062	0.217	
Glutamic acid.....g	0.528		0		1		1.500	0.306	
Glycine.....g	0.105		0		1		0.298	0.061	
Proline.....g	0.171		0		1		0.486	0.099	
Serine.....g	0.123		0		1		0.349	0.071	
Hydroxyproline.....g									
<b><u>Others:</u></b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg									
Theobromine.....mg									

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

**Common Measures:**

Measure 1 = 284g: 1 package (10 oz)

**NDB No. 11018**

**Asparagus, frozen, unprepared**

Measure 2 = 58g: 4 spears

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11011  
 Asparagus, raw  
*Asparagus officinalis*

Refuse:47% Butt ends

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	93.22		1	JO	11		124.91	11.19	14.91
Energy.....kcal	20		0	NC	4		27	2	3
Energy.....kj	85		0	NC	4		113	10	14
Protein (N x 6.25).....g	2.20	0.023	4	A	1		2.95	0.26	0.35
Total lipid (fat).....g	0.12	0.014	6	JO	11		0.16	0.01	0.02
Ash.....g	0.58	0.009	4	A	1		0.78	0.07	0.09
Carbohydrate, by difference.....g	3.88		0	NC	4		5.20	0.47	0.62
Fiber, total dietary.....g	2.1		4		1		2.8	0.2	0.3
Sugars, total.....g	1.88		0	NC	4		2.53	0.23	0.30
Sucrose.....g	0.23	0.193	5	JA	6		0.30	0.03	0.04
Glucose (dextrose).....g	0.65	0.105	6	JA	6		0.88	0.08	0.10
Fructose.....g	1.00	0.102	6	JA	6		1.35	0.12	0.16
Lactose.....g	0.00	0.000	4	A	1		0.00	0.00	0.00
Maltose.....g	0.00	0.000	4	A	1		0.00	0.00	0.00
Galactose.....g	0.00		0	Z	7		0.00	0.00	0.00
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	24	1.276	4	A	1		33	3	4
Iron, Fe.....mg	2.14	1.353	4	A	1		2.87	0.26	0.34
Magnesium, Mg.....mg	14	0.388	4	A	1		19	2	2
Phosphorus, P.....mg	52	0.492	4	A	1		69	6	8
Potassium, K.....mg	202	8.357	4	A	1		271	24	32
Sodium, Na.....mg	2	0.257	17		1		3	0	0
Zinc, Zn.....mg	0.54	0.021	4	A	1		0.73	0.07	0.09
Copper, Cu.....mg	0.189	0.028	4	A	1		0.254	0.023	0.030
Manganese, Mn.....mg	0.158	0.015	4	A	1		0.212	0.019	0.025
Selenium, Se.....mcg	2.3		2	A	1		3.1	0.3	0.4
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	5.6	0.210	4	A	1		7.6	0.7	0.9
Thiamin.....mg	0.143	0.016	4	A	1		0.191	0.017	0.023
Riboflavin.....mg	0.141	0.007	4	A	1		0.189	0.017	0.023
Niacin.....mg	0.978	0.034	4	A	1		1.311	0.117	0.157
Pantothenic acid.....mg	0.274	0.020	4	A	1		0.367	0.033	0.044
Vitamin B-6.....mg	0.091	0.009	4	A	1		0.122	0.011	0.015
Folate, total.....mcg	52	6.390	4	A	1		70	6	8
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg	52	6.390	4	A	1		70	6	8
Folate, DFE.....mcg_DFE	52		0	NC	4		70	6	8
Choline, total.....mg	16.0		0	AS	1		21.5	1.9	2.6
Betaine.....mg	0.6		1	A	1		0.8	0.1	0.1
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	38		0	AS	1		51	5	6
Retinol.....mcg	0		0	Z	7		0	0	0
Carotene, beta.....mcg	449	76.317	6	A	1		602	54	72
Carotene, alpha.....mcg	9	5.026	6	A	1		12	1	1
Cryptoxanthin, beta.....mcg	0		27	A	1		0	0	0
Vitamin A, IU.....IU	756		0	AS	1		1013	91	121
Lycopene.....mcg	0		0	Z	7		0	0	0
Lutein + zeaxanthin.....mcg	710		0	BFSN	4		951	85	114
Vitamin E (alpha-tocopherol).....mg	1.13		2		1		1.51	0.14	0.18
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg	0.00		2		1		0.00	0.00	0.00
Tocopherol, gamma.....mg	0.09		2		1		0.12	0.01	0.01
Tocopherol, delta.....mg	0.00		2		1		0.00	0.00	0.00
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	41.6	2.704	4	A	1		55.8	5.0	6.7

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.040		0	NC	4		0.054	0.005	0.006
4:0.....g	0.000		0		1		0.000	0.000	0.000
6:0.....g	0.000		0		1		0.000	0.000	0.000
8:0.....g	0.000		1	A	1		0.000	0.000	0.000
10:0.....g	0.000		1	A	1		0.000	0.000	0.000
12:0.....g	0.000		1	A	1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.000		1	A	1		0.000	0.000	0.000
15:0.....g	0.000		1	A	1		0.000	0.000	0.000
16:0.....g	0.040		1	A	1		0.054	0.005	0.006
17:0.....g	0.000		1	A	1		0.000	0.000	0.000
18:0.....g	0.000		1	A	1		0.000	0.000	0.000
20:0.....g	0.000		1	A	1		0.000	0.000	0.000
22:0.....g	0.000		1	A	1		0.000	0.000	0.000
24:0.....g	0.000		1	A	1		0.000	0.000	0.000
Fatty acids, total monounsaturated.....g	0.000		0	NC	4		0.000	0.000	0.000
14:1.....g	0.000		1	A	1		0.000	0.000	0.000
15:1.....g	0.000		1	A	1		0.000	0.000	0.000
16:1 undifferentiated.....g	0.000		1	A	1		0.000	0.000	0.000
17:1.....g	0.000		1	A	1		0.000	0.000	0.000
18:1 undifferentiated.....g	0.000		1	A	1		0.000	0.000	0.000
20:1.....g	0.000		1	A	1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		1	A	1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.050		0	NC	4		0.067	0.006	0.008
18:2 undifferentiated.....g	0.040		1	A	1		0.054	0.005	0.006
18:3 undifferentiated.....g	0.010		1	A	1		0.013	0.001	0.002
18:4.....g	0.000		1	A	1		0.000	0.000	0.000
20:2 n-6 c,c.....g	0.000		1	A	1		0.000	0.000	0.000
20:3 undifferentiated.....g	0.000		1	A	1		0.000	0.000	0.000
20:4 undifferentiated.....g	0.000		1	A	1		0.000	0.000	0.000
20:5 n-3.....g	0.000		1	A	1		0.000	0.000	0.000
22:5 n-3.....g	0.000		1	A	1		0.000	0.000	0.000
22:6 n-3.....g	0.000		1	A	1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	0
Phytosterols.....mg	24		1		1		32	3	4
<b>Amino Acids:</b>									
Tryptophan.....g	0.027		0	A	1		0.036	0.003	0.004
Threonine.....g	0.084		0	A	1		0.112	0.010	0.013
Isoleucine.....g	0.075		0	A	1		0.100	0.009	0.012
Leucine.....g	0.128		0	A	1		0.171	0.015	0.020
Lysine.....g	0.104		0	A	1		0.139	0.012	0.017
Methionine.....g	0.031		0	A	1		0.041	0.004	0.005
Cystine.....g	0.031		0	A	1		0.041	0.004	0.005
Phenylalanine.....g	0.075		0	A	1		0.100	0.009	0.012
Tyrosine.....g	0.052		0	A	1		0.069	0.006	0.008
Valine.....g	0.115		0	A	1		0.154	0.014	0.018
Arginine.....g	0.091		0	A	1		0.122	0.011	0.015
Histidine.....g	0.049		0	A	1		0.066	0.006	0.008
Alanine.....g	0.115		0	A	1		0.154	0.014	0.018
Aspartic acid.....g	0.508		0	A	1		0.681	0.061	0.081
Glutamic acid.....g	0.233		0	A	1		0.313	0.028	0.037
Glycine.....g	0.093		0	A	1		0.124	0.011	0.015
Proline.....g	0.071		0	A	1		0.095	0.009	0.011
Serine.....g	0.106		0	A	1		0.142	0.013	0.017
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0

NDB No. 11011  
Asparagus, raw

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

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

**Common Measures:**

Measure 1 = 134g: 1 cup

Measure 2 = 12.0g: 1 spear, small (5" long or less)

Measure 3 = 16g: 1 spear, medium (5-1/4" to 7" long)

**Calories Factors: Protein** 2.44

**Fat** 8.37

**Carbohydrate**3.57

**Food Group:** 11 Vegetables and Vegetable Products  
USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11710

Balsam-pear (bitter gourd), leafy tips, cooked, boiled, drained, with salt

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	88.69		1		1		51.44		
Energy.....kcal	32		0	NC	4		19		
Energy.....kj	136		0	NC	4		79		
Protein (N x 6.25).....g	3.60		1		1		2.09		
Total lipid (fat).....g	0.20		1		1		0.12		
Ash.....g	1.35		0	O	4		0.78		
Carbohydrate, by difference.....g	6.16		0	NC	4		3.57		
Fiber, total dietary.....g	1.9		0	BFSN	4		1.1		
Sugars, total.....g	1.04		0	BFSN	4		0.60		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	42		0		1		24		
Iron, Fe.....mg	1.02		0		1		0.59		
Magnesium, Mg.....mg	94		1		1		55		
Phosphorus, P.....mg	77		1		1		45		
Potassium, K.....mg	602		1		1		349		
Sodium, Na.....mg	249		0		4		144		
Zinc, Zn.....mg	0.30		0		4		0.17		
Copper, Cu.....mg	0.201		0		4		0.117		
Manganese, Mn.....mg	0.536		0		4		0.311		
Selenium, Se.....mcg	0.9		0	CAZN	4		0.5		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	55.6		0		1		32.2		
Thiamin.....mg	0.147		0		1		0.085		
Riboflavin.....mg	0.282		0		1		0.164		
Niacin.....mg	0.995		0		1		0.577		
Pantothenic acid.....mg	0.060		0		4		0.035		
Vitamin B-6.....mg	0.760		0		1		0.441		
Folate, total.....mcg	88		0		1		51		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	88		0		1		51		
Folate, DFE.....mcg_DFE	88		0	NC	4		51		
Choline, total.....mg	21.0		0	CAZN	4		12.2		
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00		
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....mcg_RAE	121		0	NC	4		70		
Retinol.....mcg	0		0	Z	7		0		
Carotene, beta.....mcg	1450		0	BFSN	4		841		
Carotene, alpha.....mcg	0		0	BFSN	4		0		
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0		
Vitamin A, IU.....IU	2416		0	NC	4		1401		
Lycopene.....mcg	0		0	BFSN	4		0		
Lutein + zeaxanthin.....mcg	2638		0	BFSN	4		1530		
Vitamin E (alpha-tocopherol).....mg	1.45		0	BFSN	4		0.84		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	163.1		0	BFSN	4		94.6		
<b>Lipids:</b>									
Fatty acids, total saturated.....g									
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		

NDB No. 11710

Balsam-pear (bitter melon), leafy tips, cooked, boiled, drained, with salt

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g									
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

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

**Common Measures:**

Measure 1 = 58g: 1 cup

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group: 11 Vegetables and Vegetable Products**

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11023

Balsam-pear (bitter gourd), leafy tips, cooked, boiled, drained, w without salt

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	88.69		1		1		51.44		
Energy.....kcal	34		0	NC	4		20		
Energy.....kj	144		0	NC	4		83		
Protein (N x 6.25).....g	3.60		1		1		2.09		
Total lipid (fat).....g	0.20		1		1		0.12		
Ash.....g	0.83		0	O	4		0.48		
Carbohydrate, by difference.....g	6.68		0	NC	4		3.87		
Fiber, total dietary.....g	1.9		0		4		1.1		
Sugars, total.....g	1.04		0	BFSN	4		0.60		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	42		0		1		24		
Iron, Fe.....mg	1.02		0		1		0.59		
Magnesium, Mg.....mg	94		1		1		55		
Phosphorus, P.....mg	77		1		1		45		
Potassium, K.....mg	602		1		1		349		
Sodium, Na.....mg	13		1		1		8		
Zinc, Zn.....mg	0.30		0		4		0.17		
Copper, Cu.....mg	0.201		0		4		0.117		
Manganese, Mn.....mg	0.536		0		4		0.311		
Selenium, Se.....mcg	0.9		0	CAZN	4		0.5		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	55.6		0		1		32.2		
Thiamin.....mg	0.147		0		1		0.085		
Riboflavin.....mg	0.282		0		1		0.164		
Niacin.....mg	0.995		0		1		0.577		
Pantothenic acid.....mg	0.060		0		4		0.035		
Vitamin B-6.....mg	0.760		0		1		0.441		
Folate, total.....mcg	88		0		1		51		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	88		0		1		51		
Folate, DFE.....mcg_DFE	88		0	NC	4		51		
Choline, total.....mg	21.0		0	CAZN	4		12.2		
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00		
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....mcg_RAE	121		0	NC	4		70		
Retinol.....mcg	0		0	Z	7		0		
Carotene, beta.....mcg	1450		0	BFSN	4		841		
Carotene, alpha.....mcg	0		0	BFSN	4		0		
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0		
Vitamin A, IU.....IU	2416		0	NC	4		1401		
Lycopene.....mcg	0		0	BFSN	4		0		
Lutein + zeaxanthin.....mcg	2638		0	BFSN	4		1530		
Vitamin E (alpha-tocopherol).....mg	1.45		0	BFSN	4		0.84		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	163.1		0	BFSN	4		94.6		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.032		0		4		0.019		
4:0.....g	0.000		0		4		0.000		
6:0.....g	0.000		0		4		0.000		
8:0.....g	0.000		0		4		0.000		
10:0.....g	0.000		0		4		0.000		



NDB No. 11023

Balsam-pear (bitter melon), leafy tips, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0		4		0.000		
13:0.....g									
14:0.....g	0.005		0		4		0.003		
15:0.....g									
16:0.....g	0.024		0		4		0.014		
17:0.....g									
18:0.....g	0.002		0		4		0.001		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.005		0		4		0.003		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0		4		0.001		
17:1.....g									
18:1 undifferentiated.....g	0.002		0		4		0.001		
20:1.....g	0.000		0		4		0.000		
22:1 undifferentiated.....g	0.000		0		4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.083		0		4		0.048		
18:2 undifferentiated.....g	0.012		0		4		0.007		
18:3 undifferentiated.....g	0.065		0		4		0.038		
18:4.....g	0.000		0		4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000		
20:5 n-3.....g	0.000		0		4		0.000		
22:5 n-3.....g	0.000		0		4		0.000		
22:6 n-3.....g	0.000		0		4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

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

**Common Measures:**

Measure 1 = 58g: 1 cup

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group: 11 Vegetables and Vegetable Products**

USDA National Nutrient Database for Standard Reference, Release 21 (2008)



NDB No. 11022

Balsam-pear (bitter gourd), leafy tips, raw

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

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

**Common Measures:**

Measure 1 = 4.0g: 1 leaf

Measure 2 = 24g: .5 cup

**Calories Factors: Protein** 2.44

**Fat** 8.37

**Carbohydrate**3.57

**Food Group:** 11 Vegetables and Vegetable Products  
USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11711

Balsam-pear (bitter melon), pods, cooked, boiled, drained, with salt

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	93.95		1		1		116.50		
Energy.....kcal	19		0	NC	4		24		
Energy.....kj	79		0		4		99		
Protein (N x 6.25).....g	0.84		1		1		1.04		
Total lipid (fat).....g	0.18		1		1		0.22		
Ash.....g	0.71		1		1		0.88		
Carbohydrate, by difference.....g	4.32		0	NC	4		5.36		
Fiber, total dietary.....g	2.0		0	BFSN	4		2.5		
Sugars, total.....g	1.95		0	BFSN	4		2.42		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	9		1		1		11		
Iron, Fe.....mg	0.38		1		1		0.47		
Magnesium, Mg.....mg	16		1		1		20		
Phosphorus, P.....mg	36		1		1		45		
Potassium, K.....mg	319		1		1		396		
Sodium, Na.....mg	242		0		4		300		
Zinc, Zn.....mg	0.77		0		4		0.95		
Copper, Cu.....mg	0.033		0		4		0.041		
Manganese, Mn.....mg	0.086		0		4		0.107		
Selenium, Se.....mcg	0.2		0	CAZN	4		0.2		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	33.0		0		1		40.9		
Thiamin.....mg	0.051		0		1		0.063		
Riboflavin.....mg	0.053		0		1		0.066		
Niacin.....mg	0.280		0		1		0.347		
Pantothenic acid.....mg	0.193		0		4		0.239		
Vitamin B-6.....mg	0.041		0		4		0.051		
Folate, total.....mcg	51		0		4		63		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	51		0		4		63		
Folate, DFE.....mcg_DFE	51		0	NC	4		63		
Choline, total.....mg	10.8		0	BFSN	4		13.4		
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00		
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....mcg_RAE	6		0	NC	4		7		
Retinol.....mcg	0		0	Z	7		0		
Carotene, beta.....mcg	68		0	O	4		84		
Carotene, alpha.....mcg	0		0	BFSN	4		0		
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0		
Vitamin A, IU.....IU	113		0	NC	4		141		
Lycopene.....mcg	0		0	BFSN	4		0		
Lutein + zeaxanthin.....mcg	1323		0	BFSN	4		1640		
Vitamin E (alpha-tocopherol).....mg	0.14		0	BFSN	4		0.17		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	4.8		0	BFSN	4		6.0		
<b>Lipids:</b>									
Fatty acids, total saturated.....g									
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		

NDB No. 11711

Balsam-pear (bitter gourd), pods, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g									
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

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

**Common Measures:**

Measure 1 = 124g: 1 cup (1/2" pieces)

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group: 11 Vegetables and Vegetable Products**

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11025

Balsam-pear (bitter melon), pods, cooked, boiled, drained, without salt

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	93.95		1		1		116.50	58.25	
Energy.....kcal	19		0	NC	4		24	12	
Energy.....kj	79		0		4		99	49	
Protein (N x 6.25).....g	0.84		1		1		1.04	0.52	
Total lipid (fat).....g	0.18		1		1		0.22	0.11	
Ash.....g	0.71		1		1		0.88	0.44	
Carbohydrate, by difference.....g	4.32		0	NC	4		5.36	2.68	
Fiber, total dietary.....g	2.0		0		4		2.5	1.2	
Sugars, total.....g	1.95		0	BFSN	4		2.42	1.21	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	9		1		1		11	6	
Iron, Fe.....mg	0.38		1		1		0.47	0.24	
Magnesium, Mg.....mg	16		1		1		20	10	
Phosphorus, P.....mg	36		1		1		45	22	
Potassium, K.....mg	319		1		1		396	198	
Sodium, Na.....mg	6		1		1		7	4	
Zinc, Zn.....mg	0.77		0		4		0.95	0.48	
Copper, Cu.....mg	0.033		0		4		0.041	0.020	
Manganese, Mn.....mg	0.086		0		4		0.107	0.053	
Selenium, Se.....mcg	0.2		0	CAZN	4		0.2	0.1	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	33.0		0		1		40.9	20.5	
Thiamin.....mg	0.051		0		1		0.063	0.032	
Riboflavin.....mg	0.053		0		1		0.066	0.033	
Niacin.....mg	0.280		0		1		0.347	0.174	
Pantothenic acid.....mg	0.193		0		4		0.239	0.120	
Vitamin B-6.....mg	0.041		0		4		0.051	0.025	
Folate, total.....mcg	51		0		4		63	32	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	51		0		4		63	32	
Folate, DFE.....mcg_DFE	51		0	NC	4		63	32	
Choline, total.....mg	10.8		0	BFSN	4		13.4	6.7	
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	6		0	NC	4		7	4	
Retinol.....mcg	0		0	Z	7		0	0	
Carotene, beta.....mcg	68		0	O	4		84	42	
Carotene, alpha.....mcg	0		0	BFSN	4		0	0	
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0	0	
Vitamin A, IU.....IU	113		0	NC	4		141	70	
Lycopene.....mcg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin.....mcg	1323		0	BFSN	4		1640	820	
Vitamin E (alpha-tocopherol).....mg	0.14		0	BFSN	4		0.17	0.09	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	4.8		0	BFSN	4		6.0	3.0	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.014		0		4		0.017	0.009	
4:0.....g	0.000		0		4		0.000	0.000	
6:0.....g	0.000		0		4		0.000	0.000	
8:0.....g	0.000		0		4		0.000	0.000	
10:0.....g	0.000		0		4		0.000	0.000	

NDB No. 11025

Balsam-pear (bitter gourd), pods, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0		4		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0		4		0.000	0.000	
15:0.....g									
16:0.....g	0.010		0		4		0.012	0.006	
17:0.....g									
18:0.....g	0.004		0		4		0.005	0.002	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.033		0		4		0.041	0.020	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.033		0		4		0.041	0.020	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.078		0		4		0.097	0.048	
18:2 undifferentiated.....g	0.078		0		4		0.097	0.048	
18:3 undifferentiated.....g	0.000		0		4		0.000	0.000	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

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

**Common Measures:**

Measure 1 = 124g: 1 cup (1/2" pieces)

Measure 2 = 62g: .5 cup (1/2" pieces)

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group: 11 Vegetables and Vegetable Products**

USDA National Nutrient Database for Standard Reference, Release 21 (2008)





NDB No. 11024

Balsam-pear (bitter gourd), pods, raw

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

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

**Common Measures:**

Measure 1 = 93g: 1 cup (1/2" pieces)

Measure 2 = 124g: 1 balsam-pear

**Calories Factors: Protein** 2.44

**Fat** 8.37

**Carbohydrate**3.57

**Food Group:** 11 Vegetables and Vegetable Products  
USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11028

Bamboo shoots, canned, drained solids

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	94.32	5.160	9		1		123.56	247.12	
Energy.....kcal	19		0	NC	4		25	50	
Energy.....kj	79		0		4		104	208	
Protein (N x 6.25).....g	1.72		2		1		2.25	4.51	
Total lipid (fat).....g	0.40		2		1		0.52	1.05	
Ash.....g	0.34		2		1		0.45	0.89	
Carbohydrate, by difference.....g	3.22		0	NC	4		4.22	8.44	
Fiber, total dietary.....g	1.4		0		4		1.8	3.7	
Sugars, total.....g	1.89		0	BFSN	4		2.48	4.96	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	8	1.145	7		1		10	21	
Iron, Fe.....mg	0.32	0.023	7		1		0.42	0.84	
Magnesium, Mg.....mg	4		2		1		5	10	
Phosphorus, P.....mg	25		2		1		33	66	
Potassium, K.....mg	80	10.579	7		1		105	210	
Sodium, Na.....mg	7	0.907	7		1		9	18	
Zinc, Zn.....mg	0.65		0		4		0.85	1.70	
Copper, Cu.....mg	0.114		0		4		0.149	0.299	
Manganese, Mn.....mg	0.157		0		4		0.206	0.411	
Selenium, Se.....mcg	0.5		0	BFSN	4		0.7	1.3	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	1.1	0.042	7		1		1.4	2.9	
Thiamin.....mg	0.026	0.013	7		1		0.034	0.068	
Riboflavin.....mg	0.026	0.003	7		1		0.034	0.068	
Niacin.....mg	0.140	0.053	7		1		0.183	0.367	
Pantothenic acid.....mg	0.092		0		4		0.121	0.241	
Vitamin B-6.....mg	0.136		0		4		0.178	0.356	
Folate, total.....mcg	3		0		4		4	8	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	3		0		4		4	8	
Folate, DFE.....mcg_DFE	3		0	NC	4		4	8	
Choline, total.....mg	0.0		0	BFSN	4		0.0	0.0	
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	1		0	NC	4		1	2	
Retinol.....mcg	0		0	Z	7		0	0	
Carotene, beta.....mcg	8		0	BFSN	4		10	20	
Carotene, alpha.....mcg	0		0	BFSN	4		0	0	
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0	0	
Vitamin A, IU.....IU	13		0	NC	4		17	33	
Lycopene.....mcg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin.....mcg	0		0	BFSN	4		0	0	
Vitamin E (alpha-tocopherol).....mg	0.63		0	BFSN	4		0.83	1.65	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		0	BFSN	4		0.0	0.0	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.092		0		1		0.121	0.241	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.000		0		1		0.000	0.000	

Bamboo shoots, canned, drained solids

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.003		0		1		0.004	0.008	
13:0.....g									
14:0.....g	0.003		0		1		0.004	0.008	
15:0.....g									
16:0.....g	0.069		0		1		0.090	0.181	
17:0.....g									
18:0.....g	0.008		0		1		0.010	0.021	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.009		0		1		0.012	0.024	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.009		0		1		0.012	0.024	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.178		0		1		0.233	0.466	
18:2 undifferentiated.....g	0.151		0		1		0.198	0.396	
18:3 undifferentiated.....g	0.027		0		1		0.035	0.071	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.018		0		1		0.024	0.047	
Threonine.....g	0.057		0		1		0.075	0.149	
Isoleucine.....g	0.058		0		1		0.076	0.152	
Leucine.....g	0.093		0		1		0.122	0.244	
Lysine.....g	0.089		0		1		0.117	0.233	
Methionine.....g	0.020		0		1		0.026	0.052	
Cystine.....g	0.014		0		1		0.018	0.037	
Phenylalanine.....g	0.060		0		1		0.079	0.157	
Tyrosine.....g									
Valine.....g	0.071		0		1		0.093	0.186	
Arginine.....g	0.064		0		1		0.084	0.168	
Histidine.....g	0.028		0		1		0.037	0.073	
Alanine.....g	0.082		0		1		0.107	0.215	
Aspartic acid.....g	0.282		0		1		0.369	0.739	
Glutamic acid.....g	0.164		0		1		0.215	0.430	
Glycine.....g	0.057		0		1		0.075	0.149	
Proline.....g	0.145		0		1		0.190	0.380	
Serine.....g	0.084		0		1		0.110	0.220	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

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

**Common Measures:**

**NDB No. 11028**

**Bamboo shoots, canned, drained solids**

Measure 1 = 131g: 1 cup (1/8" slices)

Measure 2 = 262g: 1 can (303 x 406)

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)



NDB No. 11712

Bamboo shoots, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.002		0		1		0.002	0.003	
15:0.....g									
16:0.....g	0.038		0		1		0.046	0.055	
17:0.....g									
18:0.....g	0.004		0		1		0.005	0.006	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.005		0		1		0.006	0.007	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.005		0		1		0.006	0.007	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.098		0		1		0.118	0.141	
18:2 undifferentiated.....g	0.083		0		1		0.100	0.120	
18:3 undifferentiated.....g	0.015		0		1		0.018	0.022	
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.016		0		1		0.019	0.023	
Threonine.....g	0.050		0		1		0.060	0.072	
Isoleucine.....g	0.051		0		1		0.061	0.073	
Leucine.....g	0.082		0		1		0.098	0.118	
Lysine.....g	0.079		0		1		0.095	0.114	
Methionine.....g	0.017		0		1		0.020	0.024	
Cystine.....g	0.013		0		1		0.016	0.019	
Phenylalanine.....g	0.053		0		1		0.064	0.076	
Tyrosine.....g									
Valine.....g	0.062		0		1		0.074	0.089	
Arginine.....g	0.057		0		1		0.068	0.082	
Histidine.....g	0.025		0		1		0.030	0.036	
Alanine.....g	0.072		0		1		0.086	0.104	
Aspartic acid.....g	0.249		0		1		0.299	0.359	
Glutamic acid.....g	0.145		0		1		0.174	0.209	
Glycine.....g	0.051		0		1		0.061	0.073	
Proline.....g	0.129		0		1		0.155	0.186	
Serine.....g	0.075		0		1		0.090	0.108	
Hydroxyproline.....g									

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

**Common Measures:**

Measure 1 = 120g: 1 cup (1/2" slices)

Measure 2 = 144g: 1 shoot

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

**NDB No. 11712**

**Bamboo shoots, cooked, boiled, drained, with salt**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)





NDB No. 11027

Bamboo shoots, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.002		0		1		0.002	0.003	
15:0.....g									
16:0.....g	0.038		0		1		0.046	0.055	
17:0.....g									
18:0.....g	0.004		0		1		0.005	0.006	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.005		0		1		0.006	0.007	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.005		0		1		0.006	0.007	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.098		0		1		0.118	0.141	
18:2 undifferentiated.....g	0.083		0		1		0.100	0.120	
18:3 undifferentiated.....g	0.015		0		1		0.018	0.022	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.016		0		1		0.019	0.023	
Threonine.....g	0.050		0		1		0.060	0.072	
Isoleucine.....g	0.051		0		1		0.061	0.073	
Leucine.....g	0.082		0		1		0.098	0.118	
Lysine.....g	0.079		0		1		0.095	0.114	
Methionine.....g	0.017		0		1		0.020	0.024	
Cystine.....g	0.013		0		1		0.016	0.019	
Phenylalanine.....g	0.053		0		1		0.064	0.076	
Tyrosine.....g									
Valine.....g	0.062		0		1		0.074	0.089	
Arginine.....g	0.057		0		1		0.068	0.082	
Histidine.....g	0.025		0		1		0.030	0.036	
Alanine.....g	0.072		0		1		0.086	0.104	
Aspartic acid.....g	0.249		0		1		0.299	0.359	
Glutamic acid.....g	0.145		0		1		0.174	0.209	
Glycine.....g	0.051		0		1		0.061	0.073	
Proline.....g	0.129		0		1		0.155	0.186	
Serine.....g	0.075		0		1		0.090	0.108	
Hydroxyproline.....g									

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

**Common Measures:**

Measure 1 = 120g: 1 cup (1/2" slices)

Measure 2 = 144g: 1 shoot

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

**NDB No. 11027**

**Bamboo shoots, cooked, boiled, drained, without salt**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11026  
 Bamboo shoots, raw  
*Phyllostachys* spp.

Refuse:71% Sheath

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	91.00		0		1		137.41	69.16	
Energy.....kcal	27		0	NC	4		41	21	
Energy.....kj	115		0	NC	4		173	87	
Protein (N x 6.25).....g	2.60		0		1		3.93	1.98	
Total lipid (fat).....g	0.30		0		1		0.45	0.23	
Ash.....g	0.90		0		1		1.36	0.68	
Carbohydrate, by difference.....g	5.20		0	NC	4		7.85	3.95	
Fiber, total dietary.....g	2.2		0		4		3.3	1.7	
Sugars, total.....g	3.00		0	O	4		4.53	2.28	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	13		0		1		20	10	
Iron, Fe.....mg	0.50		0		1		0.76	0.38	
Magnesium, Mg.....mg	3		1		1		5	2	
Phosphorus, P.....mg	59		0		1		89	45	
Potassium, K.....mg	533		0		1		805	405	
Sodium, Na.....mg	4		1		1		6	3	
Zinc, Zn.....mg	1.10		0		4		1.66	0.84	
Copper, Cu.....mg	0.190		0		4		0.287	0.144	
Manganese, Mn.....mg	0.262		0		4		0.396	0.199	
Selenium, Se.....mcg	0.8		0	CAZN	4		1.2	0.6	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	4.0		0		1		6.0	3.0	
Thiamin.....mg	0.150		0		1		0.227	0.114	
Riboflavin.....mg	0.070		0		1		0.106	0.053	
Niacin.....mg	0.600		0		1		0.906	0.456	
Pantothenic acid.....mg	0.161		0		4		0.243	0.122	
Vitamin B-6.....mg	0.240		0		4		0.362	0.182	
Folate, total.....mcg	7		0		4		11	5	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	7		0		4		11	5	
Folate, DFE.....mcg_DFE	7		0	NC	4		11	5	
Choline, total.....mg	0.0		0	Z	7		0.0	0.0	
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	1		0	NC	4		2	1	
Retinol.....mcg	0		0	Z	7		0	0	
Carotene, beta.....mcg	12		0	O	4		18	9	
Carotene, alpha.....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0	0	
Vitamin A, IU.....IU	20		0	NC	4		30	15	
Lycopene.....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg	1.00		0	O	4		1.51	0.76	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		0	Z	7		0.0	0.0	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.069		0		1		0.104	0.052	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.000		0		1		0.000	0.000	

NDB No. 11026  
Bamboo shoots, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.002		0		1		0.003	0.002	
13:0.....g									
14:0.....g	0.002		0		1		0.003	0.002	
15:0.....g									
16:0.....g	0.051		0		1		0.077	0.039	
17:0.....g									
18:0.....g	0.006		0		1		0.009	0.005	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.007		0		1		0.011	0.005	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.007		0		1		0.011	0.005	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.134		0		1		0.202	0.102	
18:2 undifferentiated.....g	0.114		0		1		0.172	0.087	
18:3 undifferentiated.....g	0.020		0		1		0.030	0.015	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg	19		0		1		29	14	
<b>Amino Acids:</b>									
Tryptophan.....g	0.027		1		1		0.041	0.021	
Threonine.....g	0.086		1		1		0.130	0.065	
Isoleucine.....g	0.088		1		1		0.133	0.067	
Leucine.....g	0.140		1		1		0.211	0.106	
Lysine.....g	0.134		1		1		0.202	0.102	
Methionine.....g	0.030		1		1		0.045	0.023	
Cystine.....g	0.022		1		1		0.033	0.017	
Phenylalanine.....g	0.090		1		1		0.136	0.068	
Tyrosine.....g									
Valine.....g	0.106		1		1		0.160	0.081	
Arginine.....g	0.097		1		1		0.146	0.074	
Histidine.....g	0.042		1		1		0.063	0.032	
Alanine.....g	0.124		1		1		0.187	0.094	
Aspartic acid.....g	0.425		1		1		0.642	0.323	
Glutamic acid.....g	0.248		1		1		0.374	0.188	
Glycine.....g	0.087		1		1		0.131	0.066	
Proline.....g	0.219		1		1		0.331	0.166	
Serine.....g	0.127		1		1		0.192	0.097	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

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

**Common Measures:**

**NDB No. 11026**

**Bamboo shoots, raw**

Measure 1 = 151g: 1 cup (1/2" slices)

Measure 2 = 76g: .5 cup (1/2" pieces)

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)



**NDB No. 11973**  
**Beans, fava, in pod, raw**

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.002		1	A	1		0.003	0.000	
15:0.....g	0.002		1	A	1		0.003	0.000	
16:0.....g	0.065		1	A	1		0.082	0.004	
17:0.....g	0.002		1	A	1		0.003	0.000	
18:0.....g	0.028		1	A	1		0.035	0.002	
20:0.....g	0.010		1	A	1		0.013	0.001	
22:0.....g	0.005		1	A	1		0.006	0.000	
24:0.....g	0.003		1	A	1		0.004	0.000	
Fatty acids, total monounsaturated.....g	0.104		1	A	1		0.131	0.006	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.004		1	A	1		0.005	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.097		1	A	1		0.122	0.006	
20:1.....g	0.003		1	A	1		0.004	0.000	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.342		1	A	1		0.431	0.021	
18:2 undifferentiated.....g	0.312		1	A	1		0.393	0.019	
18:3 undifferentiated.....g	0.030		1	A	1		0.038	0.002	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg	22		1	A	1		28	1	
Stigmasterol.....mg	1		1	A	1		1	0	
Campesterol.....mg	3		1	A	1		4	0	
Beta-sitosterol.....mg	18		1	A	1		22	1	
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg									
Theobromine.....mg									

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

**Common Measures:**

Measure 1 = 126g: 1 cup

Measure 2 = 6.1g: 1 pod

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group: 11 Vegetables and Vegetable Products**

USDA National Nutrient Database for Standard Reference, Release 21 (2008)





NDB No. 11713

Beans, kidney, mature seeds, sprouted, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g									
15:0.....g									
16:0.....g	0.074		0			1			
17:0.....g									
18:0.....g	0.010		0			1			
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.045		0			1			
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.045		0			1			
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.318		0			1			
18:2 undifferentiated.....g	0.123		0			1			
18:3 undifferentiated.....g	0.194		0			1			
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z		7			
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.050		0			1			
Threonine.....g	0.203		0			1			
Isoleucine.....g	0.214		0			1			
Leucine.....g	0.347		0			1			
Lysine.....g	0.275		0			1			
Methionine.....g	0.050		0			1			
Cystine.....g	0.055		0			1			
Phenylalanine.....g	0.243		0			1			
Tyrosine.....g	0.166		0			1			
Valine.....g	0.248		0			1			
Arginine.....g	0.263		0			1			
Histidine.....g	0.135		0			1			
Alanine.....g	0.200		0			1			
Aspartic acid.....g	0.628		0			1			
Glutamic acid.....g	0.589		0			1			
Glycine.....g	0.166		0			1			
Proline.....g	0.195		0			1			
Serine.....g	0.258		0			1			
Hydroxyproline.....g									

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

**Common Measures:**

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)



NDB No. 11030

Beans, kidney, mature seeds, sprouted, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g									
15:0.....g									
16:0.....g	0.074		0			1			
17:0.....g									
18:0.....g	0.010		0			1			
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.045		0			1			
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.045		0			1			
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.318		0			1			
18:2 undifferentiated.....g	0.123		0			1			
18:3 undifferentiated.....g	0.194		0			1			
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z		7			
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.050		0			1			
Threonine.....g	0.203		0			1			
Isoleucine.....g	0.214		0			1			
Leucine.....g	0.347		0			1			
Lysine.....g	0.275		0			1			
Methionine.....g	0.050		0			1			
Cystine.....g	0.055		0			1			
Phenylalanine.....g	0.243		0			1			
Tyrosine.....g	0.166		0			1			
Valine.....g	0.248		0			1			
Arginine.....g	0.263		0			1			
Histidine.....g	0.135		0			1			
Alanine.....g	0.200		0			1			
Aspartic acid.....g	0.628		0			1			
Glutamic acid.....g	0.589		0			1			
Glycine.....g	0.166		0			1			
Proline.....g	0.195		0			1			
Serine.....g	0.258		0			1			
Hydroxyproline.....g									

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

**Common Measures:**

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group: 11 Vegetables and Vegetable Products**

USDA National Nutrient Database for Standard Reference, Release 21 (2008)



NDB No. 11029

Beans, kidney, mature seeds, sprouted, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g									
15:0.....g									
16:0.....g	0.064		1		1		0.118		
17:0.....g									
18:0.....g	0.009		1		1		0.017		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.039		0		1		0.072		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.039		1		1		0.072		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.276		0		1		0.508		
18:2 undifferentiated.....g	0.107		1		1		0.197		
18:3 undifferentiated.....g	0.169		1		1		0.311		
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.044		2		1		0.081		
Threonine.....g	0.176		2		1		0.324		
Isoleucine.....g	0.186		2		1		0.342		
Leucine.....g	0.302		2		1		0.556		
Lysine.....g	0.239		2		1		0.440		
Methionine.....g	0.044		2		1		0.081		
Cystine.....g	0.048		2		1		0.088		
Phenylalanine.....g	0.212		2		1		0.390		
Tyrosine.....g	0.144		2		1		0.265		
Valine.....g	0.216		2		1		0.397		
Arginine.....g	0.228		2		1		0.420		
Histidine.....g	0.118		2		1		0.217		
Alanine.....g	0.174		2		1		0.320		
Aspartic acid.....g	0.546		2		1		1.005		
Glutamic acid.....g	0.512		2		1		0.942		
Glycine.....g	0.144		2		1		0.265		
Proline.....g	0.169		2		1		0.311		
Serine.....g	0.224		2		1		0.412		
Hydroxyproline.....g									

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

**Common Measures:**

Measure 1 = 184g: 1 cup

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**NDB No. 11029**

**Beans, kidney, mature seeds, sprouted, raw**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)



Beans, lima, immature seeds, canned, regular pack, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.001		0		1		0.001	0.005	
15:0.....g									
16:0.....g	0.057		0	BFFN	4		0.071	0.259	
17:0.....g									
18:0.....g	0.007		0		1		0.009	0.032	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.016		0	BFFN	4		0.020	0.073	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.016		0	BFFN	4		0.020	0.073	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.139		0	BFFN	4		0.172	0.631	
18:2 undifferentiated.....g	0.094		0	BFFN	4		0.117	0.427	
18:3 undifferentiated.....g	0.045		0	BFFN	4		0.056	0.204	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.054		0	BFFN	4		0.067	0.245	
Threonine.....g	0.173		0	BFFN	4		0.215	0.785	
Isoleucine.....g	0.261		0	BFFN	4		0.324	1.185	
Leucine.....g	0.319		0	BFFN	4		0.396	1.448	
Lysine.....g	0.268		0	BFFN	4		0.332	1.217	
Methionine.....g	0.040		0	BFFN	4		0.050	0.182	
Cystine.....g	0.049		0	BFFN	4		0.061	0.222	
Phenylalanine.....g	0.200		0	BFFN	4		0.248	0.908	
Tyrosine.....g	0.131		0	BFFN	4		0.162	0.595	
Valine.....g	0.254		0	BFFN	4		0.315	1.153	
Arginine.....g	0.272		0	BFFN	4		0.337	1.235	
Histidine.....g	0.138		0	BFFN	4		0.171	0.627	
Alanine.....g	0.154		0	BFFN	4		0.191	0.699	
Aspartic acid.....g	0.436		0	BFFN	4		0.541	1.979	
Glutamic acid.....g	0.523		0	BFFN	4		0.649	2.374	
Glycine.....g	0.163		0	BFFN	4		0.202	0.740	
Proline.....g	0.068		0	BFFN	4		0.084	0.309	
Serine.....g	0.254		0	BFFN	4		0.315	1.153	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg									
Theobromine.....mg									

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

**Common Measures:**

Measure 1 = 124g: .5 cup



**NDB No. 11033**

**Beans, lima, immature seeds, canned, regular pack, solids and liquids**

Measure 2 = 454g: 1 can (303 x 406)

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group: 11 Vegetables and Vegetable Products**

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11626

Beans, mung, mature seeds, sprouted, canned, drained solids

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	96.10	0.224	5		1		120.13		
Energy.....kcal	12		0	NC	4		14		
Energy.....kj	48		0	NC	4		60		
Protein (N x 6.25).....g	1.40	0.067	5		1		1.75		
Total lipid (fat).....g	0.06		0		1		0.08		
Ash.....g	0.30		0		1		0.38		
Carbohydrate, by difference.....g	2.14		0	NC	4		2.68		
Fiber, total dietary.....g	0.8		0		4		1.0		
Sugars, total.....g	1.34		0	O	4		1.68		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	14	0.653	5		1		18		
Iron, Fe.....mg	0.43	0.036	5		1		0.54		
Magnesium, Mg.....mg	9		0		1		11		
Phosphorus, P.....mg	32	6.261	5		1		40		
Potassium, K.....mg	27	2.236	5		1		34		
Sodium, Na.....mg	140		0		4		175		
Zinc, Zn.....mg	0.28		0		4		0.35		
Copper, Cu.....mg	0.157		0		1		0.196		
Manganese, Mn.....mg	0.073		0		1		0.091		
Selenium, Se.....mcg	0.6		2	A	1		0.8		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.3	0.080	5		1		0.4		
Thiamin.....mg	0.030	0.004	5		1		0.038		
Riboflavin.....mg	0.070	0.040	5		1		0.088		
Niacin.....mg	0.220	0.009	5		1		0.275		
Pantothenic acid.....mg	0.143		0		4		0.179		
Vitamin B-6.....mg	0.032		0		4		0.040		
Folate, total.....mcg	10	1.227	3		1		12		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	10	1.227	3		1		12		
Folate, DFE.....mcg_DFE	10		0	NC	4		12		
Choline, total.....mg	7.8		0	BFSN	4		9.8		
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00		
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0		
Retinol.....mcg	0		0	Z	7		0		
Carotene, beta.....mcg	2		0	BFSN	4		3		
Carotene, alpha.....mcg	2		0	BFSN	4		3		
Cryptoxanthin, beta.....mcg	2		0	BFSN	4		3		
Vitamin A, IU.....IU	8		0	NC	4		10		
Lycopene.....mcg	0		0	BFSN	4		0		
Lutein + zeaxanthin.....mcg	0		0	BFSN	4		0		
Vitamin E (alpha-tocopherol).....mg	0.04		0	BFSN	4		0.05		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	13.4		0	BFSN	4		16.8		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.016		0		1		0.020		
4:0.....g	0.000		0		1		0.000		
6:0.....g	0.000		0		1		0.000		
8:0.....g	0.000		0		1		0.000		
10:0.....g	0.000		0		1		0.000		

Beans, mung, mature seeds, sprouted, canned, drained solids

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0		1		0.000		
13:0.....g									
14:0.....g	0.000		0		1		0.000		
15:0.....g									
16:0.....g	0.011		0		1		0.014		
17:0.....g									
18:0.....g	0.003		0		1		0.004		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.008		0		1		0.010		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.008		0		1		0.010		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.020		0		1		0.025		
18:2 undifferentiated.....g	0.015		0		1		0.019		
18:3 undifferentiated.....g	0.006		0		1		0.008		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.019		0		1		0.024		
Threonine.....g	0.040		0		1		0.050		
Isoleucine.....g	0.067		0		1		0.084		
Leucine.....g	0.089		0		1		0.111		
Lysine.....g	0.085		0		1		0.106		
Methionine.....g	0.017		0		1		0.021		
Cystine.....g	0.009		0		1		0.011		
Phenylalanine.....g	0.060		0		1		0.075		
Tyrosine.....g	0.026		0		1		0.033		
Valine.....g	0.067		0		1		0.084		
Arginine.....g	0.101		0		1		0.126		
Histidine.....g	0.036		0		1		0.045		
Alanine.....g	0.050		0		1		0.063		
Aspartic acid.....g	0.245		0		1		0.306		
Glutamic acid.....g	0.082		0		1		0.103		
Glycine.....g	0.032		0		1		0.040		
Proline.....g									
Serine.....g	0.017		0		1		0.021		
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

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

**Common Measures:**

**NDB No. 11626**

**Beans, mung, mature seeds, sprouted, canned, drained solids**

Measure 1 = 125g: 1 cup

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group: 11 Vegetables and Vegetable Products**

USDA National Nutrient Database for Standard Reference, Release 21 (2008)



NDB No. 11719

Beans, navy, mature seeds, sprouted, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g									
15:0.....g									
16:0.....g	0.087		0			1			
17:0.....g									
18:0.....g	0.011		0			1			
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.060		0			1			
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.060		0			1			
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.468		0			1			
18:2 undifferentiated.....g	0.169		0			1			
18:3 undifferentiated.....g	0.299		0			1			
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z		7			
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.074		0			1			
Threonine.....g	0.297		0			1			
Isoleucine.....g	0.314		0			1			
Leucine.....g	0.508		0			1			
Lysine.....g	0.403		0			1			
Methionine.....g	0.074		0			1			
Cystine.....g	0.080		0			1			
Phenylalanine.....g	0.357		0			1			
Tyrosine.....g	0.243		0			1			
Valine.....g	0.363		0			1			
Arginine.....g	0.385		0			1			
Histidine.....g	0.198		0			1			
Alanine.....g	0.293		0			1			
Aspartic acid.....g	0.919		0			1			
Glutamic acid.....g	0.863		0			1			
Glycine.....g	0.243		0			1			
Proline.....g	0.285		0			1			
Serine.....g	0.378		0			1			
Hydroxyproline.....g									

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

**Common Measures:**

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group: 11 Vegetables and Vegetable Products**

USDA National Nutrient Database for Standard Reference, Release 21 (2008)



NDB No. 11047

Beans, navy, mature seeds, sprouted, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g									
15:0.....g									
16:0.....g	0.087		0			1			
17:0.....g									
18:0.....g	0.011		0			1			
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.060		0			1			
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.060		0			1			
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.468		0			1			
18:2 undifferentiated.....g	0.169		0			1			
18:3 undifferentiated.....g	0.299		0			1			
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z		7			
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.074		0			1			
Threonine.....g	0.297		0			1			
Isoleucine.....g	0.314		0			1			
Leucine.....g	0.508		0			1			
Lysine.....g	0.403		0			1			
Methionine.....g	0.074		0			1			
Cystine.....g	0.080		0			1			
Phenylalanine.....g	0.357		0			1			
Tyrosine.....g	0.243		0			1			
Valine.....g	0.363		0			1			
Arginine.....g	0.385		0			1			
Histidine.....g	0.198		0			1			
Alanine.....g	0.293		0			1			
Aspartic acid.....g	0.919		0			1			
Glutamic acid.....g	0.863		0			1			
Glycine.....g	0.243		0			1			
Proline.....g	0.285		0			1			
Serine.....g	0.378		0			1			
Hydroxyproline.....g									

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

**Common Measures:**

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group: 11 Vegetables and Vegetable Products**

USDA National Nutrient Database for Standard Reference, Release 21 (2008)





NDB No. 11046

Beans, navy, mature seeds, sprouted, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g									
15:0.....g									
16:0.....g	0.076		0		1		0.079		
17:0.....g									
18:0.....g	0.009		0		1		0.009		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.052		0		1		0.054		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.052		0		1		0.054		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.407		0		1		0.423		
18:2 undifferentiated.....g	0.147		0		1		0.153		
18:3 undifferentiated.....g	0.260		0		1		0.270		
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.064		0		1		0.067		
Threonine.....g	0.258		0		1		0.268		
Isoleucine.....g	0.273		0		1		0.284		
Leucine.....g	0.442		0		1		0.460		
Lysine.....g	0.350		0		1		0.364		
Methionine.....g	0.064		0		1		0.067		
Cystine.....g	0.070		0		1		0.073		
Phenylalanine.....g	0.310		0		1		0.322		
Tyrosine.....g	0.212		0		1		0.220		
Valine.....g	0.316		0		1		0.329		
Arginine.....g	0.335		0		1		0.348		
Histidine.....g	0.172		0		1		0.179		
Alanine.....g	0.255		0		1		0.265		
Aspartic acid.....g	0.799		0		1		0.831		
Glutamic acid.....g	0.750		0		1		0.780		
Glycine.....g	0.212		0		1		0.220		
Proline.....g	0.248		0		1		0.258		
Serine.....g	0.329		0		1		0.342		
Hydroxyproline.....g									

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

**Common Measures:**

Measure 1 = 104g: 1 cup

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**NDB No. 11046**

**Beans, navy, mature seeds, sprouted, raw**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)



NDB No. 11720

Beans, pinto, immature seeds, frozen, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g									
15:0.....g									
16:0.....g	0.051		0		1		0.145	0.048	
17:0.....g									
18:0.....g	0.006		0		1		0.017	0.006	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.035		0		1		0.099	0.033	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.035		0		1		0.099	0.033	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.276		0		1		0.784	0.259	
18:2 undifferentiated.....g	0.099		0		1		0.281	0.093	
18:3 undifferentiated.....g	0.177		0		1		0.503	0.166	
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0	0	
Phytosterols.....mg									

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

**Common Measures:**

Measure 1 = 284g: 1 package (10 oz) yields

Measure 2 = 94g: .333 package (10 oz) yields

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group: 11 Vegetables and Vegetable Products**

USDA National Nutrient Database for Standard Reference, Release 21 (2008)



NDB No. 11049

Beans, pinto, immature seeds, frozen, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g									
15:0.....g									
16:0.....g	0.051		0		1		0.145	0.048	
17:0.....g									
18:0.....g	0.006		0		1		0.017	0.006	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.035		0		1		0.099	0.033	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.035		0		1		0.099	0.033	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.276		0		1		0.784	0.259	
18:2 undifferentiated.....g	0.099		0		1		0.281	0.093	
18:3 undifferentiated.....g	0.177		0		1		0.503	0.166	
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0	0	
Phytosterols.....mg									

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

**Common Measures:**

Measure 1 = 284g: 1 package (10 oz) yields

Measure 2 = 94g: .333 package (10 oz) yields

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group: 11 Vegetables and Vegetable Products**

USDA National Nutrient Database for Standard Reference, Release 21 (2008)





NDB No. 11048

Beans, pinto, immature seeds, frozen, unprepared

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g									
15:0.....g									
16:0.....g	0.054		0		1		0.153	0.051	
17:0.....g									
18:0.....g	0.007		0		1		0.020	0.007	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.037		0		1		0.105	0.035	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.037		0		1		0.105	0.035	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.291		0		1		0.826	0.274	
18:2 undifferentiated.....g	0.105		0		1		0.298	0.099	
18:3 undifferentiated.....g	0.186		0		1		0.528	0.175	
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0	0	
Phytosterols.....mg									

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

**Common Measures:**

Measure 1 = 284g: 1 package (10 oz)

Measure 2 = 94g: .333 package (10 oz)

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group: 11 Vegetables and Vegetable Products**  
 USDA National Nutrient Database for Standard Reference, Release 21 (2008)



NDB No. 11721

Beans, pinto, mature seeds, sprouted, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g									
15:0.....g									
16:0.....g	0.034		0			1			
17:0.....g									
18:0.....g	0.004		0			1			
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.024		0			1			
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.024		0			1			
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.185		0			1			
18:2 undifferentiated.....g	0.067		0			1			
18:3 undifferentiated.....g	0.118		0			1			
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z		7			
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.019		0			1			
Threonine.....g	0.078		0			1			
Isoleucine.....g	0.082		0			1			
Leucine.....g	0.133		0			1			
Lysine.....g	0.106		0			1			
Methionine.....g	0.019		0			1			
Cystine.....g	0.021		0			1			
Phenylalanine.....g	0.094		0			1			
Tyrosine.....g	0.064		0			1			
Valine.....g	0.095		0			1			
Arginine.....g	0.101		0			1			
Histidine.....g	0.052		0			1			
Alanine.....g	0.077		0			1			
Aspartic acid.....g	0.241		0			1			
Glutamic acid.....g	0.226		0			1			
Glycine.....g	0.064		0			1			
Proline.....g	0.075		0			1			
Serine.....g	0.099		0			1			
Hydroxyproline.....g									

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

**Common Measures:**

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)



NDB No. 11654

Beans, pinto, mature seeds, sprouted, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g									
15:0.....g									
16:0.....g	0.034		0			1			
17:0.....g									
18:0.....g	0.004		0			1			
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.024		0			1			
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.024		0			1			
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.185		0			1			
18:2 undifferentiated.....g	0.067		0			1			
18:3 undifferentiated.....g	0.118		0			1			
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z		7			
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.019		0			1			
Threonine.....g	0.078		0			1			
Isoleucine.....g	0.082		0			1			
Leucine.....g	0.133		0			1			
Lysine.....g	0.106		0			1			
Methionine.....g	0.019		0			1			
Cystine.....g	0.021		0			1			
Phenylalanine.....g	0.094		0			1			
Tyrosine.....g	0.064		0			1			
Valine.....g	0.095		0			1			
Arginine.....g	0.101		0			1			
Histidine.....g	0.052		0			1			
Alanine.....g	0.077		0			1			
Aspartic acid.....g	0.241		0			1			
Glutamic acid.....g	0.226		0			1			
Glycine.....g	0.064		0			1			
Proline.....g	0.075		0			1			
Serine.....g	0.099		0			1			
Hydroxyproline.....g									

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

**Common Measures:**

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)



NDB No. 11653

Beans, pinto, mature seeds, sprouted, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g									
15:0.....g									
16:0.....g	0.097		0			1			
17:0.....g									
18:0.....g	0.012		0			1			
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.067		0			1			
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.067		0			1			
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.523		0			1			
18:2 undifferentiated.....g	0.189		0			1			
18:3 undifferentiated.....g	0.334		0			1			
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z		7			
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.055		0			1			
Threonine.....g	0.220		0			1			
Isoleucine.....g	0.233		0			1			
Leucine.....g	0.377		0			1			
Lysine.....g	0.299		0			1			
Methionine.....g	0.055		0			1			
Cystine.....g	0.060		0			1			
Phenylalanine.....g	0.265		0			1			
Tyrosine.....g	0.181		0			1			
Valine.....g	0.270		0			1			
Arginine.....g	0.286		0			1			
Histidine.....g	0.147		0			1			
Alanine.....g	0.218		0			1			
Aspartic acid.....g	0.682		0			1			
Glutamic acid.....g	0.640		0			1			
Glycine.....g	0.181		0			1			
Proline.....g	0.212		0			1			
Serine.....g	0.281		0			1			
Hydroxyproline.....g									

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

**Common Measures:**

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11050

Beans, shellie, canned, solids and liquids

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	90.69	0.222	12		1		222.19		
Energy.....kcal	30		0	NC	4		74		
Energy.....kj	126		0		4		308		
Protein (N x 6.25).....g	1.76	0.098	12		1		4.31		
Total lipid (fat).....g	0.19	0.009	11		1		0.47		
Ash.....g	1.17	0.046	12		1		2.87		
Carbohydrate, by difference.....g	6.19		0	NC	4		15.17		
Fiber, total dietary.....g	3.4		0		4		8.3		
Sugars, total.....g	0.63		0	RA	4		1.55		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	29	1.383	12		1		71		
Iron, Fe.....mg	0.99	0.078	12		1		2.43		
Magnesium, Mg.....mg	15		0		4		37		
Phosphorus, P.....mg	30		0		4		74		
Potassium, K.....mg	109	4.359	12		1		267		
Sodium, Na.....mg	334	16.252	12		1		818		
Zinc, Zn.....mg	0.27		0		4		0.66		
Copper, Cu.....mg	0.080		0		4		0.196		
Manganese, Mn.....mg	0.382		0		4		0.936		
Selenium, Se.....mcg	2.1		0	RA	4		5.1		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	3.1	0.375	12		1		7.6		
Thiamin.....mg	0.032	0.003	12		1		0.078		
Riboflavin.....mg	0.054	0.003	12		1		0.132		
Niacin.....mg	0.205	0.013	12		1		0.502		
Pantothenic acid.....mg	0.133		0		4		0.326		
Vitamin B-6.....mg	0.049		0		4		0.120		
Folate, total.....mcg	18		0		4		44		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	18		0		4		44		
Folate, DFE.....mcg_DFE	18		0	NC	4		44		
Choline, total.....mg	13.2		0	RA	4		32.4		
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00		
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....mcg_RAE	11		0	NC	4		28		
Retinol.....mcg	0		0	Z	7		0		
Carotene, beta.....mcg	137		0	O	4		335		
Carotene, alpha.....mcg	0		0	Z	7		0		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0		
Vitamin A, IU.....IU	228		0	NC	4		559		
Lycopene.....mcg	0		0	Z	7		0		
Lutein + zeaxanthin.....mcg	331		0	O	4		810		
Vitamin E (alpha-tocopherol).....mg	0.03		0	O	4		0.07		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	8.0		0	O	4		19.6		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.023		0		1		0.056		
4:0.....g	0.000		0		1		0.000		
6:0.....g	0.000		0		1		0.000		
8:0.....g	0.000		0		1		0.000		
10:0.....g	0.000		0		1		0.000		



NDB No. 11050

Beans, shellie, canned, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0		1		0.000		
13:0.....g									
14:0.....g	0.000		0		1		0.000		
15:0.....g									
16:0.....g	0.021		0		1		0.051		
17:0.....g									
18:0.....g	0.003		0		1		0.007		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.014		0		1		0.034		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.014		0		1		0.034		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.110		0		1		0.270		
18:2 undifferentiated.....g	0.040		0		1		0.098		
18:3 undifferentiated.....g	0.071		0		1		0.174		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

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

**Common Measures:**

Measure 1 = 245g: 1 cup

**Calories Factors: Protein 2.96**

**Fat 8.37**

**Carbohydrate 3.82**

**Food Group: 11 Vegetables and Vegetable Products**

USDA National Nutrient Database for Standard Reference, Release 21 (2008)



Beans, snap, canned, all styles, seasoned, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
13:0.....g									
14:0.....g	0.000		0		1		0.000	0.000	
15:0.....g									
16:0.....g	0.037		0		1		0.042	0.162	
17:0.....g									
18:0.....g	0.007		0		1		0.008	0.031	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.008		0		1		0.009	0.035	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.007		0		1		0.008	0.031	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.102		0		1		0.116	0.448	
18:2 undifferentiated.....g	0.039		0		1		0.044	0.171	
18:3 undifferentiated.....g	0.063		0		1		0.072	0.277	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.009		0		1		0.010	0.040	
Threonine.....g	0.036		0		1		0.041	0.158	
Isoleucine.....g	0.030		0		1		0.034	0.132	
Leucine.....g	0.051		0		1		0.058	0.224	
Lysine.....g	0.040		0		1		0.046	0.176	
Methionine.....g	0.010		0		1		0.011	0.044	
Cystine.....g	0.008		0		1		0.009	0.035	
Phenylalanine.....g	0.030		0		1		0.034	0.132	
Tyrosine.....g	0.019		0		1		0.022	0.083	
Valine.....g	0.041		0		1		0.047	0.180	
Arginine.....g	0.034		0		1		0.039	0.149	
Histidine.....g	0.016		0		1		0.018	0.070	
Alanine.....g	0.038		0		1		0.043	0.167	
Aspartic acid.....g	0.117		0		1		0.133	0.514	
Glutamic acid.....g	0.086		0		1		0.098	0.378	
Glycine.....g	0.030		0		1		0.034	0.132	
Proline.....g	0.031		0		1		0.035	0.136	
Serine.....g	0.045		0		1		0.051	0.198	
Hydroxyproline.....g									

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

**Common Measures:**

Measure 1 = 114g: .5 cup

Measure 2 = 439g: 1 can (303 x 406)

**NDB No. 11058**

**Beans, snap, canned, all styles, seasoned, solids and liquids**

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)



Beans, snap, green variety, canned, regular pack, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.000		0		1		0.000	0.000	
15:0.....g									
16:0.....g	0.019		0		1		0.023	0.083	
17:0.....g									
18:0.....g	0.003		0		1		0.004	0.013	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.004		0		1		0.005	0.018	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.004		0		1		0.005	0.018	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.052		0		1		0.062	0.228	
18:2 undifferentiated.....g	0.020		0		1		0.024	0.088	
18:3 undifferentiated.....g	0.032		0		1		0.038	0.140	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.008		0	BFPN	4		0.010	0.035	
Threonine.....g	0.035		0	BFPN	4		0.042	0.154	
Isoleucine.....g	0.029		0	BFPN	4		0.035	0.127	
Leucine.....g	0.049		0	BFPN	4		0.059	0.215	
Lysine.....g	0.039		0	BFPN	4		0.047	0.171	
Methionine.....g	0.009		0	BFPN	4		0.011	0.040	
Cystine.....g	0.008		0	BFPN	4		0.010	0.035	
Phenylalanine.....g	0.029		0	BFPN	4		0.035	0.127	
Tyrosine.....g	0.019		0	BFPN	4		0.023	0.083	
Valine.....g	0.040		0	BFPN	4		0.048	0.176	
Arginine.....g	0.032		0	BFPN	4		0.038	0.140	
Histidine.....g	0.015		0	BFPN	4		0.018	0.066	
Alanine.....g	0.037		0	BFPN	4		0.044	0.162	
Aspartic acid.....g	0.111		0	BFPN	4		0.133	0.487	
Glutamic acid.....g	0.082		0	BFPN	4		0.098	0.360	
Glycine.....g	0.028		0	BFPN	4		0.034	0.123	
Proline.....g	0.029		0	BFPN	4		0.035	0.127	
Serine.....g	0.043		0	BFPN	4		0.052	0.189	
Hydroxyproline.....g									
<b><u>Others:</u></b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg									
Theobromine.....mg									

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

**Common Measures:**

Measure 1 = 120g: .5 cup

**NDB No. 11054**

**Beans, snap, green variety, canned, regular pack, solids and liquids**

Measure 2 = 439g: 1 can (303 x 406)

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group: 11 Vegetables and Vegetable Products**

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11729

Beans, snap, green, canned, no salt added, drained solids

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	93.30	0.184	17		1		125.96	57.85	244.45
Energy.....kcal	20		0	NC	4		27	12	52
Energy.....kj	84		0		4		113	52	219
Protein (N x 6.25).....g	1.15	0.045	17		1		1.55	0.71	3.01
Total lipid (fat).....g	0.10	0.005	17		1		0.14	0.06	0.26
Ash.....g	0.95	0.041	17		1		1.28	0.59	2.49
Carbohydrate, by difference.....g	4.50		0	NC	4		6.08	2.79	11.79
Fiber, total dietary.....g	1.9		0		4		2.6	1.2	5.0
Sugars, total.....g	0.77		0	BFSN	4		1.05	0.48	2.03
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	26	1.197	12		1		35	16	68
Iron, Fe.....mg	0.90	0.106	12		1		1.22	0.56	2.36
Magnesium, Mg.....mg	13	0.290	12		1		18	8	34
Phosphorus, P.....mg	19	0.654	12		1		26	12	50
Potassium, K.....mg	109	1.286	12		1		147	68	286
Sodium, Na.....mg	2		0		1		3	1	5
Zinc, Zn.....mg	0.29	0.036	17		1		0.39	0.18	0.76
Copper, Cu.....mg	0.038	0.003	11		1		0.051	0.024	0.100
Manganese, Mn.....mg	0.200	0.019	16		1		0.270	0.124	0.524
Selenium, Se.....mcg	0.4	0.103	8	A	1		0.5	0.2	1.0
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	4.8	0.397	12		1		6.5	3.0	12.6
Thiamin.....mg	0.015	0.001	12		1		0.020	0.009	0.039
Riboflavin.....mg	0.056	0.002	12		1		0.076	0.035	0.147
Niacin.....mg	0.201	0.007	12		1		0.271	0.125	0.527
Pantothenic acid.....mg	0.129		0		4		0.174	0.080	0.338
Vitamin B-6.....mg	0.037		0		4		0.050	0.023	0.097
Folate, total.....mcg	32	7.950	6		1		43	20	83
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg	32	7.950	6		1		43	20	83
Folate, DFE.....mcg_DFE	32		0	NC	4		43	20	83
Choline, total.....mg	10.5		0	BFSN	4		14.2	6.5	27.5
Betaine.....mg	0.1		0	BFSN	4		0.1	0.0	0.2
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	18		0	NC	4		24	11	46
Retinol.....mcg	0		0	Z	7		0	0	0
Carotene, beta.....mcg	121		0	BFSN	4		164	75	318
Carotene, alpha.....mcg	156		0	BFSN	4		210	97	408
Cryptoxanthin, beta.....mcg	24		0	BFSN	4		33	15	64
Vitamin A, IU.....IU	353		0	NC	4		476	219	924
Lycopene.....mcg	0		0	BFSN	4		0	0	0
Lutein + zeaxanthin.....mcg	441		0	BFSN	4		595	273	1155
Vitamin E (alpha-tocopherol).....mg	0.03		0	BFSN	4		0.04	0.02	0.08
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	38.8		0	BFSN	4		52.4	24.1	101.7
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.023		0		1		0.030	0.014	0.059
4:0.....g	0.000		0		1		0.000	0.000	0.000
6:0.....g	0.000		0		1		0.000	0.000	0.000
8:0.....g	0.000		0		1		0.000	0.000	0.000
10:0.....g	0.000		0		1		0.000	0.000	0.000



NDB No. 11729

Beans, snap, green, canned, no salt added, drained solids

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0		1		0.000	0.000	0.000
13:0.....g			0		1		0.000	0.000	0.000
14:0.....g	0.000		0		1		0.000	0.000	0.000
15:0.....g			0		1		0.026	0.012	0.051
16:0.....g	0.020		0		1		0.004	0.002	0.008
17:0.....g	0.003		0		1				
18:0.....g			0		1				
20:0.....g			0		1				
22:0.....g			0		1				
24:0.....g			0		1				
Fatty acids, total monounsaturated.....g	0.004		0		1		0.006	0.003	0.011
14:1.....g			0		1				
15:1.....g			0		1				
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
17:1.....g			0		1		0.006	0.003	0.011
18:1 undifferentiated.....g	0.004		0		1		0.000	0.000	0.000
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g			0		1				
Fatty acids, total polyunsaturated.....g	0.052		0		1		0.071	0.032	0.137
18:2 undifferentiated.....g	0.020		0		1		0.026	0.012	0.051
18:3 undifferentiated.....g	0.032		0		1		0.043	0.020	0.083
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g			0		1		0.000	0.000	0.000
20:3 undifferentiated.....g			0		1		0.000	0.000	0.000
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g			0		7		0	0	0
Cholesterol.....mg	0		0	Z	7		0	0	0
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.012		0		1		0.016	0.007	0.031
Threonine.....g	0.050		0		1		0.068	0.031	0.131
Isoleucine.....g	0.042		0		1		0.057	0.026	0.110
Leucine.....g	0.071		0		1		0.096	0.044	0.186
Lysine.....g	0.055		0		1		0.074	0.034	0.144
Methionine.....g	0.014		0		1		0.019	0.009	0.037
Cystine.....g	0.011		0		1		0.015	0.007	0.029
Phenylalanine.....g	0.042		0		1		0.057	0.026	0.110
Tyrosine.....g	0.027		0		1		0.036	0.017	0.071
Valine.....g	0.057		0		1		0.077	0.035	0.149
Arginine.....g	0.046		0		1		0.062	0.029	0.121
Histidine.....g	0.022		0		1		0.030	0.014	0.058
Alanine.....g	0.053		0		1		0.072	0.033	0.139
Aspartic acid.....g	0.161		0		1		0.217	0.100	0.422
Glutamic acid.....g	0.118		0		1		0.159	0.073	0.309
Glycine.....g	0.041		0		1		0.055	0.025	0.107
Proline.....g	0.043		0		1		0.058	0.027	0.113
Serine.....g	0.063		0		1		0.085	0.039	0.165
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	BFSN	4		0	0	0
Theobromine.....mg	0		0	BFSN	4		0	0	0

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

**Common Measures:**

**NDB No. 11729**

**Beans, snap, green, canned, no salt added, drained solids**

Measure 1 = 135g: 1 cup

Measure 2 = 62g: 10 beans

Measure 3 = 262g: 1 can (303 x 406)

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)



NDB No. 11726

Beans, snap, green, canned, no salt added, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g									
13:0.....g									
14:0.....g	0.000		0		1		0.000	0.000	
15:0.....g									
16:0.....g	0.019		0		1		0.023	0.083	
17:0.....g									
18:0.....g	0.003		0		1		0.004	0.013	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.004		0		1		0.005	0.018	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.004		0		1		0.005	0.018	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.052		0		1		0.062	0.228	
18:2 undifferentiated.....g	0.020		0		1		0.024	0.088	
18:3 undifferentiated.....g	0.032		0		1		0.038	0.140	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.008		0	BFPN	4		0.010	0.035	
Threonine.....g	0.035		0	BFPN	4		0.042	0.154	
Isoleucine.....g	0.029		0	BFPN	4		0.035	0.127	
Leucine.....g	0.049		0	BFPN	4		0.059	0.215	
Lysine.....g	0.039		0	BFPN	4		0.047	0.171	
Methionine.....g	0.009		0	BFPN	4		0.011	0.040	
Cystine.....g	0.008		0	BFPN	4		0.010	0.035	
Phenylalanine.....g	0.029		0	BFPN	4		0.035	0.127	
Tyrosine.....g	0.019		0	BFPN	4		0.023	0.083	
Valine.....g	0.040		0	BFPN	4		0.048	0.176	
Arginine.....g	0.032		0	BFPN	4		0.038	0.140	
Histidine.....g	0.015		0	BFPN	4		0.018	0.066	
Alanine.....g	0.037		0	BFPN	4		0.044	0.162	
Aspartic acid.....g	0.111		0	BFPN	4		0.133	0.487	
Glutamic acid.....g	0.082		0	BFPN	4		0.098	0.360	
Glycine.....g	0.028		0	BFPN	4		0.034	0.123	
Proline.....g	0.029		0	BFPN	4		0.035	0.127	
Serine.....g	0.043		0	BFPN	4		0.052	0.189	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg									
Theobromine.....mg									

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

**Common Measures:**

**NDB No. 11726**

**Beans, snap, green, canned, no salt added, solids and liquids**

Measure 1 = 120g: .5 cup

Measure 2 = 439g: 1 can (303 x 406)

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group: 11 Vegetables and Vegetable Products**

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11056

Beans, snap, green, canned, regular pack, drained solids

Includes USDA commodity food A059, A061

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	93.29	0.182	23	JA	6		145.54	57.84	244.42
Energy.....kcal	23		0	NC	4		36	14	61
Energy.....kj	98		0	NC	4		153	61	256
Protein.....g	1.18	0.041	19	JA	6		1.85	0.73	3.10
Total lipid (fat).....g	0.11	0.014	19	JA	6		0.17	0.07	0.29
Ash.....g	1.00	0.052	19	JA	6		1.56	0.62	2.63
Carbohydrate, by difference.....g	4.41		0	NC	4		6.88	2.74	11.56
Fiber, total dietary.....g	2.3	0.147	6	JA	6		3.5	1.4	5.9
Sugars, total.....g	0.78		2	A	1		1.21	0.48	2.03
Sucrose.....g	0.16		2	A	1		0.24	0.10	0.41
Glucose (dextrose).....g	0.29		2	A	1		0.46	0.18	0.76
Fructose.....g	0.33		2	A	1		0.51	0.20	0.86
Lactose.....g	0.00		2	A	1		0.00	0.00	0.00
Maltose.....g	0.00		2	A	1		0.00	0.00	0.00
Galactose.....g	0.00		2	A	1		0.00	0.00	0.00
Starch.....g	1.00		2	A	1		1.56	0.62	2.62
<b>Minerals:</b>									
Calcium, Ca.....mg	28	1.342	14	JA	6		43	17	72
Iron, Fe.....mg	0.87	0.095	14	JA	6		1.35	0.54	2.27
Magnesium, Mg.....mg	13	0.271	14	JA	6		20	8	34
Phosphorus, P.....mg	20	0.588	14	JA	6		31	12	51
Potassium, K.....mg	111	2.996	14	JA	6		173	69	290
Sodium, Na.....mg	262		0	BD	4		408	162	685
Zinc, Zn.....mg	0.28	0.032	19	JA	6		0.44	0.18	0.74
Copper, Cu.....mg	0.039	0.003	13	JA	6		0.061	0.024	0.103
Manganese, Mn.....mg	0.204	0.018	18	JA	6		0.318	0.126	0.534
Selenium, Se.....mcg	0.4	0.103	8	A	1		0.6	0.2	1.0
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	4.3	0.343	14	JA	6		6.6	2.6	11.2
Thiamin.....mg	0.015	0.001	14	JA	6		0.024	0.010	0.040
Riboflavin.....mg	0.060	0.003	14	JA	6		0.094	0.037	0.158
Niacin.....mg	0.202	0.012	14	JA	6		0.316	0.125	0.530
Pantothenic acid.....mg	0.038		0	BFSN	4		0.060	0.024	0.100
Vitamin B-6.....mg	0.029		0	BD	4		0.045	0.018	0.076
Folate, total.....mcg	32	6.214	8	JA	6		49	20	83
Folic acid.....mcg	0		2	Z	7		0	0	0
Folate, food.....mcg	32	6.214	8	JA	6		49	20	83
Folate, DFE.....mcg_DFE	32		0	NC	4		49	20	83
Choline, total.....mg	14.7		0	AS	1		23.0	9.1	38.6
Betaine.....mg	0.2		1	A	1		0.4	0.1	0.6
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	18		0	AS	1		28	11	46
Retinol.....mcg	0		0	Z	7		0	0	0
Carotene, beta.....mcg	122		2	A	1		190	75	319
Carotene, alpha.....mcg	156		2	A	1		243	97	409
Cryptoxanthin, beta.....mcg	24		2	A	1		38	15	64
Vitamin A, IU.....IU	353		0	AS	1		551	219	925
Lycopene.....mcg	0		0	Z	7		0	0	0
Lutein + zeaxanthin.....mcg	441		0	BFSN	4		688	274	1156
Vitamin E (alpha-tocopherol).....mg	0.03		0	BFSN	4		0.05	0.02	0.08
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	38.9		2	A	1		60.6	24.1	101.8

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Deriv		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Points	Code					
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.025		0	NC	4		0.038	0.015	0.064
4:0.....g	0.000		0		1		0.000	0.000	0.000
6:0.....g	0.000		0		1		0.000	0.000	0.000
8:0.....g	0.000		0		1		0.000	0.000	0.000
10:0.....g	0.000		0		1		0.000	0.000	0.000
12:0.....g	0.000		0		1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.000		0		1		0.000	0.000	0.000
15:0.....g									
16:0.....g	0.021		0		1		0.033	0.013	0.056
17:0.....g									
18:0.....g	0.003		0		1		0.005	0.002	0.009
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.004		0	NC	4		0.007	0.003	0.012
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.004		0		1		0.007	0.003	0.012
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.056		0	NC	4		0.087	0.035	0.146
18:2 undifferentiated.....g	0.021		0		1		0.033	0.013	0.056
18:3 undifferentiated.....g	0.035		0		1		0.054	0.021	0.091
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	0
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.012		0		1		0.019	0.007	0.031
Threonine.....g	0.050		0		1		0.078	0.031	0.131
Isoleucine.....g	0.042		0		1		0.066	0.026	0.110
Leucine.....g	0.071		0		1		0.111	0.044	0.186
Lysine.....g	0.055		0		1		0.086	0.034	0.144
Methionine.....g	0.014		0		1		0.022	0.009	0.037
Cystine.....g	0.011		0		1		0.017	0.007	0.029
Phenylalanine.....g	0.042		0		1		0.066	0.026	0.110
Tyrosine.....g	0.027		0		1		0.042	0.017	0.071
Valine.....g	0.057		0		1		0.089	0.035	0.149
Arginine.....g	0.046		0		1		0.072	0.029	0.121
Histidine.....g	0.022		0		1		0.034	0.014	0.058
Alanine.....g	0.053		0		1		0.083	0.033	0.139
Aspartic acid.....g	0.161		0		1		0.251	0.100	0.422
Glutamic acid.....g	0.118		0		1		0.184	0.073	0.309
Glycine.....g	0.041		0		1		0.064	0.025	0.107
Proline.....g	0.043		0		1		0.067	0.027	0.113
Serine.....g	0.063		0		1		0.098	0.039	0.165
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0

NDB No. 11056

Beans, snap, green, canned, regular pack, drained solids

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

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

**Common Measures:**

Measure 1 = 156g: 1 cup

Measure 2 = 62g: 10 beans

Measure 3 = 262g: 1 can (303 x 406)

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)





NDB No. 11723

Beans, snap, green, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g									
13:0.....g									
14:0.....g	0.000		0		1		0.000		
15:0.....g									
16:0.....g	0.053		0		1		0.066		
17:0.....g									
18:0.....g	0.009		0		1		0.011		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.012		0	NC	4		0.015		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.001		
17:1.....g									
18:1 undifferentiated.....g	0.011		0		1		0.014		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.145		0	NC	4		0.181		
18:2 undifferentiated.....g	0.056		0		1		0.070		
18:3 undifferentiated.....g	0.089		0		1		0.111		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.020		0		1		0.025		
Threonine.....g	0.082		0		1		0.103		
Isoleucine.....g	0.069		0		1		0.086		
Leucine.....g	0.116		0		1		0.145		
Lysine.....g	0.091		0		1		0.114		
Methionine.....g	0.023		0		1		0.029		
Cystine.....g	0.018		0		1		0.023		
Phenylalanine.....g	0.069		0		1		0.086		
Tyrosine.....g	0.044		0		1		0.055		
Valine.....g	0.093		0		1		0.116		
Arginine.....g	0.076		0		1		0.095		
Histidine.....g	0.035		0		1		0.044		
Alanine.....g	0.087		0		1		0.109		
Aspartic acid.....g	0.265		0		1		0.331		
Glutamic acid.....g	0.194		0		1		0.243		
Glycine.....g	0.068		0		1		0.085		
Proline.....g	0.070		0		1		0.088		
Serine.....g	0.103		0		1		0.129		
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g									
Caffeine.....mg	0		0	BFSN	4		0		
Theobromine.....mg	0		0	BFSN	4		0		

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

**Common Measures:**

**NDB No. 11723**

**Beans, snap, green, cooked, boiled, drained, with salt**

Measure 1 = 125g: 1 cup

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group: 11 Vegetables and Vegetable Products**

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11053

Beans, snap, green, cooked, boiled, drained, without salt

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	89.22	1.145	6		1		111.53		
Energy.....kcal	35		0	NC	4		44		
Energy.....kj	147		0	NC	4		184		
Protein (N x 6.25).....g	1.89	0.288	5		1		2.36		
Total lipid (fat).....g	0.28	0.066	5		1		0.35		
Ash.....g	0.73	0.072	5		1		0.91		
Carbohydrate, by difference.....g	7.88		0	NC	4		9.85		
Fiber, total dietary.....g	3.2		0		1		4.0		
Sugars, total.....g	1.55		0	BFSN	4		1.94		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	44	1.918	27		1		55		
Iron, Fe.....mg	0.65	0.029	28		1		0.81		
Magnesium, Mg.....mg	18	0.810	28		1		23		
Phosphorus, P.....mg	29	1.056	27		1		36		
Potassium, K.....mg	146	8.783	28		1		182		
Sodium, Na.....mg	1	0.149	28		1		1		
Zinc, Zn.....mg	0.25	0.011	28		1		0.31		
Copper, Cu.....mg	0.057	0.005	28		1		0.072		
Manganese, Mn.....mg	0.285	0.016	28		1		0.356		
Selenium, Se.....mcg	0.2	0.167	18		1		0.2		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	9.7	0.256	9		1		12.1		
Thiamin.....mg	0.074		0		1		0.093		
Riboflavin.....mg	0.097		0		1		0.121		
Niacin.....mg	0.614		0		1		0.768		
Pantothenic acid.....mg	0.074		0		1		0.093		
Vitamin B-6.....mg	0.056		0		1		0.070		
Folate, total.....mcg	33		0		1		42		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	33		0		1		42		
Folate, DFE.....mcg_DFE	33		0	NC	4		42		
Choline, total.....mg	16.9		0	BFSN	4		21.1		
Betaine.....mg	0.1		0	BFSN	4		0.1		
Vitamin B-12.....mcg	0.00		0	Z	7		0.00		
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....mcg_RAE	35		0	NC	4		44		
Retinol.....mcg	0		0	Z	7		0		
Carotene, beta.....mcg	420		0	BFSN	4		525		
Carotene, alpha.....mcg	0		0	NR	4		0		
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0		
Vitamin A, IU.....IU	700		0	NC	4		875		
Lycopene.....mcg	0		0	BFSN	4		0		
Lutein + zeaxanthin.....mcg	709		0	BFSN	4		886		
Vitamin E (alpha-tocopherol).....mg	0.45		0	BFSN	4		0.57		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	16.0		1		1		20.0		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.062		0	NC	4		0.077		
4:0.....g	0.000		0		1		0.000		
6:0.....g	0.000		0		1		0.000		
8:0.....g	0.000		0		1		0.000		
10:0.....g	0.000		0		1		0.000		

NDB No. 11053

Beans, snap, green, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0		1		0.000		
13:0.....g									
14:0.....g	0.000		0		1		0.000		
15:0.....g									
16:0.....g	0.053		0		1		0.066		
17:0.....g									
18:0.....g	0.009		0		1		0.011		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.012		0	NC	4		0.015		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.001		
17:1.....g									
18:1 undifferentiated.....g	0.011		0		1		0.014		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.145		0	NC	4		0.181		
18:2 undifferentiated.....g	0.056		0		1		0.070		
18:3 undifferentiated.....g	0.089		0		1		0.111		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.020		0		1		0.025		
Threonine.....g	0.082		0		1		0.103		
Isoleucine.....g	0.069		0		1		0.086		
Leucine.....g	0.116		0		1		0.145		
Lysine.....g	0.091		0		1		0.114		
Methionine.....g	0.023		0		1		0.029		
Cystine.....g	0.018		0		1		0.023		
Phenylalanine.....g	0.069		0		1		0.086		
Tyrosine.....g	0.044		0		1		0.055		
Valine.....g	0.093		0		1		0.116		
Arginine.....g	0.076		0		1		0.095		
Histidine.....g	0.035		0		1		0.044		
Alanine.....g	0.087		0		1		0.109		
Aspartic acid.....g	0.265		0		1		0.331		
Glutamic acid.....g	0.194		0		1		0.243		
Glycine.....g	0.068		0		1		0.085		
Proline.....g	0.070		0		1		0.088		
Serine.....g	0.103		0		1		0.129		
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

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

**Common Measures:**

**NDB No. 11053**

**Beans, snap, green, cooked, boiled, drained, without salt**

Measure 1 = 125g: 1 cup

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group: 11 Vegetables and Vegetable Products**

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11062

Beans, snap, green, frozen, all styles, microwaved

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	89.93	0.818	3	A	1		99.83		
Energy.....kcal	40		0	NC	4		44		
Energy.....kj	165		0	NC	4		184		
Protein.....g	1.98	0.208	3	A	1		2.20		
Total lipid (fat).....g	0.41	0.038	3	A	1		0.46		
Ash.....g	0.70	0.055	3	A	1		0.77		
Carbohydrate, by difference.....g	6.98		0	NC	4		7.75		
Fiber, total dietary.....g	3.4	0.260	3	A	1		3.7		
Sugars, total.....g	2.60	0.081	3	A	1		2.88		
Sucrose.....g	0.41	0.067	3	A	1		0.45		
Glucose (dextrose).....g	0.83	0.030	3	A	1		0.92		
Fructose.....g	1.36	0.062	3	A	1		1.51		
Lactose.....g	0.00	0.000	3	A	1		0.00		
Maltose.....g	0.00	0.000	3	A	1		0.00		
Galactose.....g	0.00	0.000	3	A	1		0.00		
Starch.....g	2.13	0.285	3	A	1		2.37		
<b>Minerals:</b>									
Calcium, Ca.....mg	61	3.033	3	A	1		68		
Iron, Fe.....mg	0.80	0.035	3	A	1		0.89		
Magnesium, Mg.....mg	29	2.288	3	A	1		32		
Phosphorus, P.....mg	42	2.550	3	A	1		47		
Potassium, K.....mg	237	15.948	3	A	1		263		
Sodium, Na.....mg	3	0.624	3	A	1		3		
Zinc, Zn.....mg	0.31	0.014	3	A	1		0.34		
Copper, Cu.....mg	0.066	0.001	3	A	1		0.073		
Manganese, Mn.....mg	0.330	0.049	3	A	1		0.367		
Selenium, Se.....mcg	1.0	0.587	3	A	1		1.2		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	11.0		0	BFSY	4		12.2		
Thiamin.....mg	0.073	0.009	3	A	1		0.081		
Riboflavin.....mg	0.103	0.020	3	A	1		0.115		
Niacin.....mg	0.485	0.046	3	A	1		0.539		
Pantothenic acid.....mg	0.168	0.079	3	A	1		0.187		
Vitamin B-6.....mg	0.063	0.003	3	A	1		0.070		
Folate, total.....mcg	12		0	BFSY	4		14		
Folic acid.....mcg									
Folate, food.....mcg	12		0	BFSY	4		14		
Folate, DFE.....mcg_DFE									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg									
Vitamin A, RAE.....mcg_RAE	26		0	NC	4		29		
Retinol.....mcg									
Carotene, beta.....mcg	277		0	BFSY	4		308		
Carotene, alpha.....mcg	68		0	BFSY	4		76		
Cryptoxanthin, beta.....mcg	0		0	BFSY	4		0		
Vitamin A, IU.....IU	519		0	NC	4		576		
Lycopene.....mcg	0		0	BFSY	4		0		
Lutein + zeaxanthin.....mcg	629		0	BFSY	4		698		
Vitamin E (alpha-tocopherol).....mg	0.42		0	BFSN	4		0.47		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	57.7		2	A	1		64.1		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.047		0	BFSN	4		0.052		

NDB No. 11062

Beans, snap, green, frozen, all styles, microwaved

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
4:0.....g	0.000		0	BFSN	4		0.000		
6:0.....g	0.000		0	BFSN	4		0.000		
8:0.....g	0.000		0	BFSN	4		0.000		
10:0.....g	0.000		0	BFSN	4		0.000		
12:0.....g	0.000		0	BFSN	4		0.000		
13:0.....g									
14:0.....g	0.000		0	BFSN	4		0.000		
15:0.....g									
16:0.....g	0.039		0	BFSN	4		0.043		
17:0.....g									
18:0.....g	0.007		0	BFSN	4		0.008		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.008		0	BFSN	4		0.009		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	BFSN	4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.008		0	BFSN	4		0.009		
20:1.....g	0.000		0	BFSN	4		0.000		
22:1 undifferentiated.....g	0.000		0	BFSN	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.108		0	BFSN	4		0.120		
18:2 undifferentiated.....g	0.041		0	BFSN	4		0.045		
18:3 undifferentiated.....g	0.066		0	BFSN	4		0.073		
18:4.....g	0.000		0	BFSN	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFSN	4		0.000		
20:5 n-3.....g	0.000		0	BFSN	4		0.000		
22:5 n-3.....g	0.000		0	BFSN	4		0.000		
22:6 n-3.....g	0.000		0	BFSN	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg									
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.019		0	BFSN	4		0.021		
Threonine.....g	0.079		0	BFSN	4		0.088		
Isoleucine.....g	0.066		0	BFSN	4		0.073		
Leucine.....g	0.111		0	BFSN	4		0.123		
Lysine.....g	0.087		0	BFSN	4		0.097		
Methionine.....g	0.022		0	BFSN	4		0.024		
Cystine.....g	0.018		0	BFSN	4		0.020		
Phenylalanine.....g	0.066		0	BFSN	4		0.073		
Tyrosine.....g	0.042		0	BFSN	4		0.047		
Valine.....g	0.089		0	BFSN	4		0.099		
Arginine.....g	0.073		0	BFSN	4		0.081		
Histidine.....g	0.034		0	BFSN	4		0.038		
Alanine.....g	0.083		0	BFSN	4		0.092		
Aspartic acid.....g	0.253		0	BFSN	4		0.281		
Glutamic acid.....g	0.186		0	BFSN	4		0.206		
Glycine.....g	0.065		0	BFSN	4		0.072		
Proline.....g	0.067		0	BFSN	4		0.074		
Serine.....g	0.099		0	BFSN	4		0.110		
Hydroxyproline.....g									

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

**Common Measures:**



**NDB No. 11062**

**Beans, snap, green, frozen, all styles, microwaved**

Measure 1 = 111g: 1 cup

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11060

Beans, snap, green, frozen, all styles, unprepared

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	89.93	0.246	98	JA	6		108.81	255.39	
Energy.....kcal	39		0	NC	4		47	111	
Energy.....kj	164		0	NC	4		199	466	
Protein.....g	1.79	0.082	102	JA	6		2.16	5.08	
Total lipid (fat).....g	0.21	0.055	100	JA	6		0.26	0.61	
Ash.....g	0.53	0.025	95	JA	6		0.64	1.51	
Carbohydrate, by difference.....g	7.54		0	NC	4		9.12	21.41	
Fiber, total dietary.....g	2.6	0.133	3	JA	6		3.2	7.5	
Sugars, total.....g	2.21		0	AS	1		2.67	6.28	
Sucrose.....g	0.25	0.010	3	A	1		0.30	0.71	
Glucose (dextrose).....g	0.92	0.095	3	A	1		1.12	2.62	
Fructose.....g	1.04	0.075	3	A	1		1.25	2.94	
Lactose.....g	0.00	0.000	3	A	1		0.00	0.00	
Maltose.....g	0.00	0.000	3	A	1		0.00	0.00	
Galactose.....g	0.00		2	A	1		0.00	0.00	
Starch.....g	1.53	0.233	3	A	1		1.86	4.35	
<b>Minerals:</b>									
Calcium, Ca.....mg	42	1.413	102	JA	6		51	120	
Iron, Fe.....mg	0.85	0.041	101	JA	6		1.03	2.43	
Magnesium, Mg.....mg	22	0.239	31	JA	6		27	63	
Phosphorus, P.....mg	32	1.652	42	JA	6		39	91	
Potassium, K.....mg	186	11.197	30	JA	6		225	527	
Sodium, Na.....mg	3	0.343	37	JA	6		4	10	
Zinc, Zn.....mg	0.26	0.020	23	JA	6		0.31	0.73	
Copper, Cu.....mg	0.049	0.008	24	JA	6		0.059	0.139	
Manganese, Mn.....mg	0.369	0.034	22	JA	6		0.446	1.047	
Selenium, Se.....mcg	0.6	0.177	11	A	1		0.7	1.6	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	12.9	1.481	80		1		15.6	36.6	
Thiamin.....mg	0.098	0.033	102	JA	6		0.118	0.277	
Riboflavin.....mg	0.091	0.005	102	JA	6		0.110	0.259	
Niacin.....mg	0.496	0.030	99	JA	6		0.600	1.409	
Pantothenic acid.....mg	0.104	0.024	9	JA	6		0.126	0.295	
Vitamin B-6.....mg	0.044	0.000	16	JA	6		0.053	0.124	
Folate, total.....mcg	15	2.599	3		1		18	42	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	15	2.599	3		1		18	42	
Folate, DFE.....mcg_DFE	15		0	NC	4		18	42	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	27		0	NC	4		33	78	
Retinol.....mcg	0		0	Z	7		0	0	
Carotene, beta.....mcg	292		5	A	1		353	829	
Carotene, alpha.....mcg	72		0	BFSN	4		87	204	
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0	0	
Vitamin A, IU.....IU	547		0	NC	4		661	1552	
Lycopene.....mcg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin.....mcg	663		0	BFSN	4		802	1882	
Vitamin E (alpha-tocopherol).....mg	0.42		0	BFSN	4		0.51	1.21	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	44.8		2	A	1		54.2	127.1	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.047		0		1		0.057	0.133	

Beans, snap, green, frozen, all styles, unprepared

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.000		0		1		0.000	0.000	
12:0.....g	0.000		0		1		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0		1		0.000	0.000	
15:0.....g									
16:0.....g	0.039		0		1		0.047	0.111	
17:0.....g									
18:0.....g	0.007		0		1		0.008	0.020	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.008		0		1		0.010	0.023	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.008		0		1		0.010	0.023	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.108		0		1		0.131	0.307	
18:2 undifferentiated.....g	0.041		0		1		0.050	0.116	
18:3 undifferentiated.....g	0.066		0		1		0.080	0.187	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.019		0		1		0.023	0.054	
Threonine.....g	0.079		0		1		0.096	0.224	
Isoleucine.....g	0.066		0		1		0.080	0.187	
Leucine.....g	0.111		0		1		0.134	0.315	
Lysine.....g	0.087		0		1		0.105	0.247	
Methionine.....g	0.022		0		1		0.027	0.062	
Cystine.....g	0.018		0		1		0.022	0.051	
Phenylalanine.....g	0.066		0		1		0.080	0.187	
Tyrosine.....g	0.042		0		1		0.051	0.119	
Valine.....g	0.089		0		1		0.108	0.253	
Arginine.....g	0.073		0		1		0.088	0.207	
Histidine.....g	0.034		0		1		0.041	0.097	
Alanine.....g	0.083		0		1		0.100	0.236	
Aspartic acid.....g	0.253		0		1		0.306	0.719	
Glutamic acid.....g	0.186		0		1		0.225	0.528	
Glycine.....g	0.065		0		1		0.079	0.185	
Proline.....g	0.067		0		1		0.081	0.190	
Serine.....g	0.099		0		1		0.120	0.281	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg									
Theobromine.....mg									

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

NDB No. 11060

Beans, snap, green, frozen, all styles, unprepared

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

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food, or similar food.

**Common Measures:**

Measure 1 = 121g: 1 cup

Measure 2 = 284g: 1 package (10 oz)

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 11 Vegetables and Vegetable Products  
USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11061

Beans, snap, green, frozen, cooked, boiled, drained without salt

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	91.42	0.441	10		1		123.42		
Energy.....kcal	28		0	NC	4		38		
Energy.....kj	117		0		4		158		
Protein (N x 6.25).....g	1.49	0.079	10		1		2.01		
Total lipid (fat).....g	0.17	0.022	10		1		0.23		
Ash.....g	0.47	0.030	10		1		0.63		
Carbohydrate, by difference.....g	6.45		0	NC	4		8.71		
Fiber, total dietary.....g	3.0	0.138	8		1		4.1		
Sugars, total.....g	1.23		0	BFSN	4		1.67		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	42	2.588	40		1		56		
Iron, Fe.....mg	0.66	0.033	40		1		0.88		
Magnesium, Mg.....mg	19	0.854	40		1		26		
Phosphorus, P.....mg	29	0.922	40		1		40		
Potassium, K.....mg	159	10.611	40		1		215		
Sodium, Na.....mg	1	0.129	40		1		1		
Zinc, Zn.....mg	0.24	0.014	40		1		0.33		
Copper, Cu.....mg	0.059	0.005	40		1		0.079		
Manganese, Mn.....mg	0.288	0.032	40		1		0.389		
Selenium, Se.....mcg	0.4	0.232	40		1		0.5		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	4.1	0.990	7		1		5.5		
Thiamin.....mg	0.035	0.005	7		1		0.047		
Riboflavin.....mg	0.090	0.007	7		1		0.122		
Niacin.....mg	0.383	0.031	7		1		0.517		
Pantothenic acid.....mg	0.049	0.007	7		1		0.066		
Vitamin B-6.....mg	0.060	0.003	7		1		0.081		
Folate, total.....mcg	23	3.270	7		1		31		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	23	3.270	7		1		31		
Folate, DFE.....mcg_DFE	23		0	NC	4		31		
Choline, total.....mg	13.5		0	AS	1		18.2		
Betaine.....mg	0.1		1	A	1		0.1		
Vitamin B-12.....mcg	0.00		0	Z	7		0.00		
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....mcg_RAE	28		0	NC	4		38		
Retinol.....mcg	0		0	Z	7		0		
Carotene, beta.....mcg	334		0	BFSN	4		452		
Carotene, alpha.....mcg	0		0	BFSN	4		0		
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0		
Vitamin A, IU.....IU	557		0	NC	4		753		
Lycopene.....mcg	0		0	BFSN	4		0		
Lutein + zeaxanthin.....mcg	564		0	BFSN	4		762		
Vitamin E (alpha-tocopherol).....mg	0.04		1	A	1		0.05		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg	0.00		1	A	1		0.00		
Tocopherol, gamma.....mg	0.08		1	A	1		0.11		
Tocopherol, delta.....mg	0.01		1	A	1		0.01		
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	12.7		0	BFSN	4		17.2		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.042		0	NC	4		0.056		
4:0.....g	0.000		0		1		0.000		
6:0.....g	0.000		0		1		0.000		
8:0.....g	0.000		0		1		0.000		
10:0.....g	0.000		0		1		0.000		

NDB No. 11061

Beans, snap, green, frozen, cooked, boiled, drained without salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0		1		0.000		
13:0.....g									
14:0.....g	0.000		0		1		0.000		
15:0.....g									
16:0.....g	0.035		0		1		0.048		
17:0.....g									
18:0.....g	0.006		0		1		0.008		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.007		0	NC	4		0.010		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.007		0		1		0.010		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.084		0	NC	4		0.113		
18:2 undifferentiated.....g	0.036		0		1		0.049		
18:3 undifferentiated.....g	0.048		0		1		0.064		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.016		0		1		0.022		
Threonine.....g	0.065		0		1		0.088		
Isoleucine.....g	0.054		0		1		0.073		
Leucine.....g	0.091		0		1		0.123		
Lysine.....g	0.072		0		1		0.097		
Methionine.....g	0.018		0		1		0.024		
Cystine.....g	0.014		0		1		0.019		
Phenylalanine.....g	0.054		0		1		0.073		
Tyrosine.....g	0.034		0		1		0.046		
Valine.....g	0.073		0		1		0.099		
Arginine.....g	0.060		0		1		0.081		
Histidine.....g	0.028		0		1		0.038		
Alanine.....g	0.068		0		1		0.092		
Aspartic acid.....g	0.208		0		1		0.281		
Glutamic acid.....g	0.153		0		1		0.207		
Glycine.....g	0.053		0		1		0.072		
Proline.....g	0.055		0		1		0.074		
Serine.....g	0.081		0		1		0.109		
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

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

**Common Measures:**

**NDB No. 11061**

**Beans, snap, green, frozen, cooked, boiled, drained without salt**

Measure 1 = 135g: 1 cup

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group: 11 Vegetables and Vegetable Products**

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11731

Beans, snap, green, frozen, cooked, boiled, drained, with salt

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	91.42	0.441	10		1		123.42		
Energy.....kcal	26		0	NC	4		35		
Energy.....kj	109		0	NC	4		147		
Protein (N x 6.25).....g	1.49	0.079	10		1		2.01		
Total lipid (fat).....g	0.17	0.022	10		1		0.23		
Ash.....g	1.06		0	O	4		1.43		
Carbohydrate, by difference.....g	5.86		0	NC	4		7.91		
Fiber, total dietary.....g	3.0		0	BFSN	4		4.1		
Sugars, total.....g	1.23		0	BFSN	4		1.67		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	42	2.588	40		1		56		
Iron, Fe.....mg	0.66	0.033	40		1		0.88		
Magnesium, Mg.....mg	19	0.854	40		1		26		
Phosphorus, P.....mg	29	0.922	40		1		40		
Potassium, K.....mg	159	10.611	40		1		215		
Sodium, Na.....mg	245		0		4		331		
Zinc, Zn.....mg	0.24	0.014	40		1		0.33		
Copper, Cu.....mg	0.059	0.005	40		1		0.079		
Manganese, Mn.....mg	0.288	0.032	40		1		0.389		
Selenium, Se.....mcg	0.4	0.232	40		1		0.5		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	4.1	0.990	7		1		5.5		
Thiamin.....mg	0.035	0.005	7		1		0.047		
Riboflavin.....mg	0.090	0.007	7		1		0.122		
Niacin.....mg	0.383	0.031	7		1		0.517		
Pantothenic acid.....mg	0.049	0.007	7		1		0.066		
Vitamin B-6.....mg	0.060	0.003	7		1		0.081		
Folate, total.....mcg	23	3.270	7		1		31		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	23	3.270	7		1		31		
Folate, DFE.....mcg_DFE	23		0	NC	4		31		
Choline, total.....mg	13.5		0	AS	1		18.2		
Betaine.....mg	0.1		1	A	1		0.1		
Vitamin B-12.....mcg	0.00		0	Z	7		0.00		
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....mcg_RAE	28		0	NC	4		38		
Retinol.....mcg	0		0	Z	7		0		
Carotene, beta.....mcg	334		0	BFSN	4		452		
Carotene, alpha.....mcg	0		0	BFSN	4		0		
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0		
Vitamin A, IU.....IU	557		0	NC	4		753		
Lycopene.....mcg	0		0	BFSN	4		0		
Lutein + zeaxanthin.....mcg	564		0	BFSN	4		762		
Vitamin E (alpha-tocopherol).....mg	0.04		1	A	1		0.05		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg	0.00		1	A	1		0.00		
Tocopherol, gamma.....mg	0.08		1	A	1		0.11		
Tocopherol, delta.....mg	0.01		1	A	1		0.01		
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	12.7		0	BFSN	4		17.2		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.042		0	NC	4		0.056		
4:0.....g	0.000		0	Z	7		0.000		
6:0.....g	0.000		0	Z	7		0.000		
8:0.....g	0.000		0	Z	7		0.000		
10:0.....g	0.000		0	Z	7		0.000		



NDB No. 11731

Beans, snap, green, frozen, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0	Z	7		0.000		
13:0.....g									
14:0.....g	0.000		0		1		0.000		
15:0.....g									
16:0.....g	0.035		0		1		0.048		
17:0.....g									
18:0.....g	0.006		0		1		0.008		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.007		0	NC	4		0.010		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.007		0		1		0.010		
20:1.....g	0.000		0	Z	7		0.000		
22:1 undifferentiated.....g	0.000		0	Z	7		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.084		0	NC	4		0.113		
18:2 undifferentiated.....g	0.036		0		1		0.049		
18:3 undifferentiated.....g	0.048		0		1		0.064		
18:4.....g	0.000		0	Z	7		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	Z	7		0.000		
20:5 n-3.....g	0.000		0	Z	7		0.000		
22:5 n-3.....g	0.000		0	Z	7		0.000		
22:6 n-3.....g	0.000		0	Z	7		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.016		0		1		0.022		
Threonine.....g	0.065		0		1		0.088		
Isoleucine.....g	0.054		0		1		0.073		
Leucine.....g	0.091		0		1		0.123		
Lysine.....g	0.072		0		1		0.097		
Methionine.....g	0.018		0		1		0.024		
Cystine.....g	0.014		0		1		0.019		
Phenylalanine.....g	0.054		0		1		0.073		
Tyrosine.....g	0.034		0		1		0.046		
Valine.....g	0.073		0		1		0.099		
Arginine.....g	0.060		0		1		0.081		
Histidine.....g	0.028		0		1		0.038		
Alanine.....g	0.068		0		1		0.092		
Aspartic acid.....g	0.208		0		1		0.281		
Glutamic acid.....g	0.153		0		1		0.207		
Glycine.....g	0.053		0		1		0.072		
Proline.....g	0.055		0		1		0.074		
Serine.....g	0.081		0		1		0.109		
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

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

**Common Measures:**

**NDB No. 11731**

**Beans, snap, green, frozen, cooked, boiled, drained, with salt**

Measure 1 = 135g: 1 cup

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group: 11 Vegetables and Vegetable Products**

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 11052**  
**Beans, snap, green, raw**  
*Phaseolus vulgaris*

Refuse:12% Ends, strings, trimmings

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	90.27	0.280	161				99.30	49.65	
Energy.....kcal	31		0	NC	4		34	17	
Energy.....kj	129		0	NC	4		142	71	
Protein (N x 6.25).....g	1.82	0.050	100		1		2.00	1.00	
Total lipid (fat).....g	0.12	0.033	10		1		0.13	0.07	
Ash.....g	0.66	0.019	140		1		0.73	0.36	
Carbohydrate, by difference.....g	7.13		0	NC	4		7.84	3.92	
Fiber, total dietary.....g	3.4		0		1		3.7	1.9	
Sugars, total.....g	1.40		0	T	4		1.54	0.77	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	37	1.405	149		1		41	20	
Iron, Fe.....mg	1.04	0.079	151		1		1.14	0.57	
Magnesium, Mg.....mg	25	0.647	147		1		28	14	
Phosphorus, P.....mg	38	0.807	136		1		42	21	
Potassium, K.....mg	209	4.557	150		1		230	115	
Sodium, Na.....mg	6	0.177	150		1		7	3	
Zinc, Zn.....mg	0.24	0.022	148		1		0.26	0.13	
Copper, Cu.....mg	0.069	0.004	157		1		0.076	0.038	
Manganese, Mn.....mg	0.214	0.008	146		1		0.235	0.118	
Selenium, Se.....mcg	0.6		1	A	1		0.7	0.3	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	16.3	1.289	5		1		17.9	9.0	
Thiamin.....mg	0.084	0.002	98		1		0.092	0.046	
Riboflavin.....mg	0.105	0.003	98		1		0.116	0.058	
Niacin.....mg	0.752		8		1		0.827	0.414	
Pantothenic acid.....mg	0.094		0		1		0.103	0.052	
Vitamin B-6.....mg	0.074		0		1		0.081	0.041	
Folate, total.....mcg	37	3.519	6		1		40	20	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	37	3.519	6		1		40	20	
Folate, DFE.....mcg_DFE	37		0	NC	4		40	20	
Choline, total.....mg	15.3		0	BFSY	4		16.8	8.4	
Betaine.....mg	0.1		0	BFSN	4		0.1	0.1	
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	35		0	AS	1		38	19	
Retinol.....mcg	0		0	Z	7		0	0	
Carotene, beta.....mcg	379	48.979	77	A	1		417	209	
Carotene, alpha.....mcg	69	10.133	70	A	1		76	38	
Cryptoxanthin, beta.....mcg	0	0.000	21	A	1		0	0	
Vitamin A, IU.....IU	690		0	AS	1		759	380	
Lycopene.....mcg	0	0.000	6	A	1		0	0	
Lutein + zeaxanthin.....mcg	640	50.000	6	A	1		704	352	
Vitamin E (alpha-tocopherol).....mg	0.41		0	NR	4		0.45	0.23	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	14.4		0	BFSN	4		15.9	7.9	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.026		0		1		0.029	0.014	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.000		0		1		0.000	0.000	

**NDB No. 11052**  
**Beans, snap, green, raw**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0		1		0.000	0.000	
13:0.....g									
14:0.....g	0.000		1		1		0.000	0.000	
15:0.....g									
16:0.....g	0.022		2		1		0.024	0.012	
17:0.....g									
18:0.....g	0.004		2		1		0.004	0.002	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.005		0		1		0.006	0.003	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		1		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.004		2		1		0.004	0.002	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.059		0		1		0.065	0.032	
18:2 undifferentiated.....g	0.023		2		1		0.025	0.013	
18:3 undifferentiated.....g	0.036		2		1		0.040	0.020	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.019		3		1		0.021	0.010	
Threonine.....g	0.079		94		1		0.087	0.043	
Isoleucine.....g	0.066		94		1		0.073	0.036	
Leucine.....g	0.112		94		1		0.123	0.062	
Lysine.....g	0.088		94		1		0.097	0.048	
Methionine.....g	0.022		15		1		0.024	0.012	
Cystine.....g	0.018		15		1		0.020	0.010	
Phenylalanine.....g	0.067		94		1		0.074	0.037	
Tyrosine.....g	0.042		94		1		0.046	0.023	
Valine.....g	0.090		94		1		0.099	0.050	
Arginine.....g	0.073		94		1		0.080	0.040	
Histidine.....g	0.034		94		1		0.037	0.019	
Alanine.....g	0.084		94		1		0.092	0.046	
Aspartic acid.....g	0.255		94		1		0.281	0.140	
Glutamic acid.....g	0.187		94		1		0.206	0.103	
Glycine.....g	0.065		94		1		0.072	0.036	
Proline.....g	0.068		94		1		0.075	0.037	
Serine.....g	0.099		94		1		0.109	0.054	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

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

**Common Measures:**

**NDB No. 11052**

**Beans, snap, green, raw**

Measure 1 = 110g: 1 cup

Measure 2 = 55g: 10 beans (4" long)

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11933

Beans, snap, yellow, canned, no salt added, drained solids

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	93.30	0.184	17		1		63.44	244.45	
Energy.....kcal	20		0	NC	4		13	52	
Energy.....kj	82		0	NC	4		56	216	
Protein (N x 6.25).....g	1.15	0.045	17		1		0.78	3.01	
Total lipid (fat).....g	0.10	0.005	17		1		0.07	0.26	
Ash.....g	0.95	0.041	17		1		0.65	2.49	
Carbohydrate, by difference.....g	4.50		0	NC	4		3.06	11.79	
Fiber, total dietary.....g	1.3		0	A	1		0.9	3.4	
Sugars, total.....g	0.96		0	BFZN	4		0.66	2.53	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	26	1.197	12		1		18	68	
Iron, Fe.....mg	0.90	0.106	12		1		0.61	2.36	
Magnesium, Mg.....mg	13	0.290	12		1		9	34	
Phosphorus, P.....mg	19	0.654	12		1		13	50	
Potassium, K.....mg	109	1.286	12		1		74	286	
Sodium, Na.....mg	2		0		1		1	5	
Zinc, Zn.....mg	0.29	0.036	17		1		0.20	0.76	
Copper, Cu.....mg	0.038	0.003	11		1		0.026	0.100	
Manganese, Mn.....mg	0.200	0.019	16		1		0.136	0.524	
Selenium, Se.....mcg	0.4	0.103	8	A	1		0.3	1.0	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	4.8	0.397	12		1		3.3	12.6	
Thiamin.....mg	0.015	0.001	12		1		0.010	0.039	
Riboflavin.....mg	0.056	0.002	12		1		0.038	0.147	
Niacin.....mg	0.201	0.007	12		1		0.137	0.527	
Pantothenic acid.....mg	0.129		0		4		0.088	0.338	
Vitamin B-6.....mg	0.037		0		4		0.025	0.097	
Folate, total.....mcg	32	7.950	6		1		22	83	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	32	7.950	6		1		22	83	
Folate, DFE.....mcg_DFE	32		0	NC	4		22	83	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	5		0	NC	4		4	14	
Retinol.....mcg	0		0	Z	7		0	0	
Carotene, beta.....mcg	63		0	BFZN	4		43	165	
Carotene, alpha.....mcg	0		0	BFZN	4		0	0	
Cryptoxanthin, beta.....mcg	0		0	BFZN	4		0	0	
Vitamin A, IU.....IU	105		0	NC	4		71	275	
Lycopene.....mcg	0		0	BFZN	4		0	0	
Lutein + zeaxanthin.....mcg	441		0	BFZN	4		300	1155	
Vitamin E (alpha-tocopherol).....mg	0.29		0	BFZN	4		0.20	0.76	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	9.9		0	BFZN	4		6.8	26.1	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.022		0		1		0.015	0.058	
4:0.....g	0.000		0	BFZN	4		0.000	0.000	
6:0.....g	0.000		0	BFZN	4		0.000	0.000	
8:0.....g	0.000		0	BFZN	4		0.000	0.000	
10:0.....g	0.000		0	BFZN	4		0.000	0.000	

NDB No. 11933

Beans, snap, yellow, canned, no salt added, drained solids

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0	BFZN	4		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0		1		0.000	0.000	
15:0.....g									
16:0.....g	0.019		0		1		0.013	0.050	
17:0.....g									
18:0.....g	0.003		0		1		0.002	0.008	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.004		0		1		0.003	0.010	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.004		0		1		0.003	0.010	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.051		0		1		0.035	0.134	
18:2 undifferentiated.....g	0.019		0		1		0.013	0.050	
18:3 undifferentiated.....g	0.031		0		1		0.021	0.081	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.012		0		1		0.008	0.031	
Threonine.....g	0.050		0		1		0.034	0.131	
Isoleucine.....g	0.042		0		1		0.029	0.110	
Leucine.....g	0.071		0		1		0.048	0.186	
Lysine.....g	0.055		0		1		0.037	0.144	
Methionine.....g	0.014		0		1		0.010	0.037	
Cystine.....g	0.011		0		1		0.007	0.029	
Phenylalanine.....g	0.042		0		1		0.029	0.110	
Tyrosine.....g	0.027		0		1		0.018	0.071	
Valine.....g	0.057		0		1		0.039	0.149	
Arginine.....g	0.046		0		1		0.031	0.121	
Histidine.....g	0.022		0		1		0.015	0.058	
Alanine.....g	0.053		0		1		0.036	0.139	
Aspartic acid.....g	0.161		0		1		0.109	0.422	
Glutamic acid.....g	0.118		0		1		0.080	0.309	
Glycine.....g	0.041		0		1		0.028	0.107	
Proline.....g	0.043		0		1		0.029	0.113	
Serine.....g	0.063		0		1		0.043	0.165	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg									
Theobromine.....mg									

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

**Common Measures:**

**NDB No. 11933**

**Beans, snap, yellow, canned, no salt added, drained solids**

Measure 1 = 68g: .5 cup

Measure 2 = 262g: 1 can (303 x 406)

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)





NDB No. 11728

Beans, snap, yellow, canned, no salt added, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.000		0		1		0.000	0.000	
15:0.....g									
16:0.....g	0.019		0		1		0.023	0.083	
17:0.....g									
18:0.....g	0.003		0		1		0.004	0.013	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.004		0		1		0.005	0.018	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.004		0		1		0.005	0.018	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.052		0		1		0.062	0.228	
18:2 undifferentiated.....g	0.020		0		1		0.024	0.088	
18:3 undifferentiated.....g	0.032		0		1		0.038	0.140	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.008		0	BFPN	4		0.010	0.035	
Threonine.....g	0.035		0	BFPN	4		0.042	0.154	
Isoleucine.....g	0.029		0	BFPN	4		0.035	0.127	
Leucine.....g	0.049		0	BFPN	4		0.059	0.215	
Lysine.....g	0.039		0	BFPN	4		0.047	0.171	
Methionine.....g	0.009		0	BFPN	4		0.011	0.040	
Cystine.....g	0.008		0	BFPN	4		0.010	0.035	
Phenylalanine.....g	0.029		0	BFPN	4		0.035	0.127	
Tyrosine.....g	0.019		0	BFPN	4		0.023	0.083	
Valine.....g	0.040		0	BFPN	4		0.048	0.176	
Arginine.....g	0.032		0	BFPN	4		0.038	0.140	
Histidine.....g	0.015		0	BFPN	4		0.018	0.066	
Alanine.....g	0.037		0	BFPN	4		0.044	0.162	
Aspartic acid.....g	0.111		0	BFPN	4		0.133	0.487	
Glutamic acid.....g	0.082		0	BFPN	4		0.098	0.360	
Glycine.....g	0.028		0	BFPN	4		0.034	0.123	
Proline.....g	0.029		0	BFPN	4		0.035	0.127	
Serine.....g	0.043		0	BFPN	4		0.052	0.189	
Hydroxyproline.....g									

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

**Common Measures:**

Measure 1 = 120g: .5 cup

Measure 2 = 439g: 1 can (303 x 406)

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

**NDB No. 11728**

**Beans, snap, yellow, canned, no salt added, solids and liquids**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11932

Beans, snap, yellow, canned, regular pack, drained solids

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	93.30	0.184	17		1		125.96	57.85	244.45
Energy.....kcal	20		0	NC	4		27	12	52
Energy.....kj	82		0	NC	4		111	51	216
Protein (N x 6.25).....g	1.15	0.045	17		1		1.55	0.71	3.01
Total lipid (fat).....g	0.10	0.005	17		1		0.14	0.06	0.26
Ash.....g	0.95	0.041	17		1		1.28	0.59	2.49
Carbohydrate, by difference.....g	4.50		0	NC	4		6.08	2.79	11.79
Fiber, total dietary.....g	1.3		0		4		1.8	0.8	3.4
Sugars, total.....g	0.96		0	BFSN	4		1.30	0.60	2.53
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	26	1.197	12		1		35	16	68
Iron, Fe.....mg	0.90	0.106	12		1		1.22	0.56	2.36
Magnesium, Mg.....mg	13	0.290	12		1		18	8	34
Phosphorus, P.....mg	19	0.654	12		1		26	12	50
Potassium, K.....mg	109	1.286	12		1		147	68	286
Sodium, Na.....mg	251	17.431	12		1		339	156	658
Zinc, Zn.....mg	0.29	0.036	17		1		0.39	0.18	0.76
Copper, Cu.....mg	0.038	0.003	11		1		0.051	0.024	0.100
Manganese, Mn.....mg	0.200	0.019	16		1		0.270	0.124	0.524
Selenium, Se.....mcg	0.4	0.103	8	A	1		0.5	0.2	1.0
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	4.8	0.397	12		1		6.5	3.0	12.6
Thiamin.....mg	0.015	0.001	12		1		0.020	0.009	0.039
Riboflavin.....mg	0.056	0.002	12		1		0.076	0.035	0.147
Niacin.....mg	0.201	0.007	12		1		0.271	0.125	0.527
Pantothenic acid.....mg	0.129		0		4		0.174	0.080	0.338
Vitamin B-6.....mg	0.037		0		4		0.050	0.023	0.097
Folate, total.....mcg	32	7.950	6		1		43	20	83
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg	32	7.950	6		1		43	20	83
Folate, DFE.....mcg_DFE	32		0	NC	4		43	20	83
Choline, total.....mg	10.5		0	BFSN	4		14.2	6.5	27.5
Betaine.....mg	0.1		0	BFSN	4		0.1	0.0	0.2
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	5		0	NC	4		7	3	14
Retinol.....mcg	0		0	BNA	4		0	0	0
Carotene, beta.....mcg	63		0	BNA	4		85	39	165
Carotene, alpha.....mcg	0		0	BNA	4		0	0	0
Cryptoxanthin, beta.....mcg	0		0	BNA	4		0	0	0
Vitamin A, IU.....IU	105		0	NC	4		142	65	275
Lycopene.....mcg	0		0	BFSN	4		0	0	0
Lutein + zeaxanthin.....mcg	441		0	BFSN	4		595	273	1155
Vitamin E (alpha-tocopherol).....mg	0.29		0	O	4		0.39	0.18	0.76
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	9.9		0	BFSN	4		13.4	6.2	26.1
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.022		0		1		0.030	0.014	0.058
4:0.....g	0.000		0		1		0.000	0.000	0.000
6:0.....g	0.000		0		1		0.000	0.000	0.000
8:0.....g	0.000		0		1		0.000	0.000	0.000
10:0.....g	0.000		0		1		0.000	0.000	0.000

NDB No. 11932

Beans, snap, yellow, canned, regular pack, drained solids

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0		1		0.000	0.000	0.000
13:0.....g			0		1		0.000	0.000	0.000
14:0.....g	0.000		0		1		0.000	0.000	0.000
15:0.....g			0		1		0.026	0.012	0.050
16:0.....g	0.019		0		1		0.004	0.002	0.008
17:0.....g	0.003		0		1				
18:0.....g			0		1				
20:0.....g			0		1				
22:0.....g			0		1				
24:0.....g			0		1				
Fatty acids, total monounsaturated.....g	0.004		0		1		0.005	0.002	0.010
14:1.....g			0		1				
15:1.....g			0		1				
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
17:1.....g			0		1				
18:1 undifferentiated.....g	0.004		0		1		0.005	0.002	0.010
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g			0		1				
Fatty acids, total polyunsaturated.....g	0.051		0		1		0.069	0.032	0.134
18:2 undifferentiated.....g	0.019		0		1		0.026	0.012	0.050
18:3 undifferentiated.....g	0.031		0		1		0.042	0.019	0.081
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g			0		1				
20:3 undifferentiated.....g			0		1				
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g			0		1				
Cholesterol.....mg	0		0	Z	7		0	0	0
Phytosterols.....mg			0		7				
<b>Amino Acids:</b>									
Tryptophan.....g	0.012		0		1		0.016	0.007	0.031
Threonine.....g	0.050		0		1		0.068	0.031	0.131
Isoleucine.....g	0.042		0		1		0.057	0.026	0.110
Leucine.....g	0.071		0		1		0.096	0.044	0.186
Lysine.....g	0.055		0		1		0.074	0.034	0.144
Methionine.....g	0.014		0		1		0.019	0.009	0.037
Cystine.....g	0.011		0		1		0.015	0.007	0.029
Phenylalanine.....g	0.042		0		1		0.057	0.026	0.110
Tyrosine.....g	0.027		0		1		0.036	0.017	0.071
Valine.....g	0.057		0		1		0.077	0.035	0.149
Arginine.....g	0.046		0		1		0.062	0.029	0.121
Histidine.....g	0.022		0		1		0.030	0.014	0.058
Alanine.....g	0.053		0		1		0.072	0.033	0.139
Aspartic acid.....g	0.161		0		1		0.217	0.100	0.422
Glutamic acid.....g	0.118		0		1		0.159	0.073	0.309
Glycine.....g	0.041		0		1		0.055	0.025	0.107
Proline.....g	0.043		0		1		0.058	0.027	0.113
Serine.....g	0.063		0		1		0.085	0.039	0.165
Hydroxyproline.....g			0		1				
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0

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

**Common Measures:**

**NDB No. 11932**

**Beans, snap, yellow, canned, regular pack, drained solids**

Measure 1 = 135g: 1 cup

Measure 2 = 62g: 10 beans

Measure 3 = 262g: 1 can (303 x 406)

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)



NDB No. 11727

Beans, snap, yellow, canned, regular pack, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.000		0		1		0.000	0.000	
15:0.....g									
16:0.....g	0.019		0		1		0.023	0.083	
17:0.....g									
18:0.....g	0.003		0		1		0.004	0.013	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.004		0		1		0.005	0.018	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.004		0		1		0.005	0.018	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.052		0		1		0.062	0.228	
18:2 undifferentiated.....g	0.020		0		1		0.024	0.088	
18:3 undifferentiated.....g	0.032		0		1		0.038	0.140	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.008		0	BFPN	4		0.010	0.035	
Threonine.....g	0.035		0	BFPN	4		0.042	0.154	
Isoleucine.....g	0.029		0	BFPN	4		0.035	0.127	
Leucine.....g	0.049		0	BFPN	4		0.059	0.215	
Lysine.....g	0.039		0	BFPN	4		0.047	0.171	
Methionine.....g	0.009		0	BFPN	4		0.011	0.040	
Cystine.....g	0.008		0	BFPN	4		0.010	0.035	
Phenylalanine.....g	0.029		0	BFPN	4		0.035	0.127	
Tyrosine.....g	0.019		0	BFPN	4		0.023	0.083	
Valine.....g	0.040		0	BFPN	4		0.048	0.176	
Arginine.....g	0.032		0	BFPN	4		0.038	0.140	
Histidine.....g	0.015		0	BFPN	4		0.018	0.066	
Alanine.....g	0.037		0	BFPN	4		0.044	0.162	
Aspartic acid.....g	0.111		0	BFPN	4		0.133	0.487	
Glutamic acid.....g	0.082		0	BFPN	4		0.098	0.360	
Glycine.....g	0.028		0	BFPN	4		0.034	0.123	
Proline.....g	0.029		0	BFPN	4		0.035	0.127	
Serine.....g	0.043		0	BFPN	4		0.052	0.189	
Hydroxyproline.....g									

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

**Common Measures:**

Measure 1 = 120g: .5 cup

Measure 2 = 439g: 1 can (303 x 406)

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57



**NDB No. 11727**

**Beans, snap, yellow, canned, regular pack, solids and liquids**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)



NDB No. 11725

Beans, snap, yellow, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g									
13:0.....g									
14:0.....g	0.000		0		1		0.000		
15:0.....g									
16:0.....g	0.053		0		1		0.066		
17:0.....g									
18:0.....g	0.009		0		1		0.011		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.012		0	NC	4		0.015		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.001		
17:1.....g									
18:1 undifferentiated.....g	0.011		0		1		0.014		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.145		0	NC	4		0.181		
18:2 undifferentiated.....g	0.056		0		1		0.070		
18:3 undifferentiated.....g	0.089		0		1		0.111		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.020		0		1		0.025		
Threonine.....g	0.082		0		1		0.103		
Isoleucine.....g	0.069		0		1		0.086		
Leucine.....g	0.116		0		1		0.145		
Lysine.....g	0.091		0		1		0.114		
Methionine.....g	0.023		0		1		0.029		
Cystine.....g	0.018		0		1		0.023		
Phenylalanine.....g	0.069		0		1		0.086		
Tyrosine.....g	0.044		0		1		0.055		
Valine.....g	0.093		0		1		0.116		
Arginine.....g	0.076		0		1		0.095		
Histidine.....g	0.035		0		1		0.044		
Alanine.....g	0.087		0		1		0.109		
Aspartic acid.....g	0.265		0		1		0.331		
Glutamic acid.....g	0.194		0		1		0.243		
Glycine.....g	0.068		0		1		0.085		
Proline.....g	0.070		0		1		0.088		
Serine.....g	0.103		0		1		0.129		
Hydroxyproline.....g									

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

**Common Measures:**

Measure 1 = 125g: 1 cup

**NDB No. 11725**

**Beans, snap, yellow, cooked, boiled, drained, with salt**

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11724

Beans, snap, yellow, cooked, boiled, drained, without salt

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	89.22	1.145	6		1		111.53		
Energy.....kcal	35		0	NC	4		44		
Energy.....kj	147		0	NC	4		184		
Protein (N x 6.25).....g	1.89	0.288	5		1		2.36		
Total lipid (fat).....g	0.28	0.066	5		1		0.35		
Ash.....g	0.73	0.072	5		1		0.91		
Carbohydrate, by difference.....g	7.88		0	NC	4		9.85		
Fiber, total dietary.....g	3.3		0		4		4.1		
Sugars, total.....g	1.55		0	BFSN	4		1.94		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	46		0		1		58		
Iron, Fe.....mg	1.28	0.218	5		1		1.60		
Magnesium, Mg.....mg	25		1		1		31		
Phosphorus, P.....mg	39		0		1		49		
Potassium, K.....mg	299		1		1		374		
Sodium, Na.....mg	3		1		1		4		
Zinc, Zn.....mg	0.36	0.045	5		1		0.45		
Copper, Cu.....mg	0.103	0.014	5		1		0.129		
Manganese, Mn.....mg	0.294	0.036	5		1		0.368		
Selenium, Se.....mcg	0.4	0.103	8	A	1		0.5		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	9.7	0.256	9		1		12.1		
Thiamin.....mg	0.074		0		1		0.093		
Riboflavin.....mg	0.097		0		1		0.121		
Niacin.....mg	0.614		0		1		0.768		
Pantothenic acid.....mg	0.074		0		1		0.093		
Vitamin B-6.....mg	0.056		0		1		0.070		
Folate, total.....mcg	33		0		1		42		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	33		0		1		42		
Folate, DFE.....mcg_DFE	33		0	NC	4		42		
Choline, total.....mg	16.9		0	BFSN	4		21.1		
Betaine.....mg	0.1		0	BFSN	4		0.1		
Vitamin B-12.....mcg	0.00		0	Z	7		0.00		
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....mcg_RAE	4		0	NC	4		5		
Retinol.....mcg	0		0	BNA	4		0		
Carotene, beta.....mcg	49		0	BNA	4		61		
Carotene, alpha.....mcg	0		0	BNA	4		0		
Cryptoxanthin, beta.....mcg	0		0	BNA	4		0		
Vitamin A, IU.....IU	81		0	NC	4		101		
Lycopene.....mcg	0		0	BFSN	4		0		
Lutein + zeaxanthin.....mcg	709		0	BFSN	4		886		
Vitamin E (alpha-tocopherol).....mg	0.45		0	BFSN	4		0.57		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	16.0		0	BFSN	4		20.0		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.062		0	NC	4		0.077		
4:0.....g	0.000		0		1		0.000		
6:0.....g	0.000		0		1		0.000		
8:0.....g	0.000		0		1		0.000		
10:0.....g	0.000		0		1		0.000		

NDB No. 11724

Beans, snap, yellow, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0		1		0.000		
13:0.....g									
14:0.....g	0.000		0		1		0.000		
15:0.....g									
16:0.....g	0.053		0		1		0.066		
17:0.....g									
18:0.....g	0.009		0		1		0.011		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.012		0	NC	4		0.015		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.001		
17:1.....g									
18:1 undifferentiated.....g	0.011		0		1		0.014		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.145		0	NC	4		0.181		
18:2 undifferentiated.....g	0.056		0		1		0.070		
18:3 undifferentiated.....g	0.089		0		1		0.111		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.020		0		1		0.025		
Threonine.....g	0.082		0		1		0.103		
Isoleucine.....g	0.069		0		1		0.086		
Leucine.....g	0.116		0		1		0.145		
Lysine.....g	0.091		0		1		0.114		
Methionine.....g	0.023		0		1		0.029		
Cystine.....g	0.018		0		1		0.023		
Phenylalanine.....g	0.069		0		1		0.086		
Tyrosine.....g	0.044		0		1		0.055		
Valine.....g	0.093		0		1		0.116		
Arginine.....g	0.076		0		1		0.095		
Histidine.....g	0.035		0		1		0.044		
Alanine.....g	0.087		0		1		0.109		
Aspartic acid.....g	0.265		0		1		0.331		
Glutamic acid.....g	0.194		0		1		0.243		
Glycine.....g	0.068		0		1		0.085		
Proline.....g	0.070		0		1		0.088		
Serine.....g	0.103		0		1		0.129		
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

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

**Common Measures:**

**NDB No. 11724**

**Beans, snap, yellow, cooked, boiled, drained, without salt**

Measure 1 = 125g: 1 cup

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group: 11 Vegetables and Vegetable Products**

USDA National Nutrient Database for Standard Reference, Release 21 (2008)





NDB No. 11730

Beans, snap, yellow, frozen, all styles, unprepared

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.000		0		1		0.000	0.000	
15:0.....g									
16:0.....g	0.039		0		1		0.048	0.111	
17:0.....g									
18:0.....g	0.007		0		1		0.009	0.020	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.008		0		1		0.010	0.023	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.008		0		1		0.010	0.023	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.108		0		1		0.134	0.307	
18:2 undifferentiated.....g	0.041		0		1		0.051	0.116	
18:3 undifferentiated.....g	0.066		0		1		0.082	0.187	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.019		0		1		0.024	0.054	
Threonine.....g	0.079		0		1		0.098	0.224	
Isoleucine.....g	0.066		0		1		0.082	0.187	
Leucine.....g	0.111		0		1		0.138	0.315	
Lysine.....g	0.087		0		1		0.108	0.247	
Methionine.....g	0.022		0		1		0.027	0.062	
Cystine.....g	0.018		0		1		0.022	0.051	
Phenylalanine.....g	0.066		0		1		0.082	0.187	
Tyrosine.....g	0.042		0		1		0.052	0.119	
Valine.....g	0.089		0		1		0.110	0.253	
Arginine.....g	0.073		0		1		0.091	0.207	
Histidine.....g	0.034		0		1		0.042	0.097	
Alanine.....g	0.083		0		1		0.103	0.236	
Aspartic acid.....g	0.253		0		1		0.314	0.719	
Glutamic acid.....g	0.186		0		1		0.231	0.528	
Glycine.....g	0.065		0		1		0.081	0.185	
Proline.....g	0.067		0		1		0.083	0.190	
Serine.....g	0.099		0		1		0.123	0.281	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg									
Theobromine.....mg									

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

**Common Measures:**

Measure 1 = 124g: 1 cup

**NDB No. 11730**

**Beans, snap, yellow, frozen, all styles, unprepared**

Measure 2 = 284g: 1 package (10 oz)

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group: 11 Vegetables and Vegetable Products**

USDA National Nutrient Database for Standard Reference, Release 21 (2008)



NDB No. 11733

Beans, snap, yellow, frozen, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g									
13:0.....g									
14:0.....g	0.000		0		1		0.000		
15:0.....g									
16:0.....g	0.035		0		1		0.048		
17:0.....g									
18:0.....g	0.006		0		1		0.008		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.007		0	NC	4		0.010		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.007		0		1		0.010		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.084		0	NC	4		0.113		
18:2 undifferentiated.....g	0.036		0		1		0.049		
18:3 undifferentiated.....g	0.048		0		1		0.064		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.016		0		1		0.022		
Threonine.....g	0.065		0		1		0.088		
Isoleucine.....g	0.054		0		1		0.073		
Leucine.....g	0.091		0		1		0.123		
Lysine.....g	0.072		0		1		0.097		
Methionine.....g	0.018		0		1		0.024		
Cystine.....g	0.014		0		1		0.019		
Phenylalanine.....g	0.054		0		1		0.073		
Tyrosine.....g	0.034		0		1		0.046		
Valine.....g	0.073		0		1		0.099		
Arginine.....g	0.060		0		1		0.081		
Histidine.....g	0.028		0		1		0.038		
Alanine.....g	0.068		0		1		0.092		
Aspartic acid.....g	0.208		0		1		0.281		
Glutamic acid.....g	0.153		0		1		0.207		
Glycine.....g	0.053		0		1		0.072		
Proline.....g	0.055		0		1		0.074		
Serine.....g	0.081		0		1		0.109		
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g									
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

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

**Common Measures:**

**NDB No. 11733**

**Beans, snap, yellow, frozen, cooked, boiled, drained, with salt**

Measure 1 = 135g: 1 cup

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group: 11 Vegetables and Vegetable Products**

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11732

Beans, snap, yellow, frozen, cooked, boiled, drained, without salt

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	91.42	0.441	10		1		123.42		
Energy.....kcal	28		0	NC	4		38		
Energy.....kj	118		0	NC	4		159		
Protein (N x 6.25).....g	1.49	0.079	10		1		2.01		
Total lipid (fat).....g	0.17	0.022	10		1		0.23		
Ash.....g	0.47	0.030	10		1		0.63		
Carbohydrate, by difference.....g	6.45		0	NC	4		8.71		
Fiber, total dietary.....g	3.0		0	BFSN	4		4.1		
Sugars, total.....g	1.23		0	BFSN	4		1.67		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	49	2.320	7		1		66		
Iron, Fe.....mg	0.88	0.071	10		1		1.19		
Magnesium, Mg.....mg	24	1.546	7		1		32		
Phosphorus, P.....mg	31	2.991	7		1		42		
Potassium, K.....mg	126	9.529	7		1		170		
Sodium, Na.....mg	9	2.283	11		1		12		
Zinc, Zn.....mg	0.48	0.239	10		1		0.65		
Copper, Cu.....mg	0.061	0.004	10		1		0.082		
Manganese, Mn.....mg	0.323	0.029	10		1		0.436		
Selenium, Se.....mcg	0.4	0.103	8	A	1		0.5		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	4.1	0.990	7		1		5.5		
Thiamin.....mg	0.035	0.005	7		1		0.047		
Riboflavin.....mg	0.090	0.007	7		1		0.122		
Niacin.....mg	0.383	0.031	7		1		0.517		
Pantothenic acid.....mg	0.049	0.007	7		1		0.066		
Vitamin B-6.....mg	0.060	0.003	7		1		0.081		
Folate, total.....mcg	23	3.270	7		1		31		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	23	3.270	7		1		31		
Folate, DFE.....mcg_DFE	23		0	NC	4		31		
Choline, total.....mg	13.5		0	BFSN	4		18.2		
Betaine.....mg	0.1		0	BFSN	4		0.1		
Vitamin B-12.....mcg	0.00		0	Z	7		0.00		
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....mcg_RAE	6		0	NC	4		8		
Retinol.....mcg	0		0	BNA	4		0		
Carotene, beta.....mcg	67		0	BNA	4		91		
Carotene, alpha.....mcg	0		0	BNA	4		0		
Cryptoxanthin, beta.....mcg	0		0	BNA	4		0		
Vitamin A, IU.....IU	112		0	NC	4		151		
Lycopene.....mcg	0		0	BFSN	4		0		
Lutein + zeaxanthin.....mcg	564		0	BFSN	4		762		
Vitamin E (alpha-tocopherol).....mg	0.04		0	BFSN	4		0.05		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	12.7		0	BFSN	4		17.2		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.042		0	NC	4		0.056		
4:0.....g	0.000		0		1		0.000		
6:0.....g	0.000		0		1		0.000		
8:0.....g	0.000		0		1		0.000		
10:0.....g	0.000		0		1		0.000		

NDB No. 11732

Beans, snap, yellow, frozen, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0		1		0.000		
13:0.....g									
14:0.....g	0.000		0		1		0.000		
15:0.....g									
16:0.....g	0.035		0		1		0.048		
17:0.....g									
18:0.....g	0.006		0		1		0.008		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.007		0	NC	4		0.010		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.007		0		1		0.010		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.084		0	NC	4		0.113		
18:2 undifferentiated.....g	0.036		0		1		0.049		
18:3 undifferentiated.....g	0.048		0		1		0.064		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.016		0		1		0.022		
Threonine.....g	0.065		0		1		0.088		
Isoleucine.....g	0.054		0		1		0.073		
Leucine.....g	0.091		0		1		0.123		
Lysine.....g	0.072		0		1		0.097		
Methionine.....g	0.018		0		1		0.024		
Cystine.....g	0.014		0		1		0.019		
Phenylalanine.....g	0.054		0		1		0.073		
Tyrosine.....g	0.034		0		1		0.046		
Valine.....g	0.073		0		1		0.099		
Arginine.....g	0.060		0		1		0.081		
Histidine.....g	0.028		0		1		0.038		
Alanine.....g	0.068		0		1		0.092		
Aspartic acid.....g	0.208		0		1		0.281		
Glutamic acid.....g	0.153		0		1		0.207		
Glycine.....g	0.053		0		1		0.072		
Proline.....g	0.055		0		1		0.074		
Serine.....g	0.081		0		1		0.109		
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

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

**Common Measures:**

**NDB No. 11732**

**Beans, snap, yellow, frozen, cooked, boiled, drained, without salt**

Measure 1 = 135g: 1 cup

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group: 11 Vegetables and Vegetable Products**

USDA National Nutrient Database for Standard Reference, Release 21 (2008)





**NDB No. 11722**  
**Beans, snap, yellow, raw**

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u> <u>measures of food</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.000		1		1		0.000		
15:0.....g									
16:0.....g	0.022		2		1		0.024		
17:0.....g									
18:0.....g	0.004		2		1		0.004		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.005		0		1		0.006		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		1		1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.004		2		1		0.004		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.059		0		1		0.065		
18:2 undifferentiated.....g	0.023		2		1		0.025		
18:3 undifferentiated.....g	0.036		2		1		0.040		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0		
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.019		3		1		0.021		
Threonine.....g	0.079		94		1		0.087		
Isoleucine.....g	0.066		94		1		0.073		
Leucine.....g	0.112		94		1		0.123		
Lysine.....g	0.088		94		1		0.097		
Methionine.....g	0.022		15		1		0.024		
Cystine.....g	0.018		15		1		0.020		
Phenylalanine.....g	0.067		94		1		0.074		
Tyrosine.....g	0.042		94		1		0.046		
Valine.....g	0.090		94		1		0.099		
Arginine.....g	0.073		94		1		0.080		
Histidine.....g	0.034		94		1		0.037		
Alanine.....g	0.084		94		1		0.092		
Aspartic acid.....g	0.255		94		1		0.281		
Glutamic acid.....g	0.187		94		1		0.206		
Glycine.....g	0.065		94		1		0.072		
Proline.....g	0.068		94		1		0.075		
Serine.....g	0.099		94		1		0.109		
Hydroxyproline.....g									

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

**Common Measures:**

Measure 1 = 110g: 1 cup

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**NDB No. 11722**  
**Beans, snap, yellow, raw**

**Food Group:** 11 Vegetables and Vegetable Products  
USDA National Nutrient Database for Standard Reference, Release 21 (2008)



NDB No. 11736

Beet greens, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g									
15:0.....g									
16:0.....g	0.030		0		1		0.043		
17:0.....g									
18:0.....g	0.001		0		1		0.001		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.038		0		1		0.055		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.038		0		1		0.055		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.070		0		1		0.101		
18:2 undifferentiated.....g	0.065		0		1		0.094		
18:3 undifferentiated.....g	0.006		0		1		0.009		
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.040		0		1		0.058		
Threonine.....g	0.076		0		1		0.109		
Isoleucine.....g	0.053		0		1		0.076		
Leucine.....g	0.115		0		1		0.166		
Lysine.....g	0.075		0		1		0.108		
Methionine.....g	0.021		0		1		0.030		
Cystine.....g	0.024		0		1		0.035		
Phenylalanine.....g	0.068		0		1		0.098		
Tyrosine.....g	0.061		0		1		0.088		
Valine.....g	0.076		0		1		0.109		
Arginine.....g	0.073		0		1		0.105		
Histidine.....g	0.039		0		1		0.056		
Alanine.....g	0.095		0		1		0.137		
Aspartic acid.....g	0.152		0		1		0.219		
Glutamic acid.....g	0.312		0		1		0.449		
Glycine.....g	0.094		0		1		0.135		
Proline.....g	0.061		0		1		0.088		
Serine.....g	0.082		0		1		0.118		
Hydroxyproline.....g									

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

**Common Measures:**

Measure 1 = 144g: 1 cup (1" pieces)

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

**NDB No. 11736**

**Beet greens, cooked, boiled, drained, with salt**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11087

Beet greens, cooked, boiled, drained, without salt

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	89.13		0		1		128.35	64.17	
Energy.....kcal	27		0	NC	4		40	20	
Energy.....kj	115		0	NC	4		165	83	
Protein (N x 6.25).....g	2.57		1		1		3.70	1.85	
Total lipid (fat).....g	0.20		1		1		0.29	0.14	
Ash.....g	2.64		1		1		3.80	1.90	
Carbohydrate, by difference.....g	5.46		0	NC	4		7.86	3.93	
Fiber, total dietary.....g	2.9		0		4		4.2	2.1	
Sugars, total.....g	0.60		0	BFSN	4		0.87	0.44	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	114		1		1		164	82	
Iron, Fe.....mg	1.90		0		1		2.74	1.37	
Magnesium, Mg.....mg	68		1		1		98	49	
Phosphorus, P.....mg	41		1		1		59	30	
Potassium, K.....mg	909		1		1		1309	654	
Sodium, Na.....mg	241		1		1		347	174	
Zinc, Zn.....mg	0.50		0		1		0.72	0.36	
Copper, Cu.....mg	0.251		0		1		0.361	0.181	
Manganese, Mn.....mg	0.514		0		4		0.740	0.370	
Selenium, Se.....mcg	0.9		0	CAZN	4		1.3	0.6	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	24.9		0		1		35.9	17.9	
Thiamin.....mg	0.117		0		1		0.168	0.084	
Riboflavin.....mg	0.289		0		1		0.416	0.208	
Niacin.....mg	0.499		0		1		0.719	0.359	
Pantothenic acid.....mg	0.329		0		1		0.474	0.237	
Vitamin B-6.....mg	0.132		0		1		0.190	0.095	
Folate, total.....mcg	14		0		4		21	10	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	14		0		4		21	10	
Folate, DFE.....mcg_DFE	14		0	NC	4		21	10	
Choline, total.....mg	0.5		0	BFSN	4		0.8	0.4	
Betaine.....mg	0.3		0	BFSN	4		0.4	0.2	
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	383		0	NC	4		551	276	
Retinol.....mcg	0		0	Z	7		0	0	
Carotene, beta.....mcg	4590		0	BFSN	4		6610	3305	
Carotene, alpha.....mcg	4		0	BFSN	4		6	3	
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0	0	
Vitamin A, IU.....IU	7654		0	NC	4		11022	5511	
Lycopene.....mcg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin.....mcg	1819		0	BFSN	4		2619	1309	
Vitamin E (alpha-tocopherol).....mg	1.81		0	BFSN	4		2.61	1.31	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	484.0		0	BFSN	4		696.9	348.5	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.031		0		1		0.045	0.022	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.000		0		1		0.000	0.000	

Beet greens, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0		1		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0		1		0.000	0.000	
15:0.....g									
16:0.....g	0.030		0		1		0.043	0.022	
17:0.....g									
18:0.....g	0.001		0		1		0.001	0.001	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.038		0		1		0.055	0.027	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.038		0		1		0.055	0.027	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.070		0		1		0.101	0.050	
18:2 undifferentiated.....g	0.065		0		1		0.094	0.047	
18:3 undifferentiated.....g	0.006		0		1		0.009	0.004	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.040		0		1		0.058	0.029	
Threonine.....g	0.076		0		1		0.109	0.055	
Isoleucine.....g	0.053		0		1		0.076	0.038	
Leucine.....g	0.115		0		1		0.166	0.083	
Lysine.....g	0.075		0		1		0.108	0.054	
Methionine.....g	0.021		0		1		0.030	0.015	
Cystine.....g	0.024		0		1		0.035	0.017	
Phenylalanine.....g	0.068		0		1		0.098	0.049	
Tyrosine.....g	0.061		0		1		0.088	0.044	
Valine.....g	0.076		0		1		0.109	0.055	
Arginine.....g	0.073		0		1		0.105	0.053	
Histidine.....g	0.039		0		1		0.056	0.028	
Alanine.....g	0.095		0		1		0.137	0.068	
Aspartic acid.....g	0.152		0		1		0.219	0.109	
Glutamic acid.....g	0.312		0		1		0.449	0.225	
Glycine.....g	0.094		0		1		0.135	0.068	
Proline.....g	0.061		0		1		0.088	0.044	
Serine.....g	0.082		0		1		0.118	0.059	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

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

**Common Measures:**



**NDB No. 11087**

**Beet greens, cooked, boiled, drained, without salt**

Measure 1 = 144g: 1 cup (1" pieces)

Measure 2 = 72g: .5 cup (1" pieces)

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 11086**  
**Beet greens, raw**  
*Beta vulgaris*

Refuse:44% Stems, bruised and old leaves

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	91.02	0.840	7		1		34.59	29.13	17.29
Energy.....kcal	22		0	NC	4		8	7	4
Energy.....kj	92		0	NC	4		35	29	17
Protein (N x 6.25).....g	2.20		2		1		0.83	0.70	0.42
Total lipid (fat).....g	0.13		2		1		0.05	0.04	0.02
Ash.....g	2.33		2		1		0.88	0.74	0.44
Carbohydrate, by difference.....g	4.33		0	NC	4		1.65	1.39	0.82
Fiber, total dietary.....g	3.7		0		4		1.4	1.2	0.7
Sugars, total.....g	0.50		0	O	4		0.19	0.16	0.10
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	117		2		1		44	37	22
Iron, Fe.....mg	2.57		2		1		0.98	0.82	0.49
Magnesium, Mg.....mg	70		2		1		27	22	13
Phosphorus, P.....mg	41		1		1		15	13	8
Potassium, K.....mg	762	154.069	6		1		289	244	145
Sodium, Na.....mg	226	18.623	6		1		86	72	43
Zinc, Zn.....mg	0.38		1		1		0.14	0.12	0.07
Copper, Cu.....mg	0.191		1		1		0.073	0.061	0.036
Manganese, Mn.....mg	0.391		0		4		0.149	0.125	0.074
Selenium, Se.....mcg	0.9		0	CAZN	4		0.3	0.3	0.2
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	30.0		0		1		11.4	9.6	5.7
Thiamin.....mg	0.100		0		1		0.038	0.032	0.019
Riboflavin.....mg	0.220		0		1		0.084	0.070	0.042
Niacin.....mg	0.400		0		1		0.152	0.128	0.076
Pantothenic acid.....mg	0.250		0		1		0.095	0.080	0.048
Vitamin B-6.....mg	0.106		0		1		0.040	0.034	0.020
Folate, total.....mcg	15		0		4		6	5	3
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg	15		0		4		6	5	3
Folate, DFE.....mcg_DFE	15		0	NC	4		6	5	3
Choline, total.....mg	0.4		0	BFSY	4		0.2	0.1	0.1
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	316		0	AS	1		120	101	60
Retinol.....mcg	0		0	Z	7		0	0	0
Carotene, beta.....mcg	3794	1233.835	3	A	1		1442	1214	721
Carotene, alpha.....mcg	3		36	A	1		1	1	1
Cryptoxanthin, beta.....mcg	0		36	A	1		0	0	0
Vitamin A, IU.....IU	6326		0	AS	1		2404	2024	1202
Lycopene.....mcg	0		0	Z	7		0	0	0
Lutein + zeaxanthin.....mcg	1503		0	T	4		571	481	286
Vitamin E (alpha-tocopherol).....mg	1.50		0	O	4		0.57	0.48	0.29
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	400.0		0	O	4		152.0	128.0	76.0
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.020		0	NC	4		0.007	0.006	0.004
4:0.....g	0.000		0		1		0.000	0.000	0.000
6:0.....g	0.000		0		1		0.000	0.000	0.000
8:0.....g	0.000		0		1		0.000	0.000	0.000
10:0.....g	0.000		0		1		0.000	0.000	0.000

NDB No. 11086  
Beet greens, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0		1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.000		0		1		0.000	0.000	0.000
15:0.....g									
16:0.....g	0.020		0		1		0.007	0.006	0.004
17:0.....g									
18:0.....g	0.000		0		1		0.000	0.000	0.000
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.026		0	NC	4		0.010	0.008	0.005
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.026		0		1		0.010	0.008	0.005
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.046		0	NC	4		0.017	0.015	0.009
18:2 undifferentiated.....g	0.041		0		1		0.016	0.013	0.008
18:3 undifferentiated.....g	0.004		0		1		0.002	0.001	0.001
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	0
Phytosterols.....mg	21		0		1		8	7	4
<b>Amino Acids:</b>									
Tryptophan.....g	0.035		0	DA	1		0.013	0.011	0.007
Threonine.....g	0.065		0	DA	1		0.025	0.021	0.012
Isoleucine.....g	0.046		0	DA	1		0.017	0.015	0.009
Leucine.....g	0.098		0	DA	1		0.037	0.031	0.019
Lysine.....g	0.064		0	DA	1		0.024	0.020	0.012
Methionine.....g	0.018		0	DA	1		0.007	0.006	0.003
Cystine.....g	0.021		0	DA	1		0.008	0.007	0.004
Phenylalanine.....g	0.058		0	DA	1		0.022	0.019	0.011
Tyrosine.....g	0.052		0	DA	1		0.020	0.017	0.010
Valine.....g	0.065		0	DA	1		0.025	0.021	0.012
Arginine.....g	0.063		0	DA	1		0.024	0.020	0.012
Histidine.....g	0.034		0	DA	1		0.013	0.011	0.006
Alanine.....g	0.081		0	DA	1		0.031	0.026	0.015
Aspartic acid.....g	0.129		0	DA	1		0.049	0.041	0.025
Glutamic acid.....g	0.267		0	DA	1		0.101	0.085	0.051
Glycine.....g	0.081		0	DA	1		0.031	0.026	0.015
Proline.....g	0.052		0	DA	1		0.020	0.017	0.010
Serine.....g	0.070		0	DA	1		0.027	0.022	0.013
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0

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

**Common Measures:**

**NDB No. 11086**

**Beet greens, raw**

Measure 1 = 38g: 1 cup

Measure 2 = 32g: 1 leaf

Measure 3 = 19g: .5 cup (1" pieces)

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11084  
Beets, canned, drained solids

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	90.96	0.739	5		1		142.81	177.37	154.63
Energy.....kcal	31		0	NC	4		49	61	53
Energy.....kj	131		0	NC	4		206	256	223
Protein (N x 6.25).....g	0.91	0.082	5		1		1.43	1.77	1.55
Total lipid (fat).....g	0.14	0.046	5		1		0.22	0.27	0.24
Ash.....g	0.78	0.060	5		1		1.22	1.52	1.33
Carbohydrate, by difference.....g	7.21		0	NC	4		11.32	14.06	12.26
Fiber, total dietary.....g	1.8		1		1		2.8	3.5	3.1
Sugars, total.....g	5.51		0	O	4		8.65	10.74	9.37
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	15		0		4		24	29	26
Iron, Fe.....mg	1.82	0.060	5		1		2.86	3.55	3.09
Magnesium, Mg.....mg	17		0		4		27	33	29
Phosphorus, P.....mg	17		0		4		27	33	29
Potassium, K.....mg	148		0		4		232	289	252
Sodium, Na.....mg	194		0	BD	4		305	378	330
Zinc, Zn.....mg	0.21	0.021	5		1		0.33	0.41	0.36
Copper, Cu.....mg	0.059	0.014	5		1		0.093	0.115	0.100
Manganese, Mn.....mg	0.287	0.034	5		1		0.451	0.560	0.488
Selenium, Se.....mcg	0.5		0	BFSN	4		0.8	1.0	0.9
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	4.1		0		4		6.4	8.0	7.0
Thiamin.....mg	0.010		0		4		0.016	0.020	0.017
Riboflavin.....mg	0.040		0		4		0.063	0.078	0.068
Niacin.....mg	0.157		0		4		0.246	0.306	0.267
Pantothenic acid.....mg	0.156		0		4		0.245	0.304	0.265
Vitamin B-6.....mg	0.057		0		4		0.089	0.111	0.097
Folate, total.....mcg	30		0		4		47	59	51
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg	30		0		4		47	59	51
Folate, DFE.....mcg_DFE	30		0	NC	4		47	59	51
Choline, total.....mg	7.5		0	AS	1		11.8	14.6	12.7
Betaine.....mg	255.5		2	A	1		401.2	498.3	434.4
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	1		0	NC	4		2	2	2
Retinol.....mcg	0		0	Z	7		0	0	0
Carotene, beta.....mcg	15		0	BFSN	4		23	28	25
Carotene, alpha.....mcg	0		0	BFSN	4		0	0	0
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0	0	0
Vitamin A, IU.....IU	24		0	NC	4		38	47	41
Lycopene.....mcg	0		0	BFSN	4		0	0	0
Lutein + zeaxanthin.....mcg	0		0	BFSN	4		0	0	0
Vitamin E (alpha-tocopherol).....mg	0.03		0	BFSN	4		0.05	0.06	0.05
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.2		0	BFSN	4		0.2	0.3	0.3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.022		0	NC	4		0.035	0.043	0.038
4:0.....g	0.000		0		1		0.000	0.000	0.000
6:0.....g	0.000		0		1		0.000	0.000	0.000
8:0.....g	0.000		0		1		0.000	0.000	0.000
10:0.....g	0.000		0		1		0.000	0.000	0.000

**NDB No. 11084**  
**Beets, canned, drained solids**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0		1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.000		0		1		0.000	0.000	0.000
15:0.....g									
16:0.....g	0.021		0		1		0.034	0.042	0.036
17:0.....g									
18:0.....g	0.001		0		1		0.001	0.002	0.002
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.027		0	NC	4		0.043	0.053	0.046
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.027		0		1		0.043	0.053	0.046
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.049		0	NC	4		0.076	0.095	0.082
18:2 undifferentiated.....g	0.045		0		1		0.070	0.087	0.076
18:3 undifferentiated.....g	0.004		0		1		0.006	0.008	0.007
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	0
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.011		0		1		0.017	0.021	0.019
Threonine.....g	0.027		0		1		0.042	0.053	0.046
Isoleucine.....g	0.027		0		1		0.042	0.053	0.046
Leucine.....g	0.039		0		1		0.061	0.076	0.066
Lysine.....g	0.033		0		1		0.052	0.064	0.056
Methionine.....g	0.010		0		1		0.016	0.020	0.017
Cystine.....g	0.011		0		1		0.017	0.021	0.019
Phenylalanine.....g	0.026		0		1		0.041	0.051	0.044
Tyrosine.....g	0.022		0		1		0.035	0.043	0.037
Valine.....g	0.032		0		1		0.050	0.062	0.054
Arginine.....g	0.024		0		1		0.038	0.047	0.041
Histidine.....g	0.012		0		1		0.019	0.023	0.020
Alanine.....g	0.034		0		1		0.053	0.066	0.058
Aspartic acid.....g	0.066		0		1		0.104	0.129	0.112
Glutamic acid.....g	0.242		0		1		0.380	0.472	0.411
Glycine.....g	0.018		0		1		0.028	0.035	0.031
Proline.....g	0.024		0		1		0.038	0.047	0.041
Serine.....g	0.033		0		1		0.052	0.064	0.056
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0

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

**Common Measures:**

**NDB No. 11084**

**Beets, canned, drained solids**

Measure 1 = 157g: 1 cup, diced

Measure 2 = 195g: 1 cup, shredded

Measure 3 = 170g: 1 cup slices

**Calories Factors: Protein 2.78**

**Fat 8.37**

**Carbohydrate 3.84**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11735

Beets, canned, no salt added, solids and liquids

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	91.62	0.096	196	A	1		225.39		
Energy.....kcal	28		0	NC	4		69		
Energy.....kj	117		0	NC	4		289		
Protein (N x 6.25).....g	0.80	0.013	203	A	1		1.97		
Total lipid (fat).....g	0.07	0.003	197	A	1		0.17		
Ash.....g	0.94	0.015	197	A	1		2.31		
Carbohydrate, by difference.....g	6.57		0	NC	4		16.16		
Fiber, total dietary.....g	1.2		0	A	1		3.0		
Sugars, total.....g	5.38		0	O	4		13.23		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	13	0.336	200	A	1		32		
Iron, Fe.....mg	0.63	0.023	206	A	1		1.55		
Magnesium, Mg.....mg	16	0.246	134		1		39		
Phosphorus, P.....mg	16	0.336	198		1		39		
Potassium, K.....mg	142	2.508	138		1		349		
Sodium, Na.....mg	21	7.001	9	A	1		52		
Zinc, Zn.....mg	0.23	0.009	67		1		0.57		
Copper, Cu.....mg	0.097	0.006	67		1		0.239		
Manganese, Mn.....mg	0.241		0		1		0.593		
Selenium, Se.....mcg	0.5		0	BFSN	4		1.2		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	2.8	0.155	168	A	1		6.9		
Thiamin.....mg	0.010	0.000	141		1		0.025		
Riboflavin.....mg	0.038	0.002	174		1		0.093		
Niacin.....mg	0.151	0.003	215		1		0.371		
Pantothenic acid.....mg	0.150		0		1		0.369		
Vitamin B-6.....mg	0.055		0		1		0.135		
Folate, total.....mcg	29	4.663	3		1		71		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	29	4.663	3		1		71		
Folate, DFE.....mcg_DFE	29		0	NC	4		71		
Choline, total.....mg	6.9		0	BFSN	4		17.1		
Betaine.....mg	219.7		0	BFSN	4		540.4		
Vitamin B-12.....mcg	0.00		0	Z	7		0.00		
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....mcg_RAE	1		0	NC	4		3		
Retinol.....mcg	0		0	Z	7		0		
Carotene, beta.....mcg	13		0	BFSN	4		33		
Carotene, alpha.....mcg	0		0	BFSN	4		0		
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0		
Vitamin A, IU.....IU	22		0	NC	4		55		
Lycopene.....mcg	0		0	BFSN	4		0		
Lutein + zeaxanthin.....mcg	0		0	BFSN	4		0		
Vitamin E (alpha-tocopherol).....mg	0.03		0	BFSN	4		0.07		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.1		0	BFSN	4		0.4		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.011		0	NC	4		0.027		
4:0.....g	0.000		0		1		0.000		
6:0.....g	0.000		0		1		0.000		
8:0.....g	0.000		0		1		0.000		
10:0.....g	0.000		0		1		0.000		



Beets, canned, no salt added, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0		1		0.000		
13:0.....g									
14:0.....g	0.000		0		1		0.000		
15:0.....g									
16:0.....g	0.011		0		1		0.027		
17:0.....g									
18:0.....g	0.000		0		1		0.000		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.013		0	NC	4		0.032		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.013		0		1		0.032		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.025		0	NC	4		0.062		
18:2 undifferentiated.....g	0.023		0		1		0.057		
18:3 undifferentiated.....g	0.002		0		1		0.005		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.010		0	BFPN	4		0.025		
Threonine.....g	0.023		0	BFPN	4		0.057		
Isoleucine.....g	0.024		0	BFPN	4		0.059		
Leucine.....g	0.034		0	BFPN	4		0.084		
Lysine.....g	0.029		0	BFPN	4		0.071		
Methionine.....g	0.009		0	BFPN	4		0.022		
Cystine.....g	0.010		0	BFPN	4		0.025		
Phenylalanine.....g	0.023		0	BFPN	4		0.057		
Tyrosine.....g	0.019		0	BFPN	4		0.047		
Valine.....g	0.028		0	BFPN	4		0.069		
Arginine.....g	0.021		0	BFPN	4		0.052		
Histidine.....g	0.011		0	BFPN	4		0.027		
Alanine.....g	0.030		0	BFPN	4		0.074		
Aspartic acid.....g	0.058		0	BFPN	4		0.143		
Glutamic acid.....g	0.213		0	BFPN	4		0.524		
Glycine.....g	0.015		0	BFPN	4		0.037		
Proline.....g	0.020		0	BFPN	4		0.049		
Serine.....g	0.029		0	BFPN	4		0.071		
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

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

**Common Measures:**

**NDB No. 11735**

**Beets, canned, no salt added, solids and liquids**

Measure 1 = 246g: 1 cup

**Calories Factors: Protein 2.78**

**Fat 8.37**

**Carbohydrate 3.84**

**Food Group: 11 Vegetables and Vegetable Products**

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11082

Beets, canned, regular pack, solids and liquids

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv	Source	Confidence Code	Measure 1	Measure 2	Measure 3
				Code	Code				
<b>Proximates:</b>									
Water.....g	91.30	0.214	25			1	224.60		
Energy.....kcal	30		0	NC		4	74		
Energy.....kj	126		0	NC		4	310		
Protein (N x 6.25).....g	0.73	0.030	20			1	1.80		
Total lipid (fat).....g	0.09	0.010	20			1	0.21		
Ash.....g	0.74	0.050	20			1	1.83		
Carbohydrate, by difference.....g	7.14		0	NC		4	17.56		
Fiber, total dietary.....g	1.2	0.043	20			1	2.9		
Sugars, total.....g	6.53		0	NC		4	16.05		
Sucrose.....g	5.25	0.239	6			1	12.90		
Glucose (dextrose).....g	0.28		1			1	0.69		
Fructose.....g	0.20		1			1	0.49		
Lactose.....g	0.00		0	Z		7	0.00		
Maltose.....g	0.00		0	Z		7	0.00		
Galactose.....g	0.80		1			1	1.97		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	18	0.506	67			1	44		
Iron, Fe.....mg	0.73	0.040	68			1	1.81		
Magnesium, Mg.....mg	18	0.460	48			1	44		
Phosphorus, P.....mg	15	0.315	47			1	37		
Potassium, K.....mg	159	4.384	67			1	391		
Sodium, Na.....mg	143	9.203	68			1	353		
Zinc, Zn.....mg	0.34	0.015	48			1	0.85		
Copper, Cu.....mg	0.043	0.002	48			1	0.105		
Manganese, Mn.....mg	0.411	0.016	48			1	1.010		
Selenium, Se.....mcg	0.1	0.037	38			1	0.1		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	2.8	0.155	168	A		1	6.9		
Thiamin.....mg	0.010	0.000	141			1	0.025		
Riboflavin.....mg	0.038	0.002	174			1	0.093		
Niacin.....mg	0.151	0.003	215			1	0.371		
Pantothenic acid.....mg	0.150		0			1	0.369		
Vitamin B-6.....mg	0.055		0			1	0.135		
Folate, total.....mcg	29	4.663	3			1	71		
Folic acid.....mcg	0		0	Z		7	0		
Folate, food.....mcg	29	4.663	3			1	71		
Folate, DFE.....mcg_DFE	29		0	NC		4	71		
Choline, total.....mg	7.2		0	BFSN		4	17.7		
Betaine.....mg	228.1		0	BFSN		4	561.0		
Vitamin B-12.....mcg	0.00		0	Z		7	0.00		
Vitamin A, RAE.....mcg_RAE	1		0	NC		4	3		
Retinol.....mcg	0		0	Z		7	0		
Carotene, beta.....mcg	14		0	T		4	34		
Carotene, alpha.....mcg	0		0	Z		7	0		
Cryptoxanthin, beta.....mcg	0		0	Z		7	0		
Vitamin A, IU.....IU	23		0	NC		4	57		
Lycopene.....mcg	0		0	Z		7	0		
Lutein + zeaxanthin.....mcg	0		0	Z		7	0		
Vitamin E (alpha-tocopherol).....mg	0.03		0	T		4	0.07		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.2		3			1	0.4		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.013		0	NC		4	0.033		

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
4:0.....g	0.000		0		1		0.000		
6:0.....g	0.000		0		1		0.000		
8:0.....g	0.000		0		1		0.000		
10:0.....g	0.000		0		1		0.000		
12:0.....g	0.000		0		1		0.000		
13:0.....g									
14:0.....g	0.000		0	Z	7		0.000		
15:0.....g									
16:0.....g	0.013		0		1		0.033		
17:0.....g									
18:0.....g	0.000		0		1		0.000		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.016		0	NC	4		0.039		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.016		0		1		0.039		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.030		0	NC	4		0.075		
18:2 undifferentiated.....g	0.028		0		1		0.069		
18:3 undifferentiated.....g	0.002		0		1		0.006		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.010		0	BFPN	4		0.025		
Threonine.....g	0.023		0	BFPN	4		0.057		
Isoleucine.....g	0.024		0	BFPN	4		0.059		
Leucine.....g	0.034		0	BFPN	4		0.084		
Lysine.....g	0.029		0	BFPN	4		0.071		
Methionine.....g	0.009		0	BFPN	4		0.022		
Cystine.....g	0.010		0	BFPN	4		0.025		
Phenylalanine.....g	0.023		0	BFPN	4		0.057		
Tyrosine.....g	0.019		0	BFPN	4		0.047		
Valine.....g	0.028		0	BFPN	4		0.069		
Arginine.....g	0.021		0	BFPN	4		0.052		
Histidine.....g	0.011		0	BFPN	4		0.027		
Alanine.....g	0.030		0	BFPN	4		0.074		
Aspartic acid.....g	0.058		0	BFPN	4		0.143		
Glutamic acid.....g	0.213		0	BFPN	4		0.524		
Glycine.....g	0.015		0	BFPN	4		0.037		
Proline.....g	0.020		0	BFPN	4		0.049		
Serine.....g	0.029		0	BFPN	4		0.071		
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg									
Theobromine.....mg									

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

NDB No. 11082

Beets, canned, regular pack, solids and liquids

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

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food, or similar food.

**Common Measures:**

Measure 1 = 246g: 1 cup

**Calories Factors: Protein** 2.78

**Fat** 8.37

**Carbohydrate**3.84

**Food Group:** 11 Vegetables and Vegetable Products  
USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 11081**  
**Beets, cooked, boiled, drained**

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	87.06		0		1		74.00	87.06	
Energy.....kcal	44		0	NC	4		37	44	
Energy.....kj	184		0		4		156	184	
Protein (N x 6.25).....g	1.68		0		1		1.43	1.68	
Total lipid (fat).....g	0.18		0		1		0.15	0.18	
Ash.....g	1.12		0		1		0.95	1.12	
Carbohydrate, by difference.....g	9.96		0	NC	4		8.47	9.96	
Fiber, total dietary.....g	2.0		0	A	1		1.7	2.0	
Sugars, total.....g	7.96		0	O	4		6.77	7.96	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	16		0		1		14	16	
Iron, Fe.....mg	0.79		0		1		0.67	0.79	
Magnesium, Mg.....mg	23		0		1		20	23	
Phosphorus, P.....mg	38		0		1		32	38	
Potassium, K.....mg	305		0		1		259	305	
Sodium, Na.....mg	77		0		1		65	77	
Zinc, Zn.....mg	0.35		0		1		0.30	0.35	
Copper, Cu.....mg	0.074		0		1		0.063	0.074	
Manganese, Mn.....mg	0.326		0		1		0.277	0.326	
Selenium, Se.....mcg	0.7		0	BFSN	4		0.6	0.7	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	3.6		0		1		3.1	3.6	
Thiamin.....mg	0.027		0		1		0.023	0.027	
Riboflavin.....mg	0.040		0		1		0.034	0.040	
Niacin.....mg	0.331		0		1		0.281	0.331	
Pantothenic acid.....mg	0.145		0		1		0.123	0.145	
Vitamin B-6.....mg	0.067		0		1		0.057	0.067	
Folate, total.....mcg	80		0		1		68	80	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	80		0		1		68	80	
Folate, DFE.....mcg_DFE	80		0	NC	4		68	80	
Choline, total.....mg	6.3		0	BFSY	4		5.3	6.3	
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	2		0	NC	4		1	2	
Retinol.....mcg	0		0	Z	7		0	0	
Carotene, beta.....mcg	21		0	BFSN	4		18	21	
Carotene, alpha.....mcg	0		0	BFSN	4		0	0	
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0	0	
Vitamin A, IU.....IU	35		0	NC	4		29	35	
Lycopene.....mcg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin.....mcg	0		0	BFSN	4		0	0	
Vitamin E (alpha-tocopherol).....mg	0.04		0	BFSN	4		0.04	0.04	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.2		0	BFSN	4		0.2	0.2	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.028		0		1		0.024	0.028	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.000		0		1		0.000	0.000	

**NDB No. 11081**  
**Beets, cooked, boiled, drained**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0		1		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0		1		0.000	0.000	
15:0.....g									
16:0.....g	0.027		0		1		0.023	0.027	
17:0.....g									
18:0.....g	0.001		0		1		0.001	0.001	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.035		0		1		0.030	0.035	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.035		0		1		0.030	0.035	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.064		0		1		0.054	0.064	
18:2 undifferentiated.....g	0.058		0		1		0.049	0.058	
18:3 undifferentiated.....g	0.005		0		1		0.004	0.005	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.020		0		1		0.017	0.020	
Threonine.....g	0.049		0		1		0.042	0.049	
Isoleucine.....g	0.050		0		1		0.043	0.050	
Leucine.....g	0.071		0		1		0.060	0.071	
Lysine.....g	0.060		0		1		0.051	0.060	
Methionine.....g	0.019		0		1		0.016	0.019	
Cystine.....g	0.020		0		1		0.017	0.020	
Phenylalanine.....g	0.048		0		1		0.041	0.048	
Tyrosine.....g	0.040		0		1		0.034	0.040	
Valine.....g	0.059		0		1		0.050	0.059	
Arginine.....g	0.044		0		1		0.037	0.044	
Histidine.....g	0.022		0		1		0.019	0.022	
Alanine.....g	0.063		0		1		0.054	0.063	
Aspartic acid.....g	0.121		0		1		0.103	0.121	
Glutamic acid.....g	0.446		0		1		0.379	0.446	
Glycine.....g	0.033		0		1		0.028	0.033	
Proline.....g	0.043		0		1		0.037	0.043	
Serine.....g	0.062		0		1		0.053	0.062	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

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

**Common Measures:**

**NDB No. 11081**

**Beets, cooked, boiled, drained**

Measure 1 = 85g: .5 cup slices

Measure 2 = 100g: 2 beets (2" dia, sphere)

**Calories Factors: Protein 2.78**

**Fat 8.37**

**Carbohydrate 3.84**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)





NDB No. 11734

Beets, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g									
13:0.....g									
14:0.....g									
15:0.....g									
16:0.....g	0.027		0		1	0.023	0.027		
17:0.....g									
18:0.....g	0.001		0		1	0.001	0.001		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.035		0		1	0.030	0.035		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.035		0		1	0.030	0.035		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.064		0		1	0.054	0.064		
18:2 undifferentiated.....g	0.058		0		1	0.049	0.058		
18:3 undifferentiated.....g	0.005		0		1	0.004	0.005		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7	0	0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.020		0		1	0.017	0.020		
Threonine.....g	0.049		0		1	0.042	0.049		
Isoleucine.....g	0.050		0		1	0.043	0.050		
Leucine.....g	0.071		0		1	0.060	0.071		
Lysine.....g	0.060		0		1	0.051	0.060		
Methionine.....g	0.019		0		1	0.016	0.019		
Cystine.....g	0.020		0		1	0.017	0.020		
Phenylalanine.....g	0.048		0		1	0.041	0.048		
Tyrosine.....g	0.040		0		1	0.034	0.040		
Valine.....g	0.059		0		1	0.050	0.059		
Arginine.....g	0.044		0		1	0.037	0.044		
Histidine.....g	0.022		0		1	0.019	0.022		
Alanine.....g	0.063		0		1	0.054	0.063		
Aspartic acid.....g	0.121		0		1	0.103	0.121		
Glutamic acid.....g	0.446		0		1	0.379	0.446		
Glycine.....g	0.033		0		1	0.028	0.033		
Proline.....g	0.043		0		1	0.037	0.043		
Serine.....g	0.062		0		1	0.053	0.062		
Hydroxyproline.....g									

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

**Common Measures:**

Measure 1 = 85g: .5 cup slices

Measure 2 = 100g: 2 beets (2" dia, sphere)

**NDB No. 11734**

**Beets, cooked, boiled. drained, with salt**

**Calories Factors: Protein 2.78**

**Fat 8.37**

**Carbohydrate 3.84**

**Food Group: 11 Vegetables and Vegetable Products**

USDA National Nutrient Database for Standard Reference, Release 21 (2008)



NDB No. 11605

Beets, harvard, canned, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g									
15:0.....g									
16:0.....g	0.008		0		1		0.020		
17:0.....g									
18:0.....g	0.000		0		1		0.000		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.011		0		1		0.027		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.011		0		1		0.027		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.019		0		1		0.047		
18:2 undifferentiated.....g	0.018		0		1		0.044		
18:3 undifferentiated.....g	0.002		0		1		0.005		
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.010		0		1		0.025		
Threonine.....g	0.025		0		1		0.062		
Isoleucine.....g	0.025		0		1		0.062		
Leucine.....g	0.035		0		1		0.086		
Lysine.....g	0.030		0		1		0.074		
Methionine.....g	0.010		0		1		0.025		
Cystine.....g	0.010		0		1		0.025		
Phenylalanine.....g	0.024		0		1		0.059		
Tyrosine.....g	0.020		0		1		0.049		
Valine.....g	0.029		0		1		0.071		
Arginine.....g	0.022		0		1		0.054		
Histidine.....g	0.011		0		1		0.027		
Alanine.....g	0.031		0		1		0.076		
Aspartic acid.....g	0.060		0		1		0.148		
Glutamic acid.....g	0.222		0		1		0.546		
Glycine.....g	0.016		0		1		0.039		
Proline.....g	0.022		0		1		0.054		
Serine.....g	0.031		0		1		0.076		
Hydroxyproline.....g									

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

**Common Measures:**

Measure 1 = 246g: 1 cup slices

**Calories Factors: Protein 2.78**

**Fat 8.37**

**Carbohydrate 3.84**

**NDB No. 11605**

**Beets, harvard, canned, solids and liquids**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)



NDB No. 11609

Beets, pickled, canned, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g									
15:0.....g									
16:0.....g	0.013		0		1		0.030		
17:0.....g									
18:0.....g	0.001		0		1		0.002		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.016		0		1		0.036		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.016		0		1		0.036		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.029		0		1		0.066		
18:2 undifferentiated.....g	0.027		0		1		0.061		
18:3 undifferentiated.....g	0.002		0		1		0.005		
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.009		0		1		0.020		
Threonine.....g	0.024		0		1		0.054		
Isoleucine.....g	0.024		0		1		0.054		
Leucine.....g	0.034		0		1		0.077		
Lysine.....g	0.029		0		1		0.066		
Methionine.....g	0.009		0		1		0.020		
Cystine.....g	0.010		0		1		0.023		
Phenylalanine.....g	0.023		0		1		0.052		
Tyrosine.....g	0.019		0		1		0.043		
Valine.....g	0.028		0		1		0.064		
Arginine.....g	0.021		0		1		0.048		
Histidine.....g	0.011		0		1		0.025		
Alanine.....g	0.030		0		1		0.068		
Aspartic acid.....g	0.057		0		1		0.129		
Glutamic acid.....g	0.212		0		1		0.481		
Glycine.....g	0.015		0		1		0.034		
Proline.....g	0.021		0		1		0.048		
Serine.....g	0.029		0		1		0.066		
Hydroxyproline.....g									

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

**Common Measures:**

Measure 1 = 227g: 1 cup slices

**Calories Factors: Protein 2.78**

**Fat 8.37**

**Carbohydrate 3.84**



**NDB No. 11609**

**Beets, pickled, canned, solids and liquids**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11080

Beets, raw

Beta vulgaris

Refuse:33% Parings and part tops

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	87.58	0.723	21		1		119.11	71.82	
Energy.....kcal	43		0	NC	4		58	35	
Energy.....kj	180		0		4		245	148	
Protein (N x 6.25).....g	1.61	0.140	9		1		2.19	1.32	
Total lipid (fat).....g	0.17	0.051	9		1		0.23	0.14	
Ash.....g	1.08	0.108	8		1		1.47	0.89	
Carbohydrate, by difference.....g	9.56		0	NC	4		13.00	7.84	
Fiber, total dietary.....g	2.8		0		1		3.8	2.3	
Sugars, total.....g	6.76		0	O	4		9.19	5.54	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	16	1.810	5		1		22	13	
Iron, Fe.....mg	0.80	0.195	8		1		1.09	0.66	
Magnesium, Mg.....mg	23	1.834	5		1		31	19	
Phosphorus, P.....mg	40	4.927	5		1		54	33	
Potassium, K.....mg	325	14.960	11		1		442	267	
Sodium, Na.....mg	78	10.198	13		1		106	64	
Zinc, Zn.....mg	0.35	0.041	14		1		0.48	0.29	
Copper, Cu.....mg	0.075	0.013	14		1		0.102	0.062	
Manganese, Mn.....mg	0.329	0.053	15		1		0.447	0.270	
Selenium, Se.....mcg	0.7		0	CAZN	4		1.0	0.6	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	4.9	1.544	5		1		6.7	4.0	
Thiamin.....mg	0.031	0.009	5		1		0.042	0.025	
Riboflavin.....mg	0.040	0.007	5		1		0.054	0.033	
Niacin.....mg	0.334	0.026	5		1		0.454	0.274	
Pantothenic acid.....mg	0.155	0.010	4		1		0.211	0.127	
Vitamin B-6.....mg	0.067	0.005	4		1		0.091	0.055	
Folate, total.....mcg	109	12.313	8		1		148	89	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	109	12.313	8		1		148	89	
Folate, DFE.....mcg_DFE	109		0	NC	4		148	89	
Choline, total.....mg	6.0		0	AS	1		8.2	4.9	
Betaine.....mg	128.7		1	A	1		175.1	105.6	
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	2		0	NC	4		2	1	
Retinol.....mcg	0		0	Z	7		0	0	
Carotene, beta.....mcg	20		0	BFSN	4		27	16	
Carotene, alpha.....mcg	0		0	BFSN	4		0	0	
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0	0	
Vitamin A, IU.....IU	33		0	NC	4		45	27	
Lycopene.....mcg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin.....mcg	0		0	BFSN	4		0	0	
Vitamin E (alpha-tocopherol).....mg	0.04		0	BFSN	4		0.06	0.04	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.2		0	BFSN	4		0.3	0.2	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.027		0	NC	4		0.036	0.022	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.000		0		1		0.000	0.000	

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0		1		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0		1		0.000	0.000	
15:0.....g									
16:0.....g	0.026		0		1		0.035	0.021	
17:0.....g									
18:0.....g	0.001		0		1		0.001	0.001	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.032		0	NC	4		0.044	0.027	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.032		0		1		0.044	0.027	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.060		0	NC	4		0.082	0.049	
18:2 undifferentiated.....g	0.055		0		1		0.075	0.045	
18:3 undifferentiated.....g	0.005		0		1		0.007	0.004	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg	25		1		1		34	21	
<b>Amino Acids:</b>									
Tryptophan.....g	0.019		0		1		0.026	0.016	
Threonine.....g	0.047		0		1		0.064	0.039	
Isoleucine.....g	0.048		0		1		0.065	0.039	
Leucine.....g	0.068		0		1		0.092	0.056	
Lysine.....g	0.058		0		1		0.079	0.048	
Methionine.....g	0.018		0		1		0.024	0.015	
Cystine.....g	0.019		0		1		0.026	0.016	
Phenylalanine.....g	0.046		0		1		0.063	0.038	
Tyrosine.....g	0.038		0		1		0.052	0.031	
Valine.....g	0.056		0		1		0.076	0.046	
Arginine.....g	0.042		0		1		0.057	0.034	
Histidine.....g	0.021		0		1		0.029	0.017	
Alanine.....g	0.060		0		1		0.082	0.049	
Aspartic acid.....g	0.116		0		1		0.158	0.095	
Glutamic acid.....g	0.428		0		1		0.582	0.351	
Glycine.....g	0.031		0		1		0.042	0.025	
Proline.....g	0.042		0		1		0.057	0.034	
Serine.....g	0.059		0		1		0.080	0.048	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

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

**Common Measures:**

**NDB No. 11080**

**Beets, raw**

Measure 1 = 136g: 1 cup

Measure 2 = 82g: 1 beet (2" dia)

**Calories Factors: Protein 2.78**

**Fat 8.37**

**Carbohydrate 3.84**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)



NDB No. 11737

Borage, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g									
15:0.....g									
16:0.....g	0.069		0			1			
17:0.....g									
18:0.....g	0.024		0			1			
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.245		0			1			
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.222		0			1			
17:1.....g									
18:1 undifferentiated.....g									
20:1.....g									
22:1 undifferentiated.....g	0.023		0			1			
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.127		0			1			
18:2 undifferentiated.....g	0.127		0			1			
18:3 undifferentiated.....g									
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z		7			
Phytosterols.....mg									

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

**Common Measures:**

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group: 11 Vegetables and Vegetable Products**

USDA National Nutrient Database for Standard Reference, Release 21 (2008)



NDB No. 11614

Borage, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g									
15:0.....g									
16:0.....g	0.069		0			1			
17:0.....g									
18:0.....g	0.024		0			1			
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.245		0			1			
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.222		0			1			
17:1.....g									
18:1 undifferentiated.....g									
20:1.....g									
22:1 undifferentiated.....g	0.023		0			1			
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.127		0			1			
18:2 undifferentiated.....g	0.127		0			1			
18:3 undifferentiated.....g									
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z		7			
Phytosterols.....mg									

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

**Common Measures:**

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group: 11 Vegetables and Vegetable Products**

USDA National Nutrient Database for Standard Reference, Release 21 (2008)





Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g									
15:0.....g									
16:0.....g	0.060		0		1		0.053		
17:0.....g									
18:0.....g	0.021		0		1		0.019		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.211		0		1		0.188		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.191		0		1		0.170		
17:1.....g									
18:1 undifferentiated.....g									
20:1.....g									
22:1 undifferentiated.....g	0.020		0		1		0.018		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.109		0		1		0.097		
18:2 undifferentiated.....g	0.109		0		1		0.097		
18:3 undifferentiated.....g									
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0		
Phytosterols.....mg									

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

**Common Measures:**

Measure 1 = 89g: 1 cup (1" pieces)

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group: 11 Vegetables and Vegetable Products**

USDA National Nutrient Database for Standard Reference, Release 21 (2008)



NDB No. 11738

Broadbeans, immature seeds, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.000		0			1			
15:0.....g									
16:0.....g	0.121		0			1			
17:0.....g									
18:0.....g	0.020		0			1			
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.020		0			1			
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0			1			
17:1.....g									
18:1 undifferentiated.....g	0.020		0			1			
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.303		0			1			
18:2 undifferentiated.....g	0.121		0			1			
18:3 undifferentiated.....g	0.182		0			1			
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z		7			
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.048		0			1			
Threonine.....g	0.178		0			1			
Isoleucine.....g	0.215		0			1			
Leucine.....g	0.370		0			1			
Lysine.....g	0.313		0			1			
Methionine.....g	0.037		0			1			
Cystine.....g	0.066		0			1			
Phenylalanine.....g	0.195		0			1			
Tyrosine.....g	0.168		0			1			
Valine.....g	0.235		0			1			
Arginine.....g	0.397		0			1			
Histidine.....g	0.115		0			1			
Alanine.....g	0.195		0			1			
Aspartic acid.....g	0.541		0			1			
Glutamic acid.....g	0.733		0			1			
Glycine.....g	0.197		0			1			
Proline.....g	0.216		0			1			
Serine.....g	0.210		0			1			
Hydroxyproline.....g									

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

**Common Measures:**

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group: 11 Vegetables and Vegetable Products**

USDA National Nutrient Database for Standard Reference, Release 21 (2008)



NDB No. 11089

Broadbeans, immature seeds, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.000		0			1			
15:0.....g									
16:0.....g	0.121		0			1			
17:0.....g									
18:0.....g	0.020		0			1			
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.020		0			1			
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0			1			
17:1.....g									
18:1 undifferentiated.....g	0.020		0			1			
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.303		0			1			
18:2 undifferentiated.....g	0.121		0			1			
18:3 undifferentiated.....g	0.182		0			1			
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z		7			
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.048		0			1			
Threonine.....g	0.178		0			1			
Isoleucine.....g	0.215		0			1			
Leucine.....g	0.370		0			1			
Lysine.....g	0.313		0			1			
Methionine.....g	0.037		0			1			
Cystine.....g	0.066		0			1			
Phenylalanine.....g	0.195		0			1			
Tyrosine.....g	0.168		0			1			
Valine.....g	0.235		0			1			
Arginine.....g	0.397		0			1			
Histidine.....g	0.115		0			1			
Alanine.....g	0.195		0			1			
Aspartic acid.....g	0.541		0			1			
Glutamic acid.....g	0.733		0			1			
Glycine.....g	0.197		0			1			
Proline.....g	0.216		0			1			
Serine.....g	0.210		0			1			
Hydroxyproline.....g									

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

**Common Measures:**

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)



NDB No. 11088

Broadbeans, immature seeds, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.000		0		1		0.000	0.000	
15:0.....g									
16:0.....g	0.121		0		1		0.132	0.010	
17:0.....g									
18:0.....g	0.017		0		1		0.019	0.001	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.017		0		1		0.019	0.001	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.017		0		1		0.019	0.001	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.310		0		1		0.338	0.025	
18:2 undifferentiated.....g	0.120		0		1		0.131	0.010	
18:3 undifferentiated.....g	0.189		0		1		0.206	0.015	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.056		2		1		0.061	0.004	
Threonine.....g	0.208		3		1		0.227	0.017	
Isoleucine.....g	0.251		3		1		0.274	0.020	
Leucine.....g	0.432		3		1		0.471	0.035	
Lysine.....g	0.366		3		1		0.399	0.029	
Methionine.....g	0.043		3		1		0.047	0.003	
Cystine.....g	0.077		3		1		0.084	0.006	
Phenylalanine.....g	0.228		3		1		0.249	0.018	
Tyrosine.....g	0.196		3		1		0.214	0.016	
Valine.....g	0.274		3		1		0.299	0.022	
Arginine.....g	0.463		3		1		0.505	0.037	
Histidine.....g	0.134		3		1		0.146	0.011	
Alanine.....g	0.228		3		1		0.249	0.018	
Aspartic acid.....g	0.631		3		1		0.688	0.050	
Glutamic acid.....g	0.855		3		1		0.932	0.068	
Glycine.....g	0.230		3		1		0.251	0.018	
Proline.....g	0.252		3		1		0.275	0.020	
Serine.....g	0.246		3		1		0.268	0.020	
Hydroxyproline.....g									

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

**Common Measures:**

Measure 1 = 109g: 1 cup

Measure 2 = 8.0g: 1 broadbean

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07



**NDB No. 11088**

**Broadbeans, immature seeds, raw**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11097

Broccoli raab, cooked

Broccoli rabe, Rapini

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	91.41		2	A	1		399.48	77.70	
Energy.....kcal	33		0	NC	4		142	28	
Energy.....kj	136		0	NC	4		595	116	
Protein.....g	3.83		2	A	1		16.74	3.26	
Total lipid (fat).....g	0.52		2	A	1		2.29	0.45	
Ash.....g	1.11		2	A	1		4.85	0.94	
Carbohydrate, by difference.....g	3.12		0	NC	4		13.63	2.65	
Fiber, total dietary.....g	2.8		2	A	1		12.2	2.4	
Sugars, total.....g	0.62		0	AS	1		2.73	0.53	
Sucrose.....g	0.15		2	A	1		0.65	0.13	
Glucose (dextrose).....g	0.23		2	A	1		1.00	0.20	
Fructose.....g	0.24		2	A	1		1.07	0.21	
Lactose.....g	0.00		2	A	1		0.00	0.00	
Maltose.....g	0.00		2	A	1		0.00	0.00	
Galactose.....g	0.00		0	Z	7		0.00	0.00	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	118		2	A	1		513	100	
Iron, Fe.....mg	1.27		2	A	1		5.53	1.08	
Magnesium, Mg.....mg	27		2	A	1		116	23	
Phosphorus, P.....mg	82		2	A	1		357	69	
Potassium, K.....mg	343		2	A	1		1499	292	
Sodium, Na.....mg	56		2	A	1		246	48	
Zinc, Zn.....mg	0.54		2	A	1		2.35	0.46	
Copper, Cu.....mg	0.075		2	A	1		0.326	0.063	
Manganese, Mn.....mg	0.380		2	A	1		1.663	0.323	
Selenium, Se.....mcg	1.3		1	A	1		5.6	1.1	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	37.0		2	A	1		161.7	31.5	
Thiamin.....mg	0.169		2	A	1		0.736	0.143	
Riboflavin.....mg	0.140		2	A	1		0.614	0.119	
Niacin.....mg	2.015		2	A	1		8.806	1.713	
Pantothenic acid.....mg	0.448		2	A	1		1.958	0.381	
Vitamin B-6.....mg	0.220		2	A	1		0.961	0.187	
Folate, total.....mcg	71		2	A	1		309	60	
Folic acid.....mcg									
Folate, food.....mcg	71		2	A	1		309	60	
Folate, DFE.....mcg_DFE									
Choline, total.....mg	33.6		0	AS	1		146.7	28.5	
Betaine.....mg	0.2	0.031	5	A	1		0.7	0.1	
Vitamin B-12.....mcg									
Vitamin A, RAE.....mcg_RAE	227		2	AS	1		991	193	
Retinol.....mcg									
Carotene, beta.....mcg	2720		2	A	1		11886	2312	
Carotene, alpha.....mcg	0		2	A	1		0	0	
Cryptoxanthin, beta.....mcg	0		2	A	1		0	0	
Vitamin A, IU.....IU	4533		2	AS	1		19811	3853	
Lycopene.....mcg	0		2	A	1		0	0	
Lutein + zeaxanthin.....mcg	1683		2	A	1		7355	1431	
Vitamin E (alpha-tocopherol).....mg	2.53		2	A	1		11.06	2.15	
Tocopherol, beta.....mg	0.01		2	A	1		0.07	0.01	
Tocopherol, gamma.....mg	0.32		2	A	1		1.38	0.27	
Tocopherol, delta.....mg	0.00		2	A	1		0.00	0.00	
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	256.0		2	A	1		1118.7	217.6	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.057		0	NC	4		0.251	0.049	

NDB No. 11097  
 Broccoli raab, cooked

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
4:0.....g									
6:0.....g									
8:0.....g	0.000		1	A	1		0.000	0.000	
10:0.....g	0.000		1	A	1		0.000	0.000	
12:0.....g	0.000		1	A	1		0.000	0.000	
13:0.....g									
14:0.....g	0.000		1	A	1		0.000	0.000	
15:0.....g	0.000		1	A	1		0.000	0.000	
16:0.....g	0.050		1	A	1		0.219	0.043	
17:0.....g	0.000		1	A	1		0.000	0.000	
18:0.....g	0.007		1	A	1		0.033	0.006	
20:0.....g	0.000		1	A	1		0.000	0.000	
22:0.....g	0.000		1	A	1		0.000	0.000	
24:0.....g	0.000		1	A	1		0.000	0.000	
Fatty acids, total monounsaturated.....g	0.030		0	NC	4		0.131	0.025	
14:1.....g	0.000		1	A	1		0.000	0.000	
15:1.....g	0.000		1	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.000		1	A	1		0.000	0.000	
17:1.....g	0.020		1	A	1		0.087	0.017	
18:1 undifferentiated.....g	0.010		1	A	1		0.044	0.008	
20:1.....g	0.000		1	A	1		0.000	0.000	
22:1 undifferentiated.....g	0.000		1	A	1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.150		0	NC	4		0.655	0.127	
18:2 undifferentiated.....g	0.020		1	A	1		0.087	0.017	
18:3 undifferentiated.....g	0.130		1	A	1		0.568	0.110	
18:4.....g	0.000		1	A	1		0.000	0.000	
20:2 n-6 c,c.....g	0.000		1	A	1		0.000	0.000	
20:3 undifferentiated.....g	0.000		1	A	1		0.000	0.000	
20:4 undifferentiated.....g	0.000		1	A	1		0.000	0.000	
20:5 n-3.....g	0.000		1	A	1		0.000	0.000	
22:5 n-3.....g	0.000		1	A	1		0.000	0.000	
22:6 n-3.....g	0.000		1	A	1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg									
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.052		0	A	1		0.227	0.044	
Threonine.....g	0.128		0	A	1		0.560	0.109	
Isoleucine.....g	0.125		0	A	1		0.548	0.107	
Leucine.....g	0.206		0	A	1		0.899	0.175	
Lysine.....g	0.239		0	A	1		1.042	0.203	
Methionine.....g	0.058		0	A	1		0.254	0.049	
Cystine.....g	0.047		0	A	1		0.205	0.040	
Phenylalanine.....g	0.154		0	A	1		0.672	0.131	
Tyrosine.....g	0.090		0	A	1		0.395	0.077	
Valine.....g	0.184		0	A	1		0.805	0.157	
Arginine.....g	0.207		0	A	1		0.905	0.176	
Histidine.....g	0.080		0	A	1		0.350	0.068	
Alanine.....g	0.149		0	A	1		0.652	0.127	
Aspartic acid.....g	0.434		0	A	1		1.896	0.369	
Glutamic acid.....g	0.662		0	A	1		2.893	0.563	
Glycine.....g	0.148		0	A	1		0.648	0.126	
Proline.....g	0.158		0	A	1		0.689	0.134	
Serine.....g	0.120		0	A	1		0.524	0.102	
Hydroxyproline.....g									

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

**Common Measures:**

**NDB No. 11097**

**Broccoli raab, cooked**

Measure 1 = 437g: 1 bunch cooked

Measure 2 = 85g: 1 NLEA serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11096  
 Broccoli raab, raw  
*Brassica ruvo*  
 Broccoli rabe, Rapini  
 Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	92.55	0.672	4	A	1		37.02	17.58	
Energy.....kcal	22		0	NC	4		9	4	
Energy.....kj	92		0	NC	4		37	18	
Protein.....g	3.17	0.325	4	A	1		1.27	0.60	
Total lipid (fat).....g	0.49	0.049	4	A	1		0.20	0.09	
Ash.....g	0.93	0.124	4	A	1		0.37	0.18	
Carbohydrate, by difference.....g	2.85		0	NC	4		1.14	0.54	
Fiber, total dietary.....g	2.7	0.178	4	A	1		1.1	0.5	
Sugars, total.....g	0.38		0	AS	1		0.15	0.07	
Sucrose.....g	0.11	0.036	4	A	1		0.04	0.02	
Glucose (dextrose).....g	0.10	0.063	4	A	1		0.04	0.02	
Fructose.....g	0.17	0.061	4	A	1		0.07	0.03	
Lactose.....g	0.00	0.000	4	A	1		0.00	0.00	
Maltose.....g	0.00	0.000	4	A	1		0.00	0.00	
Galactose.....g	0.00	0.000	3	A	1		0.00	0.00	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	108	10.878	4	A	1		43	21	
Iron, Fe.....mg	2.14	0.361	4	A	1		0.86	0.41	
Magnesium, Mg.....mg	22	3.368	4	A	1		9	4	
Phosphorus, P.....mg	73	9.073	4	A	1		29	14	
Potassium, K.....mg	196	30.650	4	A	1		78	37	
Sodium, Na.....mg	33	4.514	4	A	1		13	6	
Zinc, Zn.....mg	0.77	0.211	4	A	1		0.31	0.15	
Copper, Cu.....mg	0.042	0.012	4	A	1		0.017	0.008	
Manganese, Mn.....mg	0.395	0.093	4	A	1		0.158	0.075	
Selenium, Se.....mcg	1.0		2	A	1		0.4	0.2	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	20.2	5.300	4	A	1		8.1	3.8	
Thiamin.....mg	0.162	0.040	4	A	1		0.065	0.031	
Riboflavin.....mg	0.129	0.014	4	A	1		0.052	0.025	
Niacin.....mg	1.221	0.174	4	A	1		0.488	0.232	
Pantothenic acid.....mg	0.322	0.083	4	A	1		0.129	0.061	
Vitamin B-6.....mg	0.171	0.036	4	A	1		0.068	0.032	
Folate, total.....mcg	83	7.514	4	A	1		33	16	
Folic acid.....mcg									
Folate, food.....mcg	83	7.514	4	A	1		33	16	
Folate, DFE.....mcg_DFE									
Choline, total.....mg	18.3		0	AS	1		7.3	3.5	
Betaine.....mg	0.3		2	A	1		0.1	0.1	
Vitamin B-12.....mcg									
Vitamin A, RAE.....mcg_RAE	131		3	AS	1		52	25	
Retinol.....mcg									
Carotene, beta.....mcg	1573	33.333	3	A	1		629	299	
Carotene, alpha.....mcg	0	0.000	3	A	1		0	0	
Cryptoxanthin, beta.....mcg	0	0.000	3	A	1		0	0	
Vitamin A, IU.....IU	2622		3	AS	1		1049	498	
Lycopene.....mcg	0	0.000	3	A	1		0	0	
Lutein + zeaxanthin.....mcg	1121	9.000	3	A	1		448	213	
Vitamin E (alpha-tocopherol).....mg	1.62	0.516	4	A	1		0.65	0.31	
Tocopherol, beta.....mg	0.01	0.000	4	A	1		0.01	0.00	
Tocopherol, gamma.....mg	0.16	0.033	4	A	1		0.07	0.03	
Tocopherol, delta.....mg	0.00	0.004	4	A	1		0.00	0.00	
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	224.0	23.561	4	A	1		89.6	42.6	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.050		0	NC	4		0.020	0.009	

NDB No. 11096  
 Broccoli raab, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
4:0.....g									
6:0.....g									
8:0.....g	0.000		0	BFSN	4	0.000	0.000		
10:0.....g	0.000		0	BFSN	4	0.000	0.000		
12:0.....g	0.000		0	BFSN	4	0.000	0.000		
13:0.....g									
14:0.....g	0.000		0	BFSN	4	0.000	0.000		
15:0.....g	0.000		0	BFSN	4	0.000	0.000		
16:0.....g	0.043		0	BFSN	4	0.017	0.008		
17:0.....g	0.000		0	BFSN	4	0.000	0.000		
18:0.....g	0.006		0	BFSN	4	0.003	0.001		
20:0.....g	0.000		0	BFSN	4	0.000	0.000		
22:0.....g	0.000		0	BFSN	4	0.000	0.000		
24:0.....g	0.000		0	BFSN	4	0.000	0.000		
Fatty acids, total monounsaturated.....g	0.026		0	NC	4	0.010	0.005		
14:1.....g	0.000		0	BFSN	4	0.000	0.000		
15:1.....g	0.000		0	BFSN	4	0.000	0.000		
16:1 undifferentiated.....g	0.000		0	BFSN	4	0.000	0.000		
17:1.....g	0.017		0	BFSN	4	0.007	0.003		
18:1 undifferentiated.....g	0.009		0	BFSN	4	0.003	0.002		
20:1.....g	0.000		0	BFSN	4	0.000	0.000		
22:1 undifferentiated.....g	0.000		0	BFSN	4	0.000	0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.130		0	NC	4	0.052	0.025		
18:2 undifferentiated.....g	0.017		0	BFSN	4	0.007	0.003		
18:3 undifferentiated.....g	0.113		0	BFSN	4	0.045	0.021		
18:4.....g	0.000		0	BFSN	4	0.000	0.000		
20:2 n-6 c,c.....g	0.000		0	BFSN	4	0.000	0.000		
20:3 undifferentiated.....g	0.000		0	BFSN	4	0.000	0.000		
20:4 undifferentiated.....g	0.000		0	BFSN	4	0.000	0.000		
20:5 n-3.....g	0.000		0	BFSN	4	0.000	0.000		
22:5 n-3.....g	0.000		0	BFSN	4	0.000	0.000		
22:6 n-3.....g	0.000		0	BFSN	4	0.000	0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg									
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.043		0	A	1	0.017	0.008		
Threonine.....g	0.106		0	A	1	0.043	0.020		
Isoleucine.....g	0.104		0	A	1	0.042	0.020		
Leucine.....g	0.170		0	A	1	0.068	0.032		
Lysine.....g	0.198		0	A	1	0.079	0.038		
Methionine.....g	0.048		0	A	1	0.019	0.009		
Cystine.....g	0.039		0	A	1	0.016	0.007		
Phenylalanine.....g	0.128		0	A	1	0.051	0.024		
Tyrosine.....g	0.075		0	A	1	0.030	0.014		
Valine.....g	0.153		0	A	1	0.061	0.029		
Arginine.....g	0.172		0	A	1	0.069	0.033		
Histidine.....g	0.066		0	A	1	0.027	0.013		
Alanine.....g	0.124		0	A	1	0.050	0.024		
Aspartic acid.....g	0.360		0	A	1	0.144	0.068		
Glutamic acid.....g	0.549		0	A	1	0.220	0.104		
Glycine.....g	0.123		0	A	1	0.049	0.023		
Proline.....g	0.131		0	A	1	0.052	0.025		
Serine.....g	0.099		0	A	1	0.040	0.019		
Hydroxyproline.....g									

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

**Common Measures:**

**NDB No. 11096**  
**Broccoli raab, raw**

Measure 1 = 40g: 1 cup chopped

Measure 2 = 19g: 1 stalk

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11969  
 Broccoli, chinese, cooked

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	93.54		2	A	1		82.32		
Energy.....kcal	22		0	NC	4		20		
Energy.....kj	94		0	NC	4		83		
Protein (N x 6.25).....g	1.14		2	A	1		1.00		
Total lipid (fat).....g	0.72		2	A	1		0.63		
Ash.....g	0.79		2	A	1		0.70		
Carbohydrate, by difference.....g	3.81		0	NC	4		3.35		
Fiber, total dietary.....g	2.5		0		1		2.2		
Sugars, total.....g	0.84		0	BFSN	4		0.74		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	100		2	A	1		88		
Iron, Fe.....mg	0.56		2	A	1		0.49		
Magnesium, Mg.....mg	18		2	A	1		16		
Phosphorus, P.....mg	41		2	A	1		36		
Potassium, K.....mg	261		2	A	1		230		
Sodium, Na.....mg	7		2	A	1		6		
Zinc, Zn.....mg	0.39		2	A	1		0.34		
Copper, Cu.....mg	0.061		2	A	1		0.054		
Manganese, Mn.....mg	0.264		2	A	1		0.232		
Selenium, Se.....mcg	1.3		0	BFSN	4		1.1		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	28.2		2	A	1		24.8		
Thiamin.....mg	0.095		2	A	1		0.084		
Riboflavin.....mg	0.146		2	A	1		0.128		
Niacin.....mg	0.437		2	A	1		0.385		
Pantothenic acid.....mg	0.159		2	A	1		0.140		
Vitamin B-6.....mg	0.070		2	A	1		0.062		
Folate, total.....mcg	99		2	A	1		87		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	99		2	A	1		87		
Folate, DFE.....mcg_DFE	99		0	NC	4		87		
Choline, total.....mg	25.3		0	BFSN	4		22.2		
Betaine.....mg	0.1		0	BFSN	4		0.1		
Vitamin B-12.....mcg	0.00		0	Z	7		0.00		
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....mcg_RAE	82		0	NC	4		72		
Retinol.....mcg	0		0	BNA	4		0		
Carotene, beta.....mcg	983		0	BNA	4		865		
Carotene, alpha.....mcg	0		0	BNA	4		0		
Cryptoxanthin, beta.....mcg	0		0	BNA	4		0		
Vitamin A, IU.....IU	1638		0	NC	4		1441		
Lycopene.....mcg	0		0	BFSN	4		0		
Lutein + zeaxanthin.....mcg	912		0	BFSN	4		802		
Vitamin E (alpha-tocopherol).....mg	0.48		0	O	4		0.42		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	84.8		0	BFSN	4		74.6		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.110		0		4		0.097		
4:0.....g	0.000		0		4		0.000		
6:0.....g	0.000		0		4		0.000		
8:0.....g	0.000		0		4		0.000		
10:0.....g	0.000		0		4		0.000		



NDB No. 11969  
 Broccoli, chinese, cooked

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0		4		0.000		
13:0.....g									
14:0.....g	0.000		0		4		0.000		
15:0.....g									
16:0.....g	0.094		0		4		0.083		
17:0.....g									
18:0.....g	0.014		0		4		0.012		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.050		0		4		0.044		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.048		0		4		0.042		
20:1.....g	0.000		0		4		0.000		
22:1 undifferentiated.....g	0.000		0		4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.330		0		4		0.290		
18:2 undifferentiated.....g	0.076		0		4		0.067		
18:3 undifferentiated.....g	0.258		0		4		0.227		
18:4.....g	0.000		0		4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000		
20:5 n-3.....g	0.000		0		4		0.000		
22:5 n-3.....g	0.000		0		4		0.000		
22:6 n-3.....g	0.000		0		4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

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

**Common Measures:**

Measure 1 = 88g: 1 cup

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group: 11 Vegetables and Vegetable Products**  
 USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11742

Broccoli, cooked, boiled, drained, with salt

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	89.25	0.803	7	JA	6		249.91	160.66	124.95
Energy.....kcal	35		0	NC	4		98	63	49
Energy.....kj	146		0	NC	4		409	263	204
Protein (N x 6.25).....g	2.38	0.417	4	A	1		6.67	4.29	3.33
Total lipid (fat).....g	0.41	0.033	4	A	1		1.15	0.74	0.58
Ash.....g	0.77	0.037	4	A	1		2.16	1.39	1.08
Carbohydrate, by difference.....g	7.18		0	NC	4		20.11	12.93	10.05
Fiber, total dietary.....g	3.3	0.501	4	JA	6		9.3	6.0	4.7
Sugars, total.....g	1.39	0.270	3	JA	6		3.90	2.51	1.95
Sucrose.....g	0.08	0.057	5	JA	6		0.23	0.15	0.12
Glucose (dextrose).....g	0.49	0.137	5	JA	6		1.37	0.88	0.69
Fructose.....g	0.74	0.046	5	JA	6		2.08	1.34	1.04
Lactose.....g	0.00	0.000	5	JA	6		0.00	0.00	0.00
Maltose.....g	0.00	0.000	5	JA	6		0.00	0.00	0.00
Galactose.....g	0.00		2	A	1		0.00	0.00	0.00
Starch.....g	0.00		1	A	1		0.00	0.00	0.00
<b>Minerals:</b>									
Calcium, Ca.....mg	40	3.918	4	A	1		111	71	56
Iron, Fe.....mg	0.67	0.036	4	A	1		1.88	1.21	0.94
Magnesium, Mg.....mg	21	1.796	4	A	1		59	38	29
Phosphorus, P.....mg	67	1.847	4	A	1		187	120	94
Potassium, K.....mg	293	11.927	4	A	1		819	527	410
Sodium, Na.....mg	262		0		1		734	472	367
Zinc, Zn.....mg	0.45	0.029	4	A	1		1.26	0.81	0.63
Copper, Cu.....mg	0.061	0.008	4	A	1		0.172	0.110	0.086
Manganese, Mn.....mg	0.194	0.009	4	A	1		0.544	0.350	0.272
Selenium, Se.....mcg	1.6	0.107	4	A	1		4.5	2.9	2.2
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	64.9		2	A	1		181.7	116.8	90.9
Thiamin.....mg	0.063	0.013	4	A	1		0.175	0.113	0.088
Riboflavin.....mg	0.123	0.004	4	A	1		0.344	0.221	0.172
Niacin.....mg	0.553	0.046	4	A	1		1.550	0.996	0.775
Pantothenic acid.....mg	0.616	0.119	4	A	1		1.726	1.110	0.863
Vitamin B-6.....mg	0.200	0.013	4	A	1		0.561	0.361	0.281
Folate, total.....mcg	108	30.577	4	A	1		301	194	151
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg	108	30.577	4	A	1		301	194	151
Folate, DFE.....mcg_DFE	108		0	NC	4		301	194	151
Choline, total.....mg	40.1		0	AS	1		112.2	72.1	56.1
Betaine.....mg	0.1		1	A	1		0.4	0.2	0.2
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	77		0	AS	1		217	139	108
Retinol.....mcg	0		0	Z	7		0	0	0
Carotene, beta.....mcg	929	42.666	17	A	1		2600	1672	1300
Carotene, alpha.....mcg	0	0.000	7	A	1		0	0	0
Cryptoxanthin, beta.....mcg	0	0.000	7	A	1		0	0	0
Vitamin A, IU.....IU	1548		0	AS	1		4334	2786	2167
Lycopene.....mcg	0	0.000	7	A	1		0	0	0
Lutein + zeaxanthin.....mcg	1080	98.112	12	A	1		3024	1944	1512
Vitamin E (alpha-tocopherol).....mg	1.45	0.103	3	A	1		4.06	2.61	2.03
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg	0.01	0.005	3	A	1		0.03	0.02	0.01
Tocopherol, gamma.....mg	0.25	0.023	3	A	1		0.69	0.44	0.35
Tocopherol, delta.....mg	0.00	0.000	3	A	1		0.00	0.00	0.00
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	141.1	15.830	4	A	1		395.1	254.0	197.5

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.079		0	NC	4		0.223	0.143	0.111
4:0.....g									
6:0.....g									
8:0.....g	0.000		1	A	1		0.000	0.000	0.000
10:0.....g	0.000		1	A	1		0.000	0.000	0.000
12:0.....g	0.002		1	A	1		0.005	0.003	0.003
13:0.....g									
14:0.....g	0.000		1	A	1		0.001	0.000	0.000
15:0.....g	0.000		1	A	1		0.000	0.000	0.000
16:0.....g	0.056		1	A	1		0.156	0.100	0.078
17:0.....g	0.000		1	A	1		0.000	0.000	0.000
18:0.....g	0.013		1	A	1		0.035	0.023	0.018
20:0.....g	0.004		1	A	1		0.010	0.007	0.005
22:0.....g	0.005		1	A	1		0.015	0.010	0.008
24:0.....g									
Fatty acids, total monounsaturated.....g	0.040		0	NC	4		0.111	0.071	0.055
14:1.....g	0.000		1	A	1		0.000	0.000	0.000
15:1.....g	0.000		1	A	1		0.000	0.000	0.000
16:1 undifferentiated.....g	0.009		1	A	1		0.025	0.016	0.012
17:1.....g	0.002		1	A	1		0.005	0.003	0.003
18:1 undifferentiated.....g	0.029		1	A	1		0.081	0.052	0.040
20:1.....g	0.000		1	A	1		0.000	0.000	0.000
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.170		0	NC	4		0.475	0.305	0.237
18:2 undifferentiated.....g	0.051		1	A	1		0.142	0.091	0.071
18:3 undifferentiated.....g	0.119		1	A	1		0.333	0.214	0.167
18:3 n-3 c,c,c.....g									
18:3 n-6 c,c,c.....g	0.000		1	A	1		0.000	0.000	0.000
18:3i.....g									
18:4.....g									
20:2 n-6 c,c.....g	0.000		1	A	1		0.000	0.000	0.000
20:3 undifferentiated.....g	0.000		1	A	1		0.000	0.000	0.000
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000		1	A	1		0.000	0.000	0.000
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g									
21:5.....g									
22:4.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	0
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.034		0	A	1		0.094	0.061	0.047
Threonine.....g	0.096		0	A	1		0.270	0.174	0.135
Isoleucine.....g	0.092		0	A	1		0.258	0.166	0.129
Leucine.....g	0.147		0	A	1		0.411	0.264	0.205
Lysine.....g	0.155		0	A	1		0.434	0.279	0.217
Methionine.....g	0.043		0	A	1		0.119	0.077	0.060
Cystine.....g	0.031		0	A	1		0.087	0.056	0.044
Phenylalanine.....g	0.116		0	A	1		0.325	0.209	0.163
Tyrosine.....g	0.060		0	A	1		0.168	0.108	0.084
Valine.....g	0.138		0	A	1		0.385	0.248	0.193
Arginine.....g	0.200		0	A	1		0.561	0.361	0.281
Histidine.....g	0.063		0	A	1		0.178	0.114	0.089
Alanine.....g	0.114		0	A	1		0.320	0.206	0.160
Aspartic acid.....g	0.329		0	A	1		0.921	0.592	0.461
Glutamic acid.....g	0.549		0	A	1		1.537	0.988	0.768

NDB No. 11742

Broccoli, cooked, boiled, drained, with salt

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Glycine.....g	0.101		0	A	1		0.282	0.181	0.141
Proline.....g	0.111		0	A	1		0.312	0.200	0.156
Serine.....g	0.129		0	A	1		0.360	0.231	0.180
Hydroxyproline.....g									

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

**Common Measures:**

Measure 1 = 280g: 1 stalk, large (11"-12" long)

Measure 2 = 180g: 1 stalk, medium (7-1/2" - 8" long)

Measure 3 = 140g: 1 stalk, small (5" long)

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11091

Broccoli, cooked, boiled, drained, w without salt

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	89.25	0.803	7	JA	6		249.91	160.66	124.95
Energy.....kcal	35		0	NC	4		98	63	49
Energy.....kj	146		0	NC	4		409	263	204
Protein (N x 6.25).....g	2.38	0.417	4	A	1		6.67	4.29	3.33
Total lipid (fat).....g	0.41	0.033	4	A	1		1.15	0.74	0.58
Ash.....g	0.77	0.037	4	A	1		2.16	1.39	1.08
Carbohydrate, by difference.....g	7.18		0	NC	4		20.11	12.93	10.05
Fiber, total dietary.....g	3.3	0.501	4	JA	6		9.3	6.0	4.7
Sugars, total.....g	1.39	0.270	3	JA	6		3.90	2.51	1.95
Sucrose.....g	0.08	0.057	5	JA	6		0.23	0.15	0.12
Glucose (dextrose).....g	0.49	0.137	5	JA	6		1.37	0.88	0.69
Fructose.....g	0.74	0.046	5	JA	6		2.08	1.34	1.04
Lactose.....g	0.00	0.000	5	JA	6		0.00	0.00	0.00
Maltose.....g	0.00	0.000	5	JA	6		0.00	0.00	0.00
Galactose.....g	0.00		2	A	1		0.00	0.00	0.00
Starch.....g	0.00		1	A	1		0.00	0.00	0.00
<b>Minerals:</b>									
Calcium, Ca.....mg	40	3.918	4	A	1		111	71	56
Iron, Fe.....mg	0.67	0.036	4	A	1		1.88	1.21	0.94
Magnesium, Mg.....mg	21	1.796	4	A	1		59	38	29
Phosphorus, P.....mg	67	1.847	4	A	1		187	120	94
Potassium, K.....mg	293	11.927	4	A	1		819	527	410
Sodium, Na.....mg	41	7.091	4	A	1		116	75	58
Zinc, Zn.....mg	0.45	0.029	4	A	1		1.26	0.81	0.63
Copper, Cu.....mg	0.061	0.008	4	A	1		0.172	0.110	0.086
Manganese, Mn.....mg	0.194	0.009	4	A	1		0.544	0.350	0.272
Selenium, Se.....mcg	1.6	0.107	4	A	1		4.5	2.9	2.2
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	64.9		2	A	1		181.7	116.8	90.9
Thiamin.....mg	0.063	0.013	4	A	1		0.175	0.113	0.088
Riboflavin.....mg	0.123	0.004	4	A	1		0.344	0.221	0.172
Niacin.....mg	0.553	0.046	4	A	1		1.550	0.996	0.775
Pantothenic acid.....mg	0.616	0.119	4	A	1		1.726	1.110	0.863
Vitamin B-6.....mg	0.200	0.013	4	A	1		0.561	0.361	0.281
Folate, total.....mcg	108	30.577	4	A	1		301	194	151
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg	108	30.577	4	A	1		301	194	151
Folate, DFE.....mcg_DFE	108		0	NC	4		301	194	151
Choline, total.....mg	40.1		0	AS	1		112.2	72.1	56.1
Betaine.....mg	0.1		1	A	1		0.4	0.2	0.2
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	77		0	AS	1		217	139	108
Retinol.....mcg	0		0	Z	7		0	0	0
Carotene, beta.....mcg	929	42.666	17	A	1		2600	1672	1300
Carotene, alpha.....mcg	0	0.000	7	A	1		0	0	0
Cryptoxanthin, beta.....mcg	0	0.000	7	A	1		0	0	0
Vitamin A, IU.....IU	1548		0	AS	1		4334	2786	2167
Lycopene.....mcg	0	0.000	7	A	1		0	0	0
Lutein + zeaxanthin.....mcg	1080	98.112	12	A	1		3024	1944	1512
Vitamin E (alpha-tocopherol).....mg	1.45	0.103	3	A	1		4.06	2.61	2.03
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg	0.01	0.005	3	A	1		0.03	0.02	0.01
Tocopherol, gamma.....mg	0.25	0.023	3	A	1		0.69	0.44	0.35
Tocopherol, delta.....mg	0.00	0.000	3	A	1		0.00	0.00	0.00
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	141.1	15.830	4	A	1		395.1	254.0	197.5

Broccoli, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.079		0	NC	4		0.223	0.143	0.111
4:0.....g	0.000		0		1		0.000	0.000	0.000
6:0.....g	0.000		0		1		0.000	0.000	0.000
8:0.....g	0.000		1	A	1		0.000	0.000	0.000
10:0.....g	0.000		1	A	1		0.000	0.000	0.000
12:0.....g	0.002		1	A	1		0.005	0.003	0.003
13:0.....g									
14:0.....g	0.000		1	A	1		0.001	0.000	0.000
15:0.....g	0.000		1	A	1		0.000	0.000	0.000
16:0.....g	0.056		1	A	1		0.156	0.100	0.078
17:0.....g	0.000		1	A	1		0.000	0.000	0.000
18:0.....g	0.013		1	A	1		0.035	0.023	0.018
20:0.....g	0.004		1	A	1		0.010	0.007	0.005
22:0.....g	0.005		1	A	1		0.015	0.010	0.008
24:0.....g									
Fatty acids, total monounsaturated.....g	0.040		0	NC	4		0.111	0.071	0.055
14:1.....g	0.000		1	A	1		0.000	0.000	0.000
15:1.....g	0.000		1	A	1		0.000	0.000	0.000
16:1 undifferentiated.....g	0.009		1	A	1		0.025	0.016	0.012
17:1.....g	0.002		1	A	1		0.005	0.003	0.003
18:1 undifferentiated.....g	0.029		1	A	1		0.081	0.052	0.040
20:1.....g	0.000		1	A	1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.170		0	NC	4		0.475	0.305	0.237
18:2 undifferentiated.....g	0.051		1	A	1		0.142	0.091	0.071
18:3 undifferentiated.....g	0.119		1	A	1		0.333	0.214	0.167
18:3 n-3 c,c,c.....g									
18:3 n-6 c,c,c.....g	0.000		1	A	1		0.000	0.000	0.000
18:3i.....g									
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g	0.000		1	A	1		0.000	0.000	0.000
20:3 undifferentiated.....g	0.000		1	A	1		0.000	0.000	0.000
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000		1	A	1		0.000	0.000	0.000
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	0
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.034		0	A	1		0.094	0.061	0.047
Threonine.....g	0.096		0	A	1		0.270	0.174	0.135
Isoleucine.....g	0.092		0	A	1		0.258	0.166	0.129
Leucine.....g	0.147		0	A	1		0.411	0.264	0.205
Lysine.....g	0.155		0	A	1		0.434	0.279	0.217
Methionine.....g	0.043		0	A	1		0.119	0.077	0.060
Cystine.....g	0.031		0	A	1		0.087	0.056	0.044
Phenylalanine.....g	0.116		0	A	1		0.325	0.209	0.163
Tyrosine.....g	0.060		0	A	1		0.168	0.108	0.084
Valine.....g	0.138		0	A	1		0.385	0.248	0.193
Arginine.....g	0.200		0	A	1		0.561	0.361	0.281
Histidine.....g	0.063		0	A	1		0.178	0.114	0.089
Alanine.....g	0.114		0	A	1		0.320	0.206	0.160
Aspartic acid.....g	0.329		0	A	1		0.921	0.592	0.461
Glutamic acid.....g	0.549		0	A	1		1.537	0.988	0.768

NDB No. 11091

Broccoli, cooked, boiled, drained, without salt

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Glycine.....g	0.101		0	A	1		0.282	0.181	0.141
Proline.....g	0.111		0	A	1		0.312	0.200	0.156
Serine.....g	0.129		0	A	1		0.360	0.231	0.180
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0			7	0.0	0.0	0.0
Caffeine.....mg	0		0	Z		7	0	0	0
Theobromine.....mg	0		0	Z		7	0	0	0

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

**Common Measures:**

Measure 1 = 280g: 1 stalk, large (11"-12" long)

Measure 2 = 180g: 1 stalk, medium (7-1/2" - 8" long)

Measure 3 = 140g: 1 stalk, small (5" long)

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group: 11 Vegetables and Vegetable Products**

USDA National Nutrient Database for Standard Reference, Release 21 (2008)





**NDB No. 11740**  
**Broccoli, flower clusters, raw**

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g									
15:0.....g									
16:0.....g	0.047		0		1		0.033	0.005	
17:0.....g									
18:0.....g	0.007		0		1		0.005	0.001	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.024		0		1		0.017	0.003	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.024		0		1		0.017	0.003	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.167		0		1		0.119	0.018	
18:2 undifferentiated.....g	0.038		0		1		0.027	0.004	
18:3 undifferentiated.....g	0.129		0		1		0.092	0.014	
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.029		26		1		0.021	0.003	
Threonine.....g	0.091		26		1		0.065	0.010	
Isoleucine.....g	0.109		26		1		0.077	0.012	
Leucine.....g	0.131		26		1		0.093	0.014	
Lysine.....g	0.141		26		1		0.100	0.016	
Methionine.....g	0.034		26		1		0.024	0.004	
Cystine.....g	0.020		4		1		0.014	0.002	
Phenylalanine.....g	0.084		26		1		0.060	0.009	
Tyrosine.....g	0.063		4		1		0.045	0.007	
Valine.....g	0.128		26		1		0.091	0.014	
Arginine.....g	0.145		26		1		0.103	0.016	
Histidine.....g	0.050		24		1		0.036	0.006	
Alanine.....g	0.118		4		1		0.084	0.013	
Aspartic acid.....g	0.213		4		1		0.151	0.023	
Glutamic acid.....g	0.375		4		1		0.266	0.041	
Glycine.....g	0.095		4		1		0.067	0.010	
Proline.....g	0.114		4		1		0.081	0.013	
Serine.....g	0.100		4		1		0.071	0.011	
Hydroxyproline.....g									

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

**Common Measures:**

Measure 1 = 71g: 1 cup flowerets

Measure 2 = 11.0g: 1 floweret

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**NDB No. 11740**  
**Broccoli, flower clusters, raw**

**Food Group:** 11 Vegetables and Vegetable Products  
USDA National Nutrient Database for Standard Reference, Release 21 (2008)



NDB No. 11743

Broccoli, frozen, chopped, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g									
13:0.....g									
14:0.....g									
15:0.....g									
16:0.....g	0.016		0		1		0.029		
17:0.....g									
18:0.....g	0.002		0		1		0.004		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.008		0		1		0.015		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.008		0		1		0.015		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.055		0		1		0.101		
18:2 undifferentiated.....g	0.013		0		1		0.024		
18:3 undifferentiated.....g	0.042		0		1		0.077		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.032		0		1		0.059		
Threonine.....g	0.101		0		1		0.186		
Isoleucine.....g	0.121		0		1		0.223		
Leucine.....g	0.145		0		1		0.267		
Lysine.....g	0.156		0		1		0.287		
Methionine.....g	0.037		0		1		0.068		
Cystine.....g	0.022		0		1		0.040		
Phenylalanine.....g	0.094		0		1		0.173		
Tyrosine.....g	0.070		0		1		0.129		
Valine.....g	0.142		0		1		0.261		
Arginine.....g	0.161		0		1		0.296		
Histidine.....g	0.055		0		1		0.101		
Alanine.....g	0.130		0		1		0.239		
Aspartic acid.....g	0.236		0		1		0.434		
Glutamic acid.....g	0.417		0		1		0.767		
Glycine.....g	0.105		0		1		0.193		
Proline.....g	0.127		0		1		0.234		
Serine.....g	0.111		0		1		0.204		
Hydroxyproline.....g									

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

**Common Measures:**

Measure 1 = 184g: 1 cup

**NDB No. 11743**

**Broccoli, frozen, chopped, cooked, boiled, drained, with salt**

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11093

Broccoli, frozen, chopped, cooked, boiled, drained, without salt

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	90.72	0.303	9		1		166.92		
Energy.....kcal	28		0	NC	4		52		
Energy.....kj	117		0		4		216		
Protein (N x 6.25).....g	3.10	0.132	6		1		5.70		
Total lipid (fat).....g	0.12	0.021	6		1		0.22		
Ash.....g	0.71	0.030	6		1		1.31		
Carbohydrate, by difference.....g	5.35		0	NC	4		9.84		
Fiber, total dietary.....g	3.0		0		4		5.5		
Sugars, total.....g	1.47		0	BFSN	4		2.71		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	33	1.522	20		1		61		
Iron, Fe.....mg	0.61	0.040	20		1		1.13		
Magnesium, Mg.....mg	13	0.577	20		1		24		
Phosphorus, P.....mg	49	1.889	20		1		90		
Potassium, K.....mg	142	11.009	20		1		261		
Sodium, Na.....mg	11	0.834	20		1		21		
Zinc, Zn.....mg	0.28	0.014	20		1		0.52		
Copper, Cu.....mg	0.034	0.002	20		1		0.063		
Manganese, Mn.....mg	0.223	0.008	20		1		0.410		
Selenium, Se.....mcg	0.7	0.233	20		1		1.2		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	40.1	5.569	6		1		73.8		
Thiamin.....mg	0.055	0.004	7		1		0.101		
Riboflavin.....mg	0.081	0.004	7		1		0.149		
Niacin.....mg	0.458	0.036	6		1		0.843		
Pantothenic acid.....mg	0.274	0.013	6		1		0.504		
Vitamin B-6.....mg	0.130	0.009	7		1		0.239		
Folate, total.....mcg	56	4.028	3		1		104		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	56	4.028	3		1		104		
Folate, DFE.....mcg_DFE	56		0	NC	4		104		
Choline, total.....mg	16.2		0	BFSN	4		29.9		
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00		
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....mcg_RAE	51		0	NC	4		93		
Retinol.....mcg	0		0	Z	7		0		
Carotene, beta.....mcg	597		0	BFSY	4		1098		
Carotene, alpha.....mcg	19		0	BFSY	4		35		
Cryptoxanthin, beta.....mcg	1		0	BFSY	4		2		
Vitamin A, IU.....IU	1011		0	NC	4		1860		
Lycopene.....mcg	0		0	BFSY	4		0		
Lutein + zeaxanthin.....mcg	1095		0	BFSY	4		2015		
Vitamin E (alpha-tocopherol).....mg	1.32		0	BFSN	4		2.43		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	88.1		0	BFSN	4		162.2		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.018		0		1		0.033		
4:0.....g	0.000		0		1		0.000		
6:0.....g	0.000		0		1		0.000		
8:0.....g	0.000		0		1		0.000		
10:0.....g	0.000		0		1		0.000		

NDB No. 11093

Broccoli, frozen, chopped, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0			1	0.000		
13:0.....g									
14:0.....g	0.000		0			1	0.000		
15:0.....g									
16:0.....g	0.016		0			1	0.029		
17:0.....g									
18:0.....g	0.002		0			1	0.004		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.008		0			1	0.015		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0			1	0.000		
17:1.....g									
18:1 undifferentiated.....g	0.008		0			1	0.015		
20:1.....g	0.000		0			1	0.000		
22:1 undifferentiated.....g	0.000		0			1	0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.055		0			1	0.101		
18:2 undifferentiated.....g	0.013		0			1	0.024		
18:3 undifferentiated.....g	0.042		0			1	0.077		
18:4.....g	0.000		0			1	0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0			1	0.000		
20:5 n-3.....g	0.000		0			1	0.000		
22:5 n-3.....g	0.000		0			1	0.000		
22:6 n-3.....g	0.000		0			1	0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z		7	0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.032		0			1	0.059		
Threonine.....g	0.101		0			1	0.186		
Isoleucine.....g	0.121		0			1	0.223		
Leucine.....g	0.145		0			1	0.267		
Lysine.....g	0.156		0			1	0.287		
Methionine.....g	0.037		0			1	0.068		
Cystine.....g	0.022		0			1	0.040		
Phenylalanine.....g	0.094		0			1	0.173		
Tyrosine.....g	0.070		0			1	0.129		
Valine.....g	0.142		0			1	0.261		
Arginine.....g	0.161		0			1	0.296		
Histidine.....g	0.055		0			1	0.101		
Alanine.....g	0.130		0			1	0.239		
Aspartic acid.....g	0.236		0			1	0.434		
Glutamic acid.....g	0.417		0			1	0.767		
Glycine.....g	0.105		0			1	0.193		
Proline.....g	0.127		0			1	0.234		
Serine.....g	0.111		0			1	0.204		
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0			7	0.0		
Caffeine.....mg	0		0	Z		7	0		
Theobromine.....mg	0		0	Z		7	0		

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

**Common Measures:**

**NDB No. 11093**

**Broccoli, frozen, chopped, cooked, boiled, drained, without salt**

Measure 1 = 184g: 1 cup

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group: 11 Vegetables and Vegetable Products**

USDA National Nutrient Database for Standard Reference, Release 21 (2008)



NDB No. 11092

Broccoli, frozen, chopped, unprepared

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	91.46	0.134	48		1		142.68	259.75	
Energy.....kcal	26		0	NC	4		41	75	
Energy.....kj	110		0	NC	4		172	313	
Protein (N x 6.25).....g	2.81	0.045	49		1		4.38	7.98	
Total lipid (fat).....g	0.29	0.022	49		1		0.45	0.82	
Ash.....g	0.66	0.013	48		1		1.03	1.87	
Carbohydrate, by difference.....g	4.78		0	NC	4		7.46	13.58	
Fiber, total dietary.....g	3.0		0		1		4.7	8.5	
Sugars, total.....g	1.35		0	BFSN	4		2.11	3.84	
Sucrose.....g									
Glucose (dextrose).....g	0.75	0.087	4		1		1.17	2.13	
Fructose.....g	0.83	0.075	4		1		1.29	2.34	
Lactose.....g									
Maltose.....g									
Galactose.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	56	2.393	45		1		87	159	
Iron, Fe.....mg	0.81	0.042	48		1		1.26	2.30	
Magnesium, Mg.....mg	18	1.303	13		1		28	51	
Phosphorus, P.....mg	50	1.712	18		1		78	142	
Potassium, K.....mg	212	14.022	11		1		331	602	
Sodium, Na.....mg	24	4.771	14		1		37	68	
Zinc, Zn.....mg	0.48	0.191	15		1		0.75	1.36	
Copper, Cu.....mg	0.038	0.003	16		1		0.059	0.108	
Manganese, Mn.....mg	0.294	0.026	14		1		0.459	0.835	
Selenium, Se.....mcg	2.8		0	BFSN	4		4.4	8.0	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	56.4	2.850	32		1		88.0	160.2	
Thiamin.....mg	0.053	0.002	45		1		0.083	0.151	
Riboflavin.....mg	0.096	0.003	45		1		0.150	0.273	
Niacin.....mg	0.470	0.026	45		1		0.733	1.335	
Pantothenic acid.....mg	0.279	0.024	5		1		0.435	0.792	
Vitamin B-6.....mg	0.130	0.007	12		1		0.203	0.369	
Folate, total.....mcg	67	1.844	3		1		105	190	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	67	1.844	3		1		105	190	
Folate, DFE.....mcg_DFE	67		0	NC	4		105	190	
Choline, total.....mg	14.9		0	BFSN	4		23.3	42.4	
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	52		0	NC	4		81	147	
Retinol.....mcg	0		0	Z	7		0	0	
Carotene, beta.....mcg	610		1	A	1		952	1732	
Carotene, alpha.....mcg	20		0	BFSN	4		31	56	
Cryptoxanthin, beta.....mcg	1		0	BFSN	4		2	3	
Vitamin A, IU.....IU	1034		0	NC	4		1613	2936	
Lycopene.....mcg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin.....mcg	1120		0	BFSN	4		1747	3180	
Vitamin E (alpha-tocopherol).....mg	1.22	0.065	4		1		1.90	3.45	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg	0.00	0.000	4		1		0.00	0.00	
Tocopherol, gamma.....mg	0.27	0.086	4		1		0.41	0.75	
Tocopherol, delta.....mg	0.00	0.000	4		1		0.00	0.00	
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	81.1		0	BFSN	4		126.5	230.3	

Broccoli, frozen, chopped, unprepared

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.044		0		1		0.069	0.125	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.000		0		1		0.000	0.000	
12:0.....g	0.000		0		1		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0		1		0.000	0.000	
15:0.....g									
16:0.....g	0.039		0		1		0.061	0.111	
17:0.....g									
18:0.....g	0.005		0		1		0.008	0.014	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.020		0		1		0.031	0.057	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.020		0		1		0.031	0.057	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.136		0		1		0.212	0.386	
18:2 undifferentiated.....g	0.031		0		1		0.048	0.088	
18:3 undifferentiated.....g	0.105		0		1		0.164	0.298	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.029		0		1		0.045	0.082	
Threonine.....g	0.091		0		1		0.142	0.258	
Isoleucine.....g	0.109		0		1		0.170	0.310	
Leucine.....g	0.131		0		1		0.204	0.372	
Lysine.....g	0.141		0		1		0.220	0.400	
Methionine.....g	0.034		0		1		0.053	0.097	
Cystine.....g	0.020		0		1		0.031	0.057	
Phenylalanine.....g	0.085		0		1		0.133	0.241	
Tyrosine.....g	0.063		0		1		0.098	0.179	
Valine.....g	0.128		0		1		0.200	0.364	
Arginine.....g	0.146		0		1		0.228	0.415	
Histidine.....g	0.050		0		1		0.078	0.142	
Alanine.....g	0.118		0		1		0.184	0.335	
Aspartic acid.....g	0.214		0		1		0.334	0.608	
Glutamic acid.....g	0.377		0		1		0.588	1.071	
Glycine.....g	0.095		0		1		0.148	0.270	
Proline.....g	0.115		0		1		0.179	0.327	
Serine.....g	0.100		0		1		0.156	0.284	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

NDB No. 11092

Broccoli, frozen, chopped, unprepared

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

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

**Common Measures:**

Measure 1 = 156g: 1 cup

Measure 2 = 284g: 1 package (10 oz)

**Calories Factors: Protein** 2.44

**Fat** 8.37

**Carbohydrate**3.57

**Food Group:** 11 Vegetables and Vegetable Products  
USDA National Nutrient Database for Standard Reference, Release 21 (2008)



NDB No. 11744

Broccoli, frozen, spears, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g									
13:0.....g									
14:0.....g									
15:0.....g									
16:0.....g	0.016		1		1		0.040	0.015	
17:0.....g									
18:0.....g	0.002		1		1		0.005	0.002	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.008		0		1		0.020	0.007	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.008		1		1		0.020	0.007	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.055		0		1		0.138	0.051	
18:2 undifferentiated.....g	0.013		1		1		0.033	0.012	
18:3 undifferentiated.....g	0.042		1		1		0.105	0.039	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.032		0		1		0.080	0.029	
Threonine.....g	0.101		0		1		0.253	0.093	
Isoleucine.....g	0.121		0		1		0.303	0.111	
Leucine.....g	0.145		0		1		0.363	0.133	
Lysine.....g	0.156		0		1		0.390	0.144	
Methionine.....g	0.037		0		1		0.093	0.034	
Cystine.....g	0.022		0		1		0.055	0.020	
Phenylalanine.....g	0.094		0		1		0.235	0.086	
Tyrosine.....g	0.070		0		1		0.175	0.064	
Valine.....g	0.142		0		1		0.355	0.131	
Arginine.....g	0.161		0		1		0.403	0.148	
Histidine.....g	0.055		0		1		0.138	0.051	
Alanine.....g	0.131		0		1		0.328	0.121	
Aspartic acid.....g	0.236		0		1		0.590	0.217	
Glutamic acid.....g	0.417		0		1		1.043	0.384	
Glycine.....g	0.105		0		1		0.263	0.097	
Proline.....g	0.127		0		1		0.318	0.117	
Serine.....g	0.111		0		1		0.278	0.102	
Hydroxyproline.....g									

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

**Common Measures:**

Measure 1 = 250g: 1 package (10 oz) yields

Measure 2 = 92g: .5 cup

**NDB No. 11744**

**Broccoli, frozen, spears, cooked, boiled, drained, with salt**

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group: 11 Vegetables and Vegetable Products**

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11095

Broccoli, frozen, spears, cooked, boiled, drained, w without salt

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	90.72	0.303	9		1		226.80	83.46	
Energy.....kcal	28		0	NC	4		69	25	
Energy.....kj	116		0	NC	4		289	106	
Protein (N x 6.25).....g	3.10	0.131	6		1		7.75	2.85	
Total lipid (fat).....g	0.11	0.021	6		1		0.28	0.10	
Ash.....g	0.71	0.030	6		1		1.78	0.65	
Carbohydrate, by difference.....g	5.36		0	NC	4		13.40	4.93	
Fiber, total dietary.....g	3.0		0		4		7.5	2.8	
Sugars, total.....g	1.47		0	BFSN	4		3.68	1.35	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	51	4.684	6		1		128	47	
Iron, Fe.....mg	0.61	0.044	6		1		1.53	0.56	
Magnesium, Mg.....mg	20	0.594	6		1		50	18	
Phosphorus, P.....mg	55	3.268	6		1		138	51	
Potassium, K.....mg	180	18.064	6		1		450	166	
Sodium, Na.....mg	24	1.353	12		1		60	22	
Zinc, Zn.....mg	0.30	0.018	6		1		0.75	0.28	
Copper, Cu.....mg	0.043	0.003	6		1		0.108	0.040	
Manganese, Mn.....mg	0.325	0.034	6		1		0.813	0.299	
Selenium, Se.....mcg	1.9	0.307	9	A	1		4.8	1.7	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	40.1	5.568	6		1		100.3	36.9	
Thiamin.....mg	0.055	0.004	7		1		0.138	0.051	
Riboflavin.....mg	0.081	0.004	7		1		0.203	0.075	
Niacin.....mg	0.458	0.035	6		1		1.145	0.421	
Pantothenic acid.....mg	0.274	0.014	6		1		0.685	0.252	
Vitamin B-6.....mg	0.130	0.010	7		1		0.325	0.120	
Folate, total.....mcg	30	6.888	16		1		75	28	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	30	6.888	16		1		75	28	
Folate, DFE.....mcg_DFE	30		0	NC	4		75	28	
Choline, total.....mg	16.2		0	BFSN	4		40.6	14.9	
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	51		0	NC	4		126	47	
Retinol.....mcg	0		0	Z	7		0	0	
Carotene, beta.....mcg	597		0	BFSN	4		1491	549	
Carotene, alpha.....mcg	19		0	BFSN	4		48	18	
Cryptoxanthin, beta.....mcg	1		0	BFSN	4		2	1	
Vitamin A, IU.....IU	1011		0	NC	4		2528	930	
Lycopene.....mcg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin.....mcg	1095		0	BFSN	4		2738	1008	
Vitamin E (alpha-tocopherol).....mg	1.32		0	BFSN	4		3.30	1.22	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	88.1		0	BFSN	4		220.3	81.1	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.018		0		1		0.045	0.017	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.000		0		1		0.000	0.000	

NDB No. 11095

Broccoli, frozen, spears, cooked, boiled, drained, w without salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0		1		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0		1		0.000	0.000	
15:0.....g									
16:0.....g	0.016		1		1		0.040	0.015	
17:0.....g									
18:0.....g	0.002		1		1		0.005	0.002	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.008		0		1		0.020	0.007	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.008		1		1		0.020	0.007	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.055		0		1		0.138	0.051	
18:2 undifferentiated.....g	0.013		1		1		0.033	0.012	
18:3 undifferentiated.....g	0.042		1		1		0.105	0.039	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.032		0		1		0.080	0.029	
Threonine.....g	0.101		0		1		0.253	0.093	
Isoleucine.....g	0.121		0		1		0.303	0.111	
Leucine.....g	0.145		0		1		0.363	0.133	
Lysine.....g	0.156		0		1		0.390	0.144	
Methionine.....g	0.037		0		1		0.093	0.034	
Cystine.....g	0.022		0		1		0.055	0.020	
Phenylalanine.....g	0.094		0		1		0.235	0.086	
Tyrosine.....g	0.070		0		1		0.175	0.064	
Valine.....g	0.142		0		1		0.355	0.131	
Arginine.....g	0.161		0		1		0.403	0.148	
Histidine.....g	0.055		0		1		0.138	0.051	
Alanine.....g	0.131		0		1		0.328	0.121	
Aspartic acid.....g	0.236		0		1		0.590	0.217	
Glutamic acid.....g	0.417		0		1		1.043	0.384	
Glycine.....g	0.105		0		1		0.263	0.097	
Proline.....g	0.127		0		1		0.318	0.117	
Serine.....g	0.111		0		1		0.278	0.102	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

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

**Common Measures:**



**NDB No. 11095**

**Broccoli, frozen, spears, cooked, boiled, drained, without salt**

Measure 1 = 250g: 1 package (10 oz) yields

Measure 2 = 92g: .5 cup

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group: 11 Vegetables and Vegetable Products**

USDA National Nutrient Database for Standard Reference, Release 21 (2008)



NDB No. 11094

Broccoli, frozen, spears, unprepared

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g									
15:0.....g									
16:0.....g	0.046		0		1		0.131	0.417	
17:0.....g									
18:0.....g	0.006		0		1		0.017	0.054	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.024		0		1		0.068	0.218	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.024		0		1		0.068	0.218	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.162		0		1		0.460	1.469	
18:2 undifferentiated.....g	0.037		0		1		0.105	0.336	
18:3 undifferentiated.....g	0.125		0		1		0.355	1.134	
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.032		0		1		0.091	0.290	
Threonine.....g	0.099		0		1		0.281	0.898	
Isoleucine.....g	0.119		0		1		0.338	1.079	
Leucine.....g	0.143		0		1		0.406	1.297	
Lysine.....g	0.154		0		1		0.437	1.397	
Methionine.....g	0.037		0		1		0.105	0.336	
Cystine.....g	0.022		0		1		0.062	0.200	
Phenylalanine.....g	0.092		0		1		0.261	0.834	
Tyrosine.....g	0.069		0		1		0.196	0.626	
Valine.....g	0.140		0		1		0.398	1.270	
Arginine.....g	0.159		0		1		0.452	1.442	
Histidine.....g	0.054		0		1		0.153	0.490	
Alanine.....g	0.129		0		1		0.366	1.170	
Aspartic acid.....g	0.233		0		1		0.662	2.113	
Glutamic acid.....g	0.411		0		1		1.167	3.728	
Glycine.....g	0.104		0		1		0.295	0.943	
Proline.....g	0.125		0		1		0.355	1.134	
Serine.....g	0.109		0		1		0.310	0.989	
Hydroxyproline.....g									

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

**Common Measures:**

Measure 1 = 284g: 1 package (10 oz)

Measure 2 = 907g: 1 package (2 lb)

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**NDB No. 11094**

**Broccoli, frozen, spears, unprepared**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)



NDB No. 11739  
 Broccoli, leaves, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g									
15:0.....g									
16:0.....g	0.047		0			1			
17:0.....g									
18:0.....g	0.007		0			1			
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.024		0			1			
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.024		0			1			
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.167		0			1			
18:2 undifferentiated.....g	0.038		0			1			
18:3 undifferentiated.....g	0.129		0			1			
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z		7			
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.029		26			1			
Threonine.....g	0.091		26			1			
Isoleucine.....g	0.109		26			1			
Leucine.....g	0.131		26			1			
Lysine.....g	0.141		26			1			
Methionine.....g	0.034		26			1			
Cystine.....g	0.020		4			1			
Phenylalanine.....g	0.084		26			1			
Tyrosine.....g	0.063		4			1			
Valine.....g	0.128		26			1			
Arginine.....g	0.145		26			1			
Histidine.....g	0.050		24			1			
Alanine.....g	0.118		4			1			
Aspartic acid.....g	0.213		4			1			
Glutamic acid.....g	0.375		4			1			
Glycine.....g	0.095		4			1			
Proline.....g	0.114		4			1			
Serine.....g	0.100		4			1			
Hydroxyproline.....g									

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

**Common Measures:**

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11090

Broccoli, raw

*Brassica oleracea var. italica*

Refuse:39% Leaves and tough stalks with trimmings

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	89.30	1.036	49	JO	11		81.27	542.96	27.68
Energy.....kcal	34		0	NC	4		31	205	10
Energy.....kj	141		0	NC	4		128	856	44
Protein.....g	2.82	0.437	23	JO	11		2.57	17.14	0.87
Total lipid (fat).....g	0.37	0.004	29	JO	11		0.33	2.23	0.11
Ash.....g	0.87	0.033	23	JA	6		0.79	5.29	0.27
Carbohydrate, by difference.....g	6.64		0	NC	4		6.04	40.38	2.06
Fiber, total dietary.....g	2.6	0.257	13	JA	6		2.4	15.8	0.8
Sugars, total.....g	1.70		0	NC	4		1.54	10.31	0.53
Sucrose.....g	0.10	0.050	16	JA	6		0.09	0.62	0.03
Glucose (dextrose).....g	0.49	0.071	18	JA	6		0.45	2.97	0.15
Fructose.....g	0.68	0.059	17	JA	6		0.62	4.14	0.21
Lactose.....g	0.21	0.000	9	JA	6		0.19	1.28	0.07
Maltose.....g	0.21	0.000	9	JA	6		0.19	1.28	0.07
Galactose.....g	0.00	0.000	5	JA	6		0.00	0.02	0.00
Starch.....g	0.00		1	A	1		0.00	0.00	0.00
<b>Minerals:</b>									
Calcium, Ca.....mg	47	5.130	33	JA	6		43	284	14
Iron, Fe.....mg	0.73	0.095	33	JA	6		0.66	4.41	0.23
Magnesium, Mg.....mg	21	2.104	33	JA	6		19	128	7
Phosphorus, P.....mg	66	3.008	33	JA	6		60	399	20
Potassium, K.....mg	316	7.217	37	JO	11		287	1920	98
Sodium, Na.....mg	33	5.248	42	JO	11		30	198	10
Zinc, Zn.....mg	0.41	0.011	33	JA	6		0.37	2.48	0.13
Copper, Cu.....mg	0.049	0.012	33	JA	6		0.044	0.296	0.015
Manganese, Mn.....mg	0.210	0.007	23	JA	6		0.191	1.275	0.065
Selenium, Se.....mcg	2.5	0.106	8	JA	6		2.3	15.3	0.8
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	89.2	3.977	19	JO	11		81.2	542.2	27.6
Thiamin.....mg	0.071	0.010	23	JA	6		0.065	0.431	0.022
Riboflavin.....mg	0.117	0.020	23	JA	6		0.106	0.708	0.036
Niacin.....mg	0.639	0.064	23	JA	6		0.581	3.883	0.198
Pantothenic acid.....mg	0.573	0.046	23	JA	6		0.521	3.482	0.178
Vitamin B-6.....mg	0.175	0.031	23	JA	6		0.159	1.064	0.054
Folate, total.....mcg	63	12.748	27	JO	11		57	383	20
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg	63	12.748	27	JO	11		57	383	20
Folate, DFE.....mcg_DFE	63		0	NC	4		57	383	20
Choline, total.....mg	18.7		0	AS	1		17.0	113.8	5.8
Betaine.....mg	0.1		2	A	1		0.1	0.8	0.0
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	31		0	NC	4		28	189	10
Retinol.....mcg	0		0	Z	7		0	0	0
Carotene, beta.....mcg	361	7.019	124	JO	11		328	2195	112
Carotene, alpha.....mcg	25	3.172	55	JO	11		22	150	8
Cryptoxanthin, beta.....mcg	1	0.000	52	JO	11		1	8	0
Vitamin A, IU.....IU	623		0	NC	4		567	3789	193
Lycopene.....mcg	0	0.000	10	JO	11		0	0	0
Lutein + zeaxanthin.....mcg	1403	40.093	7	A	1		1276	8528	435
Vitamin E (alpha-tocopherol).....mg	0.78	0.099	12	JO	11		0.71	4.72	0.24
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg	0.01	0.005	12	JO	11		0.00	0.03	0.00
Tocopherol, gamma.....mg	0.17	0.044	12	JO	11		0.16	1.04	0.05
Tocopherol, delta.....mg	0.00	0.000	12	JO	11		0.00	0.00	0.00
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	101.6	3.897	8	A	1		92.4	617.7	31.5

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.039		0	NC	4		0.036	0.238	0.012
4:0.....g	0.000		0	Z	7		0.000	0.000	0.000
6:0.....g	0.000		0	Z	7		0.000	0.000	0.000
8:0.....g	0.000		2	A	1		0.000	0.000	0.000
10:0.....g	0.000		2	A	1		0.000	0.000	0.000
12:0.....g	0.000		2	A	1		0.000	0.001	0.000
13:0.....g									
14:0.....g	0.001		2	A	1		0.001	0.003	0.000
15:0.....g	0.000		2	A	1		0.000	0.000	0.000
16:0.....g	0.029		2	A	1		0.026	0.176	0.009
17:0.....g	0.000		2	A	1		0.000	0.000	0.000
18:0.....g	0.006		2	A	1		0.005	0.036	0.002
20:0.....g	0.002		2	A	1		0.002	0.012	0.001
22:0.....g	0.002		2	A	1		0.001	0.009	0.000
24:0.....g									
Fatty acids, total monounsaturated.....g	0.011		0	NC	4		0.010	0.064	0.003
14:1.....g	0.000		2	A	1		0.000	0.000	0.000
15:1.....g	0.000		2	A	1		0.000	0.000	0.000
16:1 undifferentiated.....g	0.000		2	A	1		0.000	0.000	0.000
17:1.....g	0.001		2	A	1		0.001	0.003	0.000
18:1 undifferentiated.....g	0.010		2	A	1		0.009	0.061	0.003
20:1.....g	0.000		2	A	1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	Z	7		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.038		0	NC	4		0.035	0.233	0.012
18:2 undifferentiated.....g	0.017		2	A	1		0.015	0.103	0.005
18:3 undifferentiated.....g	0.021		2	A	1		0.020	0.130	0.007
18:3 n-3 c,c,c.....g									
18:3 n-6 c,c,c.....g	0.000		2	A	1		0.000	0.000	0.000
18:3i.....g									
18:4.....g	0.000		0	Z	7		0.000	0.000	0.000
20:2 n-6 c,c.....g	0.000		2	A	1		0.000	0.000	0.000
20:3 undifferentiated.....g	0.000		2	A	1		0.000	0.000	0.000
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000		2	A	1		0.000	0.000	0.000
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g	0.000		0	Z	7		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3.....g	0.000		0	Z	7		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	Z	7		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	0
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.033	0.003	4	A	1		0.030	0.202	0.010
Threonine.....g	0.088	0.002	4	A	1		0.080	0.538	0.027
Isoleucine.....g	0.079	0.002	4	A	1		0.072	0.482	0.025
Leucine.....g	0.129	0.005	4	A	1		0.117	0.784	0.040
Lysine.....g	0.135	0.003	4	A	1		0.123	0.822	0.042
Methionine.....g	0.038	0.001	4	A	1		0.035	0.234	0.012
Cystine.....g	0.028	0.000	4	A	1		0.025	0.169	0.009
Phenylalanine.....g	0.117	0.000	4	A	1		0.107	0.713	0.036
Tyrosine.....g	0.050	0.002	4	A	1		0.046	0.305	0.016
Valine.....g	0.125	0.003	4	A	1		0.114	0.760	0.039
Arginine.....g	0.191	0.006	4	A	1		0.174	1.161	0.059
Histidine.....g	0.059	0.000	4	A	1		0.054	0.360	0.018
Alanine.....g	0.104	0.004	4	A	1		0.094	0.630	0.032
Aspartic acid.....g	0.325	0.013	4	A	1		0.296	1.976	0.101
Glutamic acid.....g	0.542	0.030	4	A	1		0.493	3.297	0.168



NDB No. 11090

Broccoli, raw

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Glycine.....g	0.089	0.003	4	A	1		0.081	0.539	0.028
Proline.....g	0.110	0.015	4	A	1		0.100	0.670	0.034
Serine.....g	0.121	0.005	4	A	1		0.110	0.734	0.037
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0			7	0.0	0.0	0.0
Caffeine.....mg	0		0	Z		7	0	0	0
Theobromine.....mg	0		0	Z		7	0	0	0

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

**Common Measures:**

Measure 1 = 91g: 1 cup chopped

Measure 2 = 608g: 1 bunch

Measure 3 = 31g: 1 spear (about 5" long)

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group: 11 Vegetables and Vegetable Products**

USDA National Nutrient Database for Standard Reference, Release 21 (2008)



NDB No. 11741  
 Broccoli, stalks, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g									
15:0.....g									
16:0.....g	0.047		0		1		0.054		
17:0.....g									
18:0.....g	0.007		0		1		0.008		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.024		0		1		0.027		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.024		0		1		0.027		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.167		0		1		0.190		
18:2 undifferentiated.....g	0.038		0		1		0.043		
18:3 undifferentiated.....g	0.129		0		1		0.147		
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.029		26		1		0.033		
Threonine.....g	0.091		26		1		0.104		
Isoleucine.....g	0.109		26		1		0.124		
Leucine.....g	0.131		26		1		0.149		
Lysine.....g	0.141		26		1		0.161		
Methionine.....g	0.034		26		1		0.039		
Cystine.....g	0.020		4		1		0.023		
Phenylalanine.....g	0.084		26		1		0.096		
Tyrosine.....g	0.063		4		1		0.072		
Valine.....g	0.128		26		1		0.146		
Arginine.....g	0.145		26		1		0.165		
Histidine.....g	0.050		24		1		0.057		
Alanine.....g	0.118		4		1		0.135		
Aspartic acid.....g	0.213		4		1		0.243		
Glutamic acid.....g	0.375		4		1		0.428		
Glycine.....g	0.095		4		1		0.108		
Proline.....g	0.114		4		1		0.130		
Serine.....g	0.100		4		1		0.114		
Hydroxyproline.....g									

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

**Common Measures:**

Measure 1 = 114g: 1 stalk

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

**NDB No. 11741**  
**Broccoli, stalks, raw**

**Food Group:** 11 Vegetables and Vegetable Products  
USDA National Nutrient Database for Standard Reference, Release 21 (2008)



NDB No. 11745

Brussels sprouts, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points			Measure 1	Measure 2	Measure 3
			Deriv Code	Source Code	Confidence Code			
14:0.....g	0.001		0		1	0.000	0.001	
15:0.....g								
16:0.....g	0.093		0		1	0.019	0.072	
17:0.....g								
18:0.....g	0.005		0		1	0.001	0.004	
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	0.038		0	NC	4	0.008	0.030	
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.004		0		1	0.001	0.003	
17:1.....g								
18:1 undifferentiated.....g	0.034		0		1	0.007	0.027	
20:1.....g								
22:1 undifferentiated.....g								
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.255		0	NC	4	0.053	0.199	
18:2 undifferentiated.....g	0.079		0		1	0.017	0.062	
18:3 undifferentiated.....g	0.173		0		1	0.036	0.135	
18:4.....g								
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.002		0		1	0.000	0.002	
20:5 n-3.....g								
22:5 n-3.....g								
22:6 n-3.....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	0		0	Z	7	0	0	
Phytosterols.....mg								
<b>Amino Acids:</b>								
Tryptophan.....g	0.028		0		1	0.006	0.022	
Threonine.....g	0.091		0		1	0.019	0.071	
Isoleucine.....g	0.100		0		1	0.021	0.078	
Leucine.....g	0.114		0		1	0.024	0.089	
Lysine.....g	0.116		0		1	0.024	0.090	
Methionine.....g	0.024		0		1	0.005	0.019	
Cystine.....g	0.016		0		1	0.003	0.012	
Phenylalanine.....g	0.074		0		1	0.016	0.058	
Tyrosine.....g								
Valine.....g	0.117		0		1	0.025	0.091	
Arginine.....g	0.153		0		1	0.032	0.119	
Histidine.....g	0.057		0		1	0.012	0.044	
Alanine.....g								
Aspartic acid.....g								
Glutamic acid.....g								
Glycine.....g								
Proline.....g								
Serine.....g								
Hydroxyproline.....g								
<b>Others:</b>								
Alcohol, ethyl.....g	0.0		0	Z	7	0.0	0.0	
Caffeine.....mg	0		0	Z	7	0	0	
Theobromine.....mg	0		0	Z	7	0	0	

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

**Common Measures:**

Measure 1 = 21g: 1 sprout

Measure 2 = 78g: .5 cup

**NDB No. 11745**

**Brussels sprouts, cooked, boiled, drained, with salt**

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11099

Brussels sprouts, cooked, boiled, drained, without salt

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	88.90		1		1		18.67	69.34	
Energy.....kcal	36		0	NC	4		8	28	
Energy.....kj	150		0	NC	4		31	117	
Protein (N x 6.25).....g	2.55	0.486	5		1		0.54	1.99	
Total lipid (fat).....g	0.50		1		1		0.11	0.39	
Ash.....g	0.95	0.042	5		1		0.20	0.74	
Carbohydrate, by difference.....g	7.10		0	NC	4		1.49	5.54	
Fiber, total dietary.....g	2.6		0		4		0.5	2.0	
Sugars, total.....g	1.74		0	BFSN	4		0.37	1.36	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	36		0		1		8	28	
Iron, Fe.....mg	1.20		0		1		0.25	0.94	
Magnesium, Mg.....mg	20		0		1		4	16	
Phosphorus, P.....mg	56		0		1		12	44	
Potassium, K.....mg	317		0		1		67	247	
Sodium, Na.....mg	21		0		1		4	16	
Zinc, Zn.....mg	0.33	0.019	6		1		0.07	0.26	
Copper, Cu.....mg	0.083	0.009	5		1		0.017	0.065	
Manganese, Mn.....mg	0.227	0.027	5		1		0.048	0.177	
Selenium, Se.....mcg	1.5		0	BFSN	4		0.3	1.2	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	62.0		0		1		13.0	48.4	
Thiamin.....mg	0.107		0		1		0.022	0.083	
Riboflavin.....mg	0.080		0		1		0.017	0.062	
Niacin.....mg	0.607		0		1		0.127	0.473	
Pantothenic acid.....mg	0.252		0		1		0.053	0.197	
Vitamin B-6.....mg	0.178		0		1		0.037	0.139	
Folate, total.....mcg	60		1		1		13	47	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	60		1		1		13	47	
Folate, DFE.....mcg_DFE	60		0	NC	4		13	47	
Choline, total.....mg	40.6		0	AS	1		8.5	31.7	
Betaine.....mg	0.2		1	A	1		0.0	0.1	
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	39		0	AS	1		8	30	
Retinol.....mcg	0		0	Z	7		0	0	
Carotene, beta.....mcg	465	15.000	5	A	1		98	363	
Carotene, alpha.....mcg	0		1	A	1		0	0	
Cryptoxanthin, beta.....mcg	0		1	A	1		0	0	
Vitamin A, IU.....IU	775		0	AS	1		163	605	
Lycopene.....mcg	0		1	A	1		0	0	
Lutein + zeaxanthin.....mcg	1290		1	A	1		271	1006	
Vitamin E (alpha-tocopherol).....mg	0.43		1		1		0.09	0.34	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg	0.00		1		1		0.00	0.00	
Tocopherol, gamma.....mg	0.00		1		1		0.00	0.00	
Tocopherol, delta.....mg	0.00		1		1		0.00	0.00	
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	140.3		0	BFSN	4		29.5	109.5	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.102		0	NC	4		0.021	0.080	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.003		0		1		0.001	0.002	
10:0.....g	0.000		0		1		0.000	0.000	



Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0		1		0.000	0.000	
13:0.....g									
14:0.....g	0.001		0		1		0.000	0.001	
15:0.....g									
16:0.....g	0.093		0		1		0.019	0.072	
17:0.....g									
18:0.....g	0.005		0		1		0.001	0.004	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.038		0	NC	4		0.008	0.030	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.004		0		1		0.001	0.003	
17:1.....g									
18:1 undifferentiated.....g	0.034		0		1		0.007	0.027	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.255		0	NC	4		0.053	0.199	
18:2 undifferentiated.....g	0.079		0		1		0.017	0.062	
18:3 undifferentiated.....g	0.173		0		1		0.036	0.135	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.002		0		1		0.000	0.002	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.028		0		1		0.006	0.022	
Threonine.....g	0.091		0		1		0.019	0.071	
Isoleucine.....g	0.100		0		1		0.021	0.078	
Leucine.....g	0.114		0		1		0.024	0.089	
Lysine.....g	0.116		0		1		0.024	0.090	
Methionine.....g	0.024		0		1		0.005	0.019	
Cystine.....g	0.016		0		1		0.003	0.012	
Phenylalanine.....g	0.074		0		1		0.016	0.058	
Tyrosine.....g									
Valine.....g	0.117		0		1		0.025	0.091	
Arginine.....g	0.153		0		1		0.032	0.119	
Histidine.....g	0.057		0		1		0.012	0.044	
Alanine.....g									
Aspartic acid.....g									
Glutamic acid.....g									
Glycine.....g									
Proline.....g									
Serine.....g									
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

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

**Common Measures:**

**NDB No. 11099**

**Brussels sprouts, cooked, boiled, drained, without salt**

Measure 1 = 21g: 1 sprout

Measure 2 = 78g: .5 cup

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)



NDB No. 11746

Brussels sprouts, frozen, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.001		0		1		0.002		
15:0.....g									
16:0.....g	0.069		0		1		0.107		
17:0.....g									
18:0.....g	0.004		0		1		0.006		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.030		0		1		0.047		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.003		0		1		0.005		
17:1.....g									
18:1 undifferentiated.....g	0.025		0		1		0.039		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.200		0		1		0.310		
18:2 undifferentiated.....g	0.059		0		1		0.091		
18:3 undifferentiated.....g	0.129		0		1		0.200		
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.002		0		1		0.003		
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.040		0		1		0.062		
Threonine.....g	0.130		0		1		0.202		
Isoleucine.....g	0.143		0		1		0.222		
Leucine.....g	0.164		0		1		0.254		
Lysine.....g	0.166		0		1		0.257		
Methionine.....g	0.035		0		1		0.054		
Cystine.....g	0.023		0		1		0.036		
Phenylalanine.....g	0.106		0		1		0.164		
Tyrosine.....g									
Valine.....g	0.167		0		1		0.259		
Arginine.....g	0.218		0		1		0.338		
Histidine.....g	0.082		0		1		0.127		
Alanine.....g									
Aspartic acid.....g									
Glutamic acid.....g									
Glycine.....g									
Proline.....g									
Serine.....g									
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

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

**Common Measures:**

Measure 1 = 155g: 1 cup

**NDB No. 11746**

**Brussels sprouts, frozen, cooked, boiled, drained, with salt**

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11101

Brussels sprouts, frozen, cooked, boiled, drained, without salt

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	86.74	0.416	10		1		134.45		
Energy.....kcal	42		0	NC	4		65		
Energy.....kj	175		0	NC	4		271		
Protein (N x 6.25).....g	3.64	0.166	7		1		5.64		
Total lipid (fat).....g	0.39	0.095	7		1		0.60		
Ash.....g	0.91	0.057	7		1		1.41		
Carbohydrate, by difference.....g	8.32		0	NC	4		12.90		
Fiber, total dietary.....g	4.1		0		4		6.4		
Sugars, total.....g	2.08		0	BFSN	4		3.23		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	26	0.883	18	A	1		40		
Iron, Fe.....mg	0.48	0.019	18	A	1		0.75		
Magnesium, Mg.....mg	18	0.843	18	A	1		28		
Phosphorus, P.....mg	56	2.332	18	A	1		87		
Potassium, K.....mg	290	13.596	18	A	1		450		
Sodium, Na.....mg	15	2.106	18	A	1		24		
Zinc, Zn.....mg	0.24	0.012	18	A	1		0.38		
Copper, Cu.....mg	0.034	0.003	18	A	1		0.053		
Manganese, Mn.....mg	0.206	0.011	18	A	1		0.319		
Selenium, Se.....mcg	0.6	0.263	18	A	1		0.9		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	45.7	4.175	3		1		70.8		
Thiamin.....mg	0.103	0.009	6		1		0.160		
Riboflavin.....mg	0.113	0.006	6		1		0.175		
Niacin.....mg	0.537	0.145	3		1		0.832		
Pantothenic acid.....mg	0.342	0.009	3		1		0.530		
Vitamin B-6.....mg	0.289	0.037	6		1		0.448		
Folate, total.....mcg	101	19.059	8		1		157		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	101	19.059	8		1		157		
Folate, DFE.....mcg_DFE	101		0	NC	4		157		
Choline, total.....mg	18.1		0	BFSY	4		28.0		
Betaine.....mg	0.7		0	BFSN	4		1.1		
Vitamin B-12.....mcg	0.00		0	Z	7		0.00		
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....mcg_RAE	46		0	NC	4		72		
Retinol.....mcg	0		0	Z	7		0		
Carotene, beta.....mcg	555		0	BFSN	4		861		
Carotene, alpha.....mcg	0		0	BFSN	4		0		
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0		
Vitamin A, IU.....IU	926		0	NC	4		1435		
Lycopene.....mcg	0		0	BFSN	4		0		
Lutein + zeaxanthin.....mcg	1541		0	BFSN	4		2389		
Vitamin E (alpha-tocopherol).....mg	0.51		0	BFSN	4		0.80		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	193.5		2		1		299.9		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.081		0		1		0.126		
4:0.....g	0.000		0		1		0.000		
6:0.....g	0.000		0		1		0.000		
8:0.....g	0.002		0		1		0.003		
10:0.....g	0.000		0		1		0.000		

NDB No. 11101

Brussels sprouts, frozen, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0		1		0.000		
13:0.....g									
14:0.....g	0.001		0		1		0.002		
15:0.....g									
16:0.....g	0.069		0		1		0.107		
17:0.....g									
18:0.....g	0.004		0		1		0.006		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.030		0		1		0.047		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.003		0		1		0.005		
17:1.....g									
18:1 undifferentiated.....g	0.025		0		1		0.039		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.200		0		1		0.310		
18:2 undifferentiated.....g	0.059		0		1		0.091		
18:3 undifferentiated.....g	0.129		0		1		0.200		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.002		0		1		0.003		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.040		0		1		0.062		
Threonine.....g	0.130		0		1		0.202		
Isoleucine.....g	0.143		0		1		0.222		
Leucine.....g	0.164		0		1		0.254		
Lysine.....g	0.166		0		1		0.257		
Methionine.....g	0.035		0		1		0.054		
Cystine.....g	0.023		0		1		0.036		
Phenylalanine.....g	0.106		0		1		0.164		
Tyrosine.....g									
Valine.....g	0.167		0		1		0.259		
Arginine.....g	0.218		0		1		0.338		
Histidine.....g	0.082		0		1		0.127		
Alanine.....g									
Aspartic acid.....g									
Glutamic acid.....g									
Glycine.....g									
Proline.....g									
Serine.....g									
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	BFSN	4		0		
Theobromine.....mg	0		0	BFSN	4		0		

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

**Common Measures:**

**NDB No. 11101**

**Brussels sprouts, frozen, cooked, boiled, drained, without salt**

Measure 1 = 155g: 1 cup

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group: 11 Vegetables and Vegetable Products**

USDA National Nutrient Database for Standard Reference, Release 21 (2008)





Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.001		0		1		0.003	0.009	
15:0.....g									
16:0.....g	0.072		0		1		0.204	0.653	
17:0.....g									
18:0.....g	0.004		0		1		0.011	0.036	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.031		0		1		0.088	0.281	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.003		0		1		0.009	0.027	
17:1.....g									
18:1 undifferentiated.....g	0.026		0		1		0.074	0.236	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.207		0		1		0.588	1.877	
18:2 undifferentiated.....g	0.061		0		1		0.173	0.553	
18:3 undifferentiated.....g	0.134		0		1		0.381	1.215	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.002		0		1		0.006	0.018	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.042		0		1		0.119	0.381	
Threonine.....g	0.135		0		1		0.383	1.224	
Isoleucine.....g	0.148		0		1		0.420	1.342	
Leucine.....g	0.170		0		1		0.483	1.542	
Lysine.....g	0.172		0		1		0.488	1.560	
Methionine.....g	0.036		0		1		0.102	0.327	
Cystine.....g	0.024		0		1		0.068	0.218	
Phenylalanine.....g	0.110		0		1		0.312	0.998	
Tyrosine.....g									
Valine.....g	0.173		0		1		0.491	1.569	
Arginine.....g	0.227		0		1		0.645	2.059	
Histidine.....g	0.085		0		1		0.241	0.771	
Alanine.....g									
Aspartic acid.....g									
Glutamic acid.....g									
Glycine.....g									
Proline.....g									
Serine.....g									
Hydroxyproline.....g									
<b><u>Others:</u></b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg									
Theobromine.....mg									

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

**Common Measures:**

Measure 1 = 284g: 1 package (10 oz)

Measure 2 = 907g: 1 package (2 lb)

**NDB No. 11100**

**Brussels sprouts, frozen, unprepared**

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 11098**  
**Brussels sprouts, raw**  
*Brassica oleracea (Gemifera Group)*

Refuse:10% Outer leaves

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	86.00	0.435	8		1		75.68	16.34	
Energy.....kcal	43		0	NC	4		38	8	
Energy.....kj	179		0	NC	4		157	34	
Protein (N x 6.25).....g	3.38		2		1		2.97	0.64	
Total lipid (fat).....g	0.30		2		1		0.26	0.06	
Ash.....g	1.37		1		1		1.21	0.26	
Carbohydrate, by difference.....g	8.95		0	NC	4		7.88	1.70	
Fiber, total dietary.....g	3.8		0		4		3.3	0.7	
Sugars, total.....g	2.20		0	T	4		1.94	0.42	
Sucrose.....g	0.46		0	T	4		0.41	0.09	
Glucose (dextrose).....g	0.81		0	T	4		0.71	0.15	
Fructose.....g	0.93		0	T	4		0.82	0.18	
Lactose.....g	0.00		0	Z	7		0.00	0.00	
Maltose.....g	0.00		0	Z	7		0.00	0.00	
Galactose.....g	0.00		0	Z	7		0.00	0.00	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	42		2		1		37	8	
Iron, Fe.....mg	1.40		2		1		1.23	0.27	
Magnesium, Mg.....mg	23		1		1		20	4	
Phosphorus, P.....mg	69		1		1		61	13	
Potassium, K.....mg	389	21.971	4		1		342	74	
Sodium, Na.....mg	25	2.873	4		1		22	5	
Zinc, Zn.....mg	0.42		1		1		0.37	0.08	
Copper, Cu.....mg	0.070		1		1		0.062	0.013	
Manganese, Mn.....mg	0.337		0		1		0.297	0.064	
Selenium, Se.....mcg	1.6		0	BFSN	4		1.4	0.3	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	85.0		1		1		74.8	16.2	
Thiamin.....mg	0.139		2		1		0.122	0.026	
Riboflavin.....mg	0.090		2		1		0.079	0.017	
Niacin.....mg	0.745		2		1		0.656	0.142	
Pantothenic acid.....mg	0.309		0		1		0.272	0.059	
Vitamin B-6.....mg	0.219		0		1		0.193	0.042	
Folate, total.....mcg	61	6.336	3		1		54	12	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	61	6.336	3		1		54	12	
Folate, DFE.....mcg_DFE	61		0	NC	4		54	12	
Choline, total.....mg	19.1		0	BFSN	4		16.8	3.6	
Betaine.....mg	0.8		0	BFSN	4		0.7	0.1	
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	38		0	AS	1		33	7	
Retinol.....mcg	0		0	Z	7		0	0	
Carotene, beta.....mcg	450	56.991	21	A	1		396	85	
Carotene, alpha.....mcg	6	5.650	19	A	1		5	1	
Cryptoxanthin, beta.....mcg	0		1	A	1		0	0	
Vitamin A, IU.....IU	754		0	AS	1		664	143	
Lycopene.....mcg	0		1	A	1		0	0	
Lutein + zeaxanthin.....mcg	1590		1	A	1		1399	302	
Vitamin E (alpha-tocopherol).....mg	0.88		0	NR	4		0.77	0.17	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	177.0		0	T	4		155.8	33.6	

NDB No. 11098  
Brussels sprouts, raw

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.062		0		1		0.055	0.012	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.002		2		1		0.002	0.000	
10:0.....g	0.000		2		1		0.000	0.000	
12:0.....g	0.000		2		1		0.000	0.000	
13:0.....g									
14:0.....g	0.000		1		1		0.000	0.000	
15:0.....g									
16:0.....g	0.053		2		1		0.047	0.010	
17:0.....g									
18:0.....g	0.003		2		1		0.003	0.001	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.023		0		1		0.020	0.004	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		2		1		0.002	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.019		2		1		0.017	0.004	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.153		0		1		0.135	0.029	
18:2 undifferentiated.....g	0.045		2		1		0.040	0.009	
18:3 undifferentiated.....g	0.099		2		1		0.087	0.019	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.001		2		1		0.001	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg	24		0		1		21	5	
<b>Amino Acids:</b>									
Tryptophan.....g	0.037		14		1		0.033	0.007	
Threonine.....g	0.120		14		1		0.106	0.023	
Isoleucine.....g	0.132		14		1		0.116	0.025	
Leucine.....g	0.152		14		1		0.134	0.029	
Lysine.....g	0.154		14		1		0.136	0.029	
Methionine.....g	0.032		14		1		0.028	0.006	
Cystine.....g	0.022		1		1		0.019	0.004	
Phenylalanine.....g	0.098		14		1		0.086	0.019	
Tyrosine.....g									
Valine.....g	0.155		14		1		0.136	0.029	
Arginine.....g	0.203		14		1		0.179	0.039	
Histidine.....g	0.076		14		1		0.067	0.014	
Alanine.....g									
Aspartic acid.....g									
Glutamic acid.....g									
Glycine.....g									
Proline.....g									
Serine.....g									
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

NDB No. 11098  
Brussels sprouts, raw

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

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

**Common Measures:**

Measure 1 = 88g: 1 cup

Measure 2 = 19g: 1 sprout

**Calories Factors: Protein** 2.44

**Fat** 8.37

**Carbohydrate**3.57

**Food Group:** 11 Vegetables and Vegetable Products  
USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11747

Burdock root, cooked, boiled, drained, with salt

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	75.64		1		1		94.55	125.56	
Energy.....kcal	88		0	NC	4		110	146	
Energy.....kj	369		0	NC	4		461	613	
Protein (N x 6.25).....g	2.09		1		1		2.61	3.47	
Total lipid (fat).....g	0.14		1		1		0.18	0.23	
Ash.....g	0.98		1		1		1.23	1.63	
Carbohydrate, by difference.....g	21.15		0	NC	4		26.44	35.11	
Fiber, total dietary.....g	1.8		0	BFSN	4		2.3	3.0	
Sugars, total.....g	3.55		0	BFSN	4		4.44	5.89	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	49		1		1		61	81	
Iron, Fe.....mg	0.77		1		1		0.96	1.28	
Magnesium, Mg.....mg	39		1		1		49	65	
Phosphorus, P.....mg	93		1		1		116	154	
Potassium, K.....mg	360		1		1		450	598	
Sodium, Na.....mg	240		0		4		300	398	
Zinc, Zn.....mg	0.38		0		4		0.48	0.63	
Copper, Cu.....mg	0.089		0		4		0.111	0.148	
Manganese, Mn.....mg	0.270		0		4		0.338	0.448	
Selenium, Se.....mcg	0.9		0	BFSN	4		1.1	1.5	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	2.6		0		4		3.3	4.3	
Thiamin.....mg	0.039		0		1		0.049	0.065	
Riboflavin.....mg	0.058		0		1		0.073	0.096	
Niacin.....mg	0.320		0		1		0.400	0.531	
Pantothenic acid.....mg	0.353		0		4		0.441	0.586	
Vitamin B-6.....mg	0.279		0		4		0.349	0.463	
Folate, total.....mcg	20		0		4		24	32	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	20		0		4		24	32	
Folate, DFE.....mcg_DFE	20		0	NC	4		24	32	
Choline, total.....mg									
Betaine.....mg	0.2		0	BFSN	4		0.3	0.4	
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0	0	
Retinol.....mcg	0		0	Z	7		0	0	
Carotene, beta.....mcg	0		0	BFSY	4		0	0	
Carotene, alpha.....mcg	0		0	BFSY	4		0	0	
Cryptoxanthin, beta.....mcg	0		0	BFSY	4		0	0	
Vitamin A, IU.....IU	0		0	NC	4		0	0	
Lycopene.....mcg	0		0	BFSY	4		0	0	
Lutein + zeaxanthin.....mcg	0		0	BFSY	4		0	0	
Vitamin E (alpha-tocopherol).....mg	0.46		0	BFSN	4		0.58	0.77	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	2.0		0	BFSN	4		2.5	3.4	
<b>Lipids:</b>									
Fatty acids, total saturated.....g									
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	

NDB No. 11747

Burdock root, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.008		0		1		0.010	0.013	
Threonine.....g	0.035		0		1		0.044	0.058	
Isoleucine.....g	0.041		0		1		0.051	0.068	
Leucine.....g	0.044		0		1		0.055	0.073	
Lysine.....g	0.092		0		1		0.115	0.153	
Methionine.....g	0.012		0		1		0.015	0.020	
Cystine.....g	0.008		0		1		0.010	0.013	
Phenylalanine.....g	0.045		0		1		0.056	0.075	
Tyrosine.....g	0.024		0		1		0.030	0.040	
Valine.....g	0.046		0		1		0.058	0.076	
Arginine.....g	0.144		0		1		0.180	0.239	
Histidine.....g	0.042		0		1		0.053	0.070	
Alanine.....g	0.034		0		1		0.043	0.056	
Aspartic acid.....g	0.242		0		1		0.303	0.402	
Glutamic acid.....g	0.215		0		1		0.269	0.357	
Glycine.....g	0.042		0		1		0.053	0.070	
Proline.....g	0.071		0		1		0.089	0.118	
Serine.....g	0.034		0		1		0.043	0.056	
Hydroxyproline.....g									
<b><u>Others:</u></b>									
Alcohol, ethyl.....g									
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

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

**Common Measures:**

Measure 1 = 125g: 1 cup (1" pieces)

Measure 2 = 166g: 1 root

**Calories Factors: Protein 2.78**

**Fat 8.37**

**Carbohydrate 3.84**

**Food Group: 11 Vegetables and Vegetable Products**

USDA National Nutrient Database for Standard Reference, Release 21 (2008)



NDB No. 11105

Burdock root, cooked, boiled, drained, without salt

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	75.64		1		1		94.55	125.56	
Energy.....kcal	88		0	NC	4		110	146	
Energy.....kj	369		0	NC	4		461	613	
Protein (N x 6.25).....g	2.09		1		1		2.61	3.47	
Total lipid (fat).....g	0.14		1		1		0.18	0.23	
Ash.....g	0.98		1		1		1.23	1.63	
Carbohydrate, by difference.....g	21.15		0	NC	4		26.44	35.11	
Fiber, total dietary.....g	1.8		0		4		2.3	3.0	
Sugars, total.....g	3.55		0	BFSN	4		4.44	5.89	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	49		1		1		61	81	
Iron, Fe.....mg	0.77		1		1		0.96	1.28	
Magnesium, Mg.....mg	39		1		1		49	65	
Phosphorus, P.....mg	93		1		1		116	154	
Potassium, K.....mg	360		1		1		450	598	
Sodium, Na.....mg	4		1		1		5	7	
Zinc, Zn.....mg	0.38		0		4		0.48	0.63	
Copper, Cu.....mg	0.089		0		4		0.111	0.148	
Manganese, Mn.....mg	0.270		0		4		0.338	0.448	
Selenium, Se.....mcg	0.9		0	BFSN	4		1.1	1.5	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	2.6		0		4		3.3	4.3	
Thiamin.....mg	0.039		0		1		0.049	0.065	
Riboflavin.....mg	0.058		0		1		0.073	0.096	
Niacin.....mg	0.320		0		1		0.400	0.531	
Pantothenic acid.....mg	0.353		0		4		0.441	0.586	
Vitamin B-6.....mg	0.279		0		4		0.349	0.463	
Folate, total.....mcg	20		0		4		24	32	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	20		0		4		24	32	
Folate, DFE.....mcg_DFE	20		0	NC	4		24	32	
Choline, total.....mg	14.3		0	BFSY	4		17.9	23.8	
Betaine.....mg	0.2		0	BFSN	4		0.3	0.4	
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0	0	
Retinol.....mcg	0		0	Z	7		0	0	
Carotene, beta.....mcg	0		0	BFSY	4		0	0	
Carotene, alpha.....mcg	0		0	BFSY	4		0	0	
Cryptoxanthin, beta.....mcg	0		0	BFSY	4		0	0	
Vitamin A, IU.....IU	0		0	NC	4		0	0	
Lycopene.....mcg	0		0	BFSY	4		0	0	
Lutein + zeaxanthin.....mcg	0		0	BFSY	4		0	0	
Vitamin E (alpha-tocopherol).....mg	0.46		0	BFSN	4		0.58	0.77	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	2.0		0	BFSN	4		2.5	3.4	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.023		0		4		0.029	0.038	
4:0.....g	0.000		0		4		0.000	0.000	
6:0.....g	0.000		0		4		0.000	0.000	
8:0.....g	0.000		0		4		0.000	0.000	
10:0.....g	0.000		0		4		0.000	0.000	

NDB No. 11105

Burdock root, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0		4		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0		4		0.000	0.000	
15:0.....g									
16:0.....g	0.023		0		4		0.029	0.038	
17:0.....g									
18:0.....g	0.000		0		4		0.000	0.000	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.035		0		4		0.044	0.058	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.035		0		4		0.044	0.058	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.055		0		4		0.069	0.091	
18:2 undifferentiated.....g	0.052		0		4		0.065	0.086	
18:3 undifferentiated.....g	0.002		0		4		0.003	0.003	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.008		0		1		0.010	0.013	
Threonine.....g	0.035		0		1		0.044	0.058	
Isoleucine.....g	0.041		0		1		0.051	0.068	
Leucine.....g	0.044		0		1		0.055	0.073	
Lysine.....g	0.092		0		1		0.115	0.153	
Methionine.....g	0.012		0		1		0.015	0.020	
Cystine.....g	0.008		0		1		0.010	0.013	
Phenylalanine.....g	0.045		0		1		0.056	0.075	
Tyrosine.....g	0.024		0		1		0.030	0.040	
Valine.....g	0.046		0		1		0.058	0.076	
Arginine.....g	0.144		0		1		0.180	0.239	
Histidine.....g	0.042		0		1		0.053	0.070	
Alanine.....g	0.034		0		1		0.043	0.056	
Aspartic acid.....g	0.242		0		1		0.303	0.402	
Glutamic acid.....g	0.215		0		1		0.269	0.357	
Glycine.....g	0.042		0		1		0.053	0.070	
Proline.....g	0.071		0		1		0.089	0.118	
Serine.....g	0.034		0		1		0.043	0.056	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

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

**Common Measures:**

**NDB No. 11105**

**Burdock root, cooked, boiled, drained, without salt**

Measure 1 = 125g: 1 cup (1" pieces)

Measure 2 = 166g: 1 root

**Calories Factors: Protein 2.78**

**Fat 8.37**

**Carbohydrate 3.84**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11104  
 Burdock root, raw  
*Arctium lappa*

Refuse:25% Skin, root and tips

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	80.09	6.020	3		1		94.51	124.94	
Energy.....kcal	72		0	NC	4		85	112	
Energy.....kj	302		0	NC	4		356	471	
Protein (N x 6.25).....g	1.53		2		1		1.81	2.39	
Total lipid (fat).....g	0.15		2		1		0.18	0.23	
Ash.....g	0.89		0		1		1.05	1.39	
Carbohydrate, by difference.....g	17.34		0	NC	4		20.46	27.05	
Fiber, total dietary.....g	3.3		0		4		3.9	5.1	
Sugars, total.....g	2.90		0	O	4		3.42	4.52	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	41		1		1		48	64	
Iron, Fe.....mg	0.80		1		1		0.94	1.25	
Magnesium, Mg.....mg	38		1		1		45	59	
Phosphorus, P.....mg	51		1		1		60	80	
Potassium, K.....mg	308		1		1		363	480	
Sodium, Na.....mg	5		0		1		6	8	
Zinc, Zn.....mg	0.33		0		4		0.39	0.51	
Copper, Cu.....mg	0.077		0		4		0.091	0.120	
Manganese, Mn.....mg	0.232		0		4		0.274	0.362	
Selenium, Se.....mcg	0.7		0	CAZN	4		0.8	1.1	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	3.0		1		1		3.5	4.7	
Thiamin.....mg	0.010		1		1		0.012	0.016	
Riboflavin.....mg	0.030		1		1		0.035	0.047	
Niacin.....mg	0.300		1		1		0.354	0.468	
Pantothenic acid.....mg	0.321		0		4		0.379	0.501	
Vitamin B-6.....mg	0.240		0		4		0.283	0.374	
Folate, total.....mcg	23		0		4		27	36	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	23		0		4		27	36	
Folate, DFE.....mcg_DFE	23		0	NC	4		27	36	
Choline, total.....mg	11.7		0	BFSN	4		13.8	18.3	
Betaine.....mg	0.2		0	BFSN	4		0.2	0.3	
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	0		0	AS	1		0	0	
Retinol.....mcg	0		0	Z	7		0	0	
Carotene, beta.....mcg	0		0	Z	7		0	0	
Carotene, alpha.....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0	0	
Vitamin A, IU.....IU	0		0	AS	1		0	0	
Lycopene.....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg	0.38		0	O	4		0.45	0.59	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	1.6		0	BFSN	4		1.9	2.6	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.025		0		4		0.030	0.039	
4:0.....g	0.000		0		4		0.000	0.000	
6:0.....g	0.000		0		4		0.000	0.000	
8:0.....g	0.000		0		4		0.000	0.000	
10:0.....g	0.000		0		4		0.000	0.000	

NDB No. 11104  
 Burdock root, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0		4		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0		4		0.000	0.000	
15:0.....g									
16:0.....g	0.025		0		4		0.030	0.039	
17:0.....g									
18:0.....g	0.000		0		4		0.000	0.000	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.037		0		4		0.044	0.058	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.037		0		4		0.044	0.058	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.059		0		4		0.070	0.092	
18:2 undifferentiated.....g	0.056		0		4		0.066	0.087	
18:3 undifferentiated.....g	0.002		0		4		0.002	0.003	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.006		2		1		0.007	0.009	
Threonine.....g	0.026		2		1		0.031	0.041	
Isoleucine.....g	0.030		2		1		0.035	0.047	
Leucine.....g	0.032		2		1		0.038	0.050	
Lysine.....g	0.067		2		1		0.079	0.105	
Methionine.....g	0.009		2		1		0.011	0.014	
Cystine.....g	0.006		2		1		0.007	0.009	
Phenylalanine.....g	0.033		2		1		0.039	0.051	
Tyrosine.....g	0.018		2		1		0.021	0.028	
Valine.....g	0.033		2		1		0.039	0.051	
Arginine.....g	0.105		2		1		0.124	0.164	
Histidine.....g	0.031		2		1		0.037	0.048	
Alanine.....g	0.025		2		1		0.030	0.039	
Aspartic acid.....g	0.177		2		1		0.209	0.276	
Glutamic acid.....g	0.157		2		1		0.185	0.245	
Glycine.....g	0.031		2		1		0.037	0.048	
Proline.....g	0.052		2		1		0.061	0.081	
Serine.....g	0.025		2		1		0.030	0.039	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

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

**Common Measures:**

**NDB No. 11104**  
**Burdock root, raw**

Measure 1 = 118g: 1 cup (1" pieces)

Measure 2 = 156g: 1 root

**Calories Factors: Protein 2.78**

**Fat 8.37**

**Carbohydrate 3.84**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)



NDB No. 11106  
Butterbur, (fuki), raw

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

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

**Common Measures:**

Measure 1 = 94g: 1 cup

Measure 2 = 5.0g: 1 petiole

**Calories Factors: Protein** 2.44

**Fat** 8.37

**Carbohydrate**3.57

**Food Group:** 11 Vegetables and Vegetable Products  
USDA National Nutrient Database for Standard Reference, Release 21 (2008)





NDB No. 11108  
Butterbur, canned

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

---

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

**Common Measures:**

Measure 1 = 124g: 1 cup, chopped

Measure 2 = 45g: 3 stalks

**Calories Factors: Protein** 2.44

**Fat** 8.37

**Carbohydrate**3.57

**Food Group:** 11 Vegetables and Vegetable Products  
USDA National Nutrient Database for Standard Reference, Release 21 (2008)



NDB No. 11748

Butterbur, cooked, boiled, drained, with salt

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

---

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

**Common Measures:**

**Calories Factors: Protein** 2.44

**Fat** 8.37

**Carbohydrate**3.57

**Food Group:** 11 Vegetables and Vegetable Products  
USDA National Nutrient Database for Standard Reference, Release 21 (2008)



NDB No. 11107

Butterbur, cooked, boiled, drained, without salt

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

---

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

**Common Measures:**

**Calories Factors: Protein** 2.44

**Fat** 8.37

**Carbohydrate**3.57

**Food Group:** 11 Vegetables and Vegetable Products  
USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 31007

CAMPBELL Soup Company, HEALTHY REQUEST Tomato juice

Campbell Soup Co.

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	93.70		1	MC	9		227.69	227.69	
Energy.....kcal	21		1	LC	8		50	50	
Energy.....kj	86		0	LC	8		209	209	
Protein (N x 6.25).....g	0.82		1	LC	8		2.00	2.00	
Total lipid (fat).....g	0.00		1	LC	8		0.00	0.00	
Ash.....g	1.36		0	O	4		3.30	3.30	
Carbohydrate, by difference.....g	4.12		1	LC	8		10.00	10.00	
Fiber, total dietary.....g	0.8		1	LC	8		2.0	2.0	
Sugars, total.....g	3.70		1	LC	8		9.00	9.00	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	8		1	LC	8		20	20	
Iron, Fe.....mg	0.00		1	LC	8		0.00	0.00	
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg	206		1	LC	8		500	500	
Sodium, Na.....mg	198		1	LC	8		480	480	
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	29.6		1	LC	8		72.0	72.0	
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg									
Vitamin A, RAE.....mcg_RAE									
Vitamin A, IU.....IU	2058		1	LC	8		5000	5000	
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.000		1	LC	8		0.000	0.000	
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1	LC	8		0	0	
Phytosterols.....mg									

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

**Common Measures:**

**NDB No. 31007**

**CAMPBELL Soup Company, HEALTHY REQUEST Tomato juice**

Measure 1 = 243g: 8 oz

Measure 2 = 243g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)



**NDB No. 31006**  
**CAMPBELL Soup Company, Organic Tomato juice**  
*Campbell Soup Co.*

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	93.80		1	MC	9		227.93	227.93	
Energy.....kcal	20		1	NC	4		48	48	
Energy.....kj	83		0	NC	4		201	201	
Protein (N x 6.25).....g	0.82		1	LC	8		2.00	2.00	
Total lipid (fat).....g	0.00		1	LC	8		0.00	0.00	
Ash.....g	1.26		0	O	4		3.06	3.06	
Carbohydrate, by difference.....g	4.12		1	LC	8		10.00	10.00	
Fiber, total dietary.....g	0.8		1	LC	8		2.0	2.0	
Sugars, total.....g	2.88		1	LC	8		7.00	7.00	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	8		1	LC	8		20	20	
Iron, Fe.....mg	0.15		1	LC	8		0.36	0.36	
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg	177		1	LC	8		430	430	
Sodium, Na.....mg	280		1	LC	8		680	680	
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	29.6		1	LC	8		72.0	72.0	
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg									
Vitamin A, RAE.....mcg_RAE									
Vitamin A, IU.....IU	206		1	LC	8		500	500	
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.000		1	LC	8		0.000	0.000	
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1	LC	8		0	0	
Phytosterols.....mg									

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

**Common Measures:**

**NDB No. 31006**

**CAMPBELL Soup Company, Organic Tomato juice**

Measure 1 = 243g: 8 oz

Measure 2 = 243g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 31015**  
**CAMPBELL Soup Company, PACE, Diced Green Chilies**  
*Campbell Soup Co.*

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	92.30		1	MC	9		27.69	27.69	
Energy.....kcal	27		1	NC	4		8	8	
Energy.....kj	112		0	NC	4		33	33	
Protein (N x 6.25).....g	0.00		1	LC	8		0.00	0.00	
Total lipid (fat).....g	0.00		1	LC	8		0.00	0.00	
Ash.....g	1.03		0	O	4		0.31	0.31	
Carbohydrate, by difference.....g	6.67		1	LC	8		2.00	2.00	
Fiber, total dietary.....g	3.3		1	LC	8		1.0	1.0	
Sugars, total.....g	3.33		1	LC	8		1.00	1.00	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg									
Iron, Fe.....mg									
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	333		1	LC	8		100	100	
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	12.0		1	LC	8		3.6	3.6	
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg									
Vitamin A, RAE.....mcg_RAE									
Vitamin A, IU.....IU									
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.000		1	LC	8		0.000	0.000	
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1	LC	8		0	0	
Phytosterols.....mg									

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

**Common Measures:**

**NDB No. 31015**

**CAMPBELL Soup Company, PACE, Diced Green Chilies**

Measure 1 = 30g: 2 tbsp

Measure 2 = 30g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 31014**  
**CAMPBELL Soup Company, PACE, Jalapenos Nacho Sliced Peppers**  
*Campbell Soup Co.*

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	91.30		1	MC	9		27.39	27.39	
Energy.....kcal	13		1	NC	4		4	4	
Energy.....kj	56		0	NC	4		17	17	
Protein (N x 6.25).....g	0.00		1	LC	8		0.00	0.00	
Total lipid (fat).....g	0.00		1	LC	8		0.00	0.00	
Ash.....g	5.37		0	O	4		1.61	1.61	
Carbohydrate, by difference.....g	3.33		1	LC	8		1.00	1.00	
Fiber, total dietary.....g	3.3		1	LC	8		1.0	1.0	
Sugars, total.....g	3.33		1	LC	8		1.00	1.00	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	67		1	LC	8		20	20	
Iron, Fe.....mg									
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	1000		1	LC	8		300	300	
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	12.0		1	LC	8		3.6	3.6	
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg									
Vitamin A, RAE.....mcg_RAE									
Vitamin A, IU.....IU	333		1	LC	8		100	100	
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.000		1	LC	8		0.000	0.000	
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1	LC	8		0	0	
Phytosterols.....mg									

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

**Common Measures:**

**NDB No. 31014**

**CAMPBELL Soup Company, PACE, Jalapenos Nacho Sliced Peppers**

Measure 1 = 30g: 1 oz

Measure 2 = 30g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 31001**  
**CAMPBELL Soup Company, Tomato juice**  
*Campbell Soup Co.*

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	93.90		1	MC	9		228.18	228.18	
Energy.....kcal	20		1	NC	4		48	48	
Energy.....kj	83		0	NC	4		201	201	
Protein (N x 6.25).....g	0.82		1	LC	8		2.00	2.00	
Total lipid (fat).....g	0.00		1	LC	8		0.00	0.00	
Ash.....g	1.16		0	O	4		2.82	2.82	
Carbohydrate, by difference.....g	4.12		1	LC	8		10.00	10.00	
Fiber, total dietary.....g	0.8		1	LC	8		2.0	2.0	
Sugars, total.....g	2.88		1	LC	8		7.00	7.00	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	8		1	LC	8		20	20	
Iron, Fe.....mg	0.15		1	LC	8		0.36	0.36	
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg	177		1	LC	8		430	430	
Sodium, Na.....mg	280		1	LC	8		680	680	
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	29.6		1	LC	8		72.0	72.0	
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg									
Vitamin A, RAE.....mcg_RAE									
Vitamin A, IU.....IU	206		1	LC	8		500	500	
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.000		1	LC	8		0.000	0.000	
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1	LC	8		0	0	
Phytosterols.....mg									

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

**Common Measures:**

**NDB No. 31001**

**CAMPBELL Soup Company, Tomato juice**

Measure 1 = 243g: 8 oz

Measure 2 = 243g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)



**NDB No. 31002**  
**CAMPBELL Soup Company, Tomato juice, low sodium**  
*Campbell Soup Co.*

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	93.90		1	MC	9		228.18	228.18	
Energy.....kcal	20		1	NC	4		48	48	
Energy.....kj	83		0	NC	4		201	201	
Protein (N x 6.25).....g	0.82		1	LC	8		2.00	2.00	
Total lipid (fat).....g	0.00		1	LC	8		0.00	0.00	
Ash.....g	1.16		0	O	4		2.82	2.82	
Carbohydrate, by difference.....g	4.12		1	LC	8		10.00	10.00	
Fiber, total dietary.....g	0.8		1	LC	8		2.0	2.0	
Sugars, total.....g	2.88		1	LC	8		7.00	7.00	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	8		1	LC	8		20	20	
Iron, Fe.....mg	0.15		1	LC	8		0.36	0.36	
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg	379		1	LC	8		920	920	
Sodium, Na.....mg	58		1	LC	8		140	140	
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	29.6		1	LC	8		72.0	72.0	
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg									
Vitamin A, RAE.....mcg_RAE									
Vitamin A, IU.....IU	206		1	LC	8		500	500	
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.000		1	LC	8		0.000	0.000	
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1	LC	8		0	0	
Phytosterols.....mg									

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

**Common Measures:**

**NDB No. 31002**

**CAMPBELL Soup Company, Tomato juice, low sodium**

Measure 1 = 243g: 8 oz

Measure 2 = 243g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 31011**  
**CAMPBELL Soup Company, V8 Vegetable Juice, Calcium Enriched V8**  
*Campbell Soup Co.*

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	93.10		1	MC	9		226.23	226.23	
Energy.....kcal	21		1	LC	8		50	50	
Energy.....kj	86		0	LC	8		209	209	
Protein (N x 6.25).....g	0.82		1	LC	8		2.00	2.00	
Total lipid (fat).....g	0.00		1	LC	8		0.00	0.00	
Ash.....g	1.55		0	O	4		3.77	3.77	
Carbohydrate, by difference.....g	4.53		1	LC	8		11.00	11.00	
Fiber, total dietary.....g	0.8		1	LC	8		2.0	2.0	
Sugars, total.....g	3.29		1	LC	8		8.00	8.00	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	123		1	LC	8		300	300	
Iron, Fe.....mg	0.30		1	LC	8		0.72	0.72	
Magnesium, Mg.....mg	16		1	LC	8		40	40	
Phosphorus, P.....mg									
Potassium, K.....mg	280		1	LC	8		680	680	
Sodium, Na.....mg	189		1	LC	8		460	460	
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	29.6		1	LC	8		72.0	72.0	
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg									
Vitamin A, RAE.....mcg_RAE									
Vitamin A, IU.....IU	823		1	LC	8		2000	2000	
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									
Vitamin E (alpha-tocopherol).....mg	0.00		1	LC	8		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.000		1	LC	8		0.000	0.000	
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1	LC	8		0	0	
Phytosterols.....mg									

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

**Common Measures:**

**NDB No. 31011**

**CAMPBELL Soup Company, V8 Vegetable Juice, Calcium Enriched V8**

Measure 1 = 243g: 8 oz

Measure 2 = 243g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 31010**  
**CAMPBELL Soup Company, V8 Vegetable Juice, Essential Antioxidants V8**  
*Campbell Soup Co.*

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	93.30		1	MC	9		226.72	226.72	
Energy.....kcal	21		1	NC	4		52	52	
Energy.....kj	90		0	NC	4		218	218	
Protein (N x 6.25).....g	0.82		1	LC	8		2.00	2.00	
Total lipid (fat).....g	0.00		1	LC	8		0.00	0.00	
Ash.....g	1.35		0	O	4		3.28	3.28	
Carbohydrate, by difference.....g	4.53		1	LC	8		11.00	11.00	
Fiber, total dietary.....g	0.8		1	LC	8		2.0	2.0	
Sugars, total.....g	3.29		1	LC	8		8.00	8.00	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	16		1	LC	8		40	40	
Iron, Fe.....mg	0.30		1	LC	8		0.72	0.72	
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg	177		1	LC	8		430	430	
Sodium, Na.....mg	198		1	LC	8		480	480	
Zinc, Zn.....mg	0.62		1	LC	8		1.50	1.50	
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	49.4		1	LC	8		120.0	120.0	
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg									
Vitamin A, RAE.....mcg_RAE									
Vitamin A, IU.....IU	2058		1	LC	8		5000	5000	
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									
Vitamin E (alpha-tocopherol).....mg	5.77		1	LC	8		14.02	14.02	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.000		1	LC	8		0.000	0.000	
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1	LC	8		0	0	
Phytosterols.....mg									

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

**Common Measures:**

**NDB No. 31010**

**CAMPBELL Soup Company, V8 Vegetable Juice, Essential Antioxidants V8**

Measure 1 = 243g: 8 oz

Measure 2 = 243g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 31003**  
**CAMPBELL Soup Company, V8 Vegetable Juice, Lemon Twist V8**

Campbell Soup Co.

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	94.10		1	MC	9		228.66	228.66	
Energy.....kcal	20		1	NC	4		48	48	
Energy.....kj	83		0	NC	4		201	201	
Protein.....g	0.82		1	LC	8		2.00	2.00	
Total lipid (fat).....g	0.00		1	LC	8		0.00	0.00	
Ash.....g	0.96		0	NR	4		2.33	2.33	
Carbohydrate, by difference.....g	4.12		1	LC	8		10.00	10.00	
Fiber, total dietary.....g	0.8		1	LC	8		2.0	2.0	
Sugars, total.....g	3.29		1	LC	8		8.00	8.00	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	16		1	LC	8		40	40	
Iron, Fe.....mg	0.30		1	LC	8		0.72	0.72	
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg	193		1	LC	8		470	470	
Sodium, Na.....mg	243		1	LC	8		590	590	
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	29.6		1	LC	8		72.0	72.0	
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg									
Vitamin A, RAE.....mcg_RAE									
Vitamin A, IU.....IU	823		1	LC	8		2000	2000	
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									
Vitamin E (alpha-tocopherol).....mg	0.00		1	LC	8		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.000		1	LC	8		0.000	0.000	
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1	LC	8		0	0	
Phytosterols.....mg									

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

**NDB No. 31003**

**CAMPBELL Soup Company, V8 Vegetable Juice, Lemon Twist V8**

**Common Measures:**

Measure 1 = 243g: 8 oz

Measure 2 = 243g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)



**NDB No. 31012**  
**CAMPBELL Soup Company, V8 Vegetable Juice, Low Sodium V8**  
*Campbell Soup Co.*

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Deriv		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Points	Code					
<b>Proximates:</b>									
Water.....g	93.90		1	MC	9		228.18	228.18	
Energy.....kcal	21		1	LC	8		50	50	
Energy.....kj	86		0	LC	8		209	209	
Protein (N x 6.25).....g	0.82		1	LC	8		2.00	2.00	
Total lipid (fat).....g	0.00		1	LC	8		0.00	0.00	
Ash.....g	1.16		0	O	4		2.82	2.82	
Carbohydrate, by difference.....g	4.12		1	LC	8		10.00	10.00	
Fiber, total dietary.....g	0.8		1	LC	8		2.0	2.0	
Sugars, total.....g	3.29		1	LC	8		8.00	8.00	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	8		1	LC	8		20	20	
Iron, Fe.....mg	0.15		1	LC	8		0.36	0.36	
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg	337		1	LC	8		820	820	
Sodium, Na.....mg	58		1	LC	8		140	140	
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	29.6		1	LC	8		72.0	72.0	
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg									
Vitamin A, RAE.....mcg_RAE									
Vitamin A, IU.....IU	823		1	LC	8		2000	2000	
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									
Vitamin E (alpha-tocopherol).....mg	0.00		1	LC	8		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.000		1	LC	8		0.000	0.000	
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1	LC	8		0	0	
Phytosterols.....mg									

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

**Common Measures:**

**NDB No. 31012**

**CAMPBELL Soup Company, V8 Vegetable Juice, Low Sodium V8**

Measure 1 = 243g: 8 oz

Measure 2 = 243g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 31005**  
**CAMPBELL Soup Company, V8 Vegetable Juice, Organic V8**

Campbell Soup Co.

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	93.60		1	MC	9		227.45	227.45	
Energy.....kcal	20		1	NC	4		48	48	
Energy.....kj	83		0	NC	4		201	201	
Protein (N x 6.25).....g	0.82		1	LC	8		2.00	2.00	
Total lipid (fat).....g	0.00		1	LC	8		0.00	0.00	
Ash.....g	1.46		0	NR	4		3.55	3.55	
Carbohydrate, by difference.....g	4.12		1	LC	8		10.00	10.00	
Fiber, total dietary.....g	0.8		1	LC	8		2.0	2.0	
Sugars, total.....g	3.29		1	LC	8		8.00	8.00	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	16		1	LC	8		40	40	
Iron, Fe.....mg	0.30		1	LC	8		0.72	0.72	
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg	193		1	LC	8		470	470	
Sodium, Na.....mg	243		1	LC	8		590	590	
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	29.6		1	LC	8		72.0	72.0	
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg									
Vitamin A, RAE.....mcg_RAE									
Vitamin A, IU.....IU	823		1	LC	8		2000	2000	
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									
Vitamin E (alpha-tocopherol).....mg	0.00		1	LC	8		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.000		1	LC	8		0.000	0.000	
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1	LC	8		0	0	
Phytosterols.....mg									

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

**NDB No. 31005**

**CAMPBELL Soup Company, V8 Vegetable Juice, Organic V8**

**Common Measures:**

Measure 1 = 243g: 8 oz

Measure 2 = 243g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 31013**  
**CAMPBELL Soup Company, V8 Vegetable Juice, Spicy Hot V8**  
*Campbell Soup Co.*

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	94.00		1	MC	9		228.42	228.42	
Energy.....kcal	20		1	NC	4		48	48	
Energy.....kj	83		0	NC	4		201	201	
Protein (N x 6.25).....g	0.82		1	LC	8		2.00	2.00	
Total lipid (fat).....g	0.00		1	LC	8		0.00	0.00	
Ash.....g	1.06		0	O	4		2.58	2.58	
Carbohydrate, by difference.....g	4.12		1	LC	8		10.00	10.00	
Fiber, total dietary.....g	0.8		1	LC	8		2.0	2.0	
Sugars, total.....g	3.29		1	LC	8		8.00	8.00	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	16		1	LC	8		40	40	
Iron, Fe.....mg	0.30		1	LC	8		0.72	0.72	
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg	185		1	LC	8		450	450	
Sodium, Na.....mg	255		1	LC	8		620	620	
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	29.6		1	LC	8		72.0	72.0	
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg									
Vitamin A, RAE.....mcg_RAE									
Vitamin A, IU.....IU	514		1	LC	8		1250	1250	
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									
Vitamin E (alpha-tocopherol).....mg	0.00		1	LC	8		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.000		1	LC	8		0.000	0.000	
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1	LC	8		0	0	
Phytosterols.....mg									

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

**Common Measures:**

**NDB No. 31013**

**CAMPBELL Soup Company, V8 Vegetable Juice, Spicy Hot V8**

Measure 1 = 243g: 8 oz

Measure 2 = 243g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 31004**  
**CAMPBELL Soup Company, V8 Vegetable Juice, V8 Picante**  
*Campbell Soup Co.*

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	93.80		1	MC	9		227.93	227.93	
Energy.....kcal	20		1	NC	4		48	48	
Energy.....kj	83		0	NC	4		201	201	
Protein (N x 6.25).....g	0.82		1	LC	8		2.00	2.00	
Total lipid (fat).....g	0.00		1	LC	8		0.00	0.00	
Ash.....g	1.24		0	NR	4		3.01	3.01	
Carbohydrate, by difference.....g	4.12		1	LC	8		10.00	10.00	
Fiber, total dietary.....g	0.8		1	LC	8		2.0	2.0	
Sugars, total.....g	3.29		1	LC	8		8.00	8.00	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	16		1	LC	8		40	40	
Iron, Fe.....mg	0.15		1	LC	8		0.36	0.36	
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg	193		1	LC	8		470	470	
Sodium, Na.....mg	243		1	LC	8		590	590	
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	29.6		1	LC	8		72.0	72.0	
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg									
Vitamin A, RAE.....mcg_RAE									
Vitamin A, IU.....IU	823		1	LC	8		2000	2000	
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									
Vitamin E (alpha-tocopherol).....mg	0.00		1	LC	8		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.000		1	LC	8		0.000	0.000	
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1	LC	8		0	0	
Phytosterols.....mg									

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

**Common Measures:**

**NDB No. 31004**

**CAMPBELL Soup Company, V8 Vegetable Juice, V8 Picante**

Measure 1 = 243g: 8 oz

Measure 2 = 243g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)



NDB No. 11754

Cabbage, chinese (pak-choi), cooked, boiled, drained, with salt

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	95.55		0		1		162.44		
Energy.....kcal	12		0	NC	4		20		
Energy.....kj	48		0	NC	4		82		
Protein (N x 6.25).....g	1.56		1		1		2.65		
Total lipid (fat).....g	0.16		1		1		0.27		
Ash.....g	0.95		1		1		1.62		
Carbohydrate, by difference.....g	1.78		0	NC	4		3.03		
Fiber, total dietary.....g	1.0		0	BFSN	4		1.6		
Sugars, total.....g	0.83		0	O	4		1.41		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	93		1		1		158		
Iron, Fe.....mg	1.04		1		1		1.77		
Magnesium, Mg.....mg	11		1		1		19		
Phosphorus, P.....mg	29		1		1		49		
Potassium, K.....mg	371		1		1		631		
Sodium, Na.....mg	270		0		4		459		
Zinc, Zn.....mg	0.17		0		4		0.29		
Copper, Cu.....mg	0.019		0		4		0.032		
Manganese, Mn.....mg	0.144		0		4		0.245		
Selenium, Se.....mcg	0.4		0	BFSN	4		0.7		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	26.0		0		1		44.2		
Thiamin.....mg	0.032		0		1		0.054		
Riboflavin.....mg	0.063		0		1		0.107		
Niacin.....mg	0.428		0		1		0.728		
Pantothenic acid.....mg	0.079		0		4		0.134		
Vitamin B-6.....mg	0.166		0		4		0.282		
Folate, total.....mcg	41		0		4		69		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	41		0		4		69		
Folate, DFE.....mcg_DFE	41		0	NC	4		69		
Choline, total.....mg	12.1		0	BFSN	4		20.6		
Betaine.....mg	0.2		0	BFSN	4		0.3		
Vitamin B-12.....mcg	0.00		0	Z	7		0.00		
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....mcg_RAE	212		0	NC	4		361		
Retinol.....mcg	0		0	Z	7		0		
Carotene, beta.....mcg	2549		0	BFSN	4		4333		
Carotene, alpha.....mcg	1		0	BFSN	4		2		
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0		
Vitamin A, IU.....IU	4249		0	NC	4		7223		
Lycopene.....mcg	0		0	BFSN	4		0		
Lutein + zeaxanthin.....mcg	38		0	BFSN	4		65		
Vitamin E (alpha-tocopherol).....mg	0.09		0	BFSN	4		0.15		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	34.0		0	BFSN	4		57.8		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.021		0		1		0.036		
4:0.....g									
6:0.....g									
8:0.....g	0.000		0		1		0.000		
10:0.....g	0.000		0		1		0.000		

NDB No. 11754

**Cabbage, chinese (pak-choi), cooked, boiled, drained, with salt**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.001		0		1		0.002		
13:0.....g									
14:0.....g	0.001		0		1		0.002		
15:0.....g									
16:0.....g	0.017		0		1		0.029		
17:0.....g									
18:0.....g	0.001		0		1		0.002		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.012		0		1		0.020		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.011		0		1		0.019		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.077		0		1		0.131		
18:2 undifferentiated.....g	0.031		0		1		0.053		
18:3 undifferentiated.....g	0.041		0		1		0.070		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.015		0		1		0.026		
Threonine.....g	0.051		0		1		0.087		
Isoleucine.....g	0.089		0		1		0.151		
Leucine.....g	0.091		0		1		0.155		
Lysine.....g	0.093		0		1		0.158		
Methionine.....g	0.009		0		1		0.015		
Cystine.....g	0.017		0		1		0.029		
Phenylalanine.....g	0.046		0		1		0.078		
Tyrosine.....g	0.030		0		1		0.051		
Valine.....g	0.069		0		1		0.117		
Arginine.....g	0.087		0		1		0.148		
Histidine.....g	0.027		0		1		0.046		
Alanine.....g	0.090		0		1		0.153		
Aspartic acid.....g	0.112		0		1		0.190		
Glutamic acid.....g	0.374		0		1		0.636		
Glycine.....g	0.045		0		1		0.077		
Proline.....g	0.032		0		1		0.054		
Serine.....g	0.050		0		1		0.085		
Hydroxyproline.....g									
<b><u>Others:</u></b>									
Alcohol, ethyl.....g									
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

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

**Common Measures:**

**NDB No. 11754**

**Cabbage, chinese (pak-choi), cooked, boiled, drained, with salt**

Measure 1 = 170g: 1 cup, shredded

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group: 11 Vegetables and Vegetable Products**

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11117

Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	95.55		0		1		162.44		
Energy.....kcal	12		0	NC	4		20		
Energy.....kj	48		0	NC	4		82		
Protein (N x 6.25).....g	1.56		1		1		2.65		
Total lipid (fat).....g	0.16		1		1		0.27		
Ash.....g	0.95		1		1		1.62		
Carbohydrate, by difference.....g	1.78		0	NC	4		3.03		
Fiber, total dietary.....g	1.0		0	BFSN	4		1.6		
Sugars, total.....g	0.83		0	O	4		1.41		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	93		1		1		158		
Iron, Fe.....mg	1.04		1		1		1.77		
Magnesium, Mg.....mg	11		1		1		19		
Phosphorus, P.....mg	29		1		1		49		
Potassium, K.....mg	371		1		1		631		
Sodium, Na.....mg	34		1		1		58		
Zinc, Zn.....mg	0.17		0		4		0.29		
Copper, Cu.....mg	0.019		0		4		0.032		
Manganese, Mn.....mg	0.144		0		4		0.245		
Selenium, Se.....mcg	0.4		0	BFSN	4		0.7		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	26.0		0		1		44.2		
Thiamin.....mg	0.032		0		1		0.054		
Riboflavin.....mg	0.063		0		1		0.107		
Niacin.....mg	0.428		0		1		0.728		
Pantothenic acid.....mg	0.079		0		4		0.134		
Vitamin B-6.....mg	0.166		0		4		0.282		
Folate, total.....mcg	41		0		4		69		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	41		0		4		69		
Folate, DFE.....mcg_DFE	41		0	NC	4		69		
Choline, total.....mg	12.1		0	BFSN	4		20.6		
Betaine.....mg	0.2		0	BFSN	4		0.3		
Vitamin B-12.....mcg	0.00		0	Z	7		0.00		
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....mcg_RAE	212		0	NC	4		361		
Retinol.....mcg	0		0	Z	7		0		
Carotene, beta.....mcg	2549		0	BFSN	4		4333		
Carotene, alpha.....mcg	1		0	BFSN	4		2		
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0		
Vitamin A, IU.....IU	4249		0	NC	4		7223		
Lycopene.....mcg	0		0	BFSN	4		0		
Lutein + zeaxanthin.....mcg	38		0	BFSN	4		65		
Vitamin E (alpha-tocopherol).....mg	0.09		0	BFSN	4		0.15		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	34.0		0	BFSN	4		57.8		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.021		0		1		0.036		
4:0.....g	0.000		0		1		0.000		
6:0.....g	0.000		0		1		0.000		
8:0.....g	0.000		0		1		0.000		
10:0.....g	0.000		0		1		0.000		

NDB No. 11117

Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.001		0		1		0.002		
13:0.....g									
14:0.....g	0.001		0		1		0.002		
15:0.....g									
16:0.....g	0.017		0		1		0.029		
17:0.....g									
18:0.....g	0.001		0		1		0.002		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.012		0		1		0.020		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.011		0		1		0.019		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.077		0		1		0.131		
18:2 undifferentiated.....g	0.031		0		1		0.053		
18:3 undifferentiated.....g	0.041		0		1		0.070		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.015		0		1		0.026		
Threonine.....g	0.051		0		1		0.087		
Isoleucine.....g	0.089		0		1		0.151		
Leucine.....g	0.091		0		1		0.155		
Lysine.....g	0.093		0		1		0.158		
Methionine.....g	0.009		0		1		0.015		
Cystine.....g	0.017		0		1		0.029		
Phenylalanine.....g	0.046		0		1		0.078		
Tyrosine.....g	0.030		0		1		0.051		
Valine.....g	0.069		0		1		0.117		
Arginine.....g	0.087		0		1		0.148		
Histidine.....g	0.027		0		1		0.046		
Alanine.....g	0.090		0		1		0.153		
Aspartic acid.....g	0.112		0		1		0.190		
Glutamic acid.....g	0.374		0		1		0.636		
Glycine.....g	0.045		0		1		0.077		
Proline.....g	0.032		0		1		0.054		
Serine.....g	0.050		0		1		0.085		
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

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

**Common Measures:**

**NDB No.** 11117

**Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt**

Measure 1 = 170g: 1 cup, shredded

**Calories Factors: Protein** 2.44

**Fat** 8.37

**Carbohydrate**3.57

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11116

**Cabbage, chinese (pak-choi), raw**

*Brassica rapa (Chinensis Group)*

Refuse:12% Base and damaged leaves

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	95.32		2		1		66.72	800.69	13.34
Energy.....kcal	13		0	NC	4		9	110	2
Energy.....kj	55		0	NC	4		38	461	8
Protein (N x 6.25).....g	1.50		1		1		1.05	12.60	0.21
Total lipid (fat).....g	0.20		1		1		0.14	1.68	0.03
Ash.....g	0.80		0		1		0.56	6.72	0.11
Carbohydrate, by difference.....g	2.18		0	NC	4		1.53	18.31	0.31
Fiber, total dietary.....g	1.0		0		1		0.7	8.4	0.1
Sugars, total.....g	1.18		0	O	4		0.83	9.91	0.17
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	105		1		1		74	882	15
Iron, Fe.....mg	0.80		1		1		0.56	6.72	0.11
Magnesium, Mg.....mg	19		2		1		13	160	3
Phosphorus, P.....mg	37		1		1		26	311	5
Potassium, K.....mg	252		2		1		176	2117	35
Sodium, Na.....mg	65		2		1		46	546	9
Zinc, Zn.....mg	0.19		0		4		0.13	1.60	0.03
Copper, Cu.....mg	0.021		0		4		0.015	0.176	0.003
Manganese, Mn.....mg	0.159		0		4		0.111	1.336	0.022
Selenium, Se.....mcg	0.5		0	BFSN	4		0.4	4.2	0.1
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	45.0		1		1		31.5	378.0	6.3
Thiamin.....mg	0.040		1		1		0.028	0.336	0.006
Riboflavin.....mg	0.070		1		1		0.049	0.588	0.010
Niacin.....mg	0.500		1		1		0.350	4.200	0.070
Pantothenic acid.....mg	0.088		0		4		0.062	0.739	0.012
Vitamin B-6.....mg	0.194		0		4		0.136	1.630	0.027
Folate, total.....mcg	66		0		4		46	552	9
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg	66		0		4		46	552	9
Folate, DFE.....mcg_DFE	66		0	NC	4		46	552	9
Choline, total.....mg	6.4		0	BFSN	4		4.5	53.6	0.9
Betaine.....mg	0.3		0	BFSN	4		0.2	2.2	0.0
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	223		0	NC	4		156	1877	31
Retinol.....mcg	0		0	Z	7		0	0	0
Carotene, beta.....mcg	2681		0	T	4		1876	22516	375
Carotene, alpha.....mcg	1		0	O	4		1	8	0
Cryptoxanthin, beta.....mcg	0		0	O	4		0	0	0
Vitamin A, IU.....IU	4468		0	NC	4		3128	37534	626
Lycopene.....mcg	0		0	O	4		0	0	0
Lutein + zeaxanthin.....mcg	40		0	O	4		28	336	6
Vitamin E (alpha-tocopherol).....mg	0.09		0	BFSN	4		0.06	0.76	0.01
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	45.5		0	BFSN	4		31.8	381.9	6.4
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.027		0	NC	4		0.019	0.225	0.004
4:0.....g	0.000		0		1		0.000	0.000	0.000
6:0.....g	0.000		0		1		0.000	0.000	0.000
8:0.....g	0.000		0		1		0.000	0.000	0.000
10:0.....g	0.000		0		1		0.000	0.000	0.000

NDB No. 11116  
Cabbage, chinese (pak-choi), raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.001		0		1		0.001	0.009	0.000
13:0.....g			0		1		0.001	0.009	0.000
14:0.....g	0.001		0		1		0.001	0.009	0.000
15:0.....g			0		1		0.016	0.198	0.003
16:0.....g	0.024		0		1		0.001	0.009	0.000
17:0.....g	0.001		0		1				
18:0.....g			0		1				
20:0.....g			0		1				
22:0.....g			0		1				
24:0.....g			0		1				
Fatty acids, total monounsaturated.....g	0.015		0	NC	4		0.010	0.126	0.002
14:1.....g			0		1				
15:1.....g			0		1				
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
17:1.....g			0		1				
18:1 undifferentiated.....g	0.015		0		1		0.010	0.126	0.002
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g			0		1				
Fatty acids, total polyunsaturated.....g	0.096		0	NC	4		0.067	0.809	0.013
18:2 undifferentiated.....g	0.042		0		1		0.029	0.350	0.006
18:3 undifferentiated.....g	0.055		0		1		0.038	0.458	0.008
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g			0		1				
20:3 undifferentiated.....g			0		1				
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g			0		1				
Cholesterol.....mg	0		0	Z	7		0	0	0
Phytosterols.....mg			0		7				
<b>Amino Acids:</b>									
Tryptophan.....g	0.015		17		1		0.011	0.126	0.002
Threonine.....g	0.049		17		1		0.034	0.412	0.007
Isoleucine.....g	0.085		17		1		0.060	0.714	0.012
Leucine.....g	0.088		17		1		0.062	0.739	0.012
Lysine.....g	0.089		17		1		0.062	0.748	0.012
Methionine.....g	0.009		17		1		0.006	0.076	0.001
Cystine.....g	0.017		1		1		0.012	0.143	0.002
Phenylalanine.....g	0.044		17		1		0.031	0.370	0.006
Tyrosine.....g	0.029		1		1		0.020	0.244	0.004
Valine.....g	0.066		17		1		0.046	0.554	0.009
Arginine.....g	0.084		17		1		0.059	0.706	0.012
Histidine.....g	0.026		17		1		0.018	0.218	0.004
Alanine.....g	0.086		1		1		0.060	0.722	0.012
Aspartic acid.....g	0.108		1		1		0.076	0.907	0.015
Glutamic acid.....g	0.360		1		1		0.252	3.024	0.050
Glycine.....g	0.043		1		1		0.030	0.361	0.006
Proline.....g	0.031		1		1		0.022	0.260	0.004
Serine.....g	0.048		1		1		0.034	0.403	0.007
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0

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

**Common Measures:**



**NDB No. 11116**

**Cabbage, chinese (pak-choi), raw**

Measure 1 = 70g: 1 cup, shredded

Measure 2 = 840g: 1 head

Measure 3 = 14.0g: 1 leaf

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)



NDB No. 11755

**Cabbage, chinese (pe-tsai), cooked, boiled, drained, with salt**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g									
15:0.....g									
16:0.....g	0.032		0		1		0.038	0.004	
17:0.....g									
18:0.....g	0.004		0		1		0.005	0.001	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.020		0		1		0.024	0.003	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0		1		0.002	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.018		0		1		0.021	0.003	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.061		0		1		0.073	0.009	
18:2 undifferentiated.....g	0.013		0		1		0.015	0.002	
18:3 undifferentiated.....g	0.048		0		1		0.057	0.007	
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.015		0		1		0.018	0.002	
Threonine.....g	0.049		0		1		0.058	0.007	
Isoleucine.....g	0.085		0		1		0.101	0.012	
Leucine.....g	0.088		0		1		0.105	0.012	
Lysine.....g	0.089		0		1		0.106	0.012	
Methionine.....g	0.009		0		1		0.011	0.001	
Cystine.....g	0.017		0		1		0.020	0.002	
Phenylalanine.....g	0.044		0		1		0.052	0.006	
Tyrosine.....g	0.029		0		1		0.035	0.004	
Valine.....g	0.066		0		1		0.079	0.009	
Arginine.....g	0.084		0		1		0.100	0.012	
Histidine.....g	0.026		0		1		0.031	0.004	
Alanine.....g	0.086		0		1		0.102	0.012	
Aspartic acid.....g	0.108		0		1		0.129	0.015	
Glutamic acid.....g	0.360		0		1		0.428	0.050	
Glycine.....g	0.043		0		1		0.051	0.006	
Proline.....g	0.031		0		1		0.037	0.004	
Serine.....g	0.048		0		1		0.057	0.007	
Hydroxyproline.....g									

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

**Common Measures:**

Measure 1 = 119g: 1 cup, shredded

Measure 2 = 14.0g: 1 leaf

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**NDB No. 11755**

**Cabbage, chinese (pe-tsai), cooked, boiled, drained, with salt**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)



NDB No. 11120

Cabbage, chinese (pe-tsai), cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g									
15:0.....g									
16:0.....g	0.032		0		1		0.038	0.004	
17:0.....g									
18:0.....g	0.004		0		1		0.005	0.001	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.020		0		1		0.024	0.003	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0		1		0.002	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.018		0		1		0.021	0.003	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.061		0		1		0.073	0.009	
18:2 undifferentiated.....g	0.013		0		1		0.015	0.002	
18:3 undifferentiated.....g	0.048		0		1		0.057	0.007	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.015		0		1		0.018	0.002	
Threonine.....g	0.049		0		1		0.058	0.007	
Isoleucine.....g	0.085		0		1		0.101	0.012	
Leucine.....g	0.088		0		1		0.105	0.012	
Lysine.....g	0.089		0		1		0.106	0.012	
Methionine.....g	0.009		0		1		0.011	0.001	
Cystine.....g	0.017		0		1		0.020	0.002	
Phenylalanine.....g	0.044		0		1		0.052	0.006	
Tyrosine.....g	0.029		0		1		0.035	0.004	
Valine.....g	0.066		0		1		0.079	0.009	
Arginine.....g	0.084		0		1		0.100	0.012	
Histidine.....g	0.026		0		1		0.031	0.004	
Alanine.....g	0.086		0		1		0.102	0.012	
Aspartic acid.....g	0.108		0		1		0.129	0.015	
Glutamic acid.....g	0.360		0		1		0.428	0.050	
Glycine.....g	0.043		0		1		0.051	0.006	
Proline.....g	0.031		0		1		0.037	0.004	
Serine.....g	0.048		0		1		0.057	0.007	
Hydroxyproline.....g									

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

**Common Measures:**

Measure 1 = 119g: 1 cup, shredded

Measure 2 = 14.0g: 1 leaf

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

**NDB No. 11120**

**Cabbage, chinese (pe-tsai), cooked, boiled, drained, without salt**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11119

Cabbage, chinese (pe-tsai), raw

*Brassica rapa (Pekinensis Group)*

Refuse:7% Outer leaves and root base

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	94.39	0.438	20		1		71.74		
Energy.....kcal	16		0	NC	4		12		
Energy.....kj	67		0		4		51		
Protein (N x 6.25).....g	1.20		1		1		0.91		
Total lipid (fat).....g	0.20		1		1		0.15		
Ash.....g	0.98		2		1		0.74		
Carbohydrate, by difference.....g	3.23		0	NC	4		2.45		
Fiber, total dietary.....g	1.2		0	BFSN	4		0.9		
Sugars, total.....g	1.41		0	BFSN	4		1.08		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	77	9.098	3		1		59		
Iron, Fe.....mg	0.31	0.096	3		1		0.24		
Magnesium, Mg.....mg	13	1.084	4		1		10		
Phosphorus, P.....mg	29	4.601	3		1		22		
Potassium, K.....mg	238	22.214	9		1		181		
Sodium, Na.....mg	9	2.109	15		1		7		
Zinc, Zn.....mg	0.23	0.021	12		1		0.17		
Copper, Cu.....mg	0.036	0.005	11		1		0.027		
Manganese, Mn.....mg	0.190	0.077	11		1		0.144		
Selenium, Se.....mcg	0.6		0	BFSN	4		0.5		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	27.0		1		1		20.5		
Thiamin.....mg	0.040		1		1		0.030		
Riboflavin.....mg	0.050		1		1		0.038		
Niacin.....mg	0.400		1		1		0.304		
Pantothenic acid.....mg	0.105		0		1		0.080		
Vitamin B-6.....mg	0.232		1		1		0.176		
Folate, total.....mcg	79	6.032	3		1		60		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	79	6.032	3		1		60		
Folate, DFE.....mcg_DFE	79		0	NC	4		60		
Choline, total.....mg	7.6		0	BFSN	4		5.8		
Betaine.....mg	0.3		0	BFSN	4		0.2		
Vitamin B-12.....mcg	0.00		0	Z	7		0.00		
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....mcg_RAE	16		0	NC	4		12		
Retinol.....mcg	0		0	Z	7		0		
Carotene, beta.....mcg	190		0	T	4		144		
Carotene, alpha.....mcg	1		0	BFSN	4		1		
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0		
Vitamin A, IU.....IU	318		0	NC	4		241		
Lycopene.....mcg	0		0	BFSN	4		0		
Lutein + zeaxanthin.....mcg	48		0	BFSN	4		36		
Vitamin E (alpha-tocopherol).....mg	0.12		0	O	4		0.09		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	42.9		0	BFSN	4		32.6		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.043		0	NC	4		0.033		
4:0.....g	0.000		0		1		0.000		
6:0.....g	0.000		0		1		0.000		
8:0.....g	0.000		0		1		0.000		
10:0.....g	0.000		0		1		0.000		



NDB No. 11119  
Cabbage, chinese (pe-tsai), raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0		1		0.000		
13:0.....g									
14:0.....g	0.000		0		1		0.000		
15:0.....g									
16:0.....g	0.038		3		1		0.029		
17:0.....g									
18:0.....g	0.005		3		1		0.004		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.023		0	NC	4		0.017		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		2		1		0.002		
17:1.....g									
18:1 undifferentiated.....g	0.021		3		1		0.016		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.072		0	NC	4		0.055		
18:2 undifferentiated.....g	0.015		3		1		0.011		
18:3 undifferentiated.....g	0.057		3		1		0.043		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.012		17		1		0.009		
Threonine.....g	0.039		17		1		0.030		
Isoleucine.....g	0.068		17		1		0.052		
Leucine.....g	0.070		17		1		0.053		
Lysine.....g	0.071		17		1		0.054		
Methionine.....g	0.007		17		1		0.005		
Cystine.....g	0.013		1		1		0.010		
Phenylalanine.....g	0.035		17		1		0.027		
Tyrosine.....g	0.023		1		1		0.017		
Valine.....g	0.053		17		1		0.040		
Arginine.....g	0.067		17		1		0.051		
Histidine.....g	0.021		17		1		0.016		
Alanine.....g	0.069		1		1		0.052		
Aspartic acid.....g	0.086		1		1		0.065		
Glutamic acid.....g	0.288		1		1		0.219		
Glycine.....g	0.035		1		1		0.027		
Proline.....g	0.025		1		1		0.019		
Serine.....g	0.038		1		1		0.029		
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

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

**Common Measures:**

**NDB No. 11119**

**Cabbage, chinese (pe-tsai), raw**

Measure 1 = 76g: 1 cup, shredded

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)



NDB No. 11749

**Cabbage, common (danish, domestic, and pointed types), freshly harvest, raw**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.001		1		1		0.009	0.000	
15:0.....g									
16:0.....g	0.019		1		1		0.173	0.007	
17:0.....g									
18:0.....g	0.001		1		1		0.009	0.000	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.013		0		1		0.118	0.005	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		1		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.013		1		1		0.118	0.005	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.087		0		1		0.790	0.030	
18:2 undifferentiated.....g	0.035		1		1		0.318	0.012	
18:3 undifferentiated.....g	0.046		1		1		0.418	0.016	
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		1		1		0.000	0.000	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg	11		0		1		100	4	
<b>Amino Acids:</b>									
Tryptophan.....g	0.012		199		1		0.109	0.004	
Threonine.....g	0.042		206		1		0.381	0.015	
Isoleucine.....g	0.061		205		1		0.554	0.021	
Leucine.....g	0.063		205		1		0.572	0.022	
Lysine.....g	0.057		208		1		0.518	0.020	
Methionine.....g	0.012		210		1		0.109	0.004	
Cystine.....g	0.010		15		1		0.091	0.004	
Phenylalanine.....g	0.039		205		1		0.354	0.014	
Tyrosine.....g	0.021		10		1		0.191	0.007	
Valine.....g	0.052		205		1		0.472	0.018	
Arginine.....g	0.069		205		1		0.627	0.024	
Histidine.....g	0.025		204		1		0.227	0.009	
Alanine.....g	0.042		9		1		0.381	0.015	
Aspartic acid.....g	0.119		9		1		1.081	0.042	
Glutamic acid.....g	0.270		9		1		2.452	0.095	
Glycine.....g	0.027		9		1		0.245	0.009	
Proline.....g	0.238		9		1		2.161	0.083	
Serine.....g	0.071		9		1		0.645	0.025	
Hydroxyproline.....g									

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

**Common Measures:**

Measure 1 = 908g: 1 head  
 Measure 2 = 35g: .5 cup, shredded

**Calories Factors: Protein 2.44      Fat 8.37      Carbohydrate 3.57**

**NDB No. 11749**

**Cabbage, common (danish, domestic, and pointed types), freshly harvest, raw**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)



NDB No. 11750

Cabbage, common (danish, domestic, and pointed types), stored, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.001		1		1		0.009	0.000	
15:0.....g									
16:0.....g	0.019		1		1		0.173	0.007	
17:0.....g									
18:0.....g	0.001		1		1		0.009	0.000	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.013		0		1		0.118	0.005	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		1		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.013		1		1		0.118	0.005	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.087		0		1		0.790	0.030	
18:2 undifferentiated.....g	0.035		1		1		0.318	0.012	
18:3 undifferentiated.....g	0.046		1		1		0.418	0.016	
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		1		1		0.000	0.000	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg	11		0		1		100	4	
<b>Amino Acids:</b>									
Tryptophan.....g	0.012		199		1		0.109	0.004	
Threonine.....g	0.042		206		1		0.381	0.015	
Isoleucine.....g	0.061		205		1		0.554	0.021	
Leucine.....g	0.063		205		1		0.572	0.022	
Lysine.....g	0.057		208		1		0.518	0.020	
Methionine.....g	0.012		210		1		0.109	0.004	
Cystine.....g	0.010		15		1		0.091	0.004	
Phenylalanine.....g	0.039		205		1		0.354	0.014	
Tyrosine.....g	0.021		10		1		0.191	0.007	
Valine.....g	0.052		205		1		0.472	0.018	
Arginine.....g	0.069		205		1		0.627	0.024	
Histidine.....g	0.025		204		1		0.227	0.009	
Alanine.....g	0.042		9		1		0.381	0.015	
Aspartic acid.....g	0.119		9		1		1.081	0.042	
Glutamic acid.....g	0.270		9		1		2.452	0.095	
Glycine.....g	0.027		9		1		0.245	0.009	
Proline.....g	0.238		9		1		2.161	0.083	
Serine.....g	0.071		9		1		0.645	0.025	
Hydroxyproline.....g									

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

**Common Measures:**

Measure 1 = 908g: 1 head

Measure 2 = 35g: .5 cup, shredded

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**NDB No. 11750**

**Cabbage, common (danish, domestic, and pointed types), stored, raw**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)



NDB No. 11751

Cabbage, common, cooked, boiled, drained, with salt

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv	Source	Confidence Code	Measure 1	Measure 2	Measure 3
				Code	Code				
<b>Proximates:</b>									
Water.....g	92.57	0.487	6	JA	6		1168.25	69.43	
Energy.....kcal	23		0	NC	4		294	17	
Energy.....kj	97		0	NC	4		1229	73	
Protein (N x 6.25).....g	1.27	0.069	4	A	1		16.06	0.95	
Total lipid (fat).....g	0.06	0.026	4	A	1		0.77	0.05	
Ash.....g	0.59	0.021	4	A	1		7.41	0.44	
Carbohydrate, by difference.....g	5.51		0	NC	4		69.50	4.13	
Fiber, total dietary.....g	1.9	0.038	5	JA	6		24.2	1.4	
Sugars, total.....g	2.79		0	NC	4		35.21	2.09	
Sucrose.....g	0.00	0.000	4	A	1		0.00	0.00	
Glucose (dextrose).....g	1.62	0.084	4	A	1		20.51	1.22	
Fructose.....g	1.16	0.040	4	A	1		14.70	0.87	
Lactose.....g	0.00	0.000	4	A	1		0.00	0.00	
Maltose.....g	0.00	0.000	4	A	1		0.00	0.00	
Galactose.....g	0.00		0	BFSN	4		0.00	0.00	
Starch.....g	0.00		1	A	1		0.00	0.00	
<b>Minerals:</b>									
Calcium, Ca.....mg	48	5.674	4	A	1		609	36	
Iron, Fe.....mg	0.17	0.010	29		1		2.15	0.13	
Magnesium, Mg.....mg	15	0.831	4	A	1		185	11	
Phosphorus, P.....mg	33	0.826	4	A	1		421	25	
Potassium, K.....mg	196	8.377	4	A	1		2474	147	
Sodium, Na.....mg	255		0		4		3218	191	
Zinc, Zn.....mg	0.20	0.025	4	A	1		2.52	0.15	
Copper, Cu.....mg	0.017	0.000	4	A	1		0.210	0.012	
Manganese, Mn.....mg	0.205	0.038	4	A	1		2.590	0.154	
Selenium, Se.....mcg	0.6	0.170	5	A	1		7.6	0.5	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	37.5	1.400	4	A	1		472.6	28.1	
Thiamin.....mg	0.061	0.005	4	A	1		0.764	0.045	
Riboflavin.....mg	0.038	0.004	4	A	1		0.485	0.029	
Niacin.....mg	0.248	0.007	4	A	1		3.127	0.186	
Pantothenic acid.....mg	0.174	0.011	4	A	1		2.202	0.131	
Vitamin B-6.....mg	0.112	0.003	4	A	1		1.420	0.084	
Folate, total.....mcg	30	3.081	4	A	1		385	23	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	30	3.081	4	A	1		385	23	
Folate, DFE.....mcg_DFE	30		0	NC	4		385	23	
Choline, total.....mg	20.3		0	AS	1		255.6	15.2	
Betaine.....mg	0.3		1	A	1		3.3	0.2	
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	4		0	AS	1		50	3	
Retinol.....mcg	0		0	Z	7		0	0	
Carotene, beta.....mcg	48	19.827	4	A	1		602	36	
Carotene, alpha.....mcg	0	0.000	4	A	1		0	0	
Cryptoxanthin, beta.....mcg	0	0.000	4	A	1		0	0	
Vitamin A, IU.....IU	80		0	AS	1		1004	60	
Lycopene.....mcg	0	0.000	4	A	1		0	0	
Lutein + zeaxanthin.....mcg	27		0	BFSY	4		347	21	
Vitamin E (alpha-tocopherol).....mg	0.14		0	BFSN	4		1.81	0.11	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	108.7	18.070	4	A	1		1372.3	81.6	

NDB No. 11751

Cabbage, common, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.000		0	NC	4		0.000	0.000	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g									
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.000		1	A	1		0.000	0.000	
12:0.....g	0.000		1	A	1		0.000	0.000	
13:0.....g									
14:0.....g	0.000		1	A	1		0.000	0.000	
15:0.....g	0.000		1	A	1		0.000	0.000	
16:0.....g	0.000		1	A	1		0.000	0.000	
17:0.....g	0.000		1	A	1		0.000	0.000	
18:0.....g	0.000		1	A	1		0.000	0.000	
20:0.....g	0.000		1	A	1		0.000	0.000	
22:0.....g	0.000		1	A	1		0.000	0.000	
24:0.....g	0.000		1	A	1		0.000	0.000	
Fatty acids, total monounsaturated.....g	0.019		0	NC	4		0.235	0.014	
14:1.....g	0.000		1	A	1		0.000	0.000	
15:1.....g	0.000		1	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.009		1	A	1		0.118	0.007	
17:1.....g	0.000		1	A	1		0.000	0.000	
18:1 undifferentiated.....g	0.009		1	A	1		0.118	0.007	
20:1.....g	0.000		1	A	1		0.000	0.000	
22:1 undifferentiated.....g	0.000		1	A	1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.023		0	NC	4		0.294	0.017	
18:2 undifferentiated.....g	0.009		1	A	1		0.118	0.007	
18:3 undifferentiated.....g	0.014		1	A	1		0.177	0.010	
18:4.....g	0.000		1	A	1		0.000	0.000	
20:2 n-6 c,c.....g	0.000		1	A	1		0.000	0.000	
20:3 undifferentiated.....g	0.000		1	A	1		0.000	0.000	
20:4 undifferentiated.....g	0.000		1	A	1		0.000	0.000	
20:5 n-3.....g	0.000		1	A	1		0.000	0.000	
22:5 n-3.....g	0.000		1	A	1		0.000	0.000	
22:6 n-3.....g	0.000		1	A	1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg	10		0	BFSN	4		132	8	
<b>Amino Acids:</b>									
Tryptophan.....g	0.011		0	A	1		0.137	0.008	
Threonine.....g	0.035		0	A	1		0.440	0.026	
Isoleucine.....g	0.030		0	A	1		0.378	0.022	
Leucine.....g	0.041		0	A	1		0.516	0.031	
Lysine.....g	0.043		0	A	1		0.547	0.032	
Methionine.....g	0.012		0	A	1		0.153	0.009	
Cystine.....g	0.011		0	A	1		0.137	0.008	
Phenylalanine.....g	0.032		0	A	1		0.400	0.024	
Tyrosine.....g	0.019		0	A	1		0.241	0.014	
Valine.....g	0.042		0	A	1		0.532	0.032	
Arginine.....g	0.074		0	A	1		0.934	0.056	
Histidine.....g	0.022		0	A	1		0.274	0.016	
Alanine.....g	0.042		0	A	1		0.532	0.032	
Aspartic acid.....g	0.121		0	A	1		1.527	0.091	
Glutamic acid.....g	0.292		0	A	1		3.683	0.219	
Glycine.....g	0.030		0	A	1		0.378	0.022	
Proline.....g	0.048		0	A	1		0.600	0.036	
Serine.....g	0.052		0	A	1		0.659	0.039	
Hydroxyproline.....g									

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

**NDB No. 11751**

**Cabbage, common, cooked, boiled, drained, with salt**

**Common Measures:**

Measure 1 = 1262g: 1 head

Measure 2 = 75g: .5 cup, shredded

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11110

Cabbage, cooked, boiled, drained, without salt

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	92.57	0.487	6	JA	6		1168.25	69.43	
Energy.....kcal	23		0	NC	4		294	17	
Energy.....kj	97		0	NC	4		1229	73	
Protein (N x 6.25).....g	1.27	0.069	4	A	1		16.06	0.95	
Total lipid (fat).....g	0.06	0.026	4	A	1		0.77	0.05	
Ash.....g	0.59	0.021	4	A	1		7.41	0.44	
Carbohydrate, by difference.....g	5.51		0	NC	4		69.50	4.13	
Fiber, total dietary.....g	1.9	0.038	5	JA	6		24.2	1.4	
Sugars, total.....g	2.79		0	NC	4		35.21	2.09	
Sucrose.....g	0.00	0.000	4	A	1		0.00	0.00	
Glucose (dextrose).....g	1.62	0.084	4	A	1		20.51	1.22	
Fructose.....g	1.16	0.040	4	A	1		14.70	0.87	
Lactose.....g	0.00	0.000	4	A	1		0.00	0.00	
Maltose.....g	0.00	0.000	4	A	1		0.00	0.00	
Galactose.....g	0.00		0	BFSN	4		0.00	0.00	
Starch.....g	0.00		1	A	1		0.00	0.00	
<b>Minerals:</b>									
Calcium, Ca.....mg	48	5.674	4	A	1		609	36	
Iron, Fe.....mg	0.17	0.010	29		1		2.15	0.13	
Magnesium, Mg.....mg	15	0.831	4	A	1		185	11	
Phosphorus, P.....mg	33	0.826	4	A	1		421	25	
Potassium, K.....mg	196	8.377	4	A	1		2474	147	
Sodium, Na.....mg	8	0.909	29		1		101	6	
Zinc, Zn.....mg	0.20	0.025	4	A	1		2.52	0.15	
Copper, Cu.....mg	0.017	0.000	4	A	1		0.210	0.012	
Manganese, Mn.....mg	0.205	0.038	4	A	1		2.590	0.154	
Selenium, Se.....mcg	0.6	0.170	5	A	1		7.6	0.5	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	37.5	1.400	4	A	1		472.6	28.1	
Thiamin.....mg	0.061	0.005	4	A	1		0.764	0.045	
Riboflavin.....mg	0.038	0.004	4	A	1		0.485	0.029	
Niacin.....mg	0.248	0.007	4	A	1		3.127	0.186	
Pantothenic acid.....mg	0.174	0.011	4	A	1		2.202	0.131	
Vitamin B-6.....mg	0.112	0.003	4	A	1		1.420	0.084	
Folate, total.....mcg	30	3.081	4	A	1		385	23	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	30	3.081	4	A	1		385	23	
Folate, DFE.....mcg_DFE	30		0	NC	4		385	23	
Choline, total.....mg	20.3		0	AS	1		255.6	15.2	
Betaine.....mg	0.3		1	A	1		3.3	0.2	
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	4		0	AS	1		50	3	
Retinol.....mcg	0		0	Z	7		0	0	
Carotene, beta.....mcg	48	19.827	4	A	1		602	36	
Carotene, alpha.....mcg	0	0.000	4	A	1		0	0	
Cryptoxanthin, beta.....mcg	0	0.000	4	A	1		0	0	
Vitamin A, IU.....IU	80		0	AS	1		1004	60	
Lycopene.....mcg	0	0.000	4	A	1		0	0	
Lutein + zeaxanthin.....mcg	27		0	BFSY	4		347	21	
Vitamin E (alpha-tocopherol).....mg	0.14		0	BFSN	4		1.81	0.11	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	108.7	18.070	4	A	1		1372.3	81.6	

NDB No. 11110

Cabbage, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.000		0	NC	4		0.000	0.000	
4:0.....g	0.000		0	BFSN	4		0.000	0.000	
6:0.....g	0.000		0	BFSN	4		0.000	0.000	
8:0.....g	0.000		1	A	1		0.000	0.000	
10:0.....g	0.000		1	A	1		0.000	0.000	
12:0.....g	0.000		1	A	1		0.000	0.000	
13:0.....g									
14:0.....g	0.000		1	A	1		0.000	0.000	
15:0.....g	0.000		1	A	1		0.000	0.000	
16:0.....g	0.000		1	A	1		0.000	0.000	
17:0.....g	0.000		1	A	1		0.000	0.000	
18:0.....g	0.000		1	A	1		0.000	0.000	
20:0.....g	0.000		1	A	1		0.000	0.000	
22:0.....g	0.000		1	A	1		0.000	0.000	
24:0.....g	0.000		1	A	1		0.000	0.000	
Fatty acids, total monounsaturated.....g	0.019		0	NC	4		0.235	0.014	
14:1.....g	0.000		1	A	1		0.000	0.000	
15:1.....g	0.000		1	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.009		1	A	1		0.118	0.007	
17:1.....g	0.000		1	A	1		0.000	0.000	
18:1 undifferentiated.....g	0.009		1	A	1		0.118	0.007	
20:1.....g	0.000		1	A	1		0.000	0.000	
22:1 undifferentiated.....g	0.000		1	A	1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.023		0	NC	4		0.294	0.017	
18:2 undifferentiated.....g	0.009		1	A	1		0.118	0.007	
18:3 undifferentiated.....g	0.014		1	A	1		0.177	0.010	
18:4.....g	0.000		1	A	1		0.000	0.000	
20:2 n-6 c,c.....g	0.000		1	A	1		0.000	0.000	
20:3 undifferentiated.....g	0.000		1	A	1		0.000	0.000	
20:4 undifferentiated.....g	0.000		1	A	1		0.000	0.000	
20:5 n-3.....g	0.000		1	A	1		0.000	0.000	
22:5 n-3.....g	0.000		1	A	1		0.000	0.000	
22:6 n-3.....g	0.000		1	A	1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg	10		0	BFSN	4		132	8	
<b>Amino Acids:</b>									
Tryptophan.....g	0.011		0	A	1		0.137	0.008	
Threonine.....g	0.035		0	A	1		0.440	0.026	
Isoleucine.....g	0.030		0	A	1		0.378	0.022	
Leucine.....g	0.041		0	A	1		0.516	0.031	
Lysine.....g	0.043		0	A	1		0.547	0.032	
Methionine.....g	0.012		0	A	1		0.153	0.009	
Cystine.....g	0.011		0	A	1		0.137	0.008	
Phenylalanine.....g	0.032		0	A	1		0.400	0.024	
Tyrosine.....g	0.019		0	A	1		0.241	0.014	
Valine.....g	0.042		0	A	1		0.532	0.032	
Arginine.....g	0.074		0	A	1		0.934	0.056	
Histidine.....g	0.022		0	A	1		0.274	0.016	
Alanine.....g	0.042		0	A	1		0.532	0.032	
Aspartic acid.....g	0.121		0	A	1		1.527	0.091	
Glutamic acid.....g	0.292		0	A	1		3.683	0.219	
Glycine.....g	0.030		0	A	1		0.378	0.022	
Proline.....g	0.048		0	A	1		0.600	0.036	
Serine.....g	0.052		0	A	1		0.659	0.039	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

NDB No. 11110

Cabbage, cooked, boiled, drained, without salt

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

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

**Common Measures:**

Measure 1 = 1262g: 1 head

Measure 2 = 75g: .5 cup, shredded

**Calories Factors: Protein** 2.44

**Fat** 8.37

**Carbohydrate**3.57

**Food Group:** 11 Vegetables and Vegetable Products  
USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 43143

Cabbage, japanese style, fresh, pickled

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	91.40		1		1		137.10		
Energy.....kcal	30		0	NC	4		45		
Energy.....kj	125		0	NC	4		188		
Protein.....g	1.60		1		1		2.40		
Total lipid (fat).....g	0.10		1		1		0.15		
Ash.....g	1.23		0	O	4		1.85		
Carbohydrate, by difference.....g	5.67		0	NC	4		8.51		
Fiber, total dietary.....g	3.1		0		4		4.7		
Sugars, total.....g	1.30		0	O	4		1.95		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	48		1		1		72		
Iron, Fe.....mg	0.49		1		1		0.74		
Magnesium, Mg.....mg	12		1		1		18		
Phosphorus, P.....mg	43		1		1		65		
Potassium, K.....mg	853		1		1		1280		
Sodium, Na.....mg	277		1		1		416		
Zinc, Zn.....mg	0.20		0		4		0.30		
Copper, Cu.....mg	0.025		0		4		0.038		
Manganese, Mn.....mg	0.238		0	BFSN	4		0.356		
Selenium, Se.....mcg	1.0		0	BFSN	4		1.5		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.7		1		1		1.1		
Thiamin.....mg	0.000		1		1		0.000		
Riboflavin.....mg	0.040		1		1		0.060		
Niacin.....mg	0.180		1		1		0.270		
Pantothenic acid.....mg	0.202		0	BFSN	4		0.303		
Vitamin B-6.....mg	0.100		0		4		0.150		
Folate, total.....mcg	42		0		4		63		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	42		0		4		63		
Folate, DFE.....mcg_DFE	42		0	NC	4		63		
Choline, total.....mg	23.5		0	BFSN	4		35.2		
Betaine.....mg	0.3		0	BFSN	4		0.4		
Vitamin B-12.....mcg	0.00		0		7		0.00		
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....mcg_RAE	9		0	NC	4		14		
Retinol.....mcg	0		0	BNA	4		0		
Carotene, beta.....mcg	100		0	BNA	4		150		
Carotene, alpha.....mcg	27		0	BNA	4		41		
Cryptoxanthin, beta.....mcg	0		0	BNA	4		0		
Vitamin A, IU.....IU	189		0	NC	4		284		
Lycopene.....mcg	0		0	BFSN	4		0		
Lutein + zeaxanthin.....mcg	32		0	BFSN	4		48		
Vitamin E (alpha-tocopherol).....mg	0.12		0	O	4		0.18		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	125.9		0	BFSN	4		188.8		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.013		0		4		0.020		
4:0.....g	0.000		0		4		0.000		
6:0.....g	0.000		0		4		0.000		
8:0.....g	0.000		0		4		0.000		
10:0.....g	0.000		0		4		0.000		

NDB No. 43143

Cabbage, japanese style, fresh, pickled

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.001		0		4		0.002		
13:0.....g									
14:0.....g	0.001		0		4		0.002		
15:0.....g									
16:0.....g	0.011		0		4		0.017		
17:0.....g									
18:0.....g	0.001		0		4		0.002		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.008		0		4		0.012		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.007		0		4		0.011		
20:1.....g	0.000		0		4		0.000		
22:1 undifferentiated.....g	0.000		0		4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.048		0		4		0.072		
18:2 undifferentiated.....g	0.019		0		4		0.029		
18:3 undifferentiated.....g	0.025		0		4		0.038		
18:4.....g	0.000		0		4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000		
20:5 n-3.....g	0.000		0		4		0.000		
22:5 n-3.....g	0.000		0		4		0.000		
22:6 n-3.....g	0.000		0		4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		7		0		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

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

**Common Measures:**

Measure 1 = 150g: 1 cup

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)



NDB No. 43144  
Cabbage, mustard, salted

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	92.10		1		1		117.89		
Energy.....kcal	28		0	NC	4		36		
Energy.....kj	116		0	NC	4		149		
Protein.....g	1.10		1		1		1.41		
Total lipid (fat).....g	0.10		1		1		0.13		
Ash.....g	1.07		0	O	4		1.37		
Carbohydrate, by difference.....g	5.63		0	NC	4		7.20		
Fiber, total dietary.....g	3.1		0		4		4.0		
Sugars, total.....g	1.40		0	O	4		1.79		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	67		1		1		86		
Iron, Fe.....mg	0.70		1		1		0.90		
Magnesium, Mg.....mg	15		1		1		19		
Phosphorus, P.....mg	27		1		1		35		
Potassium, K.....mg	246		1		1		315		
Sodium, Na.....mg	717		1		1		918		
Zinc, Zn.....mg	0.30		0		4		0.38		
Copper, Cu.....mg	0.034		0		4		0.044		
Manganese, Mn.....mg	0.218		0	BFSN	4		0.279		
Selenium, Se.....mcg	0.9		0	BFSN	4		1.2		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		1		1		0.0		
Thiamin.....mg	0.040		1		1		0.051		
Riboflavin.....mg	0.090		1		1		0.115		
Niacin.....mg	0.720		1		1		0.922		
Pantothenic acid.....mg	0.186		0	BFSN	4		0.238		
Vitamin B-6.....mg	0.300		0		4		0.384		
Folate, total.....mcg	72		0		4		92		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	72		0		4		92		
Folate, DFE.....mcg_DFE	72		0	NC	4		92		
Choline, total.....mg	21.5		0	BFSN	4		27.6		
Betaine.....mg	0.3		0	BFSN	4		0.4		
Vitamin B-12.....mcg	0.00		0		7		0.00		
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....mcg_RAE	49		0	NC	4		62		
Retinol.....mcg	0		0	BNA	4		0		
Carotene, beta.....mcg	513		0	BNA	4		656		
Carotene, alpha.....mcg	140		0	BNA	4		179		
Cryptoxanthin, beta.....mcg	0		0	BNA	4		0		
Vitamin A, IU.....IU	971		0	NC	4		1243		
Lycopene.....mcg	0		0	BFSN	4		0		
Lutein + zeaxanthin.....mcg	29		0	BFSN	4		37		
Vitamin E (alpha-tocopherol).....mg	0.02		0	O	4		0.03		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	115.6		0	BFSN	4		148.0		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.013		0		4		0.017		
4:0.....g	0.000		0		4		0.000		
6:0.....g	0.000		0		4		0.000		
8:0.....g	0.000		0		4		0.000		
10:0.....g	0.000		0		4		0.000		

NDB No. 43144  
Cabbage, mustard, salted

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.001		0		4		0.001		
13:0.....g									
14:0.....g	0.001		0		4		0.001		
15:0.....g									
16:0.....g	0.011		0		4		0.014		
17:0.....g									
18:0.....g	0.001		0		4		0.001		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.007		0		4		0.009		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.007		0		4		0.009		
20:1.....g	0.000		0		4		0.000		
22:1 undifferentiated.....g	0.000		0		4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.048		0		4		0.061		
18:2 undifferentiated.....g	0.019		0		4		0.024		
18:3 undifferentiated.....g	0.026		0		4		0.033		
18:4.....g	0.000		0		4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000		
20:5 n-3.....g	0.000		0		4		0.000		
22:5 n-3.....g	0.000		0		4		0.000		
22:6 n-3.....g	0.000		0		4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		7		0		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

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

**Common Measures:**

Measure 1 = 128g: 1 cup

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 11970**  
**Cabbage, napa, cooked**  
*Brassica oleracea*

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	96.33		2	A	1		105.00		
Energy.....kcal	12		0	NC	4		13		
Energy.....kj	50		0		4		55		
Protein (N x 6.25).....g	1.10		2	A	1		1.20		
Total lipid (fat).....g	0.17		2	A	1		0.19		
Ash.....g	0.17		2	A	1		0.19		
Carbohydrate, by difference.....g	2.23		0	NC	4		2.43		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	29		2	A	1		32		
Iron, Fe.....mg	0.74		2	A	1		0.81		
Magnesium, Mg.....mg	8		2	A	1		9		
Phosphorus, P.....mg	19		2	A	1		21		
Potassium, K.....mg	87		2	A	1		95		
Sodium, Na.....mg	11		2	A	1		12		
Zinc, Zn.....mg	0.14		0	BFSN	4		0.15		
Copper, Cu.....mg	0.096		2	A	1		0.105		
Manganese, Mn.....mg	0.203		2	A	1		0.221		
Selenium, Se.....mcg	0.4		0	BFSN	4		0.4		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	3.2		2	A	1		3.5		
Thiamin.....mg	0.005		2	A	1		0.005		
Riboflavin.....mg	0.025		2	A	1		0.027		
Niacin.....mg	0.466		2	A	1		0.508		
Pantothenic acid.....mg	0.035		2	A	1		0.038		
Vitamin B-6.....mg	0.037		2	A	1		0.040		
Folate, total.....mcg	43		2	A	1		47		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	43		2	A	1		47		
Folate, DFE.....mcg_DFE	43		0	NC	4		47		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....mcg_RAE	13		0	AS	1		14		
Retinol.....mcg	0		0	Z	7		0		
Carotene, beta.....mcg	133		2	A	1		145		
Carotene, alpha.....mcg	49		2	A	1		54		
Cryptoxanthin, beta.....mcg	0		2	A	1		0		
Vitamin A, IU.....IU	263		0	AS	1		287		
Lycopene.....mcg	0		0	Z	7		0		
Lutein + zeaxanthin.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g									
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<b>Others:</b>									

**NDB No. 11970**  
**Cabbage, napa, cooked**

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg									
Theobromine.....mg									

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

**Common Measures:**

Measure 1 = 109g: 1 cup

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group:** 11 Vegetables and Vegetable Products  
 USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11109

Cabbage, raw

*Brassica oleracea (Capitata Group)*

Refuse:20% Outer leaves and core

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	92.18	0.128	20	JO	11		82.04	64.53	1150.42
Energy.....kcal	25		0	NC	4		22	17	308
Energy.....kj	103		0	NC	4		92	72	1287
Protein (N x 6.25).....g	1.28	0.097	4	A	1		1.14	0.90	16.01
Total lipid (fat).....g	0.10	0.015	13	JO	11		0.09	0.07	1.23
Ash.....g	0.64	0.039	4	A	1		0.57	0.45	8.02
Carbohydrate, by difference.....g	5.80		0	NC	4		5.16	4.06	72.33
Fiber, total dietary.....g	2.5		2		1		2.2	1.7	30.9
Sugars, total.....g	3.20		0	NC	4		2.85	2.24	39.97
Sucrose.....g	0.08	0.005	11	JA	6		0.07	0.05	0.96
Glucose (dextrose).....g	1.67	0.042	11	JA	6		1.49	1.17	20.83
Fructose.....g	1.45	0.029	11	JA	6		1.29	1.01	18.06
Lactose.....g	0.00	0.000	6	JA	6		0.00	0.00	0.00
Maltose.....g	0.01	0.009	9	JA	6		0.01	0.01	0.11
Galactose.....g	0.00		0	Z	7		0.00	0.00	0.00
Starch.....g	0.00		1	A	1		0.00	0.00	0.00
<b>Minerals:</b>									
Calcium, Ca.....mg	40	1.307	30	JA	6		35	28	496
Iron, Fe.....mg	0.47	0.035	31	JA	6		0.42	0.33	5.84
Magnesium, Mg.....mg	12	0.325	31	JA	6		11	9	156
Phosphorus, P.....mg	26	0.657	30	JA	6		23	18	327
Potassium, K.....mg	170	4.811	31	JA	6		151	119	2122
Sodium, Na.....mg	18	1.651	46		1		16	13	225
Zinc, Zn.....mg	0.18	0.009	31	JA	6		0.16	0.13	2.26
Copper, Cu.....mg	0.019	0.002	31	JA	6		0.016	0.013	0.231
Manganese, Mn.....mg	0.160	0.012	31	JA	6		0.143	0.112	2.002
Selenium, Se.....mcg	0.3	0.174	20		1		0.2	0.2	3.1
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	36.6	3.388	4	A	1		32.6	25.6	456.8
Thiamin.....mg	0.061	0.007	4	A	1		0.054	0.043	0.762
Riboflavin.....mg	0.040	0.002	4	A	1		0.036	0.028	0.498
Niacin.....mg	0.234	0.069	4	A	1		0.209	0.164	2.926
Pantothenic acid.....mg	0.212	0.008	4	A	1		0.189	0.148	2.646
Vitamin B-6.....mg	0.124	0.020	4	A	1		0.110	0.087	1.549
Folate, total.....mcg	43	7.223	19		1		38	30	537
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg	43	7.223	19		1		38	30	537
Folate, DFE.....mcg_DFE	43		0	NC	4		38	30	537
Choline, total.....mg	10.7		0	AS	1		9.5	7.5	132.9
Betaine.....mg	0.4		1	A	1		0.4	0.3	5.4
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	5		0	AS	1		4	3	61
Retinol.....mcg	0		0	Z	7		0	0	0
Carotene, beta.....mcg	42	0.860	25	A	1		38	29	526
Carotene, alpha.....mcg	33		3	A	1		29	23	410
Cryptoxanthin, beta.....mcg	0		3	A	1		0	0	0
Vitamin A, IU.....IU	98		0	AS	1		87	68	1218
Lycopene.....mcg	0		1	A	1		0	0	0
Lutein + zeaxanthin.....mcg	30	10.455	22	A	1		27	21	380
Vitamin E (alpha-tocopherol).....mg	0.15	0.019	9	A	1		0.13	0.11	1.89
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg	0.00	0.000	9	A	1		0.00	0.00	0.00
Tocopherol, gamma.....mg	0.00	0.000	9	A	1		0.00	0.00	0.00
Tocopherol, delta.....mg	0.00	0.000	9	A	1		0.00	0.00	0.00
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	76.0	6.028	11	JO	11		67.6	53.2	948.1

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.034		0	NC	4		0.030	0.024	0.424
4:0.....g	0.000		0		1		0.000	0.000	0.000
6:0.....g	0.000		0		1		0.000	0.000	0.000
8:0.....g	0.000		1	A	1		0.000	0.000	0.000
10:0.....g	0.000		1	A	1		0.000	0.000	0.000
12:0.....g	0.000		1	A	1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.000		1	A	1		0.000	0.000	0.000
15:0.....g	0.000		1	A	1		0.000	0.000	0.000
16:0.....g	0.034		1	A	1		0.030	0.024	0.424
17:0.....g	0.000		1	A	1		0.000	0.000	0.000
18:0.....g	0.000		1	A	1		0.000	0.000	0.000
20:0.....g	0.000		1	A	1		0.000	0.000	0.000
22:0.....g	0.000		1	A	1		0.000	0.000	0.000
24:0.....g	0.000		1	A	1		0.000	0.000	0.000
Fatty acids, total monounsaturated.....g	0.017		0	NC	4		0.015	0.012	0.212
14:1.....g	0.000		1	A	1		0.000	0.000	0.000
15:1.....g	0.000		1	A	1		0.000	0.000	0.000
16:1 undifferentiated.....g	0.000		1	A	1		0.000	0.000	0.000
17:1.....g	0.000		1	A	1		0.000	0.000	0.000
18:1 undifferentiated.....g	0.017		1	A	1		0.015	0.012	0.212
20:1.....g	0.000		1	A	1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		1	A	1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.017		0	NC	4		0.015	0.012	0.212
18:2 undifferentiated.....g	0.017		1	A	1		0.015	0.012	0.212
18:3 undifferentiated.....g	0.000		1	A	1		0.000	0.000	0.000
18:4.....g	0.000		1	A	1		0.000	0.000	0.000
20:2 n-6 c.c.....g	0.000		1	A	1		0.000	0.000	0.000
20:3 undifferentiated.....g	0.000		1	A	1		0.000	0.000	0.000
20:4 undifferentiated.....g	0.000		1	A	1		0.000	0.000	0.000
20:5 n-3.....g	0.000		1	A	1		0.000	0.000	0.000
22:5 n-3.....g	0.000		1	A	1		0.000	0.000	0.000
22:6 n-3.....g	0.000		1	A	1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	0
Phytosterols.....mg	11		1		1		10	8	137
<b>Amino Acids:</b>									
Tryptophan.....g	0.011		0	A	1		0.010	0.008	0.137
Threonine.....g	0.035		0	A	1		0.031	0.025	0.439
Isoleucine.....g	0.030		0	A	1		0.027	0.021	0.377
Leucine.....g	0.041		0	A	1		0.037	0.029	0.515
Lysine.....g	0.044		0	A	1		0.039	0.031	0.545
Methionine.....g	0.012		0	A	1		0.011	0.009	0.153
Cystine.....g	0.011		0	A	1		0.010	0.008	0.137
Phenylalanine.....g	0.032		0	A	1		0.028	0.022	0.398
Tyrosine.....g	0.019		0	A	1		0.017	0.013	0.240
Valine.....g	0.042		0	A	1		0.038	0.030	0.530
Arginine.....g	0.075		0	A	1		0.066	0.052	0.931
Histidine.....g	0.022		0	A	1		0.019	0.015	0.273
Alanine.....g	0.042		0	A	1		0.038	0.030	0.530
Aspartic acid.....g	0.122		0	A	1		0.109	0.085	1.522
Glutamic acid.....g	0.294		0	A	1		0.262	0.206	3.671
Glycine.....g	0.030		0	A	1		0.027	0.021	0.377
Proline.....g	0.048		0	A	1		0.043	0.034	0.598
Serine.....g	0.053		0	A	1		0.047	0.037	0.657
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0

NDB No. 11109

Cabbage, raw

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

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

**Common Measures:**

Measure 1 = 89g: 1 cup, chopped

Measure 2 = 70g: 1 cup, shredded

Measure 3 = 1248g: 1 head, large (about 7" dia)

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11752

Cabbage, red, cooked, boiled, drained, with salt

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	90.84	0.220	4	A	1		19.99	68.13	
Energy.....kcal	29		0	NC	4		6	22	
Energy.....kj	122		0	NC	4		27	92	
Protein (N x 6.25).....g	1.51	0.095	3	A	1		0.33	1.13	
Total lipid (fat).....g	0.09	0.041	4	A	1		0.02	0.07	
Ash.....g	0.62	0.030	3	A	1		0.14	0.46	
Carbohydrate, by difference.....g	6.94		0	NC	4		1.53	5.20	
Fiber, total dietary.....g	2.6	0.149	4	A	1		0.6	1.9	
Sugars, total.....g	3.32		0	AS	1		0.73	2.49	
Sucrose.....g	0.71	0.077	4	A	1		0.16	0.53	
Glucose (dextrose).....g	1.42	0.030	4	A	1		0.31	1.06	
Fructose.....g	1.20	0.061	4	A	1		0.26	0.90	
Lactose.....g	0.00	0.000	4	A	1		0.00	0.00	
Maltose.....g	0.00	0.000	4	A	1		0.00	0.00	
Galactose.....g	0.00		0	Z	7		0.00	0.00	
Starch.....g	0.00		2	A	1		0.00	0.00	
<b>Minerals:</b>									
Calcium, Ca.....mg	42	2.941	3	A	1		9	32	
Iron, Fe.....mg	0.66	0.091	3	A	1		0.15	0.49	
Magnesium, Mg.....mg	17	1.417	3	A	1		4	13	
Phosphorus, P.....mg	33	2.948	3	A	1		7	25	
Potassium, K.....mg	262	28.042	3	A	1		58	197	
Sodium, Na.....mg	244		0		4		54	183	
Zinc, Zn.....mg	0.25	0.031	3	A	1		0.06	0.19	
Copper, Cu.....mg	0.054	0.037	3	A	1		0.012	0.041	
Manganese, Mn.....mg	0.223	0.035	3	A	1		0.049	0.167	
Selenium, Se.....mcg	2.3		2	A	1		0.5	1.7	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	10.8	2.795	4	A	1		2.4	8.1	
Thiamin.....mg	0.071	0.007	4	A	1		0.016	0.053	
Riboflavin.....mg	0.060	0.003	4	A	1		0.013	0.045	
Niacin.....mg	0.382	0.043	4	A	1		0.084	0.287	
Pantothenic acid.....mg	0.154	0.017	4	A	1		0.034	0.116	
Vitamin B-6.....mg	0.225	0.022	4	A	1		0.050	0.169	
Folate, total.....mcg	24	1.296	4	A	1		5	18	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	24	1.296	4	A	1		5	18	
Folate, DFE.....mcg_DFE	24		0	NC	4		5	18	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	2		0	AS	1		0	1	
Retinol.....mcg	0		0	Z	7		0	0	
Carotene, beta.....mcg	20	12.021	4	A	1		4	15	
Carotene, alpha.....mcg	0	0.000	4	A	1		0	0	
Cryptoxanthin, beta.....mcg	0	0.000	4	A	1		0	0	
Vitamin A, IU.....IU	33		0	AS	1		7	24	
Lycopene.....mcg	0	0.000	4	A	1		0	0	
Lutein + zeaxanthin.....mcg	20	8.299	4	A	1		4	15	
Vitamin E (alpha-tocopherol).....mg	0.12		0	BFZN	4		0.03	0.09	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	47.6	7.020	4	A	1		10.5	35.7	



NDB No. 11752

Cabbage, red, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.011		0	NC	4		0.003	0.009	
4:0.....g	0.000		0	BFZN	4		0.000	0.000	
6:0.....g	0.000		0	BFZN	4		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.000		0		1		0.000	0.000	
12:0.....g	0.000		0		1		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0		1		0.000	0.000	
15:0.....g									
16:0.....g	0.010		0		1		0.002	0.007	
17:0.....g									
18:0.....g	0.000		0		1		0.000	0.000	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.007		0	NC	4		0.001	0.005	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.007		0		1		0.001	0.005	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.043		0	NC	4		0.009	0.032	
18:2 undifferentiated.....g	0.019		0		1		0.004	0.014	
18:3 undifferentiated.....g	0.024		0		1		0.005	0.018	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.013		0	A	1		0.003	0.010	
Threonine.....g	0.041		0	A	1		0.009	0.031	
Isoleucine.....g	0.036		0	A	1		0.008	0.027	
Leucine.....g	0.049		0	A	1		0.011	0.036	
Lysine.....g	0.051		0	A	1		0.011	0.039	
Methionine.....g	0.014		0	A	1		0.003	0.011	
Cystine.....g	0.013		0	A	1		0.003	0.010	
Phenylalanine.....g	0.038		0	A	1		0.008	0.028	
Tyrosine.....g	0.023		0	A	1		0.005	0.017	
Valine.....g	0.050		0	A	1		0.011	0.038	
Arginine.....g	0.088		0	A	1		0.019	0.066	
Histidine.....g	0.026		0	A	1		0.006	0.019	
Alanine.....g	0.050		0	A	1		0.011	0.038	
Aspartic acid.....g	0.144		0	A	1		0.032	0.108	
Glutamic acid.....g	0.346		0	A	1		0.076	0.260	
Glycine.....g	0.036		0	A	1		0.008	0.027	
Proline.....g	0.056		0	A	1		0.012	0.042	
Serine.....g	0.062		0	A	1		0.014	0.046	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

NDB No. 11752

Cabbage, red, cooked, boiled, drained, with salt

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

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

**Common Measures:**

Measure 1 = 22g: 1 leaf

Measure 2 = 75g: .5 cup, shredded

**Calories Factors: Protein** 2.44

**Fat** 8.37

**Carbohydrate**3.57

**Food Group:** 11 Vegetables and Vegetable Products  
USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11113

Cabbage, red, cooked, boiled, drained, without salt

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	90.84	0.220	4	A	1		19.99	68.13	
Energy.....kcal	29		0	NC	4		6	22	
Energy.....kj	122		0	NC	4		27	92	
Protein (N x 6.25).....g	1.51	0.095	3	A	1		0.33	1.13	
Total lipid (fat).....g	0.09	0.041	4	A	1		0.02	0.07	
Ash.....g	0.62	0.030	3	A	1		0.14	0.46	
Carbohydrate, by difference.....g	6.94		0	NC	4		1.53	5.20	
Fiber, total dietary.....g	2.6	0.149	4	A	1		0.6	1.9	
Sugars, total.....g	3.32		0	NC	4		0.73	2.49	
Sucrose.....g	0.71	0.077	4	A	1		0.16	0.53	
Glucose (dextrose).....g	1.42	0.030	4	A	1		0.31	1.06	
Fructose.....g	1.20	0.061	4	A	1		0.26	0.90	
Lactose.....g	0.00	0.000	4	A	1		0.00	0.00	
Maltose.....g	0.00	0.000	4	A	1		0.00	0.00	
Galactose.....g	0.00		0	T	4		0.00	0.00	
Starch.....g	0.00		2	A	1		0.00	0.00	
<b>Minerals:</b>									
Calcium, Ca.....mg	42	2.941	3	A	1		9	32	
Iron, Fe.....mg	0.66	0.091	3	A	1		0.15	0.49	
Magnesium, Mg.....mg	17	1.417	3	A	1		4	13	
Phosphorus, P.....mg	33	2.948	3	A	1		7	25	
Potassium, K.....mg	262	28.042	3	A	1		58	197	
Sodium, Na.....mg	28	1.625	3	A	1		6	21	
Zinc, Zn.....mg	0.25	0.031	3	A	1		0.06	0.19	
Copper, Cu.....mg	0.054	0.037	3	A	1		0.012	0.041	
Manganese, Mn.....mg	0.223	0.035	3	A	1		0.049	0.167	
Selenium, Se.....mcg	2.3		2	A	1		0.5	1.7	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	34.4		0		1		7.6	25.8	
Thiamin.....mg	0.071	0.007	4	A	1		0.016	0.053	
Riboflavin.....mg	0.060	0.003	4	A	1		0.013	0.045	
Niacin.....mg	0.382	0.043	4	A	1		0.084	0.287	
Pantothenic acid.....mg	0.154	0.017	4	A	1		0.034	0.116	
Vitamin B-6.....mg	0.225	0.022	4	A	1		0.050	0.169	
Folate, total.....mcg	24	1.296	4	A	1		5	18	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	24	1.296	4	A	1		5	18	
Folate, DFE.....mcg_DFE	24		0	NC	4		5	18	
Choline, total.....mg	21.4		0	AS	1		4.7	16.1	
Betaine.....mg	0.1		1	A	1		0.0	0.1	
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	2		0	AS	1		0	1	
Retinol.....mcg	0		0	Z	7		0	0	
Carotene, beta.....mcg	20	12.021	4	A	1		4	15	
Carotene, alpha.....mcg	0	0.000	4	A	1		0	0	
Cryptoxanthin, beta.....mcg	0	0.000	4	A	1		0	0	
Vitamin A, IU.....IU	33		0	AS	1		7	24	
Lycopene.....mcg	0	0.000	4	A	1		0	0	
Lutein + zeaxanthin.....mcg	20		0	NR	4		4	15	
Vitamin E (alpha-tocopherol).....mg	0.12		0	O	4		0.03	0.09	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	47.6	7.020	4	A	1		10.5	35.7	

NDB No. 11113

Cabbage, red, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.011		0	NC	4		0.003	0.009	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.000		0		1		0.000	0.000	
12:0.....g	0.000		0		1		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0		1		0.000	0.000	
15:0.....g									
16:0.....g	0.010		0		1		0.002	0.007	
17:0.....g									
18:0.....g	0.000		0		1		0.000	0.000	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.007		0	NC	4		0.001	0.005	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.007		0		1		0.001	0.005	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.043		0	NC	4		0.009	0.032	
18:2 undifferentiated.....g	0.019		0		1		0.004	0.014	
18:3 undifferentiated.....g	0.024		0		1		0.005	0.018	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.013		0	A	1		0.003	0.010	
Threonine.....g	0.041		0	A	1		0.009	0.031	
Isoleucine.....g	0.036		0	A	1		0.008	0.027	
Leucine.....g	0.049		0	A	1		0.011	0.036	
Lysine.....g	0.051		0	A	1		0.011	0.039	
Methionine.....g	0.014		0	A	1		0.003	0.011	
Cystine.....g	0.013		0	A	1		0.003	0.010	
Phenylalanine.....g	0.038		0	A	1		0.008	0.028	
Tyrosine.....g	0.023		0	A	1		0.005	0.017	
Valine.....g	0.050		0	A	1		0.011	0.038	
Arginine.....g	0.088		0	A	1		0.019	0.066	
Histidine.....g	0.026		0	A	1		0.006	0.019	
Alanine.....g	0.050		0	A	1		0.011	0.038	
Aspartic acid.....g	0.144		0	A	1		0.032	0.108	
Glutamic acid.....g	0.346		0	A	1		0.076	0.260	
Glycine.....g	0.036		0	A	1		0.008	0.027	
Proline.....g	0.056		0	A	1		0.012	0.042	
Serine.....g	0.062		0	A	1		0.014	0.046	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

NDB No. 11113

Cabbage, red, cooked, boiled, drained, without salt

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

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

**Common Measures:**

Measure 1 = 22g: 1 leaf

Measure 2 = 75g: .5 cup, shredded

**Calories Factors: Protein** 2.44

**Fat** 8.37

**Carbohydrate**3.57

**Food Group:** 11 Vegetables and Vegetable Products  
USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11112

Cabbage, red, raw

Brassica oleracea (Capitata Group)

Refuse:20% Outer leaves and core

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	90.39	0.325	5	JA	6		80.45	63.27	1025.02
Energy.....kcal	31		0	NC	4		28	22	353
Energy.....kj	130		0	NC	4		116	91	1479
Protein (N x 6.25).....g	1.43	0.091	4	A	1		1.28	1.00	16.27
Total lipid (fat).....g	0.16	0.067	4	A	1		0.15	0.11	1.86
Ash.....g	0.64	0.010	4	A	1		0.57	0.45	7.31
Carbohydrate, by difference.....g	7.37		0	NC	4		6.56	5.16	83.53
Fiber, total dietary.....g	2.1	0.048	4	A	1		1.9	1.5	24.3
Sugars, total.....g	3.83		0	NC	4		3.41	2.68	43.43
Sucrose.....g	0.60	0.084	5	JA	6		0.54	0.42	6.83
Glucose (dextrose).....g	1.74	0.088	5	JA	6		1.55	1.22	19.78
Fructose.....g	1.48	0.067	5	JA	6		1.32	1.04	16.83
Lactose.....g	0.00	0.000	4	A	1		0.00	0.00	0.00
Maltose.....g	0.00	0.000	4	A	1		0.00	0.00	0.00
Galactose.....g	0.00		0	Z	7		0.00	0.00	0.00
Starch.....g	0.00		2	A	1		0.00	0.00	0.00
<b>Minerals:</b>									
Calcium, Ca.....mg	45	1.116	4	A	1		40	31	510
Iron, Fe.....mg	0.80	0.269	4	A	1		0.71	0.56	9.03
Magnesium, Mg.....mg	16	1.379	4	A	1		14	11	182
Phosphorus, P.....mg	30	1.733	4	A	1		27	21	341
Potassium, K.....mg	243	11.244	4	A	1		216	170	2750
Sodium, Na.....mg	27	1.801	4	A	1		24	19	312
Zinc, Zn.....mg	0.22	0.017	4	A	1		0.19	0.15	2.47
Copper, Cu.....mg	0.017	0.000	4	A	1		0.015	0.012	0.188
Manganese, Mn.....mg	0.243	0.011	4	A	1		0.217	0.170	2.761
Selenium, Se.....mcg	0.6		2	A	1		0.6	0.4	7.1
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	57.0		1		1		50.7	39.9	646.4
Thiamin.....mg	0.064	0.005	4	A	1		0.057	0.044	0.721
Riboflavin.....mg	0.069	0.002	4	A	1		0.062	0.049	0.786
Niacin.....mg	0.418	0.029	4	A	1		0.372	0.293	4.742
Pantothenic acid.....mg	0.147	0.025	4	A	1		0.131	0.103	1.666
Vitamin B-6.....mg	0.209	0.007	4	A	1		0.186	0.146	2.367
Folate, total.....mcg	18	0.628	4	A	1		16	12	202
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg	18	0.628	4	A	1		16	12	202
Folate, DFE.....mcg_DFE	18		0	NC	4		16	12	202
Choline, total.....mg	17.1		0	AS	1		15.2	12.0	194.1
Betaine.....mg	0.1		1	A	1		0.1	0.1	1.0
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	56		0	AS	1		50	39	633
Retinol.....mcg	0		0	Z	7		0	0	0
Carotene, beta.....mcg	670	410.811	4	A	1		596	469	7596
Carotene, alpha.....mcg	0	0.000	4	A	1		0	0	0
Cryptoxanthin, beta.....mcg	0	0.000	4	A	1		0	0	0
Vitamin A, IU.....IU	1116		0	AS	1		994	782	12661
Lycopene.....mcg	20	15.212	4	A	1		18	14	227
Lutein + zeaxanthin.....mcg	329	254.939	4	A	1		293	230	3732
Vitamin E (alpha-tocopherol).....mg	0.11		0	O	4		0.09	0.07	1.19
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	38.2	3.204	4	A	1		34.0	26.8	433.8

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	measures of food			
						Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.021		0	NC	4		0.019	0.015	0.237
4:0.....g	0.000		0		1		0.000	0.000	0.000
6:0.....g	0.000		0		1		0.000	0.000	0.000
8:0.....g	0.000		0		1		0.000	0.000	0.000
10:0.....g	0.000		0		1		0.000	0.000	0.000
12:0.....g	0.001		0		1		0.001	0.000	0.008
13:0.....g									
14:0.....g	0.001		0		1		0.001	0.000	0.008
15:0.....g									
16:0.....g	0.019		0		1		0.017	0.013	0.214
17:0.....g									
18:0.....g	0.001		0		1		0.001	0.000	0.008
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.012		0	NC	4		0.011	0.008	0.138
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.012		0		1		0.011	0.008	0.138
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.080		0	NC	4		0.071	0.056	0.910
18:2 undifferentiated.....g	0.034		0		1		0.031	0.024	0.390
18:3 undifferentiated.....g	0.045		0		1		0.040	0.032	0.512
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.001		0		1		0.001	0.000	0.008
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	0
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.012		0	A	1		0.011	0.009	0.139
Threonine.....g	0.039		0	A	1		0.035	0.028	0.446
Isoleucine.....g	0.034		0	A	1		0.030	0.024	0.383
Leucine.....g	0.046		0	A	1		0.041	0.032	0.523
Lysine.....g	0.049		0	A	1		0.043	0.034	0.554
Methionine.....g	0.014		0	A	1		0.012	0.010	0.155
Cystine.....g	0.012		0	A	1		0.011	0.009	0.139
Phenylalanine.....g	0.036		0	A	1		0.032	0.025	0.405
Tyrosine.....g	0.022		0	A	1		0.019	0.015	0.244
Valine.....g	0.048		0	A	1		0.042	0.033	0.539
Arginine.....g	0.083		0	A	1		0.074	0.058	0.947
Histidine.....g	0.024		0	A	1		0.022	0.017	0.277
Alanine.....g	0.048		0	A	1		0.042	0.033	0.539
Aspartic acid.....g	0.136		0	A	1		0.121	0.095	1.547
Glutamic acid.....g	0.329		0	A	1		0.293	0.230	3.732
Glycine.....g	0.034		0	A	1		0.030	0.024	0.383
Proline.....g	0.054		0	A	1		0.048	0.038	0.608
Serine.....g	0.059		0	A	1		0.052	0.041	0.668
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0

NDB No. 11112  
Cabbage, red, raw

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

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

**Common Measures:**

Measure 1 = 89g: 1 cup, chopped

Measure 2 = 70g: 1 cup, shredded

Measure 3 = 1134g: 1 head, large (about 5-1/2" dia)

**Calories Factors: Protein** 2.44

**Fat** 8.37

**Carbohydrate**3.57

**Food Group:** 11 Vegetables and Vegetable Products  
USDA National Nutrient Database for Standard Reference, Release 21 (2008)





NDB No. 11753

Cabbage, savoy, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.000		0		1		0.000		
15:0.....g									
16:0.....g	0.010		0		1		0.015		
17:0.....g									
18:0.....g	0.000		0		1		0.000		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.007		0		1		0.010		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.006		0		1		0.009		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.043		0		1		0.062		
18:2 undifferentiated.....g	0.018		0		1		0.026		
18:3 undifferentiated.....g	0.023		0		1		0.033		
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.018		0		1		0.026		
Threonine.....g	0.062		0		1		0.090		
Isoleucine.....g	0.091		0		1		0.132		
Leucine.....g	0.093		0		1		0.135		
Lysine.....g	0.085		0		1		0.123		
Methionine.....g	0.018		0		1		0.026		
Cystine.....g	0.015		0		1		0.022		
Phenylalanine.....g	0.058		0		1		0.084		
Tyrosine.....g	0.031		0		1		0.045		
Valine.....g	0.077		0		1		0.112		
Arginine.....g	0.102		0		1		0.148		
Histidine.....g	0.037		0		1		0.054		
Alanine.....g	0.063		0		1		0.091		
Aspartic acid.....g	0.177		0		1		0.257		
Glutamic acid.....g	0.400		0		1		0.580		
Glycine.....g	0.040		0		1		0.058		
Proline.....g	0.353		0		1		0.512		
Serine.....g	0.105		0		1		0.152		
Hydroxyproline.....g									

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

**Common Measures:**

Measure 1 = 145g: 1 cup, shredded

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

**NDB No. 11753**

**Cabbage, savoy, cooked, boiled, drained, with salt**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)



NDB No. 11115

Cabbage, savoy, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.000		0		1		0.000		
15:0.....g									
16:0.....g	0.010		0		1		0.015		
17:0.....g									
18:0.....g	0.000		0		1		0.000		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.007		0		1		0.010		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.006		0		1		0.009		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.043		0		1		0.062		
18:2 undifferentiated.....g	0.018		0		1		0.026		
18:3 undifferentiated.....g	0.023		0		1		0.033		
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.018		0		1		0.026		
Threonine.....g	0.062		0		1		0.090		
Isoleucine.....g	0.091		0		1		0.132		
Leucine.....g	0.093		0		1		0.135		
Lysine.....g	0.085		0		1		0.123		
Methionine.....g	0.018		0		1		0.026		
Cystine.....g	0.015		0		1		0.022		
Phenylalanine.....g	0.058		0		1		0.084		
Tyrosine.....g	0.031		0		1		0.045		
Valine.....g	0.077		0		1		0.112		
Arginine.....g	0.102		0		1		0.148		
Histidine.....g	0.037		0		1		0.054		
Alanine.....g	0.063		0		1		0.091		
Aspartic acid.....g	0.177		0		1		0.257		
Glutamic acid.....g	0.400		0		1		0.580		
Glycine.....g	0.040		0		1		0.058		
Proline.....g	0.353		0		1		0.512		
Serine.....g	0.105		0		1		0.152		
Hydroxyproline.....g									

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

**Common Measures:**

Measure 1 = 145g: 1 cup, shredded

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**NDB No. 11115**

**Cabbage, savoy, cooked, boiled, drained, without salt**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11114

**Cabbage, savoy, raw**

*Brassica oleracea (Capitata Group)*

Refuse:20% Outer leaves and core

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	91.00		1		1		63.70		
Energy.....kcal	27		0	NC	4		19		
Energy.....kj	113		0		4		79		
Protein (N x 6.25).....g	2.00		0		1		1.40		
Total lipid (fat).....g	0.10		1		1		0.07		
Ash.....g	0.80		0		1		0.56		
Carbohydrate, by difference.....g	6.10		0	NC	4		4.27		
Fiber, total dietary.....g	3.1		0		4		2.2		
Sugars, total.....g	2.27		0	BFSN	4		1.59		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	35		1		1		25		
Iron, Fe.....mg	0.40		1		1		0.28		
Magnesium, Mg.....mg	28		1		1		20		
Phosphorus, P.....mg	42		1		1		29		
Potassium, K.....mg	230		1		1		161		
Sodium, Na.....mg	28		1		1		20		
Zinc, Zn.....mg	0.27		0		4		0.19		
Copper, Cu.....mg	0.062		0		4		0.043		
Manganese, Mn.....mg	0.180		0		4		0.126		
Selenium, Se.....mcg	0.9		0	BFZN	4		0.6		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	31.0		1		1		21.7		
Thiamin.....mg	0.070		1		1		0.049		
Riboflavin.....mg	0.030		1		1		0.021		
Niacin.....mg	0.300		1		1		0.210		
Pantothenic acid.....mg	0.187		0		4		0.131		
Vitamin B-6.....mg	0.190		0		1		0.133		
Folate, total.....mcg	80		0		4		56		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	80		0		4		56		
Folate, DFE.....mcg_DFE	80		0	NC	4		56		
Choline, total.....mg	12.3		0	BFSN	4		8.6		
Betaine.....mg	0.5		0	BFSN	4		0.3		
Vitamin B-12.....mcg	0.00		0	Z	7		0.00		
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....mcg_RAE	50		0	NC	4		35		
Retinol.....mcg	0		0	BNA	4		0		
Carotene, beta.....mcg	600		0	BNA	4		420		
Carotene, alpha.....mcg	0		0	BNA	4		0		
Cryptoxanthin, beta.....mcg	0		0	BNA	4		0		
Vitamin A, IU.....IU	1000		0	NC	4		700		
Lycopene.....mcg	0		0	BFSN	4		0		
Lutein + zeaxanthin.....mcg	77		0	BFSN	4		54		
Vitamin E (alpha-tocopherol).....mg	0.17		0	BFSN	4		0.12		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	68.8		0	BFSN	4		48.2		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.013		0	NC	4		0.009		
4:0.....g	0.000		0		1		0.000		
6:0.....g	0.000		0		1		0.000		
8:0.....g	0.000		0		1		0.000		
10:0.....g	0.000		0		1		0.000		

NDB No. 11114  
Cabbage, savoy, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0		1		0.000		
13:0.....g									
14:0.....g	0.000		0		1		0.000		
15:0.....g									
16:0.....g	0.012		0		1		0.008		
17:0.....g									
18:0.....g	0.001		0		1		0.001		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.007		0	NC	4		0.005		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.007		0		1		0.005		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.049		0	NC	4		0.034		
18:2 undifferentiated.....g	0.021		0		1		0.015		
18:3 undifferentiated.....g	0.028		0		1		0.019		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.020		0		1		0.014		
Threonine.....g	0.069		0		1		0.048		
Isoleucine.....g	0.101		0		1		0.071		
Leucine.....g	0.103		0		1		0.072		
Lysine.....g	0.094		0		1		0.066		
Methionine.....g	0.020		0		1		0.014		
Cystine.....g	0.017		0		1		0.012		
Phenylalanine.....g	0.064		0		1		0.045		
Tyrosine.....g	0.034		0		1		0.024		
Valine.....g	0.085		0		1		0.060		
Arginine.....g	0.114		0		1		0.080		
Histidine.....g	0.041		0		1		0.029		
Alanine.....g	0.070		0		1		0.049		
Aspartic acid.....g	0.197		0		1		0.138		
Glutamic acid.....g	0.445		0		1		0.312		
Glycine.....g	0.044		0		1		0.031		
Proline.....g	0.393		0		1		0.275		
Serine.....g	0.116		0		1		0.081		
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

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

**Common Measures:**



**NDB No. 11114**  
**Cabbage, savoy, raw**

Measure 1 = 70g: 1 cup, shredded

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 31008**  
**Campbell's V8 100% Vegetable Juice**  
*Campbell Soup Co.*

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	93.90		1	MC	9		228.18	228.18	
Energy.....kcal	21		1	LC	8		50	50	
Energy.....kj									
Protein (N x 6.25).....g	0.82		1	LC	8		2.00	2.00	
Total lipid (fat).....g	0.00		1	LC	8		0.00	0.00	
Ash.....g	1.16		0	O	4		2.82	2.82	
Carbohydrate, by difference.....g	4.12		1	LC	8		10.00	10.00	
Fiber, total dietary.....g	0.8		1	LC	8		2.0	2.0	
Sugars, total.....g	3.29		1	LC	8		8.00	8.00	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	16		1	LC	8		40	40	
Iron, Fe.....mg	0.30		1	LC	8		0.72	0.72	
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg	193		1	LC	8		470	470	
Sodium, Na.....mg	198		1	LC	8		480	480	
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	29.6		1	LC	8		72.0	72.0	
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg									
Vitamin A, RAE.....mcg_RAE									
Vitamin A, IU.....IU	823		1	LC	8		2000	2000	
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									
Vitamin E (alpha-tocopherol).....mg	0.00		1	LC	8		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.000		1	LC	8		0.000	0.000	
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1	LC	8		0	0	
Phytosterols.....mg									

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

**Common Measures:**

**NDB No. 31008**

**Campbell's V8 100% Vegetable Juice**

Measure 1 = 243g: 1 serving

Measure 2 = 243g: 8 oz

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)



NDB No. 11756

Cardoon, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g									
15:0.....g									
16:0.....g	0.010		0			1			
17:0.....g									
18:0.....g	0.002		0			1			
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.020		0			1			
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0			1			
17:1.....g									
18:1 undifferentiated.....g	0.020		0			1			
20:1.....g	0.000		0			1			
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.044		0			1			
18:2 undifferentiated.....g	0.044		0			1			
18:3 undifferentiated.....g									
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z		7			
Phytosterols.....mg									

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

**Common Measures:**

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group: 11 Vegetables and Vegetable Products**

USDA National Nutrient Database for Standard Reference, Release 21 (2008)



NDB No. 11123

Cardoon, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g									
15:0.....g									
16:0.....g	0.010		0			1			
17:0.....g									
18:0.....g	0.002		0			1			
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.020		0			1			
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0			1			
17:1.....g									
18:1 undifferentiated.....g	0.020		0			1			
20:1.....g	0.000		0			1			
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.044		0			1			
18:2 undifferentiated.....g	0.044		0			1			
18:3 undifferentiated.....g									
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z		7			
Phytosterols.....mg									

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

**Common Measures:**

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group: 11 Vegetables and Vegetable Products**

USDA National Nutrient Database for Standard Reference, Release 21 (2008)





Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g									
15:0.....g									
16:0.....g	0.009		0		1		0.016		
17:0.....g									
18:0.....g	0.002		0		1		0.004		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.018		0		1		0.032		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.018		0		1		0.032		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.041		0		1		0.073		
18:2 undifferentiated.....g	0.041		0		1		0.073		
18:3 undifferentiated.....g									
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0		
Phytosterols.....mg									

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

**Common Measures:**

Measure 1 = 178g: 1 cup, shredded

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group: 11 Vegetables and Vegetable Products**

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11655  
Carrot juice, canned

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	88.87	0.425	3		1		209.73	26.22	
Energy.....kcal	40		0	NC	4		93	12	
Energy.....kj	165		0	NC	4		390	49	
Protein (N x 6.25).....g	0.95		0		1		2.24	0.28	
Total lipid (fat).....g	0.15		0		1		0.35	0.04	
Ash.....g	0.75		0		1		1.77	0.22	
Carbohydrate, by difference.....g	9.28		0	NC	4		21.90	2.74	
Fiber, total dietary.....g	0.8		0		4		1.9	0.2	
Sugars, total.....g	3.91		0	BFSN	4		9.23	1.15	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	24		0		1		57	7	
Iron, Fe.....mg	0.46		0		1		1.09	0.14	
Magnesium, Mg.....mg	14		0		1		33	4	
Phosphorus, P.....mg	42		0		1		99	12	
Potassium, K.....mg	292		0		1		689	86	
Sodium, Na.....mg	29		0		1		68	9	
Zinc, Zn.....mg	0.18		0		1		0.42	0.05	
Copper, Cu.....mg	0.046		0		1		0.109	0.014	
Manganese, Mn.....mg	0.130		0		1		0.307	0.038	
Selenium, Se.....mcg	0.6		0	BFSN	4		1.4	0.2	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	8.5		0		1		20.1	2.5	
Thiamin.....mg	0.092		0		1		0.217	0.027	
Riboflavin.....mg	0.055		0		1		0.130	0.016	
Niacin.....mg	0.386		0		1		0.911	0.114	
Pantothenic acid.....mg	0.228		0		1		0.538	0.067	
Vitamin B-6.....mg	0.217		0		1		0.512	0.064	
Folate, total.....mcg	4	0.292	3		1		9	1	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	4	0.292	3		1		9	1	
Folate, DFE.....mcg_DFE	4		0	NC	4		9	1	
Choline, total.....mg	9.9		0	BFSN	4		23.4	2.9	
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	956		0	NC	4		2257	282	
Retinol.....mcg	0		0	Z	7		0	0	
Carotene, beta.....mcg	9303		0	BFSN	4		21956	2744	
Carotene, alpha.....mcg	4342		0	BFSN	4		10248	1281	
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0	0	
Vitamin A, IU.....IU	19124		0	NC	4		45133	5642	
Lycopene.....mcg	2		0	BFSN	4		5	1	
Lutein + zeaxanthin.....mcg	333		0	BFSN	4		785	98	
Vitamin E (alpha-tocopherol).....mg	1.16		0	BFSN	4		2.74	0.34	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	15.5		0	BFSN	4		36.6	4.6	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.027		0		1		0.064	0.008	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.000		0		1		0.000	0.000	

NDB No. 11655  
Carrot juice, canned

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
12:0.....g	0.002		0		1	0.005	0.001
13:0.....g							
14:0.....g	0.001		0		1	0.002	0.000
15:0.....g							
16:0.....g	0.021		0		1	0.050	0.006
17:0.....g							
18:0.....g	0.001		0		1	0.002	0.000
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	0.007		0		1	0.017	0.002
14:1.....g							
15:1.....g							
16:1 undifferentiated.....g	0.002		0		1	0.005	0.001
17:1.....g							
18:1 undifferentiated.....g	0.005		0		1	0.012	0.001
20:1.....g	0.000		0		1	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1	0.000	0.000
24:1 c.....g							
Fatty acids, total polyunsaturated.....g	0.071		0		1	0.168	0.021
18:2 undifferentiated.....g	0.061		0		1	0.144	0.018
18:3 undifferentiated.....g	0.009		0		1	0.021	0.003
18:4.....g	0.000		0		1	0.000	0.000
20:2 n-6 c,c.....g							
20:3 undifferentiated.....g							
20:4 undifferentiated.....g	0.000		0		1	0.000	0.000
20:5 n-3.....g	0.000		0		1	0.000	0.000
22:5 n-3.....g	0.000		0		1	0.000	0.000
22:6 n-3.....g	0.000		0		1	0.000	0.000
Fatty acids, total trans.....g							
Cholesterol.....mg	0		0	Z	7	0	0
Phytosterols.....mg							
<b>Others:</b>							
Alcohol, ethyl.....g	0.0		0		7	0.0	0.0
Caffeine.....mg	0		0	Z	7	0	0
Theobromine.....mg	0		0	Z	7	0	0

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

**Common Measures:**

Measure 1 = 236g: 1 cup  
Measure 2 = 29.5g: 1 fl oz

**Calories Factors: Protein 2.78**

**Fat 8.37**

**Carbohydrate 3.84**

**Food Group: 11 Vegetables and Vegetable Products**  
USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11683  
Carrot, dehydrated

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	4.00		1		1		2.96		
Energy.....kcal	341		0	NC	4		252		
Energy.....kj	1427		0		4		1056		
Protein (N x 6.25).....g	8.10		1		1		5.99		
Total lipid (fat).....g	1.49		1		1		1.10		
Ash.....g	6.84		1		1		5.06		
Carbohydrate, by difference.....g	79.57		0	NC	4		58.88		
Fiber, total dietary.....g	23.6		0		4		17.5		
Sugars, total.....g	38.82		0	BFSN	4		28.73		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	212		1		1		157		
Iron, Fe.....mg	3.93		1		1		2.91		
Magnesium, Mg.....mg	118		1		1		87		
Phosphorus, P.....mg	346		1		1		256		
Potassium, K.....mg	2540		1		1		1880		
Sodium, Na.....mg	275		1		1		204		
Zinc, Zn.....mg	1.57		1		1		1.16		
Copper, Cu.....mg	0.370		1		1		0.274		
Manganese, Mn.....mg	1.116		1		1		0.826		
Selenium, Se.....mcg	8.6		0	BFSN	4		6.4		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	14.6		1		1		10.8		
Thiamin.....mg	0.534		1		1		0.395		
Riboflavin.....mg	0.417		1		1		0.309		
Niacin.....mg	6.567		1		1		4.860		
Pantothenic acid.....mg	1.471		1		1		1.089		
Vitamin B-6.....mg	1.040		1		1		0.770		
Folate, total.....mcg	55		1		1		41		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	55		1		1		41		
Folate, DFE.....mcg_DFE	55		0	NC	4		41		
Choline, total.....mg	72.1		0	BFSY	4		53.4		
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00		
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....mcg_RAE	3423		0	NC	4		2533		
Retinol.....mcg	0		0	Z	7		0		
Carotene, beta.....mcg	33954		0	BFSY	4		25126		
Carotene, alpha.....mcg	14251		0	BFSY	4		10546		
Cryptoxanthin, beta.....mcg	0		0	BFSY	4		0		
Vitamin A, IU.....IU	68466		0	NC	4		50665		
Lycopene.....mcg	3		0	BFSY	4		2		
Lutein + zeaxanthin.....mcg	1051		0	BFSY	4		778		
Vitamin E (alpha-tocopherol).....mg	5.45		0	BFSN	4		4.03		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	108.0		0	BFSN	4		79.9		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.256		0		1		0.189		
4:0.....g	0.000		0		7		0.000		
6:0.....g	0.000		0		7		0.000		
8:0.....g	0.000		0		7		0.000		
10:0.....g	0.000		0		7		0.000		

NDB No. 11683  
Carrot, dehydrated

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.019		0		1		0.014		
13:0.....g									
14:0.....g	0.009		0		1		0.007		
15:0.....g									
16:0.....g	0.218		0		1		0.161		
17:0.....g									
18:0.....g	0.009		0		1		0.007		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.076		0		1		0.056		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.019		0		1		0.014		
17:1.....g									
18:1 undifferentiated.....g	0.057		0		1		0.042		
20:1.....g	0.000		0		7		0.000		
22:1 undifferentiated.....g	0.000		0		7		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.730		0		1		0.540		
18:2 undifferentiated.....g	0.635		0		1		0.470		
18:3 undifferentiated.....g	0.095		0		1		0.070		
18:4.....g	0.000		0		7		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		7		0.000		
20:5 n-3.....g	0.000		0		7		0.000		
22:5 n-3.....g	0.000		0		7		0.000		
22:6 n-3.....g	0.000		0		7		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg	94		0		1		70		
<b>Amino Acids:</b>									
Tryptophan.....g	0.087		0		1		0.064		
Threonine.....g	0.299		0		1		0.221		
Isoleucine.....g	0.323		0		1		0.239		
Leucine.....g	0.338		0		1		0.250		
Lysine.....g	0.315		0		1		0.233		
Methionine.....g	0.056		0		1		0.041		
Cystine.....g	0.063		0		1		0.047		
Phenylalanine.....g	0.251		0		1		0.186		
Tyrosine.....g	0.157		0		1		0.116		
Valine.....g	0.346		0		1		0.256		
Arginine.....g	0.338		0		1		0.250		
Histidine.....g	0.126		0		1		0.093		
Alanine.....g	0.464		0		1		0.343		
Aspartic acid.....g	1.077		0		1		0.797		
Glutamic acid.....g	1.589		0		1		1.176		
Glycine.....g									
Proline.....g	0.228		0		1		0.169		
Serine.....g	0.275		0		1		0.204		
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

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

**Common Measures:**

**NDB No. 11683**  
**Carrot, dehydrated**

Measure 1 = 74g: 1 cup

**Calories Factors: Protein 2.78**

**Fat 8.37**

**Carbohydrate 3.84**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11960  
 Carrots, baby, raw  
*Daucus carota*

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	90.35	0.115	8	A	1		13.55	9.04	76.80
Energy.....kcal	35		0	NC	4		5	3	29
Energy.....kj	145		0	NC	4		22	14	123
Protein (N x 6.25).....g	0.64	0.040	8	A	1		0.10	0.06	0.54
Total lipid (fat).....g	0.13	0.025	8	A	1		0.02	0.01	0.11
Ash.....g	0.63	0.019	8	A	1		0.09	0.06	0.53
Carbohydrate, by difference.....g	8.24		0	NC	4		1.24	0.82	7.01
Fiber, total dietary.....g	2.9	0.192	8	A	1		0.4	0.3	2.5
Sugars, total.....g	4.76	0.117	4	A	1		0.71	0.48	4.04
Sucrose.....g	2.72	0.130	4	A	1		0.41	0.27	2.31
Glucose (dextrose).....g	1.04	0.076	4	A	1		0.16	0.10	0.88
Fructose.....g	1.00	0.062	4	A	1		0.15	0.10	0.85
Lactose.....g	0.00	0.000	4	A	1		0.00	0.00	0.00
Maltose.....g	0.00	0.000	4	A	1		0.00	0.00	0.00
Galactose.....g	0.00	0.000	4	A	1		0.00	0.00	0.00
Starch.....g	0.00	0.000	4	A	1		0.00	0.00	0.00
<b>Minerals:</b>									
Calcium, Ca.....mg	32	1.293	8	A	1		5	3	27
Iron, Fe.....mg	0.89	0.341	8	A	1		0.13	0.09	0.76
Magnesium, Mg.....mg	10	0.366	8	A	1		2	1	9
Phosphorus, P.....mg	28	0.741	8	A	1		4	3	24
Potassium, K.....mg	237	8.548	8	A	1		36	24	201
Sodium, Na.....mg	78	4.999	8	A	1		12	8	66
Zinc, Zn.....mg	0.17	0.006	8	A	1		0.03	0.02	0.14
Copper, Cu.....mg	0.100	0.006	8	A	1		0.015	0.010	0.085
Manganese, Mn.....mg	0.151	0.015	8	A	1		0.023	0.015	0.129
Selenium, Se.....mcg	0.9	0.115	8	A	1		0.1	0.1	0.7
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	2.6	0.182	8	A	1		0.4	0.3	2.2
Thiamin.....mg	0.030	0.002	8	A	1		0.005	0.003	0.026
Riboflavin.....mg	0.036	0.003	8	A	1		0.005	0.004	0.031
Niacin.....mg	0.556	0.040	8	A	1		0.083	0.056	0.472
Pantothenic acid.....mg	0.401	0.020	8	A	1		0.060	0.040	0.341
Vitamin B-6.....mg	0.105	0.018	7	A	1		0.016	0.011	0.090
Folate, total.....mcg	27	2.753	8	A	1		4	3	23
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg	27	2.753	8	A	1		4	3	23
Folate, DFE.....mcg_DFE	27		0	NC	4		4	3	23
Choline, total.....mg	7.5		0	AS	1		1.1	0.7	6.4
Betaine.....mg	0.1		1	A	1		0.0	0.0	0.1
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	690		0	AS	1		103	69	586
Retinol.....mcg	0		0	Z	7		0	0	0
Carotene, beta.....mcg	6391	1661.000	7	A	1		959	639	5432
Carotene, alpha.....mcg	3767	1026.500	7	A	1		565	377	3202
Cryptoxanthin, beta.....mcg	0		3	A	1		0	0	0
Vitamin A, IU.....IU	13790		0	AS	1		2069	1379	11722
Lycopene.....mcg	0		3	A	1		0	0	0
Lutein + zeaxanthin.....mcg	358		3	A	1		54	36	304
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	9.4	1.170	6	A	1		1.4	0.9	8.0
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.023		0	NC	4		0.003	0.002	0.019

**NDB No. 11960**  
**Carrots, baby, raw**

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u> <u>measures of food</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g	0.002		1		1		0.000	0.000	0.001
13:0.....g									
14:0.....g	0.001		1		1		0.000	0.000	0.001
15:0.....g									
16:0.....g	0.019		1		1		0.003	0.002	0.017
17:0.....g									
18:0.....g	0.001		1		1		0.000	0.000	0.001
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.007		0	NC	4		0.001	0.001	0.006
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		1		1		0.000	0.000	0.001
17:1.....g									
18:1 undifferentiated.....g	0.005		1		1		0.001	0.000	0.004
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.065		0	NC	4		0.010	0.007	0.056
18:2 undifferentiated.....g	0.057		1		1		0.009	0.006	0.048
18:3 undifferentiated.....g	0.008		1		1		0.001	0.001	0.007
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	0
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.009		0		1		0.001	0.001	0.008
Threonine.....g	0.031		0		1		0.005	0.003	0.026
Isoleucine.....g	0.034		0		1		0.005	0.003	0.029
Leucine.....g	0.035		0		1		0.005	0.004	0.030
Lysine.....g	0.033		0		1		0.005	0.003	0.028
Methionine.....g	0.006		0		1		0.001	0.001	0.005
Cystine.....g	0.007		0		1		0.001	0.001	0.006
Phenylalanine.....g	0.026		0		1		0.004	0.003	0.022
Tyrosine.....g	0.016		0		1		0.002	0.002	0.014
Valine.....g	0.036		0		1		0.005	0.004	0.031
Arginine.....g	0.035		0		1		0.005	0.004	0.030
Histidine.....g	0.013		0		1		0.002	0.001	0.011
Alanine.....g	0.048		0		1		0.007	0.005	0.041
Aspartic acid.....g	0.112		0		1		0.017	0.011	0.095
Glutamic acid.....g	0.165		0		1		0.025	0.017	0.140
Glycine.....g	0.024		0		1		0.004	0.002	0.020
Proline.....g	0.024		0		1		0.004	0.002	0.020
Serine.....g	0.028		0		1		0.004	0.003	0.024
Hydroxyproline.....g									

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

**Common Measures:**



**NDB No. 11960**  
**Carrots, baby, raw**

Measure 1 = 15.0g: 1 large

Measure 2 = 10.0g: 1 medium

Measure 3 = 85g: 1 NLEA serving

**Calories Factors: Protein 2.78**

**Fat 8.37**

**Carbohydrate 3.84**

**Food Group:** 11 Vegetables and Vegetable Products  
USDA National Nutrient Database for Standard Reference, Release 21 (2008)



Carrots, canned, no salt added, drained solids

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.002		0		1		0.005	0.003	0.000
13:0.....g									
14:0.....g	0.001		0		1		0.002	0.001	0.000
15:0.....g									
16:0.....g	0.027		0		1		0.062	0.039	0.001
17:0.....g									
18:0.....g	0.001		0		1		0.002	0.001	0.000
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.009		0		1		0.021	0.013	0.000
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0		1		0.005	0.003	0.000
17:1.....g									
18:1 undifferentiated.....g	0.007		0		1		0.016	0.010	0.000
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.092		0		1		0.210	0.134	0.003
18:2 undifferentiated.....g	0.079		0		1		0.180	0.115	0.002
18:3 undifferentiated.....g	0.011		0		1		0.025	0.016	0.000
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0	0	0
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.007		0		1		0.016	0.010	0.000
Threonine.....g	0.023		0		1		0.052	0.034	0.001
Isoleucine.....g	0.025		0		1		0.057	0.037	0.001
Leucine.....g	0.027		0		1		0.062	0.039	0.001
Lysine.....g	0.025		0		1		0.057	0.037	0.001
Methionine.....g	0.004		0		1		0.009	0.006	0.000
Cystine.....g	0.005		0		1		0.011	0.007	0.000
Phenylalanine.....g	0.020		0		1		0.046	0.029	0.001
Tyrosine.....g	0.012		0		1		0.027	0.018	0.000
Valine.....g	0.027		0		1		0.062	0.039	0.001
Arginine.....g	0.026		0		1		0.059	0.038	0.001
Histidine.....g	0.010		0		1		0.023	0.015	0.000
Alanine.....g	0.036		0		1		0.082	0.053	0.001
Aspartic acid.....g	0.084		0		1		0.192	0.123	0.002
Glutamic acid.....g	0.124		0		1		0.283	0.181	0.003
Glycine.....g	0.018		0		1		0.041	0.026	0.001
Proline.....g	0.018		0		1		0.041	0.026	0.001
Serine.....g	0.021		0		1		0.048	0.031	0.001
Hydroxyproline.....g									

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

**Common Measures:**

Measure 1 = 228g: 1 cup, mashed

Measure 2 = 146g: 1 cup, sliced

Measure 3 = 2.8g: 1 slice

**NDB No. 11759**

**Carrots, canned, no salt added, drained solids**

**Calories Factors: Protein 2.78**

**Fat 8.37**

**Carbohydrate 3.84**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11758

Carrots, canned, no salt added, solids and liquids

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	92.99	0.711	133	A	1		114.38	422.17	
Energy.....kcal	23		0	NC	4		29	106	
Energy.....kj	98		0	NC	4		120	444	
Protein (N x 6.25).....g	0.59	0.020	155	A	1		0.73	2.68	
Total lipid (fat).....g	0.14	0.007	152	A	1		0.17	0.64	
Ash.....g	0.92	0.024	124	A	1		1.13	4.18	
Carbohydrate, by difference.....g	5.36		0	NC	4		6.59	24.33	
Fiber, total dietary.....g	1.8		0	A	1		2.2	8.2	
Sugars, total.....g	2.46		0	BFSN	4		3.03	11.18	
Sucrose.....g	1.92		0	BFSN	4		2.37	8.73	
Glucose (dextrose).....g	0.28		0	BFSN	4		0.35	1.28	
Fructose.....g	0.26		0	BFSN	4		0.32	1.17	
Lactose.....g	0.00		0	BFSN	4		0.00	0.00	
Maltose.....g	0.00		0	BFSN	4		0.00	0.00	
Galactose.....g	0.00		0	BFSN	4		0.00	0.00	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	31	1.325	152	A	1		38	141	
Iron, Fe.....mg	0.52	0.038	147	A	1		0.64	2.36	
Magnesium, Mg.....mg	9	0.173	109		1		11	41	
Phosphorus, P.....mg	20	0.347	152		1		25	91	
Potassium, K.....mg	158	5.499	75	A	1		194	717	
Sodium, Na.....mg	34	5.276	10	A	1		42	154	
Zinc, Zn.....mg	0.29	0.006	73		1		0.36	1.32	
Copper, Cu.....mg	0.103	0.007	73		1		0.127	0.468	
Manganese, Mn.....mg	0.450	0.027	6		1		0.554	2.043	
Selenium, Se.....mcg	0.4		0	BFSN	4		0.5	1.8	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	2.0	0.123	122	A	1		2.5	9.1	
Thiamin.....mg	0.019	0.000	167		1		0.023	0.086	
Riboflavin.....mg	0.027	0.000	167		1		0.033	0.123	
Niacin.....mg	0.421	0.012	164		1		0.518	1.911	
Pantothenic acid.....mg	0.139	0.005	6		1		0.171	0.631	
Vitamin B-6.....mg	0.112	0.002	6		1		0.138	0.508	
Folate, total.....mcg	8	0.707	9		1		10	37	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	8	0.707	9		1		10	37	
Folate, DFE.....mcg_DFE	8		0	NC	4		10	37	
Choline, total.....mg	6.3		0	BFSN	4		7.7	28.4	
Betaine.....mg	0.1		0	BFSN	4		0.1	0.4	
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	558		0	AS	1		687	2536	
Retinol.....mcg	0		0	Z	7		0	0	
Carotene, beta.....mcg	5331	84.667	15	A	1		6557	24201	
Carotene, alpha.....mcg	2743		14	A	1		3373	12451	
Cryptoxanthin, beta.....mcg	0		4	A	1		0	0	
Vitamin A, IU.....IU	11170		0	AS	1		13739	50711	
Lycopene.....mcg	0		4	A	1		0	0	
Lutein + zeaxanthin.....mcg	0		4	A	1		0	0	
Vitamin E (alpha-tocopherol).....mg	0.73		0	BFSN	4		0.90	3.33	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg	0.01		0	BFSN	4		0.02	0.06	
Tocopherol, gamma.....mg	0.01		0	BFSN	4		0.01	0.03	
Tocopherol, delta.....mg	0.00		0	BFSN	4		0.00	0.00	
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	9.8		0	BFSN	4		12.0	44.3	

Carrots, canned, no salt added, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.024		0	NC	4		0.030	0.110	
4:0.....g	0.000		0	BFFN	4		0.000	0.000	
6:0.....g	0.000		0	BFFN	4		0.000	0.000	
8:0.....g	0.000		0	BFFN	4		0.000	0.000	
10:0.....g	0.000		0	BFFN	4		0.000	0.000	
12:0.....g	0.002		0	BFFN	4		0.003	0.010	
13:0.....g									
14:0.....g	0.001		0	BFFN	4		0.001	0.005	
15:0.....g									
16:0.....g	0.020		0	BFFN	4		0.025	0.091	
17:0.....g									
18:0.....g	0.001		0	BFFN	4		0.001	0.005	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.007		0	NC	4		0.009	0.034	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0	BFFN	4		0.003	0.010	
17:1.....g									
18:1 undifferentiated.....g	0.005		0	BFFN	4		0.007	0.024	
20:1.....g	0.000		0	BFFN	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.068		0	NC	4		0.083	0.307	
18:2 undifferentiated.....g	0.059		0	BFFN	4		0.073	0.269	
18:3 undifferentiated.....g	0.008		0	BFFN	4		0.010	0.038	
18:4.....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
20:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.008		0	NR	4		0.009	0.034	
Threonine.....g	0.122		0	NR	4		0.150	0.553	
Isoleucine.....g	0.049		0	NR	4		0.060	0.222	
Leucine.....g	0.065		0	NR	4		0.080	0.294	
Lysine.....g	0.064		0	NR	4		0.079	0.292	
Methionine.....g	0.013		0	NR	4		0.016	0.059	
Cystine.....g	0.053		0	NR	4		0.065	0.239	
Phenylalanine.....g	0.039		0	NR	4		0.048	0.176	
Tyrosine.....g	0.027		0	NR	4		0.033	0.123	
Valine.....g	0.044		0	NR	4		0.054	0.199	
Arginine.....g	0.058		0	NR	4		0.072	0.264	
Histidine.....g	0.025		0	NR	4		0.031	0.115	
Alanine.....g	0.072		0	NR	4		0.088	0.326	
Aspartic acid.....g	0.121		0	NR	4		0.149	0.549	
Glutamic acid.....g	0.233		0	NR	4		0.287	1.060	
Glycine.....g	0.030		0	NR	4		0.037	0.135	
Proline.....g	0.035		0	NR	4		0.042	0.157	
Serine.....g	0.034		0	NR	4		0.042	0.156	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

NDB No. 11758

**Carrots, canned, no salt added, solids and liquids**

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

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

**Common Measures:**

Measure 1 = 123g: .5 cup slices

Measure 2 = 454g: 1 can (303 x 406)

**Calories Factors: Protein** 2.78

**Fat** 8.37

**Carbohydrate**3.84

**Food Group:** 11 Vegetables and Vegetable Products  
USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11128

Carrots, canned, regular pack, drained solids

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	92.95	0.290	11		1		211.93	135.71	2.60
Energy.....kcal	25		0	NC	4		57	37	1
Energy.....kj	105		0		4		238	153	3
Protein (N x 6.25).....g	0.64	0.029	11		1		1.46	0.93	0.02
Total lipid (fat).....g	0.19	0.013	11		1		0.43	0.28	0.01
Ash.....g	0.68	0.068	11		1		1.55	0.99	0.02
Carbohydrate, by difference.....g	5.54		0	NC	4		12.63	8.09	0.16
Fiber, total dietary.....g	1.5		0		1		3.4	2.2	0.0
Sugars, total.....g	2.48		0	BFSN	4		5.65	3.62	0.07
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	25	0.353	6		1		57	37	1
Iron, Fe.....mg	0.64	0.025	6		1		1.46	0.93	0.02
Magnesium, Mg.....mg	8	0.183	6		1		18	12	0
Phosphorus, P.....mg	24	0.281	6		1		55	35	1
Potassium, K.....mg	179	14.472	6		1		408	261	5
Sodium, Na.....mg	242		0	BD	4		552	353	7
Zinc, Zn.....mg	0.26	0.020	11		1		0.59	0.38	0.01
Copper, Cu.....mg	0.104	0.013	10		1		0.237	0.152	0.003
Manganese, Mn.....mg	0.450	0.027	6		1		1.026	0.657	0.013
Selenium, Se.....mcg	0.4		0	BFSN	4		0.9	0.6	0.0
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	2.7	0.062	6		1		6.2	3.9	0.1
Thiamin.....mg	0.018	0.002	6		1		0.041	0.026	0.001
Riboflavin.....mg	0.030	0.000	6		1		0.068	0.044	0.001
Niacin.....mg	0.552	0.021	6		1		1.259	0.806	0.015
Pantothenic acid.....mg	0.135	0.005	6		1		0.308	0.197	0.004
Vitamin B-6.....mg	0.112	0.002	6		1		0.255	0.164	0.003
Folate, total.....mcg	9	0.297	6		1		21	13	0
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg	9	0.297	6		1		21	13	0
Folate, DFE.....mcg_DFE	9		0	NC	4		21	13	0
Choline, total.....mg	6.3		0	BFSN	4		14.3	9.2	0.2
Betaine.....mg	0.1		0	BFSN	4		0.2	0.1	0.0
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	558		0	AS	1		1273	815	16
Retinol.....mcg	0		0	Z	7		0	0	0
Carotene, beta.....mcg	5331	84.667	15	A	1		12154	7783	149
Carotene, alpha.....mcg	2743		14	A	1		6253	4004	77
Cryptoxanthin, beta.....mcg	0		4	A	1		0	0	0
Vitamin A, IU.....IU	11170		0	AS	1		25467	16308	313
Lycopene.....mcg	0		4	A	1		0	0	0
Lutein + zeaxanthin.....mcg	0		4	A	1		0	0	0
Vitamin E (alpha-tocopherol).....mg	0.74		0	BFSN	4		1.68	1.08	0.02
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	9.8		0	BFSN	4		22.4	14.3	0.3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.036		0		1		0.082	0.053	0.001
4:0.....g	0.000		0		1		0.000	0.000	0.000
6:0.....g	0.000		0		1		0.000	0.000	0.000
8:0.....g	0.000		0		1		0.000	0.000	0.000
10:0.....g	0.000		0		1		0.000	0.000	0.000



Carrots, canned, regular pack, drained solids

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.002		0		1		0.005	0.003	0.000
13:0.....g									
14:0.....g	0.001		0		1		0.002	0.001	0.000
15:0.....g									
16:0.....g	0.027		0		1		0.062	0.039	0.001
17:0.....g									
18:0.....g	0.001		0		1		0.002	0.001	0.000
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.009		0		1		0.021	0.013	0.000
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0		1		0.005	0.003	0.000
17:1.....g									
18:1 undifferentiated.....g	0.007		0		1		0.016	0.010	0.000
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.092		0		1		0.210	0.134	0.003
18:2 undifferentiated.....g	0.079		0		1		0.180	0.115	0.002
18:3 undifferentiated.....g	0.011		0		1		0.025	0.016	0.000
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	0
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.008		0	NR	4		0.019	0.012	0.000
Threonine.....g	0.132		0	NR	4		0.301	0.193	0.004
Isoleucine.....g	0.053		0	NR	4		0.121	0.077	0.001
Leucine.....g	0.070		0	NR	4		0.160	0.103	0.002
Lysine.....g	0.070		0	NR	4		0.159	0.102	0.002
Methionine.....g	0.014		0	NR	4		0.032	0.021	0.000
Cystine.....g	0.057		0	NR	4		0.130	0.083	0.002
Phenylalanine.....g	0.042		0	NR	4		0.096	0.061	0.001
Tyrosine.....g	0.029		0	NR	4		0.067	0.043	0.001
Valine.....g	0.048		0	NR	4		0.108	0.069	0.001
Arginine.....g	0.063		0	NR	4		0.144	0.092	0.002
Histidine.....g	0.027		0	NR	4		0.063	0.040	0.001
Alanine.....g	0.078		0	NR	4		0.178	0.114	0.002
Aspartic acid.....g	0.131		0	NR	4		0.299	0.191	0.004
Glutamic acid.....g	0.253		0	NR	4		0.577	0.370	0.007
Glycine.....g	0.032		0	NR	4		0.073	0.047	0.001
Proline.....g	0.037		0	NR	4		0.085	0.055	0.001
Serine.....g	0.037		0	NR	4		0.085	0.054	0.001
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0

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

**Common Measures:**

**NDB No. 11128**

**Carrots, canned, regular pack, drained solids**

Measure 1 = 228g: 1 cup, mashed

Measure 2 = 146g: 1 cup, sliced

Measure 3 = 2.8g: 1 slice

**Calories Factors: Protein 2.78**

**Fat 8.37**

**Carbohydrate 3.84**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)



Carrots, canned, regular pack, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.001		0	BFFN	4		0.001	0.005	
15:0.....g									
16:0.....g	0.019		0	BFFN	4		0.023	0.086	
17:0.....g									
18:0.....g	0.001		0	BFFN	4		0.001	0.005	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.006		0	BFFN	4		0.007	0.027	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0	BFFN	4		0.002	0.009	
17:1.....g									
18:1 undifferentiated.....g	0.005		0	BFFN	4		0.006	0.023	
20:1.....g	0.000		0	BFFN	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.065		0	BFFN	4		0.080	0.295	
18:2 undifferentiated.....g	0.056		0	BFFN	4		0.069	0.254	
18:3 undifferentiated.....g	0.008		0	BFFN	4		0.010	0.036	
18:4.....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	Z	7		0.000	0.000	
20:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3.....g	0.000		0	Z	7		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.006		0	BFFN	4		0.007	0.027	
Threonine.....g	0.021		0	BFFN	4		0.026	0.095	
Isoleucine.....g	0.023		0	BFFN	4		0.028	0.104	
Leucine.....g	0.024		0	BFFN	4		0.030	0.109	
Lysine.....g	0.023		0	BFFN	4		0.028	0.104	
Methionine.....g	0.004		0	BFFN	4		0.005	0.018	
Cystine.....g	0.005		0	BFFN	4		0.006	0.023	
Phenylalanine.....g	0.018		0	BFFN	4		0.022	0.082	
Tyrosine.....g	0.011		0	BFFN	4		0.014	0.050	
Valine.....g	0.025		0	BFFN	4		0.031	0.114	
Arginine.....g	0.024		0	BFFN	4		0.030	0.109	
Histidine.....g	0.009		0	BFFN	4		0.011	0.041	
Alanine.....g	0.033		0	BFFN	4		0.041	0.150	
Aspartic acid.....g	0.077		0	BFFN	4		0.095	0.350	
Glutamic acid.....g	0.113		0	BFFN	4		0.139	0.513	
Glycine.....g	0.017		0	BFFN	4		0.021	0.077	
Proline.....g	0.016		0	BFFN	4		0.020	0.073	
Serine.....g	0.019		0	BFFN	4		0.023	0.086	
Hydroxyproline.....g									
<b><u>Others:</u></b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg									
Theobromine.....mg									

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

**Common Measures:**

Measure 1 = 123g: .5 cup slices

**NDB No. 11126**

**Carrots, canned, regular pack, solids and liquids**

Measure 2 = 454g: 1 can (303 x 406)

**Calories Factors: Protein 2.78**

**Fat 8.37**

**Carbohydrate 3.84**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11757

Carrots, cooked, boiled, drained, with salt

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv	Source	Measure 1	Measure 2	Measure 3
				Code	Code			
<b>Proximates:</b>								
Water.....g	90.17	0.195	4	A	1	8.75	70.33	41.48
Energy.....kcal	35		0	NC	4	3	27	16
Energy.....kj	147		0	NC	4	14	115	68
Protein (N x 6.25).....g	0.76	0.048	4	A	1	0.07	0.59	0.35
Total lipid (fat).....g	0.18	0.071	4	A	1	0.02	0.14	0.08
Ash.....g	0.67	0.041	4	A	1	0.07	0.53	0.31
Carbohydrate, by difference.....g	8.22		0	NC	4	0.80	6.41	3.78
Fiber, total dietary.....g	3.0	0.041	4	A	1	0.3	2.3	1.4
Sugars, total.....g	3.45		0	NC	4	0.34	2.69	1.59
Sucrose.....g	2.70	0.178	4	A	1	0.26	2.10	1.24
Glucose (dextrose).....g	0.40	0.058	4	A	1	0.04	0.31	0.18
Fructose.....g	0.36	0.052	4	A	1	0.04	0.28	0.17
Lactose.....g	0.00	0.000	4	A	1	0.00	0.00	0.00
Maltose.....g	0.00	0.000	4	A	1	0.00	0.00	0.00
Galactose.....g	0.00		0	BFSN	4	0.00	0.00	0.00
Starch.....g	0.17		2	A	1	0.02	0.13	0.08
<b>Minerals:</b>								
Calcium, Ca.....mg	30	1.157	4	A	1	3	23	14
Iron, Fe.....mg	0.34	0.036	4	A	1	0.03	0.27	0.16
Magnesium, Mg.....mg	10	0.397	4	A	1	1	8	5
Phosphorus, P.....mg	30	1.702	4	A	1	3	24	14
Potassium, K.....mg	235	18.143	4	A	1	23	183	108
Sodium, Na.....mg	302		0		4	29	236	139
Zinc, Zn.....mg	0.20	0.008	4	A	1	0.02	0.16	0.09
Copper, Cu.....mg	0.017	0.000	4	A	1	0.002	0.013	0.008
Manganese, Mn.....mg	0.155	0.038	4	A	1	0.015	0.121	0.071
Selenium, Se.....mcg	0.7	0.201	4	A	1	0.1	0.5	0.3
<b>Vitamins:</b>								
Vitamin C, total ascorbic acid.....mg	3.6	0.931	4	A	1	0.3	2.8	1.7
Thiamin.....mg	0.066	0.003	4	A	1	0.006	0.051	0.030
Riboflavin.....mg	0.044	0.002	4	A	1	0.004	0.034	0.020
Niacin.....mg	0.645	0.031	4	A	1	0.063	0.503	0.297
Pantothenic acid.....mg	0.232	0.006	4	A	1	0.023	0.181	0.107
Vitamin B-6.....mg	0.153	0.004	4	A	1	0.015	0.119	0.070
Folate, total.....mcg	2	0.000	4	A	1	0	1	1
Folic acid.....mcg	0		0	Z	7	0	0	0
Folate, food.....mcg	2	0.000	4	A	1	0	1	1
Folate, DFE.....mcg_DFE	2		0	NC	4	0	1	1
Choline, total.....mg	8.8		0	AS	1	0.9	6.8	4.0
Betaine.....mg	0.1		1	A	1	0.0	0.1	0.1
Vitamin B-12.....mcg	0.00		0	Z	7	0.00	0.00	0.00
Vitamin B-12, added.....mcg	0.00		0	Z	7	0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	852		0	NC	4	83	664	392
Retinol.....mcg	0		0	Z	7	0	0	0
Carotene, beta.....mcg	8332	95.030	21	A	1	808	6499	3833
Carotene, alpha.....mcg	3776	47.860	21	A	1	366	2945	1737
Cryptoxanthin, beta.....mcg	0		0	BFSY	4	0	0	0
Vitamin A, IU.....IU	17033		0	NC	4	1652	13286	7835
Lycopene.....mcg	0	0.000	4	A	1	0	0	0
Lutein + zeaxanthin.....mcg	194		0	BFSY	4	19	151	89
Vitamin E (alpha-tocopherol).....mg	1.03	0.085	4	A	1	0.10	0.80	0.47
Vitamin E, added.....mg	0.00		0	Z	7	0.00	0.00	0.00
Tocopherol, beta.....mg	0.02	0.001	4	A	1	0.00	0.01	0.01
Tocopherol, gamma.....mg	0.01	0.005	4	A	1	0.00	0.01	0.00
Tocopherol, delta.....mg	0.00	0.000	4	A	1	0.00	0.00	0.00
Vitamin D.....IU								
Vitamin K (phylloquinone).....mcg	13.7	1.622	4	A	1	1.3	10.7	6.3

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.037		0	NC	4		0.004	0.029	0.017
4:0.....g	0.000		0	Z	7		0.000	0.000	0.000
6:0.....g	0.000		0	Z	7		0.000	0.000	0.000
8:0.....g	0.000		2	A	1		0.000	0.000	0.000
10:0.....g	0.000		2	A	1		0.000	0.000	0.000
12:0.....g	0.000		2	A	1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.000		2	A	1		0.000	0.000	0.000
15:0.....g	0.000		2	A	1		0.000	0.000	0.000
16:0.....g	0.035		2	A	1		0.003	0.027	0.016
17:0.....g	0.000		2	A	1		0.000	0.000	0.000
18:0.....g	0.002		2	A	1		0.000	0.001	0.001
20:0.....g	0.000		2	A	1		0.000	0.000	0.000
22:0.....g	0.000		2	A	1		0.000	0.000	0.000
24:0.....g	0.000		2	A	1		0.000	0.000	0.000
Fatty acids, total monounsaturated.....g	0.007		0	NC	4		0.001	0.006	0.003
14:1.....g	0.000		2	A	1		0.000	0.000	0.000
15:1.....g	0.000		2	A	1		0.000	0.000	0.000
16:1 undifferentiated.....g	0.002		2	A	1		0.000	0.001	0.001
17:1.....g	0.000		2	A	1		0.000	0.000	0.000
18:1 undifferentiated.....g	0.006		2	A	1		0.001	0.005	0.003
20:1.....g	0.000		2	A	1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		2	A	1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.107		0	NC	4		0.010	0.083	0.049
18:2 undifferentiated.....g	0.105		2	A	1		0.010	0.082	0.048
18:3 undifferentiated.....g	0.002		2	A	1		0.000	0.001	0.001
18:4.....g	0.000		2	A	1		0.000	0.000	0.000
20:2 n-6 c,c.....g	0.000		2	A	1		0.000	0.000	0.000
20:3 undifferentiated.....g	0.000		2	A	1		0.000	0.000	0.000
20:4 undifferentiated.....g	0.000		2	A	1		0.000	0.000	0.000
20:5 n-3.....g	0.000		2	A	1		0.000	0.000	0.000
22:5 n-3.....g	0.000		2	A	1		0.000	0.000	0.000
22:6 n-3.....g	0.000		2	A	1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	0
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.010		0	A	1		0.001	0.008	0.004
Threonine.....g	0.157		0	A	1		0.015	0.122	0.072
Isoleucine.....g	0.063		0	A	1		0.006	0.049	0.029
Leucine.....g	0.084		0	A	1		0.008	0.065	0.038
Lysine.....g	0.083		0	A	1		0.008	0.065	0.038
Methionine.....g	0.017		0	A	1		0.002	0.013	0.008
Cystine.....g	0.068		0	A	1		0.007	0.053	0.031
Phenylalanine.....g	0.050		0	A	1		0.005	0.039	0.023
Tyrosine.....g	0.035		0	A	1		0.003	0.027	0.016
Valine.....g	0.056		0	A	1		0.005	0.044	0.026
Arginine.....g	0.075		0	A	1		0.007	0.058	0.034
Histidine.....g	0.033		0	A	1		0.003	0.025	0.015
Alanine.....g	0.093		0	A	1		0.009	0.072	0.043
Aspartic acid.....g	0.156		0	A	1		0.015	0.121	0.072
Glutamic acid.....g	0.301		0	A	1		0.029	0.235	0.138
Glycine.....g	0.038		0	A	1		0.004	0.030	0.018
Proline.....g	0.044		0	A	1		0.004	0.035	0.020
Serine.....g	0.044		0	A	1		0.004	0.035	0.020
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0

NDB No. 11757

Carrots, cooked, boiled, drained, with salt

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

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

**Common Measures:**

Measure 1 = 9.7g: 1 tbsp

Measure 2 = 78g: .5 cup slices

Measure 3 = 46g: 1 carrot

**Calories Factors: Protein 2.78**

**Fat 8.37**

**Carbohydrate 3.84**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)



NDB No. 11125

Carrots, cooked, boiled, drained, without salt

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	90.17	0.195	4	A	1		8.75	70.33	41.48
Energy.....kcal	35		0	NC	4		3	27	16
Energy.....kj	147		0	NC	4		14	115	68
Protein (N x 6.25).....g	0.76	0.048	4	A	1		0.07	0.59	0.35
Total lipid (fat).....g	0.18	0.071	4	A	1		0.02	0.14	0.08
Ash.....g	0.67	0.041	4	A	1		0.07	0.53	0.31
Carbohydrate, by difference.....g	8.22		0	NC	4		0.80	6.41	3.78
Fiber, total dietary.....g	3.0	0.041	4	A	1		0.3	2.3	1.4
Sugars, total.....g	3.45		0	AS	1		0.34	2.69	1.59
Sucrose.....g	2.70	0.178	4	A	1		0.26	2.10	1.24
Glucose (dextrose).....g	0.40	0.058	4	A	1		0.04	0.31	0.18
Fructose.....g	0.36	0.052	4	A	1		0.04	0.28	0.17
Lactose.....g	0.00	0.000	4	A	1		0.00	0.00	0.00
Maltose.....g	0.00	0.000	4	A	1		0.00	0.00	0.00
Galactose.....g	0.00		0	Z	7		0.00	0.00	0.00
Starch.....g	0.17		2	A	1		0.02	0.13	0.08
<b>Minerals:</b>									
Calcium, Ca.....mg	30	1.157	4	A	1		3	23	14
Iron, Fe.....mg	0.34	0.036	4	A	1		0.03	0.27	0.16
Magnesium, Mg.....mg	10	0.397	4	A	1		1	8	5
Phosphorus, P.....mg	30	1.702	4	A	1		3	24	14
Potassium, K.....mg	235	18.143	4	A	1		23	183	108
Sodium, Na.....mg	58	5.252	4	A	1		6	45	27
Zinc, Zn.....mg	0.20	0.008	4	A	1		0.02	0.16	0.09
Copper, Cu.....mg	0.017	0.000	4	A	1		0.002	0.013	0.008
Manganese, Mn.....mg	0.155	0.038	4	A	1		0.015	0.121	0.071
Selenium, Se.....mcg	0.7	0.201	4	A	1		0.1	0.5	0.3
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	3.6	0.931	4	A	1		0.3	2.8	1.7
Thiamin.....mg	0.066	0.003	4	A	1		0.006	0.051	0.030
Riboflavin.....mg	0.044	0.002	4	A	1		0.004	0.034	0.020
Niacin.....mg	0.645	0.031	4	A	1		0.063	0.503	0.297
Pantothenic acid.....mg	0.232	0.006	4	A	1		0.023	0.181	0.107
Vitamin B-6.....mg	0.153	0.004	4	A	1		0.015	0.119	0.070
Folate, total.....mcg	14	0.944	12		1		1	11	6
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg	14	0.944	12		1		1	11	6
Folate, DFE.....mcg_DFE	14		0	NC	4		1	11	6
Choline, total.....mg	8.8		0	AS	1		0.9	6.8	4.0
Betaine.....mg	0.1		1	A	1		0.0	0.1	0.1
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	852		0	NC	4		83	664	392
Retinol.....mcg	0		0	Z	7		0	0	0
Carotene, beta.....mcg	8332	95.030	21	A	1		808	6499	3833
Carotene, alpha.....mcg	3776	47.860	21	A	1		366	2945	1737
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0	0	0
Vitamin A, IU.....IU	17033		0	NC	4		1652	13286	7835
Lycopene.....mcg	0	0.000	4	A	1		0	0	0
Lutein + zeaxanthin.....mcg	687	70.697	4	A	1		67	536	316
Vitamin E (alpha-tocopherol).....mg	1.03	0.085	4	A	1		0.10	0.80	0.47
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg	0.02	0.001	4	A	1		0.00	0.01	0.01
Tocopherol, gamma.....mg	0.01	0.005	4	A	1		0.00	0.01	0.00
Tocopherol, delta.....mg	0.00	0.000	4	A	1		0.00	0.00	0.00
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	13.7	1.622	4	A	1		1.3	10.7	6.3

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.030		0	NC	4		0.003	0.024	0.014
4:0.....g	0.000		0		1		0.000	0.000	0.000
6:0.....g	0.000		0		1		0.000	0.000	0.000
8:0.....g	0.000		2	A	1		0.000	0.000	0.000
10:0.....g	0.000		2	A	1		0.000	0.000	0.000
12:0.....g	0.000		2	A	1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.000		2	A	1		0.000	0.000	0.000
15:0.....g	0.000		2	A	1		0.000	0.000	0.000
16:0.....g	0.029		2	A	1		0.003	0.023	0.013
17:0.....g	0.000		2	A	1		0.000	0.000	0.000
18:0.....g	0.001		2	A	1		0.000	0.001	0.001
20:0.....g	0.000		2	A	1		0.000	0.000	0.000
22:0.....g	0.000		2	A	1		0.000	0.000	0.000
24:0.....g	0.000		2	A	1		0.000	0.000	0.000
Fatty acids, total monounsaturated.....g	0.006		0	NC	4		0.001	0.005	0.003
14:1.....g	0.000		2	A	1		0.000	0.000	0.000
15:1.....g	0.000		2	A	1		0.000	0.000	0.000
16:1 undifferentiated.....g	0.001		2	A	1		0.000	0.001	0.001
17:1.....g	0.000		2	A	1		0.000	0.000	0.000
18:1 undifferentiated.....g	0.005		2	A	1		0.000	0.004	0.002
20:1.....g	0.000		2	A	1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		2	A	1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.089		0	NC	4		0.009	0.069	0.041
18:2 undifferentiated.....g	0.087		2	A	1		0.008	0.068	0.040
18:3 undifferentiated.....g	0.001		2	A	1		0.000	0.001	0.001
18:4.....g	0.000		2	A	1		0.000	0.000	0.000
20:2 n-6 c,c.....g	0.000		2	A	1		0.000	0.000	0.000
20:3 undifferentiated.....g	0.000		2	A	1		0.000	0.000	0.000
20:4 undifferentiated.....g	0.000		2	A	1		0.000	0.000	0.000
20:5 n-3.....g	0.000		2	A	1		0.000	0.000	0.000
22:5 n-3.....g	0.000		2	A	1		0.000	0.000	0.000
22:6 n-3.....g	0.000		2	A	1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	0
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.010		0	A	1		0.001	0.008	0.004
Threonine.....g	0.157		0	A	1		0.015	0.122	0.072
Isoleucine.....g	0.063		0	A	1		0.006	0.049	0.029
Leucine.....g	0.084		0	A	1		0.008	0.065	0.038
Lysine.....g	0.083		0	A	1		0.008	0.065	0.038
Methionine.....g	0.017		0	A	1		0.002	0.013	0.008
Cystine.....g	0.068		0	A	1		0.007	0.053	0.031
Phenylalanine.....g	0.050		0	A	1		0.005	0.039	0.023
Tyrosine.....g	0.035		0	A	1		0.003	0.027	0.016
Valine.....g	0.056		0	A	1		0.005	0.044	0.026
Arginine.....g	0.075		0	A	1		0.007	0.058	0.034
Histidine.....g	0.033		0	A	1		0.003	0.025	0.015
Alanine.....g	0.093		0	A	1		0.009	0.072	0.043
Aspartic acid.....g	0.156		0	A	1		0.015	0.121	0.072
Glutamic acid.....g	0.301		0	A	1		0.029	0.235	0.138
Glycine.....g	0.038		0	A	1		0.004	0.030	0.018
Proline.....g	0.044		0	A	1		0.004	0.035	0.020
Serine.....g	0.044		0	A	1		0.004	0.035	0.020
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0

NDB No. 11125

Carrots, cooked, boiled, drained, without salt

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

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

**Common Measures:**

Measure 1 = 9.7g: 1 tbsp

Measure 2 = 78g: .5 cup slices

Measure 3 = 46g: 1 carrot

**Calories Factors: Protein** 2.78

**Fat** 8.37

**Carbohydrate** 3.84

**Food Group:** 11 Vegetables and Vegetable Products  
USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11760

Carrots, frozen, cooked, boiled, drained, with salt

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	90.32	0.214	3	A	1		131.87		
Energy.....kcal	37		0	NC	4		54		
Energy.....kj	155		0	NC	4		226		
Protein (N x 6.25).....g	0.58	0.012	3	A	1		0.84		
Total lipid (fat).....g	0.68	0.013	3	A	1		1.00		
Ash.....g	0.69	0.032	3	A	1		1.00		
Carbohydrate, by difference.....g	7.73		0	NC	4		11.29		
Fiber, total dietary.....g	3.3	0.150	3	A	1		4.8		
Sugars, total.....g	4.08	0.090	3	A	1		5.96		
Sucrose.....g	3.44	0.046	3	A	1		5.03		
Glucose (dextrose).....g	0.36	0.039	3	A	1		0.52		
Fructose.....g	0.28	0.020	3	A	1		0.41		
Lactose.....g	0.00	0.000	3	A	1		0.00		
Maltose.....g	0.00	0.000	3	A	1		0.00		
Galactose.....g	0.00	0.000	3	A	1		0.00		
Starch.....g	0.31	0.015	3	A	1		0.45		
<b>Minerals:</b>									
Calcium, Ca.....mg	35	0.769	3	A	1		52		
Iron, Fe.....mg	0.53	0.069	3	A	1		0.77		
Magnesium, Mg.....mg	11	0.115	3	A	1		16		
Phosphorus, P.....mg	31	0.467	3	A	1		45		
Potassium, K.....mg	192	5.511	3	A	1		281		
Sodium, Na.....mg	295		0		4		431		
Zinc, Zn.....mg	0.35	0.009	3	A	1		0.52		
Copper, Cu.....mg	0.082	0.008	3	A	1		0.120		
Manganese, Mn.....mg	0.167	0.007	3	A	1		0.244		
Selenium, Se.....mcg	0.6		0	BFSN	4		0.9		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	2.3	0.100	3	A	1		3.4		
Thiamin.....mg	0.030	0.000	3	A	1		0.044		
Riboflavin.....mg	0.037	0.000	3	A	1		0.054		
Niacin.....mg	0.416	0.040	3	A	1		0.608		
Pantothenic acid.....mg	0.174		2	A	1		0.254		
Vitamin B-6.....mg	0.084	0.005	3	A	1		0.122		
Folate, total.....mcg	11	0.452	6		1		16		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	11	0.452	6		1		16		
Folate, DFE.....mcg_DFE	11		0	NC	4		16		
Choline, total.....mg	8.6		0	BFSN	4		12.6		
Betaine.....mg	0.1		0	BFSN	4		0.2		
Vitamin B-12.....mcg	0.00		0	Z	7		0.00		
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....mcg_RAE	846		0	NC	4		1236		
Retinol.....mcg	0		0	Z	7		0		
Carotene, beta.....mcg	8199		0	BFSN	4		11971		
Carotene, alpha.....mcg	3716		0	BFSN	4		5426		
Cryptoxanthin, beta.....mcg	199		0	BFSN	4		290		
Vitamin A, IU.....IU	16928		0	NC	4		24715		
Lycopene.....mcg	0		0	BFSN	4		0		
Lutein + zeaxanthin.....mcg	676		0	BFSN	4		987		
Vitamin E (alpha-tocopherol).....mg	1.01		0	BFSN	4		1.48		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	13.6		1	A	1		19.9		

NDB No. 11760

Carrots, frozen, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.132		0	NC	4		0.192		
4:0.....g	0.000		2	A	1		0.000		
6:0.....g	0.000		2	A	1		0.000		
8:0.....g	0.000		2	A	1		0.000		
10:0.....g	0.000		2	A	1		0.000		
12:0.....g	0.007		0		1		0.010		
13:0.....g									
14:0.....g	0.007		0		1		0.010		
15:0.....g	0.000		2	A	1		0.000		
16:0.....g	0.111		0		1		0.162		
17:0.....g									
18:0.....g	0.007		0		1		0.010		
20:0.....g	0.000		2	A	1		0.000		
22:0.....g	0.000		2	A	1		0.000		
24:0.....g	0.000		2	A	1		0.000		
Fatty acids, total monounsaturated.....g	0.035		0	NC	4		0.051		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.007		0		1		0.010		
17:1.....g									
18:1 undifferentiated.....g	0.028		0		1		0.040		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.318		0	NC	4		0.465		
18:2 undifferentiated.....g	0.318		0		1		0.465		
18:3 undifferentiated.....g	0.000		2	A	1		0.000		
18:4.....g	0.000		2	A	1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		2	A	1		0.000		
20:5 n-3.....g	0.000		2	A	1		0.000		
22:5 n-3.....g	0.000		2	A	1		0.000		
22:6 n-3.....g	0.000		2	A	1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.007		0	NR	4		0.011		
Threonine.....g	0.119		0	NR	4		0.174		
Isoleucine.....g	0.048		0	NR	4		0.070		
Leucine.....g	0.063		0	NR	4		0.092		
Lysine.....g	0.063		0	NR	4		0.092		
Methionine.....g	0.013		0	NR	4		0.019		
Cystine.....g	0.051		0	NR	4		0.075		
Phenylalanine.....g	0.038		0	NR	4		0.055		
Tyrosine.....g	0.026		0	NR	4		0.039		
Valine.....g	0.043		0	NR	4		0.063		
Arginine.....g	0.057		0	NR	4		0.083		
Histidine.....g	0.025		0	NR	4		0.036		
Alanine.....g	0.070		0	NR	4		0.102		
Aspartic acid.....g	0.118		0	NR	4		0.172		
Glutamic acid.....g	0.228		0	NR	4		0.333		
Glycine.....g	0.029		0	NR	4		0.042		
Proline.....g	0.034		0	NR	4		0.049		
Serine.....g	0.034		0	NR	4		0.049		
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g									
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

NDB No. 11760

Carrots, frozen, cooked, boiled, drained, with salt

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

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

**Common Measures:**

Measure 1 = 146g: 1 cup slices

**Calories Factors: Protein 2.78**

**Fat 8.37**

**Carbohydrate 3.84**

**Food Group:** 11 Vegetables and Vegetable Products  
USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11131

Carrots, frozen, cooked, boiled, drained, without salt

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	90.32	0.214	3	A	1		131.87		
Energy.....kcal	37		0	NC	4		54		
Energy.....kj	155		0	NC	4		226		
Protein (N x 6.25).....g	0.58	0.012	3	A	1		0.84		
Total lipid (fat).....g	0.68	0.013	3	A	1		1.00		
Ash.....g	0.69	0.032	3	A	1		1.00		
Carbohydrate, by difference.....g	7.73		0	NC	4		11.29		
Fiber, total dietary.....g	3.3	0.150	3	A	1		4.8		
Sugars, total.....g	4.08	0.090	3	A	1		5.96		
Sucrose.....g	3.44	0.046	3	A	1		5.03		
Glucose (dextrose).....g	0.36	0.039	3	A	1		0.52		
Fructose.....g	0.28	0.020	3	A	1		0.41		
Lactose.....g	0.00	0.000	3	A	1		0.00		
Maltose.....g	0.00	0.000	3	A	1		0.00		
Galactose.....g	0.00	0.000	3	A	1		0.00		
Starch.....g	0.31	0.015	3	A	1		0.45		
<b>Minerals:</b>									
Calcium, Ca.....mg	35	0.769	3	A	1		52		
Iron, Fe.....mg	0.53	0.069	3	A	1		0.77		
Magnesium, Mg.....mg	11	0.115	3	A	1		16		
Phosphorus, P.....mg	31	0.467	3	A	1		45		
Potassium, K.....mg	192	5.511	3	A	1		281		
Sodium, Na.....mg	59	6.035	3	A	1		86		
Zinc, Zn.....mg	0.35	0.009	3	A	1		0.52		
Copper, Cu.....mg	0.082	0.008	3	A	1		0.120		
Manganese, Mn.....mg	0.167	0.007	3	A	1		0.244		
Selenium, Se.....mcg	0.6		0	BFSN	4		0.9		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	2.3	0.100	3	A	1		3.4		
Thiamin.....mg	0.030	0.000	3	A	1		0.044		
Riboflavin.....mg	0.037	0.000	3	A	1		0.054		
Niacin.....mg	0.416	0.040	3	A	1		0.608		
Pantothenic acid.....mg	0.174		2	A	1		0.254		
Vitamin B-6.....mg	0.084	0.005	3	A	1		0.122		
Folate, total.....mcg	11	0.452	6		1		16		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	11	0.452	6		1		16		
Folate, DFE.....mcg_DFE	11		0	NC	4		16		
Choline, total.....mg	8.6		0	BFSN	4		12.6		
Betaine.....mg	0.1		0	BFSN	4		0.2		
Vitamin B-12.....mcg	0.00		0	Z	7		0.00		
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....mcg_RAE	846		0	NC	4		1236		
Retinol.....mcg	0		0	Z	7		0		
Carotene, beta.....mcg	8199		0	BFSN	4		11971		
Carotene, alpha.....mcg	3716		0	BFSN	4		5426		
Cryptoxanthin, beta.....mcg	199		0	BFSN	4		290		
Vitamin A, IU.....IU	16928		0	NC	4		24715		
Lycopene.....mcg	0		0	BFSN	4		0		
Lutein + zeaxanthin.....mcg	676		0	BFSN	4		987		
Vitamin E (alpha-tocopherol).....mg	1.01		0	BFSN	4		1.48		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	13.6		1	A	1		19.9		

NDB No. 11131

Carrots, frozen, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code					
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.120		0	NC	4		0.175		
4:0.....g	0.000		2	A	1		0.000		
6:0.....g	0.000		2	A	1		0.000		
8:0.....g	0.000		2	A	1		0.000		
10:0.....g	0.000		2	A	1		0.000		
12:0.....g	0.006		0		1		0.009		
13:0.....g									
14:0.....g	0.006		0		1		0.009		
15:0.....g	0.000		2	A	1		0.000		
16:0.....g	0.101		0		1		0.147		
17:0.....g									
18:0.....g	0.006		0		1		0.009		
20:0.....g	0.000		2	A	1		0.000		
22:0.....g	0.000		2	A	1		0.000		
24:0.....g	0.000		2	A	1		0.000		
Fatty acids, total monounsaturated.....g	0.031		0	NC	4		0.046		
14:1.....g	0.000		2	A	1		0.000		
15:1.....g									
16:1 undifferentiated.....g	0.006		0		1		0.009		
17:1.....g									
18:1 undifferentiated.....g	0.025		0		1		0.037		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		2	A	1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.334		0	NC	4		0.487		
18:2 undifferentiated.....g	0.289		0		1		0.423		
18:3 undifferentiated.....g	0.044		0		1		0.064		
18:4.....g	0.000		2	A	1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		2	A	1		0.000		
20:5 n-3.....g	0.000		2	A	1		0.000		
22:5 n-3.....g	0.000		2	A	1		0.000		
22:6 n-3.....g	0.000		2	A	1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.007		0	NR	4		0.011		
Threonine.....g	0.119		0	NR	4		0.174		
Isoleucine.....g	0.048		0	NR	4		0.070		
Leucine.....g	0.063		0	NR	4		0.092		
Lysine.....g	0.063		0	NR	4		0.092		
Methionine.....g	0.013		0	NR	4		0.019		
Cystine.....g	0.051		0	NR	4		0.075		
Phenylalanine.....g	0.038		0	NR	4		0.055		
Tyrosine.....g	0.026		0	NR	4		0.039		
Valine.....g	0.043		0	NR	4		0.063		
Arginine.....g	0.057		0	NR	4		0.083		
Histidine.....g	0.025		0	NR	4		0.036		
Alanine.....g	0.070		0	NR	4		0.102		
Aspartic acid.....g	0.118		0	NR	4		0.172		
Glutamic acid.....g	0.228		0	NR	4		0.333		
Glycine.....g	0.029		0	NR	4		0.042		
Proline.....g	0.034		0	NR	4		0.049		
Serine.....g	0.034		0	NR	4		0.049		
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		



NDB No. 11131

Carrots, frozen, cooked, boiled, drained, without salt

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

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

**Common Measures:**

Measure 1 = 146g: 1 cup, sliced

**Calories Factors: Protein 2.78**

**Fat 8.37**

**Carbohydrate 3.84**

**Food Group:** 11 Vegetables and Vegetable Products  
USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11130  
Carrots, frozen, unprepared

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	90.04	0.267	5	A	1		255.71	57.62	
Energy.....kcal	36		0	NC	4		103	23	
Energy.....kj	152		0	NC	4		432	97	
Protein (N x 6.25).....g	0.78	0.117	5	A	1		2.21	0.50	
Total lipid (fat).....g	0.46	0.077	5	A	1		1.30	0.29	
Ash.....g	0.83	0.088	5	A	1		2.35	0.53	
Carbohydrate, by difference.....g	7.90		0	NC	4		22.44	5.06	
Fiber, total dietary.....g	3.3	0.077	5	A	1		9.5	2.1	
Sugars, total.....g	4.76	0.107	5	A	1		13.53	3.05	
Sucrose.....g	4.05	0.128	5	A	1		11.49	2.59	
Glucose (dextrose).....g	0.40	0.025	5	A	1		1.15	0.26	
Fructose.....g	0.31	0.019	5	A	1		0.89	0.20	
Lactose.....g	0.00	0.000	5	A	1		0.00	0.00	
Maltose.....g	0.00	0.000	5	A	1		0.00	0.00	
Galactose.....g	0.00	0.000	5	A	1		0.00	0.00	
Starch.....g	0.26	0.017	5	A	1		0.73	0.16	
<b>Minerals:</b>									
Calcium, Ca.....mg	36	0.793	5	A	1		102	23	
Iron, Fe.....mg	0.44	0.024	5	A	1		1.26	0.28	
Magnesium, Mg.....mg	12	0.323	5	A	1		33	7	
Phosphorus, P.....mg	33	1.205	5	A	1		95	21	
Potassium, K.....mg	235	14.618	5	A	1		667	150	
Sodium, Na.....mg	68	2.564	5	A	1		193	44	
Zinc, Zn.....mg	0.33	0.011	5	A	1		0.94	0.21	
Copper, Cu.....mg	0.074	0.006	5	A	1		0.210	0.047	
Manganese, Mn.....mg	0.171	0.004	5	A	1		0.486	0.109	
Selenium, Se.....mcg	0.7		0	BFSN	4		2.0	0.4	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	2.5	0.197	5	A	1		7.2	1.6	
Thiamin.....mg	0.044	0.001	3	A	1		0.124	0.028	
Riboflavin.....mg	0.037	0.000	3	A	1		0.106	0.024	
Niacin.....mg	0.464	0.007	3	A	1		1.318	0.297	
Pantothenic acid.....mg	0.187	0.008	3	A	1		0.531	0.120	
Vitamin B-6.....mg	0.095	0.000	3	A	1		0.269	0.061	
Folate, total.....mcg	10	0.308	6		1		27	6	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	10	0.308	6		1		27	6	
Folate, DFE.....mcg_DFE	10		0	NC	4		27	6	
Choline, total.....mg	7.5		0	BFSN	4		21.3	4.8	
Betaine.....mg	0.3		0	BFSN	4		0.9	0.2	
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	710		0	NC	4		2018	455	
Retinol.....mcg	0		0	Z	7		0	0	
Carotene, beta.....mcg	7047		0	BFSN	4		20014	4510	
Carotene, alpha.....mcg	2958		0	BFSN	4		8400	1893	
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0	0	
Vitamin A, IU.....IU	14210		0	NC	4		40356	9094	
Lycopene.....mcg	1		0	BFSN	4		2	0	
Lutein + zeaxanthin.....mcg	218		0	BFSN	4		620	140	
Vitamin E (alpha-tocopherol).....mg	0.57		0	BFSN	4		1.61	0.36	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	17.6		2	A	1		50.1	11.3	



NDB No. 11130  
Carrots, frozen, unprepared

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

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

**Common Measures:**

Measure 1 = 284g: 1 package (10 oz)

Measure 2 = 64g: .5 cup slices

**Calories Factors: Protein** 2.78

**Fat** 8.37

**Carbohydrate**3.84

**Food Group:** 11 Vegetables and Vegetable Products  
USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11124

**Carrots, raw**

*Daucus carota*

Includes USDA commodity food A099

Refuse:11% Crown, tops and scrapings

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	88.29	0.429	33	JO	11		113.01	97.12	107.71
Energy.....kcal	41		0	NC	4		53	45	50
Energy.....kj	173		0	NC	4		221	190	211
Protein (N x 6.25).....g	0.93	0.008	19	JO	11		1.18	1.02	1.13
Total lipid (fat).....g	0.24	0.018	26	JO	11		0.30	0.26	0.29
Ash.....g	0.97	0.014	19	JA	6		1.24	1.06	1.18
Carbohydrate, by difference.....g	9.58		0	NC	4		12.27	10.54	11.69
Fiber, total dietary.....g	2.8		4	A	1		3.6	3.1	3.4
Sugars, total.....g	4.74		0	NC	4		6.06	5.21	5.78
Sucrose.....g	3.59	0.280	11	JA	6		4.60	3.95	4.38
Glucose (dextrose).....g	0.59	0.141	11	JA	6		0.76	0.65	0.72
Fructose.....g	0.55	0.097	11	JA	6		0.71	0.61	0.67
Lactose.....g	0.00	0.000	5	JA	6		0.00	0.00	0.00
Maltose.....g	0.00	0.000	5	JA	6		0.00	0.00	0.00
Galactose.....g	0.00		0	Z	7		0.00	0.00	0.00
Starch.....g	1.43		2	A	1		1.83	1.58	1.75
<b>Minerals:</b>									
Calcium, Ca.....mg	33	1.120	75	JA	6		43	37	41
Iron, Fe.....mg	0.30	0.014	75	JA	6		0.38	0.33	0.36
Magnesium, Mg.....mg	12	0.367	75	JA	6		16	14	15
Phosphorus, P.....mg	35	0.755	75	JA	6		45	38	42
Potassium, K.....mg	320	8.418	76	JA	6		409	352	390
Sodium, Na.....mg	69	3.358	81	JA	6		88	75	84
Zinc, Zn.....mg	0.24	0.011	76	JA	6		0.31	0.27	0.30
Copper, Cu.....mg	0.045	0.007	70	JA	6		0.058	0.050	0.055
Manganese, Mn.....mg	0.143	0.006	66	JA	6		0.183	0.158	0.175
Selenium, Se.....mcg	0.1	0.038	39		1		0.1	0.1	0.1
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	5.9	1.130	21	JA	6		7.6	6.5	7.2
Thiamin.....mg	0.066	0.011	21	JA	6		0.085	0.073	0.081
Riboflavin.....mg	0.058	0.013	19	JA	6		0.074	0.064	0.071
Niacin.....mg	0.983	0.215	19	JA	6		1.259	1.082	1.200
Pantothenic acid.....mg	0.273	0.145	9	JA	6		0.350	0.300	0.333
Vitamin B-6.....mg	0.138	0.030	19	JA	6		0.176	0.151	0.168
Folate, total.....mcg	19	5.175	19	JA	6		24	21	23
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg	19	5.175	19	JA	6		24	21	23
Folate, DFE.....mcg_DFE	19		0	NC	4		24	21	23
Choline, total.....mg	8.8		0	AS	1		11.3	9.7	10.7
Betaine.....mg	0.4		1	A	1		0.5	0.4	0.5
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	835		0	NC	4		1069	919	1019
Retinol.....mcg	0		0	Z	7		0	0	0
Carotene, beta.....mcg	8285	1082.194	197	JO	11		10605	9114	10108
Carotene, alpha.....mcg	3477	531.987	190	A	1		4451	3825	4242
Cryptoxanthin, beta.....mcg	0		45	A	1		0	0	0
Vitamin A, IU.....IU	16706		0	NC	4		21384	18377	20382
Lycopene.....mcg	1	0.800	8	A	1		1	1	1
Lutein + zeaxanthin.....mcg	256	62.707	10	JO	11		328	282	313
Vitamin E (alpha-tocopherol).....mg	0.66	0.269	11	JO	11		0.85	0.73	0.81
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg	0.01	0.005	11	JO	11		0.01	0.01	0.01
Tocopherol, gamma.....mg	0.00	0.000	11	JO	11		0.00	0.00	0.00
Tocopherol, delta.....mg	0.00	0.000	11	JO	11		0.00	0.00	0.00
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	13.2		4	A	1		16.9	14.5	16.1

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.037		0	NC	4		0.047	0.040	0.045
4:0.....g	0.000		0	Z	7		0.000	0.000	0.000
6:0.....g	0.000		0	Z	7		0.000	0.000	0.000
8:0.....g	0.000		2	A	1		0.000	0.000	0.000
10:0.....g	0.000		2	A	1		0.000	0.000	0.000
12:0.....g	0.000		2	A	1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.000		2	A	1		0.000	0.000	0.000
15:0.....g	0.000		2	A	1		0.000	0.000	0.000
16:0.....g	0.035		2	A	1		0.044	0.038	0.042
17:0.....g	0.000		2	A	1		0.000	0.000	0.000
18:0.....g	0.002		2	A	1		0.002	0.002	0.002
20:0.....g	0.000		2	A	1		0.000	0.000	0.000
22:0.....g	0.000		2	A	1		0.000	0.000	0.000
24:0.....g	0.000		2	A	1		0.000	0.000	0.000
Fatty acids, total monounsaturated.....g	0.014		0	NC	4		0.018	0.016	0.018
14:1.....g	0.000		2	A	1		0.000	0.000	0.000
15:1.....g	0.000		2	A	1		0.000	0.000	0.000
16:1 undifferentiated.....g	0.002		2	A	1		0.002	0.002	0.002
17:1.....g	0.000		2	A	1		0.000	0.000	0.000
18:1 undifferentiated.....g	0.012		2	A	1		0.016	0.014	0.015
20:1.....g	0.000		2	A	1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		2	A	1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.117		0	NC	4		0.150	0.129	0.143
18:2 undifferentiated.....g	0.115		2	A	1		0.148	0.127	0.141
18:3 undifferentiated.....g	0.002		2	A	1		0.002	0.002	0.002
18:4.....g	0.000		2	A	1		0.000	0.000	0.000
20:2 n-6 c,c.....g	0.000		2	A	1		0.000	0.000	0.000
20:3 undifferentiated.....g	0.000		2	A	1		0.000	0.000	0.000
20:4 undifferentiated.....g	0.000		2	A	1		0.000	0.000	0.000
20:5 n-3.....g	0.000		2	A	1		0.000	0.000	0.000
22:5 n-3.....g	0.000		2	A	1		0.000	0.000	0.000
22:6 n-3.....g	0.000		2	A	1		0.000	0.000	0.000
Fatty acids, total trans.....g	0.000		0	Z	7		0.000	0.000	0.000
Cholesterol.....mg	0		0	Z	7		0	0	0
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.012		0	JA	6		0.015	0.013	0.014
Threonine.....g	0.191		0	JA	6		0.245	0.210	0.233
Isoleucine.....g	0.077		0	JA	6		0.098	0.084	0.093
Leucine.....g	0.102		0	JA	6		0.130	0.112	0.124
Lysine.....g	0.101		0	JA	6		0.129	0.111	0.123
Methionine.....g	0.020		0	JA	6		0.026	0.023	0.025
Cystine.....g	0.083		0	JA	6		0.106	0.091	0.101
Phenylalanine.....g	0.061		0	JA	6		0.078	0.067	0.074
Tyrosine.....g	0.043		0	JA	6		0.054	0.047	0.052
Valine.....g	0.069		0	JA	6		0.088	0.076	0.084
Arginine.....g	0.091		0	JA	6		0.117	0.100	0.111
Histidine.....g	0.040		0	JA	6		0.051	0.044	0.048
Alanine.....g	0.113		0	JA	6		0.144	0.124	0.138
Aspartic acid.....g	0.190		0	JA	6		0.243	0.209	0.231
Glutamic acid.....g	0.366		0	JA	6		0.469	0.403	0.447
Glycine.....g	0.047		0	JA	6		0.060	0.051	0.057
Proline.....g	0.054		0	JA	6		0.069	0.060	0.066
Serine.....g	0.054		0	JA	6		0.069	0.059	0.066
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0

NDB No. 11124

Carrots, raw

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

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

**Common Measures:**

Measure 1 = 128g: 1 cup chopped

Measure 2 = 110g: 1 cup grated

Measure 3 = 122g: 1 cup strips or slices

**Calories Factors: Protein** 2.78

**Fat** 8.37

**Carbohydrate**3.84

**Food Group:** 11 Vegetables and Vegetable Products  
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NDB No. 11134

Cassava, raw

*Manihot esculenta*

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	59.68		2	A	1		122.94	243.49	
Energy.....kcal	160		0	NC	4		329	651	
Energy.....kj	667		0	NC	4		1375	2723	
Protein (N x 6.25).....g	1.36		2	A	1		2.80	5.55	
Total lipid (fat).....g	0.28		2	A	1		0.58	1.14	
Ash.....g	0.62		2	A	1		1.28	2.53	
Carbohydrate, by difference.....g	38.06		0	NC	4		78.40	155.28	
Fiber, total dietary.....g	1.8		2	A	1		3.7	7.3	
Sugars, total.....g	1.70		0	T	4		3.50	6.94	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	16		2	A	1		33	65	
Iron, Fe.....mg	0.27		2	A	1		0.56	1.10	
Magnesium, Mg.....mg	21		2	A	1		43	86	
Phosphorus, P.....mg	27		2	A	1		56	110	
Potassium, K.....mg	271		2	A	1		558	1106	
Sodium, Na.....mg	14		2	A	1		29	57	
Zinc, Zn.....mg	0.34		2	A	1		0.70	1.39	
Copper, Cu.....mg	0.100		1	A	1		0.206	0.408	
Manganese, Mn.....mg	0.384		1	A	1		0.791	1.567	
Selenium, Se.....mcg	0.7		0	CAZN	4		1.4	2.9	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	20.6		2	A	1		42.4	84.0	
Thiamin.....mg	0.087		2	A	1		0.179	0.355	
Riboflavin.....mg	0.048		2	A	1		0.099	0.196	
Niacin.....mg	0.854		2	A	1		1.759	3.484	
Pantothenic acid.....mg	0.107		2	A	1		0.220	0.437	
Vitamin B-6.....mg	0.088		2	A	1		0.181	0.359	
Folate, total.....mcg	27		2	A	1		56	110	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	27		2	A	1		56	110	
Folate, DFE.....mcg_DFE	27		0	NC	4		56	110	
Choline, total.....mg	23.7		0	BFSN	4		48.9	96.8	
Betaine.....mg	0.4		0	BFSN	4		0.7	1.4	
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	1		0	NC	4		1	3	
Retinol.....mcg	0		0	Z	7		0	0	
Carotene, beta.....mcg	8		0	T	4		16	33	
Carotene, alpha.....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0	0	
Vitamin A, IU.....IU	13		0	NC	4		27	54	
Lycopene.....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg	0.19		0	O	4		0.39	0.78	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	1.9		0	O	4		3.9	7.8	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.074		0		1		0.152	0.302	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.000		0		1		0.000	0.000	



Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.001		0		1		0.002	0.004	
13:0.....g									
14:0.....g	0.000		0		1		0.000	0.000	
15:0.....g									
16:0.....g	0.069		0		1		0.142	0.282	
17:0.....g									
18:0.....g	0.005		0		1		0.010	0.020	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.075		0		1		0.155	0.306	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.075		0		1		0.155	0.306	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.048		0		1		0.099	0.196	
18:2 undifferentiated.....g	0.032		0		1		0.066	0.131	
18:3 undifferentiated.....g	0.017		0		1		0.035	0.069	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.019		23		1		0.039	0.078	
Threonine.....g	0.028		23		1		0.058	0.114	
Isoleucine.....g	0.027		23		1		0.056	0.110	
Leucine.....g	0.039		23		1		0.080	0.159	
Lysine.....g	0.044		23		1		0.091	0.180	
Methionine.....g	0.011		23		1		0.023	0.045	
Cystine.....g	0.028		20		1		0.058	0.114	
Phenylalanine.....g	0.026		23		1		0.054	0.106	
Tyrosine.....g	0.017		23		1		0.035	0.069	
Valine.....g	0.035		23		1		0.072	0.143	
Arginine.....g	0.137		23		1		0.282	0.559	
Histidine.....g	0.020		23		1		0.041	0.082	
Alanine.....g	0.038		22		1		0.078	0.155	
Aspartic acid.....g	0.079		22		1		0.163	0.322	
Glutamic acid.....g	0.206		22		1		0.424	0.840	
Glycine.....g	0.028		22		1		0.058	0.114	
Proline.....g	0.033		22		1		0.068	0.135	
Serine.....g	0.033		22		1		0.068	0.135	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

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

#### Common Measures:

**NDB No. 11134**

**Cassava, raw**

Measure 1 = 206g: 1 cup

Measure 2 = 408g: 1 root

**Calories Factors: Protein 2.78**

**Fat 8.37**

**Carbohydrate 4.03**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11935

Catsup

Ketchup

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv	Source	Measure 1	Measure 2	Measure 3
				Code	Code			
<b>Proximates:</b>								
Water.....g	69.15	0.111	8	JO	11	165.95	10.37	4.15
Energy.....kcal	97		0	NC	4	232	14	6
Energy.....kj	404		0	NC	4	970	61	24
Protein (N x 6.25).....g	1.74	0.059	7	JA	6	4.18	0.26	0.10
Total lipid (fat).....g	0.31	0.128	7	JA	6	0.74	0.05	0.02
Ash.....g	3.66	0.028	7	JA	6	8.77	0.55	0.22
Carbohydrate, by difference.....g	25.15		0	NC	4	60.36	3.77	1.51
Fiber, total dietary.....g	0.3	0.032	6	A	1	0.7	0.0	0.0
Sugars, total.....g	22.77		0	NC	4	54.65	3.42	1.37
Sucrose.....g	0.00	0.000	6	A	1	0.00	0.00	0.00
Glucose (dextrose).....g	11.75	0.056	6	A	1	28.20	1.76	0.70
Fructose.....g	9.29	0.359	5	A	1	22.30	1.39	0.56
Lactose.....g	0.00	0.000	6	A	1	0.00	0.00	0.00
Maltose.....g	1.73	0.379	6	A	1	4.15	0.26	0.10
Galactose.....g	0.00		0	NR	4	0.00	0.00	0.00
Starch.....g								
<b>Minerals:</b>								
Calcium, Ca.....mg	18	0.322	52	JA	6	44	3	1
Iron, Fe.....mg	0.51	0.014	53	JA	6	1.23	0.08	0.03
Magnesium, Mg.....mg	19	0.263	53	JA	6	46	3	1
Phosphorus, P.....mg	33	0.533	52	JA	6	78	5	2
Potassium, K.....mg	382	5.952	53	JA	6	916	57	23
Sodium, Na.....mg	1114	12.744	54	JA	6	2675	167	67
Zinc, Zn.....mg	0.26	0.006	52	JA	6	0.61	0.04	0.02
Copper, Cu.....mg	0.181	0.006	53	JA	6	0.434	0.027	0.011
Manganese, Mn.....mg	0.128	0.003	53	JA	6	0.306	0.019	0.008
Selenium, Se.....mcg	0.3	0.111	32	JA	6	0.6	0.0	0.0
<b>Vitamins:</b>								
Vitamin C, total ascorbic acid.....mg	15.1	1.113	30		1	36.2	2.3	0.9
Thiamin.....mg	0.011	0.003	4	A	1	0.026	0.002	0.001
Riboflavin.....mg	0.132	0.069	6	A	1	0.318	0.020	0.008
Niacin.....mg	1.426	0.084	6	A	1	3.424	0.214	0.086
Pantothenic acid.....mg	0.046		2	A	1	0.110	0.007	0.003
Vitamin B-6.....mg	0.149	0.030	4	A	1	0.357	0.022	0.009
Folate, total.....mcg	10	0.791	6	A	1	23	1	1
Folic acid.....mcg	0		0	Z	7	0	0	0
Folate, food.....mcg	10	0.791	6	A	1	23	1	1
Folate, DFE.....mcg_DFE	10		0	NC	4	23	1	1
Choline, total.....mg	12.5		0	AS	1	30.0	1.9	0.7
Betaine.....mg	0.2		2	A	1	0.4	0.0	0.0
Vitamin B-12.....mcg	0.00		0	Z	7	0.00	0.00	0.00
Vitamin B-12, added.....mcg	0.00		0	Z	7	0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	47		0	AS	1	112	7	3
Retinol.....mcg	0		0	Z	7	0	0	0
Carotene, beta.....mcg	560	2.996	18	A	1	1344	84	34
Carotene, alpha.....mcg	0	0.000	6	A	1	0	0	0
Cryptoxanthin, beta.....mcg	0	0.000	6	A	1	0	0	0
Vitamin A, IU.....IU	933		0	AS	1	2240	140	56
Lycopene.....mcg	16709	261.576	6	A	1	40101	2506	1003
Lutein + zeaxanthin.....mcg	0	0.000	6	A	1	0	0	0
Vitamin E (alpha-tocopherol).....mg	1.46		2	A	1	3.50	0.22	0.09
Vitamin E, added.....mg	0.00		0	Z	7	0.00	0.00	0.00
Tocopherol, beta.....mg	0.00		2	A	1	0.00	0.00	0.00
Tocopherol, gamma.....mg	0.13		2	A	1	0.31	0.02	0.01
Tocopherol, delta.....mg	0.00		2	A	1	0.00	0.00	0.00
Vitamin D.....IU								
Vitamin K (phylloquinone).....mcg	2.8		2	A	1	6.7	0.4	0.2

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.043		0	NC	4		0.102	0.006	0.003
4:0.....g	0.000		0		1		0.000	0.000	0.000
6:0.....g	0.000		0		1		0.000	0.000	0.000
8:0.....g	0.000		0		1		0.000	0.000	0.000
10:0.....g	0.000		0		1		0.000	0.000	0.000
12:0.....g	0.000		0		1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.000		1		1		0.000	0.000	0.000
15:0.....g									
16:0.....g	0.031		1		1		0.074	0.005	0.002
17:0.....g									
18:0.....g	0.012		1		1		0.029	0.002	0.001
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.047		0	NC	4		0.113	0.007	0.003
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		1		1		0.004	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.045		1		1		0.109	0.007	0.003
20:1.....g	0.000		1		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.126		0	NC	4		0.301	0.019	0.008
18:2 undifferentiated.....g	0.121		1		1		0.291	0.018	0.007
18:3 undifferentiated.....g	0.004		1		1		0.010	0.001	0.000
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	0
Phytosterols.....mg	7		1		1		17	1	0
<b>Amino Acids:</b>									
Tryptophan.....g	0.018		0	DA	1		0.044	0.003	0.001
Threonine.....g	0.064		0	DA	1		0.152	0.010	0.004
Isoleucine.....g	0.053		0	DA	1		0.126	0.008	0.003
Leucine.....g	0.076		0	DA	1		0.183	0.011	0.005
Lysine.....g	0.078		0	DA	1		0.187	0.012	0.005
Methionine.....g	0.015		0	DA	1		0.035	0.002	0.001
Cystine.....g	0.016		0	DA	1		0.039	0.002	0.001
Phenylalanine.....g	0.058		0	DA	1		0.139	0.009	0.003
Tyrosine.....g	0.036		0	DA	1		0.087	0.005	0.002
Valine.....g	0.056		0	DA	1		0.135	0.008	0.003
Arginine.....g	0.054		0	DA	1		0.131	0.008	0.003
Histidine.....g	0.044		0	DA	1		0.105	0.007	0.003
Alanine.....g	0.087		0	DA	1		0.209	0.013	0.005
Aspartic acid.....g	0.345		0	DA	1		0.827	0.052	0.021
Glutamic acid.....g	1.101		0	DA	1		2.643	0.165	0.066
Glycine.....g	0.045		0	DA	1		0.109	0.007	0.003
Proline.....g	0.060		0	DA	1		0.144	0.009	0.004
Serine.....g	0.065		0	DA	1		0.157	0.010	0.004
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0

NDB No. 11935

Catsup

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

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

**Common Measures:**

Measure 1 = 240g: 1 cup

Measure 2 = 15.0g: 1 tbsp

Measure 3 = 6.0g: 1 packet

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 11949**  
**Catsup, low sodium**

Ketchup, low sodium  
 Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	69.15	0.592	8	JO	11		165.95	10.37	4.15
Energy.....kcal	97		0	NC	4		232	14	6
Energy.....kj	404		0	NC	4		970	61	24
Protein (N x 6.25).....g	1.74	0.094	7	JA	6		4.18	0.26	0.10
Total lipid (fat).....g	0.31	0.137	7	JA	6		0.74	0.05	0.02
Ash.....g	3.66	0.038	7	JA	6		8.77	0.55	0.22
Carbohydrate, by difference.....g	25.15		0	NC	4		60.36	3.77	1.51
Fiber, total dietary.....g	0.3	0.032	6	A	1		0.7	0.0	0.0
Sugars, total.....g	22.77		0	AS	1		54.65	3.42	1.37
Sucrose.....g	0.00	0.000	6	A	1		0.00	0.00	0.00
Glucose (dextrose).....g	11.75	0.056	6	A	1		28.20	1.76	0.70
Fructose.....g	9.29	0.359	5	A	1		22.30	1.39	0.56
Lactose.....g	0.00	0.000	6	A	1		0.00	0.00	0.00
Maltose.....g	1.73	0.379	6	A	1		4.15	0.26	0.10
Galactose.....g	0.00		0	Z	7		0.00	0.00	0.00
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	18	0.370	5	JA	6		44	3	1
Iron, Fe.....mg	0.51	0.015	5	JA	6		1.23	0.08	0.03
Magnesium, Mg.....mg	19	0.332	5	JA	6		46	3	1
Phosphorus, P.....mg	33	0.626	5	JA	6		78	5	2
Potassium, K.....mg	382	6.723	5	JA	6		916	57	23
Sodium, Na.....mg	20		1		1		48	3	1
Zinc, Zn.....mg	0.26	0.017	5	JA	6		0.61	0.04	0.02
Copper, Cu.....mg	0.181	0.006	5	JA	6		0.434	0.027	0.011
Manganese, Mn.....mg	0.128	0.003	5	JA	6		0.306	0.019	0.008
Selenium, Se.....mcg	0.3	0.110	3	JA	6		0.6	0.0	0.0
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	15.1	1.113	30		1		36.2	2.3	0.9
Thiamin.....mg	0.011	0.003	4	A	1		0.026	0.002	0.001
Riboflavin.....mg	0.132	0.069	6	A	1		0.318	0.020	0.008
Niacin.....mg	1.426	0.084	6	A	1		3.424	0.214	0.086
Pantothenic acid.....mg	0.046		2	A	1		0.110	0.007	0.003
Vitamin B-6.....mg	0.149	0.030	4	A	1		0.357	0.022	0.009
Folate, total.....mcg	10	0.791	6	A	1		23	1	1
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg	10	0.791	6	A	1		23	1	1
Folate, DFE.....mcg_DFE	10		0	NC	4		23	1	1
Choline, total.....mg	12.5		0	BFZN	4		30.0	1.9	0.7
Betaine.....mg	0.2		0	BFZN	4		0.4	0.0	0.0
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	47		0	AS	1		112	7	3
Retinol.....mcg	0		0	Z	7		0	0	0
Carotene, beta.....mcg	560	2.996	18	A	1		1344	84	34
Carotene, alpha.....mcg	0	0.000	6		1		0	0	0
Cryptoxanthin, beta.....mcg	0	0.000	6		1		0	0	0
Vitamin A, IU.....IU	933		0	AS	1		2240	140	56
Lycopene.....mcg	16709	261.576	6		1		40101	2506	1003
Lutein + zeaxanthin.....mcg	0	0.000	6		1		0	0	0
Vitamin E (alpha-tocopherol).....mg	1.46		2		1		3.50	0.22	0.09
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg	0.00		2		1		0.00	0.00	0.00
Tocopherol, gamma.....mg	0.13		2		1		0.31	0.02	0.01
Tocopherol, delta.....mg	0.00		2		1		0.00	0.00	0.00
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	2.8		2	A	1		6.7	0.4	0.2

**NDB No. 11949**  
**Catsup, low sodium**

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	measures of food		
							Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.043		0	NC	4		0.102	0.006	0.003
4:0.....g	0.000		0		1		0.000	0.000	0.000
6:0.....g	0.000		0		1		0.000	0.000	0.000
8:0.....g	0.000		0		1		0.000	0.000	0.000
10:0.....g	0.000		0		1		0.000	0.000	0.000
12:0.....g	0.000		0		1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.000		1		1		0.000	0.000	0.000
15:0.....g									
16:0.....g	0.031		1		1		0.074	0.005	0.002
17:0.....g									
18:0.....g	0.012		1		1		0.029	0.002	0.001
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.047		0	NC	4		0.113	0.007	0.003
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		1		1		0.004	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.045		1		1		0.109	0.007	0.003
20:1.....g	0.000		1		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.126		0	NC	4		0.301	0.019	0.008
18:2 undifferentiated.....g	0.121		1		1		0.291	0.018	0.007
18:3 undifferentiated.....g	0.004		1		1		0.010	0.001	0.000
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	0
Phytosterols.....mg	7		1		1		17	1	0
<b>Amino Acids:</b>									
Tryptophan.....g	0.018		0	DA	1		0.044	0.003	0.001
Threonine.....g	0.064		0	DA	1		0.152	0.010	0.004
Isoleucine.....g	0.053		0	DA	1		0.126	0.008	0.003
Leucine.....g	0.076		0	DA	1		0.183	0.011	0.005
Lysine.....g	0.078		0	DA	1		0.187	0.012	0.005
Methionine.....g	0.015		0	DA	1		0.035	0.002	0.001
Cystine.....g	0.016		0	DA	1		0.039	0.002	0.001
Phenylalanine.....g	0.058		0	DA	1		0.139	0.009	0.003
Tyrosine.....g	0.036		0	DA	1		0.087	0.005	0.002
Valine.....g	0.056		0	DA	1		0.135	0.008	0.003
Arginine.....g	0.054		0	DA	1		0.131	0.008	0.003
Histidine.....g	0.044		0	DA	1		0.105	0.007	0.003
Alanine.....g	0.087		0	DA	1		0.209	0.013	0.005
Aspartic acid.....g	0.345		0	DA	1		0.827	0.052	0.021
Glutamic acid.....g	1.101		0	DA	1		2.643	0.165	0.066
Glycine.....g	0.045		0	DA	1		0.109	0.007	0.003
Proline.....g	0.060		0	DA	1		0.144	0.009	0.004
Serine.....g	0.065		0	DA	1		0.157	0.010	0.004
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0

NDB No. 11949  
Catsup, low sodium

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

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

**Common Measures:**

Measure 1 = 240g: 1 cup

Measure 2 = 15.0g: 1 tbsp

Measure 3 = 6.0g: 1 packet

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group:** 11 Vegetables and Vegetable Products  
USDA National Nutrient Database for Standard Reference, Release 21 (2008)





NDB No. 11761

Cauliflower, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g									
13:0.....g									
14:0.....g									
15:0.....g									
16:0.....g	0.062		0		1	0.038	0.033		
17:0.....g									
18:0.....g	0.008		0		1	0.005	0.004		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.032		0		1	0.020	0.017		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.032		0		1	0.020	0.017		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.217		0		1	0.135	0.117		
18:2 undifferentiated.....g	0.050		0		1	0.031	0.027		
18:3 undifferentiated.....g	0.167		0		1	0.104	0.090		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7	0	0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.024		0		1	0.015	0.013		
Threonine.....g	0.067		0		1	0.042	0.036		
Isoleucine.....g	0.070		0		1	0.043	0.038		
Leucine.....g	0.107		0		1	0.066	0.058		
Lysine.....g	0.099		0		1	0.061	0.053		
Methionine.....g	0.026		0		1	0.016	0.014		
Cystine.....g	0.021		0		1	0.013	0.011		
Phenylalanine.....g	0.066		0		1	0.041	0.036		
Tyrosine.....g	0.040		0		1	0.025	0.022		
Valine.....g	0.092		0		1	0.057	0.050		
Arginine.....g	0.089		0		1	0.055	0.048		
Histidine.....g	0.037		0		1	0.023	0.020		
Alanine.....g	0.097		0		1	0.060	0.052		
Aspartic acid.....g	0.216		0		1	0.134	0.117		
Glutamic acid.....g	0.245		0		1	0.152	0.132		
Glycine.....g	0.059		0		1	0.037	0.032		
Proline.....g	0.079		0		1	0.049	0.043		
Serine.....g	0.096		0		1	0.060	0.052		
Hydroxyproline.....g									

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

**Common Measures:**

Measure 1 = 62g: .5 cup (1" pieces)

Measure 2 = 54g: 3 flowerets

**NDB No. 11761**

**Cauliflower, cooked, boiled, drained, with salt**

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11136

Cauliflower, cooked, boiled, drained, without salt

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	93.00	0.336	7		1		57.66	50.22	
Energy.....kcal	23		0	NC	4		14	12	
Energy.....kj	96		0	NC	4		59	52	
Protein (N x 6.25).....g	1.84	0.087	4		1		1.14	0.99	
Total lipid (fat).....g	0.45	0.111	4		1		0.28	0.24	
Ash.....g	0.60	0.062	4		1		0.37	0.32	
Carbohydrate, by difference.....g	4.11		0	NC	4		2.55	2.22	
Fiber, total dietary.....g	2.3		6		1		1.4	1.2	
Sugars, total.....g	2.08		0	BFSN	4		1.29	1.12	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	16	0.457	27		1		10	9	
Iron, Fe.....mg	0.32	0.015	28		1		0.20	0.17	
Magnesium, Mg.....mg	9	0.358	28		1		6	5	
Phosphorus, P.....mg	32	1.163	27		1		20	17	
Potassium, K.....mg	142	6.438	28		1		88	76	
Sodium, Na.....mg	15	1.380	28		1		9	8	
Zinc, Zn.....mg	0.17	0.006	28		1		0.11	0.09	
Copper, Cu.....mg	0.018	0.002	28		1		0.011	0.010	
Manganese, Mn.....mg	0.132	0.004	28		1		0.082	0.071	
Selenium, Se.....mcg	0.6	0.417	18		1		0.4	0.3	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	44.3	0.257	8		1		27.5	23.9	
Thiamin.....mg	0.042		0		1		0.026	0.023	
Riboflavin.....mg	0.052		0		1		0.032	0.028	
Niacin.....mg	0.410		0		1		0.254	0.221	
Pantothenic acid.....mg	0.508		0		1		0.315	0.274	
Vitamin B-6.....mg	0.173		0		1		0.107	0.093	
Folate, total.....mcg	44	2.277	8		1		27	24	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	44	2.277	8		1		27	24	
Folate, DFE.....mcg_DFE	44		0	NC	4		27	24	
Choline, total.....mg	39.1		0	AS	1		24.3	21.1	
Betaine.....mg	0.1		1	A	1		0.1	0.1	
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	1		0	NC	4		0	0	
Retinol.....mcg	0		0	Z	7		0	0	
Carotene, beta.....mcg	7		0	BFSN	4		4	4	
Carotene, alpha.....mcg	0		0	BFSN	4		0	0	
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0	0	
Vitamin A, IU.....IU	12		0	NC	4		7	6	
Lycopene.....mcg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin.....mcg	29		0	BFSN	4		18	15	
Vitamin E (alpha-tocopherol).....mg	0.07		0	BFSN	4		0.04	0.04	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	13.8		0	BFSN	4		8.6	7.5	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.070		0		1		0.043	0.038	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.000		0		1		0.000	0.000	

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0		1		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0		1		0.000	0.000	
15:0.....g									
16:0.....g	0.062		0		1		0.038	0.033	
17:0.....g									
18:0.....g	0.008		0		1		0.005	0.004	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.032		0		1		0.020	0.017	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.032		0		1		0.020	0.017	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.217		0		1		0.135	0.117	
18:2 undifferentiated.....g	0.050		0		1		0.031	0.027	
18:3 undifferentiated.....g	0.167		0		1		0.104	0.090	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.024		0		1		0.015	0.013	
Threonine.....g	0.067		0		1		0.042	0.036	
Isoleucine.....g	0.070		0		1		0.043	0.038	
Leucine.....g	0.107		0		1		0.066	0.058	
Lysine.....g	0.099		0		1		0.061	0.053	
Methionine.....g	0.026		0		1		0.016	0.014	
Cystine.....g	0.021		0		1		0.013	0.011	
Phenylalanine.....g	0.066		0		1		0.041	0.036	
Tyrosine.....g	0.040		0		1		0.025	0.022	
Valine.....g	0.092		0		1		0.057	0.050	
Arginine.....g	0.089		0		1		0.055	0.048	
Histidine.....g	0.037		0		1		0.023	0.020	
Alanine.....g	0.097		0		1		0.060	0.052	
Aspartic acid.....g	0.216		0		1		0.134	0.117	
Glutamic acid.....g	0.245		0		1		0.152	0.132	
Glycine.....g	0.059		0		1		0.037	0.032	
Proline.....g	0.079		0		1		0.049	0.043	
Serine.....g	0.096		0		1		0.060	0.052	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

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

**Common Measures:**

**NDB No. 11136**

**Cauliflower, cooked, boiled, drained, without salt**

Measure 1 = 62g: .5 cup (1" pieces)

Measure 2 = 54g: 3 flowerets

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)



NDB No. 11762

Cauliflower, frozen, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g									
13:0.....g									
14:0.....g									
15:0.....g									
16:0.....g	0.030		0		1		0.053		
17:0.....g									
18:0.....g	0.004		0		1		0.007		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.015		0	NC	4		0.028		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.015		0		1		0.028		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.105		0	NC	4		0.189		
18:2 undifferentiated.....g	0.024		0		1		0.044		
18:3 undifferentiated.....g	0.081		0		1		0.145		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.021		0		1		0.038		
Threonine.....g	0.059		0		1		0.106		
Isoleucine.....g	0.061		0		1		0.110		
Leucine.....g	0.094		0		1		0.169		
Lysine.....g	0.086		0		1		0.155		
Methionine.....g	0.023		0		1		0.041		
Cystine.....g	0.019		0		1		0.034		
Phenylalanine.....g	0.058		0		1		0.104		
Tyrosine.....g	0.035		0		1		0.063		
Valine.....g	0.081		0		1		0.146		
Arginine.....g	0.078		0		1		0.140		
Histidine.....g	0.033		0		1		0.059		
Alanine.....g	0.085		0		1		0.153		
Aspartic acid.....g	0.189		0		1		0.340		
Glutamic acid.....g	0.215		0		1		0.387		
Glycine.....g	0.052		0		1		0.094		
Proline.....g	0.070		0		1		0.126		
Serine.....g	0.084		0		1		0.151		
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g									
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

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

**Common Measures:**



**NDB No. 11762**

**Cauliflower, frozen, cooked, boiled, drained, with salt**

Measure 1 = 180g: 1 cup (1" pieces)

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group: 11 Vegetables and Vegetable Products**

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11138

Cauliflower, frozen, cooked, boiled, drained, without salt

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	94.00		0		1		169.20		
Energy.....kcal	19		0	NC	4		34		
Energy.....kj	80		0	NC	4		144		
Protein (N x 6.25).....g	1.61		0		1		2.90		
Total lipid (fat).....g	0.22		0		1		0.40		
Ash.....g	0.42		0		1		0.76		
Carbohydrate, by difference.....g	3.75		0	NC	4		6.75		
Fiber, total dietary.....g	2.7		0		4		4.9		
Sugars, total.....g	1.05		0	O	4		1.89		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	17		0		1		31		
Iron, Fe.....mg	0.41		0		1		0.74		
Magnesium, Mg.....mg	9		0		1		16		
Phosphorus, P.....mg	24		0		1		43		
Potassium, K.....mg	139		0		1		250		
Sodium, Na.....mg	18		0		1		32		
Zinc, Zn.....mg	0.13		0		1		0.23		
Copper, Cu.....mg	0.024		0		1		0.043		
Manganese, Mn.....mg	0.150		0		1		0.270		
Selenium, Se.....mcg	0.6		0	BFSN	4		1.1		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	31.3		0		1		56.3		
Thiamin.....mg	0.037		0		1		0.067		
Riboflavin.....mg	0.053		0		1		0.095		
Niacin.....mg	0.310		0		1		0.558		
Pantothenic acid.....mg	0.098		0		1		0.176		
Vitamin B-6.....mg	0.088		0		1		0.158		
Folate, total.....mcg	41		0		1		74		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	41		0		1		74		
Folate, DFE.....mcg_DFE	41		0	NC	4		74		
Choline, total.....mg	33.5		0	BFSN	4		60.4		
Betaine.....mg	0.1		0	BFSN	4		0.2		
Vitamin B-12.....mcg	0.00		0	Z	7		0.00		
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		1		
Retinol.....mcg	0		0	Z	7		0		
Carotene, beta.....mcg	6		0	BFSN	4		11		
Carotene, alpha.....mcg	0		0	BFSN	4		0		
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0		
Vitamin A, IU.....IU	10		0	NC	4		18		
Lycopene.....mcg	0		0	BFSN	4		0		
Lutein + zeaxanthin.....mcg	24		0	BFSN	4		44		
Vitamin E (alpha-tocopherol).....mg	0.06		0	BFSN	4		0.11		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	11.9		0	BFSN	4		21.4		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.034		0	NC	4		0.061		
4:0.....g	0.000		0		1		0.000		
6:0.....g	0.000		0		1		0.000		
8:0.....g	0.000		0		1		0.000		
10:0.....g	0.000		0		1		0.000		

NDB No. 11138

Cauliflower, frozen, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0		1		0.000		
13:0.....g									
14:0.....g	0.000		0		1		0.000		
15:0.....g									
16:0.....g	0.030		0		1		0.053		
17:0.....g									
18:0.....g	0.004		0		1		0.007		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.015		0	NC	4		0.028		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.015		0		1		0.028		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.105		0	NC	4		0.189		
18:2 undifferentiated.....g	0.024		0		1		0.044		
18:3 undifferentiated.....g	0.081		0		1		0.145		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.021		0		1		0.038		
Threonine.....g	0.059		0		1		0.106		
Isoleucine.....g	0.061		0		1		0.110		
Leucine.....g	0.094		0		1		0.169		
Lysine.....g	0.086		0		1		0.155		
Methionine.....g	0.023		0		1		0.041		
Cystine.....g	0.019		0		1		0.034		
Phenylalanine.....g	0.058		0		1		0.104		
Tyrosine.....g	0.035		0		1		0.063		
Valine.....g	0.081		0		1		0.146		
Arginine.....g	0.078		0		1		0.140		
Histidine.....g	0.033		0		1		0.059		
Alanine.....g	0.085		0		1		0.153		
Aspartic acid.....g	0.189		0		1		0.340		
Glutamic acid.....g	0.215		0		1		0.387		
Glycine.....g	0.052		0		1		0.094		
Proline.....g	0.070		0		1		0.126		
Serine.....g	0.084		0		1		0.151		
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

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

**Common Measures:**

**NDB No. 11138**

**Cauliflower, frozen, cooked, boiled, drained, without salt**

Measure 1 = 180g: 1 cup (1" pieces)

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group: 11 Vegetables and Vegetable Products**

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11137  
Cauliflower, frozen, unprepared

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	92.51	0.119	38		1		262.73	61.06	
Energy.....kcal	24		0	NC	4		68	16	
Energy.....kj	100		0		4		285	66	
Protein (N x 6.25).....g	2.01	0.033	40		1		5.71	1.33	
Total lipid (fat).....g	0.27	0.041	40		1		0.77	0.18	
Ash.....g	0.53	0.010	38		1		1.51	0.35	
Carbohydrate, by difference.....g	4.68		0	NC	4		13.29	3.09	
Fiber, total dietary.....g	2.3		0		1		6.5	1.5	
Sugars, total.....g	2.22		0	BFSN	4		6.31	1.47	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	22	0.999	40		1		62	15	
Iron, Fe.....mg	0.54	0.035	40		1		1.53	0.36	
Magnesium, Mg.....mg	12	0.550	11		1		34	8	
Phosphorus, P.....mg	35	1.418	19		1		99	23	
Potassium, K.....mg	193	10.411	13		1		548	127	
Sodium, Na.....mg	24	3.924	23		1		68	16	
Zinc, Zn.....mg	0.17	0.011	7		1		0.48	0.11	
Copper, Cu.....mg	0.031	0.006	5		1		0.088	0.020	
Manganese, Mn.....mg	0.197	0.015	7		1		0.559	0.130	
Selenium, Se.....mcg	0.8	0.265	4	A	1		2.3	0.5	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	48.8	1.674	34		1		138.6	32.2	
Thiamin.....mg	0.051	0.003	40		1		0.145	0.034	
Riboflavin.....mg	0.070	0.004	40		1		0.199	0.046	
Niacin.....mg	0.429	0.018	40		1		1.218	0.283	
Pantothenic acid.....mg	0.136		1		1		0.386	0.090	
Vitamin B-6.....mg	0.123	0.013	8		1		0.349	0.081	
Folate, total.....mcg	64		0		1		181	42	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	64		0		1		181	42	
Folate, DFE.....mcg_DFE	64		0	NC	4		181	42	
Choline, total.....mg	41.9		0	BFSY	4		118.9	27.6	
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	1		0	NC	4		2	0	
Retinol.....mcg	0		0	Z	7		0	0	
Carotene, beta.....mcg	7		0	BFSN	4		21	5	
Carotene, alpha.....mcg	0		0	BFSN	4		0	0	
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0	0	
Vitamin A, IU.....IU	12		0	NC	4		35	8	
Lycopene.....mcg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin.....mcg	31		0	BFSN	4		87	20	
Vitamin E (alpha-tocopherol).....mg	0.07		0	BFSN	4		0.21	0.05	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	14.8		0	BFSN	4		42.1	9.8	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.041		0		1		0.116	0.027	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.000		0		1		0.000	0.000	

NDB No. 11137  
Cauliflower, frozen, unprepared

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0		1		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0		1		0.000	0.000	
15:0.....g									
16:0.....g	0.036		0		1		0.102	0.024	
17:0.....g									
18:0.....g	0.005		0		1		0.014	0.003	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.019		0		1		0.054	0.013	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.019		0		1		0.054	0.013	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.128		0		1		0.364	0.084	
18:2 undifferentiated.....g	0.029		0		1		0.082	0.019	
18:3 undifferentiated.....g	0.098		0		1		0.278	0.065	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.026		0		1		0.074	0.017	
Threonine.....g	0.073		0		1		0.207	0.048	
Isoleucine.....g	0.077		0		1		0.219	0.051	
Leucine.....g	0.118		0		1		0.335	0.078	
Lysine.....g	0.108		0		1		0.307	0.071	
Methionine.....g	0.028		0		1		0.080	0.018	
Cystine.....g	0.023		0		1		0.065	0.015	
Phenylalanine.....g	0.072		0		1		0.204	0.048	
Tyrosine.....g	0.044		0		1		0.125	0.029	
Valine.....g	0.101		0		1		0.287	0.067	
Arginine.....g	0.097		0		1		0.275	0.064	
Histidine.....g	0.041		0		1		0.116	0.027	
Alanine.....g	0.106		0		1		0.301	0.070	
Aspartic acid.....g	0.236		0		1		0.670	0.156	
Glutamic acid.....g	0.268		0		1		0.761	0.177	
Glycine.....g	0.065		0		1		0.185	0.043	
Proline.....g	0.087		0		1		0.247	0.057	
Serine.....g	0.105		0		1		0.298	0.069	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

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

**Common Measures:**

**NDB No. 11137**

**Cauliflower, frozen, unprepared**

Measure 1 = 284g: 1 package (10 oz)

Measure 2 = 66g: .5 cup (1" pieces)

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)





NDB No. 11967

Cauliflower, green, cooked, no salt added

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.000		0		1		0.000		
15:0.....g									
16:0.....g	0.039		0		1		0.035		
17:0.....g									
18:0.....g	0.004		0		1		0.004		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.029		0		1		0.026		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.004		0		1		0.004		
17:1.....g									
18:1 undifferentiated.....g	0.024		0		1		0.022		
20:1.....g	0.001		0		1		0.001		
22:1 undifferentiated.....g	0.001		0		1		0.001		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.137		0		1		0.123		
18:2 undifferentiated.....g	0.030		0		1		0.027		
18:3 undifferentiated.....g	0.107		0		1		0.096		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0		
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.040		0		1		0.036		
Threonine.....g	0.110		0		1		0.099		
Isoleucine.....g	0.116		0		1		0.104		
Leucine.....g	0.178		0		1		0.160		
Lysine.....g	0.163		0		1		0.147		
Methionine.....g	0.043		0		1		0.039		
Cystine.....g	0.035		0		1		0.032		
Phenylalanine.....g	0.108		0		1		0.097		
Tyrosine.....g	0.066		0		1		0.059		
Valine.....g	0.153		0		1		0.138		
Arginine.....g	0.146		0		1		0.131		
Histidine.....g	0.061		0		1		0.055		
Alanine.....g	0.161		0		1		0.145		
Aspartic acid.....g	0.356		0		1		0.320		
Glutamic acid.....g	0.405		0		1		0.365		
Glycine.....g	0.098		0		1		0.088		
Proline.....g	0.131		0		1		0.118		
Serine.....g	0.159		0		1		0.143		
Hydroxyproline.....g									

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

**Common Measures:**

Measure 1 = 90g: .2 head

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**NDB No. 11967**

**Cauliflower, green, cooked, no salt added**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)



NDB No. 11968

Cauliflower, green, cooked, with salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.000		0		1		0.000		
15:0.....g									
16:0.....g	0.039		0		1		0.024		
17:0.....g									
18:0.....g	0.004		0		1		0.002		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.029		0		1		0.018		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.004		0		1		0.002		
17:1.....g									
18:1 undifferentiated.....g	0.024		0		1		0.015		
20:1.....g	0.001		0		1		0.001		
22:1 undifferentiated.....g	0.001		0		1		0.001		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.137		0		1		0.085		
18:2 undifferentiated.....g	0.030		0		1		0.019		
18:3 undifferentiated.....g	0.107		0		1		0.066		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0		
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.040		0		1		0.025		
Threonine.....g	0.110		0		1		0.068		
Isoleucine.....g	0.116		0		1		0.072		
Leucine.....g	0.178		0		1		0.110		
Lysine.....g	0.163		0		1		0.101		
Methionine.....g	0.043		0		1		0.027		
Cystine.....g	0.035		0		1		0.022		
Phenylalanine.....g	0.108		0		1		0.067		
Tyrosine.....g	0.066		0		1		0.041		
Valine.....g	0.153		0		1		0.095		
Arginine.....g	0.146		0		1		0.091		
Histidine.....g	0.061		0		1		0.038		
Alanine.....g	0.161		0		1		0.100		
Aspartic acid.....g	0.356		0		1		0.221		
Glutamic acid.....g	0.405		0		1		0.251		
Glycine.....g	0.098		0		1		0.061		
Proline.....g	0.131		0		1		0.081		
Serine.....g	0.159		0		1		0.099		
Hydroxyproline.....g									

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

**Common Measures:**

Measure 1 = 62g: .5 cup (1" pieces)

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**NDB No. 11968**

**Cauliflower, green, cooked, with salt**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11965

Cauliflower, green, raw

*Brassica oleracea (Botrytis group)*

Refuse:39% Leaf stalks, core and trimmings

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	89.79	0.265	6		1		57.46	22.45	458.82
Energy.....kcal	31		0	NC	4		20	8	158
Energy.....kj	130		0		4		83	32	663
Protein (N x 6.25).....g	2.95	0.080	6		1		1.89	0.74	15.07
Total lipid (fat).....g	0.30	0.045	6		1		0.19	0.07	1.52
Ash.....g	0.88	0.030	6		1		0.56	0.22	4.48
Carbohydrate, by difference.....g	6.09		0	NC	4		3.90	1.52	31.12
Fiber, total dietary.....g	3.2		6		1		2.0	0.8	16.4
Sugars, total.....g	3.03		0	BFSN	4		1.94	0.76	15.48
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	33	1.409	6		1		21	8	166
Iron, Fe.....mg	0.73	0.050	6		1		0.47	0.18	3.74
Magnesium, Mg.....mg	20	0.574	6		1		13	5	100
Phosphorus, P.....mg	62	1.620	6		1		39	15	315
Potassium, K.....mg	300	14.599	6		1		192	75	1534
Sodium, Na.....mg	23	3.486	4		1		15	6	119
Zinc, Zn.....mg	0.64	0.140	6		1		0.41	0.16	3.27
Copper, Cu.....mg	0.041	0.005	6		1		0.026	0.010	0.210
Manganese, Mn.....mg	0.247	0.010	6		1		0.158	0.062	1.262
Selenium, Se.....mcg	0.6		0	BFSN	4		0.4	0.2	3.1
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	88.1	9.347	6		1		56.4	22.0	450.0
Thiamin.....mg	0.080	0.006	6		1		0.051	0.020	0.407
Riboflavin.....mg	0.102	0.005	6		1		0.065	0.026	0.521
Niacin.....mg	0.734	0.079	6		1		0.470	0.184	3.752
Pantothenic acid.....mg	0.696	0.101	6		1		0.445	0.174	3.555
Vitamin B-6.....mg	0.222	0.016	6		1		0.142	0.056	1.134
Folate, total.....mcg	57	4.205	4		1		37	14	293
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg	57	4.205	4		1		37	14	293
Folate, DFE.....mcg_DFE	57		0	NC	4		37	14	293
Choline, total.....mg	57.1		0	BFSN	4		36.5	14.3	291.6
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	8		0	NC	4		5	2	40
Retinol.....mcg	0		0	Z	7		0	0	0
Carotene, beta.....mcg	93	25.590	7		1		60	23	476
Carotene, alpha.....mcg	0		0	BFSN	4		0	0	0
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0	0	0
Vitamin A, IU.....IU	155		0	NC	4		99	39	794
Lycopene.....mcg	0		0	BFSN	4		0	0	0
Lutein + zeaxanthin.....mcg	42		0	BFSN	4		27	10	213
Vitamin E (alpha-tocopherol).....mg	0.04		0	O	4		0.03	0.01	0.20
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	20.2		0	BFSN	4		12.9	5.0	103.2
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.047		0		1		0.030	0.012	0.240
4:0.....g	0.000		0		1		0.000	0.000	0.000
6:0.....g	0.000		0		1		0.000	0.000	0.000
8:0.....g	0.000		0		1		0.000	0.000	0.000
10:0.....g	0.000		0		1		0.000	0.000	0.000

NDB No. 11965  
Cauliflower, green, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		2		1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.000		2		1		0.000	0.000	0.000
15:0.....g									
16:0.....g	0.038		2		1		0.024	0.010	0.194
17:0.....g									
18:0.....g	0.004		2		1		0.003	0.001	0.020
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.028		0		1		0.018	0.007	0.143
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.004		2		1		0.003	0.001	0.020
17:1.....g									
18:1 undifferentiated.....g	0.023		2		1		0.015	0.006	0.118
20:1.....g	0.001		2		1		0.001	0.000	0.005
22:1 undifferentiated.....g	0.001		2		1		0.001	0.000	0.005
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.133		0		1		0.085	0.033	0.680
18:2 undifferentiated.....g	0.029		2		1		0.019	0.007	0.148
18:3 undifferentiated.....g	0.104		2		1		0.067	0.026	0.531
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	0
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.039		0		1		0.025	0.010	0.199
Threonine.....g	0.107		0		1		0.068	0.027	0.547
Isoleucine.....g	0.112		0		1		0.072	0.028	0.572
Leucine.....g	0.172		0		1		0.110	0.043	0.879
Lysine.....g	0.158		0		1		0.101	0.040	0.807
Methionine.....g	0.042		0		1		0.027	0.011	0.215
Cystine.....g	0.034		0		1		0.022	0.009	0.174
Phenylalanine.....g	0.105		0		1		0.067	0.026	0.537
Tyrosine.....g	0.064		0		1		0.041	0.016	0.327
Valine.....g	0.148		0		1		0.095	0.037	0.756
Arginine.....g	0.142		0		1		0.091	0.036	0.726
Histidine.....g	0.059		0		1		0.038	0.015	0.301
Alanine.....g	0.156		0		1		0.100	0.039	0.797
Aspartic acid.....g	0.345		0		1		0.221	0.086	1.763
Glutamic acid.....g	0.393		0		1		0.252	0.098	2.008
Glycine.....g	0.095		0		1		0.061	0.024	0.485
Proline.....g	0.127		0		1		0.081	0.032	0.649
Serine.....g	0.154		0		1		0.099	0.039	0.787
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0

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

**Common Measures:**

**NDB No. 11965**

**Cauliflower, green, raw**

Measure 1 = 64g: 1 cup

Measure 2 = 25g: 1 floweret

Measure 3 = 511g: 1 head, large (6-7" dia)

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)



NDB No. 11135

Cauliflower, raw

*Brassica oleracea (Botrytis Group)*

Refuse:61% Leaf stalks, cores and trimmings

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	91.91	0.280	31		1		91.91	11.95	772.04
Energy.....kcal	25		0	NC	4		25	3	207
Energy.....kj	103		0	NC	4		103	13	864
Protein (N x 6.25).....g	1.98	0.061	16		1		1.98	0.26	16.63
Total lipid (fat).....g	0.10		1		1		0.10	0.01	0.84
Ash.....g	0.71	0.024	15		1		0.71	0.09	5.96
Carbohydrate, by difference.....g	5.30		0	NC	4		5.30	0.69	44.52
Fiber, total dietary.....g	2.5		0		1		2.5	0.3	21.0
Sugars, total.....g	2.40		0	T	4		2.40	0.31	20.16
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	22	1.202	19		1		22	3	185
Iron, Fe.....mg	0.44	0.028	19		1		0.44	0.06	3.70
Magnesium, Mg.....mg	15	0.518	18		1		15	2	126
Phosphorus, P.....mg	44	1.384	18		1		44	6	370
Potassium, K.....mg	303	12.741	20		1		303	39	2545
Sodium, Na.....mg	30	2.935	33		1		30	4	252
Zinc, Zn.....mg	0.28	0.010	15		1		0.28	0.04	2.35
Copper, Cu.....mg	0.042	0.004	15		1		0.042	0.005	0.353
Manganese, Mn.....mg	0.156	0.006	15		1		0.156	0.020	1.310
Selenium, Se.....mcg	0.6		1	A	1		0.6	0.1	5.0
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	46.4	4.398	24		1		46.4	6.0	389.8
Thiamin.....mg	0.057	0.003	15		1		0.057	0.007	0.479
Riboflavin.....mg	0.063	0.004	15		1		0.063	0.008	0.529
Niacin.....mg	0.526	0.024	15		1		0.526	0.068	4.418
Pantothenic acid.....mg	0.652	0.028	12		1		0.652	0.085	5.477
Vitamin B-6.....mg	0.222	0.009	13		1		0.222	0.029	1.865
Folate, total.....mcg	57	5.290	27		1		57	7	479
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg	57	5.290	27		1		57	7	479
Folate, DFE.....mcg_DFE	57		0	NC	4		57	7	479
Choline, total.....mg	45.2		0	BFSN	4		45.2	5.9	379.7
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	1		0	NC	4		1	0	6
Retinol.....mcg	0		0	Z	7		0	0	0
Carotene, beta.....mcg	8		0	T	4		8	1	67
Carotene, alpha.....mcg	0		0	T	4		0	0	0
Cryptoxanthin, beta.....mcg	0		0	T	4		0	0	0
Vitamin A, IU.....IU	13		0	NC	4		13	2	112
Lycopene.....mcg	0		0	T	4		0	0	0
Lutein + zeaxanthin.....mcg	33		0	T	4		33	4	277
Vitamin E (alpha-tocopherol).....mg	0.08		1		1		0.08	0.01	0.67
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg	0.00		1	A	1		0.00	0.00	0.00
Tocopherol, gamma.....mg	0.20		1	A	1		0.20	0.03	1.68
Tocopherol, delta.....mg	0.00		1	A	1		0.00	0.00	0.00
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	16.0	2.309	14	A	1		16.0	2.1	134.4
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.015		0	NC	4		0.015	0.002	0.130
4:0.....g	0.000		0		1		0.000	0.000	0.000
6:0.....g	0.000		0		1		0.000	0.000	0.000
8:0.....g	0.000		0		1		0.000	0.000	0.000
10:0.....g	0.000		0		1		0.000	0.000	0.000

NDB No. 11135  
Cauliflower, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0		1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.000		0		1		0.000	0.000	0.000
15:0.....g									
16:0.....g	0.014		0		1		0.014	0.002	0.114
17:0.....g									
18:0.....g	0.002		0		1		0.002	0.000	0.016
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.007		0	NC	4		0.007	0.001	0.057
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.007		0		1		0.007	0.001	0.057
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.048		0	NC	4		0.048	0.006	0.401
18:2 undifferentiated.....g	0.011		0		1		0.011	0.001	0.093
18:3 undifferentiated.....g	0.037		0		1		0.037	0.005	0.308
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	0
Phytosterols.....mg	18		0		1		18	2	151
<b>Amino Acids:</b>									
Tryptophan.....g	0.026		0		1		0.026	0.003	0.218
Threonine.....g	0.072		0		1		0.072	0.009	0.605
Isoleucine.....g	0.075		0		1		0.075	0.010	0.630
Leucine.....g	0.116		0		1		0.116	0.015	0.974
Lysine.....g	0.106		0		1		0.106	0.014	0.890
Methionine.....g	0.028		0		1		0.028	0.004	0.235
Cystine.....g	0.023		0		1		0.023	0.003	0.193
Phenylalanine.....g	0.071		0		1		0.071	0.009	0.596
Tyrosine.....g	0.043		0		1		0.043	0.006	0.361
Valine.....g	0.099		0		1		0.099	0.013	0.832
Arginine.....g	0.095		0		1		0.095	0.012	0.798
Histidine.....g	0.040		0		1		0.040	0.005	0.336
Alanine.....g	0.104		0		1		0.104	0.014	0.874
Aspartic acid.....g	0.232		0		1		0.232	0.030	1.949
Glutamic acid.....g	0.264		0		1		0.264	0.034	2.218
Glycine.....g	0.064		0		1		0.064	0.008	0.538
Proline.....g	0.085		0		1		0.085	0.011	0.714
Serine.....g	0.104		0		1		0.104	0.014	0.874
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0

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

**Common Measures:**

**NDB No. 11135**

**Cauliflower, raw**

Measure 1 = 100g: 1 cup

Measure 2 = 13.0g: 1 floweret

Measure 3 = 840g: 1 head, large (6-7" dia)

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)



NDB No. 11763

Celeriac, cooked, boiled, drained, with salt

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

---

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

**Common Measures:**

Measure 1 = 155g: 1 cup pieces

**Calories Factors: Protein** 2.78

**Fat** 8.37

**Carbohydrate**3.84

**Food Group:** 11 Vegetables and Vegetable Products  
USDA National Nutrient Database for Standard Reference, Release 21 (2008)



NDB No. 11142

Celeriac, cooked, boiled, drained, without salt

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

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

**Common Measures:**

Measure 1 = 155g: 1 cup pieces

**Calories Factors: Protein** 2.78

**Fat** 8.37

**Carbohydrate**3.84

**Food Group:** 11 Vegetables and Vegetable Products  
USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11141

Celeriac, raw

*Apium graveolens*

Refuse:14% Parings

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	88.00		1		1		137.28		
Energy.....kcal	42		0	NC	4		66		
Energy.....kj	176		0		4		274		
Protein (N x 6.25).....g	1.50		1		1		2.34		
Total lipid (fat).....g	0.30		1		1		0.47		
Ash.....g	1.00		0		1		1.56		
Carbohydrate, by difference.....g	9.20		0	NC	4		14.35		
Fiber, total dietary.....g	1.8		0		4		2.8		
Sugars, total.....g	1.60		0	T	4		2.50		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	43		1		1		67		
Iron, Fe.....mg	0.70		1		1		1.09		
Magnesium, Mg.....mg	20		1		1		31		
Phosphorus, P.....mg	115		1		1		179		
Potassium, K.....mg	300		1		1		468		
Sodium, Na.....mg	100		1		1		156		
Zinc, Zn.....mg	0.33		0		4		0.51		
Copper, Cu.....mg	0.070		0		4		0.109		
Manganese, Mn.....mg	0.158		0		4		0.246		
Selenium, Se.....mcg	0.7		0	CAZN	4		1.1		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	8.0		1		1		12.5		
Thiamin.....mg	0.050		1		1		0.078		
Riboflavin.....mg	0.060		1		1		0.094		
Niacin.....mg	0.700		1		1		1.092		
Pantothenic acid.....mg	0.352		0		4		0.549		
Vitamin B-6.....mg	0.165		0		1		0.257		
Folate, total.....mcg	8		0		4		12		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	8		0		4		12		
Folate, DFE.....mcg_DFE	8		0	NC	4		12		
Choline, total.....mg	9.0		0	BFSN	4		14.1		
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00		
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0		
Retinol.....mcg	0		0	Z	7		0		
Carotene, beta.....mcg	0		0	T	4		0		
Carotene, alpha.....mcg	0		0	T	4		0		
Cryptoxanthin, beta.....mcg	0		0	T	4		0		
Vitamin A, IU.....IU	0		0	NC	4		0		
Lycopene.....mcg	0		0	T	4		0		
Lutein + zeaxanthin.....mcg	1		0	T	4		2		
Vitamin E (alpha-tocopherol).....mg	0.36		0	NR	4		0.56		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	41.0		0	T	4		64.0		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.079		0		4		0.123		
4:0.....g	0.000		0		4		0.000		
6:0.....g	0.000		0		4		0.000		
8:0.....g	0.000		0		4		0.000		
10:0.....g	0.000		0		4		0.000		



NDB No. 11141  
Celeriac, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0		4		0.000		
13:0.....g									
14:0.....g	0.002		0		4		0.003		
15:0.....g									
16:0.....g	0.069		0		4		0.108		
17:0.....g									
18:0.....g	0.006		0		4		0.009		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.058		0		4		0.090		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0		4		0.003		
17:1.....g									
18:1 undifferentiated.....g	0.056		0		4		0.087		
20:1.....g	0.000		0		4		0.000		
22:1 undifferentiated.....g	0.000		0		4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.148		0		4		0.231		
18:2 undifferentiated.....g	0.148		0		4		0.231		
18:3 undifferentiated.....g	0.000		0		4		0.000		
18:4.....g	0.000		0		4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000		
20:5 n-3.....g	0.000		0		4		0.000		
22:5 n-3.....g	0.000		0		4		0.000		
22:6 n-3.....g	0.000		0		4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

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

**Common Measures:**

Measure 1 = 156g: 1 cup

**Calories Factors: Protein 2.78**

**Fat 8.37**

**Carbohydrate 3.84**

**Food Group: 11 Vegetables and Vegetable Products**  
USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 44055**  
**Celery flakes, dried**

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	9.00		0						4
Energy.....kcal	319		0	NC					4
Energy.....kj	1334		0	NC					4
Protein.....g	11.30		0						4
Total lipid (fat).....g	2.10		0						4
Ash.....g	13.90		0	BFSN					4
Carbohydrate, by difference.....g	63.70		0	NC					4
Fiber, total dietary.....g	27.8		0						4
Sugars, total.....g	35.90		0	O					4
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	587		0						4
Iron, Fe.....mg	7.83		0						4
Magnesium, Mg.....mg	196		0						4
Phosphorus, P.....mg	402		0						4
Potassium, K.....mg	4388		0						4
Sodium, Na.....mg	1435		0						4
Zinc, Zn.....mg	2.77		0						4
Copper, Cu.....mg	0.571		0						4
Manganese, Mn.....mg									
Selenium, Se.....mcg	15.3		0	BFSN					4
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	86.5		0						4
Thiamin.....mg	0.440		0						4
Riboflavin.....mg	0.500		0						4
Niacin.....mg	4.640		0						4
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.460		0						4
Folate, total.....mcg	107		0						4
Folic acid.....mcg	0		0	Z					7
Folate, food.....mcg	107		0						4
Folate, DFE.....mcg_DFE	107		0	NC					4
Choline, total.....mg	122.3		0	BFSN					4
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0						7
Vitamin B-12, added.....mcg	0.00		0	Z					7
Vitamin A, RAE.....mcg_RAE	98		0	NC					4
Retinol.....mcg	0		0	BNA					4
Carotene, beta.....mcg	1177		0	BNA					4
Carotene, alpha.....mcg	0		0	BNA					4
Cryptoxanthin, beta.....mcg	0		0	BNA					4
Vitamin A, IU.....IU	1962		0	NC					4
Lycopene.....mcg	0		0	BFSN					4
Lutein + zeaxanthin.....mcg	5076		0	BFSN					4
Vitamin E (alpha-tocopherol).....mg	5.55		0	O					4
Vitamin E, added.....mg	0.00		0	Z					7
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	584.2		0	BFSN					4
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.555		0						4
4:0.....g	0.000		0						4
6:0.....g	0.000		0						4
8:0.....g	0.000		0						4
10:0.....g	0.000		0						4

NDB No. 44055  
Celery flakes, dried

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points		Measure 1	Measure 2	Measure 3
			Deriv Code	Source Code			
12:0.....g	0.000		0		4		
13:0.....g							
14:0.....g	0.015		0		4		
15:0.....g							
16:0.....g	0.480		0		4		
17:0.....g							
18:0.....g	0.045		0		4		
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	0.405		0		4		
14:1.....g							
15:1.....g							
16:1 undifferentiated.....g	0.015		0		4		
17:1.....g							
18:1 undifferentiated.....g	0.390		0		4		
20:1.....g	0.000		0		4		
22:1 undifferentiated.....g	0.000		0		4		
24:1 c.....g							
Fatty acids, total polyunsaturated.....g	1.035		0		4		
18:2 undifferentiated.....g	1.035		0		4		
18:3 undifferentiated.....g	0.000		0		4		
18:4.....g	0.000		0		4		
20:2 n-6 c,c.....g							
20:3 undifferentiated.....g							
20:4 undifferentiated.....g	0.000		0		4		
20:5 n-3.....g	0.000		0		4		
22:5 n-3.....g	0.000		0		4		
22:6 n-3.....g	0.000		0		4		
Fatty acids, total trans.....g							
Cholesterol.....mg	0		0		7		
Phytosterols.....mg							
<b>Others:</b>							
Alcohol, ethyl.....g	0.0		0		7		
Caffeine.....mg	0		0	Z	7		
Theobromine.....mg	0		0	Z	7		

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

**Common Measures:**

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11764

Celery, cooked, boiled, drained, with salt

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	94.11		0		1		141.17		
Energy.....kcal	18		0	NC	4		26		
Energy.....kj	74		0	NC	4		111		
Protein (N x 6.25).....g	0.83		0		1		1.25		
Total lipid (fat).....g	0.16		0		1		0.24		
Ash.....g	0.90		0		1		1.35		
Carbohydrate, by difference.....g	4.00		0	NC	4		6.00		
Fiber, total dietary.....g	1.6		1	A	1		2.4		
Sugars, total.....g	2.37		0	NC	4		3.55		
Sucrose.....g	0.14		0	BFSN	4		0.21		
Glucose (dextrose).....g	0.71		0	BFSN	4		1.07		
Fructose.....g	0.66		0	BFSN	4		0.99		
Lactose.....g	0.00		0	BFSN	4		0.00		
Maltose.....g	0.00		0	BFSN	4		0.00		
Galactose.....g	0.85		0	BFSN	4		1.28		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	42		0		1		63		
Iron, Fe.....mg	0.42		0		1		0.63		
Magnesium, Mg.....mg	12		0		1		18		
Phosphorus, P.....mg	25		0		1		38		
Potassium, K.....mg	284		0		1		426		
Sodium, Na.....mg	327		0		1		491		
Zinc, Zn.....mg	0.14		0		1		0.21		
Copper, Cu.....mg	0.036		0		1		0.054		
Manganese, Mn.....mg	0.106		0		1		0.159		
Selenium, Se.....mcg	1.0		0	BFSN	4		1.5		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	6.1		0		1		9.2		
Thiamin.....mg	0.043		0		1		0.065		
Riboflavin.....mg	0.047		0		1		0.071		
Niacin.....mg	0.319		0		1		0.479		
Pantothenic acid.....mg	0.195		0		1		0.293		
Vitamin B-6.....mg	0.086		0		1		0.129		
Folate, total.....mcg	22		0		1		33		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	22		0		1		33		
Folate, DFE.....mcg_DFE	22		0	NC	4		33		
Choline, total.....mg	7.9		0	BFSY	4		11.9		
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00		
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....mcg_RAE	26		0	NC	4		39		
Retinol.....mcg	0		0	Z	7		0		
Carotene, beta.....mcg	313		0	BFSY	4		469		
Carotene, alpha.....mcg	0		0	BFSY	4		0		
Cryptoxanthin, beta.....mcg	0		0	BFSY	4		0		
Vitamin A, IU.....IU	521		0	NC	4		782		
Lycopene.....mcg	0		0	BFSY	4		0		
Lutein + zeaxanthin.....mcg	329		0	BFSY	4		493		
Vitamin E (alpha-tocopherol).....mg	0.35		0	BFSN	4		0.52		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg	0.00		0	BFSN	4		0.00		
Tocopherol, gamma.....mg	0.00		0	BFSN	4		0.00		
Tocopherol, delta.....mg	0.00		0	BFSN	4		0.00		
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	37.8		0	BFSN	4		56.7		

NDB No. 11764

Celery, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.040		0		1		0.060		
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g	0.001		0		1		0.002		
15:0.....g									
16:0.....g	0.035		0		1		0.053		
17:0.....g									
18:0.....g	0.004		0		1		0.006		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.030		0		1		0.045		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.002		
17:1.....g									
18:1 undifferentiated.....g	0.029		0		1		0.044		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.075		0		1		0.113		
18:2 undifferentiated.....g	0.075		0		1		0.113		
18:3 undifferentiated.....g									
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg	7		0		1		11		
<b>Amino Acids:</b>									
Tryptophan.....g	0.011		0		1		0.017		
Threonine.....g	0.024		0		1		0.036		
Isoleucine.....g	0.025		0		1		0.038		
Leucine.....g	0.039		0		1		0.059		
Lysine.....g	0.032		0		1		0.048		
Methionine.....g	0.007		0		1		0.011		
Cystine.....g	0.005		0		1		0.008		
Phenylalanine.....g	0.024		0		1		0.036		
Tyrosine.....g	0.011		0		1		0.017		
Valine.....g	0.033		0		1		0.050		
Arginine.....g	0.024		0		1		0.036		
Histidine.....g	0.014		0		1		0.021		
Alanine.....g	0.027		0		1		0.041		
Aspartic acid.....g	0.141		0		1		0.212		
Glutamic acid.....g	0.107		0		1		0.161		
Glycine.....g	0.026		0		1		0.039		
Proline.....g	0.022		0		1		0.033		
Serine.....g	0.024		0		1		0.036		
Hydroxyproline.....g									

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

**NDB No.** 11764

**Celery, cooked, boiled, drained, with salt**

**Common Measures:**

Measure 1 = 150g: 1 cup, diced

**Calories Factors: Protein** 2.44

**Fat** 8.37

**Carbohydrate**3.57

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11144

Celery, cooked, boiled, drained, without salt

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Deriv		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Points	Code					
<b>Proximates:</b>									
Water.....g	94.11		0		1		141.17	70.58	
Energy.....kcal	18		0	NC	4		26	13	
Energy.....kj	74		0	NC	4		111	55	
Protein (N x 6.25).....g	0.83		0		1		1.25	0.62	
Total lipid (fat).....g	0.16		0		1		0.24	0.12	
Ash.....g	0.90		0		1		1.35	0.68	
Carbohydrate, by difference.....g	4.00		0	NC	4		6.00	3.00	
Fiber, total dietary.....g	1.6		0		4		2.4	1.2	
Sugars, total.....g	2.37		0	NC	4		3.55	1.77	
Sucrose.....g	0.14		0	BFSN	4		0.21	0.10	
Glucose (dextrose).....g	0.71		0	BFSN	4		1.07	0.53	
Fructose.....g	0.66		0	BFSN	4		0.99	0.49	
Lactose.....g	0.00		0	BFSN	4		0.00	0.00	
Maltose.....g	0.00		0	BFSN	4		0.00	0.00	
Galactose.....g	0.85		0	BFSN	4		1.28	0.64	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	42		0		1		63	32	
Iron, Fe.....mg	0.42		0		1		0.63	0.32	
Magnesium, Mg.....mg	12		0		1		18	9	
Phosphorus, P.....mg	25		0		1		38	19	
Potassium, K.....mg	284		0		1		426	213	
Sodium, Na.....mg	91		0		1		137	68	
Zinc, Zn.....mg	0.14		0		1		0.21	0.11	
Copper, Cu.....mg	0.036		0		1		0.054	0.027	
Manganese, Mn.....mg	0.106		0		1		0.159	0.080	
Selenium, Se.....mcg	1.0		0	BFSN	4		1.5	0.8	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	6.1		0		1		9.2	4.6	
Thiamin.....mg	0.043		0		1		0.065	0.032	
Riboflavin.....mg	0.047		0		1		0.071	0.035	
Niacin.....mg	0.319		0		1		0.479	0.239	
Pantothenic acid.....mg	0.195		0		1		0.293	0.146	
Vitamin B-6.....mg	0.086		0		1		0.129	0.065	
Folate, total.....mcg	22		0		1		33	17	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	22		0		1		33	17	
Folate, DFE.....mcg_DFE	22		0	NC	4		33	17	
Choline, total.....mg	7.9		0	BFSY	4		11.9	5.9	
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	26		0	NC	4		39	20	
Retinol.....mcg	0		0	Z	7		0	0	
Carotene, beta.....mcg	313		0	BFSY	4		469	235	
Carotene, alpha.....mcg	0		0	BFSY	4		0	0	
Cryptoxanthin, beta.....mcg	0		0	BFSY	4		0	0	
Vitamin A, IU.....IU	521		0	NC	4		782	391	
Lycopene.....mcg	0		0	BFSY	4		0	0	
Lutein + zeaxanthin.....mcg	329		0	BFSY	4		493	246	
Vitamin E (alpha-tocopherol).....mg	0.35		0	BFSN	4		0.52	0.26	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg	0.00		0	BFSN	4		0.00	0.00	
Tocopherol, gamma.....mg	0.00		0	BFSN	4		0.00	0.00	
Tocopherol, delta.....mg	0.00		0	BFSN	4		0.00	0.00	
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	37.8		0	BFSN	4		56.7	28.4	

NDB No. 11144

Celery, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common		
	Mean	Std. Error	Number of Data Deriv Source			measures of food			
			Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.040		0		1		0.060	0.030	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.000		0		1		0.000	0.000	
12:0.....g	0.000		0		1		0.000	0.000	
13:0.....g									
14:0.....g	0.001		0		1		0.002	0.001	
15:0.....g									
16:0.....g	0.035		0		1		0.053	0.026	
17:0.....g									
18:0.....g	0.004		0		1		0.006	0.003	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.030		0		1		0.045	0.023	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.002	0.001	
17:1.....g									
18:1 undifferentiated.....g	0.029		0		1		0.044	0.022	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.075		0		1		0.113	0.056	
18:2 undifferentiated.....g	0.075		0		1		0.113	0.056	
18:3 undifferentiated.....g	0.000		0		1		0.000	0.000	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg	7		0		1		11	5	
<b>Amino Acids:</b>									
Tryptophan.....g	0.011		0		1		0.017	0.008	
Threonine.....g	0.024		0		1		0.036	0.018	
Isoleucine.....g	0.025		0		1		0.038	0.019	
Leucine.....g	0.039		0		1		0.059	0.029	
Lysine.....g	0.032		0		1		0.048	0.024	
Methionine.....g	0.007		0		1		0.011	0.005	
Cystine.....g	0.005		0		1		0.008	0.004	
Phenylalanine.....g	0.024		0		1		0.036	0.018	
Tyrosine.....g	0.011		0		1		0.017	0.008	
Valine.....g	0.033		0		1		0.050	0.025	
Arginine.....g	0.024		0		1		0.036	0.018	
Histidine.....g	0.014		0		1		0.021	0.011	
Alanine.....g	0.027		0		1		0.041	0.020	
Aspartic acid.....g	0.141		0		1		0.212	0.106	
Glutamic acid.....g	0.107		0		1		0.161	0.080	
Glycine.....g	0.026		0		1		0.039	0.020	
Proline.....g	0.022		0		1		0.033	0.017	
Serine.....g	0.024		0		1		0.036	0.018	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	



NDB No. 11144

Celery, cooked, boiled, drained, without salt

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

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

**Common Measures:**

Measure 1 = 150g: 1 cup, diced

Measure 2 = 75g: 2 stalks

**Calories Factors: Protein** 2.44

**Fat** 8.37

**Carbohydrate**3.57

**Food Group:** 11 Vegetables and Vegetable Products  
USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11143

Celery, raw

*Apium graveolens*

Refuse:11% Roots and trimmings

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	95.43	0.124	18	JO	11		96.39	104.97	7.16
Energy.....kcal	16		0	NC	4		16	18	1
Energy.....kj	67		0	NC	4		68	74	5
Protein.....g	0.69	0.047	8	A	1		0.69	0.75	0.05
Total lipid (fat).....g	0.17	0.042	15	JO	11		0.17	0.19	0.01
Ash.....g	0.75	0.032	8	A	1		0.76	0.82	0.06
Carbohydrate, by difference.....g	2.97		0	NC	4		3.00	3.26	0.22
Fiber, total dietary.....g	1.6	0.145	8	A	1		1.6	1.8	0.1
Sugars, total.....g	1.83		0	NC	4		1.85	2.02	0.14
Sucrose.....g	0.11	0.044	15	JA	6		0.11	0.12	0.01
Glucose (dextrose).....g	0.55	0.089	15	JA	6		0.56	0.61	0.04
Fructose.....g	0.51	0.032	15	JA	6		0.52	0.56	0.04
Lactose.....g	0.00	0.000	8	A	1		0.00	0.00	0.00
Maltose.....g	0.00	0.000	8	A	1		0.00	0.00	0.00
Galactose.....g	0.66	0.072	4	A	1		0.67	0.73	0.05
Starch.....g	0.00		1	A	1		0.00	0.00	0.00
<b>Minerals:</b>									
Calcium, Ca.....mg	40	1.639	55	JA	6		41	44	3
Iron, Fe.....mg	0.20	0.014	56	JA	6		0.20	0.22	0.01
Magnesium, Mg.....mg	11	0.330	56	JA	6		11	12	1
Phosphorus, P.....mg	24	0.745	55	JA	6		24	27	2
Potassium, K.....mg	260	7.963	56	JA	6		263	286	20
Sodium, Na.....mg	80	3.462	56	JA	6		81	88	6
Zinc, Zn.....mg	0.13	0.012	55	JA	6		0.13	0.15	0.01
Copper, Cu.....mg	0.035	0.004	55	JA	6		0.035	0.038	0.003
Manganese, Mn.....mg	0.103	0.005	56	JA	6		0.104	0.114	0.008
Selenium, Se.....mcg	0.4	0.199	36	JA	6		0.4	0.4	0.0
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	3.1	1.189	8	A	1		3.1	3.4	0.2
Thiamin.....mg	0.021	0.001	8	A	1		0.021	0.023	0.002
Riboflavin.....mg	0.057	0.005	8	A	1		0.058	0.063	0.004
Niacin.....mg	0.320	0.043	6	A	1		0.324	0.352	0.024
Pantothenic acid.....mg	0.246	0.019	8	A	1		0.248	0.270	0.018
Vitamin B-6.....mg	0.074	0.011	8	A	1		0.075	0.081	0.006
Folate, total.....mcg	36	10.113	8	A	1		36	40	3
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg	36	10.113	8	A	1		36	40	3
Folate, DFE.....mcg_DFE	36		0	NC	4		36	40	3
Choline, total.....mg	6.1		0	AS	1		6.2	6.8	0.5
Betaine.....mg	0.1		2	A	1		0.1	0.1	0.0
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	22		0	AS	1		23	25	2
Retinol.....mcg	0		0	Z	7		0	0	0
Carotene, beta.....mcg	270	35.501	6	A	1		272	297	20
Carotene, alpha.....mcg	0	0.000	6	A	1		0	0	0
Cryptoxanthin, beta.....mcg	0	0.000	6	A	1		0	0	0
Vitamin A, IU.....IU	449		0	AS	1		454	494	34
Lycopene.....mcg	0	0.000	6	A	1		0	0	0
Lutein + zeaxanthin.....mcg	283	37.081	6	A	1		286	311	21
Vitamin E (alpha-tocopherol).....mg	0.27	0.072	13	JO	11		0.27	0.30	0.02
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg	0.00	0.000	13	JO	11		0.00	0.00	0.00
Tocopherol, gamma.....mg	0.00	0.000	13	JO	11		0.00	0.00	0.00
Tocopherol, delta.....mg	0.00	0.000	13	JO	11		0.00	0.00	0.00
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	29.3	3.247	9	JO	11		29.6	32.3	2.2

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.042		0	NC	4		0.043	0.046	0.003
4:0.....g	0.000		0	BFFN	4		0.000	0.000	0.000
6:0.....g	0.000		0	BFFN	4		0.000	0.000	0.000
8:0.....g	0.000		0	BFFN	4		0.000	0.000	0.000
10:0.....g	0.000		0	BFFN	4		0.000	0.000	0.000
12:0.....g	0.000		0	BFFN	4		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.001		0	BFFN	4		0.001	0.001	0.000
15:0.....g									
16:0.....g	0.037		0	BFFN	4		0.037	0.041	0.003
17:0.....g									
18:0.....g	0.004		0	BFFN	4		0.004	0.005	0.000
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.032		0	NC	4		0.032	0.035	0.002
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0	BFFN	4		0.001	0.001	0.000
17:1.....g									
18:1 undifferentiated.....g	0.031		0	BFFN	4		0.031	0.034	0.002
20:1.....g	0.000		0	BFFN	4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.079		0	NC	4		0.080	0.087	0.006
18:2 undifferentiated.....g	0.079		0	BFFN	4		0.080	0.087	0.006
18:3 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	0.000
18:4.....g	0.000		0	BFFN	4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	0
Phytosterols.....mg	6		1		1		6	7	0
<b>Amino Acids:</b>									
Tryptophan.....g	0.009		0	DA	1		0.009	0.010	0.001
Threonine.....g	0.020		0	DA	1		0.020	0.022	0.002
Isoleucine.....g	0.021		0	DA	1		0.021	0.023	0.002
Leucine.....g	0.032		0	DA	1		0.032	0.035	0.002
Lysine.....g	0.027		0	DA	1		0.027	0.029	0.002
Methionine.....g	0.005		0	DA	1		0.006	0.006	0.000
Cystine.....g	0.004		0	DA	1		0.004	0.004	0.000
Phenylalanine.....g	0.020		0	DA	1		0.020	0.022	0.002
Tyrosine.....g	0.009		0	DA	1		0.009	0.010	0.001
Valine.....g	0.027		0	DA	1		0.028	0.030	0.002
Arginine.....g	0.020		0	DA	1		0.020	0.022	0.002
Histidine.....g	0.012		0	DA	1		0.012	0.013	0.001
Alanine.....g	0.023		0	DA	1		0.023	0.025	0.002
Aspartic acid.....g	0.117		0	DA	1		0.118	0.129	0.009
Glutamic acid.....g	0.090		0	DA	1		0.090	0.099	0.007
Glycine.....g	0.021		0	DA	1		0.021	0.023	0.002
Proline.....g	0.018		0	DA	1		0.018	0.020	0.001
Serine.....g	0.020		0	DA	1		0.020	0.022	0.002
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0

NDB No. 11143

Celery, raw

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

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

**Common Measures:**

Measure 1 = 101g: 1 cup chopped

Measure 2 = 110g: 1 NLEA serving

Measure 3 = 7.5g: 1 tbsp

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11145

Celtuce, raw

*Lactuca sativa*

Refuse:25% Tough leaves and stems

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	94.50		2		1		7.56		
Energy.....kcal	18		0	NC	4		1		
Energy.....kj	75				4		6		
Protein (N x 6.25).....g	0.85		2		1		0.07		
Total lipid (fat).....g	0.30		2		1		0.02		
Ash.....g	0.70		0		1		0.06		
Carbohydrate, by difference.....g	3.65		0	NC	4		0.29		
Fiber, total dietary.....g	1.7		0	BFSN	4		0.1		
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	39		2		1		3		
Iron, Fe.....mg	0.55		2		1		0.04		
Magnesium, Mg.....mg	28		2		1		2		
Phosphorus, P.....mg	39		2		1		3		
Potassium, K.....mg	330		2		1		26		
Sodium, Na.....mg	11		2		1		1		
Zinc, Zn.....mg	0.27		0		4		0.02		
Copper, Cu.....mg	0.040		0		4		0.003		
Manganese, Mn.....mg	0.688		0		4		0.055		
Selenium, Se.....mcg	0.9		0	CAZN	4		0.1		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	19.5		2		1		1.6		
Thiamin.....mg	0.055		2		1		0.004		
Riboflavin.....mg	0.070		2		1		0.006		
Niacin.....mg	0.550		2		1		0.044		
Pantothenic acid.....mg	0.183		0		4		0.015		
Vitamin B-6.....mg	0.050		0		4		0.004		
Folate, total.....mcg	46		0		4		4		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	46		0		4		4		
Folate, DFE.....mcg_DFE	46		0	NC	4		4		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....mcg_RAE	175		1		1		14		
Retinol.....mcg	0		0	Z	7		0		
Carotene, beta.....mcg									
Carotene, alpha.....mcg									
Cryptoxanthin, beta.....mcg									
Vitamin A, IU.....IU	3500		1		1		280		
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g									
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg	11		0		1		1		
<b>Amino Acids:</b>									

NDB No. 11145

Celtuce, raw

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tryptophan.....g	0.006		0		1		0.000		
Threonine.....g	0.039		0		1		0.003		
Isoleucine.....g	0.055		0		1		0.004		
Leucine.....g	0.052		0		1		0.004		
Lysine.....g	0.055		0		1		0.004		
Methionine.....g	0.010		0		1		0.001		
Cystine.....g	0.010		0		1		0.001		
Phenylalanine.....g	0.036		0		1		0.003		
Tyrosine.....g	0.021		0		1		0.002		
Valine.....g	0.046		0		1		0.004		
Arginine.....g	0.046		0		1		0.004		
Histidine.....g	0.015		0		1		0.001		
Alanine.....g	0.037		0		1		0.003		
Aspartic acid.....g	0.093		0		1		0.007		
Glutamic acid.....g	0.119		0		1		0.010		
Glycine.....g	0.037		0		1		0.003		
Proline.....g	0.032		0		1		0.003		
Serine.....g	0.026		0		1		0.002		
Hydroxyproline.....g									

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

**Common Measures:**

Measure 1 = 8.0g: 1 leaf

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group:** 11 Vegetables and Vegetable Products  
 USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11765

Chard, swiss, cooked, boiled, drained, with salt

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	92.65		0		1		162.14		
Energy.....kcal	20		0	NC	4		35		
Energy.....kj	84		0	NC	4		146		
Protein (N x 6.25).....g	1.88		1		1		3.29		
Total lipid (fat).....g	0.08		1		1		0.14		
Ash.....g	1.26		1		1		2.21		
Carbohydrate, by difference.....g	4.13		0	NC	4		7.23		
Fiber, total dietary.....g	2.1		1	A	1		3.7		
Sugars, total.....g	1.10		0	BFSN	4		1.93		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	58		1		1		102		
Iron, Fe.....mg	2.26		1		1		3.96		
Magnesium, Mg.....mg	86		1		1		151		
Phosphorus, P.....mg	33		1		1		58		
Potassium, K.....mg	549		1		1		961		
Sodium, Na.....mg	415		0		4		726		
Zinc, Zn.....mg	0.33		0		4		0.58		
Copper, Cu.....mg	0.163		0		4		0.285		
Manganese, Mn.....mg	0.334		0		4		0.585		
Selenium, Se.....mcg	0.9		0	CAZN	4		1.6		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	18.0		0		1		31.5		
Thiamin.....mg	0.034		0		1		0.060		
Riboflavin.....mg	0.086		0		1		0.151		
Niacin.....mg	0.360		0		1		0.630		
Pantothenic acid.....mg	0.163		0		1		0.285		
Vitamin B-6.....mg	0.085		0		4		0.149		
Folate, total.....mcg	9		0		4		15		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	9		0		4		15		
Folate, DFE.....mcg_DFE	9		0	NC	4		15		
Choline, total.....mg	28.7		0	BFSN	4		50.3		
Betaine.....mg	0.1		0	BFSN	4		0.2		
Vitamin B-12.....mcg	0.00		0	Z	7		0.00		
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....mcg_RAE	306		0	NC	4		536		
Retinol.....mcg	0		0	Z	7		0		
Carotene, beta.....mcg	3652		0	BFSN	4		6391		
Carotene, alpha.....mcg	45		0	BFSN	4		79		
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0		
Vitamin A, IU.....IU	6124		0	NC	4		10717		
Lycopene.....mcg	0		0	BFSN	4		0		
Lutein + zeaxanthin.....mcg	11015		0	BFSN	4		19276		
Vitamin E (alpha-tocopherol).....mg	1.89		0	BFSN	4		3.31		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	327.3		0	BFSN	4		572.7		
<b>Lipids:</b>									
Fatty acids, total saturated.....g									
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		

NDB No. 11765

Chard, swiss, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.018		0		1		0.032		
Threonine.....g	0.086		0		1		0.151		
Isoleucine.....g	0.154		0		1		0.270		
Leucine.....g	0.135		0		1		0.236		
Lysine.....g	0.103		0		1		0.180		
Methionine.....g	0.020		0		1		0.035		
Cystine.....g									
Phenylalanine.....g	0.114		0		1		0.200		
Tyrosine.....g									
Valine.....g	0.114		0		1		0.200		
Arginine.....g	0.122		0		1		0.214		
Histidine.....g	0.038		0		1		0.067		
Alanine.....g									
Aspartic acid.....g									
Glutamic acid.....g									
Glycine.....g									
Proline.....g									
Serine.....g									
Hydroxyproline.....g									
<b><u>Others:</u></b>									
Alcohol, ethyl.....g									
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

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

**Common Measures:**

Measure 1 = 175g: 1 cup, chopped

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group: 11 Vegetables and Vegetable Products**

USDA National Nutrient Database for Standard Reference, Release 21 (2008)



NDB No. 11148

Chard, swiss, cooked, boiled, drained, without salt

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	92.65		0		1		162.14		
Energy.....kcal	20		0	NC	4		35		
Energy.....kj	84		0	NC	4		146		
Protein (N x 6.25).....g	1.88		1		1		3.29		
Total lipid (fat).....g	0.08		1		1		0.14		
Ash.....g	1.26		1		1		2.21		
Carbohydrate, by difference.....g	4.13		0	NC	4		7.23		
Fiber, total dietary.....g	2.1		0		4		3.7		
Sugars, total.....g	1.10		0	BFSN	4		1.93		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	58		1		1		102		
Iron, Fe.....mg	2.26		1		1		3.96		
Magnesium, Mg.....mg	86		1		1		151		
Phosphorus, P.....mg	33		1		1		58		
Potassium, K.....mg	549		1		1		961		
Sodium, Na.....mg	179		1		1		313		
Zinc, Zn.....mg	0.33		0		4		0.58		
Copper, Cu.....mg	0.163		0		4		0.285		
Manganese, Mn.....mg	0.334		0		4		0.585		
Selenium, Se.....mcg	0.9		0	CAZN	4		1.6		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	18.0		0		1		31.5		
Thiamin.....mg	0.034		0		1		0.060		
Riboflavin.....mg	0.086		0		1		0.151		
Niacin.....mg	0.360		0		1		0.630		
Pantothenic acid.....mg	0.163		0		1		0.285		
Vitamin B-6.....mg	0.085		0		4		0.149		
Folate, total.....mcg	9		0		4		15		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	9		0		4		15		
Folate, DFE.....mcg_DFE	9		0	NC	4		15		
Choline, total.....mg	28.7		0	BFSN	4		50.3		
Betaine.....mg	0.1		0	BFSN	4		0.2		
Vitamin B-12.....mcg	0.00		0	Z	7		0.00		
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....mcg_RAE	306		0	NC	4		536		
Retinol.....mcg	0		0	Z	7		0		
Carotene, beta.....mcg	3652		0	BFSN	4		6391		
Carotene, alpha.....mcg	45		0	BFSN	4		79		
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0		
Vitamin A, IU.....IU	6124		0	NC	4		10717		
Lycopene.....mcg	0		0	BFSN	4		0		
Lutein + zeaxanthin.....mcg	11015		0	BFSN	4		19276		
Vitamin E (alpha-tocopherol).....mg	1.89		0	BFSN	4		3.31		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	327.3		0	BFSN	4		572.7		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.012		0		4		0.021		
4:0.....g	0.000		0		4		0.000		
6:0.....g	0.000		0		4		0.000		
8:0.....g	0.000		0		4		0.000		
10:0.....g	0.000		0		4		0.000		

NDB No. 11148

Chard, swiss, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Deriv Code	Points					
12:0.....g	0.000		0		4		0.000		
13:0.....g									
14:0.....g	0.000		0		4		0.000		
15:0.....g									
16:0.....g	0.012		0		4		0.021		
17:0.....g									
18:0.....g	0.000		0		4		0.000		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.016		0		4		0.028		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.016		0		4		0.028		
20:1.....g	0.000		0		4		0.000		
22:1 undifferentiated.....g	0.000		0		4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.028		0		4		0.049		
18:2 undifferentiated.....g	0.025		0		4		0.044		
18:3 undifferentiated.....g	0.003		0		4		0.005		
18:4.....g	0.000		0		4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000		
20:5 n-3.....g	0.000		0		4		0.000		
22:5 n-3.....g	0.000		0		4		0.000		
22:6 n-3.....g	0.000		0		4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.018		0		1		0.032		
Threonine.....g	0.086		0		1		0.151		
Isoleucine.....g	0.154		0		1		0.270		
Leucine.....g	0.135		0		1		0.236		
Lysine.....g	0.103		0		1		0.180		
Methionine.....g	0.020		0		1		0.035		
Cystine.....g									
Phenylalanine.....g	0.114		0		1		0.200		
Tyrosine.....g									
Valine.....g	0.114		0		1		0.200		
Arginine.....g	0.122		0		1		0.214		
Histidine.....g	0.038		0		1		0.067		
Alanine.....g									
Aspartic acid.....g									
Glutamic acid.....g									
Glycine.....g									
Proline.....g									
Serine.....g									
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

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

**Common Measures:**

**NDB No. 11148**

**Chard, swiss, cooked, boiled, drained, without salt**

Measure 1 = 175g: 1 cup, chopped

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11147

Chard, swiss, raw

Beta vulgaris subsp. vulgaris

Refuse:8% Tough stems and damaged leaves

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	92.66		2		1		33.36	44.48	
Energy.....kcal	19		0	NC	4		7	9	
Energy.....kj	79		0		4		29	38	
Protein (N x 6.25).....g	1.80		1		1		0.65	0.86	
Total lipid (fat).....g	0.20		1		1		0.07	0.10	
Ash.....g	1.60		0		1		0.58	0.77	
Carbohydrate, by difference.....g	3.74		0	NC	4		1.35	1.80	
Fiber, total dietary.....g	1.6		0		1		0.6	0.8	
Sugars, total.....g	1.10		0	T	4		0.40	0.53	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	51		1		1		18	24	
Iron, Fe.....mg	1.80		1		1		0.65	0.86	
Magnesium, Mg.....mg	81		2		1		29	39	
Phosphorus, P.....mg	46		1		1		17	22	
Potassium, K.....mg	379		2		1		136	182	
Sodium, Na.....mg	213		2		1		77	102	
Zinc, Zn.....mg	0.36		0		4		0.13	0.17	
Copper, Cu.....mg	0.179		0		4		0.064	0.086	
Manganese, Mn.....mg	0.366		0		4		0.132	0.176	
Selenium, Se.....mcg	0.9		0	CAZN	4		0.3	0.4	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	30.0		1		1		10.8	14.4	
Thiamin.....mg	0.040		1		1		0.014	0.019	
Riboflavin.....mg	0.090		1		1		0.032	0.043	
Niacin.....mg	0.400		1		1		0.144	0.192	
Pantothenic acid.....mg	0.172		0		1		0.062	0.083	
Vitamin B-6.....mg	0.099		0		4		0.036	0.048	
Folate, total.....mcg	14		0		4		5	7	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	14		0		4		5	7	
Folate, DFE.....mcg_DFE	14		0	NC	4		5	7	
Choline, total.....mg	18.0		0	BFSN	4		6.5	8.6	
Betaine.....mg	0.3		0	BFSN	4		0.1	0.1	
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	306		0	AS	1		110	147	
Retinol.....mcg	0		0	Z	7		0	0	
Carotene, beta.....mcg	3647	921.530	69	A	1		1313	1751	
Carotene, alpha.....mcg	45	12.735	69	A	1		16	22	
Cryptoxanthin, beta.....mcg	0		17	A	1		0	0	
Vitamin A, IU.....IU	6116		0	AS	1		2202	2936	
Lycopene.....mcg	0		0	T	4		0	0	
Lutein + zeaxanthin.....mcg	11000		0	T	4		3960	5280	
Vitamin E (alpha-tocopherol).....mg	1.89		0	O	4		0.68	0.91	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	830.0		0	T	4		298.8	398.4	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.030		0		4		0.011	0.014	
4:0.....g	0.000		0		4		0.000	0.000	
6:0.....g	0.000		0		4		0.000	0.000	
8:0.....g	0.000		0		4		0.000	0.000	
10:0.....g	0.000		0		4		0.000	0.000	

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0		4		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0		4		0.000	0.000	
15:0.....g									
16:0.....g	0.030		0		4		0.011	0.014	
17:0.....g									
18:0.....g	0.000		0		4		0.000	0.000	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.040		0		4		0.014	0.019	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.040		0		4		0.014	0.019	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.070		0		4		0.025	0.034	
18:2 undifferentiated.....g	0.063		0		4		0.023	0.030	
18:3 undifferentiated.....g	0.007		0		4		0.003	0.003	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.017		4		1		0.006	0.008	
Threonine.....g	0.083		4		1		0.030	0.040	
Isoleucine.....g	0.147		4		1		0.053	0.071	
Leucine.....g	0.130		4		1		0.047	0.062	
Lysine.....g	0.099		7		1		0.036	0.048	
Methionine.....g	0.019		6		1		0.007	0.009	
Cystine.....g									
Phenylalanine.....g	0.110		4		1		0.040	0.053	
Tyrosine.....g									
Valine.....g	0.110		4		1		0.040	0.053	
Arginine.....g	0.117		4		1		0.042	0.056	
Histidine.....g	0.036		4		1		0.013	0.017	
Alanine.....g									
Aspartic acid.....g									
Glutamic acid.....g									
Glycine.....g									
Proline.....g									
Serine.....g									
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

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

**Common Measures:**

**NDB No. 11147**  
**Chard, swiss, raw**

Measure 1 = 36g: 1 cup

Measure 2 = 48g: 1 leaf

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11766

Chayote, fruit, cooked, boiled, drained, with salt

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	93.43		0		1		149.49		
Energy.....kcal	22		0	NC	4		35		
Energy.....kj	90		0	NC	4		145		
Protein (N x 6.25).....g	0.62		1		1		0.99		
Total lipid (fat).....g	0.48		1		1		0.77		
Ash.....g	0.97		0	O	4		1.55		
Carbohydrate, by difference.....g	4.50		0	NC	4		7.20		
Fiber, total dietary.....g	2.8		0	BFSN	4		4.5		
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	13		1		1		21		
Iron, Fe.....mg	0.22		1		1		0.35		
Magnesium, Mg.....mg	12		1		1		19		
Phosphorus, P.....mg	29		1		1		46		
Potassium, K.....mg	173		1		1		277		
Sodium, Na.....mg	237		0		4		379		
Zinc, Zn.....mg	0.31		0		4		0.50		
Copper, Cu.....mg	0.110		0		4		0.176		
Manganese, Mn.....mg	0.169		0		4		0.270		
Selenium, Se.....mcg	0.3		0	BFSN	4		0.5		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	8.0		0		1		12.8		
Thiamin.....mg	0.026		0		1		0.042		
Riboflavin.....mg	0.040		0		1		0.064		
Niacin.....mg	0.420		0		1		0.672		
Pantothenic acid.....mg	0.408		0		1		0.653		
Vitamin B-6.....mg	0.118		0		4		0.189		
Folate, total.....mcg	18		0		4		29		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	18		0		4		29		
Folate, DFE.....mcg_DFE	18		0	NC	4		29		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....mcg_RAE	2		0	NR	4		3		
Retinol.....mcg	0		0	Z	7		0		
Carotene, beta.....mcg									
Carotene, alpha.....mcg									
Cryptoxanthin, beta.....mcg									
Vitamin A, IU.....IU	47		0	NR	4		75		
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.086		0	BFFN	4		0.138		
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									

NDB No. 11766

Chayote, fruit, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Points	Code					
Tryptophan.....g	0.008		0		1		0.013		
Threonine.....g	0.031		0		1		0.050		
Isoleucine.....g	0.033		0		1		0.053		
Leucine.....g	0.058		0		1		0.093		
Lysine.....g	0.030		0		1		0.048		
Methionine.....g	0.001		0		1		0.002		
Cystine.....g									
Phenylalanine.....g	0.036		0		1		0.058		
Tyrosine.....g	0.024		0		1		0.038		
Valine.....g	0.047		0		1		0.075		
Arginine.....g	0.026		0		1		0.042		
Histidine.....g	0.011		0		1		0.018		
Alanine.....g	0.038		0		1		0.061		
Aspartic acid.....g	0.069		0		1		0.110		
Glutamic acid.....g	0.094		0		1		0.150		
Glycine.....g	0.031		0		1		0.050		
Proline.....g	0.033		0		1		0.053		
Serine.....g	0.035		0		1		0.056		
Hydroxyproline.....g									

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

**Common Measures:**

Measure 1 = 160g: 1 cup (1" pieces)

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group: 11 Vegetables and Vegetable Products**  
 USDA National Nutrient Database for Standard Reference, Release 21 (2008)



NDB No. 11150

Chayote, fruit, cooked, boiled, drained, without salt

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	93.43		0		1		149.49		
Energy.....kcal	24		0	NC	4		38		
Energy.....kj	100				4		161		
Protein (N x 6.25).....g	0.62		1		1		0.99		
Total lipid (fat).....g	0.48		1		1		0.77		
Ash.....g	0.38		1		1		0.61		
Carbohydrate, by difference.....g	5.09		0	NC	4		8.14		
Fiber, total dietary.....g	2.8		0	BFSN	4		4.5		
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	13		1		1		21		
Iron, Fe.....mg	0.22		1		1		0.35		
Magnesium, Mg.....mg	12		1		1		19		
Phosphorus, P.....mg	29		1		1		46		
Potassium, K.....mg	173		1		1		277		
Sodium, Na.....mg	1		1		1		2		
Zinc, Zn.....mg	0.31		0		4		0.50		
Copper, Cu.....mg	0.110		0		4		0.176		
Manganese, Mn.....mg	0.169		0		4		0.270		
Selenium, Se.....mcg	0.3		0	BFSN	4		0.5		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	8.0		0		1		12.8		
Thiamin.....mg	0.026		0		1		0.042		
Riboflavin.....mg	0.040		0		1		0.064		
Niacin.....mg	0.420		0		1		0.672		
Pantothenic acid.....mg	0.408		0		1		0.653		
Vitamin B-6.....mg	0.118		0		4		0.189		
Folate, total.....mcg	18		0		4		29		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	18		0		4		29		
Folate, DFE.....mcg_DFE	18		0	NC	4		29		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....mcg_RAE	2		0		1		4		
Retinol.....mcg	0		0	Z	7		0		
Carotene, beta.....mcg									
Carotene, alpha.....mcg									
Cryptoxanthin, beta.....mcg									
Vitamin A, IU.....IU	47		0		1		75		
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.086		0	BFFN	4		0.138		
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									

NDB No. 11150

Chayote, fruit, cooked, boiled, drained, without salt

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
Tryptophan.....g	0.008		0		1	0.013	
Threonine.....g	0.031		0		1	0.050	
Isoleucine.....g	0.033		0		1	0.053	
Leucine.....g	0.058		0		1	0.093	
Lysine.....g	0.030		0		1	0.048	
Methionine.....g	0.001		0		1	0.002	
Cystine.....g							
Phenylalanine.....g	0.036		0		1	0.058	
Tyrosine.....g	0.024		0		1	0.038	
Valine.....g	0.047		0		1	0.075	
Arginine.....g	0.026		0		1	0.042	
Histidine.....g	0.011		0		1	0.018	
Alanine.....g	0.038		0		1	0.061	
Aspartic acid.....g	0.069		0		1	0.110	
Glutamic acid.....g	0.094		0		1	0.150	
Glycine.....g	0.031		0		1	0.050	
Proline.....g	0.033		0		1	0.053	
Serine.....g	0.035		0		1	0.056	
Hydroxyproline.....g							

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

**Common Measures:**

Measure 1 = 160g: 1 cup (1" pieces)

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group: 11 Vegetables and Vegetable Products**

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 11149**  
**Chayote, fruit, raw**  
*Sechium edule*

Refuse:1% End and stem

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	94.24	0.539	3	A	1		124.40	191.31	
Energy.....kcal	19		0	NC	4		25	39	
Energy.....kj	80		0	NC	4		106	163	
Protein (N x 6.25).....g	0.82	0.125	3	A	1		1.08	1.66	
Total lipid (fat).....g	0.13	0.069	3	A	1		0.17	0.26	
Ash.....g	0.30	0.045	3	A	1		0.40	0.61	
Carbohydrate, by difference.....g	4.51		0	NC	4		5.95	9.16	
Fiber, total dietary.....g	1.7	0.534	3	A	1		2.2	3.5	
Sugars, total.....g	1.66		0	BFSN	4		2.19	3.37	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	17	0.748	3	A	1		22	35	
Iron, Fe.....mg	0.34		2	A	1		0.45	0.69	
Magnesium, Mg.....mg	12	1.194	3	A	1		16	24	
Phosphorus, P.....mg	18	3.209	3	A	1		24	37	
Potassium, K.....mg	125	10.285	3	A	1		165	254	
Sodium, Na.....mg	2		2	A	1		3	4	
Zinc, Zn.....mg	0.74	0.434	3	A	1		0.98	1.50	
Copper, Cu.....mg	0.123		0		4		0.162	0.250	
Manganese, Mn.....mg	0.189		0		4		0.249	0.384	
Selenium, Se.....mcg	0.2		0	BFSN	4		0.3	0.4	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	7.7	1.360	3	A	1		10.2	15.6	
Thiamin.....mg	0.025	0.003	3	A	1		0.033	0.051	
Riboflavin.....mg	0.029	0.006	3	A	1		0.038	0.059	
Niacin.....mg	0.470	0.028	3	A	1		0.620	0.954	
Pantothenic acid.....mg	0.249	0.097	3	A	1		0.329	0.505	
Vitamin B-6.....mg	0.076	0.023	3	A	1		0.100	0.154	
Folate, total.....mcg	93	28.609	3	A	1		123	189	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	93	28.609	3	A	1		123	189	
Folate, DFE.....mcg_DFE	93		0	NC	4		123	189	
Choline, total.....mg	9.2		0	BFSN	4		12.1	18.6	
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	0		0	AS	1		0	0	
Retinol.....mcg	0		0	Z	7		0	0	
Carotene, beta.....mcg	0		2	A	1		0	0	
Carotene, alpha.....mcg	0		2	A	1		0	0	
Cryptoxanthin, beta.....mcg	0		2	A	1		0	0	
Vitamin A, IU.....IU	0		0	AS	1		0	0	
Lycopene.....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg	0.12		0	O	4		0.16	0.24	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	4.1		0	BFSN	4		5.4	8.3	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.028		0	BFFN	4		0.037	0.057	
4:0.....g	0.000		0		4		0.000	0.000	
6:0.....g	0.000		0		4		0.000	0.000	
8:0.....g	0.000		0		4		0.000	0.000	
10:0.....g	0.000		0		4		0.000	0.000	

NDB No. 11149  
Chayote, fruit, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0	BFFN	4		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0	BFFN	4		0.000	0.000	
15:0.....g									
16:0.....g	0.024		0	BFFN	4		0.032	0.049	
17:0.....g									
18:0.....g	0.003		0	BFFN	4		0.004	0.006	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.010		0	BFFN	4		0.013	0.020	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.009		0	BFFN	4		0.012	0.018	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.057		0	BFFN	4		0.075	0.116	
18:2 undifferentiated.....g	0.021		0	BFFN	4		0.028	0.043	
18:3 undifferentiated.....g	0.036		0	BFFN	4		0.048	0.073	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.011		1		1		0.015	0.022	
Threonine.....g	0.040		1		1		0.053	0.081	
Isoleucine.....g	0.044		1		1		0.058	0.089	
Leucine.....g	0.077		1		1		0.102	0.156	
Lysine.....g	0.039		1		1		0.051	0.079	
Methionine.....g	0.001		1		1		0.001	0.002	
Cystine.....g									
Phenylalanine.....g	0.047		1		1		0.062	0.095	
Tyrosine.....g	0.032		1		1		0.042	0.065	
Valine.....g	0.063		1		1		0.083	0.128	
Arginine.....g	0.035		1		1		0.046	0.071	
Histidine.....g	0.015		1		1		0.020	0.030	
Alanine.....g	0.051		1		1		0.067	0.104	
Aspartic acid.....g	0.092		1		1		0.121	0.187	
Glutamic acid.....g	0.125		1		1		0.165	0.254	
Glycine.....g	0.041		1		1		0.054	0.083	
Proline.....g	0.044		1		1		0.058	0.089	
Serine.....g	0.047		1		1		0.062	0.095	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

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

**Common Measures:**

**NDB No. 11149**  
**Chayote, fruit, raw**

Measure 1 = 132g: 1 cup (1" pieces)

Measure 2 = 203g: 1 chayote (5-3/4")

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 11152**  
**Chicory greens, raw**  
*Cichorium intybus*

**Refuse:**18% Tough stems and damaged leaves

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	92.00		1		1		26.68		
Energy.....kcal	23		0	NC	4		7		
Energy.....kj	96		0		4		28		
Protein (N x 6.25).....g	1.70		1		1		0.49		
Total lipid (fat).....g	0.30		1		1		0.09		
Ash.....g	1.30		0		1		0.38		
Carbohydrate, by difference.....g	4.70		0	NC	4		1.36		
Fiber, total dietary.....g	4.0		0		4		1.2		
Sugars, total.....g	0.70		0	O	4		0.20		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	100		1		1		29		
Iron, Fe.....mg	0.90		1		1		0.26		
Magnesium, Mg.....mg	30		1		1		9		
Phosphorus, P.....mg	47		1		1		14		
Potassium, K.....mg	420		1		1		122		
Sodium, Na.....mg	45		1		1		13		
Zinc, Zn.....mg	0.42		0		4		0.12		
Copper, Cu.....mg	0.295		0		4		0.086		
Manganese, Mn.....mg	0.429		0		4		0.124		
Selenium, Se.....mcg	0.3		0	BFSN	4		0.1		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	24.0		1		1		7.0		
Thiamin.....mg	0.060		1		1		0.017		
Riboflavin.....mg	0.100		1		1		0.029		
Niacin.....mg	0.500		1		1		0.145		
Pantothenic acid.....mg	1.159		0		4		0.336		
Vitamin B-6.....mg	0.105		0		4		0.030		
Folate, total.....mcg	110		0		4		32		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	110		0		4		32		
Folate, DFE.....mcg_DFE	110		0	NC	4		32		
Choline, total.....mg	12.8		0	CAZN	4		3.7		
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00		
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....mcg_RAE	286		0	NC	4		83		
Retinol.....mcg	0		0	Z	7		0		
Carotene, beta.....mcg	3430		0	T	4		995		
Carotene, alpha.....mcg	0		0	T	4		0		
Cryptoxanthin, beta.....mcg	0		0	T	4		0		
Vitamin A, IU.....IU	5717		0	NC	4		1658		
Lycopene.....mcg	0		0	T	4		0		
Lutein + zeaxanthin.....mcg	10300		0	T	4		2987		
Vitamin E (alpha-tocopherol).....mg	2.26		0	O	4		0.66		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	297.6		0	BFSN	4		86.3		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.073		0		1		0.021		
4:0.....g	0.000		0		1		0.000		
6:0.....g	0.000		0		1		0.000		
8:0.....g	0.000		0		1		0.000		
10:0.....g	0.000		0		1		0.000		

NDB No. 11152  
Chicory greens, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0		1		0.000		
13:0.....g									
14:0.....g	0.004		0		1		0.001		
15:0.....g									
16:0.....g	0.062		0		1		0.018		
17:0.....g									
18:0.....g	0.003		0		1		0.001		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.006		0		1		0.002		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.006		0		1		0.002		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.131		0		1		0.038		
18:2 undifferentiated.....g	0.112		0		1		0.032		
18:3 undifferentiated.....g	0.019		0		1		0.006		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.031		2		1		0.009		
Threonine.....g	0.047		2		1		0.014		
Isoleucine.....g	0.101		2		1		0.029		
Leucine.....g	0.074		2		1		0.021		
Lysine.....g	0.067		2		1		0.019		
Methionine.....g	0.010		1		1		0.003		
Cystine.....g									
Phenylalanine.....g	0.041		1		1		0.012		
Tyrosine.....g									
Valine.....g	0.077		2		1		0.022		
Arginine.....g	0.124		1		1		0.036		
Histidine.....g	0.029		1		1		0.008		
Alanine.....g									
Aspartic acid.....g									
Glutamic acid.....g									
Glycine.....g									
Proline.....g									
Serine.....g									
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

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

**Common Measures:**

**NDB No. 11152**  
**Chicory greens, raw**

Measure 1 = 29g: 1 cup, chopped

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)





NDB No. 11154  
Chicory roots, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.003		0		1		0.002	0.001	
15:0.....g									
16:0.....g	0.041		0		1		0.025	0.018	
17:0.....g									
18:0.....g	0.002		0		1		0.001	0.001	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.004		0		1		0.002	0.002	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.004		0		1		0.002	0.002	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.087		0		1		0.052	0.039	
18:2 undifferentiated.....g	0.075		0		1		0.045	0.034	
18:3 undifferentiated.....g	0.013		0		1		0.008	0.006	
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0	0	
Phytosterols.....mg									

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

**Common Measures:**

Measure 1 = 60g: 1 root  
Measure 2 = 45g: .5 cup (1" pieces)

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.84**

**Food Group: 11 Vegetables and Vegetable Products**  
USDA National Nutrient Database for Standard Reference, Release 21 (2008)



**NDB No. 11151**  
**Chicory, witloof, raw**

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.001		0		1		0.001	0.000	
15:0.....g									
16:0.....g	0.021		0		1		0.011	0.009	
17:0.....g									
18:0.....g	0.001		0		1		0.001	0.000	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.002		0		1		0.001	0.001	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.002		0		1		0.001	0.001	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.044		0		1		0.023	0.020	
18:2 undifferentiated.....g	0.037		0		1		0.020	0.017	
18:3 undifferentiated.....g	0.006		0		1		0.003	0.003	
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.016		0		1		0.008	0.007	
Threonine.....g	0.025		0		1		0.013	0.011	
Isoleucine.....g	0.054		0		1		0.029	0.024	
Leucine.....g	0.039		0		1		0.021	0.018	
Lysine.....g	0.035		0		1		0.019	0.016	
Methionine.....g	0.005		0		1		0.003	0.002	
Cystine.....g									
Phenylalanine.....g	0.022		0		1		0.012	0.010	
Tyrosine.....g									
Valine.....g	0.041		0		1		0.022	0.018	
Arginine.....g	0.066		0		1		0.035	0.030	
Histidine.....g	0.015		0		1		0.008	0.007	
Alanine.....g									
Aspartic acid.....g									
Glutamic acid.....g									
Glycine.....g									
Proline.....g									
Serine.....g									
Hydroxyproline.....g									

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

**Common Measures:**

Measure 1 = 53g: 1 head

Measure 2 = 45g: .5 cup

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**NDB No. 11151**  
**Chicory, witloof, raw**

**Food Group:** 11 Vegetables and Vegetable Products  
USDA National Nutrient Database for Standard Reference, Release 21 (2008)



**NDB No. 11615**  
**Chives, freeze-dried**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.017		0		1		0.000	0.000	
15:0.....g									
16:0.....g	0.528		0		1		0.001	0.004	
17:0.....g									
18:0.....g	0.046		0		1		0.000	0.000	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.490		0		1		0.001	0.004	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.490		0		1		0.001	0.004	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.369		0		1		0.003	0.011	
18:2 undifferentiated.....g	1.296		0		1		0.003	0.010	
18:3 undifferentiated.....g	0.073		0		1		0.000	0.001	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.237		0		1		0.000	0.002	
Threonine.....g	0.831		0		1		0.002	0.007	
Isoleucine.....g	0.899		0		1		0.002	0.007	
Leucine.....g	1.265		0		1		0.003	0.010	
Lysine.....g	1.058		0		1		0.002	0.008	
Methionine.....g	0.231		0		1		0.000	0.002	
Cystine.....g									
Phenylalanine.....g	0.682		0		1		0.001	0.005	
Tyrosine.....g	0.614		0		1		0.001	0.005	
Valine.....g	0.936		0		1		0.002	0.007	
Arginine.....g	1.533		0		1		0.003	0.012	
Histidine.....g	0.366		0		1		0.001	0.003	
Alanine.....g	0.957		0		1		0.002	0.008	
Aspartic acid.....g	1.961		0		1		0.004	0.016	
Glutamic acid.....g	4.386		0		1		0.009	0.035	
Glycine.....g	1.052		0		1		0.002	0.008	
Proline.....g	1.401		0		1		0.003	0.011	
Serine.....g	0.957		0		1		0.002	0.008	
Hydroxyproline.....g									
<b><u>Others:</u></b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg									
Theobromine.....mg									

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

**Common Measures:**

Measure 1 = 0.2g: 1 tbsp

**NDB No. 11615**  
**Chives, freeze-dried**

Measure 2 = 0.8g: .25 cup

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)



NDB No. 11156

Chives, raw

Allium schoenoprasum

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv	Source	Confidence Code	Measure 1	Measure 2	Measure 3
				Code	Code				
<b>Proximates:</b>									
Water.....g	90.65	1.042	3		1		2.72	0.91	
Energy.....kcal	30		0	NC	4		1	0	
Energy.....kj	126		0		4		4	1	
Protein (N x 6.25).....g	3.27	0.488	3		1		0.10	0.03	
Total lipid (fat).....g	0.73	0.107	3		1		0.02	0.01	
Ash.....g	1.00		2		1		0.03	0.01	
Carbohydrate, by difference.....g	4.35		0	NC	4		0.13	0.04	
Fiber, total dietary.....g	2.5		0		1		0.1	0.0	
Sugars, total.....g	1.85		0	O	4		0.06	0.02	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	92	22.146	3		1		3	1	
Iron, Fe.....mg	1.60		1		1		0.05	0.02	
Magnesium, Mg.....mg	42	6.592	3		1		1	0	
Phosphorus, P.....mg	58	4.359	3		1		2	1	
Potassium, K.....mg	296	32.682	3		1		9	3	
Sodium, Na.....mg	3	1.453	3		1		0	0	
Zinc, Zn.....mg	0.56		2		1		0.02	0.01	
Copper, Cu.....mg	0.157		2		1		0.005	0.002	
Manganese, Mn.....mg	0.373		2		1		0.011	0.004	
Selenium, Se.....mcg	0.9		0	CAZN	4		0.0	0.0	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	58.1	14.155	3		1		1.7	0.6	
Thiamin.....mg	0.078	0.029	3		1		0.002	0.001	
Riboflavin.....mg	0.115	0.033	3		1		0.003	0.001	
Niacin.....mg	0.647	0.091	3		1		0.019	0.006	
Pantothenic acid.....mg	0.324		2		1		0.010	0.003	
Vitamin B-6.....mg	0.138		2		1		0.004	0.001	
Folate, total.....mcg	105		2		1		3	1	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	105		2		1		3	1	
Folate, DFE.....mcg_DFE	105		0	NC	4		3	1	
Choline, total.....mg	5.2		0	BFSN	4		0.2	0.1	
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	218		0	NC	4		7	2	
Retinol.....mcg	0		0	Z	7		0	0	
Carotene, beta.....mcg	2612		0	O	4		78	26	
Carotene, alpha.....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0	0	
Vitamin A, IU.....IU	4353		0	NC	4		131	44	
Lycopene.....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin.....mcg	323		0	T	4		10	3	
Vitamin E (alpha-tocopherol).....mg	0.21		0	O	4		0.01	0.00	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	212.7		0	T	4		6.4	2.1	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.146		0		1		0.004	0.001	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.000		0		1		0.000	0.000	

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0		1		0.000	0.000	
13:0.....g									
14:0.....g	0.034		1		1		0.001	0.000	
15:0.....g									
16:0.....g	0.103		1		1		0.003	0.001	
17:0.....g									
18:0.....g	0.009		1		1		0.000	0.000	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.095		0		1		0.003	0.001	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.095		1		1		0.003	0.001	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.267		0		1		0.008	0.003	
18:2 undifferentiated.....g	0.252		1		1		0.008	0.003	
18:3 undifferentiated.....g	0.015		1		1		0.000	0.000	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg	9		1		1		0	0	
<b>Amino Acids:</b>									
Tryptophan.....g	0.037		0		1		0.001	0.000	
Threonine.....g	0.128		0		1		0.004	0.001	
Isoleucine.....g	0.139		0		1		0.004	0.001	
Leucine.....g	0.195		0		1		0.006	0.002	
Lysine.....g	0.163		0		1		0.005	0.002	
Methionine.....g	0.036		0		1		0.001	0.000	
Cystine.....g									
Phenylalanine.....g	0.105		0		1		0.003	0.001	
Tyrosine.....g	0.095		0		1		0.003	0.001	
Valine.....g	0.145		0		1		0.004	0.001	
Arginine.....g	0.237		0		1		0.007	0.002	
Histidine.....g	0.057		0		1		0.002	0.001	
Alanine.....g	0.148		0		1		0.004	0.001	
Aspartic acid.....g	0.303		0		1		0.009	0.003	
Glutamic acid.....g	0.677		0		1		0.020	0.007	
Glycine.....g	0.162		0		1		0.005	0.002	
Proline.....g	0.216		0		1		0.006	0.002	
Serine.....g	0.148		0		1		0.004	0.001	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

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

#### Common Measures:

**NDB No. 11156**

**Chives, raw**

Measure 1 = 3.0g: 1 tbsp chopped

Measure 2 = 1.0g: 1 tsp chopped

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)



NDB No. 11698  
Chrysanthemum leaves, raw

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

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

**Common Measures:**

Measure 1 = 51g: 1 cup, chopped

Measure 2 = 18g: 1 leaf

**Calories Factors: Protein** 2.44

**Fat** 8.37

**Carbohydrate**3.57

**Food Group:** 11 Vegetables and Vegetable Products  
USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11767

Chrysanthemum, garland, cooked, boiled, drained, with salt

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	92.49		1		1		92.49		
Energy.....kcal	20		0	NC	4		20		
Energy.....kj	84		0		4		84		
Protein (N x 6.25).....g	1.64		1		1		1.64		
Total lipid (fat).....g	0.09		1		1		0.09		
Ash.....g	1.47		1		1		1.47		
Carbohydrate, by difference.....g	4.31		0	NC	4		4.31		
Fiber, total dietary.....g	2.3		0	BFZN	4		2.3		
Sugars, total.....g	2.01		0	O	4		2.01		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	69		1		1		69		
Iron, Fe.....mg	3.74		1		1		3.74		
Magnesium, Mg.....mg	18		1		1		18		
Phosphorus, P.....mg	43		1		1		43		
Potassium, K.....mg	569		1		1		569		
Sodium, Na.....mg	289		0		4		289		
Zinc, Zn.....mg	0.20		0		4		0.20		
Copper, Cu.....mg	0.133		0		4		0.133		
Manganese, Mn.....mg	0.355		0		4		0.355		
Selenium, Se.....mcg	0.3		0	BFSN	4		0.3		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	23.9		0		1		23.9		
Thiamin.....mg	0.021		1		1		0.021		
Riboflavin.....mg	0.160		1		1		0.160		
Niacin.....mg	0.720		1		1		0.720		
Pantothenic acid.....mg	0.042		0		4		0.042		
Vitamin B-6.....mg	0.118		0		4		0.118		
Folate, total.....mcg	50		0		4		50		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	50		0		4		50		
Folate, DFE.....mcg_DFE	50		0	NC	4		50		
Choline, total.....mg	12.8		0	BFZN	4		12.8		
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00		
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....mcg_RAE	129		0	AS	1		129		
Retinol.....mcg	0		0	Z	7		0		
Carotene, beta.....mcg	1543	98.059	4	A	1		1543		
Carotene, alpha.....mcg	0		1	A	1		0		
Cryptoxanthin, beta.....mcg	0		1	A	1		0		
Vitamin A, IU.....IU	2572		0	AS	1		2572		
Lycopene.....mcg	0		0	Z	7		0		
Lutein + zeaxanthin.....mcg	3467	238.729	3	A	1		3467		
Vitamin E (alpha-tocopherol).....mg	2.50		0	BFZN	4		2.50		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	142.7		0	BFSN	4		142.7		
<b>Lipids:</b>									
Fatty acids, total saturated.....g									
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		

NDB No. 11767

Chrysanthemum, garland, cooked, boiled, drained, with salt

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g									
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

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

**Common Measures:**

Measure 1 = 100g: 1 cup (1" pieces)

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group: 11 Vegetables and Vegetable Products**

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11158

Chrysanthemum, garland, cooked, boiled, drained, without salt

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	92.49		1		1		92.49		
Energy.....kcal	20		0	NC	4		20		
Energy.....kj	84		0		4		84		
Protein (N x 6.25).....g	1.64		1		1		1.64		
Total lipid (fat).....g	0.09		1		1		0.09		
Ash.....g	1.47		1		1		1.47		
Carbohydrate, by difference.....g	4.31		0	NC	4		4.31		
Fiber, total dietary.....g	2.3		0		4		2.3		
Sugars, total.....g	2.01		0	O	4		2.01		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	69		1		1		69		
Iron, Fe.....mg	3.74		1		1		3.74		
Magnesium, Mg.....mg	18		1		1		18		
Phosphorus, P.....mg	43		1		1		43		
Potassium, K.....mg	569		1		1		569		
Sodium, Na.....mg	53		1		1		53		
Zinc, Zn.....mg	0.20		0		4		0.20		
Copper, Cu.....mg	0.133		0		4		0.133		
Manganese, Mn.....mg	0.355		0		4		0.355		
Selenium, Se.....mcg	0.3		0	BFSN	4		0.3		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	23.9		0		1		23.9		
Thiamin.....mg	0.021		1		1		0.021		
Riboflavin.....mg	0.160		1		1		0.160		
Niacin.....mg	0.720		1		1		0.720		
Pantothenic acid.....mg	0.042		0		4		0.042		
Vitamin B-6.....mg	0.118		0		4		0.118		
Folate, total.....mcg	50		0		4		50		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	50		0		4		50		
Folate, DFE.....mcg_DFE	50		0	NC	4		50		
Choline, total.....mg	12.8		0	CAZN	4		12.8		
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00		
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....mcg_RAE	129		0	AS	1		129		
Retinol.....mcg	0		0	Z	7		0		
Carotene, beta.....mcg	1543	98.059	4	A	1		1543		
Carotene, alpha.....mcg	0		1	A	1		0		
Cryptoxanthin, beta.....mcg	0		1	A	1		0		
Vitamin A, IU.....IU	2572		0	AS	1		2572		
Lycopene.....mcg	0		0	Z	7		0		
Lutein + zeaxanthin.....mcg	3467	238.729	3	A	1		3467		
Vitamin E (alpha-tocopherol).....mg	2.50		0	O	4		2.50		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	142.7		0	BFSN	4		142.7		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.022		0		4		0.022		
4:0.....g	0.000		0		4		0.000		
6:0.....g	0.000		0		4		0.000		
8:0.....g	0.000		0		4		0.000		
10:0.....g	0.000		0		4		0.000		



NDB No. 11158

Chrysanthemum, garland, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0		4		0.000		
13:0.....g									
14:0.....g	0.001		0		4		0.001		
15:0.....g									
16:0.....g	0.019		0		4		0.019		
17:0.....g									
18:0.....g	0.001		0		4		0.001		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.002		0		4		0.002		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.002		0		4		0.002		
20:1.....g	0.000		0		4		0.000		
22:1 undifferentiated.....g	0.000		0		4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.039		0		4		0.039		
18:2 undifferentiated.....g	0.034		0		4		0.034		
18:3 undifferentiated.....g	0.006		0		4		0.006		
18:4.....g	0.000		0		4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000		
20:5 n-3.....g	0.000		0		4		0.000		
22:5 n-3.....g	0.000		0		4		0.000		
22:6 n-3.....g	0.000		0		4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

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

**Common Measures:**

Measure 1 = 100g: 1 cup (1" pieces)

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group: 11 Vegetables and Vegetable Products**

USDA National Nutrient Database for Standard Reference, Release 21 (2008)



NDB No. 11157  
Chrysanthemum, garland, raw

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

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

**Common Measures:**

Measure 1 = 25g: 1 cup (1" pieces)

Measure 2 = 14.0g: 1 stem (8-3/4" long)

**Calories Factors: Protein** 2.44

**Fat** 8.37

**Carbohydrate**3.57

**Food Group:** 11 Vegetables and Vegetable Products  
USDA National Nutrient Database for Standard Reference, Release 21 (2008)



Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.004		0		1		0.000	0.002	
15:0.....g									
16:0.....g	0.280		0		1		0.022	0.168	
17:0.....g									
18:0.....g	0.096		0		1		0.008	0.058	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.708		0		1		0.057	0.425	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.003		0		1		0.000	0.002	
17:1.....g									
18:1 undifferentiated.....g	0.701		0		1		0.056	0.421	
20:1.....g	0.003		0		1		0.000	0.002	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.351		0		1		0.108	0.811	
18:2 undifferentiated.....g	1.171		0		1		0.094	0.703	
18:3 undifferentiated.....g	0.175		0		1		0.014	0.105	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	8		0		1		1	5	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.017		0		1		0.001	0.010	
Threonine.....g	0.048		0		1		0.004	0.029	
Isoleucine.....g	0.061		0		1		0.005	0.037	
Leucine.....g	0.082		0		1		0.007	0.049	
Lysine.....g	0.072		0		1		0.006	0.043	
Methionine.....g	0.019		0		1		0.002	0.011	
Cystine.....g	0.015		0		1		0.001	0.009	
Phenylalanine.....g	0.047		0		1		0.004	0.028	
Tyrosine.....g	0.034		0		1		0.003	0.020	
Valine.....g	0.062		0		1		0.005	0.037	
Arginine.....g	0.070		0		1		0.006	0.042	
Histidine.....g	0.029		0		1		0.002	0.017	
Alanine.....g	0.046		0		1		0.004	0.028	
Aspartic acid.....g	0.121		0		1		0.010	0.073	
Glutamic acid.....g	0.253		0		1		0.020	0.152	
Glycine.....g	0.037		0		1		0.003	0.022	
Proline.....g	0.155		0		1		0.012	0.093	
Serine.....g	0.064		0		1		0.005	0.038	
Hydroxyproline.....g									

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

**Common Measures:**

Measure 1 = 8.0g: 1 tbsp

Measure 2 = 60g: .5 cup

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**NDB No. 11159**  
**Coleslaw , home-prepared**

**Food Group:** 11 Vegetables and Vegetable Products  
USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11768

Collards, cooked, boiled, drained, with salt

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	91.86		0	BFSY	4		174.53		
Energy.....kcal	26		0	NC	4		49		
Energy.....kj	107		0	NC	4		204		
Protein (N x 6.25).....g	2.11		0	BFSY	4		4.01		
Total lipid (fat).....g	0.36		0	BFSY	4		0.68		
Ash.....g	0.76		0	BFSY	4		1.44		
Carbohydrate, by difference.....g	4.91		0	NC	4		9.33		
Fiber, total dietary.....g	2.8		0		1		5.3		
Sugars, total.....g	0.40		0	BFZN	4		0.76		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	140	8.113	26		1		265		
Iron, Fe.....mg	1.16	0.078	27		1		2.21		
Magnesium, Mg.....mg	20	1.051	27		1		38		
Phosphorus, P.....mg	30	1.812	26		1		57		
Potassium, K.....mg	116	8.714	27		1		221		
Sodium, Na.....mg	252		0	BFSY	4		479		
Zinc, Zn.....mg	0.23	0.015	27		1		0.44		
Copper, Cu.....mg	0.038	0.003	27		1		0.072		
Manganese, Mn.....mg	0.436	0.033	27		1		0.829		
Selenium, Se.....mcg	0.5	0.300	19		1		1.0		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	18.2		0	BFSY	4		34.6		
Thiamin.....mg	0.040		0	BFSY	4		0.076		
Riboflavin.....mg	0.106		0	BFSY	4		0.201		
Niacin.....mg	0.575		0	BFSY	4		1.093		
Pantothenic acid.....mg	0.218		0	BFSY	4		0.414		
Vitamin B-6.....mg	0.128		0	BFSY	4		0.243		
Folate, total.....mcg	93		0	BFSY	4		177		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	93		0	BFSY	4		177		
Folate, DFE.....mcg_DFE	93		0	NC	4		177		
Choline, total.....mg	31.8		0	BFSN	4		60.5		
Betaine.....mg	0.1		0	BFSN	4		0.3		
Vitamin B-12.....mcg	0.00		0	Z	7		0.00		
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....mcg_RAE	406		0	AS	1		771		
Retinol.....mcg	0		0	Z	7		0		
Carotene, beta.....mcg	4814		10	A	1		9146		
Carotene, alpha.....mcg	90	89.850	5	A	1		171		
Cryptoxanthin, beta.....mcg	20	19.600	5	A	1		37		
Vitamin A, IU.....IU	8114		0	AS	1		15416		
Lycopene.....mcg	0		3	A	1		0		
Lutein + zeaxanthin.....mcg	7694	1193.500	4	A	1		14618		
Vitamin E (alpha-tocopherol).....mg	0.88		0	O	4		1.67		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	440.0		1		1		836.0		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.047		0	BFSN	4		0.089		
4:0.....g	0.000		0		4		0.000		
6:0.....g	0.000		0		4		0.000		
8:0.....g	0.000		0		4		0.000		
10:0.....g	0.000		0		4		0.000		

NDB No. 11768

Collards, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.002		0	BFSN	4		0.004		
13:0.....g									
14:0.....g	0.002		0	BFSN	4		0.004		
15:0.....g									
16:0.....g	0.039		0	BFSN	4		0.074		
17:0.....g									
18:0.....g	0.002		0	BFSN	4		0.004		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.026		0	BFSN	4		0.049		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.025		0	BFSN	4		0.048		
20:1.....g	0.000		0		4		0.000		
22:1 undifferentiated.....g	0.000		0		4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.173		0	BFSN	4		0.329		
18:2 undifferentiated.....g	0.070		0	BFSN	4		0.133		
18:3 undifferentiated.....g	0.093		0	BFSN	4		0.177		
18:4.....g	0.000		0		4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.002		0	BFSN	4		0.004		
20:5 n-3.....g	0.000		0		4		0.000		
22:5 n-3.....g	0.000		0		4		0.000		
22:6 n-3.....g	0.000		0		4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.027		0	BFSN	4		0.051		
Threonine.....g	0.074		0	BFSN	4		0.141		
Isoleucine.....g	0.086		0	BFSN	4		0.163		
Leucine.....g	0.130		0	BFSN	4		0.247		
Lysine.....g	0.101		0	BFSN	4		0.192		
Methionine.....g	0.028		0	BFSN	4		0.053		
Cystine.....g	0.022		0	BFSN	4		0.042		
Phenylalanine.....g	0.075		0	BFSN	4		0.143		
Tyrosine.....g	0.056		0	BFSN	4		0.106		
Valine.....g	0.104		0	BFSN	4		0.198		
Arginine.....g	0.108		0	BFSN	4		0.205		
Histidine.....g	0.040		0	BFSN	4		0.076		
Alanine.....g	0.090		0	BFSN	4		0.171		
Aspartic acid.....g	0.161		0	BFSN	4		0.306		
Glutamic acid.....g	0.176		0	BFSN	4		0.334		
Glycine.....g	0.081		0	BFSN	4		0.154		
Proline.....g	0.090		0	BFSN	4		0.171		
Serine.....g	0.067		0	BFSN	4		0.127		
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

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

**Common Measures:**



**NDB No. 11768**

**Collards, cooked, boiled, drained, with salt**

Measure 1 = 190g: 1 cup, chopped

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11162

Collards, cooked, boiled, drained, without salt

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	91.86		0	BFSY	4		174.53		
Energy.....kcal	26		0	NC	4		49		
Energy.....kj	107		0	NC	4		204		
Protein (N x 6.25).....g	2.11		0	BFSY	4		4.01		
Total lipid (fat).....g	0.36		0	BFSY	4		0.68		
Ash.....g	0.76		0	BFSY	4		1.44		
Carbohydrate, by difference.....g	4.91		0	NC	4		9.33		
Fiber, total dietary.....g	2.8		0		1		5.3		
Sugars, total.....g	0.40		0	O	4		0.76		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	140	8.113	26		1		265		
Iron, Fe.....mg	1.16	0.078	27		1		2.21		
Magnesium, Mg.....mg	20	1.051	27		1		38		
Phosphorus, P.....mg	30	1.812	26		1		57		
Potassium, K.....mg	116	8.714	27		1		221		
Sodium, Na.....mg	16	2.138	27		1		30		
Zinc, Zn.....mg	0.23	0.015	27		1		0.44		
Copper, Cu.....mg	0.038	0.003	27		1		0.072		
Manganese, Mn.....mg	0.436	0.033	27		1		0.829		
Selenium, Se.....mcg	0.5	0.300	19		1		1.0		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	18.2		0	BFSY	4		34.6		
Thiamin.....mg	0.040		0	BFSY	4		0.076		
Riboflavin.....mg	0.106		0	BFSY	4		0.201		
Niacin.....mg	0.575		0	BFSY	4		1.093		
Pantothenic acid.....mg	0.218		0	BFSY	4		0.414		
Vitamin B-6.....mg	0.128		0	BFSY	4		0.243		
Folate, total.....mcg	93		0	BFSY	4		177		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	93		0	BFSY	4		177		
Folate, DFE.....mcg_DFE	93		0	NC	4		177		
Choline, total.....mg	31.8		0	BFSN	4		60.5		
Betaine.....mg	0.1		0	BFSN	4		0.3		
Vitamin B-12.....mcg	0.00		0	Z	7		0.00		
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....mcg_RAE	406		0	AS	1		771		
Retinol.....mcg	0		0	Z	7		0		
Carotene, beta.....mcg	4814		10	A	1		9146		
Carotene, alpha.....mcg	90	89.850	5	A	1		171		
Cryptoxanthin, beta.....mcg	20	19.600	5	A	1		37		
Vitamin A, IU.....IU	8114		0	AS	1		15416		
Lycopene.....mcg	0		3	A	1		0		
Lutein + zeaxanthin.....mcg	7694	1193.500	4	A	1		14618		
Vitamin E (alpha-tocopherol).....mg	0.88		0	O	4		1.67		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	440.0		1		1		836.0		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.047		0	BFSN	4		0.089		
4:0.....g	0.000		0		4		0.000		
6:0.....g	0.000		0		4		0.000		
8:0.....g	0.000		0		4		0.000		
10:0.....g	0.000		0		4		0.000		

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.002		0	BFSN	4		0.004		
13:0.....g									
14:0.....g	0.002		0	BFSN	4		0.004		
15:0.....g									
16:0.....g	0.039		0	BFSN	4		0.074		
17:0.....g									
18:0.....g	0.002		0	BFSN	4		0.004		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.026		0	BFSN	4		0.049		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.025		0	BFSN	4		0.048		
20:1.....g	0.000		0		4		0.000		
22:1 undifferentiated.....g	0.000		0		4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.173		0	BFSN	4		0.329		
18:2 undifferentiated.....g	0.070		0	BFSN	4		0.133		
18:3 undifferentiated.....g	0.093		0	BFSN	4		0.177		
18:4.....g	0.000		0		4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.002		0	BFSN	4		0.004		
20:5 n-3.....g	0.000		0		4		0.000		
22:5 n-3.....g	0.000		0		4		0.000		
22:6 n-3.....g	0.000		0		4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.027		0	BFSN	4		0.051		
Threonine.....g	0.074		0	BFSN	4		0.141		
Isoleucine.....g	0.086		0	BFSN	4		0.163		
Leucine.....g	0.130		0	BFSN	4		0.247		
Lysine.....g	0.101		0	BFSN	4		0.192		
Methionine.....g	0.028		0	BFSN	4		0.053		
Cystine.....g	0.022		0	BFSN	4		0.042		
Phenylalanine.....g	0.075		0	BFSN	4		0.143		
Tyrosine.....g	0.056		0	BFSN	4		0.106		
Valine.....g	0.104		0	BFSN	4		0.198		
Arginine.....g	0.108		0	BFSN	4		0.205		
Histidine.....g	0.040		0	BFSN	4		0.076		
Alanine.....g	0.090		0	BFSN	4		0.171		
Aspartic acid.....g	0.161		0	BFSN	4		0.306		
Glutamic acid.....g	0.176		0	BFSN	4		0.334		
Glycine.....g	0.081		0	BFSN	4		0.154		
Proline.....g	0.090		0	BFSN	4		0.171		
Serine.....g	0.067		0	BFSN	4		0.127		
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

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

**Common Measures:**

**NDB No.** 11162

**Collards, cooked, boiled, drained, without salt**

Measure 1 = 190g: 1 cup, chopped

**Calories Factors: Protein** 2.44

**Fat** 8.37

**Carbohydrate**3.57

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11769

Collards, frozen, chopped, cooked, boiled, drained, with salt

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	88.47		0		1		150.40		
Energy.....kcal	36		0	NC	4		61		
Energy.....kj	151		0	NC	4		256		
Protein (N x 6.25).....g	2.97		0		1		5.05		
Total lipid (fat).....g	0.41		0		1		0.70		
Ash.....g	1.05		0		1		1.79		
Carbohydrate, by difference.....g	7.10		0	NC	4		12.07		
Fiber, total dietary.....g	2.8		0		4		4.8		
Sugars, total.....g	0.57		0	BFSN	4		0.96		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	210		0		1		357		
Iron, Fe.....mg	1.12		0		1		1.90		
Magnesium, Mg.....mg	30		0		1		51		
Phosphorus, P.....mg	27		0		1		46		
Potassium, K.....mg	251		0		1		427		
Sodium, Na.....mg	286		0		4		486		
Zinc, Zn.....mg	0.27		0		1		0.46		
Copper, Cu.....mg	0.055		0		1		0.094		
Manganese, Mn.....mg	0.663		0		1		1.127		
Selenium, Se.....mcg	1.5		0	BFZN	4		2.6		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	26.4		0		1		44.9		
Thiamin.....mg	0.047		0		1		0.080		
Riboflavin.....mg	0.115		0		1		0.196		
Niacin.....mg	0.635		0		1		1.080		
Pantothenic acid.....mg	0.115		0		1		0.196		
Vitamin B-6.....mg	0.114		0		1		0.194		
Folate, total.....mcg	76	12.887	6		1		129		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	76	12.887	6		1		129		
Folate, DFE.....mcg_DFE	76		0	NC	4		129		
Choline, total.....mg	45.1		0	BFSN	4		76.7		
Betaine.....mg	0.2		0	BFSN	4		0.3		
Vitamin B-12.....mcg	0.00		0	Z	7		0.00		
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....mcg_RAE	575		0	NC	4		977		
Retinol.....mcg	0		0	Z	7		0		
Carotene, beta.....mcg	6818		0	BFSN	4		11591		
Carotene, alpha.....mcg	127		0	BFSN	4		216		
Cryptoxanthin, beta.....mcg	28		0	BFSN	4		47		
Vitamin A, IU.....IU	11493		0	NC	4		19538		
Lycopene.....mcg	0		0	BFSN	4		0		
Lutein + zeaxanthin.....mcg	10898		0	BFSN	4		18526		
Vitamin E (alpha-tocopherol).....mg	1.25		0	BFSN	4		2.12		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	623.2		0	BFSN	4		1059.5		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.040		0		4		0.068		
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		

NDB No. 11769

Collards, frozen, chopped, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.038		0		1		0.065		
Threonine.....g	0.105		0		1		0.179		
Isoleucine.....g	0.121		0		1		0.206		
Leucine.....g	0.184		0		1		0.313		
Lysine.....g	0.141		0		1		0.240		
Methionine.....g	0.040		0		1		0.068		
Cystine.....g	0.030		0		1		0.051		
Phenylalanine.....g	0.105		0		1		0.179		
Tyrosine.....g	0.080		0		1		0.136		
Valine.....g	0.145		0		1		0.247		
Arginine.....g	0.152		0		1		0.258		
Histidine.....g	0.057		0		1		0.097		
Alanine.....g	0.127		0		1		0.216		
Aspartic acid.....g	0.228		0		1		0.388		
Glutamic acid.....g	0.248		0		1		0.422		
Glycine.....g	0.114		0		1		0.194		
Proline.....g	0.126		0		1		0.214		
Serine.....g	0.095		0		1		0.162		
Hydroxyproline.....g									
<b><u>Others:</u></b>									
Alcohol, ethyl.....g									
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

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

**Common Measures:**

Measure 1 = 170g: 1 cup, chopped

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group: 11 Vegetables and Vegetable Products**

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11164

Collards, frozen, chopped, cooked, boiled, drained, without salt

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	88.47		0		1		150.40		
Energy.....kcal	36		0	NC	4		61		
Energy.....kj	151		0	NC	4		256		
Protein (N x 6.25).....g	2.97		0		1		5.05		
Total lipid (fat).....g	0.41		0		1		0.70		
Ash.....g	1.05		0		1		1.79		
Carbohydrate, by difference.....g	7.10		0	NC	4		12.07		
Fiber, total dietary.....g	2.8		0		4		4.8		
Sugars, total.....g	0.57		0	BFSN	4		0.96		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	210		0		1		357		
Iron, Fe.....mg	1.12		0		1		1.90		
Magnesium, Mg.....mg	30		0		1		51		
Phosphorus, P.....mg	27		0		1		46		
Potassium, K.....mg	251		0		1		427		
Sodium, Na.....mg	50		0		1		85		
Zinc, Zn.....mg	0.27		0		1		0.46		
Copper, Cu.....mg	0.055		0		1		0.094		
Manganese, Mn.....mg	0.663		0		1		1.127		
Selenium, Se.....mcg	1.5		0	BFSN	4		2.6		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	26.4		0		1		44.9		
Thiamin.....mg	0.047		0		1		0.080		
Riboflavin.....mg	0.115		0		1		0.196		
Niacin.....mg	0.635		0		1		1.080		
Pantothenic acid.....mg	0.115		0		1		0.196		
Vitamin B-6.....mg	0.114		0		1		0.194		
Folate, total.....mcg	76	12.887	6		1		129		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	76	12.887	6		1		129		
Folate, DFE.....mcg_DFE	76		0	NC	4		129		
Choline, total.....mg	45.1		0	BFSN	4		76.7		
Betaine.....mg	0.2		0	BFSN	4		0.3		
Vitamin B-12.....mcg	0.00		0	Z	7		0.00		
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....mcg_RAE	575		0	NC	4		977		
Retinol.....mcg	0		0	Z	7		0		
Carotene, beta.....mcg	6818		0	BFSN	4		11591		
Carotene, alpha.....mcg	127		0	BFSN	4		216		
Cryptoxanthin, beta.....mcg	28		0	BFSN	4		47		
Vitamin A, IU.....IU	11493		0	NC	4		19538		
Lycopene.....mcg	0		0	BFSN	4		0		
Lutein + zeaxanthin.....mcg	10898		0	BFSN	4		18526		
Vitamin E (alpha-tocopherol).....mg	1.25		0	BFSN	4		2.12		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	623.2		0	BFSN	4		1059.5		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.060		0		4		0.102		
4:0.....g	0.000		0		4		0.000		
6:0.....g	0.000		0		4		0.000		
8:0.....g	0.000		0		4		0.000		
10:0.....g	0.000		0		4		0.000		

NDB No. 11164

Collards, frozen, chopped, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0		4		0.000		
13:0.....g									
14:0.....g	0.000		0		4		0.000		
15:0.....g									
16:0.....g	0.048		0		4		0.082		
17:0.....g									
18:0.....g	0.006		0		4		0.010		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.020		0		4		0.034		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.007		0		4		0.012		
17:1.....g									
18:1 undifferentiated.....g	0.008		0		4		0.014		
20:1.....g	0.000		0		4		0.000		
22:1 undifferentiated.....g	0.000		0		4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.210		0		4		0.357		
18:2 undifferentiated.....g	0.060		0		4		0.102		
18:3 undifferentiated.....g	0.127		0		4		0.216		
18:4.....g	0.000		0		4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000		
20:5 n-3.....g	0.000		0		4		0.000		
22:5 n-3.....g	0.000		0		4		0.000		
22:6 n-3.....g	0.000		0		4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.038		0		1		0.065		
Threonine.....g	0.105		0		1		0.179		
Isoleucine.....g	0.121		0		1		0.206		
Leucine.....g	0.184		0		1		0.313		
Lysine.....g	0.141		0		1		0.240		
Methionine.....g	0.040		0		1		0.068		
Cystine.....g	0.030		0		1		0.051		
Phenylalanine.....g	0.105		0		1		0.179		
Tyrosine.....g	0.080		0		1		0.136		
Valine.....g	0.145		0		1		0.247		
Arginine.....g	0.152		0		1		0.258		
Histidine.....g	0.057		0		1		0.097		
Alanine.....g	0.127		0		1		0.216		
Aspartic acid.....g	0.228		0		1		0.388		
Glutamic acid.....g	0.248		0		1		0.422		
Glycine.....g	0.114		0		1		0.194		
Proline.....g	0.126		0		1		0.214		
Serine.....g	0.095		0		1		0.162		
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

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

**Common Measures:**



**NDB No. 11164**

**Collards, frozen, chopped, cooked, boiled, drained, without salt**

Measure 1 = 170g: 1 cup, chopped

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group: 11 Vegetables and Vegetable Products**

USDA National Nutrient Database for Standard Reference, Release 21 (2008)



NDB No. 11163

Collards, frozen, chopped, unprepared

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.002		0	BFFN	4		0.006	0.027	
15:0.....g									
16:0.....g	0.040		0	BFFN	4		0.114	0.544	
17:0.....g									
18:0.....g	0.002		0	BFFN	4		0.006	0.027	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.027		0	BFFN	4		0.077	0.367	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.026		0	BFFN	4		0.074	0.354	
20:1.....g	0.000		0	BFFN	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.178		0	BFFN	4		0.506	2.423	
18:2 undifferentiated.....g	0.072		0	BFFN	4		0.204	0.980	
18:3 undifferentiated.....g	0.096		0	BFFN	4		0.273	1.307	
18:4.....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.002		0	BFFN	4		0.006	0.027	
20:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.035		0		1		0.099	0.476	
Threonine.....g	0.095		0		1		0.270	1.293	
Isoleucine.....g	0.109		0		1		0.310	1.483	
Leucine.....g	0.167		0		1		0.474	2.273	
Lysine.....g	0.128		0		1		0.364	1.742	
Methionine.....g	0.037		0		1		0.105	0.504	
Cystine.....g	0.027		0		1		0.077	0.367	
Phenylalanine.....g	0.096		0		1		0.273	1.307	
Tyrosine.....g	0.073		0		1		0.207	0.994	
Valine.....g	0.131		0		1		0.372	1.783	
Arginine.....g	0.138		0		1		0.392	1.878	
Histidine.....g	0.051		0		1		0.145	0.694	
Alanine.....g	0.116		0		1		0.329	1.579	
Aspartic acid.....g	0.206		0		1		0.585	2.804	
Glutamic acid.....g	0.225		0		1		0.639	3.062	
Glycine.....g	0.103		0		1		0.293	1.402	
Proline.....g	0.115		0		1		0.327	1.565	
Serine.....g	0.087		0		1		0.247	1.184	
Hydroxyproline.....g									
<b><u>Others:</u></b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg									
Theobromine.....mg									

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

**Common Measures:**

Measure 1 = 284g: 1 package (10 oz)

**NDB No. 11163**

**Collards, frozen, chopped, unprepared**

Measure 2 = 1361g: 1 package (3 lb)

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11161

Collards, raw

*Brassica oleracea var. viridis*

Refuse:43% Stems

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	90.55	1.066	10	A	1		32.60		
Energy.....kcal	30		0	NC	4		11		
Energy.....kj	126		0		4		45		
Protein (N x 6.25).....g	2.45	0.370	3	A	1		0.88		
Total lipid (fat).....g	0.42	0.126	3	A	1		0.15		
Ash.....g	0.89	0.154	3	A	1		0.32		
Carbohydrate, by difference.....g	5.69		0	NC	4		2.05		
Fiber, total dietary.....g	3.6	0.003	3	A	1		1.3		
Sugars, total.....g	0.46		0	BFSN	4		0.17		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	145		2	A	1		52		
Iron, Fe.....mg	0.19	0.004	10		1		0.07		
Magnesium, Mg.....mg	9	0.235	10		1		3		
Phosphorus, P.....mg	10	0.254	10		1		4		
Potassium, K.....mg	169	38.455	16		1		61		
Sodium, Na.....mg	20	6.713	16		1		7		
Zinc, Zn.....mg	0.13	0.083	11		1		0.05		
Copper, Cu.....mg	0.039	0.022	11		1		0.014		
Manganese, Mn.....mg	0.276	0.009	10		1		0.099		
Selenium, Se.....mcg	1.3		0	BFSN	4		0.5		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	35.3	5.022	3	A	1		12.7		
Thiamin.....mg	0.054	0.020	3	A	1		0.019		
Riboflavin.....mg	0.130	0.062	3	A	1		0.047		
Niacin.....mg	0.742	0.151	3	A	1		0.267		
Pantothenic acid.....mg	0.267	0.092	3	A	1		0.096		
Vitamin B-6.....mg	0.165	0.040	3	A	1		0.059		
Folate, total.....mcg	166		2	A	1		60		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	166		2	A	1		60		
Folate, DFE.....mcg_DFE	166		0	NC	4		60		
Choline, total.....mg	23.2		0	BFSN	4		8.3		
Betaine.....mg	0.4		0	BFSN	4		0.1		
Vitamin B-12.....mcg	0.00		0	Z	7		0.00		
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....mcg_RAE	333		0	AS	1		120		
Retinol.....mcg	0		0	Z	7		0		
Carotene, beta.....mcg	3842	1558.050	4	A	1		1383		
Carotene, alpha.....mcg	238		2	A	1		86		
Cryptoxanthin, beta.....mcg	80		2	A	1		29		
Vitamin A, IU.....IU	6668		0	AS	1		2400		
Lycopene.....mcg	0		0	Z	7		0		
Lutein + zeaxanthin.....mcg	8932		0	BFSN	4		3215		
Vitamin E (alpha-tocopherol).....mg	2.26		0	O	4		0.81		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	510.8		0	BFSN	4		183.9		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.055		0	BFFN	4		0.020		
4:0.....g	0.000		0		4		0.000		
6:0.....g	0.000		0		4		0.000		
8:0.....g	0.000		0		4		0.000		
10:0.....g	0.000		0		4		0.000		

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.002		0	BFFN	4		0.001		
13:0.....g									
14:0.....g	0.002		0	BFFN	4		0.001		
15:0.....g									
16:0.....g	0.046		0	BFFN	4		0.017		
17:0.....g									
18:0.....g	0.002		0	BFFN	4		0.001		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.030		0	BFFN	4		0.011		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.029		0	BFFN	4		0.010		
20:1.....g	0.000		0		4		0.000		
22:1 undifferentiated.....g	0.000		0		4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.201		0	BFFN	4		0.072		
18:2 undifferentiated.....g	0.082		0	BFFN	4		0.030		
18:3 undifferentiated.....g	0.108		0	BFFN	4		0.039		
18:4.....g	0.000		0		4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.002		0	BFFN	4		0.001		
20:5 n-3.....g	0.000		0		4		0.000		
22:5 n-3.....g	0.000		0		4		0.000		
22:6 n-3.....g	0.000		0		4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.031		0	BFFN	4		0.011		
Threonine.....g	0.086		0	BFFN	4		0.031		
Isoleucine.....g	0.100		0	BFFN	4		0.036		
Leucine.....g	0.151		0	BFFN	4		0.054		
Lysine.....g	0.117		0	BFFN	4		0.042		
Methionine.....g	0.033		0	BFFN	4		0.012		
Cystine.....g	0.025		0	BFFN	4		0.009		
Phenylalanine.....g	0.087		0	BFFN	4		0.031		
Tyrosine.....g	0.066		0	BFFN	4		0.024		
Valine.....g	0.120		0	BFFN	4		0.043		
Arginine.....g	0.125		0	BFFN	4		0.045		
Histidine.....g	0.047		0	BFFN	4		0.017		
Alanine.....g	0.105		0	BFFN	4		0.038		
Aspartic acid.....g	0.187		0	BFFN	4		0.067		
Glutamic acid.....g	0.204		0	BFFN	4		0.073		
Glycine.....g	0.094		0	BFFN	4		0.034		
Proline.....g	0.105		0	BFFN	4		0.038		
Serine.....g	0.078		0	BFFN	4		0.028		
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

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

#### Common Measures:

**NDB No. 11161**

**Collards, raw**

Measure 1 = 36g: 1 cup, chopped

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11165

**Coriander (cilantro) leaves, raw**

*Coriandrum sativum*

Chinese parsley, raw, Cilantro, raw

Refuse:15% Roots, old and bruised leaves

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	92.21	0.270	7		1		3.69	18.44	
Energy.....kcal	23		0	NC	4		1	5	
Energy.....kj	95		0	NC	4		4	19	
Protein (N x 6.25).....g	2.13	0.224	3		1		0.09	0.43	
Total lipid (fat).....g	0.52	0.047	3		1		0.02	0.10	
Ash.....g	1.47	0.186	3		1		0.06	0.29	
Carbohydrate, by difference.....g	3.67		0	NC	4		0.15	0.73	
Fiber, total dietary.....g	2.8		2		1		0.1	0.6	
Sugars, total.....g	0.87		0	O	4		0.03	0.17	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	67		2		1		3	13	
Iron, Fe.....mg	1.77	0.641	3		1		0.07	0.35	
Magnesium, Mg.....mg	26	4.735	3		1		1	5	
Phosphorus, P.....mg	48	7.143	3		1		2	10	
Potassium, K.....mg	521	43.979	3		1		21	104	
Sodium, Na.....mg	46	10.403	3		1		2	9	
Zinc, Zn.....mg	0.50		2		1		0.02	0.10	
Copper, Cu.....mg	0.225		2		1		0.009	0.045	
Manganese, Mn.....mg	0.426		2		1		0.017	0.085	
Selenium, Se.....mcg	0.9		0	CAZN	4		0.0	0.2	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	27.0	12.941	3		1		1.1	5.4	
Thiamin.....mg	0.067	0.023	3		1		0.003	0.013	
Riboflavin.....mg	0.162	0.033	3		1		0.006	0.032	
Niacin.....mg	1.114	0.195	3		1		0.045	0.223	
Pantothenic acid.....mg	0.570		2		1		0.023	0.114	
Vitamin B-6.....mg	0.149	0.019	3		1		0.006	0.030	
Folate, total.....mcg	62		2		1		2	12	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	62		2		1		2	12	
Folate, DFE.....mcg_DFE	62		0	NC	4		2	12	
Choline, total.....mg	12.8		0	CAZN	4		0.5	2.6	
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	337		0	NC	4		13	67	
Retinol.....mcg	0		0	Z	7		0	0	
Carotene, beta.....mcg	3930	365.713	15	JA	6		157	786	
Carotene, alpha.....mcg	36	27.270	3	JA	6		1	7	
Cryptoxanthin, beta.....mcg	202	44.373	3	JA	6		8	40	
Vitamin A, IU.....IU	6748		0	NC	4		270	1350	
Lycopene.....mcg	0		1	A	1		0	0	
Lutein + zeaxanthin.....mcg	865		6	A	1		35	173	
Vitamin E (alpha-tocopherol).....mg	2.50		0	NR	4		0.10	0.50	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	310.0		0	O	4		12.4	62.0	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.014		0		4		0.001	0.003	
4:0.....g	0.000		0		4		0.000	0.000	
6:0.....g	0.000		0		4		0.000	0.000	
8:0.....g	0.000		0		4		0.000	0.000	
10:0.....g	0.000		0		4		0.000	0.000	



NDB No. 11165  
Coriander (cilantro) leaves, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0		4		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0		4		0.000	0.000	
15:0.....g									
16:0.....g	0.012		0		4		0.000	0.002	
17:0.....g									
18:0.....g	0.001		0		4		0.000	0.000	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.275		0		4		0.011	0.055	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0		4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.273		0		4		0.011	0.055	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.040		0		4		0.002	0.008	
18:2 undifferentiated.....g	0.040		0		4		0.002	0.008	
18:3 undifferentiated.....g	0.000		0		4		0.000	0.000	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg	5		1		1		0	1	
Stigmasterol.....mg	3		1		1		0	1	
Campesterol.....mg	0		1		1		0	0	
Beta-sitosterol.....mg	2		1		1		0	0	
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

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

**Common Measures:**

Measure 1 = 4.0g: .25 cup  
Measure 2 = 20g: 9 sprigs

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group:** 11 Vegetables and Vegetable Products  
USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11656  
 Corn pudding, home prepared

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	72.33		0	RC	4		180.83	120.79	
Energy.....kcal	131		0	NC	4		328	219	
Energy.....kj	548		0	NC	4		1371	916	
Protein.....g	4.35		0	RC	4		10.86	7.26	
Total lipid (fat).....g	5.08		0	RC	4		12.69	8.48	
Ash.....g	1.25		0	RC	4		3.12	2.08	
Carbohydrate, by difference.....g	17.00		0	NC	4		42.50	28.39	
Fiber, total dietary.....g	1.4		0	RC	4		3.5	2.3	
Sugars, total.....g	6.97		0	RC	4		17.42	11.64	
Sucrose.....g									
Glucose (dextrose).....g									
Fructose.....g									
Lactose.....g									
Maltose.....g									
Galactose.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	40		0	RC	4		99	66	
Iron, Fe.....mg	0.54		0	RC	4		1.34	0.90	
Magnesium, Mg.....mg	15		0	RC	4		36	24	
Phosphorus, P.....mg	93		0	RC	4		232	155	
Potassium, K.....mg	176		0	RC	4		441	294	
Sodium, Na.....mg	281		0	RC	4		702	469	
Zinc, Zn.....mg	0.52		0	RC	4		1.30	0.87	
Copper, Cu.....mg	0.032		0	RC	4		0.080	0.053	
Manganese, Mn.....mg	0.080		0	RC	4		0.201	0.134	
Selenium, Se.....mcg	6.0		0	RC	4		14.9	10.0	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	3.7		0	RC	4		9.2	6.2	
Thiamin.....mg	0.068		0	RC	4		0.169	0.113	
Riboflavin.....mg	0.156		0	RC	4		0.389	0.260	
Niacin.....mg	1.031		0	RC	4		2.578	1.722	
Pantothenic acid.....mg	0.475		0	RC	4		1.187	0.793	
Vitamin B-6.....mg	0.136		0	RC	4		0.339	0.227	
Folate, total.....mcg	33		0	RC	4		82	55	
Folic acid.....mcg	0		0	RC	4		0	0	
Folate, food.....mcg	33		0	RC	4		82	55	
Folate, DFE.....mcg_DFE	33		0	NC	4		82	55	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg	0.27		0	RC	4		0.68	0.46	
Vitamin B-12, added.....mcg	0.00		0	RC	4		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	56		0	NC	4		141	94	
Retinol.....mcg	50		0	RC	4		124	83	
Carotene, beta.....mcg	37		0	RC	4		92	62	
Carotene, alpha.....mcg	11		0	RC	4		27	18	
Cryptoxanthin, beta.....mcg	76		0	RC	4		191	128	
Vitamin A, IU.....IU	300		0	NC	4		749	500	
Lycopene.....mcg	0		0	RC	4		0	0	
Lutein + zeaxanthin.....mcg	458		0	RC	4		1146	765	
Vitamin E (alpha-tocopherol).....mg	0.12		0	RC	4		0.31	0.21	
Vitamin E, added.....mg	0.00		0	RC	4		0.00	0.00	
Tocopherol, beta.....mg	0.00		0	RC	4		0.00	0.00	
Tocopherol, gamma.....mg	0.09		0	RC	4		0.23	0.15	
Tocopherol, delta.....mg	0.00		0	RC	4		0.00	0.00	
Vitamin D.....IU	11		0	RC	4		29	19	
Vitamin K (phylloquinone).....mcg	0.5		0	RC	4		1.2	0.8	



NDB No. 11656  
 Corn pudding, home prepared

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	RC	4		0.0	0.0	
Caffeine.....mg	0		0	RC	4		0	0	
Theobromine.....mg	0		0	RC	4		0	0	

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

**Common Measures:**

Measure 1 = 250g: 1 cup  
 Measure 2 = 167g: .667 cup (#6 scoop)

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)



Corn with red and green peppers, canned, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.000		0		1		0.000		
15:0.....g									
16:0.....g	0.079		0		1		0.179		
17:0.....g									
18:0.....g	0.006		0		1		0.014		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.157		0		1		0.356		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.157		0		1		0.356		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.261		0		1		0.592		
18:2 undifferentiated.....g	0.253		0		1		0.574		
18:3 undifferentiated.....g	0.008		0		1		0.018		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.017		0		1		0.039		
Threonine.....g	0.093		0		1		0.211		
Isoleucine.....g	0.093		0		1		0.211		
Leucine.....g	0.246		0		1		0.558		
Lysine.....g	0.099		0		1		0.225		
Methionine.....g	0.048		0		1		0.109		
Cystine.....g	0.020		0		1		0.045		
Phenylalanine.....g	0.107		0		1		0.243		
Tyrosine.....g	0.087		0		1		0.197		
Valine.....g	0.132		0		1		0.300		
Arginine.....g	0.095		0		1		0.216		
Histidine.....g	0.063		0		1		0.143		
Alanine.....g	0.208		0		1		0.472		
Aspartic acid.....g	0.183		0		1		0.415		
Glutamic acid.....g	0.453		0		1		1.028		
Glycine.....g	0.091		0		1		0.207		
Proline.....g	0.206		0		1		0.468		
Serine.....g	0.110		0		1		0.250		
Hydroxyproline.....g									

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

**Common Measures:**

Measure 1 = 227g: 1 cup

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**NDB No. 11184**

**Corn with red and green peppers, canned, solids and liquids**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)





NDB No. 11907

Corn, sweet, white, canned, cream style, no salt added

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g									
13:0.....g									
14:0.....g									
15:0.....g									
16:0.....g	0.061		0		1		0.078	0.294	
17:0.....g									
18:0.....g	0.004		0		1		0.005	0.019	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.123		0		1		0.157	0.593	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.123		0		1		0.157	0.593	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.198		0		1		0.253	0.954	
18:2 undifferentiated.....g	0.193		0		1		0.247	0.930	
18:3 undifferentiated.....g	0.006		0		1		0.008	0.029	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.012		0		1		0.015	0.058	
Threonine.....g	0.070		0		1		0.090	0.337	
Isoleucine.....g	0.070		0		1		0.090	0.337	
Leucine.....g	0.188		0		1		0.241	0.906	
Lysine.....g	0.074		0		1		0.095	0.357	
Methionine.....g	0.036		0		1		0.046	0.174	
Cystine.....g	0.014		0		1		0.018	0.067	
Phenylalanine.....g	0.081		0		1		0.104	0.390	
Tyrosine.....g	0.066		0		1		0.084	0.318	
Valine.....g	0.100		0		1		0.128	0.482	
Arginine.....g	0.071		0		1		0.091	0.342	
Histidine.....g	0.048		0		1		0.061	0.231	
Alanine.....g	0.159		0		1		0.204	0.766	
Aspartic acid.....g	0.132		0		1		0.169	0.636	
Glutamic acid.....g	0.343		0		1		0.439	1.653	
Glycine.....g	0.068		0		1		0.087	0.328	
Proline.....g	0.158		0		1		0.202	0.762	
Serine.....g	0.083		0		1		0.106	0.400	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

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

**Common Measures:**

**NDB No. 11907**

**Corn, sweet, white, canned, cream style, no salt added**

Measure 1 = 128g: .5 cup

Measure 2 = 482g: 1 can (303 x 406)

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11906

Corn, sweet, white, canned, cream style, regular pack

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	78.73	0.198	267		1		201.55	379.48	
Energy.....kcal	72		0	NC	4		184	347	
Energy.....kj	301		0		4		771	1452	
Protein (N x 6.25).....g	1.74	0.024	305		1		4.45	8.39	
Total lipid (fat).....g	0.42	0.011	281		1		1.08	2.02	
Ash.....g	0.98	0.017	291		1		2.51	4.72	
Carbohydrate, by difference.....g	18.13		0	NC	4		46.41	87.39	
Fiber, total dietary.....g	1.2		0		4		3.1	5.8	
Sugars, total.....g	2.21		0	BFSN	4		5.67	10.67	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	3	0.110	287		1		8	14	
Iron, Fe.....mg	0.38	0.012	286		1		0.97	1.83	
Magnesium, Mg.....mg	17	0.246	226		1		44	82	
Phosphorus, P.....mg	51	1.092	251		1		131	246	
Potassium, K.....mg	134	2.209	250		1		343	646	
Sodium, Na.....mg	285	5.775	291		1		730	1374	
Zinc, Zn.....mg	0.53	0.010	80		1		1.36	2.55	
Copper, Cu.....mg	0.052	0.006	81		1		0.133	0.251	
Manganese, Mn.....mg	0.039		0		1		0.100	0.188	
Selenium, Se.....mcg	0.6		0	BFSN	4		1.5	2.9	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	4.6	0.124	324		1		11.8	22.2	
Thiamin.....mg	0.025	0.001	274		1		0.064	0.121	
Riboflavin.....mg	0.053	0.002	297		1		0.136	0.255	
Niacin.....mg	0.960	0.028	304		1		2.458	4.627	
Pantothenic acid.....mg	0.180	0.004	7		1		0.461	0.868	
Vitamin B-6.....mg	0.063	0.002	14		1		0.161	0.304	
Folate, total.....mcg	45		0		1		115	216	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	45		0		1		115	216	
Folate, DFE.....mcg_DFE	45		0	NC	4		115	216	
Choline, total.....mg	20.3		0	BFSN	4		52.1	98.0	
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0	0	
Retinol.....mcg	0		0	Z	7		0	0	
Carotene, beta.....mcg	0		0	BFSN	4		1	2	
Carotene, alpha.....mcg	0		0	BFSN	4		0	0	
Cryptoxanthin, beta.....mcg	1		0	BFSN	4		1	3	
Vitamin A, IU.....IU	1		0	NC	4		3	6	
Lycopene.....mcg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin.....mcg	37		0	BFSN	4		94	177	
Vitamin E (alpha-tocopherol).....mg	0.06		0	BFSN	4		0.17	0.31	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.3		0	BFSN	4		0.7	1.3	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.065		0		1		0.166	0.313	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.000		0		1		0.000	0.000	

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0		1		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0		1		0.000	0.000	
15:0.....g									
16:0.....g	0.061		0		1		0.156	0.294	
17:0.....g									
18:0.....g	0.004		0		1		0.010	0.019	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.123		0		1		0.315	0.593	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.123		0		1		0.315	0.593	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.198		0		1		0.507	0.954	
18:2 undifferentiated.....g	0.193		0		1		0.494	0.930	
18:3 undifferentiated.....g	0.006		0		1		0.015	0.029	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.012		0		1		0.031	0.058	
Threonine.....g	0.070		0		1		0.179	0.337	
Isoleucine.....g	0.070		0		1		0.179	0.337	
Leucine.....g	0.188		0		1		0.481	0.906	
Lysine.....g	0.074		0		1		0.189	0.357	
Methionine.....g	0.036		0		1		0.092	0.174	
Cystine.....g	0.014		0		1		0.036	0.067	
Phenylalanine.....g	0.081		0		1		0.207	0.390	
Tyrosine.....g	0.066		0		1		0.169	0.318	
Valine.....g	0.100		0		1		0.256	0.482	
Arginine.....g	0.071		0		1		0.182	0.342	
Histidine.....g	0.048		0		1		0.123	0.231	
Alanine.....g	0.159		0		1		0.407	0.766	
Aspartic acid.....g	0.132		0		1		0.338	0.636	
Glutamic acid.....g	0.343		0		1		0.878	1.653	
Glycine.....g	0.068		0		1		0.174	0.328	
Proline.....g	0.158		0		1		0.404	0.762	
Serine.....g	0.083		0		1		0.212	0.400	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

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

**Common Measures:**

**NDB No. 11906**

**Corn, sweet, white, canned, cream style, regular pack**

Measure 1 = 256g: 1 cup

Measure 2 = 482g: 1 can (303 x 406)

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)



NDB No. 11909

Corn, sweet, white, canned, vacuum pack, no salt added

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g									
15:0.....g									
16:0.....g	0.073		0		1		0.077	0.248	
17:0.....g									
18:0.....g	0.005		0		1		0.005	0.017	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.147		0		1		0.154	0.500	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.147		0		1		0.154	0.500	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.237		0		1		0.249	0.806	
18:2 undifferentiated.....g	0.230		0		1		0.242	0.782	
18:3 undifferentiated.....g	0.007		0		1		0.007	0.024	
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.017		0		1		0.018	0.058	
Threonine.....g	0.097		0		1		0.102	0.330	
Isoleucine.....g	0.097		0		1		0.102	0.330	
Leucine.....g	0.260		0		1		0.273	0.884	
Lysine.....g	0.102		0		1		0.107	0.347	
Methionine.....g	0.050		0		1		0.053	0.170	
Cystine.....g	0.020		0		1		0.021	0.068	
Phenylalanine.....g	0.112		0		1		0.118	0.381	
Tyrosine.....g	0.092		0		1		0.097	0.313	
Valine.....g	0.138		0		1		0.145	0.469	
Arginine.....g	0.098		0		1		0.103	0.333	
Histidine.....g	0.066		0		1		0.069	0.224	
Alanine.....g	0.220		0		1		0.231	0.748	
Aspartic acid.....g	0.182		0		1		0.191	0.619	
Glutamic acid.....g	0.475		0		1		0.499	1.615	
Glycine.....g	0.095		0		1		0.100	0.323	
Proline.....g	0.218		0		1		0.229	0.741	
Serine.....g	0.114		0		1		0.120	0.388	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	z	7		0.0	0.0	
Caffeine.....mg									
Theobromine.....mg									

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

**Common Measures:**

Measure 1 = 105g: .5 cup

Measure 2 = 340g: 1 can (303 x 406)

**NDB No. 11909**

**Corn, sweet, white, canned, vacuum pack, no salt added**

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group:** 11 Vegetables and Vegetable Products

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Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g									
15:0.....g									
16:0.....g	0.073		0		1		0.077	0.248	
17:0.....g									
18:0.....g	0.005		0		1		0.005	0.017	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.147		0		1		0.154	0.500	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.147		0		1		0.154	0.500	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.237		0		1		0.249	0.806	
18:2 undifferentiated.....g	0.230		0		1		0.242	0.782	
18:3 undifferentiated.....g	0.007		0		1		0.007	0.024	
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.017		0		1		0.018	0.058	
Threonine.....g	0.097		0		1		0.102	0.330	
Isoleucine.....g	0.097		0		1		0.102	0.330	
Leucine.....g	0.260		0		1		0.273	0.884	
Lysine.....g	0.102		0		1		0.107	0.347	
Methionine.....g	0.050		0		1		0.053	0.170	
Cystine.....g	0.020		0		1		0.021	0.068	
Phenylalanine.....g	0.112		0		1		0.118	0.381	
Tyrosine.....g	0.092		0		1		0.097	0.313	
Valine.....g	0.138		0		1		0.145	0.469	
Arginine.....g	0.098		0		1		0.103	0.333	
Histidine.....g	0.066		0		1		0.069	0.224	
Alanine.....g	0.220		0		1		0.231	0.748	
Aspartic acid.....g	0.182		0		1		0.191	0.619	
Glutamic acid.....g	0.475		0		1		0.499	1.615	
Glycine.....g	0.095		0		1		0.100	0.323	
Proline.....g	0.218		0		1		0.229	0.741	
Serine.....g	0.114		0		1		0.120	0.388	
Hydroxyproline.....g									

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

**Common Measures:**

Measure 1 = 105g: .5 cup

Measure 2 = 340g: 1 can (303 x 406)

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**NDB No. 11908**

**Corn, sweet, white, canned, vacuum pack, regular pack**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11905

Corn, sweet, white, canned, w whole kernel, drained solids

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	76.92	0.708	5		1		126.15	229.22	
Energy.....kcal	81		0	NC	4		133	241	
Energy.....kj	339		0		4		556	1010	
Protein (N x 6.25).....g	2.62	0.041	5		1		4.30	7.81	
Total lipid (fat).....g	1.00	0.097	5		1		1.64	2.98	
Ash.....g	0.87	0.015	5		1		1.43	2.59	
Carbohydrate, by difference.....g	18.59		0	NC	4		30.49	55.40	
Fiber, total dietary.....g	2.0		0		4		3.3	6.0	
Sugars, total.....g	2.40		0	BFSN	4		3.94	7.16	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	5		0		4		8	15	
Iron, Fe.....mg	0.86	0.215	5		1		1.41	2.56	
Magnesium, Mg.....mg	20		0		4		33	60	
Phosphorus, P.....mg	65		0		4		107	194	
Potassium, K.....mg	195		0		4		320	581	
Sodium, Na.....mg	323		0		4		530	963	
Zinc, Zn.....mg	0.39	0.034	5		1		0.64	1.16	
Copper, Cu.....mg	0.058	0.014	5		1		0.095	0.173	
Manganese, Mn.....mg	0.173	0.050	5		1		0.284	0.516	
Selenium, Se.....mcg	0.7	0.159	7	A	1		1.1	2.1	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	8.5		0		4		13.9	25.3	
Thiamin.....mg	0.033		0		4		0.054	0.098	
Riboflavin.....mg	0.078		0		4		0.128	0.232	
Niacin.....mg	1.197		0		4		1.963	3.567	
Pantothenic acid.....mg	0.666		0		4		1.092	1.985	
Vitamin B-6.....mg	0.047		0		4		0.077	0.140	
Folate, total.....mcg	49		0		4		80	145	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	49		0		4		80	145	
Folate, DFE.....mcg_DFE	49		0	NC	4		80	145	
Choline, total.....mg	22.1		0	BFSN	4		36.2	65.8	
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0	0	
Retinol.....mcg	0		0	Z	7		0	0	
Carotene, beta.....mcg	1		0	BFSN	4		1	2	
Carotene, alpha.....mcg	0		0	BFSN	4		0	0	
Cryptoxanthin, beta.....mcg	1		0	BFSN	4		1	2	
Vitamin A, IU.....IU	1		0	NC	4		2	4	
Lycopene.....mcg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin.....mcg	40		0	BFSN	4		65	119	
Vitamin E (alpha-tocopherol).....mg	0.07		0	BFSN	4		0.12	0.21	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.3		0	BFSN	4		0.5	0.9	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.154		0		1		0.253	0.459	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.000		0		1		0.000	0.000	

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0		1		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0		1		0.000	0.000	
15:0.....g									
16:0.....g	0.144		0		1		0.236	0.429	
17:0.....g									
18:0.....g	0.010		0		1		0.016	0.030	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.292		0		1		0.479	0.870	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.292		0		1		0.479	0.870	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.471		0		1		0.772	1.404	
18:2 undifferentiated.....g	0.457		0		1		0.749	1.362	
18:3 undifferentiated.....g	0.014		0		1		0.023	0.042	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.018		0		1		0.030	0.054	
Threonine.....g	0.105		0		1		0.172	0.313	
Isoleucine.....g	0.105		0		1		0.172	0.313	
Leucine.....g	0.284		0		1		0.466	0.846	
Lysine.....g	0.112		0		1		0.184	0.334	
Methionine.....g	0.055		0		1		0.090	0.164	
Cystine.....g	0.021		0		1		0.034	0.063	
Phenylalanine.....g	0.122		0		1		0.200	0.364	
Tyrosine.....g	0.100		0		1		0.164	0.298	
Valine.....g	0.151		0		1		0.248	0.450	
Arginine.....g	0.107		0		1		0.175	0.319	
Histidine.....g	0.072		0		1		0.118	0.215	
Alanine.....g	0.240		0		1		0.394	0.715	
Aspartic acid.....g	0.199		0		1		0.326	0.593	
Glutamic acid.....g	0.518		0		1		0.850	1.544	
Glycine.....g	0.103		0		1		0.169	0.307	
Proline.....g	0.238		0		1		0.390	0.709	
Serine.....g	0.125		0		1		0.205	0.373	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

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

**Common Measures:**

**NDB No. 11905**

**Corn, sweet, white, canned, whole kernel, drained solids**

Measure 1 = 164g: 1 cup

Measure 2 = 298g: 1 can (303 x 406)

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)



NDB No. 11904

Corn, sweet, white, canned, whole kernel, no salt added, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g									
15:0.....g									
16:0.....g	0.071		0	BFFN	4	0.091	0.342		
17:0.....g									
18:0.....g	0.004		0	BFFN	4	0.005	0.019		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.144		0	BFFN	4	0.184	0.694		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.144		0	BFFN	4	0.184	0.694		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.233		0	BFFN	4	0.298	1.123		
18:2 undifferentiated.....g	0.227		0	BFFN	4	0.291	1.094		
18:3 undifferentiated.....g	0.007		0	BFFN	4	0.009	0.034		
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7	0	0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.014		0	BFFN	4	0.018	0.067		
Threonine.....g	0.078		0	BFFN	4	0.100	0.376		
Isoleucine.....g	0.078		0	BFFN	4	0.100	0.376		
Leucine.....g	0.210		0	BFFN	4	0.269	1.012		
Lysine.....g	0.082		0	BFFN	4	0.105	0.395		
Methionine.....g	0.040		0	BFFN	4	0.051	0.193		
Cystine.....g	0.016		0	BFFN	4	0.020	0.077		
Phenylalanine.....g	0.090		0	BFFN	4	0.115	0.434		
Tyrosine.....g	0.074		0	BFFN	4	0.095	0.357		
Valine.....g	0.112		0	BFFN	4	0.143	0.540		
Arginine.....g	0.079		0	BFFN	4	0.101	0.381		
Histidine.....g	0.053		0	BFFN	4	0.068	0.255		
Alanine.....g	0.178		0	BFFN	4	0.228	0.858		
Aspartic acid.....g	0.148		0	BFFN	4	0.189	0.713		
Glutamic acid.....g	0.385		0	BFFN	4	0.493	1.856		
Glycine.....g	0.076		0	BFFN	4	0.097	0.366		
Proline.....g	0.177		0	BFFN	4	0.227	0.853		
Serine.....g	0.092		0	BFFN	4	0.118	0.443		
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7	0.0	0.0		
Caffeine.....mg	0		0	Z	7	0	0		
Theobromine.....mg	0		0	Z	7	0	0		

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

**Common Measures:**

Measure 1 = 128g: .5 cup

Measure 2 = 482g: 1 can (303 x 406)



**NDB No. 11904**

**Corn, sweet, white, canned, whole kernel, no salt added, solids and liquids**

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group: 11 Vegetables and Vegetable Products**

USDA National Nutrient Database for Standard Reference, Release 21 (2008)



NDB No. 11903

Corn, sweet, white, canned, whole kernel, regular pack, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g									
15:0.....g									
16:0.....g	0.071		0	BFFN	4		0.091	0.342	
17:0.....g									
18:0.....g	0.004		0	BFFN	4		0.005	0.019	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.144		0	BFFN	4		0.184	0.694	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.144		0	BFFN	4		0.184	0.694	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.233		0	BFFN	4		0.298	1.123	
18:2 undifferentiated.....g	0.227		0	BFFN	4		0.291	1.094	
18:3 undifferentiated.....g	0.007		0	BFFN	4		0.009	0.034	
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.014		0	BFFN	4		0.018	0.067	
Threonine.....g	0.078		0	BFFN	4		0.100	0.376	
Isoleucine.....g	0.078		0	BFFN	4		0.100	0.376	
Leucine.....g	0.210		0	BFFN	4		0.269	1.012	
Lysine.....g	0.082		0	BFFN	4		0.105	0.395	
Methionine.....g	0.040		0	BFFN	4		0.051	0.193	
Cystine.....g	0.016		0	BFFN	4		0.020	0.077	
Phenylalanine.....g	0.090		0	BFFN	4		0.115	0.434	
Tyrosine.....g	0.074		0	BFFN	4		0.095	0.357	
Valine.....g	0.112		0	BFFN	4		0.143	0.540	
Arginine.....g	0.079		0	BFFN	4		0.101	0.381	
Histidine.....g	0.053		0	BFFN	4		0.068	0.255	
Alanine.....g	0.178		0	BFFN	4		0.228	0.858	
Aspartic acid.....g	0.148		0	BFFN	4		0.189	0.713	
Glutamic acid.....g	0.385		0	BFFN	4		0.493	1.856	
Glycine.....g	0.076		0	BFFN	4		0.097	0.366	
Proline.....g	0.177		0	BFFN	4		0.227	0.853	
Serine.....g	0.092		0	BFFN	4		0.118	0.443	
Hydroxyproline.....g									

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

**Common Measures:**

Measure 1 = 128g: .5 cup

Measure 2 = 482g: 1 can (303 x 406)

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**NDB No. 11903**

**Corn, sweet, white, canned, whole kernel, regular pack, solids and liquids**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)



NDB No. 11902

Corn, sweet, white, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g									
13:0.....g									
14:0.....g									
15:0.....g									
16:0.....g	0.185		0		1		0.165	0.191	0.218
17:0.....g									
18:0.....g	0.012		0		1		0.011	0.012	0.014
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.374		0		1		0.333	0.385	0.441
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.374		0		1		0.333	0.385	0.441
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.603		0		1		0.537	0.621	0.712
18:2 undifferentiated.....g	0.586		0		1		0.522	0.604	0.691
18:3 undifferentiated.....g	0.018		0		1		0.016	0.019	0.021
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	0
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.023		0		1		0.020	0.024	0.027
Threonine.....g	0.133		0		1		0.118	0.137	0.157
Isoleucine.....g	0.133		0		1		0.118	0.137	0.157
Leucine.....g	0.358		0		1		0.319	0.369	0.422
Lysine.....g	0.141		0		1		0.125	0.145	0.166
Methionine.....g	0.069		0		1		0.061	0.071	0.081
Cystine.....g	0.027		0		1		0.024	0.028	0.032
Phenylalanine.....g	0.155		0		1		0.138	0.160	0.183
Tyrosine.....g	0.126		0		1		0.112	0.130	0.149
Valine.....g	0.191		0		1		0.170	0.197	0.225
Arginine.....g	0.135		0		1		0.120	0.139	0.159
Histidine.....g	0.091		0		1		0.081	0.094	0.107
Alanine.....g	0.304		0		1		0.271	0.313	0.359
Aspartic acid.....g	0.252		0		1		0.224	0.260	0.297
Glutamic acid.....g	0.655		0		1		0.583	0.675	0.773
Glycine.....g	0.131		0		1		0.117	0.135	0.155
Proline.....g	0.301		0		1		0.268	0.310	0.355
Serine.....g	0.158		0		1		0.141	0.163	0.186
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0

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

**Common Measures:**

**NDB No. 11902**

**Corn, sweet, white, cooked, boiled, drained, with salt**

Measure 1 = 89g: 1 ear, small (5-1/2" to 6-1/2" long)

Measure 2 = 103g: 1 ear, medium (6-3/4" to 7-1/2" long)

Measure 3 = 118g: 1 ear, large (7-3/4" to 9" long)

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11901

Corn, sweet, white, cooked, boiled, drained, without salt

Refuse:45% Cob

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	69.57	1.246	7		1		61.92	71.66	80.70
Energy.....kcal	108		0	NC	4		96	111	125
Energy.....kj	452		0		4		402	465	524
Protein (N x 6.25).....g	3.32	0.154	7		1		2.95	3.42	3.85
Total lipid (fat).....g	1.28	0.125	7		1		1.14	1.32	1.48
Ash.....g	0.72	0.016	7		1		0.64	0.74	0.84
Carbohydrate, by difference.....g	25.11		0	NC	4		22.35	25.86	29.13
Fiber, total dietary.....g	2.7		0		4		2.4	2.8	3.1
Sugars, total.....g	4.07		0	BFSN	4		3.63	4.20	4.73
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	2	0.254	7		1		2	2	2
Iron, Fe.....mg	0.61	0.058	7		1		0.54	0.63	0.71
Magnesium, Mg.....mg	32	5.030	7		1		28	33	37
Phosphorus, P.....mg	103		1		1		92	106	119
Potassium, K.....mg	249	28.982	7		1		222	256	289
Sodium, Na.....mg	17	3.294	6		1		15	18	20
Zinc, Zn.....mg	0.48	0.045	6		1		0.43	0.49	0.56
Copper, Cu.....mg	0.053	0.002	6		1		0.047	0.055	0.061
Manganese, Mn.....mg	0.194		0		1		0.173	0.200	0.225
Selenium, Se.....mcg	0.8		0	BFSN	4		0.7	0.8	0.9
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	6.2	0.490	6		1		5.5	6.4	7.2
Thiamin.....mg	0.215		0		1		0.191	0.221	0.249
Riboflavin.....mg	0.072		0		1		0.064	0.074	0.084
Niacin.....mg	1.614	0.086	6		1		1.436	1.662	1.872
Pantothenic acid.....mg	0.878	0.036	6		1		0.781	0.904	1.018
Vitamin B-6.....mg	0.060	0.010	6		1		0.053	0.062	0.070
Folate, total.....mcg	46		0		1		41	48	54
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg	46		0		1		41	48	54
Folate, DFE.....mcg_DFE	46		0	NC	4		41	48	54
Choline, total.....mg	29.1		0	BFSN	4		25.9	30.0	33.7
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0	0	0
Retinol.....mcg	0		0	Z	7		0	0	0
Carotene, beta.....mcg	1		0	BFSN	4		1	1	1
Carotene, alpha.....mcg	0		0	BFSN	4		0	0	0
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0	0	1
Vitamin A, IU.....IU	2		0	NC	4		1	2	2
Lycopene.....mcg	0		0	BFSN	4		0	0	0
Lutein + zeaxanthin.....mcg	43		0	BFSN	4		38	44	50
Vitamin E (alpha-tocopherol).....mg	0.09		0	BFSN	4		0.08	0.10	0.11
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.4		0	BFSN	4		0.4	0.4	0.5
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.197		0		1		0.175	0.203	0.229
4:0.....g	0.000		0		1		0.000	0.000	0.000
6:0.....g	0.000		0		1		0.000	0.000	0.000
8:0.....g	0.000		0		1		0.000	0.000	0.000
10:0.....g	0.000		0		1		0.000	0.000	0.000



NDB No. 11901

Corn, sweet, white, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0		1		0.000	0.000	0.000
13:0.....g			0		1		0.000	0.000	0.000
14:0.....g	0.000		0		1		0.000	0.000	0.000
15:0.....g			0		1		0.165	0.191	0.215
16:0.....g	0.185		0		1		0.011	0.012	0.014
17:0.....g	0.012		0		1				
18:0.....g			0		1				
20:0.....g			0		1				
22:0.....g			0		1				
24:0.....g			0		1				
Fatty acids, total monounsaturated.....g	0.374		0		1		0.333	0.385	0.434
14:1.....g			0		1				
15:1.....g			0		1				
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
17:1.....g			0		1				
18:1 undifferentiated.....g	0.374		0		1		0.333	0.385	0.434
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g			0		1				
Fatty acids, total polyunsaturated.....g	0.603		0		1		0.537	0.621	0.699
18:2 undifferentiated.....g	0.586		0		1		0.522	0.604	0.680
18:3 undifferentiated.....g	0.018		0		1		0.016	0.019	0.021
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g			0		1				
20:3 undifferentiated.....g			0		1				
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g			0		7				
Cholesterol.....mg	0		0	Z	7		0	0	0
Phytosterols.....mg			0		7				
<b>Amino Acids:</b>									
Tryptophan.....g	0.023		0		1		0.020	0.024	0.027
Threonine.....g	0.133		0		1		0.118	0.137	0.154
Isoleucine.....g	0.133		0		1		0.118	0.137	0.154
Leucine.....g	0.358		0		1		0.319	0.369	0.415
Lysine.....g	0.141		0		1		0.125	0.145	0.164
Methionine.....g	0.069		0		1		0.061	0.071	0.080
Cystine.....g	0.027		0		1		0.024	0.028	0.031
Phenylalanine.....g	0.155		0		1		0.138	0.160	0.180
Tyrosine.....g	0.126		0		1		0.112	0.130	0.146
Valine.....g	0.191		0		1		0.170	0.197	0.222
Arginine.....g	0.135		0		1		0.120	0.139	0.157
Histidine.....g	0.091		0		1		0.081	0.094	0.106
Alanine.....g	0.304		0		1		0.271	0.313	0.353
Aspartic acid.....g	0.252		0		1		0.224	0.260	0.292
Glutamic acid.....g	0.655		0		1		0.583	0.675	0.760
Glycine.....g	0.131		0		1		0.117	0.135	0.152
Proline.....g	0.301		0		1		0.268	0.310	0.349
Serine.....g	0.158		0		1		0.141	0.163	0.183
Hydroxyproline.....g			0		1				
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0

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

**Common Measures:**

**NDB No. 11901**

**Corn, sweet, white, cooked, boiled, drained, without salt**

Measure 1 = 89g: 1 ear, small (5-1/2" to 6-1/2" long)

Measure 2 = 103g: 1 ear, medium (6-3/4" to 7-1/2" long)

Measure 3 = 116g: 1 ear, large (7-3/4" to 9" long)

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11912

Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, with salt

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	76.73	0.476	10		1		217.91	62.92	
Energy.....kcal	80		0	NC	4		227	66	
Energy.....kj	335		0		4		951	274	
Protein (N x 6.25).....g	2.75	0.119	7		1		7.81	2.26	
Total lipid (fat).....g	0.43	0.129	7		1		1.22	0.35	
Ash.....g	0.53	0.043	7		1		1.51	0.43	
Carbohydrate, by difference.....g	19.56		0	NC	4		55.55	16.04	
Fiber, total dietary.....g	2.4		0		4		6.8	2.0	
Sugars, total.....g	3.12		0	BFZN	4		8.85	2.55	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	4	0.738	7		1		11	3	
Iron, Fe.....mg	0.35	0.024	7		1		0.99	0.29	
Magnesium, Mg.....mg	19	0.636	7		1		54	16	
Phosphorus, P.....mg	57	4.041	7		1		162	47	
Potassium, K.....mg	147	9.043	7		1		417	121	
Sodium, Na.....mg	245		0		4		696	201	
Zinc, Zn.....mg	0.40	0.026	7		1		1.14	0.33	
Copper, Cu.....mg	0.037	0.004	7		1		0.105	0.030	
Manganese, Mn.....mg	0.127	0.021	7		1		0.361	0.104	
Selenium, Se.....mcg	0.7	0.159	7	A	1		2.0	0.6	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	3.1	0.453	7		1		8.8	2.5	
Thiamin.....mg	0.083	0.018	12		1		0.236	0.068	
Riboflavin.....mg	0.071	0.005	12		1		0.202	0.058	
Niacin.....mg	1.299	0.041	7		1		3.689	1.065	
Pantothenic acid.....mg	0.180	0.032	7		1		0.511	0.148	
Vitamin B-6.....mg	0.129	0.035	12		1		0.366	0.106	
Folate, total.....mcg	31	2.227	10		1		88	25	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	31	2.227	10		1		88	25	
Folate, DFE.....mcg_DFE	31		0	NC	4		88	25	
Choline, total.....mg	22.0		0	BFZN	4		62.4	18.0	
Betaine.....mg	0.2		0	BFZN	4		0.5	0.1	
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0	0	
Retinol.....mcg	0		0	Z	7		0	0	
Carotene, beta.....mcg	1		0	BFSN	4		4	1	
Carotene, alpha.....mcg	0		0	BFSN	4		1	0	
Cryptoxanthin, beta.....mcg	1		0	BFSN	4		2	1	
Vitamin A, IU.....IU	3		0	NC	4		9	3	
Lycopene.....mcg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin.....mcg	50		0	BFSN	4		142	41	
Vitamin E (alpha-tocopherol).....mg	0.07		0	BFZN	4		0.20	0.06	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.3		0	BFZN	4		0.9	0.2	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.066		0		1		0.187	0.054	
4:0.....g	0.000		0	BFZN	4		0.000	0.000	
6:0.....g	0.000		0	BFZN	4		0.000	0.000	
8:0.....g	0.000		0	BFZN	4		0.000	0.000	
10:0.....g	0.000		0	BFZN	4		0.000	0.000	

NDB No. 11912

Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0	BFZN	4		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0	BFZN	4		0.000	0.000	
15:0.....g									
16:0.....g	0.062		1		1		0.176	0.051	
17:0.....g									
18:0.....g	0.004		1		1		0.011	0.003	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.126		0		1		0.358	0.103	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.126		1		1		0.358	0.103	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.203		0		1		0.577	0.166	
18:2 undifferentiated.....g	0.197		1		1		0.559	0.162	
18:3 undifferentiated.....g	0.006		1		1		0.017	0.005	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.033		0		1		0.094	0.027	
Threonine.....g	0.124		0		1		0.352	0.102	
Isoleucine.....g	0.147		0		1		0.417	0.121	
Leucine.....g	0.270		0		1		0.767	0.221	
Lysine.....g	0.165		0		1		0.469	0.135	
Methionine.....g	0.073		0		1		0.207	0.060	
Cystine.....g	0.041		0		1		0.116	0.034	
Phenylalanine.....g	0.141		0		1		0.400	0.116	
Tyrosine.....g	0.114		0		1		0.324	0.093	
Valine.....g	0.180		0		1		0.511	0.148	
Arginine.....g	0.136		0		1		0.386	0.112	
Histidine.....g	0.072		0		1		0.204	0.059	
Alanine.....g	0.185		0		1		0.525	0.152	
Aspartic acid.....g	0.236		0		1		0.670	0.194	
Glutamic acid.....g	0.471		0		1		1.338	0.386	
Glycine.....g	0.092		0		1		0.261	0.075	
Proline.....g	0.195		0		1		0.554	0.160	
Serine.....g	0.168		0		1		0.477	0.138	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

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

**Common Measures:**

**NDB No. 11912**

**Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, with salt**

Measure 1 = 284g: 1 package (10 oz) yields

Measure 2 = 82g: .5 cup

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11911

Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, without salt

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	76.73	0.476	10		1		217.91	62.92	
Energy.....kcal	80		0	NC	4		227	66	
Energy.....kj	335		0		4		951	274	
Protein (N x 6.25).....g	2.75	0.119	7		1		7.81	2.26	
Total lipid (fat).....g	0.43	0.129	7		1		1.22	0.35	
Ash.....g	0.53	0.043	7		1		1.51	0.43	
Carbohydrate, by difference.....g	19.56		0	NC	4		55.55	16.04	
Fiber, total dietary.....g	2.4		0		4		6.8	2.0	
Sugars, total.....g	3.12		0	BFSN	4		8.85	2.55	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	4	0.738	7		1		11	3	
Iron, Fe.....mg	0.35	0.024	7		1		0.99	0.29	
Magnesium, Mg.....mg	19	0.636	7		1		54	16	
Phosphorus, P.....mg	57	4.041	7		1		162	47	
Potassium, K.....mg	147	9.043	7		1		417	121	
Sodium, Na.....mg	5	0.976	11		1		14	4	
Zinc, Zn.....mg	0.40	0.026	7		1		1.14	0.33	
Copper, Cu.....mg	0.037	0.004	7		1		0.105	0.030	
Manganese, Mn.....mg	0.127	0.021	7		1		0.361	0.104	
Selenium, Se.....mcg	0.7	0.159	7	A	1		2.0	0.6	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	3.1	0.453	7		1		8.8	2.5	
Thiamin.....mg	0.083	0.018	12		1		0.236	0.068	
Riboflavin.....mg	0.071	0.005	12		1		0.202	0.058	
Niacin.....mg	1.299	0.041	7		1		3.689	1.065	
Pantothenic acid.....mg	0.180	0.032	7		1		0.511	0.148	
Vitamin B-6.....mg	0.129	0.035	12		1		0.366	0.106	
Folate, total.....mcg	31	2.227	10		1		88	25	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	31	2.227	10		1		88	25	
Folate, DFE.....mcg_DFE	31		0	NC	4		88	25	
Choline, total.....mg	22.0		0	BFSN	4		62.4	18.0	
Betaine.....mg	0.2		0	BFSN	4		0.5	0.1	
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0	0	
Retinol.....mcg	0		0	Z	7		0	0	
Carotene, beta.....mcg	1		0	BFSN	4		4	1	
Carotene, alpha.....mcg	0		0	BFSN	4		1	0	
Cryptoxanthin, beta.....mcg	1		0	BFSN	4		2	1	
Vitamin A, IU.....IU	3		0	NC	4		9	3	
Lycopene.....mcg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin.....mcg	50		0	BFSN	4		142	41	
Vitamin E (alpha-tocopherol).....mg	0.07		0	BFSN	4		0.20	0.06	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.3		0	BFSN	4		0.9	0.2	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.066		0		1		0.187	0.054	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.000		0		1		0.000	0.000	

NDB No. 11911

Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0		1		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0		1		0.000	0.000	
15:0.....g									
16:0.....g	0.062		1		1		0.176	0.051	
17:0.....g									
18:0.....g	0.004		1		1		0.011	0.003	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.126		0		1		0.358	0.103	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.126		1		1		0.358	0.103	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.203		0		1		0.577	0.166	
18:2 undifferentiated.....g	0.197		1		1		0.559	0.162	
18:3 undifferentiated.....g	0.006		1		1		0.017	0.005	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.033		0		1		0.094	0.027	
Threonine.....g	0.124		0		1		0.352	0.102	
Isoleucine.....g	0.147		0		1		0.417	0.121	
Leucine.....g	0.270		0		1		0.767	0.221	
Lysine.....g	0.165		0		1		0.469	0.135	
Methionine.....g	0.073		0		1		0.207	0.060	
Cystine.....g	0.041		0		1		0.116	0.034	
Phenylalanine.....g	0.141		0		1		0.400	0.116	
Tyrosine.....g	0.114		0		1		0.324	0.093	
Valine.....g	0.180		0		1		0.511	0.148	
Arginine.....g	0.136		0		1		0.386	0.112	
Histidine.....g	0.072		0		1		0.204	0.059	
Alanine.....g	0.185		0		1		0.525	0.152	
Aspartic acid.....g	0.236		0		1		0.670	0.194	
Glutamic acid.....g	0.471		0		1		1.338	0.386	
Glycine.....g	0.092		0		1		0.261	0.075	
Proline.....g	0.195		0		1		0.554	0.160	
Serine.....g	0.168		0		1		0.477	0.138	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

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

**Common Measures:**

**NDB No. 11911**

**Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, without salt**

Measure 1 = 284g: 1 package (10 oz) yields

Measure 2 = 82g: .5 cup

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)





NDB No. 11910

Corn, sweet, white, frozen, kernels cut off cob, unprepared

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g									
15:0.....g									
16:0.....g	0.112		0		1		0.092	0.318	
17:0.....g									
18:0.....g	0.007		0		1		0.006	0.020	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.227		0		1		0.186	0.645	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.227		0		1		0.186	0.645	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.366		0		1		0.300	1.039	
18:2 undifferentiated.....g	0.355		0		1		0.291	1.008	
18:3 undifferentiated.....g	0.011		0		1		0.009	0.031	
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.021		0		1		0.017	0.060	
Threonine.....g	0.121		0		1		0.099	0.344	
Isoleucine.....g	0.121		0		1		0.099	0.344	
Leucine.....g	0.326		0		1		0.267	0.926	
Lysine.....g	0.128		0		1		0.105	0.364	
Methionine.....g	0.063		0		1		0.052	0.179	
Cystine.....g	0.025		0		1		0.021	0.071	
Phenylalanine.....g	0.141		0		1		0.116	0.400	
Tyrosine.....g	0.115		0		1		0.094	0.327	
Valine.....g	0.173		0		1		0.142	0.491	
Arginine.....g	0.123		0		1		0.101	0.349	
Histidine.....g	0.083		0		1		0.068	0.236	
Alanine.....g	0.276		0		1		0.226	0.784	
Aspartic acid.....g	0.229		0		1		0.188	0.650	
Glutamic acid.....g	0.596		0		1		0.489	1.693	
Glycine.....g	0.119		0		1		0.098	0.338	
Proline.....g	0.274		0		1		0.225	0.778	
Serine.....g	0.143		0		1		0.117	0.406	
Hydroxyproline.....g									

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

**Common Measures:**

Measure 1 = 82g: .5 cup

Measure 2 = 284g: 1 package (10 oz)

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**NDB No. 11910**

**Corn, sweet, white, frozen, kernels cut off cob, unprepared**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)



NDB No. 11915

Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g									
15:0.....g									
16:0.....g	0.107		0		1		0.067	0.088	
17:0.....g									
18:0.....g	0.007		0		1		0.004	0.006	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.216		0		1		0.136	0.177	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.216		0		1		0.136	0.177	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.348		0		1		0.219	0.285	
18:2 undifferentiated.....g	0.338		0		1		0.213	0.277	
18:3 undifferentiated.....g	0.010		0		1		0.006	0.008	
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.022		0		1		0.014	0.018	
Threonine.....g	0.125		0		1		0.079	0.103	
Isoleucine.....g	0.125		0		1		0.079	0.103	
Leucine.....g	0.336		0		1		0.212	0.276	
Lysine.....g	0.132		0		1		0.083	0.108	
Methionine.....g	0.065		0		1		0.041	0.053	
Cystine.....g	0.025		0		1		0.016	0.021	
Phenylalanine.....g	0.145		0		1		0.091	0.119	
Tyrosine.....g	0.119		0		1		0.075	0.098	
Valine.....g	0.179		0		1		0.113	0.147	
Arginine.....g	0.126		0		1		0.079	0.103	
Histidine.....g	0.086		0		1		0.054	0.071	
Alanine.....g	0.285		0		1		0.180	0.234	
Aspartic acid.....g	0.236		0		1		0.149	0.194	
Glutamic acid.....g	0.615		0		1		0.387	0.504	
Glycine.....g	0.123		0		1		0.077	0.101	
Proline.....g	0.282		0		1		0.178	0.231	
Serine.....g	0.148		0		1		0.093	0.121	
Hydroxyproline.....g									

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

**Common Measures:**

Measure 1 = 63g: 1 ear, yields

Measure 2 = 82g: .5 cup kernels

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**NDB No. 11915**

**Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, with salt**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)



NDB No. 11914

Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g									
15:0.....g									
16:0.....g	0.107		0		1		0.067	0.088	
17:0.....g									
18:0.....g	0.007		0		1		0.004	0.006	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.216		0		1		0.136	0.177	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.216		0		1		0.136	0.177	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.348		0		1		0.219	0.285	
18:2 undifferentiated.....g	0.338		0		1		0.213	0.277	
18:3 undifferentiated.....g	0.010		0		1		0.006	0.008	
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.022		0		1		0.014	0.018	
Threonine.....g	0.125		0		1		0.079	0.103	
Isoleucine.....g	0.125		0		1		0.079	0.103	
Leucine.....g	0.336		0		1		0.212	0.276	
Lysine.....g	0.132		0		1		0.083	0.108	
Methionine.....g	0.065		0		1		0.041	0.053	
Cystine.....g	0.025		0		1		0.016	0.021	
Phenylalanine.....g	0.145		0		1		0.091	0.119	
Tyrosine.....g	0.119		0		1		0.075	0.098	
Valine.....g	0.179		0		1		0.113	0.147	
Arginine.....g	0.126		0		1		0.079	0.103	
Histidine.....g	0.086		0		1		0.054	0.071	
Alanine.....g	0.285		0		1		0.180	0.234	
Aspartic acid.....g	0.236		0		1		0.149	0.194	
Glutamic acid.....g	0.615		0		1		0.387	0.504	
Glycine.....g	0.123		0		1		0.077	0.101	
Proline.....g	0.282		0		1		0.178	0.231	
Serine.....g	0.148		0		1		0.093	0.121	
Hydroxyproline.....g									

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

**Common Measures:**

Measure 1 = 63g: 1 ear, yields

Measure 2 = 82g: .5 cup kernels

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**



**NDB No. 11914**

**Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, without salt**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)



NDB No. 11913

Corn, sweet, white, frozen, kernels on cob, unprepared

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g									
15:0.....g									
16:0.....g	0.112		0		1		0.140	0.092	
17:0.....g									
18:0.....g	0.007		0		1		0.009	0.006	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.228		0		1		0.285	0.187	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.228		0		1		0.285	0.187	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.367		0		1		0.459	0.301	
18:2 undifferentiated.....g	0.356		0		1		0.445	0.292	
18:3 undifferentiated.....g	0.011		0		1		0.014	0.009	
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.023		0		1		0.029	0.019	
Threonine.....g	0.132		0		1		0.165	0.108	
Isoleucine.....g	0.132		0		1		0.165	0.108	
Leucine.....g	0.354		0		1		0.443	0.290	
Lysine.....g	0.139		0		1		0.174	0.114	
Methionine.....g	0.068		0		1		0.085	0.056	
Cystine.....g	0.027		0		1		0.034	0.022	
Phenylalanine.....g	0.152		0		1		0.190	0.125	
Tyrosine.....g	0.125		0		1		0.156	0.103	
Valine.....g	0.188		0		1		0.235	0.154	
Arginine.....g	0.133		0		1		0.166	0.109	
Histidine.....g	0.090		0		1		0.113	0.074	
Alanine.....g	0.300		0		1		0.375	0.246	
Aspartic acid.....g	0.248		0		1		0.310	0.203	
Glutamic acid.....g	0.647		0		1		0.809	0.531	
Glycine.....g	0.129		0		1		0.161	0.106	
Proline.....g	0.297		0		1		0.371	0.244	
Serine.....g	0.156		0		1		0.195	0.128	
Hydroxyproline.....g									

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

**Common Measures:**

Measure 1 = 125g: 1 ear, yields

Measure 2 = 82g: .5 cup kernels

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

**NDB No. 11913**

**Corn, sweet, white, frozen, kernels on cob, unprepared**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)



**NDB No. 11900**  
**Corn, sweet, white, raw**

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g									
15:0.....g									
16:0.....g	0.171		2		1		0.125	0.154	0.245
17:0.....g									
18:0.....g	0.011		2		1		0.008	0.010	0.016
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.347		0		1		0.253	0.312	0.496
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.347		2		1		0.253	0.312	0.496
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.559		0		1		0.408	0.503	0.799
18:2 undifferentiated.....g	0.542		2		1		0.396	0.488	0.775
18:3 undifferentiated.....g	0.016		2		1		0.012	0.014	0.023
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	0
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.023		17		1		0.017	0.021	0.033
Threonine.....g	0.129		21		1		0.094	0.116	0.184
Isoleucine.....g	0.129		21		1		0.094	0.116	0.184
Leucine.....g	0.348		21		1		0.254	0.313	0.498
Lysine.....g	0.137		21		1		0.100	0.123	0.196
Methionine.....g	0.067		21		1		0.049	0.060	0.096
Cystine.....g	0.026		3		1		0.019	0.023	0.037
Phenylalanine.....g	0.150		21		1		0.110	0.135	0.215
Tyrosine.....g	0.123		5		1		0.090	0.111	0.176
Valine.....g	0.185		21		1		0.135	0.167	0.265
Arginine.....g	0.131		21		1		0.096	0.118	0.187
Histidine.....g	0.089		21		1		0.065	0.080	0.127
Alanine.....g	0.295		5		1		0.215	0.266	0.422
Aspartic acid.....g	0.244		5		1		0.178	0.220	0.349
Glutamic acid.....g	0.636		5		1		0.464	0.572	0.909
Glycine.....g	0.127		5		1		0.093	0.114	0.182
Proline.....g	0.292		5		1		0.213	0.263	0.418
Serine.....g	0.153		5		1		0.112	0.138	0.219
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0

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

**Common Measures:**

Measure 1 = 73g: 1 ear, small (5-1/2" to 6-1/2" long)

Measure 2 = 90g: 1 ear, medium (6-3/4" to 7-1/2" long)

**NDB No. 11900**

**Corn, sweet, white, raw**

Measure 3 = 143g: 1 ear, large (7-3/4" to 9" long)

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11170

Corn, sweet, yellow, canned, brine pack, regular pack, solids and liquids

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv	Source	Measure 1	Measure 2	Measure 3
				Code	Code			
<b>Proximates:</b>								
Water.....g	81.34	0.163	300	A	1	104.12	392.06	
Energy.....kcal	64		0	NC	4	82	308	
Energy.....kj	268		0	NC	4	343	1290	
Protein (N x 6.25).....g	1.95	0.020	354	A	1	2.50	9.40	
Total lipid (fat).....g	0.50	0.014	337	A	1	0.64	2.41	
Ash.....g	0.80	0.016	316	A	1	1.02	3.86	
Carbohydrate, by difference.....g	15.41		0	NC	4	19.72	74.28	
Fiber, total dietary.....g	1.7		0	A	1	2.2	8.2	
Sugars, total.....g	2.83		0	NC	4	3.63	13.66	
Sucrose.....g	2.33	0.176	3		1	2.99	11.25	
Glucose (dextrose).....g	0.20	0.000	3		1	0.26	0.96	
Fructose.....g	0.20	0.000	3		1	0.26	0.96	
Lactose.....g	0.00		0	Z	7	0.00	0.00	
Maltose.....g	0.10		1		1	0.13	0.48	
Galactose.....g	0.00		0	Z	7	0.00	0.00	
Starch.....g								
<b>Minerals:</b>								
Calcium, Ca.....mg	4	0.272	329	A	1	5	19	
Iron, Fe.....mg	0.41	0.018	327	A	1	0.52	1.98	
Magnesium, Mg.....mg	16	0.200	151		1	20	77	
Phosphorus, P.....mg	51	0.372	174		1	65	246	
Potassium, K.....mg	164	2.761	272	A	1	210	790	
Sodium, Na.....mg	213	15.382	50	A	1	273	1027	
Zinc, Zn.....mg	0.36	0.009	97		1	0.46	1.74	
Copper, Cu.....mg	0.056	0.003	97		1	0.072	0.270	
Manganese, Mn.....mg	0.033	0.002	39		1	0.042	0.159	
Selenium, Se.....mcg	0.7	0.152	3		1	0.9	3.3	
<b>Vitamins:</b>								
Vitamin C, total ascorbic acid.....mg	5.5	0.148	354	A	1	7.0	26.5	
Thiamin.....mg	0.026		202		1	0.033	0.125	
Riboflavin.....mg	0.061	0.002	219		1	0.078	0.294	
Niacin.....mg	0.939	0.051	218		1	1.202	4.526	
Pantothenic acid.....mg	0.522		0		1	0.668	2.516	
Vitamin B-6.....mg	0.037	0.003	39		1	0.047	0.178	
Folate, total.....mcg	38	6.525	3		1	49	184	
Folic acid.....mcg	0		0	Z	7	0	0	
Folate, food.....mcg	38	6.525	3		1	49	184	
Folate, DFE.....mcg_DFE	38		0	NC	4	49	184	
Choline, total.....mg								
Betaine.....mg								
Vitamin B-12.....mcg	0.00		0	Z	7	0.00	0.00	
Vitamin A, RAE.....mcg_RAE	3		0	AS	1	4	16	
Retinol.....mcg	0		0	Z	7	0	0	
Carotene, beta.....mcg	26	18.000	7	A	1	33	125	
Carotene, alpha.....mcg	21	12.400	7	A	1	26	99	
Cryptoxanthin, beta.....mcg	5	5.000	7	A	1	6	24	
Vitamin A, IU.....IU	65		0	AS	1	83	312	
Lycopene.....mcg	0		3	A	1	0	0	
Lutein + zeaxanthin.....mcg	832	197.177	9	A	1	1065	4012	
Vitamin E (alpha-tocopherol).....mg	0.03		1		1	0.04	0.14	
Tocopherol, beta.....mg	0.00		1		1	0.00	0.00	
Tocopherol, gamma.....mg	0.00		1		1	0.00	0.00	
Tocopherol, delta.....mg	0.00		1		1	0.00	0.00	
Vitamin D.....IU								
Vitamin K (phylloquinone).....mcg	0.0		0	BFSN	4	0.0	0.1	
<b>Lipids:</b>								
Fatty acids, total saturated.....g	0.077		0	BFFN	4	0.099	0.371	



Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
4:0.....g	0.000		0	BFFN	4		0.000	0.000	
6:0.....g	0.000		0	BFFN	4		0.000	0.000	
8:0.....g	0.000		0	BFFN	4		0.000	0.000	
10:0.....g	0.000		0	BFFN	4		0.000	0.000	
12:0.....g	0.000		0	BFFN	4		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0	BFFN	4		0.000	0.000	
15:0.....g									
16:0.....g	0.071		0	BFFN	4		0.091	0.342	
17:0.....g									
18:0.....g	0.004		0	BFFN	4		0.005	0.019	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.144		0	BFFN	4		0.184	0.694	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.144		0	BFFN	4		0.184	0.694	
20:1.....g	0.000		0	BFFN	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.233		0	BFFN	4		0.298	1.123	
18:2 undifferentiated.....g	0.227		0	BFFN	4		0.291	1.094	
18:3 undifferentiated.....g	0.007		0	BFFN	4		0.009	0.034	
18:4.....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
20:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.014		0	BFFN	4		0.018	0.067	
Threonine.....g	0.078		0	BFFN	4		0.100	0.376	
Isoleucine.....g	0.078		0	BFFN	4		0.100	0.376	
Leucine.....g	0.210		0	BFFN	4		0.269	1.012	
Lysine.....g	0.082		0	BFFN	4		0.105	0.395	
Methionine.....g	0.040		0	BFFN	4		0.051	0.193	
Cystine.....g	0.016		0	BFFN	4		0.020	0.077	
Phenylalanine.....g	0.090		0	BFFN	4		0.115	0.434	
Tyrosine.....g	0.074		0	BFFN	4		0.095	0.357	
Valine.....g	0.112		0	BFFN	4		0.143	0.540	
Arginine.....g	0.079		0	BFFN	4		0.101	0.381	
Histidine.....g	0.053		0	BFFN	4		0.068	0.255	
Alanine.....g	0.178		0	BFFN	4		0.228	0.858	
Aspartic acid.....g	0.148		0	BFFN	4		0.189	0.713	
Glutamic acid.....g	0.385		0	BFFN	4		0.493	1.856	
Glycine.....g	0.076		0	BFFN	4		0.097	0.366	
Proline.....g	0.177		0	BFFN	4		0.227	0.853	
Serine.....g	0.092		0	BFFN	4		0.118	0.443	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg									
Theobromine.....mg									

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

NDB No. 11170

Corn, sweet, yellow, canned, brine pack, regular pack, solids and liquids

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

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food, or similar food.

**Common Measures:**

Measure 1 = 128g: .5 cup

Measure 2 = 482g: 1 can (303 x 406)

**Calories Factors: Protein** 2.44

**Fat** 8.37

**Carbohydrate** 3.57

**Food Group:** 11 Vegetables and Vegetable Products  
USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11772

Corn, sweet, yellow, canned, cream style, no salt added

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	78.73	0.198	267		1		201.55	379.48	
Energy.....kcal	72		0	NC	4		184	347	
Energy.....kj	301		0		4		771	1452	
Protein (N x 6.25).....g	1.74	0.024	305		1		4.45	8.39	
Total lipid (fat).....g	0.42	0.011	281		1		1.08	2.02	
Ash.....g	0.98	0.017	291		1		2.51	4.72	
Carbohydrate, by difference.....g	18.13		0	NC	4		46.41	87.39	
Fiber, total dietary.....g	1.2		0		4		3.1	5.8	
Sugars, total.....g	3.23		0	NC	4		8.27	15.57	
Sucrose.....g	2.66		0	BFSN	4		6.81	12.82	
Glucose (dextrose).....g	0.23		0	BFSN	4		0.58	1.10	
Fructose.....g	0.23		0	BFSN	4		0.58	1.10	
Lactose.....g	0.00		0	BFSN	4		0.00	0.00	
Maltose.....g	0.11		0	BFSN	4		0.29	0.55	
Galactose.....g	0.00		0	BFSN	4		0.00	0.00	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	3	0.110	287		1		8	14	
Iron, Fe.....mg	0.38	0.012	286		1		0.97	1.83	
Magnesium, Mg.....mg	17	0.246	226		1		44	82	
Phosphorus, P.....mg	51	1.092	251		1		131	246	
Potassium, K.....mg	134	2.209	250		1		343	646	
Sodium, Na.....mg	3		0		1		8	14	
Zinc, Zn.....mg	0.53	0.010	80		1		1.36	2.55	
Copper, Cu.....mg	0.052	0.006	81		1		0.133	0.251	
Manganese, Mn.....mg	0.039		0		1		0.100	0.188	
Selenium, Se.....mcg	0.4	0.145	42		1		1.0	2.0	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	4.6	0.124	324		1		11.8	22.2	
Thiamin.....mg	0.025	0.001	274		1		0.064	0.121	
Riboflavin.....mg	0.053	0.002	297		1		0.136	0.255	
Niacin.....mg	0.960	0.028	304		1		2.458	4.627	
Pantothenic acid.....mg	0.180	0.004	7		1		0.461	0.868	
Vitamin B-6.....mg	0.063	0.002	14		1		0.161	0.304	
Folate, total.....mcg	45		0		1		115	216	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	45		0		1		115	216	
Folate, DFE.....mcg_DFE	45		0	NC	4		115	216	
Choline, total.....mg	20.3		0	BFSN	4		52.1	98.0	
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	4		0	NC	4		9	18	
Retinol.....mcg	0		0	Z	7		0	0	
Carotene, beta.....mcg	30		0	BFSN	4		76	143	
Carotene, alpha.....mcg	23		0	BFSN	4		60	113	
Cryptoxanthin, beta.....mcg	6		0	BFSN	4		15	27	
Vitamin A, IU.....IU	74		0	NC	4		189	355	
Lycopene.....mcg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin.....mcg	949		0	BFSN	4		2429	4573	
Vitamin E (alpha-tocopherol).....mg	0.07		1		1		0.18	0.34	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg	0.00		1		1		0.00	0.00	
Tocopherol, gamma.....mg	0.10		1		1		0.26	0.48	
Tocopherol, delta.....mg	0.00		1		1		0.00	0.00	
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		1		1		0.1	0.1	



NDB No. 11772

Corn, sweet, yellow, canned, cream style, no salt added

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

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

**Common Measures:**

Measure 1 = 256g: 1 cup

Measure 2 = 482g: 1 can (303 x 406)

**Calories Factors: Protein** 2.44

**Fat** 8.37

**Carbohydrate**3.57

**Food Group:** 11 Vegetables and Vegetable Products  
USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11174

Corn, sweet, yellow, canned, cream style, regular pack

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	78.73	0.198	267		1		201.55	379.48	
Energy.....kcal	72		0	NC	4		184	347	
Energy.....kj	301		0		4		771	1452	
Protein (N x 6.25).....g	1.74	0.024	305		1		4.45	8.39	
Total lipid (fat).....g	0.42	0.011	281		1		1.08	2.02	
Ash.....g	0.98	0.017	291		1		2.51	4.72	
Carbohydrate, by difference.....g	18.13		0	NC	4		46.41	87.39	
Fiber, total dietary.....g	1.2		0		1		3.1	5.8	
Sugars, total.....g	3.23		0	NC	4		8.27	15.57	
Sucrose.....g	2.66		0	BFSN	4		6.81	12.82	
Glucose (dextrose).....g	0.23		0	BFSN	4		0.58	1.10	
Fructose.....g	0.23		0	BFSN	4		0.58	1.10	
Lactose.....g	0.00		0	BFSN	4		0.00	0.00	
Maltose.....g	0.11		0	BFSN	4		0.29	0.55	
Galactose.....g	0.00		0	BFSN	4		0.00	0.00	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	3	0.110	287		1		8	14	
Iron, Fe.....mg	0.38	0.012	286		1		0.97	1.83	
Magnesium, Mg.....mg	17	0.246	226		1		44	82	
Phosphorus, P.....mg	51	1.092	251		1		131	246	
Potassium, K.....mg	134	2.209	250		1		343	646	
Sodium, Na.....mg	285	5.775	291		1		730	1374	
Zinc, Zn.....mg	0.53	0.010	80		1		1.36	2.55	
Copper, Cu.....mg	0.052	0.006	81		1		0.133	0.251	
Manganese, Mn.....mg	0.068	0.002	48		1		0.173	0.327	
Selenium, Se.....mcg	0.4	0.145	42		1		1.0	2.0	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	4.6	0.124	324		1		11.8	22.2	
Thiamin.....mg	0.025	0.001	274		1		0.064	0.121	
Riboflavin.....mg	0.053	0.002	297		1		0.136	0.255	
Niacin.....mg	0.960	0.028	304		1		2.458	4.627	
Pantothenic acid.....mg	0.180	0.004	7		1		0.461	0.868	
Vitamin B-6.....mg	0.063	0.002	14		1		0.161	0.304	
Folate, total.....mcg	45		0		1		115	216	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	45		0		1		115	216	
Folate, DFE.....mcg_DFE	45		0	NC	4		115	216	
Choline, total.....mg	20.3		0	BFSN	4		52.1	98.0	
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	4		0	NC	4		9	18	
Retinol.....mcg	0		0	Z	7		0	0	
Carotene, beta.....mcg	30		0	BFSN	4		76	143	
Carotene, alpha.....mcg	23		0	BFSN	4		60	113	
Cryptoxanthin, beta.....mcg	6		0	BFSN	4		15	27	
Vitamin A, IU.....IU	74		0	NC	4		189	355	
Lycopene.....mcg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin.....mcg	949		0	BFSN	4		2429	4573	
Vitamin E (alpha-tocopherol).....mg	0.07		1		1		0.18	0.34	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg	0.00		1		1		0.00	0.00	
Tocopherol, gamma.....mg	0.10		1		1		0.26	0.48	
Tocopherol, delta.....mg	0.00		1		1		0.00	0.00	
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		1		1		0.1	0.1	

NDB No. 11174

Corn, sweet, yellow, canned, cream style, regular pack

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
<b>Lipids:</b>							
Fatty acids, total saturated.....g	0.065		0		1	0.166	0.313
4:0.....g	0.000		0		1	0.000	0.000
6:0.....g	0.000		0		1	0.000	0.000
8:0.....g	0.000		0		1	0.000	0.000
10:0.....g	0.000		0		1	0.000	0.000
12:0.....g	0.000		0		1	0.000	0.000
13:0.....g							
14:0.....g	0.000		0		1	0.000	0.000
15:0.....g							
16:0.....g	0.061		0		1	0.156	0.294
17:0.....g							
18:0.....g	0.004		0		1	0.010	0.019
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	0.123		0		1	0.315	0.593
14:1.....g							
15:1.....g							
16:1 undifferentiated.....g	0.000		0		1	0.000	0.000
17:1.....g							
18:1 undifferentiated.....g	0.123		0		1	0.315	0.593
20:1.....g	0.000		0		1	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1	0.000	0.000
24:1 c.....g							
Fatty acids, total polyunsaturated.....g	0.198		0		1	0.507	0.954
18:2 undifferentiated.....g	0.193		0		1	0.494	0.930
18:3 undifferentiated.....g	0.006		0		1	0.015	0.029
18:4.....g	0.000		0		1	0.000	0.000
20:2 n-6 c,c.....g							
20:3 undifferentiated.....g							
20:4 undifferentiated.....g	0.000		0		1	0.000	0.000
20:5 n-3.....g	0.000		0		1	0.000	0.000
22:5 n-3.....g	0.000		0		1	0.000	0.000
22:6 n-3.....g	0.000		0		1	0.000	0.000
Fatty acids, total trans.....g							
Cholesterol.....mg	0		0	Z	7	0	0
Phytosterols.....mg							
<b>Amino Acids:</b>							
Tryptophan.....g	0.012		0		1	0.031	0.058
Threonine.....g	0.070		0		1	0.179	0.337
Isoleucine.....g	0.070		0		1	0.179	0.337
Leucine.....g	0.188		0		1	0.481	0.906
Lysine.....g	0.074		0		1	0.189	0.357
Methionine.....g	0.036		0		1	0.092	0.174
Cystine.....g	0.014		0		1	0.036	0.067
Phenylalanine.....g	0.081		0		1	0.207	0.390
Tyrosine.....g	0.066		0		1	0.169	0.318
Valine.....g	0.100		0		1	0.256	0.482
Arginine.....g	0.071		0		1	0.182	0.342
Histidine.....g	0.048		0		1	0.123	0.231
Alanine.....g	0.159		0		1	0.407	0.766
Aspartic acid.....g	0.132		0		1	0.338	0.636
Glutamic acid.....g	0.343		0		1	0.878	1.653
Glycine.....g	0.068		0		1	0.174	0.328
Proline.....g	0.158		0		1	0.404	0.762
Serine.....g	0.083		0		1	0.212	0.400
Hydroxyproline.....g							
<b>Others:</b>							
Alcohol, ethyl.....g	0.0		0		7	0.0	0.0
Caffeine.....mg	0		0	Z	7	0	0
Theobromine.....mg	0		0	Z	7	0	0

NDB No. 11174

Corn, sweet, yellow, canned, cream style, regular pack

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

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

**Common Measures:**

Measure 1 = 256g: 1 cup

Measure 2 = 482g: 1 can (303 x 406)

**Calories Factors: Protein** 2.44

**Fat** 8.37

**Carbohydrate**3.57

**Food Group:** 11 Vegetables and Vegetable Products  
USDA National Nutrient Database for Standard Reference, Release 21 (2008)



NDB No. 11771

Corn, sweet, yellow, canned, no salt added, solids and liquids

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	81.34	0.163	300	A	1		104.12	392.06	
Energy.....kcal	64		0	NC	4		82	308	
Energy.....kj	268		0	NC	4		343	1290	
Protein (N x 6.25).....g	1.95	0.020	354	A	1		2.50	9.40	
Total lipid (fat).....g	0.50	0.014	337	A	1		0.64	2.41	
Ash.....g	0.80	0.016	316	A	1		1.02	3.86	
Carbohydrate, by difference.....g	15.41		0	NC	4		19.72	74.28	
Fiber, total dietary.....g	1.7		0	A	1		2.2	8.2	
Sugars, total.....g	2.83		0	NC	4		3.63	13.66	
Sucrose.....g	2.33	0.176	3		1		2.99	11.25	
Glucose (dextrose).....g	0.20	0.000	3		1		0.26	0.96	
Fructose.....g	0.20	0.000	3		1		0.26	0.96	
Lactose.....g	0.00		0	BFSN	4		0.00	0.00	
Maltose.....g	0.10		1		1		0.13	0.48	
Galactose.....g	0.00		0	BFSN	4		0.00	0.00	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	4	0.272	329	A	1		5	19	
Iron, Fe.....mg	0.41	0.018	327	A	1		0.52	1.98	
Magnesium, Mg.....mg	16	0.200	151		1		20	77	
Phosphorus, P.....mg	51	0.372	174		1		65	246	
Potassium, K.....mg	164	2.761	272	A	1		210	790	
Sodium, Na.....mg	12	2.283	33	A	1		15	58	
Zinc, Zn.....mg	0.36	0.009	97		1		0.46	1.74	
Copper, Cu.....mg	0.056	0.003	97		1		0.072	0.270	
Manganese, Mn.....mg	0.033	0.002	39		1		0.042	0.159	
Selenium, Se.....mcg	0.7	0.152	3		1		0.9	3.3	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	5.5	0.148	354	A	1		7.0	26.5	
Thiamin.....mg	0.026		202		1		0.033	0.125	
Riboflavin.....mg	0.061	0.002	219		1		0.078	0.294	
Niacin.....mg	0.939	0.051	218		1		1.202	4.526	
Pantothenic acid.....mg	0.522		0		1		0.668	2.516	
Vitamin B-6.....mg	0.037	0.003	39		1		0.047	0.178	
Folate, total.....mcg	38	6.525	3		1		49	184	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	38	6.525	3		1		49	184	
Folate, DFE.....mcg_DFE	38		0	NC	4		49	184	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	3		0	AS	1		4	16	
Retinol.....mcg	0		0	Z	7		0	0	
Carotene, beta.....mcg	26	18.000	7	A	1		33	125	
Carotene, alpha.....mcg	21	12.400	7	A	1		26	99	
Cryptoxanthin, beta.....mcg	5	5.000	7	A	1		6	24	
Vitamin A, IU.....IU	65		0	AS	1		83	312	
Lycopene.....mcg	0		3	A	1		0	0	
Lutein + zeaxanthin.....mcg	832	197.177	9	A	1		1065	4012	
Vitamin E (alpha-tocopherol).....mg	0.03		1	A	1		0.04	0.14	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg	0.00		1	A	1		0.00	0.00	
Tocopherol, gamma.....mg	0.00		1	A	1		0.00	0.00	
Tocopherol, delta.....mg	0.00		1	A	1		0.00	0.00	
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		0	BFSN	4		0.0	0.1	

NDB No. 11771

Corn, sweet, yellow, canned, no salt added, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.077		0	BFFN	4		0.099	0.371	
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g									
15:0.....g									
16:0.....g	0.071		0	BFFN	4		0.091	0.342	
17:0.....g									
18:0.....g	0.004		0	BFFN	4		0.005	0.019	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.144		0	BFFN	4		0.184	0.694	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.144		0	BFFN	4		0.184	0.694	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.234		0	BFFN	4		0.300	1.128	
18:2 undifferentiated.....g	0.227		0	BFFN	4		0.291	1.094	
18:3 undifferentiated.....g	0.007		0	BFFN	4		0.009	0.034	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.014		0	BFFN	4		0.018	0.067	
Threonine.....g	0.078		0	BFFN	4		0.100	0.376	
Isoleucine.....g	0.078		0	BFFN	4		0.100	0.376	
Leucine.....g	0.210		0	BFFN	4		0.269	1.012	
Lysine.....g	0.082		0	BFFN	4		0.105	0.395	
Methionine.....g	0.040		0	BFFN	4		0.051	0.193	
Cystine.....g	0.016		0	BFFN	4		0.020	0.077	
Phenylalanine.....g	0.090		0	BFFN	4		0.115	0.434	
Tyrosine.....g	0.074		0	BFFN	4		0.095	0.357	
Valine.....g	0.112		0	BFFN	4		0.143	0.540	
Arginine.....g	0.079		0	BFFN	4		0.101	0.381	
Histidine.....g	0.053		0	BFFN	4		0.068	0.255	
Alanine.....g	0.177		0	BFFN	4		0.227	0.853	
Aspartic acid.....g	0.148		0	BFFN	4		0.189	0.713	
Glutamic acid.....g	0.385		0	BFFN	4		0.493	1.856	
Glycine.....g	0.076		0	BFFN	4		0.097	0.366	
Proline.....g	0.177		0	BFFN	4		0.227	0.853	
Serine.....g	0.092		0	BFFN	4		0.118	0.443	
Hydroxyproline.....g									

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

**NDB No. 11771**

**Corn, sweet, yellow, canned, no salt added, solids and liquids**

**Common Measures:**

Measure 1 = 128g: .5 cup

Measure 2 = 482g: 1 can (303 x 406)

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11773

Corn, sweet, yellow, canned, vacuum pack, no salt added

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	76.58	0.431	71		1		80.41	260.37	
Energy.....kcal	79		0	NC	4		83	269	
Energy.....kj	331		0		4		347	1124	
Protein (N x 6.25).....g	2.41	0.096	71		1		2.53	8.19	
Total lipid (fat).....g	0.50	0.026	71		1		0.53	1.70	
Ash.....g	1.07	0.049	71		1		1.12	3.64	
Carbohydrate, by difference.....g	19.44		0	NC	4		20.41	66.10	
Fiber, total dietary.....g	2.0		0		4		2.1	6.8	
Sugars, total.....g	3.56		0	NC	4		3.73	12.09	
Sucrose.....g	2.93		0	BFSN	4		3.07	9.96	
Glucose (dextrose).....g	0.25		0	BFSN	4		0.26	0.85	
Fructose.....g	0.25		0	BFSN	4		0.26	0.85	
Lactose.....g	0.00		0	BFSN	4		0.00	0.00	
Maltose.....g	0.13		0	BFSN	4		0.13	0.43	
Galactose.....g	0.00		0	BFSN	4		0.00	0.00	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	5	0.389	69		1		5	17	
Iron, Fe.....mg	0.42	0.017	69		1		0.44	1.43	
Magnesium, Mg.....mg	23	0.620	57		1		24	78	
Phosphorus, P.....mg	64	1.569	63		1		67	218	
Potassium, K.....mg	186	5.052	66		1		195	632	
Sodium, Na.....mg	3		0		1		3	10	
Zinc, Zn.....mg	0.46	0.012	57		1		0.48	1.56	
Copper, Cu.....mg	0.048	0.002	57		1		0.050	0.163	
Manganese, Mn.....mg	0.067	0.007	15		1		0.070	0.228	
Selenium, Se.....mcg	0.7		0	BFSN	4		0.7	2.4	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	8.1	0.205	56		1		8.5	27.5	
Thiamin.....mg	0.041	0.003	71		1		0.043	0.139	
Riboflavin.....mg	0.073	0.002	71		1		0.077	0.248	
Niacin.....mg	1.167	0.038	70		1		1.225	3.968	
Pantothenic acid.....mg	0.675		0		1		0.709	2.295	
Vitamin B-6.....mg	0.055	0.005	15		1		0.058	0.187	
Folate, total.....mcg	49		0		1		52	168	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	49		0		1		52	168	
Folate, DFE.....mcg_DFE	49		0	NC	4		52	168	
Choline, total.....mg	22.4		0	BFSN	4		23.5	76.1	
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	4		0	NC	4		4	14	
Retinol.....mcg	0		0	Z	7		0	0	
Carotene, beta.....mcg	33		0	BFSN	4		34	111	
Carotene, alpha.....mcg	26		0	BFSN	4		27	88	
Cryptoxanthin, beta.....mcg	6		0	BFSN	4		7	21	
Vitamin A, IU.....IU	81		0	NC	4		85	276	
Lycopene.....mcg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin.....mcg	1045		0	BFSN	4		1097	3552	
Vitamin E (alpha-tocopherol).....mg	0.04		0	BFSN	4		0.04	0.13	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg	0.00		0	BFSN	4		0.00	0.00	
Tocopherol, gamma.....mg	0.00		0	BFSN	4		0.00	0.00	
Tocopherol, delta.....mg	0.00		0	BFSN	4		0.00	0.00	
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		0	BFSN	4		0.0	0.1	



NDB No. 11773

Corn, sweet, yellow, canned, vacuum pack, no salt added

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

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

**Common Measures:**

Measure 1 = 105g: .5 cup

Measure 2 = 340g: 1 can (303 x 406)

**Calories Factors: Protein** 2.44

**Fat** 8.37

**Carbohydrate** 3.57

**Food Group:** 11 Vegetables and Vegetable Products  
USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11176

Corn, sweet, yellow, canned, vacuum pack, regular pack

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	76.58	0.431	71		1		80.41	325.47	260.37
Energy.....kcal	79		0	NC	4		83	336	269
Energy.....kj	331		0		4		347	1405	1124
Protein (N x 6.25).....g	2.41	0.096	71		1		2.53	10.24	8.19
Total lipid (fat).....g	0.50	0.026	71		1		0.53	2.13	1.70
Ash.....g	1.07	0.049	71		1		1.12	4.55	3.64
Carbohydrate, by difference.....g	19.44		0	NC	4		20.41	82.62	66.10
Fiber, total dietary.....g	2.0		0		4		2.1	8.5	6.8
Sugars, total.....g	3.56		0	NC	4		3.73	15.11	12.09
Sucrose.....g	2.93		0	BFSN	4		3.07	12.45	9.96
Glucose (dextrose).....g	0.25		0	BFSN	4		0.26	1.07	0.85
Fructose.....g	0.25		0	BFSN	4		0.26	1.07	0.85
Lactose.....g	0.00		0	BFSN	4		0.00	0.00	0.00
Maltose.....g	0.13		0	BFSN	4		0.13	0.53	0.43
Galactose.....g	0.00		0	BFSN	4		0.00	0.00	0.00
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	5	0.389	69		1		5	21	17
Iron, Fe.....mg	0.42	0.017	69		1		0.44	1.79	1.43
Magnesium, Mg.....mg	23	0.620	57		1		24	98	78
Phosphorus, P.....mg	64	1.569	63		1		67	272	218
Potassium, K.....mg	186	5.052	66		1		195	791	632
Sodium, Na.....mg	272	7.706	66		1		286	1156	925
Zinc, Zn.....mg	0.46	0.012	57		1		0.48	1.96	1.56
Copper, Cu.....mg	0.048	0.002	57		1		0.050	0.204	0.163
Manganese, Mn.....mg	0.067	0.007	15		1		0.070	0.285	0.228
Selenium, Se.....mcg	0.7		0	BFSN	4		0.7	3.0	2.4
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	8.1	0.205	56		1		8.5	34.4	27.5
Thiamin.....mg	0.041	0.003	71		1		0.043	0.174	0.139
Riboflavin.....mg	0.073	0.002	71		1		0.077	0.310	0.248
Niacin.....mg	1.167	0.038	70		1		1.225	4.960	3.968
Pantothenic acid.....mg	0.675		0		1		0.709	2.869	2.295
Vitamin B-6.....mg	0.055	0.005	15		1		0.058	0.234	0.187
Folate, total.....mcg	49		0		1		52	210	168
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg	49		0		1		52	210	168
Folate, DFE.....mcg_DFE	49		0	NC	4		52	210	168
Choline, total.....mg	22.4		0	BFSN	4		23.5	95.2	76.1
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	4		0	NC	4		4	17	14
Retinol.....mcg	0		0	Z	7		0	0	0
Carotene, beta.....mcg	33		0	BFSN	4		34	139	111
Carotene, alpha.....mcg	26		0	BFSN	4		27	110	88
Cryptoxanthin, beta.....mcg	6		0	BFSN	4		7	27	21
Vitamin A, IU.....IU	81		0	NC	4		85	345	276
Lycopene.....mcg	0		0	BFSN	4		0	0	0
Lutein + zeaxanthin.....mcg	1045		0	BFSN	4		1097	4440	3552
Vitamin E (alpha-tocopherol).....mg	0.04		0	BFSN	4		0.04	0.16	0.13
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg	0.00		0	BFSN	4		0.00	0.00	0.00
Tocopherol, gamma.....mg	0.00		0	BFSN	4		0.00	0.00	0.00
Tocopherol, delta.....mg	0.00		0	BFSN	4		0.00	0.00	0.00
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		0	BFSN	4		0.0	0.1	0.1

NDB No. 11176

Corn, sweet, yellow, canned, vacuum pack, regular pack

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common			
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3	
			of Data Points	Deriv Code				Source Code
<b>Lipids:</b>								
Fatty acids, total saturated.....g	0.077		0		1	0.081	0.327	0.262
4:0.....g	0.000		0		1	0.000	0.000	0.000
6:0.....g	0.000		0		1	0.000	0.000	0.000
8:0.....g	0.000		0		1	0.000	0.000	0.000
10:0.....g	0.000		0		1	0.000	0.000	0.000
12:0.....g	0.000		0		1	0.000	0.000	0.000
13:0.....g								
14:0.....g	0.000		0		1	0.000	0.000	0.000
15:0.....g								
16:0.....g	0.073		0		1	0.077	0.310	0.248
17:0.....g								
18:0.....g	0.005		0		1	0.005	0.021	0.017
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	0.147		0		1	0.154	0.625	0.500
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.000		0		1	0.000	0.000	0.000
17:1.....g								
18:1 undifferentiated.....g	0.147		0		1	0.154	0.625	0.500
20:1.....g	0.000		0		1	0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1	0.000	0.000	0.000
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.237		0		1	0.249	1.007	0.806
18:2 undifferentiated.....g	0.230		0		1	0.242	0.978	0.782
18:3 undifferentiated.....g	0.007		0		1	0.007	0.030	0.024
18:4.....g	0.000		0		1	0.000	0.000	0.000
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0		1	0.000	0.000	0.000
20:5 n-3.....g	0.000		0		1	0.000	0.000	0.000
22:5 n-3.....g	0.000		0		1	0.000	0.000	0.000
22:6 n-3.....g	0.000		0		1	0.000	0.000	0.000
Fatty acids, total trans.....g								
Cholesterol.....mg	0		0	Z	7	0	0	0
Phytosterols.....mg								
<b>Amino Acids:</b>								
Tryptophan.....g	0.017		0		1	0.018	0.072	0.058
Threonine.....g	0.097		0		1	0.102	0.412	0.330
Isoleucine.....g	0.097		0		1	0.102	0.412	0.330
Leucine.....g	0.260		0		1	0.273	1.105	0.884
Lysine.....g	0.102		0		1	0.107	0.434	0.347
Methionine.....g	0.050		0		1	0.053	0.213	0.170
Cystine.....g	0.020		0		1	0.021	0.085	0.068
Phenylalanine.....g	0.112		0		1	0.118	0.476	0.381
Tyrosine.....g	0.092		0		1	0.097	0.391	0.313
Valine.....g	0.138		0		1	0.145	0.587	0.469
Arginine.....g	0.098		0		1	0.103	0.417	0.333
Histidine.....g	0.066		0		1	0.069	0.281	0.224
Alanine.....g	0.220		0		1	0.231	0.935	0.748
Aspartic acid.....g	0.182		0		1	0.191	0.774	0.619
Glutamic acid.....g	0.475		0		1	0.499	2.019	1.615
Glycine.....g	0.095		0		1	0.100	0.404	0.323
Proline.....g	0.218		0		1	0.229	0.927	0.741
Serine.....g	0.114		0		1	0.120	0.485	0.388
Hydroxyproline.....g								
<b>Others:</b>								
Alcohol, ethyl.....g	0.0		0		7	0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7	0	0	0
Theobromine.....mg	0		0	Z	7	0	0	0



NDB No. 11176

Corn, sweet, yellow, canned, vacuum pack, regular pack

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

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

**Common Measures:**

Measure 1 = 105g: .5 cup

Measure 2 = 425g: 1 can, 15 oz (303 x 406)

Measure 3 = 340g: 1 can (303 x 406)

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11172

Corn, sweet, yellow, canned, whole kernel, drained solids

Includes USDA commodity food A119

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	76.71	0.704	17	JA	6		125.80	161.86	228.60
Energy.....kcal	81		0	NC	4		133	172	242
Energy.....kj	340		0	NC	4		558	718	1014
Protein (N x 6.25).....g	2.64	0.146	7	JA	6		4.33	5.57	7.86
Total lipid (fat).....g	0.93	0.081	7	JA	6		1.53	1.96	2.77
Ash.....g	0.92	0.020	7	JA	6		1.51	1.94	2.74
Carbohydrate, by difference.....g	18.80		0	NC	4		30.84	39.67	56.03
Fiber, total dietary.....g	1.9	0.136	8	JA	6		3.1	3.9	5.6
Sugars, total.....g	3.04		0	NC	4		4.99	6.42	9.06
Sucrose.....g	1.71	0.290	6	JA	6		2.80	3.61	5.10
Glucose (dextrose).....g	0.47	0.254	6	JA	6		0.77	0.99	1.40
Fructose.....g	0.28	0.049	6	JA	6		0.46	0.59	0.83
Lactose.....g	0.00		2	A	1		0.00	0.00	0.00
Maltose.....g	0.22		2	A	1		0.36	0.47	0.66
Galactose.....g	0.36		2	A	1		0.59	0.76	1.08
Starch.....g	13.05		2	A	1		21.40	27.54	38.89
<b>Minerals:</b>									
Calcium, Ca.....mg	5		2	A	1		8	11	15
Iron, Fe.....mg	0.72	0.154	7	JA	6		1.18	1.52	2.14
Magnesium, Mg.....mg	15		2	A	1		24	31	44
Phosphorus, P.....mg	48		2	A	1		78	101	142
Potassium, K.....mg	135		2	A	1		221	285	402
Sodium, Na.....mg	298		2	A	1		488	628	887
Zinc, Zn.....mg	0.37	0.026	7	JA	6		0.60	0.77	1.09
Copper, Cu.....mg	0.053	0.010	7	JA	6		0.086	0.111	0.157
Manganese, Mn.....mg	0.141	0.036	7	JA	6		0.231	0.297	0.419
Selenium, Se.....mcg	0.7	0.159	7	A	1		1.1	1.5	2.1
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.7		2	A	1		1.2	1.6	2.2
Thiamin.....mg	0.017		2	A	1		0.028	0.037	0.052
Riboflavin.....mg	0.050		2	A	1		0.082	0.105	0.149
Niacin.....mg	0.375		2	A	1		0.615	0.791	1.118
Pantothenic acid.....mg	0.355		2	A	1		0.582	0.749	1.058
Vitamin B-6.....mg	0.065		2	A	1		0.107	0.137	0.194
Folate, total.....mcg	43		2	A	1		70	90	127
Folic acid.....mcg	0		2	Z	7		0	0	0
Folate, food.....mcg	43		2	A	1		70	90	127
Folate, DFE.....mcg_DFE	43		0	NC	4		70	90	127
Choline, total.....mg	16.3		0	AS	1		26.7	34.4	48.5
Betaine.....mg	0.6		1	A	1		1.1	1.4	1.9
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	2		0	AS	1		4	5	7
Retinol.....mcg	0		0	Z	7		0	0	0
Carotene, beta.....mcg	22		2	A	1		36	46	65
Carotene, alpha.....mcg	0		2	A	1		0	0	0
Cryptoxanthin, beta.....mcg	11		2	A	1		18	23	33
Vitamin A, IU.....IU	45		0	AS	1		75	96	135
Lycopene.....mcg	0		2	A	1		0	0	0
Lutein + zeaxanthin.....mcg	176		2	A	1		289	371	524
Vitamin E (alpha-tocopherol).....mg	0.07		2	A	1		0.12	0.16	0.22
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg	0.01		2	A	1		0.01	0.02	0.02
Tocopherol, gamma.....mg	0.21		2	A	1		0.34	0.44	0.63
Tocopherol, delta.....mg	0.01		2	A	1		0.02	0.03	0.04
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		2	A	1		0.0	0.0	0.0

NDB No. 11172

Corn, sweet, yellow, canned, whole kernel, drained solids

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.173		0	NC	4		0.283	0.364	0.514
4:0.....g	0.000		0		1		0.000	0.000	0.000
6:0.....g	0.000		0		1		0.000	0.000	0.000
8:0.....g	0.000		2	A	1		0.000	0.000	0.000
10:0.....g	0.000		2	A	1		0.000	0.000	0.000
12:0.....g	0.001		2	A	1		0.001	0.001	0.002
13:0.....g									
14:0.....g	0.000		2	A	1		0.000	0.000	0.000
15:0.....g	0.000		2	A	1		0.000	0.000	0.000
16:0.....g	0.141		2	A	1		0.231	0.298	0.420
17:0.....g	0.000		2	A	1		0.000	0.000	0.000
18:0.....g	0.022		2	A	1		0.037	0.047	0.067
20:0.....g	0.005		2	A	1		0.009	0.011	0.016
22:0.....g	0.003		2	A	1		0.005	0.007	0.010
24:0.....g									
Fatty acids, total monounsaturated.....g	0.239		0	NC	4		0.392	0.504	0.712
14:1.....g	0.000		2	A	1		0.000	0.000	0.000
15:1.....g	0.000		2	A	1		0.000	0.000	0.000
16:1 undifferentiated.....g	0.011		2	A	1		0.017	0.022	0.032
17:1.....g	0.000		2	A	1		0.000	0.000	0.000
18:1 undifferentiated.....g	0.225		2	A	1		0.369	0.475	0.671
20:1.....g	0.003		2	A	1		0.005	0.007	0.010
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.464		0	NC	4		0.762	0.980	1.384
18:2 undifferentiated.....g	0.424		2	A	1		0.695	0.895	1.263
18:3 undifferentiated.....g	0.020		0	AS	1		0.033	0.043	0.060
18:3 n-3 c,c,c.....g	0.020		2	A	1		0.032	0.042	0.059
18:3 n-6 c,c,c.....g	0.001		2	A	1		0.001	0.001	0.002
18:3i.....g									
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g	0.000		2	A	1		0.000	0.000	0.000
20:3 undifferentiated.....g	0.000		2	A	1		0.000	0.000	0.000
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000		2	A	1		0.000	0.000	0.000
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	0
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.025		0	A	1		0.041	0.052	0.074
Threonine.....g	0.081		0	A	1		0.133	0.171	0.241
Isoleucine.....g	0.085		0	A	1		0.140	0.180	0.254
Leucine.....g	0.335		0	A	1		0.549	0.707	0.998
Lysine.....g	0.253		0	A	1		0.415	0.533	0.753
Methionine.....g	0.062		0	A	1		0.102	0.131	0.185
Cystine.....g	0.041		0	A	1		0.068	0.087	0.123
Phenylalanine.....g	0.125		0	A	1		0.204	0.263	0.372
Tyrosine.....g	0.104		0	A	1		0.170	0.219	0.309
Valine.....g	0.127		0	A	1		0.208	0.267	0.377
Arginine.....g	0.112		0	A	1		0.184	0.236	0.334
Histidine.....g	0.073		0	A	1		0.120	0.154	0.217
Alanine.....g	0.217		0	A	1		0.357	0.459	0.648
Aspartic acid.....g	0.189		0	A	1		0.310	0.398	0.562
Glutamic acid.....g	0.532		0	A	1		0.872	1.122	1.584

NDB No. 11172

Corn, sweet, yellow, canned, whole kernel, drained solids

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Glycine.....g	0.097		0	A	1		0.160	0.206	0.290
Proline.....g	0.337		0	A	1		0.553	0.712	1.005
Serine.....g	0.150		0	A	1		0.245	0.316	0.446
Hydroxyproline.....g	0.000		2	A	1		0.000	0.000	0.000
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0			7	0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0

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

**Common Measures:**

Measure 1 = 164g: 1 cup

Measure 2 = 211g: 1 can (12 oz) yields

Measure 3 = 298g: 1 can (303 x 406)

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group: 11 Vegetables and Vegetable Products**

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11770

Corn, sweet, yellow, cooked, boiled, drained, with salt

Refuse:45% Cob

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	69.57	1.246	7		1		61.92	71.66	82.09
Energy.....kcal	108		0	NC	4		96	111	127
Energy.....kj	452		0		4		402	465	533
Protein (N x 6.25).....g	3.32	0.154	7		1		2.95	3.42	3.92
Total lipid (fat).....g	1.28	0.125	7		1		1.14	1.32	1.51
Ash.....g	0.72	0.016	7		1		0.64	0.74	0.85
Carbohydrate, by difference.....g	25.11		0	NC	4		22.35	25.86	29.63
Fiber, total dietary.....g	2.8		0		4		2.5	2.9	3.3
Sugars, total.....g	3.17		0	NC	4		2.82	3.26	3.74
Sucrose.....g	1.73	0.219	3		1		1.54	1.79	2.05
Glucose (dextrose).....g	0.67	0.033	3		1		0.59	0.69	0.79
Fructose.....g	0.43	0.033	3		1		0.39	0.45	0.51
Lactose.....g	0.00		0	BFSN	4		0.00	0.00	0.00
Maltose.....g	0.33	0.067	3		1		0.30	0.34	0.39
Galactose.....g	0.00		0	BFSN	4		0.00	0.00	0.00
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	2	0.254	7		1		2	2	2
Iron, Fe.....mg	0.61	0.058	7		1		0.54	0.63	0.72
Magnesium, Mg.....mg	32	5.030	7		1		28	33	38
Phosphorus, P.....mg	103		1		1		92	106	122
Potassium, K.....mg	249	28.982	7		1		222	256	294
Sodium, Na.....mg	253		0		4		225	261	299
Zinc, Zn.....mg	0.48	0.045	6		1		0.43	0.49	0.57
Copper, Cu.....mg	0.053	0.002	6		1		0.047	0.055	0.063
Manganese, Mn.....mg	0.194		0		1		0.173	0.200	0.229
Selenium, Se.....mcg	0.2		2		1		0.2	0.2	0.3
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	6.2	0.490	6		1		5.5	6.4	7.3
Thiamin.....mg	0.215		0		1		0.191	0.221	0.254
Riboflavin.....mg	0.072		0		1		0.064	0.074	0.085
Niacin.....mg	1.614	0.086	6		1		1.436	1.662	1.905
Pantothenic acid.....mg	0.878	0.036	6		1		0.781	0.904	1.036
Vitamin B-6.....mg	0.060	0.010	6		1		0.053	0.062	0.071
Folate, total.....mcg	46		0		1		41	48	55
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg	46		0		1		41	48	55
Folate, DFE.....mcg_DFE	46		0	NC	4		41	48	55
Choline, total.....mg	29.1		0	BFSN	4		25.9	30.0	34.3
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	13		0	NC	4		12	14	16
Retinol.....mcg	0		0	Z	7		0	0	0
Carotene, beta.....mcg	66		0	BFSN	4		59	68	78
Carotene, alpha.....mcg	23		0	BFSN	4		20	24	27
Cryptoxanthin, beta.....mcg	161		0	BFSN	4		143	166	190
Vitamin A, IU.....IU	263		0	NC	4		234	271	310
Lycopene.....mcg	0		0	BFSN	4		0	0	0
Lutein + zeaxanthin.....mcg	906		0	BFSN	4		806	933	1069
Vitamin E (alpha-tocopherol).....mg	0.09		0	BFSN	4		0.08	0.10	0.11
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg	0.00		0	BFSN	4		0.00	0.00	0.00
Tocopherol, gamma.....mg	0.19		0	BFSN	4		0.17	0.19	0.22
Tocopherol, delta.....mg	0.00		0	BFSN	4		0.00	0.00	0.00
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.4		0	BFSN	4		0.4	0.4	0.5

NDB No. 11770

Corn, sweet, yellow, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Deriv		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Points	Code					
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.197		0		1		0.175	0.203	0.232
4:0.....g	0.000		0	Z	7		0.000	0.000	0.000
6:0.....g	0.000		0	Z	7		0.000	0.000	0.000
8:0.....g	0.000		0	Z	7		0.000	0.000	0.000
10:0.....g	0.000		0	Z	7		0.000	0.000	0.000
12:0.....g	0.000		0	Z	7		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.000		0	Z	7		0.000	0.000	0.000
15:0.....g									
16:0.....g	0.185		0		1		0.165	0.191	0.218
17:0.....g									
18:0.....g	0.012		0		1		0.011	0.012	0.014
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.374		0		1		0.333	0.385	0.441
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	Z	7		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.374		0		1		0.333	0.385	0.441
20:1.....g	0.000		0	Z	7		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	Z	7		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.603		0		1		0.537	0.621	0.712
18:2 undifferentiated.....g	0.586		0		1		0.522	0.604	0.691
18:3 undifferentiated.....g	0.018		0		1		0.016	0.019	0.021
18:4.....g	0.000		0	Z	7		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	Z	7		0.000	0.000	0.000
20:5 n-3.....g	0.000		0	Z	7		0.000	0.000	0.000
22:5 n-3.....g	0.000		0	Z	7		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	Z	7		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	0
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.023		0		1		0.020	0.024	0.027
Threonine.....g	0.133		0		1		0.118	0.137	0.157
Isoleucine.....g	0.133		0		1		0.118	0.137	0.157
Leucine.....g	0.358		0		1		0.319	0.369	0.422
Lysine.....g	0.141		0		1		0.125	0.145	0.166
Methionine.....g	0.069		0		1		0.061	0.071	0.081
Cystine.....g	0.027		0		1		0.024	0.028	0.032
Phenylalanine.....g	0.155		0		1		0.138	0.160	0.183
Tyrosine.....g	0.126		0		1		0.112	0.130	0.149
Valine.....g	0.191		0		1		0.170	0.197	0.225
Arginine.....g	0.135		0		1		0.120	0.139	0.159
Histidine.....g	0.091		0		1		0.081	0.094	0.107
Alanine.....g	0.304		0		1		0.271	0.313	0.359
Aspartic acid.....g	0.252		0		1		0.224	0.260	0.297
Glutamic acid.....g	0.655		0		1		0.583	0.675	0.773
Glycine.....g	0.131		0		1		0.117	0.135	0.155
Proline.....g	0.301		0		1		0.268	0.310	0.355
Serine.....g	0.158		0		1		0.141	0.163	0.186
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0

NDB No. 11770

Corn, sweet, yellow, cooked, boiled, drained, with salt

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

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

**Common Measures:**

Measure 1 = 89g: 1 ear small (5-1/2" to 6-1/2" long)

Measure 2 = 103g: 1 ear medium (6-3/4" to 7-1/2" long)

Measure 3 = 118g: 1 ear large (7-3/4" to 9" long)

**Calories Factors: Protein** 2.44

**Fat** 8.37

**Carbohydrate** 3.57

**Food Group:** 11 Vegetables and Vegetable Products  
USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11168

Corn, sweet, yellow, cooked, boiled, drained, without salt

Refuse:45% Cob

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv	Source	Confidence Code	Measure 1	Measure 2	Measure 3
				Code	Code				
<b>Proximates:</b>									
Water.....g	69.57	1.246	7		1		61.92	71.66	82.09
Energy.....kcal	108		0	NC	4		96	111	127
Energy.....kj	452		0		4		402	465	533
Protein (N x 6.25).....g	3.32	0.154	7		1		2.95	3.42	3.92
Total lipid (fat).....g	1.28	0.125	7		1		1.14	1.32	1.51
Ash.....g	0.72	0.016	7		1		0.64	0.74	0.85
Carbohydrate, by difference.....g	25.11		0	NC	4		22.35	25.86	29.63
Fiber, total dietary.....g	2.8		0		1		2.5	2.9	3.3
Sugars, total.....g	3.17		0	NC	4		2.82	3.26	3.74
Sucrose.....g	1.73	0.219	3		1		1.54	1.79	2.05
Glucose (dextrose).....g	0.67	0.033	3		1		0.59	0.69	0.79
Fructose.....g	0.43	0.033	3		1		0.39	0.45	0.51
Lactose.....g	0.00		0	BFSN	4		0.00	0.00	0.00
Maltose.....g	0.33	0.067	3		1		0.30	0.34	0.39
Galactose.....g	0.00		0	BFSN	4		0.00	0.00	0.00
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	3	0.192	27		1		3	3	4
Iron, Fe.....mg	0.44	0.018	28		1		0.40	0.46	0.52
Magnesium, Mg.....mg	26	1.384	28		1		23	27	31
Phosphorus, P.....mg	75	2.497	27		1		67	77	89
Potassium, K.....mg	212	8.804	28		1		189	219	250
Sodium, Na.....mg	0	0.094	28		1		0	0	1
Zinc, Zn.....mg	0.61	0.031	28		1		0.55	0.63	0.72
Copper, Cu.....mg	0.047	0.003	27		1		0.042	0.048	0.056
Manganese, Mn.....mg	0.158	0.009	28		1		0.141	0.163	0.187
Selenium, Se.....mcg	0.2		2		1		0.2	0.2	0.3
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	6.2	0.490	6		1		5.5	6.4	7.3
Thiamin.....mg	0.215		0		1		0.191	0.221	0.254
Riboflavin.....mg	0.072		0		1		0.064	0.074	0.085
Niacin.....mg	1.614	0.086	6		1		1.436	1.662	1.905
Pantothenic acid.....mg	0.878	0.036	6		1		0.781	0.904	1.036
Vitamin B-6.....mg	0.060	0.010	6		1		0.053	0.062	0.071
Folate, total.....mcg	46		0		1		41	48	55
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg	46		0		1		41	48	55
Folate, DFE.....mcg_DFE	46		0	NC	4		41	48	55
Choline, total.....mg	29.1		0	BFSN	4		25.9	30.0	34.3
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	13		0	NC	4		12	14	16
Retinol.....mcg	0		0	Z	7		0	0	0
Carotene, beta.....mcg	66		0	BFSN	4		59	68	78
Carotene, alpha.....mcg	23		0	BFSN	4		20	24	27
Cryptoxanthin, beta.....mcg	161		0	BFSN	4		143	166	190
Vitamin A, IU.....IU	263		0	NC	4		234	271	310
Lycopene.....mcg	0		0	BFSN	4		0	0	0
Lutein + zeaxanthin.....mcg	906		0	BFSN	4		806	933	1069
Vitamin E (alpha-tocopherol).....mg	0.09		0	BFSN	4		0.08	0.10	0.11
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg	0.00		0	BFSN	4		0.00	0.00	0.00
Tocopherol, gamma.....mg	0.19		0	BFSN	4		0.17	0.19	0.22
Tocopherol, delta.....mg	0.00		0	BFSN	4		0.00	0.00	0.00
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.4		0	BFSN	4		0.4	0.4	0.5



NDB No. 11168

Corn, sweet, yellow, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Deriv		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Points	Code					
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.197		0		1		0.175	0.203	0.232
4:0.....g	0.000		0		1		0.000	0.000	0.000
6:0.....g	0.000		0		1		0.000	0.000	0.000
8:0.....g	0.000		0		1		0.000	0.000	0.000
10:0.....g	0.000		0		1		0.000	0.000	0.000
12:0.....g	0.000		0		1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.000		0		1		0.000	0.000	0.000
15:0.....g									
16:0.....g	0.185		0		1		0.165	0.191	0.218
17:0.....g									
18:0.....g	0.012		0		1		0.011	0.012	0.014
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.374		0		1		0.333	0.385	0.441
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.374		0		1		0.333	0.385	0.441
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.603		0		1		0.537	0.621	0.712
18:2 undifferentiated.....g	0.586		0		1		0.522	0.604	0.691
18:3 undifferentiated.....g	0.018		0		1		0.016	0.019	0.021
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	0
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.023		0		1		0.020	0.024	0.027
Threonine.....g	0.133		0		1		0.118	0.137	0.157
Isoleucine.....g	0.133		0		1		0.118	0.137	0.157
Leucine.....g	0.358		0		1		0.319	0.369	0.422
Lysine.....g	0.141		0		1		0.125	0.145	0.166
Methionine.....g	0.069		0		1		0.061	0.071	0.081
Cystine.....g	0.027		0		1		0.024	0.028	0.032
Phenylalanine.....g	0.155		0		1		0.138	0.160	0.183
Tyrosine.....g	0.126		0		1		0.112	0.130	0.149
Valine.....g	0.191		0		1		0.170	0.197	0.225
Arginine.....g	0.135		0		1		0.120	0.139	0.159
Histidine.....g	0.091		0		1		0.081	0.094	0.107
Alanine.....g	0.304		0		1		0.271	0.313	0.359
Aspartic acid.....g	0.252		0		1		0.224	0.260	0.297
Glutamic acid.....g	0.655		0		1		0.583	0.675	0.773
Glycine.....g	0.131		0		1		0.117	0.135	0.155
Proline.....g	0.301		0		1		0.268	0.310	0.355
Serine.....g	0.158		0		1		0.141	0.163	0.186
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0

NDB No. 11168

Corn, sweet, yellow, cooked, boiled, drained, without salt

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

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

**Common Measures:**

Measure 1 = 89g: 1 ear small (5-1/2" to 6-1/2" long)

Measure 2 = 103g: 1 ear medium (6-3/4" to 7-1/2" long)

Measure 3 = 118g: 1 ear large (7-3/4" to 9" long)

**Calories Factors: Protein** 2.44

**Fat** 8.37

**Carbohydrate**3.57

**Food Group:** 11 Vegetables and Vegetable Products  
USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11179

Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv	Source	Confidence Code	Measure 1	Measure 2	Measure 3
				Code	Code				
<b>Proximates:</b>									
Water.....g	77.03	0.434	19	JO	11		218.77	63.16	
Energy.....kcal	81		0	NC	4		229	66	
Energy.....kj	338		0	NC	4		960	277	
Protein (N x 6.25).....g	2.55	0.106	4	A	1		7.25	2.09	
Total lipid (fat).....g	0.67	0.042	5	JO	11		1.91	0.55	
Ash.....g	0.44	0.015	4		1		1.26	0.36	
Carbohydrate, by difference.....g	19.30		0	NC	4		54.81	15.83	
Fiber, total dietary.....g	2.4	0.106	7		1		6.8	2.0	
Sugars, total.....g	3.07		0	NC	4		8.73	2.52	
Sucrose.....g	1.96	0.263	14		1		5.58	1.61	
Glucose (dextrose).....g	0.48	0.070	14		1		1.37	0.39	
Fructose.....g	0.46	0.027	14		1		1.30	0.38	
Lactose.....g	0.00		2		1		0.00	0.00	
Maltose.....g	0.17	0.041	11		1		0.49	0.14	
Galactose.....g	0.00		0	Z	7		0.00	0.00	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	3	0.161	24		1		10	3	
Iron, Fe.....mg	0.47	0.022	24		1		1.33	0.38	
Magnesium, Mg.....mg	28	1.194	24		1		80	23	
Phosphorus, P.....mg	79	2.496	24		1		225	65	
Potassium, K.....mg	233	8.632	24		1		661	191	
Sodium, Na.....mg	1	0.120	24		1		3	1	
Zinc, Zn.....mg	0.63	0.028	24		1		1.79	0.52	
Copper, Cu.....mg	0.048	0.002	24		1		0.136	0.039	
Manganese, Mn.....mg	0.155	0.008	24		1		0.441	0.127	
Selenium, Se.....mcg	0.7	0.282	20		1		2.0	0.6	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	3.5	0.662	4		1		9.9	2.9	
Thiamin.....mg	0.030	0.001	4		1		0.084	0.024	
Riboflavin.....mg	0.062	0.007	4		1		0.177	0.051	
Niacin.....mg	1.311	0.016	4		1		3.723	1.075	
Pantothenic acid.....mg	0.151	0.010	4		1		0.430	0.124	
Vitamin B-6.....mg	0.099	0.010	4		1		0.280	0.081	
Folate, total.....mcg	35	2.878	4		1		98	28	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	35	2.878	4		1		98	28	
Folate, DFE.....mcg_DFE	35		0	NC	4		98	28	
Choline, total.....mg	22.0		0	AS	1		62.4	18.0	
Betaine.....mg	0.2		1	A	1		0.5	0.1	
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	10		0	NC	4		28	8	
Retinol.....mcg	0		0	Z	7		0	0	
Carotene, beta.....mcg	50	1.819	4	JA	6		141	41	
Carotene, alpha.....mcg	17	2.634	4	JA	6		49	14	
Cryptoxanthin, beta.....mcg	122	5.884	4	JA	6		345	100	
Vitamin A, IU.....IU	199		0	NC	4		564	163	
Lycopene.....mcg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin.....mcg	684		5	A	1		1943	561	
Vitamin E (alpha-tocopherol).....mg	0.07		1	A	1		0.20	0.06	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg	0.00		1	A	1		0.00	0.00	
Tocopherol, gamma.....mg	0.14		1	A	1		0.40	0.11	
Tocopherol, delta.....mg	0.00		1	A	1		0.00	0.00	
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.3		1	A	1		0.9	0.2	

NDB No. 11179

Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	measures of food		
						Confidence Code	Measure 1	Measure 2
<b>Lipids:</b>								
Fatty acids, total saturated.....g	0.103		0	NC	4		0.294	0.085
4:0.....g	0.000		0		1		0.000	0.000
6:0.....g	0.000		0		1		0.000	0.000
8:0.....g	0.000		0		1		0.000	0.000
10:0.....g	0.000		0		1		0.000	0.000
12:0.....g	0.000		0		1		0.000	0.000
13:0.....g								
14:0.....g	0.000		0		1		0.000	0.000
15:0.....g								
16:0.....g	0.097		1		1		0.276	0.080
17:0.....g								
18:0.....g	0.006		1		1		0.018	0.005
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	0.197		0	NC	4		0.560	0.162
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000
17:1.....g								
18:1 undifferentiated.....g	0.197		1		1		0.560	0.162
20:1.....g	0.000		0		1		0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.318		0	NC	4		0.903	0.261
18:2 undifferentiated.....g	0.309		1		1		0.876	0.253
18:3 undifferentiated.....g	0.009		1		1		0.027	0.008
18:4.....g	0.000		0		1		0.000	0.000
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000
20:5 n-3.....g	0.000		0		1		0.000	0.000
22:5 n-3.....g	0.000		0		1		0.000	0.000
22:6 n-3.....g	0.000		0		1		0.000	0.000
Fatty acids, total trans.....g								
Cholesterol.....mg	0		0	Z	7		0	0
Phytosterols.....mg								
<b>Amino Acids:</b>								
Tryptophan.....g	0.031		0	DA	1		0.087	0.025
Threonine.....g	0.115		0	DA	1		0.327	0.094
Isoleucine.....g	0.137		0	DA	1		0.388	0.112
Leucine.....g	0.251		0	DA	1		0.712	0.206
Lysine.....g	0.153		0	DA	1		0.435	0.126
Methionine.....g	0.068		0	DA	1		0.193	0.056
Cystine.....g	0.038		0	DA	1		0.108	0.031
Phenylalanine.....g	0.131		0	DA	1		0.372	0.107
Tyrosine.....g	0.106		0	DA	1		0.301	0.087
Valine.....g	0.167		0	DA	1		0.475	0.137
Arginine.....g	0.126		0	DA	1		0.359	0.104
Histidine.....g	0.067		0	DA	1		0.190	0.055
Alanine.....g	0.172		0	DA	1		0.488	0.141
Aspartic acid.....g	0.219		0	DA	1		0.623	0.180
Glutamic acid.....g	0.438		0	DA	1		1.243	0.359
Glycine.....g	0.085		0	DA	1		0.243	0.070
Proline.....g	0.181		0	DA	1		0.514	0.149
Serine.....g	0.156		0	DA	1		0.443	0.128
Hydroxyproline.....g								
<b>Others:</b>								
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0
Theobromine.....mg	0		0	Z	7		0	0

NDB No. 11179

Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt

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

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

**Common Measures:**

Measure 1 = 284g: 1 package (10 oz) yields

Measure 2 = 82g: .5 cup

**Calories Factors: Protein** 2.44

**Fat** 8.37

**Carbohydrate**3.57

**Food Group:** 11 Vegetables and Vegetable Products  
USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11178

Corn, sweet, yellow, frozen, kernels cut off cob, unprepared

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	75.00	0.823	82	JA	6		102.00	213.01	
Energy.....kcal	88		0	NC	4		119	250	
Energy.....kj	368		0	NC	4		500	1044	
Protein (N x 6.25).....g	3.02	0.033	81	JA	6		4.10	8.57	
Total lipid (fat).....g	0.78	0.078	81	JA	6		1.06	2.22	
Ash.....g	0.48	0.013	72	JA	6		0.66	1.37	
Carbohydrate, by difference.....g	20.71		0	NC	4		28.17	58.83	
Fiber, total dietary.....g	2.1	0.063	5	JA	6		2.9	6.0	
Sugars, total.....g	2.50		0	NC	4		3.40	7.10	
Sucrose.....g	1.65	0.102	7	JA	6		2.25	4.69	
Glucose (dextrose).....g	0.38	0.030	7	JA	6		0.52	1.09	
Fructose.....g	0.30	0.023	7	JA	6		0.41	0.85	
Lactose.....g	0.00	0.000	3	A	1		0.00	0.00	
Maltose.....g	0.17	0.017	6	JA	6		0.23	0.47	
Galactose.....g	0.00		1	A	1		0.00	0.00	
Starch.....g	15.10	0.569	3	A	1		20.54	42.88	
<b>Minerals:</b>									
Calcium, Ca.....mg	4	0.666	57	JA	6		5	11	
Iron, Fe.....mg	0.42	0.039	80	JA	6		0.57	1.18	
Magnesium, Mg.....mg	18	0.814	25	JA	6		25	52	
Phosphorus, P.....mg	70	2.098	38	JA	6		95	199	
Potassium, K.....mg	213	7.129	24	JA	6		289	604	
Sodium, Na.....mg	3	0.408	38	JA	6		4	9	
Zinc, Zn.....mg	0.38	0.023	20	JA	6		0.52	1.08	
Copper, Cu.....mg	0.036	0.003	19	JA	6		0.049	0.103	
Manganese, Mn.....mg	0.123	0.016	14	JA	6		0.167	0.348	
Selenium, Se.....mcg	0.7	0.159	7	A	1		1.0	2.0	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	6.4	1.549	68		1		8.7	18.2	
Thiamin.....mg	0.083	0.012	81	JA	6		0.113	0.235	
Riboflavin.....mg	0.068	0.003	80	JA	6		0.093	0.195	
Niacin.....mg	1.739	0.176	81	JA	6		2.365	4.938	
Pantothenic acid.....mg	0.361	0.088	11	JA	6		0.491	1.025	
Vitamin B-6.....mg	0.168	0.009	23	JA	6		0.229	0.478	
Folate, total.....mcg	36	5.490	6		1		49	101	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	36	5.490	6		1		49	101	
Folate, DFE.....mcg_DFE	36		0	NC	4		49	101	
Choline, total.....mg	24.0		0	BFSY	4		32.6	68.1	
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	10		0	NC	4		13	28	
Retinol.....mcg	0		0	Z	7		0	0	
Carotene, beta.....mcg	49		0	BFSY	4		66	139	
Carotene, alpha.....mcg	17		0	BFSY	4		23	48	
Cryptoxanthin, beta.....mcg	120		0	BFSY	4		163	339	
Vitamin A, IU.....IU	195		0	NC	4		265	554	
Lycopene.....mcg	0		0	BFSY	4		0	0	
Lutein + zeaxanthin.....mcg	672		0	BFSY	4		914	1909	
Vitamin E (alpha-tocopherol).....mg	0.08		0	BFSN	4		0.10	0.22	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg	0.00		0	BFSN	4		0.00	0.00	
Tocopherol, gamma.....mg	0.15		0	BFSN	4		0.21	0.43	
Tocopherol, delta.....mg	0.00		0	BFSN	4		0.00	0.00	
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.3		0	BFSN	4		0.4	0.9	

NDB No. 11178

Corn, sweet, yellow, frozen, kernels cut off cob, unprepared

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	measures of food		
						Confidence Code	Measure 1	Measure 2
<b>Lipids:</b>								
Fatty acids, total saturated.....g	0.119		0		1		0.162	0.338
4:0.....g	0.000		0		1		0.000	0.000
6:0.....g	0.000		0		1		0.000	0.000
8:0.....g	0.000		0		1		0.000	0.000
10:0.....g	0.000		0		1		0.000	0.000
12:0.....g	0.000		0		1		0.000	0.000
13:0.....g								
14:0.....g	0.000		0		1		0.000	0.000
15:0.....g								
16:0.....g	0.112		0		1		0.152	0.318
17:0.....g								
18:0.....g	0.007		0		1		0.010	0.020
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	0.227		0		1		0.309	0.645
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000
17:1.....g								
18:1 undifferentiated.....g	0.227		0		1		0.309	0.645
20:1.....g	0.000		0		1		0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.366		0		1		0.498	1.039
18:2 undifferentiated.....g	0.355		0		1		0.483	1.008
18:3 undifferentiated.....g	0.011		0		1		0.015	0.031
18:4.....g	0.000		0		1		0.000	0.000
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000
20:5 n-3.....g	0.000		0		1		0.000	0.000
22:5 n-3.....g	0.000		0		1		0.000	0.000
22:6 n-3.....g	0.000		0		1		0.000	0.000
Fatty acids, total trans.....g								
Cholesterol.....mg	0		0	Z	7		0	0
Phytosterols.....mg								
<b>Amino Acids:</b>								
Tryptophan.....g	0.027		0	A	1		0.037	0.077
Threonine.....g	0.088		0	A	1		0.119	0.249
Isoleucine.....g	0.092		0	A	1		0.126	0.262
Leucine.....g	0.363		0	A	1		0.494	1.032
Lysine.....g	0.274		0	A	1		0.373	0.779
Methionine.....g	0.067		0	A	1		0.092	0.191
Cystine.....g	0.045		0	A	1		0.061	0.127
Phenylalanine.....g	0.135		0	A	1		0.184	0.384
Tyrosine.....g	0.113		0	A	1		0.153	0.320
Valine.....g	0.137		0	A	1		0.187	0.390
Arginine.....g	0.122		0	A	1		0.165	0.345
Histidine.....g	0.079		0	A	1		0.108	0.225
Alanine.....g	0.236		0	A	1		0.321	0.670
Aspartic acid.....g	0.205		0	A	1		0.279	0.582
Glutamic acid.....g	0.577		0	A	1		0.785	1.639
Glycine.....g	0.106		0	A	1		0.144	0.300
Proline.....g	0.366		0	A	1		0.498	1.040
Serine.....g	0.162		0	A	1		0.221	0.461
Hydroxyproline.....g								
<b>Others:</b>								
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0
Theobromine.....mg	0		0	Z	7		0	0

NDB No. 11178

Corn, sweet, yellow, frozen, kernels cut off cob, unprepared

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

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

**Common Measures:**

Measure 1 = 136g: 1 cup

Measure 2 = 284g: 1 package

**Calories Factors: Protein** 2.44

**Fat** 8.37

**Carbohydrate**3.57

**Food Group:** 11 Vegetables and Vegetable Products  
USDA National Nutrient Database for Standard Reference, Release 21 (2008)



NDB No. 11775

Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, with salt

Refuse:45% Cob

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	73.20		0		1		46.12	60.02	
Energy.....kcal	93		0	NC	4		59	76	
Energy.....kj	389				4		245	319	
Protein (N x 6.25).....g	3.11		0		1		1.96	2.55	
Total lipid (fat).....g	0.74		0		1		0.47	0.61	
Ash.....g	0.62		0		1		0.39	0.51	
Carbohydrate, by difference.....g	22.33		0	NC	4		14.07	18.31	
Fiber, total dietary.....g	2.8		0		4		1.8	2.3	
Sugars, total.....g	3.59		0	NC	4		2.26	2.94	
Sucrose.....g	2.29		0	BFSN	4		1.44	1.88	
Glucose (dextrose).....g	0.56		0	BFSN	4		0.35	0.46	
Fructose.....g	0.53		0	BFSN	4		0.34	0.44	
Lactose.....g	0.00		0	BFSN	4		0.00	0.00	
Maltose.....g	0.20		0	BFSN	4		0.13	0.17	
Galactose.....g	0.00		0	BFSN	4		0.00	0.00	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	3		0		1		2	2	
Iron, Fe.....mg	0.61		0		1		0.38	0.50	
Magnesium, Mg.....mg	29		0		1		18	24	
Phosphorus, P.....mg	75		0		1		47	62	
Potassium, K.....mg	251		0		1		158	206	
Sodium, Na.....mg	240		0		4		151	197	
Zinc, Zn.....mg	0.63		0		1		0.40	0.52	
Copper, Cu.....mg	0.046		0		1		0.029	0.038	
Manganese, Mn.....mg	0.142		0		1		0.089	0.116	
Selenium, Se.....mcg	0.7		0	BFSN	4		0.4	0.6	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	4.8		0		1		3.0	3.9	
Thiamin.....mg	0.174	0.032	3		1		0.110	0.143	
Riboflavin.....mg	0.069	0.001	3		1		0.043	0.057	
Niacin.....mg	1.517		0		1		0.956	1.244	
Pantothenic acid.....mg	0.250		0		1		0.158	0.205	
Vitamin B-6.....mg	0.224	0.141	3		1		0.141	0.184	
Folate, total.....mcg	31		0		1		19	25	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	31		0		1		19	25	
Folate, DFE.....mcg_DFE	31		0	NC	4		19	25	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	12		0	NC	4		7	9	
Retinol.....mcg	0		0	Z	7		0	0	
Carotene, beta.....mcg	58		0	BFSN	4		37	48	
Carotene, alpha.....mcg	20		0	BFSN	4		13	17	
Cryptoxanthin, beta.....mcg	142		0	BFSN	4		89	116	
Vitamin A, IU.....IU	232		0	NC	4		146	190	
Lycopene.....mcg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin.....mcg	852		0	BFSN	4		537	698	
Vitamin E (alpha-tocopherol).....mg	0.08		0	BFSN	4		0.05	0.07	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg	0.00		0	BFSN	4		0.00	0.00	
Tocopherol, gamma.....mg	0.16		0	BFSN	4		0.10	0.13	
Tocopherol, delta.....mg	0.00		0	BFSN	4		0.00	0.00	
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.4		0	BFSN	4		0.2	0.3	

NDB No. 11775

Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.114		0		1		0.072	0.093	
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g									
15:0.....g									
16:0.....g	0.107		0		1		0.067	0.088	
17:0.....g									
18:0.....g	0.007		0		1		0.004	0.006	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.216		0		1		0.136	0.177	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.216		0		1		0.136	0.177	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.348		0		1		0.219	0.285	
18:2 undifferentiated.....g	0.338		0		1		0.213	0.277	
18:3 undifferentiated.....g	0.010		0		1		0.006	0.008	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.022		0		1		0.014	0.018	
Threonine.....g	0.125		0		1		0.079	0.103	
Isoleucine.....g	0.125		0		1		0.079	0.103	
Leucine.....g	0.336		0		1		0.212	0.276	
Lysine.....g	0.132		0		1		0.083	0.108	
Methionine.....g	0.065		0		1		0.041	0.053	
Cystine.....g	0.025		0		1		0.016	0.021	
Phenylalanine.....g	0.145		0		1		0.091	0.119	
Tyrosine.....g	0.119		0		1		0.075	0.098	
Valine.....g	0.179		0		1		0.113	0.147	
Arginine.....g	0.126		0		1		0.079	0.103	
Histidine.....g	0.086		0		1		0.054	0.071	
Alanine.....g	0.285		0		1		0.180	0.234	
Aspartic acid.....g	0.236		0		1		0.149	0.194	
Glutamic acid.....g	0.615		0		1		0.387	0.504	
Glycine.....g	0.123		0		1		0.077	0.101	
Proline.....g	0.282		0		1		0.178	0.231	
Serine.....g	0.148		0		1		0.093	0.121	
Hydroxyproline.....g									

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

**NDB No. 11775**

**Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, with salt**

**Common Measures:**

Measure 1 = 63g: 1 ear, yields

Measure 2 = 82g: .5 cup kernels

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11181

Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt

Refuse:45% Cob

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	73.20		0		1		46.12	60.02	
Energy.....kcal	93		0	NC	4		59	76	
Energy.....kj	389				4		245	319	
Protein (N x 6.25).....g	3.11		0		1		1.96	2.55	
Total lipid (fat).....g	0.74		0		1		0.47	0.61	
Ash.....g	0.62		0		1		0.39	0.51	
Carbohydrate, by difference.....g	22.33		0	NC	4		14.07	18.31	
Fiber, total dietary.....g	2.8		0		4		1.8	2.3	
Sugars, total.....g	3.59		0	NC	4		2.26	2.94	
Sucrose.....g	2.29		0	BFSN	4		1.44	1.88	
Glucose (dextrose).....g	0.56		0	BFSN	4		0.35	0.46	
Fructose.....g	0.53		0	BFSN	4		0.34	0.44	
Lactose.....g	0.00		0	BFSN	4		0.00	0.00	
Maltose.....g	0.20		0	BFSN	4		0.13	0.17	
Galactose.....g	0.00		0	BFSN	4		0.00	0.00	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	3		0		1		2	2	
Iron, Fe.....mg	0.61		0		1		0.38	0.50	
Magnesium, Mg.....mg	29		0		1		18	24	
Phosphorus, P.....mg	75		0		1		47	62	
Potassium, K.....mg	251		0		1		158	206	
Sodium, Na.....mg	4		0		1		3	3	
Zinc, Zn.....mg	0.63		0		1		0.40	0.52	
Copper, Cu.....mg	0.046		0		1		0.029	0.038	
Manganese, Mn.....mg	0.142		0		1		0.089	0.116	
Selenium, Se.....mcg	0.7		0	BFSN	4		0.4	0.6	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	4.8		0		1		3.0	3.9	
Thiamin.....mg	0.174	0.032	3		1		0.110	0.143	
Riboflavin.....mg	0.069	0.001	3		1		0.043	0.057	
Niacin.....mg	1.517		0		1		0.956	1.244	
Pantothenic acid.....mg	0.250		0		1		0.158	0.205	
Vitamin B-6.....mg	0.224	0.141	3		1		0.141	0.184	
Folate, total.....mcg	31		0		1		19	25	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	31		0		1		19	25	
Folate, DFE.....mcg_DFE	31		0	NC	4		19	25	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	12		0	NC	4		7	9	
Retinol.....mcg	0		0	Z	7		0	0	
Carotene, beta.....mcg	58		0	BFSN	4		37	48	
Carotene, alpha.....mcg	20		0	BFSN	4		13	17	
Cryptoxanthin, beta.....mcg	142		0	BFSN	4		89	116	
Vitamin A, IU.....IU	232		0	NC	4		146	190	
Lycopene.....mcg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin.....mcg	852		0	BFSN	4		537	698	
Vitamin E (alpha-tocopherol).....mg	0.08		0	BFSN	4		0.05	0.07	
Tocopherol, beta.....mg	0.00		0	BFSN	4		0.00	0.00	
Tocopherol, gamma.....mg	0.16		0	BFSN	4		0.10	0.13	
Tocopherol, delta.....mg	0.00		0	BFSN	4		0.00	0.00	
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.4		0	BFSN	4		0.2	0.3	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.114		0		1		0.072	0.093	

NDB No. 11181

Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points		Measure 1	Measure 2	Measure 3
			Deriv Code	Source Code			
4:0.....g							
6:0.....g							
8:0.....g							
10:0.....g							
12:0.....g							
13:0.....g							
14:0.....g							
15:0.....g							
16:0.....g	0.107		0		1	0.067	0.088
17:0.....g							
18:0.....g	0.007		0		1	0.004	0.006
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	0.216		0		1	0.136	0.177
14:1.....g							
15:1.....g							
16:1 undifferentiated.....g							
17:1.....g							
18:1 undifferentiated.....g	0.216		0		1	0.136	0.177
20:1.....g							
22:1 undifferentiated.....g							
24:1 c.....g							
Fatty acids, total polyunsaturated.....g	0.348		0		1	0.219	0.285
18:2 undifferentiated.....g	0.338		0		1	0.213	0.277
18:3 undifferentiated.....g	0.010		0		1	0.006	0.008
18:4.....g							
20:2 n-6 c.c.....g							
20:3 undifferentiated.....g							
20:4 undifferentiated.....g							
20:5 n-3.....g							
22:5 n-3.....g							
22:6 n-3.....g							
Fatty acids, total trans.....g							
Cholesterol.....mg	0		0	z	7	0	0
Phytosterols.....mg							
<b>Amino Acids:</b>							
Tryptophan.....g	0.022		0		1	0.014	0.018
Threonine.....g	0.125		0		1	0.079	0.103
Isoleucine.....g	0.125		0		1	0.079	0.103
Leucine.....g	0.336		0		1	0.212	0.276
Lysine.....g	0.132		0		1	0.083	0.108
Methionine.....g	0.065		0		1	0.041	0.053
Cystine.....g	0.025		0		1	0.016	0.021
Phenylalanine.....g	0.145		0		1	0.091	0.119
Tyrosine.....g	0.119		0		1	0.075	0.098
Valine.....g	0.179		0		1	0.113	0.147
Arginine.....g	0.126		0		1	0.079	0.103
Histidine.....g	0.086		0		1	0.054	0.071
Alanine.....g	0.285		0		1	0.180	0.234
Aspartic acid.....g	0.236		0		1	0.149	0.194
Glutamic acid.....g	0.615		0		1	0.387	0.504
Glycine.....g	0.123		0		1	0.077	0.101
Proline.....g	0.282		0		1	0.178	0.231
Serine.....g	0.148		0		1	0.093	0.121
Hydroxyproline.....g							

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

**Common Measures:**

**NDB No. 11181**

**Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt**

Measure 1 = 63g: 1 ear, yields

Measure 2 = 82g: .5 cup kernels

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11180

Corn, sweet, yellow, frozen, kernels on cob, unprepared

Refuse:45% Cob

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	71.79	0.270	58		1		89.74	58.87	
Energy.....kcal	98		0	NC	4		123	80	
Energy.....kj	410				4		513	336	
Protein (N x 6.25).....g	3.28	0.044	58		1		4.10	2.69	
Total lipid (fat).....g	0.78	0.038	58		1		0.98	0.64	
Ash.....g	0.65	0.015	57		1		0.81	0.53	
Carbohydrate, by difference.....g	23.50		0	NC	4		29.38	19.27	
Fiber, total dietary.....g	2.8		0		1		3.5	2.3	
Sugars, total.....g	3.78		0	NC	4		4.72	3.10	
Sucrose.....g	2.41		0	BFSN	4		3.01	1.98	
Glucose (dextrose).....g	0.59		0	BFSN	4		0.74	0.48	
Fructose.....g	0.56		0	BFSN	4		0.70	0.46	
Lactose.....g	0.00		0	BFSN	4		0.00	0.00	
Maltose.....g	0.21		0	BFSN	4		0.27	0.17	
Galactose.....g	0.00		0	BFSN	4		0.00	0.00	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	4	0.178	32		1		5	3	
Iron, Fe.....mg	0.68	0.033	58		1		0.85	0.56	
Magnesium, Mg.....mg	32	0.923	9		1		40	26	
Phosphorus, P.....mg	87	2.581	25		1		109	71	
Potassium, K.....mg	294	7.902	13		1		368	241	
Sodium, Na.....mg	5	1.423	29		1		6	4	
Zinc, Zn.....mg	0.70	0.030	5		1		0.88	0.57	
Copper, Cu.....mg	0.051	0.004	6		1		0.064	0.042	
Manganese, Mn.....mg	0.158	0.013	5		1		0.198	0.130	
Selenium, Se.....mcg	0.8		0	BFSN	4		1.0	0.7	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	7.2	0.355	53		1		9.0	5.9	
Thiamin.....mg	0.103	0.004	57		1		0.129	0.084	
Riboflavin.....mg	0.088	0.004	58		1		0.110	0.072	
Niacin.....mg	1.681	0.045	57		1		2.101	1.378	
Pantothenic acid.....mg	0.293		1		1		0.366	0.240	
Vitamin B-6.....mg	0.179	0.038	12		1		0.224	0.147	
Folate, total.....mcg	40		0		1		50	33	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	40		0		1		50	33	
Folate, DFE.....mcg_DFE	40		0	NC	4		50	33	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	12		0	NC	4		15	10	
Retinol.....mcg	0		0	Z	7		0	0	
Carotene, beta.....mcg	61		0	BFSN	4		76	50	
Carotene, alpha.....mcg	21		0	BFSN	4		26	17	
Cryptoxanthin, beta.....mcg	149		0	BFSN	4		187	122	
Vitamin A, IU.....IU	244		0	NC	4		305	200	
Lycopene.....mcg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin.....mcg	897		0	BFSN	4		1121	735	
Vitamin E (alpha-tocopherol).....mg	0.09		0	BFSN	4		0.11	0.07	
Tocopherol, beta.....mg	0.00		0	BFSN	4		0.00	0.00	
Tocopherol, gamma.....mg	0.17		0	BFSN	4		0.21	0.14	
Tocopherol, delta.....mg	0.00		0	BFSN	4		0.00	0.00	
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.4		0	BFSN	4		0.5	0.3	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.120		0		1		0.150	0.098	

NDB No. 11180

Corn, sweet, yellow, frozen, kernels on cob, unprepared

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g									
15:0.....g									
16:0.....g	0.112		0		1		0.140	0.092	
17:0.....g									
18:0.....g	0.007		0		1		0.009	0.006	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.228		0		1		0.285	0.187	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.228		0		1		0.285	0.187	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.367		0		1		0.459	0.301	
18:2 undifferentiated.....g	0.356		0		1		0.445	0.292	
18:3 undifferentiated.....g	0.011		0		1		0.014	0.009	
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.023		0		1		0.029	0.019	
Threonine.....g	0.132		0		1		0.165	0.108	
Isoleucine.....g	0.132		0		1		0.165	0.108	
Leucine.....g	0.354		0		1		0.443	0.290	
Lysine.....g	0.139		0		1		0.174	0.114	
Methionine.....g	0.068		0		1		0.085	0.056	
Cystine.....g	0.027		0		1		0.034	0.022	
Phenylalanine.....g	0.152		0		1		0.190	0.125	
Tyrosine.....g	0.125		0		1		0.156	0.103	
Valine.....g	0.188		0		1		0.235	0.154	
Arginine.....g	0.133		0		1		0.166	0.109	
Histidine.....g	0.090		0		1		0.113	0.074	
Alanine.....g	0.300		0		1		0.375	0.246	
Aspartic acid.....g	0.248		0		1		0.310	0.203	
Glutamic acid.....g	0.647		0		1		0.809	0.531	
Glycine.....g	0.129		0		1		0.161	0.106	
Proline.....g	0.297		0		1		0.371	0.244	
Serine.....g	0.156		0		1		0.195	0.128	
Hydroxyproline.....g									

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

**Common Measures:**



**NDB No. 11180**

**Corn, sweet, yellow, frozen, kernels on cob, unprepared**

Measure 1 = 125g: 1 ear, yields

Measure 2 = 82g: .5 cup kernels

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11774

Corn, sweet, yellow, frozen, kernels, cut off cob, boiled, drained, with salt

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	77.03		1	JO	11		218.77	63.16	
Energy.....kcal	79		0	NC	4		223	64	
Energy.....kj	329		0	NC	4		935	270	
Protein (N x 6.25).....g	2.55	0.106	4		1		7.25	2.09	
Total lipid (fat).....g	0.67	0.047	5	JO	11		1.91	0.55	
Ash.....g	1.03		0	O	4		2.93	0.85	
Carbohydrate, by difference.....g	18.71		0	NC	4		53.13	15.34	
Fiber, total dietary.....g	2.4	0.106	7		1		6.8	2.0	
Sugars, total.....g	3.07		0	NC	4		8.73	2.52	
Sucrose.....g	1.96		1		1		5.58	1.61	
Glucose (dextrose).....g	0.48		1		1		1.37	0.39	
Fructose.....g	0.46		1		1		1.30	0.38	
Lactose.....g	0.00		2		1		0.00	0.00	
Maltose.....g	0.17		1		1		0.49	0.14	
Galactose.....g	0.00		0	BFSN	4		0.00	0.00	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	3		2		1		10	3	
Iron, Fe.....mg	0.47		2		1		1.33	0.38	
Magnesium, Mg.....mg	28		2		1		80	23	
Phosphorus, P.....mg	79		2		1		225	65	
Potassium, K.....mg	233		2		1		661	191	
Sodium, Na.....mg	245		0		4		696	201	
Zinc, Zn.....mg	0.63		2		1		1.79	0.52	
Copper, Cu.....mg	0.048		2		1		0.136	0.039	
Manganese, Mn.....mg	0.155		2		1		0.441	0.127	
Selenium, Se.....mcg	0.7	0.159	7	A	1		2.0	0.6	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	3.5	0.662	4		1		9.9	2.9	
Thiamin.....mg	0.030	0.001	4		1		0.084	0.024	
Riboflavin.....mg	0.062	0.007	4		1		0.177	0.051	
Niacin.....mg	1.311	0.016	4		1		3.723	1.075	
Pantothenic acid.....mg	0.151	0.010	4		1		0.430	0.124	
Vitamin B-6.....mg	0.099	0.010	4		1		0.280	0.081	
Folate, total.....mcg	35	2.878	4		1		98	28	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	35	2.878	4		1		98	28	
Folate, DFE.....mcg_DFE	35		0	NC	4		98	28	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	10		0	NC	4		28	8	
Retinol.....mcg	0		0	Z	7		0	0	
Carotene, beta.....mcg	50	1.736	4	JA	6		141	41	
Carotene, alpha.....mcg	17	2.515	4	JA	6		49	14	
Cryptoxanthin, beta.....mcg	122	5.627	4	JA	6		345	100	
Vitamin A, IU.....IU	199		0	NC	4		564	163	
Lycopene.....mcg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin.....mcg	730	230.000	5	A	1		2073	599	
Vitamin E (alpha-tocopherol).....mg	0.07		1	A	1		0.20	0.06	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg	0.00		1	A	1		0.00	0.00	
Tocopherol, gamma.....mg	0.14		1	A	1		0.40	0.11	
Tocopherol, delta.....mg	0.00		1	A	1		0.00	0.00	
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.3		1	A	1		0.9	0.2	

NDB No. 11774

Corn, sweet, yellow, frozen, kernels, cut off cob, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.066		0		1		0.187	0.054	
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g									
15:0.....g									
16:0.....g	0.062		1		1		0.176	0.051	
17:0.....g									
18:0.....g	0.004		1		1		0.011	0.003	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.126		0		1		0.358	0.103	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.126		1		1		0.358	0.103	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.203		0		1		0.577	0.166	
18:2 undifferentiated.....g	0.197		1		1		0.559	0.162	
18:3 undifferentiated.....g	0.006		1		1		0.017	0.005	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.031		0	DA	1		0.087	0.025	
Threonine.....g	0.115		0	DA	1		0.327	0.094	
Isoleucine.....g	0.137		0	DA	1		0.388	0.112	
Leucine.....g	0.251		0	DA	1		0.712	0.206	
Lysine.....g	0.153		0	DA	1		0.435	0.126	
Methionine.....g	0.068		0	DA	1		0.193	0.056	
Cystine.....g	0.038		0	DA	1		0.108	0.031	
Phenylalanine.....g	0.131		0	DA	1		0.372	0.107	
Tyrosine.....g	0.106		0	DA	1		0.301	0.087	
Valine.....g	0.167		0	DA	1		0.475	0.137	
Arginine.....g	0.126		0	DA	1		0.359	0.104	
Histidine.....g	0.067		0	DA	1		0.190	0.055	
Alanine.....g	0.172		0	DA	1		0.488	0.141	
Aspartic acid.....g	0.219		0	DA	1		0.623	0.180	
Glutamic acid.....g	0.438		0	DA	1		1.243	0.359	
Glycine.....g	0.085		0	DA	1		0.243	0.070	
Proline.....g	0.181		0	DA	1		0.514	0.149	
Serine.....g	0.156		0	DA	1		0.443	0.128	
Hydroxyproline.....g									

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

**NDB No. 11774**

**Corn, sweet, yellow, frozen, kernels, cut off cob, boiled, drained, with salt**

**Common Measures:**

Measure 1 = 284g: 1 package (10 oz) yields

Measure 2 = 82g: .5 cup

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11167  
 Corn, sweet, yellow, raw  
 Zea mays

Refuse:64% 35% husk, silk, trimmings; 29% cob

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	75.96	0.880	101		1		116.98	108.62	68.36
Energy.....kcal	86		0	NC	4		132	123	77
Energy.....kj	360		0		4		554	515	324
Protein (N x 6.25).....g	3.22	0.223	6		1		4.96	4.60	2.90
Total lipid (fat).....g	1.18	0.132	6		1		1.82	1.69	1.06
Ash.....g	0.62	0.044	45		1		0.95	0.89	0.56
Carbohydrate, by difference.....g	19.02		0	NC	4		29.29	27.20	17.12
Fiber, total dietary.....g	2.7		0		1		4.2	3.9	2.4
Sugars, total.....g	3.22		0	NC	4		4.96	4.60	2.90
Sucrose.....g	2.06		0	BFSN	4		3.16	2.94	1.85
Glucose (dextrose).....g	0.50		0	BFSN	4		0.77	0.72	0.45
Fructose.....g	0.48		0	BFSN	4		0.74	0.69	0.43
Lactose.....g	0.00		0	BFSN	4		0.00	0.00	0.00
Maltose.....g	0.18		0	BFSN	4		0.28	0.26	0.16
Galactose.....g	0.00		0	BFSN	4		0.00	0.00	0.00
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	2	1.022	51		1		3	3	2
Iron, Fe.....mg	0.52	0.022	91		1		0.80	0.74	0.47
Magnesium, Mg.....mg	37	1.739	87		1		57	53	33
Phosphorus, P.....mg	89	3.749	77		1		137	127	80
Potassium, K.....mg	270	5.127	90		1		416	386	243
Sodium, Na.....mg	15	3.000	90		1		23	21	14
Zinc, Zn.....mg	0.45	0.041	56		1		0.69	0.64	0.41
Copper, Cu.....mg	0.054	0.005	101		1		0.083	0.077	0.049
Manganese, Mn.....mg	0.161	0.014	90		1		0.248	0.230	0.145
Selenium, Se.....mcg	0.6	0.001	269	A	1		0.9	0.9	0.5
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	6.8	0.568	7		1		10.5	9.7	6.1
Thiamin.....mg	0.200		1		1		0.308	0.286	0.180
Riboflavin.....mg	0.060		1		1		0.092	0.086	0.054
Niacin.....mg	1.700		1		1		2.618	2.431	1.530
Pantothenic acid.....mg	0.760	0.060	6		1		1.170	1.087	0.684
Vitamin B-6.....mg	0.055	0.009	6		1		0.085	0.079	0.050
Folate, total.....mcg	46	3.940	6		1		71	65	41
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg	46	3.940	6		1		71	65	41
Folate, DFE.....mcg_DFE	46		0	NC	4		71	65	41
Choline, total.....mg	23.0		0	BFSN	4		35.4	32.9	20.7
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	9		0	NC	4		14	13	8
Retinol.....mcg	0		0	Z	7		0	0	0
Carotene, beta.....mcg	47		0	BFSN	4		72	67	42
Carotene, alpha.....mcg	16		0	BFSN	4		25	23	15
Cryptoxanthin, beta.....mcg	115		0	BFSN	4		176	164	103
Vitamin A, IU.....IU	187		0	NC	4		288	267	168
Lycopene.....mcg	0		0	BFSN	4		0	0	0
Lutein + zeaxanthin.....mcg	644		0	BFSN	4		992	921	580
Vitamin E (alpha-tocopherol).....mg	0.07		0	BFSN	4		0.11	0.10	0.07
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg	0.00		0	BFSN	4		0.00	0.00	0.00
Tocopherol, gamma.....mg	0.15		0	BFSN	4		0.23	0.21	0.13
Tocopherol, delta.....mg	0.00		0	BFSN	4		0.00	0.00	0.00
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.3		0	BFSN	4		0.5	0.4	0.3

NDB No. 11167  
Corn, sweet, yellow, raw

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.182		0		1		0.280	0.260	0.164
4:0.....g	0.000		0		1		0.000	0.000	0.000
6:0.....g	0.000		0		1		0.000	0.000	0.000
8:0.....g	0.000		0		1		0.000	0.000	0.000
10:0.....g	0.000		0		1		0.000	0.000	0.000
12:0.....g	0.000		0		1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.000		0		1		0.000	0.000	0.000
15:0.....g									
16:0.....g	0.171		2		1		0.263	0.245	0.154
17:0.....g									
18:0.....g	0.011		2		1		0.017	0.016	0.010
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.347		0		1		0.534	0.496	0.312
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.347		2		1		0.534	0.496	0.312
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.559		0		1		0.861	0.799	0.503
18:2 undifferentiated.....g	0.542		2		1		0.835	0.775	0.488
18:3 undifferentiated.....g	0.016		2		1		0.025	0.023	0.014
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	0
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.023		17		1		0.035	0.033	0.021
Threonine.....g	0.129		21		1		0.199	0.184	0.116
Isoleucine.....g	0.129		21		1		0.199	0.184	0.116
Leucine.....g	0.348		21		1		0.536	0.498	0.313
Lysine.....g	0.137		21		1		0.211	0.196	0.123
Methionine.....g	0.067		21		1		0.103	0.096	0.060
Cystine.....g	0.026		3		1		0.040	0.037	0.023
Phenylalanine.....g	0.150		21		1		0.231	0.215	0.135
Tyrosine.....g	0.123		5		1		0.189	0.176	0.111
Valine.....g	0.185		21		1		0.285	0.265	0.167
Arginine.....g	0.131		21		1		0.202	0.187	0.118
Histidine.....g	0.089		21		1		0.137	0.127	0.080
Alanine.....g	0.295		5		1		0.454	0.422	0.266
Aspartic acid.....g	0.244		5		1		0.376	0.349	0.220
Glutamic acid.....g	0.636		5		1		0.979	0.909	0.572
Glycine.....g	0.127		5		1		0.196	0.182	0.114
Proline.....g	0.292		5		1		0.450	0.418	0.263
Serine.....g	0.153		5		1		0.236	0.219	0.138
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0

NDB No. 11167  
Corn, sweet, yellow, raw

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

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

**Common Measures:**

Measure 1 = 154g: 1 cup

Measure 2 = 143g: 1 ear, large (7-3/4" to 9" long) yields

Measure 3 = 90g: 1 ear, medium (6-3/4" to 7-1/2" long) yields

**Calories Factors: Protein** 2.44

**Fat** 8.37

**Carbohydrate**3.57

**Food Group:** 11 Vegetables and Vegetable Products  
USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11182

Corn, yellow, whole kernel, frozen, microwaved

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	68.40	1.197	3	A	1	D	96.44		
Energy.....kcal	131		0	NC	4		184		
Energy.....kj	547		0	NC	4		771		
Protein.....g	3.62	0.165	3	A	1	D	5.11		
Total lipid (fat).....g	1.42	0.116	3	A	1	D	2.01		
Ash.....g	0.69	0.022	3	A	1	D	0.97		
Carbohydrate, by difference.....g	25.87		0	NC	4		36.47		
Fiber, total dietary.....g	2.6		2	A	1	D	3.7		
Sugars, total.....g	3.36	0.028	3	A	1	D	4.73		
Sucrose.....g	2.67	0.023	3	A	1	D	3.76		
Glucose (dextrose).....g	0.43	0.026	3	A	1	D	0.61		
Fructose.....g	0.26	0.025	3	A	1	D	0.37		
Lactose.....g	0.00	0.000	3	A	1	D	0.00		
Maltose.....g	0.00	0.000	3	A	1	D	0.00		
Galactose.....g	0.00	0.000	3	A	1	D	0.00		
Starch.....g	18.20	0.569	3	A	1	D	25.66		
<b>Minerals:</b>									
Calcium, Ca.....mg	5	0.601	3	A	1	D	8		
Iron, Fe.....mg	0.39	0.017	3	A	1	D	0.54		
Magnesium, Mg.....mg	25	1.436	3	A	1	D	36		
Phosphorus, P.....mg	95	4.922	3	A	1	D	134		
Potassium, K.....mg	276	11.780	3	A	1	D	389		
Sodium, Na.....mg	4	0.440	3	A	1	D	5		
Zinc, Zn.....mg	0.53	0.045	3	A	1	D	0.75		
Copper, Cu.....mg	0.054	0.007	3	A	1	D	0.076		
Manganese, Mn.....mg	0.129	0.013	3	A	1	D	0.182		
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	0.083	0.013	3	A	1	D	0.117		
Riboflavin.....mg	0.050	0.006	3	A	1	D	0.070		
Niacin.....mg	2.070	0.071	3	A	1	D	2.919		
Pantothenic acid.....mg	0.637	0.062	3	A	1	D	0.898		
Vitamin B-6.....mg	0.120	0.015	3	A	1	D	0.169		
Folate, total.....mcg	38		0	BFSY	4		54		
Folic acid.....mcg									
Folate, food.....mcg	38		0	BFSY	4		54		
Folate, DFE.....mcg_DFE									
Choline, total.....mg	30.3		0	BFSY	4		42.7		
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....mcg_RAE	12		0	NC	4		17		
Retinol.....mcg									
Carotene, beta.....mcg	59		0	BFSY	4		83		
Carotene, alpha.....mcg	20		0	BFSY	4		29		
Cryptoxanthin, beta.....mcg	144		0	BFSY	4		202		
Vitamin A, IU.....IU	234		0	NC	4		330		
Lycopene.....mcg	0		0	BFSY	4		0		
Lutein + zeaxanthin.....mcg	807		0	BFSY	4		1138		
Vitamin E (alpha-tocopherol).....mg	0.10		0	BFSN	4		0.14		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.4		0	BFSN	4		0.6		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.150		0	BFSN	4		0.212		



NDB No. 11182

Corn, yellow, whole kernel, frozen, microwaved

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
4:0.....g	0.000		0	BFSN	4		0.000		
6:0.....g	0.000		0	BFSN	4		0.000		
8:0.....g	0.000		0	BFSN	4		0.000		
10:0.....g	0.000		0	BFSN	4		0.000		
12:0.....g	0.000		0	BFSN	4		0.000		
13:0.....g									
14:0.....g	0.000		0	BFSN	4		0.000		
15:0.....g									
16:0.....g	0.142		0	BFSN	4		0.200		
17:0.....g									
18:0.....g	0.009		0	BFSN	4		0.012		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.287		0	BFSN	4		0.405		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	BFSN	4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.287		0	BFSN	4		0.405		
20:1.....g	0.000		0	BFSN	4		0.000		
22:1 undifferentiated.....g	0.000		0	BFSN	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.463		0	BFSN	4		0.652		
18:2 undifferentiated.....g	0.449		0	BFSN	4		0.633		
18:3 undifferentiated.....g	0.014		0	BFSN	4		0.020		
18:4.....g	0.000		0	BFSN	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFSN	4		0.000		
20:5 n-3.....g	0.000		0	BFSN	4		0.000		
22:5 n-3.....g	0.000		0	BFSN	4		0.000		
22:6 n-3.....g	0.000		0	BFSN	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.033		0	A	1		0.047		
Threonine.....g	0.109		0	A	1		0.154		
Isoleucine.....g	0.115		0	A	1		0.162		
Leucine.....g	0.452		0	A	1		0.637		
Lysine.....g	0.341		0	A	1		0.481		
Methionine.....g	0.084		0	A	1		0.118		
Cystine.....g	0.056		0	A	1		0.079		
Phenylalanine.....g	0.168		0	A	1		0.237		
Tyrosine.....g	0.140		0	A	1		0.198		
Valine.....g	0.171		0	A	1		0.241		
Arginine.....g	0.151		0	A	1		0.213		
Histidine.....g	0.098		0	A	1		0.139		
Alanine.....g	0.293		0	A	1		0.414		
Aspartic acid.....g	0.255		0	A	1		0.359		
Glutamic acid.....g	0.717		0	A	1		1.011		
Glycine.....g	0.131		0	A	1		0.185		
Proline.....g	0.455		0	A	1		0.642		
Serine.....g	0.202		0	A	1		0.284		
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

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

NDB No. 11182

Corn, yellow, whole kernel, frozen, microwaved

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

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food, or similar food.

**Common Measures:**

Measure 1 = 141g: 1 cup

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 11 Vegetables and Vegetable Products  
USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11190  
 Cornsalad, raw  
*Valerianella locusta*

Refuse:

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	92.80		0		1		51.97		
Energy.....kcal	21		0	NC	4		12		
Energy.....kj	88				4		49		
Protein (N x 6.25).....g	2.00		0		1		1.12		
Total lipid (fat).....g	0.40		0		1		0.22		
Ash.....g	1.20		0		1		0.67		
Carbohydrate, by difference.....g	3.60		0	NC	4		2.02		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	38		0		4		21		
Iron, Fe.....mg	2.18		0		4		1.22		
Magnesium, Mg.....mg	13		0		4		7		
Phosphorus, P.....mg	53		0		4		30		
Potassium, K.....mg	459		0		4		257		
Sodium, Na.....mg	4		0		4		2		
Zinc, Zn.....mg	0.59		0		4		0.33		
Copper, Cu.....mg	0.134		0		4		0.075		
Manganese, Mn.....mg	0.359		0		4		0.201		
Selenium, Se.....mcg	0.9		0	CAZN	4		0.5		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	38.2		0		4		21.4		
Thiamin.....mg	0.071		0		4		0.040		
Riboflavin.....mg	0.087		0		4		0.049		
Niacin.....mg	0.415		0		4		0.232		
Pantothenic acid.....mg	0.042		0		4		0.024		
Vitamin B-6.....mg	0.273		0		4		0.153		
Folate, total.....mcg	14		0		4		8		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	14		0		4		8		
Folate, DFE.....mcg_DFE	14		0	NC	4		8		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....mcg_RAE	355		0		4		199		
Retinol.....mcg	0		0	Z	7		0		
Carotene, beta.....mcg									
Carotene, alpha.....mcg									
Cryptoxanthin, beta.....mcg									
Vitamin A, IU.....IU	7092		0		4		3972		
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g									
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									

**NDB No. 11190**  
**Corn salad, raw**

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number of Data Points			Measure 1	Measure 2	Measure 3
			Deriv Code	Source Code	Confidence Code			
Tryptophan.....g	0.026		2		1	0.015		
Threonine.....g	0.075		6		1	0.042		
Isoleucine.....g	0.099		6		1	0.055		
Leucine.....g	0.133		6		1	0.074		
Lysine.....g	0.101		6		1	0.057		
Methionine.....g	0.025		6		1	0.014		
Cystine.....g	0.020		4		1	0.011		
Phenylalanine.....g	0.091		6		1	0.051		
Tyrosine.....g	0.036		4		1	0.020		
Valine.....g	0.099		6		1	0.055		
Arginine.....g	0.091		6		1	0.051		
Histidine.....g	0.036		6		1	0.020		
Alanine.....g	0.088		4		1	0.049		
Aspartic acid.....g	0.176		4		1	0.099		
Glutamic acid.....g	0.203		4		1	0.114		
Glycine.....g	0.079		4		1	0.044		
Proline.....g	0.078		4		1	0.044		
Serine.....g	0.063		4		1	0.035		
Hydroxyproline.....g								

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

**Common Measures:**

Measure 1 = 56g: 1 cup

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group: 11 Vegetables and Vegetable Products**  
 USDA National Nutrient Database for Standard Reference, Release 21 (2008)



NDB No. 11777

Cowpeas (Blackeyes), immature seeds, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g									
13:0.....g									
14:0.....g	0.001		0		1		0.002		
15:0.....g									
16:0.....g	0.082		0		1		0.135		
17:0.....g									
18:0.....g	0.013		0		1		0.021		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.034		0		1		0.056		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.002		
17:1.....g									
18:1 undifferentiated.....g	0.021		0		1		0.035		
20:1.....g									
22:1 undifferentiated.....g	0.012		0		1		0.020		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.161		0		1		0.266		
18:2 undifferentiated.....g	0.093		0		1		0.153		
18:3 undifferentiated.....g	0.068		0		1		0.112		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.037		0		1		0.061		
Threonine.....g	0.118		0		1		0.195		
Isoleucine.....g	0.170		0		1		0.281		
Leucine.....g	0.226		0		1		0.373		
Lysine.....g	0.209		0		1		0.345		
Methionine.....g	0.045		0		1		0.074		
Cystine.....g	0.047		0		1		0.078		
Phenylalanine.....g	0.174		0		1		0.287		
Tyrosine.....g	0.130		0		1		0.215		
Valine.....g	0.184		0		1		0.304		
Arginine.....g	0.222		0		1		0.366		
Histidine.....g	0.103		0		1		0.170		
Alanine.....g									
Aspartic acid.....g									
Glutamic acid.....g									
Glycine.....g									
Proline.....g									
Serine.....g									
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g									
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

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

**Common Measures:**

**NDB No. 11777**

**Cow peas (Blackeyes), immature seeds, cooked, boiled, drained, with salt**

Measure 1 = 165g: 1 cup

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group: 11 Vegetables and Vegetable Products**

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11192

Cow peas (Blackeyes), immature seeds, cooked, boiled, drained, without salt

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	75.48		0		1		124.54		
Energy.....kcal	97		0	NC	4		160		
Energy.....kj	405		0	NC	4		669		
Protein (N x 6.25).....g	3.17		0		1		5.23		
Total lipid (fat).....g	0.38		0		1		0.63		
Ash.....g	0.65		0		1		1.07		
Carbohydrate, by difference.....g	20.32		0	NC	4		33.53		
Fiber, total dietary.....g	5.0		0		4		8.3		
Sugars, total.....g	3.23		0	BFSN	4		5.32		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	128		0		1		211		
Iron, Fe.....mg	1.12		0		1		1.85		
Magnesium, Mg.....mg	52		0		1		86		
Phosphorus, P.....mg	51		0		1		84		
Potassium, K.....mg	418		0		1		690		
Sodium, Na.....mg	4		0		1		7		
Zinc, Zn.....mg	1.03		0		1		1.70		
Copper, Cu.....mg	0.133		0		1		0.219		
Manganese, Mn.....mg	0.572		0		1		0.944		
Selenium, Se.....mcg	2.5		0	BFSN	4		4.1		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	2.2		0		1		3.6		
Thiamin.....mg	0.101		0		1		0.167		
Riboflavin.....mg	0.148		0		1		0.244		
Niacin.....mg	1.403		0		1		2.315		
Pantothenic acid.....mg	0.154		0		1		0.254		
Vitamin B-6.....mg	0.065		0		1		0.107		
Folate, total.....mcg	127		0		1		210		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	127		0		1		210		
Folate, DFE.....mcg_DFE	127		0	NC	4		210		
Choline, total.....mg	32.9		0	BFSN	4		54.4		
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00		
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....mcg_RAE	40		0	NC	4		65		
Retinol.....mcg	0		0	Z	7		0		
Carotene, beta.....mcg	475		0	O	4		783		
Carotene, alpha.....mcg	0		0	T	4		0		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0		
Vitamin A, IU.....IU	791		0	NC	4		1305		
Lycopene.....mcg	0		0	Z	7		0		
Lutein + zeaxanthin.....mcg	0		0	T	4		0		
Vitamin E (alpha-tocopherol).....mg	0.22		0	O	4		0.36		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	26.6		0	O	4		43.9		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.096		0		1		0.158		
4:0.....g	0.000		0		1		0.000		
6:0.....g	0.000		0		1		0.000		
8:0.....g	0.000		0		1		0.000		
10:0.....g	0.000		0		1		0.000		



NDB No. 11192

Cowpeas (Blackeyes), immature seeds, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0		1		0.000		
13:0.....g									
14:0.....g	0.001		0		1		0.002		
15:0.....g									
16:0.....g	0.082		0		1		0.135		
17:0.....g									
18:0.....g	0.013		0		1		0.021		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.034		0		1		0.056		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.002		
17:1.....g									
18:1 undifferentiated.....g	0.021		0		1		0.035		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.012		0		1		0.020		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.161		0		1		0.266		
18:2 undifferentiated.....g	0.093		0		1		0.153		
18:3 undifferentiated.....g	0.068		0		1		0.112		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.037		0		1		0.061		
Threonine.....g	0.118		0		1		0.195		
Isoleucine.....g	0.170		0		1		0.281		
Leucine.....g	0.226		0		1		0.373		
Lysine.....g	0.209		0		1		0.345		
Methionine.....g	0.045		0		1		0.074		
Cystine.....g	0.047		0		1		0.078		
Phenylalanine.....g	0.174		0		1		0.287		
Tyrosine.....g	0.130		0		1		0.215		
Valine.....g	0.184		0		1		0.304		
Arginine.....g	0.222		0		1		0.366		
Histidine.....g	0.103		0		1		0.170		
Alanine.....g									
Aspartic acid.....g									
Glutamic acid.....g									
Glycine.....g									
Proline.....g									
Serine.....g									
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

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

**Common Measures:**

**NDB No. 11192**

**Cow peas (Blackeyes), immature seeds, cooked, boiled, drained, without salt**

Measure 1 = 165g: 1 cup

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group: 11 Vegetables and Vegetable Products**

USDA National Nutrient Database for Standard Reference, Release 21 (2008)



NDB No. 11778

Cow peas (Blackeyes), immature seeds, frozen, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g									
13:0.....g									
14:0.....g	0.002		0		1		0.003		
15:0.....g									
16:0.....g	0.140		0		1		0.238		
17:0.....g									
18:0.....g	0.022		0		1		0.037		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.060		0		1		0.102		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0		1		0.003		
17:1.....g									
18:1 undifferentiated.....g	0.035		0		1		0.060		
20:1.....g									
22:1 undifferentiated.....g	0.021		0		1		0.036		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.280		0		1		0.476		
18:2 undifferentiated.....g	0.159		0		1		0.270		
18:3 undifferentiated.....g	0.116		0		1		0.197		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.098		0		1		0.167		
Threonine.....g	0.316		0		1		0.537		
Isoleucine.....g	0.455		0		1		0.774		
Leucine.....g	0.606		0		1		1.030		
Lysine.....g	0.558		0		1		0.949		
Methionine.....g	0.121		0		1		0.206		
Cystine.....g	0.126		0		1		0.214		
Phenylalanine.....g	0.466		0		1		0.792		
Tyrosine.....g	0.348		0		1		0.592		
Valine.....g	0.492		0		1		0.836		
Arginine.....g	0.595		0		1		1.012		
Histidine.....g	0.274		0		1		0.466		
Alanine.....g									
Aspartic acid.....g									
Glutamic acid.....g									
Glycine.....g									
Proline.....g									
Serine.....g									
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g									
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

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

**Common Measures:**

**NDB No. 11778**

**Cow peas (Blackeyes), immature seeds, frozen, cooked, boiled, drained, with salt**

Measure 1 = 170g: 1 cup

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group: 11 Vegetables and Vegetable Products**

USDA National Nutrient Database for Standard Reference, Release 21 (2008)



NDB No. 11195

Cowpeas (Blackeyes), immature seeds, frozen, unprepared

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.002		0		1		0.003	0.006	
15:0.....g									
16:0.....g	0.148		0		1		0.237	0.420	
17:0.....g									
18:0.....g	0.023		0		1		0.037	0.065	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.063		0		1		0.101	0.179	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0		1		0.003	0.006	
17:1.....g									
18:1 undifferentiated.....g	0.038		0		1		0.061	0.108	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.023		0		1		0.037	0.065	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.297		0		1		0.475	0.843	
18:2 undifferentiated.....g	0.168		0		1		0.269	0.477	
18:3 undifferentiated.....g	0.122		0		1		0.195	0.346	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.103		0		1		0.165	0.293	
Threonine.....g	0.335		0		1		0.536	0.951	
Isoleucine.....g	0.481		0		1		0.770	1.366	
Leucine.....g	0.640		0		1		1.024	1.818	
Lysine.....g	0.590		0		1		0.944	1.676	
Methionine.....g	0.128		0		1		0.205	0.364	
Cystine.....g	0.134		0		1		0.214	0.381	
Phenylalanine.....g	0.493		0		1		0.789	1.400	
Tyrosine.....g	0.368		0		1		0.589	1.045	
Valine.....g	0.520		0		1		0.832	1.477	
Arginine.....g	0.629		0		1		1.006	1.786	
Histidine.....g	0.290		0		1		0.464	0.824	
Alanine.....g									
Aspartic acid.....g									
Glutamic acid.....g									
Glycine.....g									
Proline.....g									
Serine.....g									
Hydroxyproline.....g									
<b><u>Others:</u></b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg									
Theobromine.....mg									

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

**Common Measures:**

Measure 1 = 160g: 1 cup

Measure 2 = 284g: 1 package (10 oz)

**NDB No. 11195**

**Cow peas (Blackeyes), immature seeds, frozen, unprepared**

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)



NDB No. 11196

Cow peas (blackeyes), immature seeds, frozen, cooked, boiled, drained, w without salt

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	66.10		0		1		112.37		
Energy.....kcal	132		0	NC	4		224		
Energy.....kj	552		0		4		939		
Protein (N x 6.25).....g	8.49		0		1		14.43		
Total lipid (fat).....g	0.66		0		1		1.12		
Ash.....g	0.99		0		1		1.68		
Carbohydrate, by difference.....g	23.76		0	NC	4		40.39		
Fiber, total dietary.....g	6.4		0		4		10.9		
Sugars, total.....g	4.46		0	BFSN	4		7.58		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	23		0		1		39		
Iron, Fe.....mg	2.12		0		1		3.60		
Magnesium, Mg.....mg	50		0		1		85		
Phosphorus, P.....mg	122		0		1		207		
Potassium, K.....mg	375		0		1		638		
Sodium, Na.....mg	5		0		1		9		
Zinc, Zn.....mg	1.42		0		1		2.41		
Copper, Cu.....mg	0.184		0		1		0.313		
Manganese, Mn.....mg	0.791		0		1		1.345		
Selenium, Se.....mcg	3.4	1.016	3	A	1		5.8		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	2.6		0		1		4.4		
Thiamin.....mg	0.260		0		1		0.442		
Riboflavin.....mg	0.064		0		1		0.109		
Niacin.....mg	0.728		0		1		1.238		
Pantothenic acid.....mg	0.213		0		1		0.362		
Vitamin B-6.....mg	0.095		0		1		0.162		
Folate, total.....mcg	141		0		1		240		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	141		0		1		240		
Folate, DFE.....mcg_DFE	141		0	NC	4		240		
Choline, total.....mg	45.6		0	BFSN	4		77.4		
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00		
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....mcg_RAE	4		0	NC	4		6		
Retinol.....mcg	0		0	Z	7		0		
Carotene, beta.....mcg	45		0	O	4		77		
Carotene, alpha.....mcg	0		0	BFSN	4		0		
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0		
Vitamin A, IU.....IU	75		0	NC	4		128		
Lycopene.....mcg	0		0	BFSN	4		0		
Lutein + zeaxanthin.....mcg	0		0	BFSN	4		0		
Vitamin E (alpha-tocopherol).....mg	0.30		0	BFSN	4		0.52		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	36.8		0	BFSN	4		62.5		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.175		0		1		0.298		
4:0.....g	0.000		0		1		0.000		
6:0.....g	0.000		0		1		0.000		
8:0.....g	0.000		0		1		0.000		
10:0.....g	0.000		0		1		0.000		

NDB No. 11196

Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, w without salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0		1		0.000		
13:0.....g									
14:0.....g	0.002		0		1		0.003		
15:0.....g									
16:0.....g	0.140		0		1		0.238		
17:0.....g									
18:0.....g	0.022		0		1		0.037		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.060		0		1		0.102		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0		1		0.003		
17:1.....g									
18:1 undifferentiated.....g	0.035		0		1		0.060		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.021		0		1		0.036		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.280		0		1		0.476		
18:2 undifferentiated.....g	0.159		0		1		0.270		
18:3 undifferentiated.....g	0.116		0		1		0.197		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.098		0		1		0.167		
Threonine.....g	0.316		0		1		0.537		
Isoleucine.....g	0.455		0		1		0.774		
Leucine.....g	0.606		0		1		1.030		
Lysine.....g	0.558		0		1		0.949		
Methionine.....g	0.121		0		1		0.206		
Cystine.....g	0.126		0		1		0.214		
Phenylalanine.....g	0.466		0		1		0.792		
Tyrosine.....g	0.348		0		1		0.592		
Valine.....g	0.492		0		1		0.836		
Arginine.....g	0.595		0		1		1.012		
Histidine.....g	0.274		0		1		0.466		
Alanine.....g									
Aspartic acid.....g									
Glutamic acid.....g									
Glycine.....g									
Proline.....g									
Serine.....g									
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

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

**Common Measures:**

**NDB No. 11196**

**Cow peas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt**

Measure 1 = 170g: 1 cup

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group: 11 Vegetables and Vegetable Products**

USDA National Nutrient Database for Standard Reference, Release 21 (2008)



NDB No. 11191

Cowpeas (blackeyes), immature seeds, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.001		1		1		0.001		
15:0.....g									
16:0.....g	0.077		1		1		0.112		
17:0.....g									
18:0.....g	0.012		1		1		0.017		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.032		0		1		0.046		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		1		1		0.001		
17:1.....g									
18:1 undifferentiated.....g	0.019		1		1		0.028		
20:1.....g									
22:1 undifferentiated.....g	0.011		1		1		0.016		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.150		0		1		0.218		
18:2 undifferentiated.....g	0.087		1		1		0.126		
18:3 undifferentiated.....g	0.063		1		1		0.091		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.034		0		1		0.049		
Threonine.....g	0.110		0		1		0.160		
Isoleucine.....g	0.158		0		1		0.229		
Leucine.....g	0.211		0		1		0.306		
Lysine.....g	0.194		0		1		0.281		
Methionine.....g	0.042		0		1		0.061		
Cystine.....g	0.044		0		1		0.064		
Phenylalanine.....g	0.162		0		1		0.235		
Tyrosine.....g	0.121		0		1		0.175		
Valine.....g	0.171		0		1		0.248		
Arginine.....g	0.207		0		1		0.300		
Histidine.....g	0.095		0		1		0.138		
Alanine.....g									
Aspartic acid.....g									
Glutamic acid.....g									
Glycine.....g									
Proline.....g									
Serine.....g									
Hydroxyproline.....g									

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

**Common Measures:**

Measure 1 = 145g: 1 cup

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

**NDB No. 11191**

**Cow peas (blackeyes), immature seeds, raw**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)



NDB No. 11780

Cow peas, leafy tips, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.000		0		1		0.000		
15:0.....g									
16:0.....g	0.021		0		1		0.011		
17:0.....g									
18:0.....g	0.003		0		1		0.002		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.009		0		1		0.005		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.005		0		1		0.003		
20:1.....g									
22:1 undifferentiated.....g	0.003		0		1		0.002		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.042		0		1		0.022		
18:2 undifferentiated.....g	0.024		0		1		0.013		
18:3 undifferentiated.....g	0.017		0		1		0.009		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0		
Phytosterols.....mg									

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

**Common Measures:**

Measure 1 = 53g: 1 cup, chopped

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group: 11 Vegetables and Vegetable Products**

USDA National Nutrient Database for Standard Reference, Release 21 (2008)





NDB No. 11202

Cow peas, leafy tips, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.000		0		1		0.000		
15:0.....g									
16:0.....g	0.021		0		1		0.011		
17:0.....g									
18:0.....g	0.003		0		1		0.002		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.009		0		1		0.005		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.005		0		1		0.003		
20:1.....g									
22:1 undifferentiated.....g	0.003		0		1		0.002		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.042		0		1		0.022		
18:2 undifferentiated.....g	0.024		0		1		0.013		
18:3 undifferentiated.....g	0.017		0		1		0.009		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0		
Phytosterols.....mg									

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

**Common Measures:**

Measure 1 = 53g: 1 cup, chopped

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group: 11 Vegetables and Vegetable Products**

USDA National Nutrient Database for Standard Reference, Release 21 (2008)



NDB No. 11201  
Cow peas, leafy tips, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.001		0		1		0.000	0.000	
15:0.....g									
16:0.....g	0.053		0		1		0.019	0.002	
17:0.....g									
18:0.....g	0.008		0		1		0.003	0.000	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.022		0		1		0.008	0.001	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.013		0		1		0.005	0.000	
20:1.....g									
22:1 undifferentiated.....g	0.008		0		1		0.003	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.106		0		1		0.038	0.003	
18:2 undifferentiated.....g	0.060		0		1		0.022	0.002	
18:3 undifferentiated.....g	0.044		0		1		0.016	0.001	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0	0	
Phytosterols.....mg									

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

**Common Measures:**

Measure 1 = 36g: 1 cup, chopped

Measure 2 = 3.0g: 1 leaf

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group: 11 Vegetables and Vegetable Products**

USDA National Nutrient Database for Standard Reference, Release 21 (2008)



NDB No. 11779

Cowpeas, young pods with seeds, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Deriv Code	Points					
14:0.....g	0.001		0		1		0.001		
15:0.....g									
16:0.....g	0.063		0		1		0.060		
17:0.....g									
18:0.....g	0.010		0		1		0.010		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.027		0		1		0.026		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.001		
17:1.....g									
18:1 undifferentiated.....g	0.016		0		1		0.015		
20:1.....g									
22:1 undifferentiated.....g	0.010		0		1		0.010		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.127		0		1		0.121		
18:2 undifferentiated.....g	0.072		0		1		0.068		
18:3 undifferentiated.....g	0.052		0		1		0.049		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0		
Phytosterols.....mg									

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

**Common Measures:**

Measure 1 = 95g: 1 cup

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group: 11 Vegetables and Vegetable Products**

USDA National Nutrient Database for Standard Reference, Release 21 (2008)



NDB No. 11198

Cowpeas, young pods with seeds, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Deriv Code	Points					
14:0.....g	0.001		0		1		0.001		
15:0.....g									
16:0.....g	0.063		0		1		0.060		
17:0.....g									
18:0.....g	0.010		0		1		0.010		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.027		0		1		0.026		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.001		
17:1.....g									
18:1 undifferentiated.....g	0.016		0		1		0.015		
20:1.....g									
22:1 undifferentiated.....g	0.010		0		1		0.010		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.127		0		1		0.121		
18:2 undifferentiated.....g	0.072		0		1		0.068		
18:3 undifferentiated.....g	0.052		0		1		0.049		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0		
Phytosterols.....mg									

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

**Common Measures:**

Measure 1 = 95g: 1 cup

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group: 11 Vegetables and Vegetable Products**

USDA National Nutrient Database for Standard Reference, Release 21 (2008)





NDB No. 11197

Cowpeas, young pods with seeds, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.001		0		1		0.001	0.000	
15:0.....g									
16:0.....g	0.063		0		1		0.059	0.008	
17:0.....g									
18:0.....g	0.010		0		1		0.009	0.001	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.027		0		1		0.025	0.003	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.001	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.016		0		1		0.015	0.002	
20:1.....g									
22:1 undifferentiated.....g	0.010		0		1		0.009	0.001	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.127		0		1		0.119	0.015	
18:2 undifferentiated.....g	0.072		0		1		0.068	0.009	
18:3 undifferentiated.....g	0.052		0		1		0.049	0.006	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0	0	
Phytosterols.....mg									

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

**Common Measures:**

Measure 1 = 94g: 1 cup

Measure 2 = 12.0g: 1 pod

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group: 11 Vegetables and Vegetable Products**

USDA National Nutrient Database for Standard Reference, Release 21 (2008)



NDB No. 11781

Cress, garden, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g									
13:0.....g									
14:0.....g									
15:0.....g									
16:0.....g	0.014		0		1		0.019		
17:0.....g									
18:0.....g	0.006		0		1		0.008		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.205		0		1		0.277		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.075		0		1		0.101		
20:1.....g	0.052		0		1		0.070		
22:1 undifferentiated.....g	0.078		0		1		0.105		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.196		0		1		0.265		
18:2 undifferentiated.....g	0.130		0		1		0.176		
18:3 undifferentiated.....g	0.065		0		1		0.088		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g									
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

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

**Common Measures:**

Measure 1 = 135g: 1 cup

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group: 11 Vegetables and Vegetable Products**

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11204

Cress, garden, cooked, boiled, drained, without salt

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	92.50		0		1		124.88	62.90	
Energy.....kcal	23		0	NC	4		31	16	
Energy.....kj	96		0		4		130	65	
Protein (N x 6.25).....g	1.90		0		1		2.57	1.29	
Total lipid (fat).....g	0.60		0		1		0.81	0.41	
Ash.....g	1.20		0		1		1.62	0.82	
Carbohydrate, by difference.....g	3.80		0	NC	4		5.13	2.58	
Fiber, total dietary.....g	0.7		0		4		0.9	0.5	
Sugars, total.....g	3.11		0	BFSN	4		4.20	2.12	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	61		0		1		82	41	
Iron, Fe.....mg	0.80		0		1		1.08	0.54	
Magnesium, Mg.....mg	26		0		4		35	18	
Phosphorus, P.....mg	48		0		1		65	33	
Potassium, K.....mg	353		0		1		477	240	
Sodium, Na.....mg	8		0		1		11	5	
Zinc, Zn.....mg	0.15		0		4		0.20	0.10	
Copper, Cu.....mg	0.114		0		4		0.154	0.078	
Manganese, Mn.....mg	0.372		0		4		0.502	0.253	
Selenium, Se.....mcg	0.9		0	CAZN	4		1.2	0.6	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	23.0		0		1		31.1	15.6	
Thiamin.....mg	0.060		0		1		0.081	0.041	
Riboflavin.....mg	0.160		0		1		0.216	0.109	
Niacin.....mg	0.800		0		1		1.080	0.544	
Pantothenic acid.....mg	0.163		0		4		0.220	0.111	
Vitamin B-6.....mg	0.157		0		4		0.212	0.107	
Folate, total.....mcg	37		0		4		50	25	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	37		0		4		50	25	
Folate, DFE.....mcg_DFE	37		0	NC	4		50	25	
Choline, total.....mg	13.8		0	BFSY	4		18.6	9.4	
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	232		0	NC	4		314	158	
Retinol.....mcg	0		0	Z	7		0	0	
Carotene, beta.....mcg	2790		0	BFSY	4		3766	1897	
Carotene, alpha.....mcg	0		0	BFSY	4		0	0	
Cryptoxanthin, beta.....mcg	0		0	BFSY	4		0	0	
Vitamin A, IU.....IU	4649		0	NC	4		6276	3161	
Lycopene.....mcg	0		0	BFSY	4		0	0	
Lutein + zeaxanthin.....mcg	8402		0	BFSY	4		11343	5713	
Vitamin E (alpha-tocopherol).....mg	0.50		0	BFSN	4		0.67	0.34	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	383.4		0	BFSN	4		517.6	260.7	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.020		0		1		0.027	0.014	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.000		0		1		0.000	0.000	

NDB No. 11204

Cress, garden, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0		1		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0		1		0.000	0.000	
15:0.....g									
16:0.....g	0.014		0		1		0.019	0.010	
17:0.....g									
18:0.....g	0.006		0		1		0.008	0.004	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.205		0		1		0.277	0.139	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.075		0		1		0.101	0.051	
20:1.....g	0.052		0		1		0.070	0.035	
22:1 undifferentiated.....g	0.078		0		1		0.105	0.053	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.196		0		1		0.265	0.133	
18:2 undifferentiated.....g	0.130		0		1		0.176	0.088	
18:3 undifferentiated.....g	0.065		0		1		0.088	0.044	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

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

**Common Measures:**

Measure 1 = 135g: 1 cup

Measure 2 = 68g: .5 cup

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group: 11 Vegetables and Vegetable Products**  
 USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11203  
 Cress, garden, raw  
*Lepidium sativum*

Refuse:29% Stems, crowns and spoiled leaves

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	89.40		0		1		44.70	0.89	
Energy.....kcal	32		0	NC	4		16	0	
Energy.....kj	134		0		4		67	1	
Protein (N x 6.25).....g	2.60		0		1		1.30	0.03	
Total lipid (fat).....g	0.70		0		1		0.35	0.01	
Ash.....g	1.80		0		1		0.90	0.02	
Carbohydrate, by difference.....g	5.50		0	NC	4		2.75	0.06	
Fiber, total dietary.....g	1.1		0		4		0.6	0.0	
Sugars, total.....g	4.40		0	O	4		2.20	0.04	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	81		0		1		41	1	
Iron, Fe.....mg	1.30		0		1		0.65	0.01	
Magnesium, Mg.....mg	38		0		4		19	0	
Phosphorus, P.....mg	76		0		1		38	1	
Potassium, K.....mg	606		0		1		303	6	
Sodium, Na.....mg	14		0		1		7	0	
Zinc, Zn.....mg	0.23		0		4		0.12	0.00	
Copper, Cu.....mg	0.170		0		4		0.085	0.002	
Manganese, Mn.....mg	0.553		0		4		0.277	0.006	
Selenium, Se.....mcg	0.9		0	CAZN	4		0.5	0.0	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	69.0		0		1		34.5	0.7	
Thiamin.....mg	0.080		0		1		0.040	0.001	
Riboflavin.....mg	0.260		0		1		0.130	0.003	
Niacin.....mg	1.000		0		1		0.500	0.010	
Pantothenic acid.....mg	0.242		0		4		0.121	0.002	
Vitamin B-6.....mg	0.247		0		1		0.124	0.002	
Folate, total.....mcg	80		0		4		40	1	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	80		0		4		40	1	
Folate, DFE.....mcg_DFE	80		0	NC	4		40	1	
Choline, total.....mg	19.5		0	BFSN	4		9.8	0.2	
Betaine.....mg	0.2		0	BFSN	4		0.1	0.0	
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	346		0	NC	4		173	3	
Retinol.....mcg	0		0	Z	7		0	0	
Carotene, beta.....mcg	4150		0	T	4		2075	42	
Carotene, alpha.....mcg	0		0	T	4		0	0	
Cryptoxanthin, beta.....mcg	0		0	T	4		0	0	
Vitamin A, IU.....IU	6917		0	NC	4		3458	69	
Lycopene.....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin.....mcg	12500		0	T	4		6250	125	
Vitamin E (alpha-tocopherol).....mg	0.70		0	O	4		0.35	0.01	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	541.9		0	BFSN	4		271.0	5.4	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.023		0		1		0.012	0.000	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.000		0		1		0.000	0.000	

NDB No. 11203  
Cress, garden, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0		1		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0		1		0.000	0.000	
15:0.....g									
16:0.....g	0.016		0		1		0.008	0.000	
17:0.....g									
18:0.....g	0.007		0		1		0.004	0.000	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.239		0		1		0.120	0.002	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.087		0		1		0.044	0.001	
20:1.....g	0.061		0		1		0.031	0.001	
22:1 undifferentiated.....g	0.091		0		1		0.046	0.001	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.228		0		1		0.114	0.002	
18:2 undifferentiated.....g	0.152		0		1		0.076	0.002	
18:3 undifferentiated.....g	0.076		0		1		0.038	0.001	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

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

**Common Measures:**

Measure 1 = 50g: 1 cup

Measure 2 = 1.0g: 1 sprig

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group: 11 Vegetables and Vegetable Products**  
USDA National Nutrient Database for Standard Reference, Release 21 (2008)



**NDB No. 11206**  
**Cucumber, peeled, raw**

**Refuse:27% Parings, ends and bruised spots**

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv	Source	Measure 1	Measure 2	Measure 3
				Code	Code			
<b>Proximates:</b>								
Water.....g	96.73	0.286	7	JO	11	128.65	115.11	270.84
Energy.....kcal	12		0	NC	4	17	15	35
Energy.....kj	52		0	NC	4	69	62	145
Protein.....g	0.59	0.077	4	A	1	0.79	0.71	1.66
Total lipid (fat).....g	0.16	0.029	11	JO	11	0.21	0.19	0.44
Ash.....g	0.36	0.009	4	A	1	0.48	0.43	1.01
Carbohydrate, by difference.....g	2.16		0	NC	4	2.87	2.57	6.04
Fiber, total dietary.....g	0.7		0		1	0.9	0.8	2.0
Sugars, total.....g	1.38		0	AS	1	1.83	1.64	3.86
Sucrose.....g	0.00	0.000	4	A	1	0.00	0.00	0.00
Glucose (dextrose).....g	0.63	0.089	4	A	1	0.84	0.75	1.76
Fructose.....g	0.75	0.061	4	A	1	0.99	0.89	2.09
Lactose.....g	0.00	0.000	4	A	1	0.00	0.00	0.00
Maltose.....g	0.00	0.000	4	A	1	0.00	0.00	0.00
Galactose.....g	0.00		0	Z	7	0.00	0.00	0.00
Starch.....g	0.08		2	A	1	0.11	0.10	0.23
<b>Minerals:</b>								
Calcium, Ca.....mg	14	1.018	51	JA	6	19	17	41
Iron, Fe.....mg	0.22	0.008	52	JA	6	0.30	0.27	0.62
Magnesium, Mg.....mg	12	0.664	52	JA	6	16	14	33
Phosphorus, P.....mg	21	0.664	51	JA	6	28	25	59
Potassium, K.....mg	136	8.210	52	JA	6	181	162	381
Sodium, Na.....mg	2	0.137	48		1	3	2	6
Zinc, Zn.....mg	0.17	0.013	52	JA	6	0.22	0.20	0.47
Copper, Cu.....mg	0.071	0.017	52	JA	6	0.094	0.084	0.199
Manganese, Mn.....mg	0.073	0.009	52	JA	6	0.098	0.087	0.206
Selenium, Se.....mcg	0.1	0.068	41	JA	6	0.1	0.1	0.3
<b>Vitamins:</b>								
Vitamin C, total ascorbic acid.....mg	3.2	0.740	4	A	1	4.2	3.8	8.9
Thiamin.....mg	0.031	0.008	4	A	1	0.041	0.037	0.087
Riboflavin.....mg	0.025	0.003	4	A	1	0.033	0.030	0.070
Niacin.....mg	0.037	0.000	4	A	1	0.049	0.044	0.103
Pantothenic acid.....mg	0.240	0.041	4	A	1	0.320	0.286	0.673
Vitamin B-6.....mg	0.051	0.018	4	A	1	0.068	0.060	0.142
Folate, total.....mcg	14	3.749	3	A	1	19	17	39
Folic acid.....mcg	0		0	Z	7	0	0	0
Folate, food.....mcg	14	3.749	3	A	1	19	17	39
Folate, DFE.....mcg_DFE	14		0	NC	4	19	17	39
Choline, total.....mg	5.7		0	AS	1	7.6	6.8	15.9
Betaine.....mg	0.1		1	A	1	0.1	0.1	0.2
Vitamin B-12.....mcg	0.00		0	Z	7	0.00	0.00	0.00
Vitamin B-12, added.....mcg	0.00		0	Z	7	0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	4		0	NC	4	5	4	10
Retinol.....mcg	0		0	Z	7	0	0	0
Carotene, beta.....mcg	31		2	A	1	41	36	86
Carotene, alpha.....mcg	8		2	A	1	10	9	21
Cryptoxanthin, beta.....mcg	18		0	T	4	23	21	49
Vitamin A, IU.....IU	72		0	NC	4	96	86	201
Lycopene.....mcg	0		0	Z	7	0	0	0
Lutein + zeaxanthin.....mcg	16		0	T	4	21	19	45
Vitamin E (alpha-tocopherol).....mg	0.03	0.008	5	JO	11	0.05	0.04	0.10
Vitamin E, added.....mg	0.00		0	Z	7	0.00	0.00	0.00
Tocopherol, beta.....mg	0.00	0.000	5	JO	11	0.00	0.00	0.00
Tocopherol, gamma.....mg	0.02	0.004	5	JO	11	0.02	0.02	0.05
Tocopherol, delta.....mg	0.00	0.000	5	JO	11	0.00	0.00	0.00
Vitamin D.....IU								
Vitamin K (phylloquinone).....mcg	7.2	0.450	6	JO	11	9.6	8.6	20.2

NDB No. 11206  
Cucumber, peeled, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.013		0	NC	4		0.018	0.016	0.037
4:0.....g	0.000		0	BFFN	4		0.000	0.000	0.000
6:0.....g	0.000		0	BFFN	4		0.000	0.000	0.000
8:0.....g	0.000		2	A	1		0.000	0.000	0.000
10:0.....g	0.000		2	A	1		0.000	0.000	0.000
12:0.....g	0.000		2	A	1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.002		2	A	1		0.002	0.002	0.005
15:0.....g	0.000		2	A	1		0.000	0.000	0.000
16:0.....g	0.010		2	A	1		0.013	0.012	0.028
17:0.....g	0.000		2	A	1		0.000	0.000	0.000
18:0.....g	0.002		2	A	1		0.002	0.002	0.005
20:0.....g	0.000		2	A	1		0.000	0.000	0.000
22:0.....g	0.000		2	A	1		0.000	0.000	0.000
24:0.....g	0.000		2	A	1		0.000	0.000	0.000
Fatty acids, total monounsaturated.....g	0.002		0	NC	4		0.002	0.002	0.005
14:1.....g	0.000		2	A	1		0.000	0.000	0.000
15:1.....g	0.000		2	A	1		0.000	0.000	0.000
16:1 undifferentiated.....g	0.000		2	A	1		0.000	0.000	0.000
17:1.....g	0.000		2	A	1		0.000	0.000	0.000
18:1 undifferentiated.....g	0.002		2	A	1		0.002	0.002	0.005
20:1.....g	0.000		2	A	1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		2	A	1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.003		0	NC	4		0.004	0.004	0.009
18:2 undifferentiated.....g	0.002		2	A	1		0.002	0.002	0.005
18:3 undifferentiated.....g	0.002		2	A	1		0.002	0.002	0.005
18:4.....g	0.000		2	A	1		0.000	0.000	0.000
20:2 n-6 c,c.....g	0.000		2	A	1		0.000	0.000	0.000
20:3 undifferentiated.....g	0.000		2	A	1		0.000	0.000	0.000
20:4 undifferentiated.....g	0.000		2	A	1		0.000	0.000	0.000
20:5 n-3.....g	0.000		2	A	1		0.000	0.000	0.000
22:5 n-3.....g	0.000		2	A	1		0.000	0.000	0.000
22:6 n-3.....g	0.000		2	A	1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	0
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.007		0	A	1		0.009	0.008	0.019
Threonine.....g	0.012		0	A	1		0.016	0.015	0.035
Isoleucine.....g	0.012		0	A	1		0.016	0.015	0.035
Leucine.....g	0.025		0	A	1		0.033	0.029	0.069
Lysine.....g	0.025		0	A	1		0.033	0.029	0.069
Methionine.....g	0.012		0	A	1		0.016	0.015	0.035
Cystine.....g	0.007		0	A	1		0.009	0.008	0.019
Phenylalanine.....g	0.031		0	A	1		0.041	0.036	0.086
Tyrosine.....g	0.002		0	A	1		0.003	0.002	0.006
Valine.....g	0.012		0	A	1		0.016	0.015	0.035
Arginine.....g	0.031		0	A	1		0.041	0.036	0.086
Histidine.....g	0.002		0	A	1		0.003	0.002	0.006
Alanine.....g	0.031		0	A	1		0.041	0.036	0.086
Aspartic acid.....g	0.037		0	A	1		0.049	0.044	0.104
Glutamic acid.....g	0.204		0	A	1		0.271	0.243	0.571
Glycine.....g	0.025		0	A	1		0.033	0.029	0.069
Proline.....g	0.012		0	A	1		0.016	0.015	0.035
Serine.....g	0.025		0	A	1		0.033	0.029	0.069
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0

NDB No. 11206  
Cucumber, peeled, raw

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

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

- Common Measures:**  
Measure 1 = 133g: 1 cup, pared, chopped  
Measure 2 = 119g: 1 cup, sliced  
Measure 3 = 280g: 1 large (8-1/4" long)

**Calories Factors: Protein**                      **Fat**                      **Carbohydrate**  
**Food Group:** 11 Vegetables and Vegetable Products  
USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11205

Cucumber, with peel, raw

*Cucumis sativus*

Refuse:3% Ends

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	95.23		2	JO	11		49.52	286.63	
Energy.....kcal	15		0	NC	4		8	47	
Energy.....kj	65		0	NC	4		34	195	
Protein (N x 6.25).....g	0.65		4	A	1		0.34	1.96	
Total lipid (fat).....g	0.11	0.004	9	JO	11		0.06	0.33	
Ash.....g	0.38		4	A	1		0.20	1.16	
Carbohydrate, by difference.....g	3.63		0	NC	4		1.89	10.92	
Fiber, total dietary.....g	0.5		1		1		0.3	1.6	
Sugars, total.....g	1.67		0	NC	4		0.87	5.03	
Sucrose.....g	0.03		4	A	1		0.02	0.10	
Glucose (dextrose).....g	0.76	0.043	7	JA	6		0.39	2.28	
Fructose.....g	0.87	0.097	7	JA	6		0.45	2.62	
Lactose.....g	0.00		4	A	1		0.00	0.00	
Maltose.....g	0.01	0.012	7	JA	6		0.01	0.04	
Galactose.....g	0.00		0	Z	7		0.00	0.00	
Starch.....g	0.83	0.000	4	A	1		0.43	2.51	
<b>Minerals:</b>									
Calcium, Ca.....mg	16		4	A	1		8	48	
Iron, Fe.....mg	0.28		4	A	1		0.15	0.85	
Magnesium, Mg.....mg	13		4	A	1		7	38	
Phosphorus, P.....mg	24		4	A	1		13	74	
Potassium, K.....mg	147		4	A	1		76	442	
Sodium, Na.....mg	2	0.261	54		1		1	6	
Zinc, Zn.....mg	0.20		4	A	1		0.10	0.60	
Copper, Cu.....mg	0.041	0.000	8	A	1		0.021	0.123	
Manganese, Mn.....mg	0.079		4	A	1		0.041	0.238	
Selenium, Se.....mcg	0.3		2	A	1		0.2	0.9	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	2.8		4	A	1		1.5	8.5	
Thiamin.....mg	0.027		4	A	1		0.014	0.080	
Riboflavin.....mg	0.033		4	A	1		0.017	0.100	
Niacin.....mg	0.098	0.000	8	A	1		0.051	0.295	
Pantothenic acid.....mg	0.259		4	A	1		0.135	0.780	
Vitamin B-6.....mg	0.040		4	A	1		0.021	0.121	
Folate, total.....mcg	7	0.000	8	A	1		4	22	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	7	0.000	8	A	1		4	22	
Folate, DFE.....mcg_DFE	7		0	NC	4		4	22	
Choline, total.....mg	6.0		0	AS	1		3.1	17.9	
Betaine.....mg	0.1		1	A	1		0.0	0.2	
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	5		0	NC	4		3	16	
Retinol.....mcg	0		0	Z	7		0	0	
Carotene, beta.....mcg	45		0	BFSN	4		23	135	
Carotene, alpha.....mcg	11		0	BFSN	4		6	33	
Cryptoxanthin, beta.....mcg	26		0	BFSN	4		13	77	
Vitamin A, IU.....IU	105		0	NC	4		55	316	
Lycopene.....mcg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin.....mcg	23		0	BFSN	4		12	70	
Vitamin E (alpha-tocopherol).....mg	0.03	0.001	5	JO	11		0.01	0.09	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg	0.01	0.005	3	JO	11		0.00	0.02	
Tocopherol, gamma.....mg	0.03	0.005	3	JO	11		0.02	0.11	
Tocopherol, delta.....mg	0.00	0.004	3	JO	11		0.00	0.01	
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	16.4		4	A	1		8.5	49.4	

**NDB No. 11205**  
**Cucumber, with peel, raw**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.037		0	NC	4		0.019	0.111	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		2	A	1		0.000	0.000	
10:0.....g	0.000		2	A	1		0.000	0.000	
12:0.....g	0.000		2	A	1		0.000	0.000	
13:0.....g									
14:0.....g	0.005		2	A	1		0.002	0.014	
15:0.....g	0.000		2	A	1		0.000	0.000	
16:0.....g	0.028		2	A	1		0.014	0.084	
17:0.....g	0.000		2	A	1		0.000	0.000	
18:0.....g	0.005		2	A	1		0.002	0.014	
20:0.....g	0.000		2	A	1		0.000	0.000	
22:0.....g	0.000		2	A	1		0.000	0.000	
24:0.....g	0.000		2	A	1		0.000	0.000	
Fatty acids, total monounsaturated.....g	0.005		0	NC	4		0.002	0.014	
14:1.....g	0.000		2	A	1		0.000	0.000	
15:1.....g	0.000		2	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.000		2	A	1		0.000	0.000	
17:1.....g	0.000		2	A	1		0.000	0.000	
18:1 undifferentiated.....g	0.005		2	A	1		0.002	0.014	
20:1.....g	0.000		2	A	1		0.000	0.000	
22:1 undifferentiated.....g	0.000		2	A	1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.032		0	NC	4		0.017	0.098	
18:2 undifferentiated.....g	0.028		2	A	1		0.014	0.084	
18:3 undifferentiated.....g	0.005		2	A	1		0.002	0.014	
18:4.....g	0.000		2	A	1		0.000	0.000	
20:2 n-6 c,c.....g	0.000		2	A	1		0.000	0.000	
20:3 undifferentiated.....g	0.000		2	A	1		0.000	0.000	
20:4 undifferentiated.....g	0.000		2	A	1		0.000	0.000	
20:5 n-3.....g	0.000		2	A	1		0.000	0.000	
22:5 n-3.....g	0.000		2	A	1		0.000	0.000	
22:6 n-3.....g	0.000		2	A	1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg	14		0		1		7	42	
<b>Amino Acids:</b>									
Tryptophan.....g	0.005		0		1		0.003	0.015	
Threonine.....g	0.019		0		1		0.010	0.057	
Isoleucine.....g	0.021		0		1		0.011	0.063	
Leucine.....g	0.029		0		1		0.015	0.087	
Lysine.....g	0.029		0		1		0.015	0.087	
Methionine.....g	0.006		0		1		0.003	0.018	
Cystine.....g	0.004		0		1		0.002	0.012	
Phenylalanine.....g	0.019		0		1		0.010	0.057	
Tyrosine.....g	0.011		0		1		0.006	0.033	
Valine.....g	0.022		0		1		0.011	0.066	
Arginine.....g	0.044		0		1		0.023	0.132	
Histidine.....g	0.010		0		1		0.005	0.030	
Alanine.....g	0.024		0		1		0.012	0.072	
Aspartic acid.....g	0.041		0		1		0.021	0.123	
Glutamic acid.....g	0.196		0		1		0.102	0.590	
Glycine.....g	0.024		0		1		0.012	0.072	
Proline.....g	0.015		0		1		0.008	0.045	
Serine.....g	0.020		0		1		0.010	0.060	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

NDB No. 11205  
Cucumber, with peel, raw

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

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

**Common Measures:**

Measure 1 = 52g: .5 cup slices

Measure 2 = 301g: 1 cucumber (8-1/4")

**Calories Factors: Protein** 2.44

**Fat** 8.37

**Carbohydrate**3.57

**Food Group:** 11 Vegetables and Vegetable Products  
USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11782

Dandelion greens, cooked, boiled, drained, with salt

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	89.80		0		1		94.29		
Energy.....kcal	33		0	NC	4		35		
Energy.....kj	138		0		4		145		
Protein (N x 6.25).....g	2.00		0		1		2.10		
Total lipid (fat).....g	0.60		0		1		0.63		
Ash.....g	1.20		0		1		1.26		
Carbohydrate, by difference.....g	6.40		0	NC	4		6.72		
Fiber, total dietary.....g	2.9		0	BFSN	4		3.0		
Sugars, total.....g	1.62		0	BFSN	4		1.70		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	140		0		1		147		
Iron, Fe.....mg	1.80		0		1		1.89		
Magnesium, Mg.....mg	24		0		4		25		
Phosphorus, P.....mg	42		0		1		44		
Potassium, K.....mg	232		0		1		244		
Sodium, Na.....mg	280		0		4		294		
Zinc, Zn.....mg	0.28		0		4		0.29		
Copper, Cu.....mg	0.115		0		4		0.121		
Manganese, Mn.....mg	0.230		0		4		0.242		
Selenium, Se.....mcg	0.3		0	BFSN	4		0.3		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	18.0		0		1		18.9		
Thiamin.....mg	0.130		0		1		0.137		
Riboflavin.....mg	0.175		0		1		0.184		
Niacin.....mg	0.514		0		4		0.540		
Pantothenic acid.....mg	0.057		0		4		0.060		
Vitamin B-6.....mg	0.160		0		4		0.168		
Folate, total.....mcg	13		0		4		13		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	13		0		4		13		
Folate, DFE.....mcg_DFE	13		0	NC	4		13		
Choline, total.....mg	27.6		0	BFSY	4		29.0		
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00		
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....mcg_RAE	727		0	NC	4		764		
Retinol.....mcg	0		0	Z	7		0		
Carotene, beta.....mcg	8727		0	BFSY	4		9163		
Carotene, alpha.....mcg	0		0	BFSY	4		0		
Cryptoxanthin, beta.....mcg	0		0	BFSY	4		0		
Vitamin A, IU.....IU	14544		0	NC	4		15272		
Lycopene.....mcg	0		0	BFSY	4		0		
Lutein + zeaxanthin.....mcg	3398		0	BFSY	4		3568		
Vitamin E (alpha-tocopherol).....mg	0.60		0	BFSN	4		0.63		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	358.9		0	BFSN	4		376.9		
<b>Lipids:</b>									
Fatty acids, total saturated.....g									
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		

NDB No. 11782

Dandelion greens, cooked, boiled, drained, with salt

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

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Phytosterols.....mg

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

**Common Measures:**

Measure 1 = 105g: 1 cup, chopped

**Calories Factors: Protein** 2.44

**Fat** 8.37

**Carbohydrate**3.57

**Food Group:** 11 Vegetables and Vegetable Products  
USDA National Nutrient Database for Standard Reference, Release 21 (2008)



NDB No. 11208

Dandelion greens, cooked, boiled, drained, without salt

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	89.80		0		1		94.29		
Energy.....kcal	33		0	NC	4		35		
Energy.....kj	138		0		4		145		
Protein (N x 6.25).....g	2.00		0		1		2.10		
Total lipid (fat).....g	0.60		0		1		0.63		
Ash.....g	1.20		0		1		1.26		
Carbohydrate, by difference.....g	6.40		0	NC	4		6.72		
Fiber, total dietary.....g	2.9		0		4		3.0		
Sugars, total.....g	0.50		0	BFSN	4		0.53		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	140		0		1		147		
Iron, Fe.....mg	1.80		0		1		1.89		
Magnesium, Mg.....mg	24		0		4		25		
Phosphorus, P.....mg	42		0		1		44		
Potassium, K.....mg	232		0		1		244		
Sodium, Na.....mg	44		0		1		46		
Zinc, Zn.....mg	0.28		0		4		0.29		
Copper, Cu.....mg	0.115		0		4		0.121		
Manganese, Mn.....mg	0.230		0		4		0.242		
Selenium, Se.....mcg	0.3		0	BFSN	4		0.3		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	18.0		0		1		18.9		
Thiamin.....mg	0.130		0		1		0.137		
Riboflavin.....mg	0.175		0		1		0.184		
Niacin.....mg	0.514		0		4		0.540		
Pantothenic acid.....mg	0.057		0		4		0.060		
Vitamin B-6.....mg	0.160		0		4		0.168		
Folate, total.....mcg	13		0		4		13		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	13		0		4		13		
Folate, DFE.....mcg_DFE	13		0	NC	4		13		
Choline, total.....mg	25.0		0	BFSY	4		26.3		
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00		
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....mcg_RAE	342		0	NC	4		359		
Retinol.....mcg	0		0	Z	7		0		
Carotene, beta.....mcg	3940		0	BFSY	4		4136		
Carotene, alpha.....mcg	244		0	BFSY	4		256		
Cryptoxanthin, beta.....mcg	82		0	BFSY	4		86		
Vitamin A, IU.....IU	6837		0	NC	4		7179		
Lycopene.....mcg	0		0	BFSY	4		0		
Lutein + zeaxanthin.....mcg	9158		0	BFSY	4		9616		
Vitamin E (alpha-tocopherol).....mg	2.44		0	BFSN	4		2.56		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	551.4		0	BFSN	4		578.9		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.146		0		4		0.153		
4:0.....g	0.000		0		4		0.000		
6:0.....g	0.000		0		4		0.000		
8:0.....g	0.000		0		4		0.000		
10:0.....g	0.000		0		4		0.000		

NDB No. 11208

Dandelion greens, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0		4		0.000		
13:0.....g									
14:0.....g	0.008		0		4		0.008		
15:0.....g									
16:0.....g	0.124		0		4		0.130		
17:0.....g									
18:0.....g	0.006		0		4		0.006		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.012		0		4		0.013		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.012		0		4		0.013		
20:1.....g	0.000		0		4		0.000		
22:1 undifferentiated.....g	0.000		0		4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.262		0		4		0.275		
18:2 undifferentiated.....g	0.224		0		4		0.235		
18:3 undifferentiated.....g	0.038		0		4		0.040		
18:4.....g	0.000		0		4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000		
20:5 n-3.....g	0.000		0		4		0.000		
22:5 n-3.....g	0.000		0		4		0.000		
22:6 n-3.....g	0.000		0		4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

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

**Common Measures:**

Measure 1 = 105g: 1 cup, chopped

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group: 11 Vegetables and Vegetable Products**

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11207  
 Dandelion greens, raw  
*Taraxacum officinale*

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	85.60		0		1		47.08		
Energy.....kcal	45		0	NC	4		25		
Energy.....kj	188		0		4		104		
Protein (N x 6.25).....g	2.70		0		1		1.49		
Total lipid (fat).....g	0.70		0		1		0.39		
Ash.....g	1.80		0		1		0.99		
Carbohydrate, by difference.....g	9.20		0	NC	4		5.06		
Fiber, total dietary.....g	3.5		0		4		1.9		
Sugars, total.....g	0.71		0	BFSN	4		0.39		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	187		0		1		103		
Iron, Fe.....mg	3.10		0		1		1.71		
Magnesium, Mg.....mg	36		0		1		20		
Phosphorus, P.....mg	66		0		1		36		
Potassium, K.....mg	397		0		1		218		
Sodium, Na.....mg	76		0		1		42		
Zinc, Zn.....mg	0.41		0		4		0.23		
Copper, Cu.....mg	0.171		0		4		0.094		
Manganese, Mn.....mg	0.342		0		4		0.188		
Selenium, Se.....mcg	0.5		0	BFSN	4		0.3		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	35.0		0		1		19.3		
Thiamin.....mg	0.190		0		1		0.105		
Riboflavin.....mg	0.260		0		1		0.143		
Niacin.....mg	0.806		0		4		0.443		
Pantothenic acid.....mg	0.084		0		4		0.046		
Vitamin B-6.....mg	0.251		0		4		0.138		
Folate, total.....mcg	27		0		4		15		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	27		0		4		15		
Folate, DFE.....mcg_DFE	27		0	NC	4		15		
Choline, total.....mg	35.3		0	BFSN	4		19.4		
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00		
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....mcg_RAE	508		0	NC	4		279		
Retinol.....mcg	0		0	Z	7		0		
Carotene, beta.....mcg	5854		0	BFSN	4		3220		
Carotene, alpha.....mcg	363		0	BFSN	4		199		
Cryptoxanthin, beta.....mcg	121		0	BFSN	4		67		
Vitamin A, IU.....IU	10161		0	NC	4		5588		
Lycopene.....mcg	0		0	BFSN	4		0		
Lutein + zeaxanthin.....mcg	13610		0	BFSN	4		7486		
Vitamin E (alpha-tocopherol).....mg	3.44		0	BFSN	4		1.89		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	778.4		0	BFSN	4		428.1		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.170		0		4		0.094		
4:0.....g	0.000		0		4		0.000		
6:0.....g	0.000		0		4		0.000		
8:0.....g	0.000		0		4		0.000		
10:0.....g	0.000		0		4		0.000		

NDB No. 11207  
Dandelion greens, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0		4		0.000		
13:0.....g									
14:0.....g	0.009		0		4		0.005		
15:0.....g									
16:0.....g	0.145		0		4		0.080		
17:0.....g									
18:0.....g	0.007		0		4		0.004		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.014		0		4		0.008		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.014		0		4		0.008		
20:1.....g	0.000		0		4		0.000		
22:1 undifferentiated.....g	0.000		0		4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.306		0		4		0.168		
18:2 undifferentiated.....g	0.261		0		4		0.144		
18:3 undifferentiated.....g	0.044		0		4		0.024		
18:4.....g	0.000		0		4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000		
20:5 n-3.....g	0.000		0		4		0.000		
22:5 n-3.....g	0.000		0		4		0.000		
22:6 n-3.....g	0.000		0		4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

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

**Common Measures:**

Measure 1 = 55g: 1 cup, chopped

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group: 11 Vegetables and Vegetable Products**  
USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11925

Dock, cooked, boiled, drained, with salt

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	93.60		0						1
Energy.....kcal	20		0	NC					4
Energy.....kj	84								4
Protein (N x 6.25).....g	1.83		0						1
Total lipid (fat).....g	0.64		0						1
Ash.....g	1.01		0						1
Carbohydrate, by difference.....g	2.93		0	NC					4
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	38		0						1
Iron, Fe.....mg	2.08		0						1
Magnesium, Mg.....mg	89		0						1
Phosphorus, P.....mg	52		0						1
Potassium, K.....mg	321		0						1
Sodium, Na.....mg	239		0						4
Zinc, Zn.....mg	0.17		0						4
Copper, Cu.....mg	0.114		0						4
Manganese, Mn.....mg	0.303		0						4
Selenium, Se.....mcg	0.9		0	CAZN					4
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	26.3		0						1
Thiamin.....mg	0.034		0						1
Riboflavin.....mg	0.086		0						1
Niacin.....mg	0.411		0						1
Pantothenic acid.....mg	0.036		0						4
Vitamin B-6.....mg	0.100		0						4
Folate, total.....mcg	8		0						4
Folic acid.....mcg	0		0	Z					7
Folate, food.....mcg	8		0						4
Folate, DFE.....mcg_DFE	8		0	NC					4
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z					7
Vitamin A, RAE.....mcg_RAE	174		0						1
Retinol.....mcg	0		0	Z					7
Carotene, beta.....mcg									
Carotene, alpha.....mcg									
Cryptoxanthin, beta.....mcg									
Vitamin A, IU.....IU	3474		0						1
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g									
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z					7
Phytosterols.....mg									
<b>Amino Acids:</b>									

NDB No. 11925

Dock, cooked, boiled, drained, with salt

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
Tryptophan.....g			0		1		
Threonine.....g	0.086		0		1		
Isoleucine.....g	0.093		0		1		
Leucine.....g	0.152		0		1		
Lysine.....g	0.105		0		1		
Methionine.....g	0.032		0		1		
Cystine.....g							
Phenylalanine.....g	0.104		0		1		
Tyrosine.....g	0.075		0		1		
Valine.....g	0.121		0		1		
Arginine.....g	0.098		0		1		
Histidine.....g	0.049		0		1		
Alanine.....g	0.121		0		1		
Aspartic acid.....g	0.166		0		1		
Glutamic acid.....g	0.197		0		1		
Glycine.....g	0.104		0		1		
Proline.....g	0.106		0		1		
Serine.....g	0.070		0		1		
Hydroxyproline.....g							

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

**Common Measures:**

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group: 11 Vegetables and Vegetable Products**

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11617

Dock, cooked, boiled, drained, without salt

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	93.60		0						1
Energy.....kcal	20		0	NC					4
Energy.....kj	84								4
Protein (N x 6.25).....g	1.83		0						1
Total lipid (fat).....g	0.64		0						1
Ash.....g	1.01		0						1
Carbohydrate, by difference.....g	2.93		0	NC					4
Fiber, total dietary.....g	2.6		0	BFSN					4
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	38		0						1
Iron, Fe.....mg	2.08		0						1
Magnesium, Mg.....mg	89		0						1
Phosphorus, P.....mg	52		0						1
Potassium, K.....mg	321		0						1
Sodium, Na.....mg	3		0						1
Zinc, Zn.....mg	0.17		0						4
Copper, Cu.....mg	0.114		0						4
Manganese, Mn.....mg	0.303		0						4
Selenium, Se.....mcg	0.9		0	CAZN					4
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	26.3		0						1
Thiamin.....mg	0.034		0						1
Riboflavin.....mg	0.086		0						1
Niacin.....mg	0.411		0						1
Pantothenic acid.....mg	0.036		0						4
Vitamin B-6.....mg	0.100		0						4
Folate, total.....mcg	8		0						4
Folic acid.....mcg	0		0	Z					7
Folate, food.....mcg	8		0						4
Folate, DFE.....mcg_DFE	8		0	NC					4
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z					7
Vitamin A, RAE.....mcg_RAE	174		0						1
Retinol.....mcg	0		0	Z					7
Carotene, beta.....mcg									
Carotene, alpha.....mcg									
Cryptoxanthin, beta.....mcg									
Vitamin A, IU.....IU	3474		0						1
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g									
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z					7
Phytosterols.....mg									
<b>Amino Acids:</b>									

NDB No. 11617

Dock, cooked, boiled, drained, without salt

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tryptophan.....g									
Threonine.....g	0.086		0			1			
Isoleucine.....g	0.093		0			1			
Leucine.....g	0.152		0			1			
Lysine.....g	0.105		0			1			
Methionine.....g	0.032		0			1			
Cystine.....g									
Phenylalanine.....g	0.104		0			1			
Tyrosine.....g	0.075		0			1			
Valine.....g	0.121		0			1			
Arginine.....g	0.098		0			1			
Histidine.....g	0.049		0			1			
Alanine.....g	0.121		0			1			
Aspartic acid.....g	0.166		0			1			
Glutamic acid.....g	0.197		0			1			
Glycine.....g	0.104		0			1			
Proline.....g	0.106		0			1			
Serine.....g	0.070		0			1			
Hydroxyproline.....g									

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

**Common Measures:**

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group: 11 Vegetables and Vegetable Products**  
 USDA National Nutrient Database for Standard Reference, Release 21 (2008)



NDB No. 11616

Dock, raw

*Rumex spp.*

Refuse:30% Stalks

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	93.00		1		1		123.69		
Energy.....kcal	22		0	NC	4		29		
Energy.....kj	92				4		122		
Protein (N x 6.25).....g	2.00		1		1		2.66		
Total lipid (fat).....g	0.70		1		1		0.93		
Ash.....g	1.10		0		1		1.46		
Carbohydrate, by difference.....g	3.20		0	NC	4		4.26		
Fiber, total dietary.....g	2.9		0		4		3.9		
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	44		1		1		59		
Iron, Fe.....mg	2.40		1		1		3.19		
Magnesium, Mg.....mg	103		1		1		137		
Phosphorus, P.....mg	63		1		1		84		
Potassium, K.....mg	390		1		1		519		
Sodium, Na.....mg	4		1		1		5		
Zinc, Zn.....mg	0.20		0		4		0.27		
Copper, Cu.....mg	0.131		0		4		0.174		
Manganese, Mn.....mg	0.349		0		4		0.464		
Selenium, Se.....mcg	0.9		0	CAZN	4		1.2		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	48.0		1		1		63.8		
Thiamin.....mg	0.040		1		1		0.053		
Riboflavin.....mg	0.100		1		1		0.133		
Niacin.....mg	0.500		1		1		0.665		
Pantothenic acid.....mg	0.041		0		4		0.055		
Vitamin B-6.....mg	0.122		0		4		0.162		
Folate, total.....mcg	13		0		4		18		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	13		0		4		18		
Folate, DFE.....mcg_DFE	13		0	NC	4		18		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....mcg_RAE	200		1		1		266		
Retinol.....mcg	0		0	Z	7		0		
Carotene, beta.....mcg									
Carotene, alpha.....mcg									
Cryptoxanthin, beta.....mcg									
Vitamin A, IU.....IU	4000		1		1		5320		
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g									
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									

NDB No. 11616

Dock, raw

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tryptophan.....g			1				0.125		
Threonine.....g	0.094		1				0.136		
Isoleucine.....g	0.102		1				0.222		
Leucine.....g	0.167		1				0.153		
Lysine.....g	0.115		1				0.047		
Methionine.....g	0.035		1						
Cystine.....g									
Phenylalanine.....g	0.114		1				0.152		
Tyrosine.....g	0.083		1				0.110		
Valine.....g	0.133		1				0.177		
Arginine.....g	0.108		1				0.144		
Histidine.....g	0.054		1				0.072		
Alanine.....g	0.132		1				0.176		
Aspartic acid.....g	0.181		1				0.241		
Glutamic acid.....g	0.216		1				0.287		
Glycine.....g	0.114		1				0.152		
Proline.....g	0.116		1				0.154		
Serine.....g	0.077		1				0.102		
Hydroxyproline.....g									

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

**Common Measures:**

Measure 1 = 133g: 1 cup, chopped

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group: 11 Vegetables and Vegetable Products**

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11212  
Edamame, frozen, prepared

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	72.77		2	A	1		112.80		
Energy.....kcal	122		0	NC	4		189		
Energy.....kj	509		0	NC	4		789		
Protein (N x 5.71).....g	10.88		2	A	1		16.86		
Total lipid (fat).....g	5.20		2	A	1		8.06		
Ash.....g	1.21		2	A	1		1.88		
Carbohydrate, by difference.....g	9.94		0	NC	4		15.40		
Fiber, total dietary.....g	5.2		2	A	1		8.1		
Sugars, total.....g	2.18		2	A	1		3.38		
Sucrose.....g	1.12		2	A	1		1.74		
Glucose (dextrose).....g	0.00		2	A	1		0.00		
Fructose.....g	0.12		2	A	1		0.18		
Lactose.....g	0.00		2	A	1		0.00		
Maltose.....g	0.95		2	A	1		1.46		
Galactose.....g	0.00		2	A	1		0.00		
Starch.....g	2.80		2	A	1		4.34		
<b>Minerals:</b>									
Calcium, Ca.....mg	63		2	A	1		97		
Iron, Fe.....mg	2.27		2	A	1		3.52		
Magnesium, Mg.....mg	64		2	A	1		99		
Phosphorus, P.....mg	169		2	A	1		262		
Potassium, K.....mg	436		2	A	1		675		
Sodium, Na.....mg	6		2	A	1		10		
Zinc, Zn.....mg	1.37		2	A	1		2.12		
Copper, Cu.....mg	0.345		2	A	1		0.534		
Manganese, Mn.....mg	1.024		2	A	1		1.587		
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	6.1		2	A	1		9.5		
Thiamin.....mg	0.200		2	A	1		0.310		
Riboflavin.....mg	0.155		2	A	1		0.240		
Niacin.....mg	0.915		2	A	1		1.418		
Pantothenic acid.....mg	0.395		2	A	1		0.612		
Vitamin B-6.....mg	0.100		2	A	1		0.155		
Folate, total.....mcg	311		2	A	1		482		
Folic acid.....mcg	0		2	Z	7		0		
Folate, food.....mcg	311		2	A	1		482		
Folate, DFE.....mcg_DFE	311		0	NC	4		482		
Choline, total.....mg	56.3		0	AS	1		87.3		
Betaine.....mg	4.5		1	A	1		7.0		
Vitamin B-12.....mcg									
Vitamin A, RAE.....mcg_RAE									
Retinol.....mcg									
Carotene, beta.....mcg									
Carotene, alpha.....mcg									
Cryptoxanthin, beta.....mcg									
Vitamin A, IU.....IU									
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									
Vitamin E (alpha-tocopherol).....mg	0.68		2	A	1		1.05		
Tocopherol, beta.....mg	0.06		2	A	1		0.10		
Tocopherol, gamma.....mg	5.88		2	A	1		9.12		
Tocopherol, delta.....mg	3.57		2	A	1		5.54		
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	26.7		2	A	1		41.3		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.620		0	NC	4		0.961		

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
4:0.....g	0.000		2	A	1		0.000		
6:0.....g	0.000		2	A	1		0.000		
8:0.....g	0.000		2	A	1		0.000		
10:0.....g	0.000		2	A	1		0.000		
12:0.....g	0.000		2	A	1		0.000		
13:0.....g									
14:0.....g	0.004		2	A	1		0.006		
15:0.....g	0.000		2	A	1		0.001		
16:0.....g	0.437		2	A	1		0.677		
17:0.....g	0.003		2	A	1		0.005		
18:0.....g	0.144		2	A	1		0.224		
20:0.....g	0.011		2	A	1		0.017		
22:0.....g	0.013		2	A	1		0.020		
24:0.....g	0.007		2	A	1		0.011		
Fatty acids, total monounsaturated.....g	1.282		0	NC	4		1.988		
14:1.....g	0.000		2	A	1		0.000		
15:1.....g	0.000		2	A	1		0.000		
16:1 undifferentiated.....g	0.004		0	AS	1		0.007		
16:1 c.....g	0.004		2	A	1		0.007		
16:1 t.....g	0.000		2	A	1		0.000		
17:1.....g	0.003		2	A	1		0.004		
18:1 undifferentiated.....g	1.265		0	AS	1		1.961		
18:1 c.....g	1.261		2	A	1		1.955		
18:1-11c (18:1c n-7).....g									
18:1 t.....g	0.004		2	A	1		0.007		
18:1-11t (18:1t n-7).....g									
20:1.....g	0.009		2	A	1		0.014		
22:1 undifferentiated.....g	0.001		0	AS	1		0.002		
22:1 c.....g									
22:1 t.....g	0.001		2	A	1		0.002		
24:1 c.....g	0.000		2	A	1		0.000		
Fatty acids, total polyunsaturated.....g	2.156		0	NC	4		3.342		
18:2 undifferentiated.....g	1.792		0	AS	1		2.778		
18:2 n-6 c,c.....g	1.789		2	A	1		2.772		
18:2 CLAs.....g	0.000		2	A	1		0.000		
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.004		2	A	1		0.006		
18:3 undifferentiated.....g	0.358		0	AS	1		0.555		
18:3 n-3 c,c,c.....g	0.358		2	A	1		0.555		
18:3 n-6 c,c,c.....g	0.000		2	A	1		0.000		
18:3i.....g									
18:4.....g	0.000		2	A	1		0.000		
20:2 n-6 c,c.....g	0.002		2	A	1		0.004		
20:3 undifferentiated.....g	0.000		0	AS	1		0.000		
20:3 n-3.....g	0.000		2	A	1		0.000		
20:3 n-6.....g	0.000		2	A	1		0.000		
20:4 undifferentiated.....g	0.000		2	A	1		0.000		
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g	0.003		2	A	1		0.004		
21:5.....g									
22:4.....g	0.000		2	A	1		0.001		
22:5 n-3.....g	0.000		2	A	1		0.000		
22:6 n-3.....g	0.000		2	A	1		0.000		
Fatty acids, total trans.....g	0.009		0	NC	4		0.014		
Fatty acids, total trans-monoenoic.....g	0.005		0	NC	4		0.008		
Fatty acids, total trans-polyenoic.....g	0.004		0	NC	4		0.006		
Cholesterol.....mg									
Phytosterols.....mg									

Amino Acids:

**NDB No. 11212**  
**Edamame, frozen, prepared**

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tryptophan.....g	0.126		0	A	1		0.195		
Threonine.....g	0.331		0	A	1		0.513		
Isoleucine.....g	0.300		0	A	1		0.466		
Leucine.....g	0.745		0	A	1		1.154		
Lysine.....g	0.745		0	A	1		1.155		
Methionine.....g	0.141		0	A	1		0.219		
Cystine.....g	0.124		0	A	1		0.192		
Phenylalanine.....g	0.488		0	A	1		0.756		
Tyrosine.....g	0.336		0	A	1		0.521		
Valine.....g	0.324		0	A	1		0.502		
Arginine.....g	0.724		0	A	1		1.122		
Histidine.....g	0.267		0	A	1		0.414		
Alanine.....g	0.446		0	A	1		0.692		
Aspartic acid.....g	1.348		0	A	1		2.090		
Glutamic acid.....g	2.020		0	A	1		3.131		
Glycine.....g	0.434		0	A	1		0.673		
Proline.....g	0.686		0	A	1		1.064		
Serine.....g	0.665		0	A	1		1.031		
Hydroxyproline.....g	0.000		2	A	1		0.000		
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

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

**Common Measures:**

Measure 1 = 155g: 1 cup

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group: 11 Vegetables and Vegetable Products**

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11211  
Edamame, frozen, unprepared

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	75.17		2	A	1		88.71	324.76	
Energy.....kcal	110		0	NC	4		130	475	
Energy.....kj	460		0	NC	4		543	1989	
Protein (N x 5.71).....g	10.25		2	A	1		12.09	44.28	
Total lipid (fat).....g	4.73		2	A	1		5.58	20.41	
Ash.....g	1.27		2	A	1		1.50	5.49	
Carbohydrate, by difference.....g	8.58		0	NC	4		10.13	37.07	
Fiber, total dietary.....g	4.8		2	A	1		5.7	20.7	
Sugars, total.....g	2.48		0	AS	1		2.93	10.72	
Sucrose.....g	1.13		2	A	1		1.33	4.88	
Glucose (dextrose).....g	0.00		2	A	1		0.00	0.00	
Fructose.....g	0.21		2	A	1		0.25	0.92	
Lactose.....g	0.00		2	A	1		0.00	0.00	
Maltose.....g	1.14		2	A	1		1.35	4.92	
Galactose.....g	0.00		2	A	1		0.00	0.00	
Starch.....g	2.50		2	A	1		2.95	10.80	
<b>Minerals:</b>									
Calcium, Ca.....mg	60		2	A	1		71	260	
Iron, Fe.....mg	2.11		2	A	1		2.49	9.12	
Magnesium, Mg.....mg	61		2	A	1		72	264	
Phosphorus, P.....mg	161		2	A	1		190	696	
Potassium, K.....mg	482		2	A	1		568	2080	
Sodium, Na.....mg	6		2	A	1		7	24	
Zinc, Zn.....mg	1.32		2	A	1		1.55	5.68	
Copper, Cu.....mg	0.324		2	A	1		0.382	1.400	
Manganese, Mn.....mg	1.010		2	A	1		1.191	4.361	
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	9.7		2	A	1		11.4	41.7	
Thiamin.....mg	0.150		2	A	1		0.177	0.648	
Riboflavin.....mg	0.265		2	A	1		0.313	1.145	
Niacin.....mg	0.925		2	A	1		1.091	3.996	
Pantothenic acid.....mg	0.535		2	A	1		0.631	2.311	
Vitamin B-6.....mg	0.135		2	A	1		0.159	0.583	
Folate, total.....mcg	303		2	A	1		357	1307	
Folic acid.....mcg	0		2	Z	7		0	0	
Folate, food.....mcg	303		2	A	1		357	1307	
Folate, DFE.....mcg_DFE	303		0	NC	4		357	1307	
Choline, total.....mg	56.0		0	AS	1		66.1	241.9	
Betaine.....mg	0.7		1	A	1		0.8	3.0	
Vitamin B-12.....mcg									
Vitamin A, RAE.....mcg_RAE									
Retinol.....mcg									
Carotene, beta.....mcg									
Carotene, alpha.....mcg									
Cryptoxanthin, beta.....mcg									
Vitamin A, IU.....IU									
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									
Vitamin E (alpha-tocopherol).....mg	0.72		2	A	1		0.85	3.11	
Tocopherol, beta.....mg	0.06		2	A	1		0.07	0.26	
Tocopherol, gamma.....mg	5.55		2	A	1		6.55	24.00	
Tocopherol, delta.....mg	3.04		2	A	1		3.59	13.13	
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	31.4		2	A	1		37.1	135.6	
<b>Amino Acids:</b>									
Tryptophan.....g	0.115		2	A	1		0.136	0.496	

**NDB No. 11211**  
**Edamame, frozen, unprepared**

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Threonine.....g	0.305		2	A	1		0.360	1.317	
Isoleucine.....g	0.270		2	A	1		0.319	1.166	
Leucine.....g	0.680		2	A	1		0.802	2.937	
Lysine.....g	0.690		2	A	1		0.814	2.981	
Methionine.....g	0.130		2	A	1		0.153	0.561	
Cystine.....g	0.105		2	A	1		0.124	0.453	
Phenylalanine.....g	0.445		2	A	1		0.525	1.922	
Tyrosine.....g	0.305		2	A	1		0.360	1.317	
Valine.....g	0.295		2	A	1		0.348	1.274	
Arginine.....g	0.660		2	A	1		0.779	2.851	
Histidine.....g	0.250		2	A	1		0.295	1.080	
Alanine.....g	0.420		2	A	1		0.495	1.814	
Aspartic acid.....g	1.235		2	A	1		1.457	5.335	
Glutamic acid.....g	1.835		2	A	1		2.165	7.927	
Glycine.....g	0.400		2	A	1		0.472	1.728	
Proline.....g	0.605		2	A	1		0.714	2.613	
Serine.....g	0.610		2	A	1		0.720	2.635	
Hydroxyproline.....g	0.000		2	A	1		0.000	0.000	
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

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

**Common Measures:**

Measure 1 = 118g: 1 cup  
 Measure 2 = 432g: 1 package

**Calories Factors: Protein 3.47      Fat 8.37      Carbohydrate 4.07**

**Food Group:** 11 Vegetables and Vegetable Products  
 USDA National Nutrient Database for Standard Reference, Release 21 (2008)





NDB No. 11783

Eggplant, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points		Measure 1	Measure 2	Measure 3
			Deriv Code	Source Code			
12:0.....g							
13:0.....g							
14:0.....g	0.001		0	1	0.001		
15:0.....g							
16:0.....g	0.032		0	1	0.032		
17:0.....g							
18:0.....g	0.012		0	1	0.012		
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	0.020		0	1	0.020		
14:1.....g							
15:1.....g							
16:1 undifferentiated.....g	0.002		0	1	0.002		
17:1.....g							
18:1 undifferentiated.....g	0.018		0	1	0.018		
20:1.....g							
22:1 undifferentiated.....g							
24:1 c.....g							
Fatty acids, total polyunsaturated.....g	0.093		0	1	0.092		
18:2 undifferentiated.....g	0.078		0	1	0.077		
18:3 undifferentiated.....g	0.015		0	1	0.015		
18:4.....g							
20:2 n-6 c,c.....g							
20:3 undifferentiated.....g							
20:4 undifferentiated.....g							
20:5 n-3.....g							
22:5 n-3.....g							
22:6 n-3.....g							
Fatty acids, total trans.....g							
Cholesterol.....mg	0		0	Z	7	0	
Phytosterols.....mg							
<b>Amino Acids:</b>							
Tryptophan.....g	0.008		0	1	0.008		
Threonine.....g	0.030		0	1	0.030		
Isoleucine.....g	0.036		0	1	0.036		
Leucine.....g	0.052		0	1	0.051		
Lysine.....g	0.039		0	1	0.039		
Methionine.....g	0.009		0	1	0.009		
Cystine.....g	0.004		0	1	0.004		
Phenylalanine.....g	0.035		0	1	0.035		
Tyrosine.....g	0.022		0	1	0.022		
Valine.....g	0.043		0	1	0.043		
Arginine.....g	0.046		0	1	0.046		
Histidine.....g	0.019		0	1	0.019		
Alanine.....g	0.042		0	1	0.042		
Aspartic acid.....g	0.134		0	1	0.133		
Glutamic acid.....g	0.152		0	1	0.150		
Glycine.....g	0.033		0	1	0.033		
Proline.....g	0.034		0	1	0.034		
Serine.....g	0.034		0	1	0.034		
Hydroxyproline.....g							

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

**Common Measures:**

Measure 1 = 99g: 1 cup (1" cubes)

**NDB No. 11783**

**Eggplant, cooked, boiled, drained, with salt**

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group: 11 Vegetables and Vegetable Products**

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11210

Eggplant, cooked, boiled, drained, w without salt

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	89.67		6		1		88.77		
Energy.....kcal	35		0	NC	4		35		
Energy.....kj	147		0	NC	4		146		
Protein (N x 6.25).....g	0.83	0.074	3		1		0.82		
Total lipid (fat).....g	0.23		2		1		0.23		
Ash.....g	0.54		2		1		0.53		
Carbohydrate, by difference.....g	8.73		0	NC	4		8.65		
Fiber, total dietary.....g	2.5		0		4		2.5		
Sugars, total.....g	3.20		0	BFSN	4		3.17		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	6	0.292	18	A	1		6		
Iron, Fe.....mg	0.25	0.016	18	A	1		0.25		
Magnesium, Mg.....mg	11	1.015	21	JA	6		10		
Phosphorus, P.....mg	15	0.674	18	A	1		15		
Potassium, K.....mg	123	8.502	18	A	1		122		
Sodium, Na.....mg	1	0.197	18	A	1		1		
Zinc, Zn.....mg	0.12	0.018	21	JA	6		0.11		
Copper, Cu.....mg	0.059	0.018	21	JA	6		0.058		
Manganese, Mn.....mg	0.113	0.011	21	JA	6		0.112		
Selenium, Se.....mcg	0.1	0.054	21	JA	6		0.1		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	1.3		0		1		1.3		
Thiamin.....mg	0.076		0		1		0.075		
Riboflavin.....mg	0.020		0		1		0.020		
Niacin.....mg	0.600		0		1		0.594		
Pantothenic acid.....mg	0.075		0		1		0.074		
Vitamin B-6.....mg	0.086		0		1		0.085		
Folate, total.....mcg	14		0		1		14		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	14		0		1		14		
Folate, DFE.....mcg_DFE	14		0	NC	4		14		
Choline, total.....mg	9.4		0	BFSN	4		9.3		
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00		
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....mcg_RAE	2		0	NC	4		2		
Retinol.....mcg	0		0	Z	7		0		
Carotene, beta.....mcg	22		0	BFSN	4		22		
Carotene, alpha.....mcg	0		0	BFSN	4		0		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0		
Vitamin A, IU.....IU	37		0	NC	4		37		
Lycopene.....mcg	0		0	Z	7		0		
Lutein + zeaxanthin.....mcg	0		0	BFSN	4		0		
Vitamin E (alpha-tocopherol).....mg	0.41		0	BFSN	4		0.40		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	2.9		1		1		2.9		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.044		0		1		0.044		
4:0.....g	0.000		0		1		0.000		
6:0.....g	0.000		0		1		0.000		
8:0.....g	0.000		0		1		0.000		
10:0.....g	0.000		0		1		0.000		

NDB No. 11210

Eggplant, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0		1		0.000		
13:0.....g									
14:0.....g	0.001		0		1		0.001		
15:0.....g									
16:0.....g	0.032		0		1		0.032		
17:0.....g									
18:0.....g	0.012		0		1		0.012		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.020		0		1		0.020		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0		1		0.002		
17:1.....g									
18:1 undifferentiated.....g	0.018		0		1		0.018		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.093		0		1		0.092		
18:2 undifferentiated.....g	0.078		0		1		0.077		
18:3 undifferentiated.....g	0.015		0		1		0.015		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.008		0		1		0.008		
Threonine.....g	0.030		0		1		0.030		
Isoleucine.....g	0.036		0		1		0.036		
Leucine.....g	0.052		0		1		0.051		
Lysine.....g	0.039		0		1		0.039		
Methionine.....g	0.009		0		1		0.009		
Cystine.....g	0.004		0		1		0.004		
Phenylalanine.....g	0.035		0		1		0.035		
Tyrosine.....g	0.022		0		1		0.022		
Valine.....g	0.043		0		1		0.043		
Arginine.....g	0.046		0		1		0.046		
Histidine.....g	0.019		0		1		0.019		
Alanine.....g	0.042		0		1		0.042		
Aspartic acid.....g	0.134		0		1		0.133		
Glutamic acid.....g	0.152		0		1		0.150		
Glycine.....g	0.033		0		1		0.033		
Proline.....g	0.034		0		1		0.034		
Serine.....g	0.034		0		1		0.034		
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

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

**Common Measures:**

**NDB No. 11210**

**Eggplant, cooked, boiled, drained, without salt**

Measure 1 = 99g: 1 cup (1" cubes)

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group: 11 Vegetables and Vegetable Products**

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 43146  
Eggplant, pickled

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	86.90		1		1		118.18		
Energy.....kcal	49		0	NC	4		67		
Energy.....kj	205		0	NC	4		279		
Protein.....g	0.90		1		1		1.22		
Total lipid (fat).....g	0.70		1		1		0.95		
Ash.....g	1.73		0	O	4		2.35		
Carbohydrate, by difference.....g	9.77		0	NC	4		13.29		
Fiber, total dietary.....g	2.5		0		4		3.4		
Sugars, total.....g	4.80		0	O	4		6.53		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	25		1		1		34		
Iron, Fe.....mg	0.77		1		1		1.05		
Magnesium, Mg.....mg	6		1		1		8		
Phosphorus, P.....mg	9		1		1		12		
Potassium, K.....mg	12		1		1		16		
Sodium, Na.....mg	1674		1		1		2277		
Zinc, Zn.....mg	0.23		0		4		0.31		
Copper, Cu.....mg	0.173		0		4		0.235		
Manganese, Mn.....mg									
Selenium, Se.....mcg	0.6		0	BFZN	4		0.8		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		1		1		0.0		
Thiamin.....mg	0.050		1		1		0.068		
Riboflavin.....mg	0.070		1		1		0.095		
Niacin.....mg	0.660		1		1		0.898		
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.140		0		4		0.190		
Folate, total.....mcg	20		0		4		27		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	20		0		4		27		
Folate, DFE.....mcg_DFE	20		0	NC	4		27		
Choline, total.....mg	11.9		0	BFSN	4		16.2		
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0		7		0.00		
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....mcg_RAE	3		0	NC	4		3		
Retinol.....mcg	0		0	BNA	4		0		
Carotene, beta.....mcg	30		0	BNA	4		41		
Carotene, alpha.....mcg	0		0	BNA	4		0		
Cryptoxanthin, beta.....mcg	0		0	BNA	4		0		
Vitamin A, IU.....IU	50		0	NC	4		68		
Lycopene.....mcg	0		0	BFSN	4		0		
Lutein + zeaxanthin.....mcg	0		0	BFSN	4		0		
Vitamin E (alpha-tocopherol).....mg	0.03		0	O	4		0.04		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	3.7		0	BFSN	4		5.0		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.140		0		4		0.190		
4:0.....g	0.000		0		4		0.000		
6:0.....g	0.000		0		4		0.000		
8:0.....g	0.000		0		4		0.000		
10:0.....g	0.000		0		4		0.000		

NDB No. 43146  
Eggplant, pickled

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0		4		0.000		
13:0.....g									
14:0.....g	0.000		0		4		0.000		
15:0.....g									
16:0.....g	0.098		0		4		0.133		
17:0.....g									
18:0.....g	0.035		0		4		0.048		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.063		0		4		0.086		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.007		0		4		0.010		
17:1.....g									
18:1 undifferentiated.....g	0.057		0		4		0.078		
20:1.....g	0.000		0		4		0.000		
22:1 undifferentiated.....g	0.000		0		4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.294		0		4		0.400		
18:2 undifferentiated.....g	0.245		0		4		0.333		
18:3 undifferentiated.....g	0.049		0		4		0.067		
18:4.....g	0.000		0		4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000		
20:5 n-3.....g	0.000		0		4		0.000		
22:5 n-3.....g	0.000		0		4		0.000		
22:6 n-3.....g	0.000		0		4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		7		0		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

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

**Common Measures:**

Measure 1 = 136g: 1 cup

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11209  
 Eggplant, raw  
*Solanum melongena*

Refuse:19% Ends, parings and trimmings

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	92.41		1		1		75.77	423.22	506.39
Energy.....kcal	24		0	NC	4		20	112	134
Energy.....kj	102		0	NC	4		84	467	559
Protein (N x 6.25).....g	1.01	0.031	6		1		0.83	4.62	5.53
Total lipid (fat).....g	0.19	0.046	5		1		0.16	0.87	1.04
Ash.....g	0.70	0.127	6		1		0.57	3.20	3.82
Carbohydrate, by difference.....g	5.70		0	NC	4		4.67	26.09	31.22
Fiber, total dietary.....g	3.4	0.255	4		1		2.7	15.3	18.4
Sugars, total.....g	2.35		0	O	4		1.93	10.76	12.88
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	9	0.432	6		1		7	41	49
Iron, Fe.....mg	0.24	0.017	6		1		0.19	1.08	1.30
Magnesium, Mg.....mg	14	0.389	9		1		11	62	74
Phosphorus, P.....mg	25	0.959	6		1		21	115	138
Potassium, K.....mg	230	7.846	6		1		189	1054	1261
Sodium, Na.....mg	2	0.287	6		1		2	10	13
Zinc, Zn.....mg	0.16	0.013	9		1		0.13	0.74	0.89
Copper, Cu.....mg	0.082	0.016	7		1		0.067	0.375	0.449
Manganese, Mn.....mg	0.250	0.101	8		1		0.205	1.145	1.370
Selenium, Se.....mcg	0.3	0.080	5	A	1		0.2	1.4	1.6
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	2.2	0.275	6		1		1.8	10.3	12.3
Thiamin.....mg	0.039	0.003	6		1		0.032	0.179	0.214
Riboflavin.....mg	0.037	0.003	6		1		0.031	0.171	0.205
Niacin.....mg	0.649	0.038	6		1		0.532	2.972	3.557
Pantothenic acid.....mg	0.281	0.019	6		1		0.230	1.287	1.540
Vitamin B-6.....mg	0.084	0.003	6		1		0.068	0.382	0.458
Folate, total.....mcg	22	2.079	6		1		18	99	118
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg	22	2.079	6		1		18	99	118
Folate, DFE.....mcg_DFE	22		0	NC	4		18	99	118
Choline, total.....mg	6.9		0	BFSN	4		5.7	31.6	37.8
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	1		0	NC	4		1	6	7
Retinol.....mcg	0		0	Z	7		0	0	0
Carotene, beta.....mcg	16	9.558	4		1		13	75	89
Carotene, alpha.....mcg	0		0	T	4		0	0	0
Cryptoxanthin, beta.....mcg	0		0	Z	7		0	0	0
Vitamin A, IU.....IU	27		0	NC	4		22	125	149
Lycopene.....mcg	0		0	Z	7		0	0	0
Lutein + zeaxanthin.....mcg	0		0	T	4		0	0	0
Vitamin E (alpha-tocopherol).....mg	0.30		0	O	4		0.25	1.37	1.64
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	3.5		0	BFPN	4		2.9	16.1	19.3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.034		0		1		0.028	0.156	0.186
4:0.....g	0.000		0		1		0.000	0.000	0.000
6:0.....g	0.000		0		1		0.000	0.000	0.000
8:0.....g	0.000		0		1		0.000	0.000	0.000
10:0.....g	0.000		0		1		0.000	0.000	0.000



Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0		1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.000		1		1		0.000	0.000	0.000
15:0.....g									
16:0.....g	0.025		1		1		0.021	0.115	0.137
17:0.....g									
18:0.....g	0.009		1		1		0.007	0.041	0.049
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.016		0		1		0.013	0.073	0.088
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		1		1		0.002	0.009	0.011
17:1.....g									
18:1 undifferentiated.....g	0.014		1		1		0.011	0.064	0.077
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.076		0		1		0.062	0.348	0.416
18:2 undifferentiated.....g	0.063		1		1		0.052	0.289	0.345
18:3 undifferentiated.....g	0.013		1		1		0.011	0.060	0.071
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	0
Phytosterols.....mg	7		1		1		6	32	38
<b>Amino Acids:</b>									
Tryptophan.....g	0.009		0		1		0.007	0.041	0.049
Threonine.....g	0.037		0		1		0.030	0.169	0.203
Isoleucine.....g	0.045		0		1		0.037	0.206	0.247
Leucine.....g	0.064		0		1		0.052	0.293	0.351
Lysine.....g	0.047		0		1		0.039	0.215	0.258
Methionine.....g	0.011		0		1		0.009	0.050	0.060
Cystine.....g	0.006		0		1		0.005	0.027	0.033
Phenylalanine.....g	0.043		0		1		0.035	0.197	0.236
Tyrosine.....g	0.027		0		1		0.022	0.124	0.148
Valine.....g	0.053		0		1		0.043	0.243	0.290
Arginine.....g	0.057		0		1		0.047	0.261	0.312
Histidine.....g	0.023		0		1		0.019	0.105	0.126
Alanine.....g	0.051		0		1		0.042	0.234	0.279
Aspartic acid.....g	0.164		0		1		0.134	0.751	0.899
Glutamic acid.....g	0.186		0		1		0.153	0.852	1.019
Glycine.....g	0.041		0		1		0.034	0.188	0.225
Proline.....g	0.043		0		1		0.035	0.197	0.236
Serine.....g	0.042		0		1		0.034	0.192	0.230
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0

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

**Common Measures:**

**NDB No. 11209**

**Eggplant, raw**

Measure 1 = 82g: 1 cup, cubes

Measure 2 = 458g: 1 eggplant, peeled (yield from 1-1/4 lb)

Measure 3 = 548g: 1 eggplant, unpeeled (approx 1-1/4 lb)

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11213

Endive, raw

*Cichorium endivia*

Refuse:14% Outer leaves and core

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	93.79	0.254	24		1		481.14	23.45	
Energy.....kcal	17		0	NC	4		87	4	
Energy.....kj	71		0		4		365	18	
Protein (N x 6.25).....g	1.25		2		1		6.41	0.31	
Total lipid (fat).....g	0.20		2		1		1.03	0.05	
Ash.....g	1.41		2		1		7.23	0.35	
Carbohydrate, by difference.....g	3.35		0	NC	4		17.19	0.84	
Fiber, total dietary.....g	3.1		0		1		15.9	0.8	
Sugars, total.....g	0.25		0	O	4		1.28	0.06	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	52	5.780	4		1		267	13	
Iron, Fe.....mg	0.83	0.239	4		1		4.26	0.21	
Magnesium, Mg.....mg	15	5.530	4		1		77	4	
Phosphorus, P.....mg	28	3.844	3		1		144	7	
Potassium, K.....mg	314	22.487	18		1		1611	79	
Sodium, Na.....mg	22	4.106	18		1		113	6	
Zinc, Zn.....mg	0.79		2		1		4.05	0.20	
Copper, Cu.....mg	0.099		1		1		0.508	0.025	
Manganese, Mn.....mg	0.420		1		1		2.155	0.105	
Selenium, Se.....mcg	0.2		0	BFSN	4		1.0	0.1	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	6.5		2		1		33.3	1.6	
Thiamin.....mg	0.080		2		1		0.410	0.020	
Riboflavin.....mg	0.075		2		1		0.385	0.019	
Niacin.....mg	0.400		2		1		2.052	0.100	
Pantothenic acid.....mg	0.900		0		1		4.617	0.225	
Vitamin B-6.....mg	0.020		0		1		0.103	0.005	
Folate, total.....mcg	142	13.409	6		1		728	36	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	142	13.409	6		1		728	36	
Folate, DFE.....mcg_DFE	142		0	NC	4		728	36	
Choline, total.....mg	16.8		0	BFSN	4		86.2	4.2	
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	108		0	NC	4		556	27	
Retinol.....mcg	0		0	Z	7		0	0	
Carotene, beta.....mcg	1300		0	T	4		6669	325	
Carotene, alpha.....mcg	0		0	T	4		0	0	
Cryptoxanthin, beta.....mcg	0		0	T	4		0	0	
Vitamin A, IU.....IU	2167		0	NC	4		11115	542	
Lycopene.....mcg	0		0	T	4		0	0	
Lutein + zeaxanthin.....mcg	0		0	T	4		0	0	
Vitamin E (alpha-tocopherol).....mg	0.44		0	O	4		2.26	0.11	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	231.0		0	T	4		1185.0	57.8	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.048		0		1		0.246	0.012	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.000		0		1		0.000	0.000	

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0		1		0.000	0.000	
13:0.....g									
14:0.....g	0.003		0		1		0.015	0.001	
15:0.....g									
16:0.....g	0.041		0		1		0.210	0.010	
17:0.....g									
18:0.....g	0.002		0		1		0.010	0.001	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.004		0		1		0.021	0.001	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.004		0		1		0.021	0.001	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.087		0		1		0.446	0.022	
18:2 undifferentiated.....g	0.075		0		1		0.385	0.019	
18:3 undifferentiated.....g	0.013		0		1		0.067	0.003	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.005		5		1		0.026	0.001	
Threonine.....g	0.050		7		1		0.257	0.013	
Isoleucine.....g	0.072		7		1		0.369	0.018	
Leucine.....g	0.098		7		1		0.503	0.025	
Lysine.....g	0.063		7		1		0.323	0.016	
Methionine.....g	0.014		7		1		0.072	0.004	
Cystine.....g	0.010		3		1		0.051	0.003	
Phenylalanine.....g	0.053		7		1		0.272	0.013	
Tyrosine.....g	0.040		3		1		0.205	0.010	
Valine.....g	0.063		7		1		0.323	0.016	
Arginine.....g	0.062		7		1		0.318	0.016	
Histidine.....g	0.023		7		1		0.118	0.006	
Alanine.....g	0.062		3		1		0.318	0.016	
Aspartic acid.....g	0.130		3		1		0.667	0.033	
Glutamic acid.....g	0.166		3		1		0.852	0.042	
Glycine.....g	0.058		3		1		0.298	0.015	
Proline.....g	0.059		3		1		0.303	0.015	
Serine.....g	0.049		3		1		0.251	0.012	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

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

**Common Measures:**

**NDB No. 11213**

**Endive, raw**

Measure 1 = 513g: 1 head

Measure 2 = 25g: .5 cup, chopped

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11984

Epazote, raw

*Chenopodium ambrosioides*

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	89.21		2	A	1		0.71	1.78	
Energy.....kcal	32		0	NC	4		0	1	
Energy.....kj	134				4		1	3	
Protein (N x 6.25).....g	0.33		2	A	1		0.00	0.01	
Total lipid (fat).....g	0.52		2	A	1		0.00	0.01	
Ash.....g	2.50		2	A	1		0.02	0.05	
Carbohydrate, by difference.....g	7.44		0	NC	4		0.06	0.15	
Fiber, total dietary.....g	3.8		2	A	1		0.0	0.1	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	275		2	A	1		2	6	
Iron, Fe.....mg	1.88		2	A	1		0.02	0.04	
Magnesium, Mg.....mg	121		2	A	1		1	2	
Phosphorus, P.....mg	86		2	A	1		1	2	
Potassium, K.....mg	633		2	A	1		5	13	
Sodium, Na.....mg	43		2	A	1		0	1	
Zinc, Zn.....mg	1.10		2	A	1		0.01	0.02	
Copper, Cu.....mg	0.190		2	A	1		0.002	0.004	
Manganese, Mn.....mg	3.098		2	A	1		0.025	0.062	
Selenium, Se.....mcg	0.9		0	CAZN	4		0.0	0.0	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	3.6		2	A	1		0.0	0.1	
Thiamin.....mg	0.028		2	A	1		0.000	0.001	
Riboflavin.....mg	0.348		2	A	1		0.003	0.007	
Niacin.....mg	0.639		2	A	1		0.005	0.013	
Pantothenic acid.....mg	0.179		2	A	1		0.001	0.004	
Vitamin B-6.....mg	0.152		2	A	1		0.001	0.003	
Folate, total.....mcg	215		2	A	1		2	4	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	215		2	A	1		2	4	
Folate, DFE.....mcg_DFE	215		0	NC	4		2	4	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	3		1	A	1		0	0	
Retinol.....mcg	0		0	Z	7		0	0	
Carotene, beta.....mcg	38		2	A	1		0	1	
Carotene, alpha.....mcg									
Cryptoxanthin, beta.....mcg									
Vitamin A, IU.....IU	57		1	A	1		0	1	
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g									
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
<b>Others:</b>									

NDB No. 11984

Epazote, raw

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Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Alcohol, ethyl.....g	0.0		0	Z	7	0.0	0.0		
Caffeine.....mg									
Theobromine.....mg									

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

**Common Measures:**

Measure 1 = 0.8g: 1 tbsp

Measure 2 = 2.0g: 1 sprig

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group:** 11 Vegetables and Vegetable Products  
USDA National Nutrient Database for Standard Reference, Release 21 (2008)





NDB No. 11618

Eppaw, raw

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

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

**Common Measures:**

Measure 1 = 100g: 1 cup

**Calories Factors: Protein 2.78**

**Fat 8.37**

**Carbohydrate 3.84**

**Food Group:** 11 Vegetables and Vegetable Products  
USDA National Nutrient Database for Standard Reference, Release 21 (2008)



NDB No. 11957  
Fennel, bulb, raw

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

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

**Common Measures:**

Measure 1 = 87g: 1 cup, sliced

Measure 2 = 234g: 1 bulb

**Calories Factors: Protein** 2.44

**Fat** 8.37

**Carbohydrate**3.57

**Food Group:** 11 Vegetables and Vegetable Products  
USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11996

Fiddlehead ferns, frozen, unprepared

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	88.91	0.045	5	A	1				
Energy.....kcal	34		0	NC	4				
Energy.....kj	142		0	NC	4				
Protein (N x 6.25).....g	4.31	0.018	5	A	1				
Total lipid (fat).....g	0.35	0.004	5	A	1				
Ash.....g	0.69	0.018	5	A	1				
Carbohydrate, by difference.....g	5.74		0	NC	4				
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	24		2	A	1				
Iron, Fe.....mg	0.73		2	A	1				
Magnesium, Mg.....mg	19		2	A	1				
Phosphorus, P.....mg	58		2	A	1				
Potassium, K.....mg	129		2	A	1				
Sodium, Na.....mg	0		2	A	1				
Zinc, Zn.....mg	0.71		2	A	1				
Copper, Cu.....mg	0.220		2	A	1				
Manganese, Mn.....mg	0.940		2	A	1				
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	17.8	0.850	5	A	1				
Thiamin.....mg	0.014	0.000	5	A	1				
Riboflavin.....mg	0.130	0.009	5	A	1				
Niacin.....mg	3.260	0.054	5	A	1				
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7				
Vitamin A, RAE.....mcg_RAE	168		0	AS	1				
Vitamin A, IU.....IU	3350		0	AS	1				
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g									
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7				
Phytosterols.....mg									

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

Common Measures:

**NDB No. 11996**

**Fiddlehead ferns, frozen, unprepared**

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 11995**  
**Fiddlehead ferns, raw**  
*Matteuccia struthioeris*

Refuse:

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	88.68	0.295	5	A	1				
Energy.....kcal	34		0	NC	4				
Energy.....kj	143		0	NC	4				
Protein (N x 6.25).....g	4.55	0.013	5	A	1				
Total lipid (fat).....g	0.40	0.009	5	A	1				
Ash.....g	0.83	0.013	5	A	1				
Carbohydrate, by difference.....g	5.54		0	NC	4				
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	32		2	A	1				
Iron, Fe.....mg	1.31		2	A	1				
Magnesium, Mg.....mg	34		2	A	1				
Phosphorus, P.....mg	101		2	A	1				
Potassium, K.....mg	370		2	A	1				
Sodium, Na.....mg	1		2	A	1				
Zinc, Zn.....mg	0.83		2	A	1				
Copper, Cu.....mg	0.320		2	A	1				
Manganese, Mn.....mg	0.510		2	A	1				
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	26.6	2.415	5	A	1				
Thiamin.....mg	0.020	0.001	5	A	1				
Riboflavin.....mg	0.210	0.013	5	A	1				
Niacin.....mg	4.980	0.085	5	A	1				
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7				
Vitamin A, RAE.....mcg_RAE	181		0	AS	1				
Vitamin A, IU.....IU	3617		0	AS	1				
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g									
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7				
Phytosterols.....mg									

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

**Common Measures:**

**NDB No. 11995**  
**Fiddlehead ferns, raw**

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 11985**  
**Fireweed, leaves, raw**  
*Epilobium angustifolium*

Refuse:65% Stems and flowers

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	70.78		2	A	1		16.28	15.57	
Energy.....kcal	103		0	NC	4		24	23	
Energy.....kj	431				4		99	95	
Protein (N x 6.25).....g	4.71		2	A	1		1.08	1.04	
Total lipid (fat).....g	2.75		2	A	1		0.63	0.61	
Ash.....g	2.54		2	A	1		0.58	0.56	
Carbohydrate, by difference.....g	19.22		0	NC	4		4.42	4.23	
Fiber, total dietary.....g	10.6		2	A	1		2.4	2.3	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	429		2	A	1		99	94	
Iron, Fe.....mg	2.40		1	A	1		0.55	0.53	
Magnesium, Mg.....mg	156		2	A	1		36	34	
Phosphorus, P.....mg	108		2	A	1		25	24	
Potassium, K.....mg	494		2	A	1		114	109	
Sodium, Na.....mg	34		2	A	1		8	7	
Zinc, Zn.....mg	2.66		2	A	1		0.61	0.59	
Copper, Cu.....mg	0.320		1	A	1		0.074	0.070	
Manganese, Mn.....mg	6.704		2	A	1		1.542	1.475	
Selenium, Se.....mcg	0.9		0	CAZN	4		0.2	0.2	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	2.2		1	A	1		0.5	0.5	
Thiamin.....mg	0.033		1	A	1		0.008	0.007	
Riboflavin.....mg	0.137		2	A	1		0.032	0.030	
Niacin.....mg	4.674		2	A	1		1.075	1.028	
Pantothenic acid.....mg	1.356		2	A	1		0.312	0.298	
Vitamin B-6.....mg	0.632		2	A	1		0.145	0.139	
Folate, total.....mcg	112		2	A	1		26	25	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	112		2	A	1		26	25	
Folate, DFE.....mcg_DFE	112		0	NC	4		26	25	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	180		1	A	1		41	40	
Retinol.....mcg	0		0	Z	7		0	0	
Carotene, beta.....mcg									
Carotene, alpha.....mcg									
Cryptoxanthin, beta.....mcg									
Vitamin A, IU.....IU	3598		1	A	1		828	792	
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g									
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
<b>Others:</b>									



NDB No. 11985  
 Fireweed, leaves, raw

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg									
Theobromine.....mg									

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

**Common Measures:**

Measure 1 = 23g: 1 cup, chopped  
 Measure 2 = 22g: 1 plant

**Calories Factors: Protein 2.44      Fat 8.37      Carbohydrate 3.57**

**Food Group:** 11 Vegetables and Vegetable Products  
 USDA National Nutrient Database for Standard Reference, Release 21 (2008)



NDB No. 11988  
Fungi, Cloud ears, dried

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

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

**Common Measures:**

Measure 1 = 28g: 1 cup

Measure 2 = 4.5g: 1 piece

**Calories Factors: Protein** 2.62

**Fat** 8.37

**Carbohydrate**3.48

**Food Group:** 11 Vegetables and Vegetable Products  
USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11215

Garlic, raw

Allium sativum

Refuse:13% Knob and skin

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	58.58	0.432	8		1		79.67	1.64	1.76
Energy.....kcal	149		0	NC	4		202	4	4
Energy.....kj	623		0	NC	4		847	17	19
Protein (N x 6.25).....g	6.36	0.203	8		1		8.65	0.18	0.19
Total lipid (fat).....g	0.50		1		1		0.68	0.01	0.02
Ash.....g	1.50		0		1		2.04	0.04	0.05
Carbohydrate, by difference.....g	33.06		0	NC	4		44.96	0.93	0.99
Fiber, total dietary.....g	2.1		0		4		2.9	0.1	0.1
Sugars, total.....g	1.00		0	T	4		1.36	0.03	0.03
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	181	25.131	8		1		246	5	5
Iron, Fe.....mg	1.70		1		1		2.31	0.05	0.05
Magnesium, Mg.....mg	25	1.049	8		1		34	1	1
Phosphorus, P.....mg	153	7.945	8		1		208	4	5
Potassium, K.....mg	401	25.544	8		1		545	11	12
Sodium, Na.....mg	17	1.183	8		1		23	0	1
Zinc, Zn.....mg	1.16		0		4		1.58	0.03	0.03
Copper, Cu.....mg	0.299		0		4		0.407	0.008	0.009
Manganese, Mn.....mg	1.672		0		4		2.274	0.047	0.050
Selenium, Se.....mcg	14.2	3.198	5	A	1		19.3	0.4	0.4
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	31.2	1.645	11		1		42.4	0.9	0.9
Thiamin.....mg	0.200		1		1		0.272	0.006	0.006
Riboflavin.....mg	0.110		1		1		0.150	0.003	0.003
Niacin.....mg	0.700		1		1		0.952	0.020	0.021
Pantothenic acid.....mg	0.596		0		4		0.811	0.017	0.018
Vitamin B-6.....mg	1.235		0		4		1.680	0.035	0.037
Folate, total.....mcg	3		0		1		4	0	0
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg	3		0		1		4	0	0
Folate, DFE.....mcg_DFE	3		0	NC	4		4	0	0
Choline, total.....mg	23.2		0	BFSN	4		31.6	0.7	0.7
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		1	0	0
Retinol.....mcg	0		0	Z	7		0	0	0
Carotene, beta.....mcg	5		0	BFSN	4		7	0	0
Carotene, alpha.....mcg	0		0	BFSN	4		0	0	0
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0	0	0
Vitamin A, IU.....IU	9		0	NC	4		12	0	0
Lycopene.....mcg	0		0	BFSN	4		0	0	0
Lutein + zeaxanthin.....mcg	16		0	BFSN	4		22	0	0
Vitamin E (alpha-tocopherol).....mg	0.08		0	BFSN	4		0.10	0.00	0.00
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	1.7		0	BFSN	4		2.3	0.0	0.0
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.089		0		1		0.121	0.002	0.003
4:0.....g	0.000		0		1		0.000	0.000	0.000
6:0.....g	0.000		0		1		0.000	0.000	0.000
8:0.....g	0.000		0		1		0.000	0.000	0.000
10:0.....g	0.002		0		1		0.003	0.000	0.000

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0		1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.000		0		1		0.000	0.000	0.000
15:0.....g									
16:0.....g	0.087		0		1		0.118	0.002	0.003
17:0.....g									
18:0.....g	0.000		0		1		0.000	0.000	0.000
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.011		0		1		0.015	0.000	0.000
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.011		0		1		0.015	0.000	0.000
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.249		0		1		0.339	0.007	0.007
18:2 undifferentiated.....g	0.229		0		1		0.311	0.006	0.007
18:3 undifferentiated.....g	0.020		0		1		0.027	0.001	0.001
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	0
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.066		1		1		0.090	0.002	0.002
Threonine.....g	0.157		1		1		0.214	0.004	0.005
Isoleucine.....g	0.217		1		1		0.295	0.006	0.007
Leucine.....g	0.308		1		1		0.419	0.009	0.009
Lysine.....g	0.273		1		1		0.371	0.008	0.008
Methionine.....g	0.076		1		1		0.103	0.002	0.002
Cystine.....g	0.065		1		1		0.088	0.002	0.002
Phenylalanine.....g	0.183		1		1		0.249	0.005	0.005
Tyrosine.....g	0.081		1		1		0.110	0.002	0.002
Valine.....g	0.291		1		1		0.396	0.008	0.009
Arginine.....g	0.634		1		1		0.862	0.018	0.019
Histidine.....g	0.113		1		1		0.154	0.003	0.003
Alanine.....g	0.132		1		1		0.180	0.004	0.004
Aspartic acid.....g	0.489		1		1		0.665	0.014	0.015
Glutamic acid.....g	0.805		1		1		1.095	0.023	0.024
Glycine.....g	0.200		1		1		0.272	0.006	0.006
Proline.....g	0.100		1		1		0.136	0.003	0.003
Serine.....g	0.190		1		1		0.258	0.005	0.006
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0

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

**Common Measures:**

**NDB No. 11215**

**Garlic, raw**

Measure 1 = 136g: 1 cup

Measure 2 = 2.8g: 1 tsp

Measure 3 = 3.0g: 1 clove

**Calories Factors: Protein 2.78**

**Fat 8.37**

**Carbohydrate 3.84**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 11216**  
**Ginger root, raw**  
*Zingiber officinale*

Refuse:7% Scrapings

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	78.89		5		1		1.58	18.93	8.68
Energy.....kcal	80		0	NC	4		2	19	9
Energy.....kj	333		0	NC	4		7	80	37
Protein (N x 6.25).....g	1.82		5		1		0.04	0.44	0.20
Total lipid (fat).....g	0.75		3		1		0.01	0.18	0.08
Ash.....g	0.77		2		1		0.02	0.18	0.08
Carbohydrate, by difference.....g	17.77		0	NC	4		0.36	4.26	1.95
Fiber, total dietary.....g	2.0		0		4		0.0	0.5	0.2
Sugars, total.....g	1.70		0	T	4		0.03	0.41	0.19
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	16		3		1		0	4	2
Iron, Fe.....mg	0.60		3		1		0.01	0.14	0.07
Magnesium, Mg.....mg	43		2		1		1	10	5
Phosphorus, P.....mg	34		3		1		1	8	4
Potassium, K.....mg	415		2		1		8	100	46
Sodium, Na.....mg	13		2		1		0	3	1
Zinc, Zn.....mg	0.34		1		1		0.01	0.08	0.04
Copper, Cu.....mg	0.226		1		1		0.005	0.054	0.025
Manganese, Mn.....mg	0.229		1		1		0.005	0.055	0.025
Selenium, Se.....mcg	0.7		0	CAZN	4		0.0	0.2	0.1
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	5.0		1		1		0.1	1.2	0.6
Thiamin.....mg	0.025		3		1		0.000	0.006	0.003
Riboflavin.....mg	0.034		3		1		0.001	0.008	0.004
Niacin.....mg	0.750		3		1		0.015	0.180	0.083
Pantothenic acid.....mg	0.203		1		1		0.004	0.049	0.022
Vitamin B-6.....mg	0.160		1		1		0.003	0.038	0.018
Folate, total.....mcg	11		1		1		0	3	1
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg	11		1		1		0	3	1
Folate, DFE.....mcg_DFE	11		0	NC	4		0	3	1
Choline, total.....mg	28.8		0	BFSN	4		0.6	6.9	3.2
Betaine.....mg									
Vitamin B-12.....mcg	0.00		1		1		0.00	0.00	0.00
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	0		0	AS	1		0	0	0
Retinol.....mcg	0		0	Z	7		0	0	0
Carotene, beta.....mcg	0		0	Z	7		0	0	0
Carotene, alpha.....mcg	0		0	Z	7		0	0	0
Cryptoxanthin, beta.....mcg	0		0	Z	7		0	0	0
Vitamin A, IU.....IU	0		0	AS	1		0	0	0
Lycopene.....mcg	0		0	Z	7		0	0	0
Lutein + zeaxanthin.....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol).....mg	0.26		0	O	4		0.01	0.06	0.03
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.1		0	O	4		0.0	0.0	0.0
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.203		0		1		0.004	0.049	0.022
4:0.....g	0.000		0		1		0.000	0.000	0.000
6:0.....g	0.000		0		1		0.000	0.000	0.000
8:0.....g	0.007		1		1		0.000	0.002	0.001
10:0.....g	0.000		0		1		0.000	0.000	0.000

**NDB No. 11216**  
**Ginger root, raw**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.039		1		1		0.001	0.009	0.004
13:0.....g									
14:0.....g	0.018		1		1		0.000	0.004	0.002
15:0.....g									
16:0.....g	0.120		1		1		0.002	0.029	0.013
17:0.....g									
18:0.....g	0.017		1		1		0.000	0.004	0.002
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.154		0		1		0.003	0.037	0.017
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.021		1		1		0.000	0.005	0.002
17:1.....g									
18:1 undifferentiated.....g	0.119		1		1		0.002	0.029	0.013
20:1.....g	0.007		1		1		0.000	0.002	0.001
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.154		0		1		0.003	0.037	0.017
18:2 undifferentiated.....g	0.120		1		1		0.002	0.029	0.013
18:3 undifferentiated.....g	0.034		1		1		0.001	0.008	0.004
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1		1		0	0	0
Phytosterols.....mg	15		1		1		0	4	2
<b>Amino Acids:</b>									
Tryptophan.....g	0.012		1		1		0.000	0.003	0.001
Threonine.....g	0.036		1		1		0.001	0.009	0.004
Isoleucine.....g	0.051		1		1		0.001	0.012	0.006
Leucine.....g	0.074		1		1		0.001	0.018	0.008
Lysine.....g	0.057		1		1		0.001	0.014	0.006
Methionine.....g	0.013		1		1		0.000	0.003	0.001
Cystine.....g	0.008		1		1		0.000	0.002	0.001
Phenylalanine.....g	0.045		1		1		0.001	0.011	0.005
Tyrosine.....g	0.020		1		1		0.000	0.005	0.002
Valine.....g	0.073		1		1		0.001	0.018	0.008
Arginine.....g	0.043		1		1		0.001	0.010	0.005
Histidine.....g	0.030		1		1		0.001	0.007	0.003
Alanine.....g	0.031		1		1		0.001	0.007	0.003
Aspartic acid.....g	0.208		1		1		0.004	0.050	0.023
Glutamic acid.....g	0.162		1		1		0.003	0.039	0.018
Glycine.....g	0.043		1		1		0.001	0.010	0.005
Proline.....g	0.041		1		1		0.001	0.010	0.005
Serine.....g	0.045		1		1		0.001	0.011	0.005
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0

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

**Common Measures:**



**NDB No. 11216**

**Ginger root, raw**

Measure 1 = 2.0g: 1 tsp

Measure 2 = 24g: .25 cup slices (1" dia)

Measure 3 = 11.0g: 5 slices (1" dia)

**Calories Factors: Protein 2.78**

**Fat 8.37**

**Carbohydrate 3.84**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)



NDB No. 11785

Gourd, dishcloth (tow elgourd), cooked, boiled, drained, with salt

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g									
15:0.....g									
16:0.....g	0.019		0		1		0.034	0.017	
17:0.....g									
18:0.....g	0.008		0		1		0.014	0.007	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.063		0		1		0.112	0.056	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.063		0		1		0.112	0.056	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.148		0		1		0.263	0.132	
18:2 undifferentiated.....g	0.148		0		1		0.263	0.132	
18:3 undifferentiated.....g									
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0	0	
Phytosterols.....mg									

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

**Common Measures:**

Measure 1 = 178g: 1 cup (1" pieces)

Measure 2 = 89g: .5 cup (1" slices)

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group: 11 Vegetables and Vegetable Products**  
 USDA National Nutrient Database for Standard Reference, Release 21 (2008)



NDB No. 11221

Gourd, dishcloth (tow elgourd), cooked, boiled, drained, without salt

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g									
15:0.....g									
16:0.....g	0.019		0		1		0.034	0.017	
17:0.....g									
18:0.....g	0.008		0		1		0.014	0.007	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.063		0		1		0.112	0.056	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.063		0		1		0.112	0.056	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.148		0		1		0.263	0.132	
18:2 undifferentiated.....g	0.148		0		1		0.263	0.132	
18:3 undifferentiated.....g									
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0	0	
Phytosterols.....mg									

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

**Common Measures:**

Measure 1 = 178g: 1 cup (1" pieces)

Measure 2 = 89g: .5 cup (1" slices)

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group: 11 Vegetables and Vegetable Products**

USDA National Nutrient Database for Standard Reference, Release 21 (2008)



NDB No. 11220

Gourd, dishcloth (tow elgourd), raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g									
15:0.....g									
16:0.....g	0.011		0		1		0.010	0.020	
17:0.....g									
18:0.....g	0.005		0		1		0.005	0.009	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.037		0		1		0.035	0.066	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.037		0		1		0.035	0.066	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.087		0		1		0.083	0.155	
18:2 undifferentiated.....g	0.087		0		1		0.083	0.155	
18:3 undifferentiated.....g									
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0	0	
Phytosterols.....mg									

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

**Common Measures:**

Measure 1 = 95g: 1 cup (1" pieces)

Measure 2 = 178g: 1 gourd

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group: 11 Vegetables and Vegetable Products**

USDA National Nutrient Database for Standard Reference, Release 21 (2008)





NDB No. 11784

Gourd, white-flowered (calabash), cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g									
15:0.....g									
16:0.....g	0.001		0		1		0.001		
17:0.....g									
18:0.....g	0.000		0		1		0.000		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.004		0	NC	4		0.006		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.004		0		1		0.006		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.009		0	NC	4		0.013		
18:2 undifferentiated.....g	0.009		0		1		0.013		
18:3 undifferentiated.....g									
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.003		0		1		0.004		
Threonine.....g	0.017		0		1		0.025		
Isoleucine.....g	0.032		0		1		0.047		
Leucine.....g	0.035		0		1		0.051		
Lysine.....g	0.020		0		1		0.029		
Methionine.....g	0.004		0		1		0.006		
Cystine.....g									
Phenylalanine.....g	0.014		0		1		0.020		
Tyrosine.....g									
Valine.....g	0.026		0		1		0.038		
Arginine.....g	0.014		0		1		0.020		
Histidine.....g	0.004		0		1		0.006		
Alanine.....g									
Aspartic acid.....g									
Glutamic acid.....g									
Glycine.....g									
Proline.....g									
Serine.....g									
Hydroxyproline.....g									

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

**Common Measures:**

Measure 1 = 146g: 1 cup (1" cubes)

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**NDB No. 11784**

**Gourd, white-flowered (calabash), cooked, boiled, drained, with salt**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)



NDB No. 11219

Gourd, white-flowered (calabash), cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g									
15:0.....g									
16:0.....g	0.001		0		1		0.001		
17:0.....g									
18:0.....g	0.000		0		1		0.000		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.004		0		1		0.006		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.004		0		1		0.006		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.009		0		1		0.013		
18:2 undifferentiated.....g	0.009		0		1		0.013		
18:3 undifferentiated.....g									
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.003		0		1		0.004		
Threonine.....g	0.017		0		1		0.025		
Isoleucine.....g	0.032		0		1		0.047		
Leucine.....g	0.035		0		1		0.051		
Lysine.....g	0.020		0		1		0.029		
Methionine.....g	0.004		0		1		0.006		
Cystine.....g									
Phenylalanine.....g	0.014		0		1		0.020		
Tyrosine.....g									
Valine.....g	0.026		0		1		0.038		
Arginine.....g	0.014		0		1		0.020		
Histidine.....g	0.004		0		1		0.006		
Alanine.....g									
Aspartic acid.....g									
Glutamic acid.....g									
Glycine.....g									
Proline.....g									
Serine.....g									
Hydroxyproline.....g									

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

**Common Measures:**

Measure 1 = 146g: 1 cup (1" cubes)

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**NDB No. 11219**

**Gourd, white-flowered (calabash), cooked, boiled, drained, without salt**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)



NDB No. 11218

Gourd, white-flowered (calabash), raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g									
15:0.....g									
16:0.....g	0.001		0		1		0.001	0.008	
17:0.....g									
18:0.....g	0.000		0		1		0.000	0.000	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.004		0		1		0.002	0.031	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.004		0		1		0.002	0.031	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.009		0		1		0.005	0.069	
18:2 undifferentiated.....g	0.009		0		1		0.005	0.069	
18:3 undifferentiated.....g									
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.003		2		1		0.002	0.023	
Threonine.....g	0.018		2		1		0.010	0.139	
Isoleucine.....g	0.033		2		1		0.019	0.254	
Leucine.....g	0.036		2		1		0.021	0.278	
Lysine.....g	0.021		2		1		0.012	0.162	
Methionine.....g	0.004		2		1		0.002	0.031	
Cystine.....g									
Phenylalanine.....g	0.015		2		1		0.009	0.116	
Tyrosine.....g									
Valine.....g	0.027		2		1		0.016	0.208	
Arginine.....g	0.014		2		1		0.008	0.108	
Histidine.....g	0.004		2		1		0.002	0.031	
Alanine.....g									
Aspartic acid.....g									
Glutamic acid.....g									
Glycine.....g									
Proline.....g									
Serine.....g									
Hydroxyproline.....g									

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

**Common Measures:**

Measure 1 = 58g: .5 cup (1" pieces)

Measure 2 = 771g: 1 gourd

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

**NDB No. 11218**

**Gourd, white-flowered (calabash), raw**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)





NDB No. 11975  
 Grape leaves, canned

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.005		1	A	1		0.000		
15:0.....g	0.009		1	A	1		0.000		
16:0.....g	0.240		1	A	1		0.010		
17:0.....g	0.002		1	A	1		0.000		
18:0.....g	0.025		1	A	1		0.001		
20:0.....g	0.011		1	A	1		0.000		
22:0.....g	0.008		1	A	1		0.000		
24:0.....g	0.012		1	A	1		0.000		
Fatty acids, total monounsaturated.....g	0.076		1	A	1		0.003		
14:1.....g	0.003		1	A	1		0.000		
15:1.....g									
16:1 undifferentiated.....g	0.034		1	A	1		0.001		
17:1.....g									
18:1 undifferentiated.....g	0.039		1	A	1		0.002		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.989		1	A	1		0.040		
18:2 undifferentiated.....g	0.146		1	A	1		0.006		
18:3 undifferentiated.....g	0.843		1	A	1		0.034		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg									

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

**Common Measures:**

Measure 1 = 4.0g: 1 leaf

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group: 11 Vegetables and Vegetable Products**

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11974  
 Grape leaves, raw  
*Vitis vinifera*

Refuse:5% Tough stems

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	73.32		2	A	1		10.26	2.20	
Energy.....kcal	93		0	NC	4		13	3	
Energy.....kj	390		0	NC	4		55	12	
Protein (N x 6.25).....g	5.60		2	A	1		0.78	0.17	
Total lipid (fat).....g	2.12		2	A	1		0.30	0.06	
Ash.....g	1.65		2	A	1		0.23	0.05	
Carbohydrate, by difference.....g	17.31		0	NC	4		2.42	0.52	
Fiber, total dietary.....g	11.0		0		1		1.5	0.3	
Sugars, total.....g	6.30		0	O	4		0.88	0.19	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	363		2	A	1		51	11	
Iron, Fe.....mg	2.63		2	A	1		0.37	0.08	
Magnesium, Mg.....mg	95		2	A	1		13	3	
Phosphorus, P.....mg	91		2	A	1		13	3	
Potassium, K.....mg	272		2	A	1		38	8	
Sodium, Na.....mg	9		2	A	1		1	0	
Zinc, Zn.....mg	0.67		2	A	1		0.09	0.02	
Copper, Cu.....mg	0.415		2	A	1		0.058	0.012	
Manganese, Mn.....mg	2.855		2	A	1		0.400	0.086	
Selenium, Se.....mcg	0.9		0	CAZN	4		0.1	0.0	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	11.1		2	A	1		1.6	0.3	
Thiamin.....mg	0.040		2	A	1		0.006	0.001	
Riboflavin.....mg	0.354		2	A	1		0.050	0.011	
Niacin.....mg	2.362		2	A	1		0.331	0.071	
Pantothenic acid.....mg	0.231		2	A	1		0.032	0.007	
Vitamin B-6.....mg	0.400		2	A	1		0.056	0.012	
Folate, total.....mcg	83		2	A	1		12	2	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	83		2	A	1		12	2	
Folate, DFE.....mcg_DFE	83		0	NC	4		12	2	
Choline, total.....mg	12.8		0	CAZN	4		1.8	0.4	
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	1376		0	NC	4		193	41	
Retinol.....mcg	0		0	Z	7		0	0	
Carotene, beta.....mcg	16194		2	A	1		2267	486	
Carotene, alpha.....mcg	629		0	T	4		88	19	
Cryptoxanthin, beta.....mcg	9		2	A	1		1	0	
Vitamin A, IU.....IU	27521		0	NC	4		3853	826	
Lycopene.....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin.....mcg	1747		0	O	4		245	52	
Vitamin E (alpha-tocopherol).....mg	2.00		0	O	4		0.28	0.06	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	108.6		0	O	4		15.2	3.3	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.336		1	A	1		0.047	0.010	
4:0.....g	0.000		1	A	1		0.000	0.000	
6:0.....g	0.000		1	A	1		0.000	0.000	
8:0.....g	0.000		1	A	1		0.000	0.000	
10:0.....g	0.000		1	A	1		0.000	0.000	

NDB No. 11974  
Grape leaves, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		1	A	1		0.000	0.000	
13:0.....g									
14:0.....g	0.005		1	A	1		0.001	0.000	
15:0.....g	0.010		1	A	1		0.001	0.000	
16:0.....g	0.243		1	A	1		0.034	0.007	
17:0.....g	0.002		1	A	1		0.000	0.000	
18:0.....g	0.026		1	A	1		0.004	0.001	
20:0.....g	0.012		1	A	1		0.002	0.000	
22:0.....g	0.008		1	A	1		0.001	0.000	
24:0.....g	0.013		1	A	1		0.002	0.000	
Fatty acids, total monounsaturated.....g	0.081		1	A	1		0.011	0.002	
14:1.....g	0.003		1	A	1		0.000	0.000	
15:1.....g									
16:1 undifferentiated.....g	0.035		1	A	1		0.005	0.001	
17:1.....g									
18:1 undifferentiated.....g	0.039		1	A	1		0.005	0.001	
20:1.....g	0.000		1	A	1		0.000	0.000	
22:1 undifferentiated.....g	0.000		1	A	1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.065		1	A	1		0.149	0.032	
18:2 undifferentiated.....g	0.148		1	A	1		0.021	0.004	
18:3 undifferentiated.....g	0.856		1	A	1		0.120	0.026	
18:4.....g	0.000		1	A	1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		1	A	1		0.000	0.000	
20:5 n-3.....g	0.000		1	A	1		0.000	0.000	
22:5 n-3.....g	0.000		1	A	1		0.000	0.000	
22:6 n-3.....g	0.000		1	A	1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg	21		1	A	1		3	1	
Stigmasterol.....mg	2		1	A	1		0	0	
Campesterol.....mg									
Beta-sitosterol.....mg	20		1	A	1		3	1	
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

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

**Common Measures:**

Measure 1 = 14.0g: 1 cup

Measure 2 = 3.0g: 1 leaf

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group:** 11 Vegetables and Vegetable Products  
USDA National Nutrient Database for Standard Reference, Release 21 (2008)



NDB No. 11961  
Hearts of palm, canned

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g									
15:0.....g									
16:0.....g	0.114		1		1		0.166	0.038	
17:0.....g									
18:0.....g	0.016		1		1		0.023	0.005	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.103		0		1		0.150	0.034	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.103		1		1		0.150	0.034	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.202		0		1		0.295	0.067	
18:2 undifferentiated.....g	0.183		1		1		0.267	0.060	
18:3 undifferentiated.....g	0.019		1		1		0.028	0.006	
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.023		2		1		0.034	0.008	
Threonine.....g	0.097		2		1		0.142	0.032	
Isoleucine.....g	0.101		2		1		0.147	0.033	
Leucine.....g	0.169		2		1		0.247	0.056	
Lysine.....g	0.091		2		1		0.133	0.030	
Methionine.....g	0.042		2		1		0.061	0.014	
Cystine.....g	0.019		2		1		0.028	0.006	
Phenylalanine.....g	0.098		2		1		0.143	0.032	
Tyrosine.....g	0.049		2		1		0.072	0.016	
Valine.....g	0.114		2		1		0.166	0.038	
Arginine.....g	0.178		2		1		0.260	0.059	
Histidine.....g	0.055		2		1		0.080	0.018	
Alanine.....g	0.111		2		1		0.162	0.037	
Aspartic acid.....g	0.168		2		1		0.245	0.055	
Glutamic acid.....g	0.296		2		1		0.432	0.098	
Glycine.....g	0.108		2		1		0.158	0.036	
Proline.....g	0.088		2		1		0.128	0.029	
Serine.....g	0.081		2		1		0.118	0.027	
Hydroxyproline.....g									

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

**Common Measures:**

Measure 1 = 146g: 1 cup  
Measure 2 = 33g: 1 piece

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**NDB No. 11961**  
**Hearts of palm, canned**

**Food Group:** 11 Vegetables and Vegetable Products  
USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 11222**  
**Horseradish-tree leafy tips, raw**  
*Moringa oleifera*

Refuse:38% Stems

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	78.66		1		1		16.52		
Energy.....kcal	64		0	NC	4		13		
Energy.....kj	268				4		56		
Protein (N x 6.25).....g	9.40		0		1		1.97		
Total lipid (fat).....g	1.40		0		1		0.29		
Ash.....g	2.26		0		1		0.47		
Carbohydrate, by difference.....g	8.28		0	NC	4		1.74		
Fiber, total dietary.....g	2.0		0		4		0.4		
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	185		0		4		39		
Iron, Fe.....mg	4.00		0		1		0.84		
Magnesium, Mg.....mg	147		1		1		31		
Phosphorus, P.....mg	112		0		1		24		
Potassium, K.....mg	337		1		1		71		
Sodium, Na.....mg	9		1		1		2		
Zinc, Zn.....mg	0.60		0		4		0.13		
Copper, Cu.....mg	0.105		0		4		0.022		
Manganese, Mn.....mg	1.063		0		4		0.223		
Selenium, Se.....mcg	0.9		0	CAZN	4		0.2		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	51.7		0		1		10.9		
Thiamin.....mg	0.257		0		1		0.054		
Riboflavin.....mg	0.660		0		1		0.139		
Niacin.....mg	2.220		0		1		0.466		
Pantothenic acid.....mg	0.125		0		4		0.026		
Vitamin B-6.....mg	1.200		0		1		0.252		
Folate, total.....mcg	40		0		4		8		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	40		0		4		8		
Folate, DFE.....mcg_DFE	40		0	NC	4		8		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....mcg_RAE	378		0		1		79		
Retinol.....mcg	0		0	Z	7		0		
Carotene, beta.....mcg									
Carotene, alpha.....mcg									
Cryptoxanthin, beta.....mcg									
Vitamin A, IU.....IU	7564		0		1		1588		
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g									
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									



**NDB No. 11222**  
**Horseradish-tree leafy tips, raw**

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3	
			of Data Points	Deriv Code				Source Code
Tryptophan.....g	0.144		3		1	0.030		
Threonine.....g	0.411		3		1	0.086		
Isoleucine.....g	0.451		3		1	0.095		
Leucine.....g	0.791		3		1	0.166		
Lysine.....g	0.537		3		1	0.113		
Methionine.....g	0.123		3		1	0.026		
Cystine.....g	0.140		3		1	0.029		
Phenylalanine.....g	0.487		3		1	0.102		
Tyrosine.....g	0.347		1		1	0.073		
Valine.....g	0.611		3		1	0.128		
Arginine.....g	0.532		3		1	0.112		
Histidine.....g	0.196		3		1	0.041		
Alanine.....g	0.705		1		1	0.148		
Aspartic acid.....g	0.920		1		1	0.193		
Glutamic acid.....g	1.035		1		1	0.217		
Glycine.....g	0.517		1		1	0.109		
Proline.....g	0.451		1		1	0.095		
Serine.....g	0.414		1		1	0.087		
Hydroxyproline.....g								

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

**Common Measures:**

Measure 1 = 21g: 1 cup, chopped

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group:** 11 Vegetables and Vegetable Products  
 USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11786

Horseradish-tree, leafy tips, cooked, boiled, drained, with salt

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	81.65		1		1		34.29		
Energy.....kcal	60		0	NC	4		25		
Energy.....kj	251		0		4		105		
Protein (N x 6.25).....g	5.27		1		1		2.21		
Total lipid (fat).....g	0.93		1		1		0.39		
Ash.....g	1.00		1		1		0.42		
Carbohydrate, by difference.....g	11.15		0	NC	4		4.68		
Fiber, total dietary.....g	2.0		0	BFZN	4		0.8		
Sugars, total.....g	1.00		0	O	4		0.42		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	151		0		4		63		
Iron, Fe.....mg	2.32		1		1		0.97		
Magnesium, Mg.....mg	151		1		1		63		
Phosphorus, P.....mg	67		1		1		28		
Potassium, K.....mg	344		1		1		144		
Sodium, Na.....mg	245		0		4		103		
Zinc, Zn.....mg	0.49		0		4		0.21		
Copper, Cu.....mg	0.086		0		4		0.036		
Manganese, Mn.....mg	0.868		0		4		0.365		
Selenium, Se.....mcg	0.9		0	CAZN	4		0.4		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	31.0		0		1		13.0		
Thiamin.....mg	0.222		0		1		0.093		
Riboflavin.....mg	0.509		0		1		0.214		
Niacin.....mg	1.995		0		1		0.838		
Pantothenic acid.....mg	0.102		0		4		0.043		
Vitamin B-6.....mg	0.929		0		4		0.390		
Folate, total.....mcg	23		0		4		9		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	23		0		4		9		
Folate, DFE.....mcg_DFE	23		0	NC	4		9		
Choline, total.....mg	21.0		0	CAZN	4		8.8		
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00		
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....mcg_RAE	351		0	NC	4		147		
Retinol.....mcg	0		0	Z	7		0		
Carotene, beta.....mcg	4208		0	O	4		1767		
Carotene, alpha.....mcg	0		0	Z	7		0		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0		
Vitamin A, IU.....IU	7013		0	NC	4		2945		
Lycopene.....mcg	0		0	Z	7		0		
Lutein + zeaxanthin.....mcg	1747		0	O	4		734		
Vitamin E (alpha-tocopherol).....mg	0.10		0	O	4		0.04		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	108.0		0	O	4		45.4		
<b>Lipids:</b>									
Fatty acids, total saturated.....g									
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		

NDB No. 11786

Horseradish-tree, leafy tips, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.081		0		1		0.034		
Threonine.....g	0.230		0		1		0.097		
Isoleucine.....g	0.253		0		1		0.106		
Leucine.....g	0.443		0		1		0.186		
Lysine.....g	0.301		0		1		0.126		
Methionine.....g	0.069		0		1		0.029		
Cystine.....g	0.078		0		1		0.033		
Phenylalanine.....g	0.273		0		1		0.115		
Tyrosine.....g	0.195		0		1		0.082		
Valine.....g	0.342		0		1		0.144		
Arginine.....g	0.298		0		1		0.125		
Histidine.....g	0.110		0		1		0.046		
Alanine.....g	0.395		0		1		0.166		
Aspartic acid.....g	0.516		0		1		0.217		
Glutamic acid.....g	0.580		0		1		0.244		
Glycine.....g	0.290		0		1		0.122		
Proline.....g	0.253		0		1		0.106		
Serine.....g	0.232		0		1		0.097		
Hydroxyproline.....g									
<b><u>Others:</u></b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

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

**Common Measures:**

Measure 1 = 42g: 1 cup, chopped

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group: 11 Vegetables and Vegetable Products**

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11223

Horseradish-tree, leafy tips, cooked, boiled, drained, w without salt

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	81.65		1		1		34.29		
Energy.....kcal	60		0	NC	4		25		
Energy.....kj	251		0		4		105		
Protein (N x 6.25).....g	5.27		1		1		2.21		
Total lipid (fat).....g	0.93		1		1		0.39		
Ash.....g	1.00		1		1		0.42		
Carbohydrate, by difference.....g	11.15		0	NC	4		4.68		
Fiber, total dietary.....g	2.0		0		4		0.8		
Sugars, total.....g	1.00		0	O	4		0.42		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	151		0		4		63		
Iron, Fe.....mg	2.32		1		1		0.97		
Magnesium, Mg.....mg	151		1		1		63		
Phosphorus, P.....mg	67		1		1		28		
Potassium, K.....mg	344		1		1		144		
Sodium, Na.....mg	9		1		1		4		
Zinc, Zn.....mg	0.49		0		4		0.21		
Copper, Cu.....mg	0.086		0		4		0.036		
Manganese, Mn.....mg	0.868		0		4		0.365		
Selenium, Se.....mcg	0.9		0	CAZN	4		0.4		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	31.0		0		1		13.0		
Thiamin.....mg	0.222		0		1		0.093		
Riboflavin.....mg	0.509		0		1		0.214		
Niacin.....mg	1.995		0		1		0.838		
Pantothenic acid.....mg	0.102		0		4		0.043		
Vitamin B-6.....mg	0.929		0		4		0.390		
Folate, total.....mcg	23		0		4		9		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	23		0		4		9		
Folate, DFE.....mcg_DFE	23		0	NC	4		9		
Choline, total.....mg	21.0		0	CAZN	4		8.8		
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00		
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....mcg_RAE	351		0	NC	4		147		
Retinol.....mcg	0		0	Z	7		0		
Carotene, beta.....mcg	4208		0	O	4		1767		
Carotene, alpha.....mcg	0		0	Z	7		0		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0		
Vitamin A, IU.....IU	7013		0	NC	4		2945		
Lycopene.....mcg	0		0	Z	7		0		
Lutein + zeaxanthin.....mcg	1747		0	O	4		734		
Vitamin E (alpha-tocopherol).....mg	0.10		0	O	4		0.04		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	108.0		0	O	4		45.4		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.152		0		4		0.064		
4:0.....g	0.000		0		4		0.000		
6:0.....g	0.000		0		4		0.000		
8:0.....g	0.000		0		4		0.000		
10:0.....g	0.000		0		4		0.000		

NDB No. 11223

Horseradish-tree, leafy tips, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0		4		0.000		
13:0.....g									
14:0.....g	0.000		0		4		0.000		
15:0.....g									
16:0.....g	0.030		0		4		0.013		
17:0.....g									
18:0.....g	0.062		0		4		0.026		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.473		0		4		0.199		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.473		0		4		0.199		
20:1.....g	0.000		0		4		0.000		
22:1 undifferentiated.....g	0.000		0		4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.015		0		4		0.006		
18:2 undifferentiated.....g	0.015		0		4		0.006		
18:3 undifferentiated.....g	0.000		0		4		0.000		
18:4.....g	0.000		0		4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000		
20:5 n-3.....g	0.000		0		4		0.000		
22:5 n-3.....g	0.000		0		4		0.000		
22:6 n-3.....g	0.000		0		4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.081		0		1		0.034		
Threonine.....g	0.230		0		1		0.097		
Isoleucine.....g	0.253		0		1		0.106		
Leucine.....g	0.443		0		1		0.186		
Lysine.....g	0.301		0		1		0.126		
Methionine.....g	0.069		0		1		0.029		
Cystine.....g	0.078		0		1		0.033		
Phenylalanine.....g	0.273		0		1		0.115		
Tyrosine.....g	0.195		0		1		0.082		
Valine.....g	0.342		0		1		0.144		
Arginine.....g	0.298		0		1		0.125		
Histidine.....g	0.110		0		1		0.046		
Alanine.....g	0.395		0		1		0.166		
Aspartic acid.....g	0.516		0		1		0.217		
Glutamic acid.....g	0.580		0		1		0.244		
Glycine.....g	0.290		0		1		0.122		
Proline.....g	0.253		0		1		0.106		
Serine.....g	0.232		0		1		0.097		
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

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

**Common Measures:**

**NDB No. 11223**

**Horseradish-tree, leafy tips, cooked, boiled, drained, without salt**

Measure 1 = 42g: 1 cup, chopped

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group: 11 Vegetables and Vegetable Products**

USDA National Nutrient Database for Standard Reference, Release 21 (2008)



NDB No. 11787

Horseradish-tree, pods, cooked, boiled, drained, with salt

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

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

**Common Measures:**

Measure 1 = 118g: 1 cup slices

**Calories Factors: Protein** 2.44

**Fat** 8.37

**Carbohydrate**3.57

**Food Group:** 11 Vegetables and Vegetable Products  
USDA National Nutrient Database for Standard Reference, Release 21 (2008)





NDB No. 11621

Horseradish-tree, pods, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.000		0		4		0.000		
15:0.....g									
16:0.....g	0.006		0		4		0.007		
17:0.....g									
18:0.....g	0.013		0		4		0.015		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.097		0		4		0.114		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.097		0		4		0.114		
20:1.....g	0.000		0		4		0.000		
22:1 undifferentiated.....g	0.000		0		4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.003		0		4		0.004		
18:2 undifferentiated.....g	0.003		0		4		0.004		
18:3 undifferentiated.....g	0.000		0		4		0.000		
18:4.....g	0.000		0		4		0.000		
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000		
20:5 n-3.....g	0.000		0		4		0.000		
22:5 n-3.....g	0.000		0		4		0.000		
22:6 n-3.....g	0.000		0		4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg									
Theobromine.....mg									

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

**Common Measures:**

Measure 1 = 118g: 1 cup, sliced

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group: 11 Vegetables and Vegetable Products**

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 11620**  
**Horseradish-tree, pods, raw**  
*Moringa oleifera*

Refuse:48% Hard outer covering and fibers

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	88.20		1		1		88.20	9.70	
Energy.....kcal	37		0	NC	4		37	4	
Energy.....kj	155				4		155	17	
Protein (N x 6.25).....g	2.10		0		1		2.10	0.23	
Total lipid (fat).....g	0.20		0		1		0.20	0.02	
Ash.....g	0.97		0		1		0.97	0.11	
Carbohydrate, by difference.....g	8.53		0	NC	4		8.53	0.94	
Fiber, total dietary.....g	3.2		0		4		3.2	0.4	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	30		0		1		30	3	
Iron, Fe.....mg	0.36		0		1		0.36	0.04	
Magnesium, Mg.....mg	45		1		1		45	5	
Phosphorus, P.....mg	50		0		1		50	6	
Potassium, K.....mg	461		1		1		461	51	
Sodium, Na.....mg	42		1		1		42	5	
Zinc, Zn.....mg	0.45		0		4		0.45	0.05	
Copper, Cu.....mg	0.084		0		4		0.084	0.009	
Manganese, Mn.....mg	0.259		0		4		0.259	0.028	
Selenium, Se.....mcg	0.7		0	CAZN	4		0.7	0.1	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	141.0		0		4		141.0	15.5	
Thiamin.....mg	0.053		0		1		0.053	0.006	
Riboflavin.....mg	0.074		0		1		0.074	0.008	
Niacin.....mg	0.620		0		1		0.620	0.068	
Pantothenic acid.....mg	0.794		0		4		0.794	0.087	
Vitamin B-6.....mg	0.120		1		1		0.120	0.013	
Folate, total.....mcg	44		0		4		44	5	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	44		0		4		44	5	
Folate, DFE.....mcg_DFE	44		0	NC	4		44	5	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	4		0		1		4	0	
Retinol.....mcg	0		0	Z	7		0	0	
Carotene, beta.....mcg									
Carotene, alpha.....mcg									
Cryptoxanthin, beta.....mcg									
Vitamin A, IU.....IU	74		0		1		74	8	
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.033		0	BFFN	4		0.033	0.004	
Fatty acids, total monounsaturated.....g	0.102		0	BFFN	4		0.102	0.011	
Fatty acids, total polyunsaturated.....g	0.003		0	BFFN	4		0.003	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
<b>Others:</b>									

NDB No. 11620  
 Horseradish-tree, pods, raw

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg									
Theobromine.....mg									

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

**Common Measures:**

Measure 1 = 100g: 1 cup slices  
 Measure 2 = 11.0g: 1 pod (15-1/3" long)

**Calories Factors: Protein 2.44      Fat 8.37      Carbohydrate 3.57**

**Food Group:** 11 Vegetables and Vegetable Products  
 USDA National Nutrient Database for Standard Reference, Release 21 (2008)



NDB No. 11788

Hyacinth-beans, immature seeds, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.004		0		1		0.003		
15:0.....g									
16:0.....g	0.076		0		1		0.066		
17:0.....g									
18:0.....g	0.012		0		1		0.010		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.129		0		1		0.112		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.001		
17:1.....g									
18:1 undifferentiated.....g	0.128		0		1		0.111		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.010		0		1		0.009		
18:2 undifferentiated.....g	0.002		0		1		0.002		
18:3 undifferentiated.....g	0.009		0		1		0.008		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g									
Threonine.....g	0.124		0		1		0.108		
Isoleucine.....g	0.201		0		1		0.175		
Leucine.....g	0.307		0		1		0.267		
Lysine.....g	0.203		0		1		0.177		
Methionine.....g	0.026		0		1		0.023		
Cystine.....g	0.020		0		1		0.017		
Phenylalanine.....g	0.065		0		1		0.057		
Tyrosine.....g	0.053		0		1		0.046		
Valine.....g	0.218		0		1		0.190		
Arginine.....g	0.201		0		1		0.175		
Histidine.....g	0.124		0		1		0.108		
Alanine.....g	0.153		0		1		0.133		
Aspartic acid.....g	0.059		0		1		0.051		
Glutamic acid.....g	0.360		0		1		0.313		
Glycine.....g	0.242		0		1		0.211		
Proline.....g									
Serine.....g	0.150		0		1		0.131		
Hydroxyproline.....g									

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

**Common Measures:**

Measure 1 = 87g: 1 cup

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

**NDB No. 11788**

**Hyacinth-beans, immature seeds, cooked, boiled, drained, with salt**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)





NDB No. 11225

Hyacinth-beans, immature seeds, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.004		0		1		0.003		
15:0.....g									
16:0.....g	0.076		0		1		0.066		
17:0.....g									
18:0.....g	0.012		0		1		0.010		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.129		0		1		0.112		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.001		
17:1.....g									
18:1 undifferentiated.....g	0.128		0		1		0.111		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.010		0		1		0.009		
18:2 undifferentiated.....g	0.002		0		1		0.002		
18:3 undifferentiated.....g	0.009		0		1		0.008		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g									
Threonine.....g	0.124		0		1		0.108		
Isoleucine.....g	0.201		0		1		0.175		
Leucine.....g	0.307		0		1		0.267		
Lysine.....g	0.203		0		1		0.177		
Methionine.....g	0.026		0		1		0.023		
Cystine.....g	0.020		0		1		0.017		
Phenylalanine.....g	0.065		0		1		0.057		
Tyrosine.....g	0.053		0		1		0.046		
Valine.....g	0.218		0		1		0.190		
Arginine.....g	0.201		0		1		0.175		
Histidine.....g	0.124		0		1		0.108		
Alanine.....g	0.153		0		1		0.133		
Aspartic acid.....g	0.059		0		1		0.051		
Glutamic acid.....g	0.360		0		1		0.313		
Glycine.....g	0.242		0		1		0.211		
Proline.....g									
Serine.....g	0.150		0		1		0.131		
Hydroxyproline.....g									

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

**Common Measures:**

Measure 1 = 87g: 1 cup

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

**NDB No. 11225**

**Hyacinth-beans, immature seeds, cooked, boiled, drained, without salt**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)



NDB No. 11224

Hyacinth-beans, immature seeds, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.003		0		1		0.002		
15:0.....g									
16:0.....g	0.056		0		1		0.045		
17:0.....g									
18:0.....g	0.009		0		1		0.007		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.095		0		1		0.076		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.001		
17:1.....g									
18:1 undifferentiated.....g	0.095		0		1		0.076		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.008		0		1		0.006		
18:2 undifferentiated.....g	0.001		0		1		0.001		
18:3 undifferentiated.....g	0.007		0		1		0.006		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g									
Threonine.....g	0.088		1		1		0.070		
Isoleucine.....g	0.143		1		1		0.114		
Leucine.....g	0.218		1		1		0.174		
Lysine.....g	0.145		1		1		0.116		
Methionine.....g	0.019		1		1		0.015		
Cystine.....g	0.014		1		1		0.011		
Phenylalanine.....g	0.046		1		1		0.037		
Tyrosine.....g	0.038		1		1		0.030		
Valine.....g	0.155		1		1		0.124		
Arginine.....g	0.143		1		1		0.114		
Histidine.....g	0.088		1		1		0.070		
Alanine.....g	0.109		1		1		0.087		
Aspartic acid.....g	0.042		1		1		0.034		
Glutamic acid.....g	0.256		1		1		0.205		
Glycine.....g	0.172		1		1		0.138		
Proline.....g									
Serine.....g	0.107		1		1		0.086		
Hydroxyproline.....g									

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

**Common Measures:**

Measure 1 = 80g: 1 cup

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

**NDB No. 11224**

**Hyacinth-beans, immature seeds, raw**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11226  
 Jerusalem-artichokes, raw  
*Helianthus tuberosus*

Refuse:31% Parings

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	78.01	0.640	3		1		117.02		
Energy.....kcal	73		0	NC	4		109		
Energy.....kj	304		0	NC	4		456		
Protein (N x 6.25).....g	2.00		2		1		3.00		
Total lipid (fat).....g	0.01		2		1		0.02		
Ash.....g	2.54		2		1		3.81		
Carbohydrate, by difference.....g	17.44		0	NC	4		26.16		
Fiber, total dietary.....g	1.6		0		4		2.4		
Sugars, total.....g	9.60		0	T	4		14.40		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	14		0		1		21		
Iron, Fe.....mg	3.40		0		1		5.10		
Magnesium, Mg.....mg	17		0		1		26		
Phosphorus, P.....mg	78		0		1		117		
Potassium, K.....mg	429		0		4		644		
Sodium, Na.....mg	4		0		4		6		
Zinc, Zn.....mg	0.12		0		4		0.18		
Copper, Cu.....mg	0.140		0		4		0.210		
Manganese, Mn.....mg	0.060		2		1		0.090		
Selenium, Se.....mcg	0.7		0	CAZN	4		1.1		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	4.0		0		1		6.0		
Thiamin.....mg	0.200		0		1		0.300		
Riboflavin.....mg	0.060		0		1		0.090		
Niacin.....mg	1.300		0		1		1.950		
Pantothenic acid.....mg	0.397		0		4		0.596		
Vitamin B-6.....mg	0.077		0		4		0.116		
Folate, total.....mcg	13		0		4		20		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	13		0		4		20		
Folate, DFE.....mcg_DFE	13		0	NC	4		20		
Choline, total.....mg	30.0		0	BFSN	4		45.0		
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00		
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....mcg_RAE	1		0	NC	4		2		
Retinol.....mcg	0		0	Z	7		0		
Carotene, beta.....mcg	12		0	O	4		18		
Carotene, alpha.....mcg	0		0	Z	7		0		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0		
Vitamin A, IU.....IU	20		0	NC	4		30		
Lycopene.....mcg	0		0	Z	7		0		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol).....mg	0.19		0	O	4		0.29		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.1		0	O	4		0.2		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.000		0	NC	4		0.000		
4:0.....g	0.000		0		1		0.000		
6:0.....g	0.000		0		1		0.000		
8:0.....g	0.000		0		1		0.000		
10:0.....g	0.000		0		1		0.000		

NDB No. 11226  
 Jerusalem-artichokes, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0		1		0.000		
13:0.....g									
14:0.....g	0.000		0		1		0.000		
15:0.....g									
16:0.....g	0.000		1		1		0.000		
17:0.....g									
18:0.....g	0.000		1		1		0.000		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.004		0	NC	4		0.006		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.004		1		1		0.006		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.001		0	NC	4		0.002		
18:2 undifferentiated.....g	0.001		1		1		0.002		
18:3 undifferentiated.....g	0.000		1		1		0.000		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

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

**Common Measures:**

Measure 1 = 150g: 1 cup slices

**Calories Factors: Protein 2.78**

**Fat 8.37**

**Carbohydrate 3.84**

**Food Group: 11 Vegetables and Vegetable Products**  
 USDA National Nutrient Database for Standard Reference, Release 21 (2008)





NDB No. 11228  
Jew's ear, (pepeao), raw

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

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

**Common Measures:**

Measure 1 = 99g: 1 cup slices

Measure 2 = 6.0g: 1 piece

**Calories Factors: Protein** 2.62

**Fat** 8.37

**Carbohydrate**3.48

**Food Group:** 11 Vegetables and Vegetable Products  
USDA National Nutrient Database for Standard Reference, Release 21 (2008)



NDB No. 11789

Jute, potherb, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g									
13:0.....g									
14:0.....g									
15:0.....g									
16:0.....g	0.024		0		1		0.021		
17:0.....g									
18:0.....g	0.005		0		1		0.004		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.014		0		1		0.012		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.003		0		1		0.003		
17:1.....g									
18:1 undifferentiated.....g	0.011		0		1		0.010		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.096		0		1		0.084		
18:2 undifferentiated.....g	0.094		0		1		0.082		
18:3 undifferentiated.....g	0.002		0		1		0.002		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.024		0		1		0.021		
Threonine.....g	0.130		0		1		0.113		
Isoleucine.....g	0.175		0		1		0.152		
Leucine.....g	0.306		0		1		0.266		
Lysine.....g	0.173		0		1		0.151		
Methionine.....g	0.051		0		1		0.044		
Cystine.....g	0.032		0		1		0.028		
Phenylalanine.....g	0.168		0		1		0.146		
Tyrosine.....g	0.116		0		1		0.101		
Valine.....g	0.196		0		1		0.171		
Arginine.....g	0.196		0		1		0.171		
Histidine.....g	0.087		0		1		0.076		
Alanine.....g	0.202		0		1		0.176		
Aspartic acid.....g	0.448		0		1		0.390		
Glutamic acid.....g	0.389		0		1		0.338		
Glycine.....g	0.169		0		1		0.147		
Proline.....g	0.195		0		1		0.170		
Serine.....g	0.143		0		1		0.124		
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g									
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

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

**Common Measures:**

**NDB No. 11789**

**Jute, potherb, cooked, boiled, drained, with salt**

Measure 1 = 87g: 1 cup

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group: 11 Vegetables and Vegetable Products**

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11232

Jute, potherb, cooked, boiled, drained, w without salt

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	87.15		1		1		75.82		
Energy.....kcal	37		0	NC	4		32		
Energy.....kj	153		0	NC	4		134		
Protein (N x 6.25).....g	3.68		1		1		3.20		
Total lipid (fat).....g	0.20		0		1		0.17		
Ash.....g	1.68		1		1		1.46		
Carbohydrate, by difference.....g	7.29		0	NC	4		6.34		
Fiber, total dietary.....g	2.0		0		4		1.7		
Sugars, total.....g	1.00		0	O	4		0.87		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	211		1		1		184		
Iron, Fe.....mg	3.14		1		1		2.73		
Magnesium, Mg.....mg	62		1		1		54		
Phosphorus, P.....mg	72		1		1		63		
Potassium, K.....mg	550		1		1		479		
Sodium, Na.....mg	11		1		1		10		
Zinc, Zn.....mg	0.79		0		4		0.69		
Copper, Cu.....mg	0.255		0		4		0.222		
Manganese, Mn.....mg	0.123		0		4		0.107		
Selenium, Se.....mcg	0.9		0	CAZN	4		0.8		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	33.0		0		1		28.7		
Thiamin.....mg	0.091		0		1		0.079		
Riboflavin.....mg	0.192		0		1		0.167		
Niacin.....mg	0.890		0		1		0.774		
Pantothenic acid.....mg	0.072		0		4		0.063		
Vitamin B-6.....mg	0.570		0		4		0.496		
Folate, total.....mcg	104		0		4		90		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	104		0		4		90		
Folate, DFE.....mcg_DFE	104		0	NC	4		90		
Choline, total.....mg	12.8		0	CAZN	4		11.1		
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00		
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....mcg_RAE	259		0	NC	4		226		
Retinol.....mcg	0		0	Z	7		0		
Carotene, beta.....mcg	3111		0	O	4		2707		
Carotene, alpha.....mcg	0		0	Z	7		0		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0		
Vitamin A, IU.....IU	5185		0	NC	4		4511		
Lycopene.....mcg	0		0	Z	7		0		
Lutein + zeaxanthin.....mcg	1747		0	O	4		1520		
Vitamin E (alpha-tocopherol).....mg	0.70		0	O	4		0.61		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	108.0		0	O	4		94.0		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.030		0		1		0.026		
4:0.....g	0.000		0		1		0.000		
6:0.....g	0.000		0		1		0.000		
8:0.....g	0.000		0		1		0.000		
10:0.....g	0.000		0		1		0.000		

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0			1	0.000		
13:0.....g									
14:0.....g	0.000		0			1	0.000		
15:0.....g									
16:0.....g	0.024		0			1	0.021		
17:0.....g									
18:0.....g	0.005		0			1	0.004		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.014		0			1	0.012		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.003		0			1	0.003		
17:1.....g									
18:1 undifferentiated.....g	0.011		0			1	0.010		
20:1.....g	0.000		0			1	0.000		
22:1 undifferentiated.....g	0.000		0			1	0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.096		0			1	0.084		
18:2 undifferentiated.....g	0.094		0			1	0.082		
18:3 undifferentiated.....g	0.002		0			1	0.002		
18:4.....g	0.000		0			1	0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0			1	0.000		
20:5 n-3.....g	0.000		0			1	0.000		
22:5 n-3.....g	0.000		0			1	0.000		
22:6 n-3.....g	0.000		0			1	0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z		7	0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.024		0			1	0.021		
Threonine.....g	0.130		0			1	0.113		
Isoleucine.....g	0.175		0			1	0.152		
Leucine.....g	0.306		0			1	0.266		
Lysine.....g	0.173		0			1	0.151		
Methionine.....g	0.051		0			1	0.044		
Cystine.....g	0.032		0			1	0.028		
Phenylalanine.....g	0.168		0			1	0.146		
Tyrosine.....g	0.116		0			1	0.101		
Valine.....g	0.196		0			1	0.171		
Arginine.....g	0.196		0			1	0.171		
Histidine.....g	0.087		0			1	0.076		
Alanine.....g	0.202		0			1	0.176		
Aspartic acid.....g	0.448		0			1	0.390		
Glutamic acid.....g	0.389		0			1	0.338		
Glycine.....g	0.169		0			1	0.147		
Proline.....g	0.195		0			1	0.170		
Serine.....g	0.143		0			1	0.124		
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0			7	0.0		
Caffeine.....mg	0		0	Z		7	0		
Theobromine.....mg	0		0	Z		7	0		

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

**Common Measures:**

**NDB No. 11232**

**Jute, potherb, cooked, boiled, drained, without salt**

Measure 1 = 87g: 1 cup

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group: 11 Vegetables and Vegetable Products**

USDA National Nutrient Database for Standard Reference, Release 21 (2008)





Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g									
15:0.....g									
16:0.....g	0.030		0		1		0.008		
17:0.....g									
18:0.....g	0.006		0		1		0.002		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.017		0		1		0.005		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.003		0		1		0.001		
17:1.....g									
18:1 undifferentiated.....g	0.014		0		1		0.004		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.120		0		1		0.034		
18:2 undifferentiated.....g	0.117		0		1		0.033		
18:3 undifferentiated.....g	0.002		0		1		0.001		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.030		3		1		0.008		
Threonine.....g	0.164		3		1		0.046		
Isoleucine.....g	0.221		3		1		0.062		
Leucine.....g	0.388		3		1		0.109		
Lysine.....g	0.219		3		1		0.061		
Methionine.....g	0.065		3		1		0.018		
Cystine.....g	0.040		3		1		0.011		
Phenylalanine.....g	0.212		3		1		0.059		
Tyrosine.....g	0.147		3		1		0.041		
Valine.....g	0.248		3		1		0.069		
Arginine.....g	0.248		3		1		0.069		
Histidine.....g	0.110		3		1		0.031		
Alanine.....g	0.256		1		1		0.072		
Aspartic acid.....g	0.567		1		1		0.159		
Glutamic acid.....g	0.493		1		1		0.138		
Glycine.....g	0.214		1		1		0.060		
Proline.....g	0.246		1		1		0.069		
Serine.....g	0.182		1		1		0.051		
Hydroxyproline.....g									

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

**Common Measures:**  
 Measure 1 = 28g: 1 cup

**Calories Factors: Protein 2.44      Fat 8.37      Carbohydrate 3.57**

**NDB No. 11231**  
**Jute, potherb, raw**

**Food Group:** 11 Vegetables and Vegetable Products  
USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11790

Kale, cooked, boiled, drained, with salt

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	91.20		0		1		118.56		
Energy.....kcal	28		0	NC	4		36		
Energy.....kj	117		0		4		152		
Protein (N x 6.25).....g	1.90		0		1		2.47		
Total lipid (fat).....g	0.40		0		1		0.52		
Ash.....g	0.87		0		1		1.13		
Carbohydrate, by difference.....g	5.63		0	NC	4		7.32		
Fiber, total dietary.....g	2.0		0		4		2.6		
Sugars, total.....g	1.25		0	O	4		1.62		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	72		0		1		94		
Iron, Fe.....mg	0.90		0		1		1.17		
Magnesium, Mg.....mg	18		0		1		23		
Phosphorus, P.....mg	28		0		1		36		
Potassium, K.....mg	228		0		1		296		
Sodium, Na.....mg	259		0		4		337		
Zinc, Zn.....mg	0.24		0		1		0.31		
Copper, Cu.....mg	0.156		0		1		0.203		
Manganese, Mn.....mg	0.416		0		1		0.541		
Selenium, Se.....mcg	0.9		0	CAZN	4		1.2		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	41.0		0		1		53.3		
Thiamin.....mg	0.053		0		1		0.069		
Riboflavin.....mg	0.070		0		1		0.091		
Niacin.....mg	0.500		0		1		0.650		
Pantothenic acid.....mg	0.049		0		1		0.064		
Vitamin B-6.....mg	0.138		0		1		0.179		
Folate, total.....mcg	13		0		1		17		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	13		0		1		17		
Folate, DFE.....mcg_DFE	13		0	NC	4		17		
Choline, total.....mg	0.4		0	AS	1		0.6		
Betaine.....mg	0.3		1	A	1		0.3		
Vitamin B-12.....mcg	0.00		0	Z	7		0.00		
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....mcg_RAE	681		0	AS	1		885		
Retinol.....mcg	0		0	Z	7		0		
Carotene, beta.....mcg	8173	4427.500	4	A	1		10624		
Carotene, alpha.....mcg	0	0.000	4	A	1		0		
Cryptoxanthin, beta.....mcg	0	0.000	4	A	1		0		
Vitamin A, IU.....IU	13621		0	AS	1		17707		
Lycopene.....mcg	0	0.000	4	A	1		0		
Lutein + zeaxanthin.....mcg	18246	7344.000	4	A	1		23720		
Vitamin E (alpha-tocopherol).....mg	0.85		0	O	4		1.11		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.052		0		1		0.068		
4:0.....g									
6:0.....g									
8:0.....g	0.000		0		1		0.000		
10:0.....g	0.000		0		1		0.000		

NDB No. 11790

Kale, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.001		0		1		0.001		
13:0.....g									
14:0.....g	0.002		0		1		0.003		
15:0.....g									
16:0.....g	0.043		0		1		0.056		
17:0.....g									
18:0.....g	0.002		0		1		0.003		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.030		0		1		0.039		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.028		0		1		0.036		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.193		0		1		0.251		
18:2 undifferentiated.....g	0.079		0		1		0.103		
18:3 undifferentiated.....g	0.103		0		1		0.134		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.001		0		1		0.001		
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.023		0		1		0.030		
Threonine.....g	0.085		0		1		0.111		
Isoleucine.....g	0.114		0		1		0.148		
Leucine.....g	0.133		0		1		0.173		
Lysine.....g	0.114		0		1		0.148		
Methionine.....g	0.018		0		1		0.023		
Cystine.....g	0.025		0		1		0.033		
Phenylalanine.....g	0.097		0		1		0.126		
Tyrosine.....g	0.067		0		1		0.087		
Valine.....g	0.104		0		1		0.135		
Arginine.....g	0.106		0		1		0.138		
Histidine.....g	0.040		0		1		0.052		
Alanine.....g	0.096		0		1		0.125		
Aspartic acid.....g	0.170		0		1		0.221		
Glutamic acid.....g	0.216		0		1		0.281		
Glycine.....g	0.092		0		1		0.120		
Proline.....g	0.113		0		1		0.147		
Serine.....g	0.080		0		1		0.104		
Hydroxyproline.....g									
<b><u>Others:</u></b>									
Alcohol, ethyl.....g									
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

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

**Common Measures:**

**NDB No. 11790**

**Kale, cooked, boiled, drained, with salt**

Measure 1 = 130g: 1 cup, chopped

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11234

Kale, cooked, boiled, drained, without salt

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	91.20		0		1		118.56		
Energy.....kcal	28		0	NC	4		36		
Energy.....kj	117		0		4		152		
Protein (N x 6.25).....g	1.90		0		1		2.47		
Total lipid (fat).....g	0.40		0		1		0.52		
Ash.....g	0.87		0		1		1.13		
Carbohydrate, by difference.....g	5.63		0	NC	4		7.32		
Fiber, total dietary.....g	2.0		0		4		2.6		
Sugars, total.....g	1.25		0	BFSN	4		1.62		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	72		0		1		94		
Iron, Fe.....mg	0.90		0		1		1.17		
Magnesium, Mg.....mg	18		0		1		23		
Phosphorus, P.....mg	28		0		1		36		
Potassium, K.....mg	228		0		1		296		
Sodium, Na.....mg	23		0		1		30		
Zinc, Zn.....mg	0.24		0		1		0.31		
Copper, Cu.....mg	0.156		0		1		0.203		
Manganese, Mn.....mg	0.416		0		1		0.541		
Selenium, Se.....mcg	0.9		0	CAZN	4		1.2		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	41.0		0		1		53.3		
Thiamin.....mg	0.053		0		1		0.069		
Riboflavin.....mg	0.070		0		1		0.091		
Niacin.....mg	0.500		0		1		0.650		
Pantothenic acid.....mg	0.049		0		1		0.064		
Vitamin B-6.....mg	0.138		0		1		0.179		
Folate, total.....mcg	13		0		1		17		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	13		0		1		17		
Folate, DFE.....mcg_DFE	13		0	NC	4		17		
Choline, total.....mg	0.4		0	AS	1		0.6		
Betaine.....mg	0.3		1	A	1		0.3		
Vitamin B-12.....mcg	0.00		0	Z	7		0.00		
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....mcg_RAE	681		0	AS	1		885		
Retinol.....mcg	0		0	Z	7		0		
Carotene, beta.....mcg	8173	4427.500	4	A	1		10624		
Carotene, alpha.....mcg	0	0.000	4	A	1		0		
Cryptoxanthin, beta.....mcg	0	0.000	4	A	1		0		
Vitamin A, IU.....IU	13621		0	AS	1		17707		
Lycopene.....mcg	0	0.000	4	A	1		0		
Lutein + zeaxanthin.....mcg	18246	7344.000	4	A	1		23720		
Vitamin E (alpha-tocopherol).....mg	0.85		0	O	4		1.11		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	817.0		0	T	4		1062.1		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.052		0		1		0.068		
4:0.....g	0.000		0		1		0.000		
6:0.....g	0.000		0		1		0.000		
8:0.....g	0.000		0		1		0.000		
10:0.....g	0.000		0		1		0.000		

NDB No. 11234

Kale, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.001		0		1		0.001		
13:0.....g									
14:0.....g	0.002		0		1		0.003		
15:0.....g									
16:0.....g	0.043		0		1		0.056		
17:0.....g									
18:0.....g	0.002		0		1		0.003		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.030		0		1		0.039		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.028		0		1		0.036		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.193		0		1		0.251		
18:2 undifferentiated.....g	0.079		0		1		0.103		
18:3 undifferentiated.....g	0.103		0		1		0.134		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.001		0		1		0.001		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.023		0		1		0.030		
Threonine.....g	0.085		0		1		0.111		
Isoleucine.....g	0.114		0		1		0.148		
Leucine.....g	0.133		0		1		0.173		
Lysine.....g	0.114		0		1		0.148		
Methionine.....g	0.018		0		1		0.023		
Cystine.....g	0.025		0		1		0.033		
Phenylalanine.....g	0.097		0		1		0.126		
Tyrosine.....g	0.067		0		1		0.087		
Valine.....g	0.104		0		1		0.135		
Arginine.....g	0.106		0		1		0.138		
Histidine.....g	0.040		0		1		0.052		
Alanine.....g	0.096		0		1		0.125		
Aspartic acid.....g	0.170		0		1		0.221		
Glutamic acid.....g	0.216		0		1		0.281		
Glycine.....g	0.092		0		1		0.120		
Proline.....g	0.113		0		1		0.147		
Serine.....g	0.080		0		1		0.104		
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

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

**Common Measures:**

**NDB No. 11234**

**Kale, cooked, boiled, drained, without salt**

Measure 1 = 130g: 1 cup, chopped

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group: 11 Vegetables and Vegetable Products**

USDA National Nutrient Database for Standard Reference, Release 21 (2008)



NDB No. 11791

Kale, frozen, cooked, boiled, drained, with salt

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	90.50		0		1		117.65		
Energy.....kcal	30		0	NC	4		39		
Energy.....kj	124		0	NC	4		162		
Protein (N x 6.25).....g	2.84		0		1		3.69		
Total lipid (fat).....g	0.49		0		1		0.64		
Ash.....g	0.94		0		1		1.22		
Carbohydrate, by difference.....g	5.23		0	NC	4		6.80		
Fiber, total dietary.....g	2.0		0		4		2.6		
Sugars, total.....g	1.34		0	BFSN	4		1.75		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	138		0		1		179		
Iron, Fe.....mg	0.94		0		1		1.22		
Magnesium, Mg.....mg	18		0		1		23		
Phosphorus, P.....mg	28		0		1		36		
Potassium, K.....mg	321		0		1		417		
Sodium, Na.....mg	251		0		4		326		
Zinc, Zn.....mg	0.18		0		1		0.23		
Copper, Cu.....mg	0.047		0		1		0.061		
Manganese, Mn.....mg	0.450		0		1		0.585		
Selenium, Se.....mcg	0.9		0	CAZN	4		1.2		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	25.2		0		1		32.8		
Thiamin.....mg	0.043		0		1		0.056		
Riboflavin.....mg	0.114		0		1		0.148		
Niacin.....mg	0.672		0		1		0.874		
Pantothenic acid.....mg	0.053		0		1		0.069		
Vitamin B-6.....mg	0.086		0		1		0.112		
Folate, total.....mcg	14		0		1		19		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	14		0		1		19		
Folate, DFE.....mcg_DFE	14		0	NC	4		19		
Choline, total.....mg	0.5		0	BFSN	4		0.6		
Betaine.....mg	0.3		0	BFSN	4		0.4		
Vitamin B-12.....mcg	0.00		0	Z	7		0.00		
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....mcg_RAE	735		0	NC	4		956		
Retinol.....mcg	0		0	Z	7		0		
Carotene, beta.....mcg	8823		0	BFSN	4		11469		
Carotene, alpha.....mcg	0		0	BFSN	4		0		
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0		
Vitamin A, IU.....IU	14704		0	NC	4		19116		
Lycopene.....mcg	0		0	BFSN	4		0		
Lutein + zeaxanthin.....mcg	19697		0	BFSN	4		25607		
Vitamin E (alpha-tocopherol).....mg	0.92		0	BFSN	4		1.19		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	882.0		0	BFSN	4		1146.6		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.063		0		1		0.082		
4:0.....g									
6:0.....g									
8:0.....g	0.000		0		1		0.000		
10:0.....g	0.000		0		1		0.000		

NDB No. 11791

Kale, frozen, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.002		0		1		0.003		
13:0.....g									
14:0.....g	0.002		0		1		0.003		
15:0.....g									
16:0.....g	0.053		0		1		0.069		
17:0.....g									
18:0.....g	0.002		0		1		0.003		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.036		0		1		0.047		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.034		0		1		0.044		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.235		0		1		0.306		
18:2 undifferentiated.....g	0.096		0		1		0.125		
18:3 undifferentiated.....g	0.125		0		1		0.163		
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.001		0		1		0.001		
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.035		0		1		0.046		
Threonine.....g	0.127		0		1		0.165		
Isoleucine.....g	0.170		0		1		0.221		
Leucine.....g	0.199		0		1		0.259		
Lysine.....g	0.170		0		1		0.221		
Methionine.....g	0.027		0		1		0.035		
Cystine.....g	0.038		0		1		0.049		
Phenylalanine.....g	0.146		0		1		0.190		
Tyrosine.....g	0.101		0		1		0.131		
Valine.....g	0.156		0		1		0.203		
Arginine.....g	0.158		0		1		0.205		
Histidine.....g	0.060		0		1		0.078		
Alanine.....g	0.143		0		1		0.186		
Aspartic acid.....g	0.254		0		1		0.330		
Glutamic acid.....g	0.323		0		1		0.420		
Glycine.....g	0.137		0		1		0.178		
Proline.....g	0.169		0		1		0.220		
Serine.....g	0.120		0		1		0.156		
Hydroxyproline.....g									
<b><u>Others:</u></b>									
Alcohol, ethyl.....g									
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

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

**Common Measures:**

**NDB No. 11791**

**Kale, frozen, cooked, boiled, drained, with salt**

Measure 1 = 130g: 1 cup, chopped

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group: 11 Vegetables and Vegetable Products**

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11236

Kale, frozen, cooked, boiled, drained, without salt

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	90.50		0		1		117.65	58.83	
Energy.....kcal	30		0	NC	4		39	19	
Energy.....kj	124		0	NC	4		162	81	
Protein (N x 6.25).....g	2.84		0		1		3.69	1.85	
Total lipid (fat).....g	0.49		0		1		0.64	0.32	
Ash.....g	0.94		0		1		1.22	0.61	
Carbohydrate, by difference.....g	5.23		0	NC	4		6.80	3.40	
Fiber, total dietary.....g	2.0		0		4		2.6	1.3	
Sugars, total.....g	1.34		0	BFSN	4		1.75	0.87	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	138		0		1		179	90	
Iron, Fe.....mg	0.94		0		1		1.22	0.61	
Magnesium, Mg.....mg	18		0		1		23	12	
Phosphorus, P.....mg	28		0		1		36	18	
Potassium, K.....mg	321		0		1		417	209	
Sodium, Na.....mg	15		0		1		20	10	
Zinc, Zn.....mg	0.18		0		1		0.23	0.12	
Copper, Cu.....mg	0.047		0		1		0.061	0.031	
Manganese, Mn.....mg	0.450		0		1		0.585	0.293	
Selenium, Se.....mcg	0.9		0	CAZN	4		1.2	0.6	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	25.2		0		1		32.8	16.4	
Thiamin.....mg	0.043		0		1		0.056	0.028	
Riboflavin.....mg	0.114		0		1		0.148	0.074	
Niacin.....mg	0.672		0		1		0.874	0.437	
Pantothenic acid.....mg	0.053		0		1		0.069	0.034	
Vitamin B-6.....mg	0.086		0		1		0.112	0.056	
Folate, total.....mcg	14		0		1		19	9	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	14		0		1		19	9	
Folate, DFE.....mcg_DFE	14		0	NC	4		19	9	
Choline, total.....mg	0.5		0	BFSN	4		0.6	0.3	
Betaine.....mg	0.3		0	BFSN	4		0.4	0.2	
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	735		0	NC	4		956	478	
Retinol.....mcg	0		0	Z	7		0	0	
Carotene, beta.....mcg	8823		0	BFSN	4		11469	5735	
Carotene, alpha.....mcg	0		0	BFSN	4		0	0	
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0	0	
Vitamin A, IU.....IU	14704		0	NC	4		19116	9558	
Lycopene.....mcg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin.....mcg	19697		0	BFSN	4		25607	12803	
Vitamin E (alpha-tocopherol).....mg	0.92		0	BFSN	4		1.19	0.60	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	882.0		0	BFSN	4		1146.6	573.3	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.063		0		1		0.082	0.041	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.000		0		1		0.000	0.000	

NDB No. 11236

Kale, frozen, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.002		0		1		0.003	0.001	
13:0.....g									
14:0.....g	0.002		0		1		0.003	0.001	
15:0.....g									
16:0.....g	0.053		0		1		0.069	0.034	
17:0.....g									
18:0.....g	0.002		0		1		0.003	0.001	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.036		0		1		0.047	0.023	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.034		0		1		0.044	0.022	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.235		0		1		0.306	0.153	
18:2 undifferentiated.....g	0.096		0		1		0.125	0.062	
18:3 undifferentiated.....g	0.125		0		1		0.163	0.081	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.001		0		1		0.001	0.001	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.035		0		1		0.046	0.023	
Threonine.....g	0.127		0		1		0.165	0.083	
Isoleucine.....g	0.170		0		1		0.221	0.111	
Leucine.....g	0.199		0		1		0.259	0.129	
Lysine.....g	0.170		0		1		0.221	0.111	
Methionine.....g	0.027		0		1		0.035	0.018	
Cystine.....g	0.038		0		1		0.049	0.025	
Phenylalanine.....g	0.146		0		1		0.190	0.095	
Tyrosine.....g	0.101		0		1		0.131	0.066	
Valine.....g	0.156		0		1		0.203	0.101	
Arginine.....g	0.158		0		1		0.205	0.103	
Histidine.....g	0.060		0		1		0.078	0.039	
Alanine.....g	0.143		0		1		0.186	0.093	
Aspartic acid.....g	0.254		0		1		0.330	0.165	
Glutamic acid.....g	0.323		0		1		0.420	0.210	
Glycine.....g	0.137		0		1		0.178	0.089	
Proline.....g	0.169		0		1		0.220	0.110	
Serine.....g	0.120		0		1		0.156	0.078	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

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

**Common Measures:**

**NDB No. 11236**

**Kale, frozen, cooked, boiled, drained, without salt**

Measure 1 = 130g: 1 cup, chopped

Measure 2 = 65g: .5 cup, chopped or diced

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group:** 11 Vegetables and Vegetable Products

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**NDB No. 11235**  
**Kale, frozen, unprepared**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.002		0		1		0.006	0.002	
15:0.....g									
16:0.....g	0.049		0		1		0.139	0.046	
17:0.....g									
18:0.....g	0.002		0		1		0.006	0.002	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.034		0		1		0.097	0.032	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.032		0		1		0.091	0.030	
20:1.....g	0.000		0	BFFN	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.219		0		1		0.622	0.206	
18:2 undifferentiated.....g	0.090		0		1		0.256	0.085	
18:3 undifferentiated.....g	0.117		0		1		0.332	0.110	
18:4.....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.001		0		1		0.003	0.001	
20:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.032		0		1		0.091	0.030	
Threonine.....g	0.119		0		1		0.338	0.112	
Isoleucine.....g	0.159		0		1		0.452	0.149	
Leucine.....g	0.186		0		1		0.528	0.175	
Lysine.....g	0.159		0		1		0.452	0.149	
Methionine.....g	0.026		0		1		0.074	0.024	
Cystine.....g	0.035		0		1		0.099	0.033	
Phenylalanine.....g	0.136		0		1		0.386	0.128	
Tyrosine.....g	0.094		0		1		0.267	0.088	
Valine.....g	0.145		0		1		0.412	0.136	
Arginine.....g	0.148		0		1		0.420	0.139	
Histidine.....g	0.056		0		1		0.159	0.053	
Alanine.....g	0.134		0		1		0.381	0.126	
Aspartic acid.....g	0.238		0		1		0.676	0.224	
Glutamic acid.....g	0.301		0		1		0.855	0.283	
Glycine.....g	0.128		0		1		0.364	0.120	
Proline.....g	0.158		0		1		0.449	0.149	
Serine.....g	0.112		0		1		0.318	0.105	
Hydroxyproline.....g									
<b><u>Others:</u></b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg									
Theobromine.....mg									

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

**Common Measures:**

Measure 1 = 284g: 1 package (10 oz)



**NDB No. 11235**

**Kale, frozen, unprepared**

Measure 2 = 94g: .333 package (10 oz)

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group:** 11 Vegetables and Vegetable Products

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Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.003		0		1		0.002		
15:0.....g									
16:0.....g	0.076		0		1		0.051		
17:0.....g									
18:0.....g	0.004		0		1		0.003		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.052		0		1		0.035		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.001		
17:1.....g									
18:1 undifferentiated.....g	0.049		0		1		0.033		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.338		0		1		0.226		
18:2 undifferentiated.....g	0.138		0		1		0.092		
18:3 undifferentiated.....g	0.180		0		1		0.121		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.002		0		1		0.001		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.040		57		1		0.027		
Threonine.....g	0.147		57		1		0.098		
Isoleucine.....g	0.197		57		1		0.132		
Leucine.....g	0.231		57		1		0.155		
Lysine.....g	0.197		57		1		0.132		
Methionine.....g	0.032		57		1		0.021		
Cystine.....g	0.044		3		1		0.029		
Phenylalanine.....g	0.169		57		1		0.113		
Tyrosine.....g	0.117		3		1		0.078		
Valine.....g	0.181		57		1		0.121		
Arginine.....g	0.184		57		1		0.123		
Histidine.....g	0.069		57		1		0.046		
Alanine.....g	0.166		3		1		0.111		
Aspartic acid.....g	0.295		3		1		0.198		
Glutamic acid.....g	0.374		3		1		0.251		
Glycine.....g	0.159		3		1		0.107		
Proline.....g	0.196		2		1		0.131		
Serine.....g	0.139		3		1		0.093		
Hydroxyproline.....g									
<b><u>Others:</u></b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg									
Theobromine.....mg									

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

**Common Measures:**

Measure 1 = 67g: 1 cup, chopped

**NDB No. 11233**

**Kale, raw**

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group: 11 Vegetables and Vegetable Products**

USDA National Nutrient Database for Standard Reference, Release 21 (2008)



NDB No. 11792

Kale, scotch, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.002		0		1		0.003		
15:0.....g									
16:0.....g	0.044		0		1		0.057		
17:0.....g									
18:0.....g	0.002		0		1		0.003		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.030		0		1		0.039		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.028		0		1		0.036		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.196		0		1		0.255		
18:2 undifferentiated.....g	0.080		0		1		0.104		
18:3 undifferentiated.....g	0.104		0		1		0.135		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.001		0		1		0.001		
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.023		0		1		0.030		
Threonine.....g	0.085		0		1		0.111		
Isoleucine.....g	0.113		0		1		0.147		
Leucine.....g	0.132		0		1		0.172		
Lysine.....g	0.113		0		1		0.147		
Methionine.....g	0.018		0		1		0.023		
Cystine.....g	0.025		0		1		0.033		
Phenylalanine.....g	0.097		0		1		0.126		
Tyrosine.....g	0.067		0		1		0.087		
Valine.....g	0.104		0		1		0.135		
Arginine.....g	0.105		0		1		0.137		
Histidine.....g	0.040		0		1		0.052		
Alanine.....g	0.095		0		1		0.124		
Aspartic acid.....g	0.169		0		1		0.220		
Glutamic acid.....g	0.215		0		1		0.280		
Glycine.....g	0.091		0		1		0.118		
Proline.....g	0.112		0		1		0.146		
Serine.....g	0.080		0		1		0.104		
Hydroxyproline.....g									

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

**Common Measures:**

Measure 1 = 130g: 1 cup, chopped

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**NDB No. 11792**

**Kale, scotch, cooked, boiled, drained, with salt**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)





NDB No. 11623

Kale, scotch, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.002		0		1		0.003		
15:0.....g									
16:0.....g	0.044		0		1		0.057		
17:0.....g									
18:0.....g	0.002		0		1		0.003		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.030		0		1		0.039		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.028		0		1		0.036		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.196		0		1		0.255		
18:2 undifferentiated.....g	0.080		0		1		0.104		
18:3 undifferentiated.....g	0.104		0		1		0.135		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.001		0		1		0.001		
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.023		0		1		0.030		
Threonine.....g	0.085		0		1		0.111		
Isoleucine.....g	0.113		0		1		0.147		
Leucine.....g	0.132		0		1		0.172		
Lysine.....g	0.113		0		1		0.147		
Methionine.....g	0.018		0		1		0.023		
Cystine.....g	0.025		0		1		0.033		
Phenylalanine.....g	0.097		0		1		0.126		
Tyrosine.....g	0.067		0		1		0.087		
Valine.....g	0.104		0		1		0.135		
Arginine.....g	0.105		0		1		0.137		
Histidine.....g	0.040		0		1		0.052		
Alanine.....g	0.095		0		1		0.124		
Aspartic acid.....g	0.169		0		1		0.220		
Glutamic acid.....g	0.215		0		1		0.280		
Glycine.....g	0.091		0		1		0.118		
Proline.....g	0.112		0		1		0.146		
Serine.....g	0.080		0		1		0.104		
Hydroxyproline.....g									

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

**Common Measures:**

Measure 1 = 130g: 1 cup, chopped

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**NDB No. 11623**

**Kale, scotch, cooked, boiled, drained, without salt**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)



Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.003		0		1		0.002		
15:0.....g									
16:0.....g	0.065		0		1		0.044		
17:0.....g									
18:0.....g	0.003		0		1		0.002		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.045		0		1		0.030		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.001		
17:1.....g									
18:1 undifferentiated.....g	0.042		0		1		0.028		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.289		0		1		0.194		
18:2 undifferentiated.....g	0.118		0		1		0.079		
18:3 undifferentiated.....g	0.154		0		1		0.103		
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.001		0		1		0.001		
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.034		0		1		0.023		
Threonine.....g	0.125		0		1		0.084		
Isoleucine.....g	0.168		0		1		0.113		
Leucine.....g	0.196		0		1		0.131		
Lysine.....g	0.168		0		1		0.113		
Methionine.....g	0.027		0		1		0.018		
Cystine.....g	0.037		0		1		0.025		
Phenylalanine.....g	0.143		0		1		0.096		
Tyrosine.....g	0.099		0		1		0.066		
Valine.....g	0.153		0		1		0.103		
Arginine.....g	0.156		0		1		0.105		
Histidine.....g	0.059		0		1		0.040		
Alanine.....g	0.141		0		1		0.094		
Aspartic acid.....g	0.250		0		1		0.168		
Glutamic acid.....g	0.318		0		1		0.213		
Glycine.....g	0.135		0		1		0.090		
Proline.....g	0.166		0		1		0.111		
Serine.....g	0.118		0		1		0.079		
Hydroxyproline.....g									

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

**Common Measures:**

Measure 1 = 67g: 1 cup, chopped

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

**NDB No. 11622**  
**Kale, scotch, raw**

**Food Group:** 11 Vegetables and Vegetable Products  
USDA National Nutrient Database for Standard Reference, Release 21 (2008)



**NDB No. 11237**  
**Kanpyo, (dried gourd strips)**

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
14:0.....g							
15:0.....g							
16:0.....g	0.032		0		1	0.002	0.009
17:0.....g							
18:0.....g	0.013		0		1	0.001	0.004
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	0.103		0		1	0.006	0.028
14:1.....g							
15:1.....g							
16:1 undifferentiated.....g							
17:1.....g							
18:1 undifferentiated.....g	0.103		0		1	0.006	0.028
20:1.....g							
22:1 undifferentiated.....g							
24:1 c.....g							
Fatty acids, total polyunsaturated.....g	0.244		0		1	0.015	0.066
18:2 undifferentiated.....g	0.244		0		1	0.015	0.066
18:3 undifferentiated.....g							
18:4.....g							
20:2 n-6 c,c.....g							
20:3 undifferentiated.....g							
20:4 undifferentiated.....g							
20:5 n-3.....g							
22:5 n-3.....g							
22:6 n-3.....g							
Fatty acids, total trans.....g							
Cholesterol.....mg	0		0	z	7	0	0
Phytosterols.....mg							

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

**Common Measures:**

Measure 1 = 6.3g: 1 strip

Measure 2 = 27g: .5 cup

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group: 11 Vegetables and Vegetable Products**  
 USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11793

Kohlrabi, cooked, boiled, drained, with salt

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	90.30		0		1		149.00		
Energy.....kcal	29		0	NC	4		48		
Energy.....kj	121		0		4		200		
Protein (N x 6.25).....g	1.80		0		1		2.97		
Total lipid (fat).....g	0.11		0		1		0.18		
Ash.....g	1.10		0		1		1.82		
Carbohydrate, by difference.....g	6.69		0	NC	4		11.04		
Fiber, total dietary.....g	1.1		1	A	1		1.8		
Sugars, total.....g	2.80		0	BFSN	4		4.62		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	25		0		1		41		
Iron, Fe.....mg	0.40		0		1		0.66		
Magnesium, Mg.....mg	19		0		1		31		
Phosphorus, P.....mg	45		0		1		74		
Potassium, K.....mg	340		0		1		561		
Sodium, Na.....mg	257		0		4		424		
Zinc, Zn.....mg	0.31		0		4		0.51		
Copper, Cu.....mg	0.132		0		4		0.218		
Manganese, Mn.....mg	0.142		0		4		0.234		
Selenium, Se.....mcg	0.8		0	BFSN	4		1.3		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	54.0		0		1		89.1		
Thiamin.....mg	0.040		0		1		0.066		
Riboflavin.....mg	0.020		0		1		0.033		
Niacin.....mg	0.390		0		1		0.644		
Pantothenic acid.....mg	0.160		0		4		0.264		
Vitamin B-6.....mg	0.154		0		4		0.254		
Folate, total.....mcg	12		0		4		20		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	12		0		4		20		
Folate, DFE.....mcg_DFE	12		0	NC	4		20		
Choline, total.....mg	13.2		0	BFSY	4		21.9		
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00		
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....mcg_RAE	2		0	NC	4		3		
Retinol.....mcg	0		0	Z	7		0		
Carotene, beta.....mcg	21		0	BFSY	4		35		
Carotene, alpha.....mcg	0		0	BFSY	4		0		
Cryptoxanthin, beta.....mcg	0		0	BFSY	4		0		
Vitamin A, IU.....IU	35		0	NC	4		58		
Lycopene.....mcg	0		0	BFSY	4		0		
Lutein + zeaxanthin.....mcg	0		0	BFSY	4		0		
Vitamin E (alpha-tocopherol).....mg	0.52		0	BFSN	4		0.85		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.1		0	BFSN	4		0.2		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.014		0		1		0.023		
4:0.....g									
6:0.....g									
8:0.....g	0.000		0		1		0.000		
10:0.....g	0.000		0		1		0.000		



NDB No. 11793

Kohlrabi, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0		1		0.000		
13:0.....g									
14:0.....g	0.001		0		1		0.002		
15:0.....g									
16:0.....g	0.012		0		1		0.020		
17:0.....g									
18:0.....g	0.001		0		1		0.002		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.008		0		1		0.013		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.008		0		1		0.013		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.053		0		1		0.087		
18:2 undifferentiated.....g	0.022		0		1		0.036		
18:3 undifferentiated.....g	0.028		0		1		0.046		
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.011		0		1		0.018		
Threonine.....g	0.052		0		1		0.086		
Isoleucine.....g	0.083		0		1		0.137		
Leucine.....g	0.071		0		1		0.117		
Lysine.....g	0.059		0		1		0.097		
Methionine.....g	0.014		0		1		0.023		
Cystine.....g	0.007		0		1		0.012		
Phenylalanine.....g	0.041		0		1		0.068		
Tyrosine.....g									
Valine.....g	0.053		0		1		0.087		
Arginine.....g	0.111		0		1		0.183		
Histidine.....g	0.020		0		1		0.033		
Alanine.....g									
Aspartic acid.....g									
Glutamic acid.....g									
Glycine.....g									
Proline.....g									
Serine.....g									
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g									
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

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

**Common Measures:**

**NDB No. 11793**

**Kohlrabi, cooked, boiled, drained, with salt**

Measure 1 = 165g: 1 cup slices

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11242

Kohlrabi, cooked, boiled, drained, without salt

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	90.30		0		1		149.00		
Energy.....kcal	29		0	NC	4		48		
Energy.....kj	121		0		4		200		
Protein (N x 6.25).....g	1.80		0		1		2.97		
Total lipid (fat).....g	0.11		0		1		0.18		
Ash.....g	1.10		0		1		1.82		
Carbohydrate, by difference.....g	6.69		0	NC	4		11.04		
Fiber, total dietary.....g	1.1		0		4		1.8		
Sugars, total.....g	2.80		0	BFSN	4		4.62		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	25		0		1		41		
Iron, Fe.....mg	0.40		0		1		0.66		
Magnesium, Mg.....mg	19		0		1		31		
Phosphorus, P.....mg	45		0		1		74		
Potassium, K.....mg	340		0		1		561		
Sodium, Na.....mg	21		0		1		35		
Zinc, Zn.....mg	0.31		0		4		0.51		
Copper, Cu.....mg	0.132		0		4		0.218		
Manganese, Mn.....mg	0.142		0		4		0.234		
Selenium, Se.....mcg	0.8		0	BFSN	4		1.3		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	54.0		0		1		89.1		
Thiamin.....mg	0.040		0		1		0.066		
Riboflavin.....mg	0.020		0		1		0.033		
Niacin.....mg	0.390		0		1		0.644		
Pantothenic acid.....mg	0.160		0		4		0.264		
Vitamin B-6.....mg	0.154		0		4		0.254		
Folate, total.....mcg	12		0		4		20		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	12		0		4		20		
Folate, DFE.....mcg_DFE	12		0	NC	4		20		
Choline, total.....mg	13.2		0	BFSY	4		21.9		
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00		
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....mcg_RAE	2		0	NC	4		3		
Retinol.....mcg	0		0	Z	7		0		
Carotene, beta.....mcg	21		0	BFSY	4		35		
Carotene, alpha.....mcg	0		0	BFSY	4		0		
Cryptoxanthin, beta.....mcg	0		0	BFSY	4		0		
Vitamin A, IU.....IU	35		0	NC	4		58		
Lycopene.....mcg	0		0	BFSY	4		0		
Lutein + zeaxanthin.....mcg	0		0	BFSY	4		0		
Vitamin E (alpha-tocopherol).....mg	0.52		0	BFSN	4		0.85		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.1		0	BFSN	4		0.2		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.014		0		1		0.023		
4:0.....g	0.000		0		1		0.000		
6:0.....g	0.000		0		1		0.000		
8:0.....g	0.000		0		1		0.000		
10:0.....g	0.000		0		1		0.000		

NDB No. 11242

Kohlrabi, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0		1		0.000		
13:0.....g									
14:0.....g	0.001		0		1		0.002		
15:0.....g									
16:0.....g	0.012		0		1		0.020		
17:0.....g									
18:0.....g	0.001		0		1		0.002		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.008		0		1		0.013		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.008		0		1		0.013		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.053		0		1		0.087		
18:2 undifferentiated.....g	0.022		0		1		0.036		
18:3 undifferentiated.....g	0.028		0		1		0.046		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.011		0		1		0.018		
Threonine.....g	0.052		0		1		0.086		
Isoleucine.....g	0.083		0		1		0.137		
Leucine.....g	0.071		0		1		0.117		
Lysine.....g	0.059		0		1		0.097		
Methionine.....g	0.014		0		1		0.023		
Cystine.....g	0.007		0		1		0.012		
Phenylalanine.....g	0.041		0		1		0.068		
Tyrosine.....g									
Valine.....g	0.053		0		1		0.087		
Arginine.....g	0.111		0		1		0.183		
Histidine.....g	0.020		0		1		0.033		
Alanine.....g									
Aspartic acid.....g									
Glutamic acid.....g									
Glycine.....g									
Proline.....g									
Serine.....g									
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

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

**Common Measures:**

**NDB No. 11242**

**Kohlrabi, cooked, boiled, drained, without salt**

Measure 1 = 165g: 1 cup, sliced

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11241

Kohlrabi, raw

Brassica oleracea (Gongylodes Group)

Refuse:54% Leaves, stems and parings

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	91.00		1		1		122.85	14.56	
Energy.....kcal	27		0	NC	4		36	4	
Energy.....kj	113		0		4		153	18	
Protein (N x 6.25).....g	1.70		1		1		2.30	0.27	
Total lipid (fat).....g	0.10		1		1		0.14	0.02	
Ash.....g	1.00		0		1		1.35	0.16	
Carbohydrate, by difference.....g	6.20		0	NC	4		8.37	0.99	
Fiber, total dietary.....g	3.6		0		4		4.9	0.6	
Sugars, total.....g	2.60		0	O	4		3.51	0.42	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	24		1		1		32	4	
Iron, Fe.....mg	0.40		1		1		0.54	0.06	
Magnesium, Mg.....mg	19		1		1		26	3	
Phosphorus, P.....mg	46		1		1		62	7	
Potassium, K.....mg	350		1		1		473	56	
Sodium, Na.....mg	20		1		1		27	3	
Zinc, Zn.....mg	0.03		0		4		0.04	0.00	
Copper, Cu.....mg	0.129		0		4		0.174	0.021	
Manganese, Mn.....mg	0.139		0		4		0.188	0.022	
Selenium, Se.....mcg	0.7		0	CAZN	4		0.9	0.1	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	62.0		1		1		83.7	9.9	
Thiamin.....mg	0.050		1		1		0.068	0.008	
Riboflavin.....mg	0.020		1		1		0.027	0.003	
Niacin.....mg	0.400		1		1		0.540	0.064	
Pantothenic acid.....mg	0.165		0		1		0.223	0.026	
Vitamin B-6.....mg	0.150		0		1		0.203	0.024	
Folate, total.....mcg	16		0		4		22	3	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	16		0		4		22	3	
Folate, DFE.....mcg_DFE	16		0	NC	4		22	3	
Choline, total.....mg	12.3		0	BFSN	4		16.6	2.0	
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	2		0	NC	4		2	0	
Retinol.....mcg	0		0	Z	7		0	0	
Carotene, beta.....mcg	22		0	O	4		29	3	
Carotene, alpha.....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0	0	
Vitamin A, IU.....IU	36		0	NC	4		49	6	
Lycopene.....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg	0.48		0	O	4		0.65	0.08	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.1		0	O	4		0.1	0.0	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.013		0		1		0.018	0.002	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.000		0		1		0.000	0.000	

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0		1		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0		1		0.000	0.000	
15:0.....g									
16:0.....g	0.011		0		1		0.015	0.002	
17:0.....g									
18:0.....g	0.001		0		1		0.001	0.000	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.007		0		1		0.009	0.001	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.007		0		1		0.009	0.001	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.048		0		1		0.065	0.008	
18:2 undifferentiated.....g	0.020		0		1		0.027	0.003	
18:3 undifferentiated.....g	0.026		0		1		0.035	0.004	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.010		2		1		0.014	0.002	
Threonine.....g	0.049		2		1		0.066	0.008	
Isoleucine.....g	0.078		2		1		0.105	0.012	
Leucine.....g	0.067		2		1		0.090	0.011	
Lysine.....g	0.056		2		1		0.076	0.009	
Methionine.....g	0.013		2		1		0.018	0.002	
Cystine.....g	0.007		2		1		0.009	0.001	
Phenylalanine.....g	0.039		2		1		0.053	0.006	
Tyrosine.....g									
Valine.....g	0.050		2		1		0.068	0.008	
Arginine.....g	0.105		2		1		0.142	0.017	
Histidine.....g	0.019		2		1		0.026	0.003	
Alanine.....g									
Aspartic acid.....g									
Glutamic acid.....g									
Glycine.....g									
Proline.....g									
Serine.....g									
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

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

### Common Measures:

**NDB No. 11241**

**Kohlrabi, raw**

Measure 1 = 135g: 1 cup

Measure 2 = 16g: 1 slice

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)





NDB No. 11794

Lambs quarters, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.001		0		1		0.002		
15:0.....g									
16:0.....g	0.041		0		1		0.074		
17:0.....g									
18:0.....g	0.004		0		1		0.007		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.131		0		1		0.236		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.002		
17:1.....g									
18:1 undifferentiated.....g	0.101		0		1		0.182		
20:1.....g	0.011		0		1		0.020		
22:1 undifferentiated.....g	0.018		0		1		0.032		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.307		0		1		0.553		
18:2 undifferentiated.....g	0.274		0		1		0.493		
18:3 undifferentiated.....g	0.032		0		1		0.058		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.001		0		1		0.002		
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.029		0		1		0.052		
Threonine.....g	0.124		0		1		0.223		
Isoleucine.....g	0.193		0		1		0.347		
Leucine.....g	0.267		0		1		0.481		
Lysine.....g	0.270		0		1		0.486		
Methionine.....g	0.037		0		1		0.067		
Cystine.....g	0.068		0		1		0.122		
Phenylalanine.....g	0.126		0		1		0.227		
Tyrosine.....g	0.134		0		1		0.241		
Valine.....g	0.172		0		1		0.310		
Arginine.....g	0.193		0		1		0.347		
Histidine.....g	0.088		0		1		0.158		
Alanine.....g	0.245		0		1		0.441		
Aspartic acid.....g	0.329		0		1		0.592		
Glutamic acid.....g	0.397		0		1		0.715		
Glycine.....g	0.190		0		1		0.342		
Proline.....g	0.170		0		1		0.306		
Serine.....g	0.152		0		1		0.274		
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

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

**Common Measures:**

Measure 1 = 180g: 1 cup, chopped

**NDB No. 11794**

**Lambs quarters, cooked, boiled, drained, with salt**

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11245

Lambsquarters, cooked, boiled, drained, without salt

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	88.90		0		1		160.02		
Energy.....kcal	32		0	NC	4		58		
Energy.....kj	134		0		4		241		
Protein (N x 6.25).....g	3.20		0		1		5.76		
Total lipid (fat).....g	0.70		0		1		1.26		
Ash.....g	2.20		0		1		3.96		
Carbohydrate, by difference.....g	5.00		0	NC	4		9.00		
Fiber, total dietary.....g	2.1		0		4		3.8		
Sugars, total.....g	0.62		0	BFSN	4		1.11		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	258		0		1		464		
Iron, Fe.....mg	0.70		0		1		1.26		
Magnesium, Mg.....mg	23		0		4		41		
Phosphorus, P.....mg	45		0		1		81		
Potassium, K.....mg	288		0		4		518		
Sodium, Na.....mg	29		0		4		52		
Zinc, Zn.....mg	0.30		0		4		0.54		
Copper, Cu.....mg	0.197		0		4		0.355		
Manganese, Mn.....mg	0.525		0		4		0.945		
Selenium, Se.....mcg	0.9		0	CAZN	4		1.6		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	37.0		0		1		66.6		
Thiamin.....mg	0.100		0		1		0.180		
Riboflavin.....mg	0.260		0		1		0.468		
Niacin.....mg	0.900		0		1		1.620		
Pantothenic acid.....mg	0.062		0		4		0.112		
Vitamin B-6.....mg	0.174		0		4		0.313		
Folate, total.....mcg	14		0		4		24		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	14		0		4		24		
Folate, DFE.....mcg_DFE	14		0	NC	4		24		
Choline, total.....mg	0.5		0	BFSN	4		1.0		
Betaine.....mg	0.3		0	BFSN	4		0.6		
Vitamin B-12.....mcg	0.00		0	Z	7		0.00		
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....mcg_RAE	391		0	NC	4		703		
Retinol.....mcg	0		0	Z	7		0		
Carotene, beta.....mcg	4688		0	BFSN	4		8438		
Carotene, alpha.....mcg	4		0	BFSN	4		8		
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0		
Vitamin A, IU.....IU	7816		0	NC	4		14069		
Lycopene.....mcg	0		0	BFSN	4		0		
Lutein + zeaxanthin.....mcg	1857		0	BFSN	4		3343		
Vitamin E (alpha-tocopherol).....mg	1.85		0	BFSN	4		3.34		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	494.2		0	BFSN	4		889.6		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.052		0		1		0.094		
4:0.....g	0.000		0		1		0.000		
6:0.....g	0.000		0		1		0.000		
8:0.....g	0.000		0		1		0.000		
10:0.....g	0.000		0		1		0.000		

NDB No. 11245

Lambquarters, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0		1		0.000		
13:0.....g									
14:0.....g	0.001		0		1		0.002		
15:0.....g									
16:0.....g	0.041		0		1		0.074		
17:0.....g									
18:0.....g	0.004		0		1		0.007		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.131		0		1		0.236		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.002		
17:1.....g									
18:1 undifferentiated.....g	0.101		0		1		0.182		
20:1.....g	0.011		0		1		0.020		
22:1 undifferentiated.....g	0.018		0		1		0.032		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.307		0		1		0.553		
18:2 undifferentiated.....g	0.274		0		1		0.493		
18:3 undifferentiated.....g	0.032		0		1		0.058		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.001		0		1		0.002		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.029		0		1		0.052		
Threonine.....g	0.124		0		1		0.223		
Isoleucine.....g	0.193		0		1		0.347		
Leucine.....g	0.267		0		1		0.481		
Lysine.....g	0.270		0		1		0.486		
Methionine.....g	0.037		0		1		0.067		
Cystine.....g	0.068		0		1		0.122		
Phenylalanine.....g	0.126		0		1		0.227		
Tyrosine.....g	0.134		0		1		0.241		
Valine.....g	0.172		0		1		0.310		
Arginine.....g	0.193		0		1		0.347		
Histidine.....g	0.088		0		1		0.158		
Alanine.....g	0.245		0		1		0.441		
Aspartic acid.....g	0.329		0		1		0.592		
Glutamic acid.....g	0.397		0		1		0.715		
Glycine.....g	0.190		0		1		0.342		
Proline.....g	0.170		0		1		0.306		
Serine.....g	0.152		0		1		0.274		
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

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

**Common Measures:**

**NDB No. 11245**

**Lambsquarters, cooked, boiled, drained, without salt**

Measure 1 = 180g: 1 cup, chopped

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)



NDB No. 11244  
Lambsquarters, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.002		0			1			
15:0.....g									
16:0.....g	0.047		0			1			
17:0.....g									
18:0.....g	0.005		0			1			
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.150		0			1			
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0			1			
17:1.....g									
18:1 undifferentiated.....g	0.115		0			1			
20:1.....g	0.013		0			1			
22:1 undifferentiated.....g	0.020		0			1			
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.351		0			1			
18:2 undifferentiated.....g	0.313		0			1			
18:3 undifferentiated.....g	0.036		0			1			
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.002		0			1			
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z		7			
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.038		2			1			
Threonine.....g	0.163		2			1			
Isoleucine.....g	0.253		2			1			
Leucine.....g	0.350		2			1			
Lysine.....g	0.354		3			1			
Methionine.....g	0.049		3			1			
Cystine.....g	0.089		1			1			
Phenylalanine.....g	0.166		2			1			
Tyrosine.....g	0.175		1			1			
Valine.....g	0.226		2			1			
Arginine.....g	0.253		1			1			
Histidine.....g	0.116		1			1			
Alanine.....g	0.322		1			1			
Aspartic acid.....g	0.431		1			1			
Glutamic acid.....g	0.521		1			1			
Glycine.....g	0.249		1			1			
Proline.....g	0.223		1			1			
Serine.....g	0.200		1			1			
Hydroxyproline.....g									

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

**Common Measures:**

**Calories Factors: Protein** 2.44

**Fat** 8.37

**Carbohydrate**3.57

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)





NDB No. 11795

Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g									
15:0.....g									
16:0.....g	0.025		0		1		0.031	0.007	
17:0.....g									
18:0.....g	0.001		0		1		0.001	0.000	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.003		0		1		0.004	0.001	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.003		0		1		0.004	0.001	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.111		0		1		0.138	0.029	
18:2 undifferentiated.....g	0.045		0		1		0.056	0.012	
18:3 undifferentiated.....g	0.066		0		1		0.082	0.017	
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.006		0		1		0.007	0.002	
Threonine.....g	0.034		0		1		0.042	0.009	
Isoleucine.....g	0.028		0		1		0.035	0.007	
Leucine.....g	0.052		0		1		0.064	0.014	
Lysine.....g	0.042		0		1		0.052	0.011	
Methionine.....g	0.010		0		1		0.012	0.003	
Cystine.....g	0.014		0		1		0.017	0.004	
Phenylalanine.....g	0.030		0		1		0.037	0.008	
Tyrosine.....g	0.022		0		1		0.027	0.006	
Valine.....g	0.031		0		1		0.038	0.008	
Arginine.....g	0.042		0		1		0.052	0.011	
Histidine.....g	0.014		0		1		0.017	0.004	
Alanine.....g	0.040		0		1		0.050	0.010	
Aspartic acid.....g	0.076		0		1		0.094	0.020	
Glutamic acid.....g	0.123		0		1		0.153	0.032	
Glycine.....g	0.037		0		1		0.046	0.010	
Proline.....g	0.036		0		1		0.045	0.009	
Serine.....g	0.050		0		1		0.062	0.013	
Hydroxyproline.....g									

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

**Common Measures:**

Measure 1 = 124g: 1 leek

Measure 2 = 26g: .25 cup, chopped

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

**NDB No. 11795**

**Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, with salt**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)



NDB No. 11247

Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g									
15:0.....g									
16:0.....g	0.025		0		1		0.031	0.007	
17:0.....g									
18:0.....g	0.001		0		1		0.001	0.000	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.003		0		1		0.004	0.001	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.003		0		1		0.004	0.001	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.111		0		1		0.138	0.029	
18:2 undifferentiated.....g	0.045		0		1		0.056	0.012	
18:3 undifferentiated.....g	0.066		0		1		0.082	0.017	
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.006		0		1		0.007	0.002	
Threonine.....g	0.034		0		1		0.042	0.009	
Isoleucine.....g	0.028		0		1		0.035	0.007	
Leucine.....g	0.052		0		1		0.064	0.014	
Lysine.....g	0.042		0		1		0.052	0.011	
Methionine.....g	0.010		0		1		0.012	0.003	
Cystine.....g	0.014		0		1		0.017	0.004	
Phenylalanine.....g	0.030		0		1		0.037	0.008	
Tyrosine.....g	0.022		0		1		0.027	0.006	
Valine.....g	0.031		0		1		0.038	0.008	
Arginine.....g	0.042		0		1		0.052	0.011	
Histidine.....g	0.014		0		1		0.017	0.004	
Alanine.....g	0.040		0		1		0.050	0.010	
Aspartic acid.....g	0.076		0		1		0.094	0.020	
Glutamic acid.....g	0.123		0		1		0.153	0.032	
Glycine.....g	0.037		0		1		0.046	0.010	
Proline.....g	0.036		0		1		0.045	0.009	
Serine.....g	0.050		0		1		0.062	0.013	
Hydroxyproline.....g									

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

**Common Measures:**

Measure 1 = 124g: 1 leek

Measure 2 = 26g: .25 cup, chopped or diced

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

**NDB No. 11247**

**Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11246

Leeks, (bulb and lower leaf-portion), raw

Allium ampeloprasum

Refuse:56% Tops, root end and skin

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	83.00		1		1		73.87	73.87	4.98
Energy.....kcal	61		0	NC	4		54	54	4
Energy.....kj	255		0		4		227	227	15
Protein (N x 6.25).....g	1.50		1		1		1.34	1.34	0.09
Total lipid (fat).....g	0.30		1		1		0.27	0.27	0.02
Ash.....g	1.05		0		1		0.93	0.93	0.06
Carbohydrate, by difference.....g	14.15		0	NC	4		12.59	12.59	0.85
Fiber, total dietary.....g	1.8		0		4		1.6	1.6	0.1
Sugars, total.....g	3.90		0	T	4		3.47	3.47	0.23
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	59		1		1		53	53	4
Iron, Fe.....mg	2.10		1		1		1.87	1.87	0.13
Magnesium, Mg.....mg	28		1		1		25	25	2
Phosphorus, P.....mg	35		1		1		31	31	2
Potassium, K.....mg	180		1		1		160	160	11
Sodium, Na.....mg	20		1		1		18	18	1
Zinc, Zn.....mg	0.12		0		4		0.11	0.11	0.01
Copper, Cu.....mg	0.120		0		4		0.107	0.107	0.007
Manganese, Mn.....mg	0.481		0		4		0.428	0.428	0.029
Selenium, Se.....mcg	1.0		0	BFSN	4		0.9	0.9	0.1
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	12.0		1		1		10.7	10.7	0.7
Thiamin.....mg	0.060		1		1		0.053	0.053	0.004
Riboflavin.....mg	0.030		1		1		0.027	0.027	0.002
Niacin.....mg	0.400		1		1		0.356	0.356	0.024
Pantothenic acid.....mg	0.140		0		4		0.125	0.125	0.008
Vitamin B-6.....mg	0.233		0		4		0.207	0.207	0.014
Folate, total.....mcg	64		0		1		57	57	4
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg	64		0		1		57	57	4
Folate, DFE.....mcg_DFE	64		0	NC	4		57	57	4
Choline, total.....mg	9.5		0	BFSN	4		8.5	8.5	0.6
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	83		0	NC	4		74	74	5
Retinol.....mcg	0		0	Z	7		0	0	0
Carotene, beta.....mcg	1000		0	T	4		890	890	60
Carotene, alpha.....mcg	0		0	T	4		0	0	0
Cryptoxanthin, beta.....mcg	0		0	T	4		0	0	0
Vitamin A, IU.....IU	1667		0	NC	4		1483	1483	100
Lycopene.....mcg	0		0	T	4		0	0	0
Lutein + zeaxanthin.....mcg	1900		0	T	4		1691	1691	114
Vitamin E (alpha-tocopherol).....mg	0.92		0	O	4		0.82	0.82	0.06
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	47.0		0	T	4		41.8	41.8	2.8
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.040		0		1		0.036	0.036	0.002
4:0.....g	0.000		0		1		0.000	0.000	0.000
6:0.....g	0.000		0		1		0.000	0.000	0.000
8:0.....g	0.000		0		1		0.000	0.000	0.000
10:0.....g	0.000		0		1		0.000	0.000	0.000

Leeks, (bulb and lower leaf-portion), raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0		1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.000		0		1		0.000	0.000	0.000
15:0.....g									
16:0.....g	0.038		1		1		0.034	0.034	0.002
17:0.....g									
18:0.....g	0.002		1		1		0.002	0.002	0.000
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.004		0		1		0.004	0.004	0.000
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.004		1		1		0.004	0.004	0.000
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.166		0		1		0.148	0.148	0.010
18:2 undifferentiated.....g	0.067		1		1		0.060	0.060	0.004
18:3 undifferentiated.....g	0.099		1		1		0.088	0.088	0.006
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	0
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.012		5		1		0.011	0.011	0.001
Threonine.....g	0.063		9		1		0.056	0.056	0.004
Isoleucine.....g	0.052		9		1		0.046	0.046	0.003
Leucine.....g	0.096		9		1		0.085	0.085	0.006
Lysine.....g	0.078		12		1		0.069	0.069	0.005
Methionine.....g	0.018		12		1		0.016	0.016	0.001
Cystine.....g	0.025		7		1		0.022	0.022	0.002
Phenylalanine.....g	0.055		9		1		0.049	0.049	0.003
Tyrosine.....g	0.041		8		1		0.036	0.036	0.002
Valine.....g	0.056		9		1		0.050	0.050	0.003
Arginine.....g	0.078		9		1		0.069	0.069	0.005
Histidine.....g	0.025		9		1		0.022	0.022	0.002
Alanine.....g	0.074		8		1		0.066	0.066	0.004
Aspartic acid.....g	0.140		8		1		0.125	0.125	0.008
Glutamic acid.....g	0.226		8		1		0.201	0.201	0.014
Glycine.....g	0.069		8		1		0.061	0.061	0.004
Proline.....g	0.066		8		1		0.059	0.059	0.004
Serine.....g	0.092		8		1		0.082	0.082	0.006
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0

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

**Common Measures:**



**NDB No. 11246**

**Leeks, (bulb and lower leaf-portion), raw**

Measure 1 = 89g: 1 cup

Measure 2 = 89g: 1 leek

Measure 3 = 6.0g: 1 slice

**Calories Factors: Protein 2.78**

**Fat 8.37**

**Carbohydrate 3.84**

**Food Group:** 11 Vegetables and Vegetable Products

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Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g									
15:0.....g									
16:0.....g	0.265		0		1		0.001	0.002	
17:0.....g									
18:0.....g	0.015		0		1		0.000	0.000	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.029		0		1		0.000	0.000	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.029		0		1		0.000	0.000	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.161		0		1		0.002	0.009	
18:2 undifferentiated.....g	0.470		0		1		0.001	0.004	
18:3 undifferentiated.....g	0.691		0		1		0.001	0.006	
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.117		0		1		0.000	0.001	
Threonine.....g	0.640		0		1		0.001	0.005	
Isoleucine.....g	0.525		0		1		0.001	0.004	
Leucine.....g	0.973		0		1		0.002	0.008	
Lysine.....g	0.786		0		1		0.002	0.006	
Methionine.....g	0.180		0		1		0.000	0.001	
Cystine.....g	0.253		0		1		0.001	0.002	
Phenylalanine.....g	0.559		0		1		0.001	0.004	
Tyrosine.....g	0.413		0		1		0.001	0.003	
Valine.....g	0.572		0		1		0.001	0.005	
Arginine.....g	0.790		0		1		0.002	0.006	
Histidine.....g	0.253		0		1		0.001	0.002	
Alanine.....g	0.749		0		1		0.001	0.006	
Aspartic acid.....g	1.420		0		1		0.003	0.011	
Glutamic acid.....g	2.293		0		1		0.005	0.018	
Glycine.....g	0.698		0		1		0.001	0.006	
Proline.....g	0.674		0		1		0.001	0.005	
Serine.....g	0.936		0		1		0.002	0.007	
Hydroxyproline.....g									

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

**Common Measures:**

Measure 1 = 0.2g: 1 tbsp

Measure 2 = 0.8g: .25 cup

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**NDB No. 11624**

**Leeks, (bulb and lower-leaf portion), freeze-dried**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)



NDB No. 11972  
Lemon grass (citronella), raw

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.002		1	A	1		0.001	0.000	
15:0.....g									
16:0.....g	0.083		1	A	1		0.056	0.004	
17:0.....g									
18:0.....g	0.012		1	A	1		0.008	0.001	
20:0.....g	0.005		1	A	1		0.003	0.000	
22:0.....g	0.009		1	A	1		0.006	0.000	
24:0.....g									
Fatty acids, total monounsaturated.....g	0.054		1	A	1		0.036	0.003	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.012		1	A	1		0.008	0.001	
17:1.....g									
18:1 undifferentiated.....g	0.042		1	A	1		0.028	0.002	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.170		1	A	1		0.114	0.008	
18:2 undifferentiated.....g	0.138		1	A	1		0.092	0.007	
18:3 undifferentiated.....g	0.031		1	A	1		0.021	0.001	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1	Z	7		0	0	
Phytosterols.....mg	6		1	A	1		4	0	
Stigmasterol.....mg	1		1	A	1		0	0	
Campesterol.....mg	1		1	A	1		1	0	
Beta-sitosterol.....mg	4		1	A	1		3	0	
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg									
Theobromine.....mg									

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

**Common Measures:**

Measure 1 = 67g: 1 cup

Measure 2 = 4.8g: 1 tbsp

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group:** 11 Vegetables and Vegetable Products  
USDA National Nutrient Database for Standard Reference, Release 21 (2008)



NDB No. 11926

Lentils, sprouted, cooked, stir-fried, with salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g									
15:0.....g									
16:0.....g	0.047		0			1			
17:0.....g									
18:0.....g	0.005		0			1			
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.095		0			1			
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.095		0			1			
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.201		0			1			
18:2 undifferentiated.....g	0.166		0			1			
18:3 undifferentiated.....g	0.035		0			1			
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z		7			
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g									
Threonine.....g	0.322		0			1			
Isoleucine.....g	0.320		0			1			
Leucine.....g	0.617		0			1			
Lysine.....g	0.698		0			1			
Methionine.....g	0.103		0			1			
Cystine.....g	0.328		0			1			
Phenylalanine.....g	0.434		0			1			
Tyrosine.....g	0.248		0			1			
Valine.....g	0.391		0			1			
Arginine.....g	0.600		0			1			
Histidine.....g	0.252		0			1			
Alanine.....g	0.349		0			1			
Aspartic acid.....g	1.407		0			1			
Glutamic acid.....g	1.235		0			1			
Glycine.....g	0.313		0			1			
Proline.....g	0.349		0			1			
Serine.....g	0.486		0			1			
Hydroxyproline.....g									

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

**Common Measures:**

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)





NDB No. 11249

Lentils, sprouted, cooked, stir-fried, without salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g									
15:0.....g									
16:0.....g	0.047		0			1			
17:0.....g									
18:0.....g	0.005		0			1			
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.095		0			1			
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.095		0			1			
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.201		0			1			
18:2 undifferentiated.....g	0.166		0			1			
18:3 undifferentiated.....g	0.035		0			1			
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z		7			
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g									
Threonine.....g	0.322		0			1			
Isoleucine.....g	0.320		0			1			
Leucine.....g	0.617		0			1			
Lysine.....g	0.698		0			1			
Methionine.....g	0.103		0			1			
Cystine.....g	0.328		0			1			
Phenylalanine.....g	0.434		0			1			
Tyrosine.....g	0.248		0			1			
Valine.....g	0.391		0			1			
Arginine.....g	0.600		0			1			
Histidine.....g	0.252		0			1			
Alanine.....g	0.349		0			1			
Aspartic acid.....g	1.407		0			1			
Glutamic acid.....g	1.235		0			1			
Glycine.....g	0.313		0			1			
Proline.....g	0.349		0			1			
Serine.....g	0.486		0			1			
Hydroxyproline.....g									

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

**Common Measures:**

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)



**NDB No. 11248**  
**Lentils, sprouted, raw**

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g									
15:0.....g									
16:0.....g	0.052		1		1		0.040		
17:0.....g									
18:0.....g	0.006		1		1		0.005		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.104		0		1		0.080		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.104		1		1		0.080		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.219		0		1		0.169		
18:2 undifferentiated.....g	0.181		1		1		0.139		
18:3 undifferentiated.....g	0.038		1		1		0.029		
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0		
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g									
Threonine.....g	0.328		1		1		0.253		
Isoleucine.....g	0.326		1		1		0.251		
Leucine.....g	0.628		1		1		0.484		
Lysine.....g	0.712		1		1		0.548		
Methionine.....g	0.105		1		1		0.081		
Cystine.....g	0.334		1		1		0.257		
Phenylalanine.....g	0.442		1		1		0.340		
Tyrosine.....g	0.252		1		1		0.194		
Valine.....g	0.399		1		1		0.307		
Arginine.....g	0.611		1		1		0.470		
Histidine.....g	0.257		1		1		0.198		
Alanine.....g	0.356		1		1		0.274		
Aspartic acid.....g	1.433		1		1		1.103		
Glutamic acid.....g	1.258		1		1		0.969		
Glycine.....g	0.319		1		1		0.246		
Proline.....g	0.356		1		1		0.274		
Serine.....g	0.495		1		1		0.381		
Hydroxyproline.....g									

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**Common Measures:**  
 Measure 1 = 77g: 1 cup

**Calories Factors: Protein 2.44      Fat 8.37      Carbohydrate 3.57**

**NDB No. 11248**  
**Lentils, sprouted, raw**

**Food Group:** 11 Vegetables and Vegetable Products  
USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11250

Lettuce, butterhead (includes boston and bibb types), raw

*Lactuca sativa var. capitata*

Refuse:26% Outer leaves and core

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	95.63	0.306	8	A	1		52.60	155.87	14.34
Energy.....kcal	13		0	NC	4		7	21	2
Energy.....kj	55		0	NC	4		30	89	8
Protein (N x 6.25).....g	1.35	0.096	8	A	1		0.74	2.20	0.20
Total lipid (fat).....g	0.22	0.037	8	A	1		0.12	0.35	0.03
Ash.....g	0.57	0.037	8	A	1		0.31	0.93	0.09
Carbohydrate, by difference.....g	2.23		0	NC	4		1.23	3.64	0.34
Fiber, total dietary.....g	1.1	0.229	4	A	1		0.6	1.7	0.2
Sugars, total.....g	0.94		0	AS	1		0.52	1.53	0.14
Sucrose.....g	0.00	0.000	4	A	1		0.00	0.00	0.00
Glucose (dextrose).....g	0.43	0.090	4	A	1		0.24	0.70	0.06
Fructose.....g	0.51	0.087	4	A	1		0.28	0.83	0.08
Lactose.....g	0.00	0.000	4	A	1		0.00	0.00	0.00
Maltose.....g	0.00	0.000	4	A	1		0.00	0.00	0.00
Galactose.....g	0.00	0.000	4	A	1		0.00	0.00	0.00
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	35	4.110	8	A	1		19	57	5
Iron, Fe.....mg	1.24	0.254	8	A	1		0.68	2.02	0.19
Magnesium, Mg.....mg	13	1.379	8	A	1		7	20	2
Phosphorus, P.....mg	33	1.389	8	A	1		18	53	5
Potassium, K.....mg	238	20.187	8	A	1		131	388	36
Sodium, Na.....mg	5	2.818	4		1		3	8	1
Zinc, Zn.....mg	0.20	0.012	8	A	1		0.11	0.32	0.03
Copper, Cu.....mg	0.016	0.002	8	A	1		0.009	0.026	0.002
Manganese, Mn.....mg	0.179	0.029	8	A	1		0.099	0.293	0.027
Selenium, Se.....mcg	0.6	0.143	8	A	1		0.3	1.0	0.1
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	3.7	0.717	8	A	1		2.0	6.0	0.5
Thiamin.....mg	0.057	0.005	8	A	1		0.031	0.093	0.009
Riboflavin.....mg	0.062	0.005	8	A	1		0.034	0.101	0.009
Niacin.....mg	0.357	0.025	8	A	1		0.197	0.583	0.054
Pantothenic acid.....mg	0.150	0.009	8	A	1		0.082	0.244	0.022
Vitamin B-6.....mg	0.082	0.013	8	A	1		0.045	0.133	0.012
Folate, total.....mcg	73	25.427	3		1		40	119	11
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg	73	25.427	3		1		40	119	11
Folate, DFE.....mcg_DFE	73		0	NC	4		40	119	11
Choline, total.....mg	8.4		0	AS	1		4.6	13.8	1.3
Betaine.....mg	0.1		2	A	1		0.0	0.1	0.0
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	166		0	AS	1		91	270	25
Retinol.....mcg	0		0	Z	7		0	0	0
Carotene, beta.....mcg	1987		2	A	1		1093	3239	298
Carotene, alpha.....mcg	0		2	A	1		0	0	0
Cryptoxanthin, beta.....mcg	0		2	A	1		0	0	0
Vitamin A, IU.....IU	3312		0	AS	1		1822	5398	497
Lycopene.....mcg	0		2	A	1		0	0	0
Lutein + zeaxanthin.....mcg	1223		2	A	1		673	1994	184
Vitamin E (alpha-tocopherol).....mg	0.18	0.051	4	A	1		0.10	0.30	0.03
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg	0.00	0.000	4	A	1		0.00	0.00	0.00
Tocopherol, gamma.....mg	0.27	0.026	4	A	1		0.15	0.45	0.04
Tocopherol, delta.....mg	0.00	0.000	4	A	1		0.00	0.00	0.00
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	102.3	9.891	8	A	1		56.3	166.8	15.3

NDB No. 11250

Lettuce, butterhead (includes boston and bibb types), raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common				
	Mean	Std. Error	Number of Data Points	Deriv Code	measures of food				
					Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.029		0		1		0.016	0.047	0.004
4:0.....g	0.000		0		1		0.000	0.000	0.000
6:0.....g	0.000		0		1		0.000	0.000	0.000
8:0.....g	0.000		0		1		0.000	0.000	0.000
10:0.....g	0.000		0		1		0.000	0.000	0.000
12:0.....g	0.000		0		1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.000		0		1		0.000	0.000	0.000
15:0.....g									
16:0.....g	0.026		0		1		0.014	0.042	0.004
17:0.....g									
18:0.....g	0.003		0		1		0.002	0.005	0.000
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.008		0		1		0.004	0.013	0.001
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0		1		0.001	0.003	0.000
17:1.....g									
18:1 undifferentiated.....g	0.006		0		1		0.003	0.010	0.001
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.117		0		1		0.064	0.191	0.018
18:2 undifferentiated.....g	0.034		0		1		0.019	0.055	0.005
18:3 undifferentiated.....g	0.083		0		1		0.046	0.135	0.012
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	0
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.013		0	A	1		0.007	0.021	0.002
Threonine.....g	0.041		0	A	1		0.023	0.067	0.006
Isoleucine.....g	0.039		0	A	1		0.022	0.064	0.006
Leucine.....g	0.071		0	A	1		0.039	0.116	0.011
Lysine.....g	0.056		0	A	1		0.031	0.092	0.008
Methionine.....g	0.014		0	A	1		0.008	0.023	0.002
Cystine.....g	0.009		0	A	1		0.005	0.015	0.001
Phenylalanine.....g	0.053		0	A	1		0.029	0.086	0.008
Tyrosine.....g	0.019		0	A	1		0.010	0.030	0.003
Valine.....g	0.054		0	A	1		0.030	0.088	0.008
Arginine.....g	0.051		0	A	1		0.028	0.084	0.008
Histidine.....g	0.017		0	A	1		0.009	0.028	0.003
Alanine.....g	0.054		0	A	1		0.029	0.087	0.008
Aspartic acid.....g	0.142		0	A	1		0.078	0.232	0.021
Glutamic acid.....g	0.206		0	A	1		0.113	0.335	0.031
Glycine.....g	0.044		0	A	1		0.024	0.071	0.007
Proline.....g	0.037		0	A	1		0.020	0.060	0.006
Serine.....g	0.046		0	A	1		0.025	0.075	0.007
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0

NDB No. 11250

Lettuce, butterhead (includes boston and bibb types), raw

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

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

**Common Measures:**

Measure 1 = 55g: 1 cup, shredded or chopped

Measure 2 = 163g: 1 head (5" dia)

Measure 3 = 15.0g: 1 leaf, large

**Calories Factors: Protein** 2.44

**Fat** 8.37

**Carbohydrate**3.57

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)



NDB No. 11251

Lettuce, cos or romaine, raw

*Lactuca sativa var. logifolia*

Refuse:6% Core

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	94.61	0.094	12	JA	6		44.47	5.68	26.49
Energy.....kcal	17		0	NC	4		8	1	5
Energy.....kj	72		0	NC	4		34	4	20
Protein (N x 6.25).....g	1.23	0.043	12	JO	11		0.58	0.07	0.34
Total lipid (fat).....g	0.30	0.017	10	JA	6		0.14	0.02	0.08
Ash.....g	0.58	0.015	12	JA	6		0.27	0.03	0.16
Carbohydrate, by difference.....g	3.29		0	NC	4		1.55	0.20	0.92
Fiber, total dietary.....g	2.1	0.179	11	JA	6		1.0	0.1	0.6
Sugars, total.....g	1.19	0.137	4	A	1		0.56	0.07	0.33
Sucrose.....g	0.00	0.000	4	A	1		0.00	0.00	0.00
Glucose (dextrose).....g	0.39	0.084	4	A	1		0.18	0.02	0.11
Fructose.....g	0.80	0.058	4	A	1		0.38	0.05	0.22
Lactose.....g	0.00	0.000	4	A	1		0.00	0.00	0.00
Maltose.....g	0.00	0.000	4	A	1		0.00	0.00	0.00
Galactose.....g	0.00	0.000	4	A	1		0.00	0.00	0.00
Starch.....g	0.00	0.000	4	A	1		0.00	0.00	0.00
<b>Minerals:</b>									
Calcium, Ca.....mg	33	0.733	11	JA	6		15	2	9
Iron, Fe.....mg	0.97	0.079	11	JA	6		0.45	0.06	0.27
Magnesium, Mg.....mg	14	0.301	11	JA	6		6	1	4
Phosphorus, P.....mg	30	0.644	11	JA	6		14	2	8
Potassium, K.....mg	247	8.320	11	JA	6		116	15	69
Sodium, Na.....mg	8	0.657	4		1		4	0	2
Zinc, Zn.....mg	0.23	0.013	11	JA	6		0.11	0.01	0.06
Copper, Cu.....mg	0.048	0.004	9	JA	6		0.023	0.003	0.013
Manganese, Mn.....mg	0.155	0.017	11	JA	6		0.073	0.009	0.043
Selenium, Se.....mcg	0.4	0.063	7	A	1		0.2	0.0	0.1
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	24.0		1		1		11.3	1.4	6.7
Thiamin.....mg	0.072	0.002	11	JA	6		0.034	0.004	0.020
Riboflavin.....mg	0.067	0.003	12	JA	6		0.031	0.004	0.019
Niacin.....mg	0.313	0.006	12	JA	6		0.147	0.019	0.088
Pantothenic acid.....mg	0.142	0.008	12	JA	6		0.067	0.009	0.040
Vitamin B-6.....mg	0.074	0.003	12	JA	6		0.035	0.004	0.021
Folate, total.....mcg	136	32.743	7		1		64	8	38
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg	136	32.743	7		1		64	8	38
Folate, DFE.....mcg_DFE	136		0	NC	4		64	8	38
Choline, total.....mg	9.9	0.381	3	AS	1		4.7	0.6	2.8
Betaine.....mg	0.1	0.000	3	A	1		0.0	0.0	0.0
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	436		0	AS	1		205	26	122
Retinol.....mcg	0		0	Z	7		0	0	0
Carotene, beta.....mcg	5226	510.272	6	A	1		2456	314	1463
Carotene, alpha.....mcg	0	0.000	6	A	1		0	0	0
Cryptoxanthin, beta.....mcg	0	0.000	6	A	1		0	0	0
Vitamin A, IU.....IU	8710		0	AS	1		4094	523	2439
Lycopene.....mcg	0	0.000	6	A	1		0	0	0
Lutein + zeaxanthin.....mcg	2312	331.464	6	A	1		1087	139	647
Vitamin E (alpha-tocopherol).....mg	0.13	0.027	5	A	1		0.06	0.01	0.04
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg	0.00	0.003	5	A	1		0.00	0.00	0.00
Tocopherol, gamma.....mg	0.36	0.052	5	A	1		0.17	0.02	0.10
Tocopherol, delta.....mg	0.01	0.000	5	A	1		0.01	0.00	0.00
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	102.5	7.222	8	A	1		48.2	6.1	28.7

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.039		0	NC	4		0.018	0.002	0.011
4:0.....g	0.000		0		1		0.000	0.000	0.000
6:0.....g	0.000		0		1		0.000	0.000	0.000
8:0.....g	0.000		0		1		0.000	0.000	0.000
10:0.....g	0.000		0		1		0.000	0.000	0.000
12:0.....g	0.000		0		1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.000		0		1		0.000	0.000	0.000
15:0.....g									
16:0.....g	0.035		0		1		0.016	0.002	0.010
17:0.....g									
18:0.....g	0.005		0		1		0.002	0.000	0.001
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.012		0	NC	4		0.006	0.001	0.003
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.003		0		1		0.001	0.000	0.001
17:1.....g									
18:1 undifferentiated.....g	0.009		0		1		0.004	0.001	0.003
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.160		0	NC	4		0.075	0.010	0.045
18:2 undifferentiated.....g	0.047		0		1		0.022	0.003	0.013
18:3 undifferentiated.....g	0.113		0		1		0.053	0.007	0.032
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	0
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.010		0	JA	6		0.005	0.001	0.003
Threonine.....g	0.043		0	JA	6		0.020	0.003	0.012
Isoleucine.....g	0.045		0	JA	6		0.021	0.003	0.013
Leucine.....g	0.076		0	JA	6		0.036	0.005	0.021
Lysine.....g	0.064		0	JA	6		0.030	0.004	0.018
Methionine.....g	0.015		0	JA	6		0.007	0.001	0.004
Cystine.....g	0.006		0	JA	6		0.003	0.000	0.002
Phenylalanine.....g	0.065		0	JA	6		0.031	0.004	0.018
Tyrosine.....g	0.025		0	JA	6		0.012	0.001	0.007
Valine.....g	0.055		0	JA	6		0.026	0.003	0.015
Arginine.....g	0.054		0	JA	6		0.025	0.003	0.015
Histidine.....g	0.021		0	JA	6		0.010	0.001	0.006
Alanine.....g	0.056		0	JA	6		0.026	0.003	0.016
Aspartic acid.....g	0.139		0	JA	6		0.065	0.008	0.039
Glutamic acid.....g	0.178		0	JA	6		0.084	0.011	0.050
Glycine.....g	0.049		0	JA	6		0.023	0.003	0.014
Proline.....g	0.045		0	JA	6		0.021	0.003	0.013
Serine.....g	0.050		0	JA	6		0.024	0.003	0.014
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0

NDB No. 11251  
Lettuce, cos or romaine, raw

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

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

**Common Measures:**

Measure 1 = 47g: 1 cup shredded

Measure 2 = 6.0g: 1 leaf inner

Measure 3 = 28g: 1 leaf outer

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group:** 11 Vegetables and Vegetable Products  
USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11253  
 Lettuce, green leaf, raw  
*Lactuca sativa var. crispa*

Refuse:36% Outer leaves, core and trimmings

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	95.07	0.207	8	A	1		34.22	342.24	4.56
Energy.....kcal	15		0	NC	4		5	53	1
Energy.....kj	61		0	NC	4		22	220	3
Protein (N x 6.25).....g	1.36	0.059	8	A	1		0.49	4.91	0.07
Total lipid (fat).....g	0.15	0.015	8	A	1		0.06	0.56	0.01
Ash.....g	0.62	0.044	8	A	1		0.22	2.24	0.03
Carbohydrate, by difference.....g	2.79		0	NC	4		1.01	10.05	0.13
Fiber, total dietary.....g	1.3	0.019	4	A	1		0.5	4.6	0.1
Sugars, total.....g	0.78	0.040	4	A	1		0.28	2.82	0.04
Sucrose.....g	0.00	0.000	4	A	1		0.00	0.00	0.00
Glucose (dextrose).....g	0.36	0.024	4	A	1		0.13	1.28	0.02
Fructose.....g	0.43	0.029	4	A	1		0.15	1.53	0.02
Lactose.....g	0.00	0.000	4	A	1		0.00	0.00	0.00
Maltose.....g	0.00	0.000	4	A	1		0.00	0.00	0.00
Galactose.....g	0.00	0.000	4	A	1		0.00	0.00	0.00
Starch.....g	0.00	0.000	4	A	1		0.00	0.00	0.00
<b>Minerals:</b>									
Calcium, Ca.....mg	36	2.118	8	A	1		13	129	2
Iron, Fe.....mg	0.86	0.118	8	A	1		0.31	3.10	0.04
Magnesium, Mg.....mg	13	1.313	8	A	1		5	46	1
Phosphorus, P.....mg	29	2.492	8	A	1		10	104	1
Potassium, K.....mg	194	10.367	8	A	1		70	699	9
Sodium, Na.....mg	28	4.917	8	A	1		10	100	1
Zinc, Zn.....mg	0.18	0.012	8	A	1		0.07	0.66	0.01
Copper, Cu.....mg	0.029	0.004	8	A	1		0.010	0.104	0.001
Manganese, Mn.....mg	0.250	0.024	8	A	1		0.090	0.902	0.012
Selenium, Se.....mcg	0.6	0.145	8	A	1		0.2	2.2	0.0
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	18.0		0		1		6.5	64.8	0.9
Thiamin.....mg	0.070	0.003	8	A	1		0.025	0.252	0.003
Riboflavin.....mg	0.080	0.003	8	A	1		0.029	0.289	0.004
Niacin.....mg	0.375	0.031	8	A	1		0.135	1.352	0.018
Pantothenic acid.....mg	0.134	0.005	8	A	1		0.048	0.484	0.006
Vitamin B-6.....mg	0.090	0.016	8	A	1		0.032	0.324	0.004
Folate, total.....mcg	38	2.194	8	A	1		14	136	2
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg	38	2.194	8	A	1		14	136	2
Folate, DFE.....mcg_DFE	38		0	NC	4		14	136	2
Choline, total.....mg	13.4		0	BFSN	4		4.8	48.1	0.6
Betaine.....mg	0.2		0	BFSN	4		0.1	0.8	0.0
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	370		0	AS	1		133	1333	18
Retinol.....mcg	0		0	Z	7		0	0	0
Carotene, beta.....mcg	4443	418.138	6	A	1		1599	15995	213
Carotene, alpha.....mcg	0	0.000	6	A	1		0	0	0
Cryptoxanthin, beta.....mcg	0	0.000	6	A	1		0	0	0
Vitamin A, IU.....IU	7405		0	AS	1		2666	26658	355
Lycopene.....mcg	0	0.000	6	A	1		0	0	0
Lutein + zeaxanthin.....mcg	1730		2	A	1		623	6228	83
Vitamin E (alpha-tocopherol).....mg	0.29	0.025	4	A	1		0.10	1.04	0.01
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg	0.00	0.000	4	A	1		0.00	0.00	0.00
Tocopherol, gamma.....mg	0.37	0.025	4	A	1		0.13	1.35	0.02
Tocopherol, delta.....mg	0.01	0.005	4	A	1		0.01	0.05	0.00
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	173.6	15.774	8	A	1		62.5	625.0	8.3

NDB No. 11253  
Lettuce, green leaf, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.020		0	NC	4		0.007	0.072	0.001
4:0.....g	0.000		0		1		0.000	0.000	0.000
6:0.....g	0.000		0		1		0.000	0.000	0.000
8:0.....g	0.000		0		1		0.000	0.000	0.000
10:0.....g	0.000		0		1		0.000	0.000	0.000
12:0.....g	0.000		0		1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.000		0		1		0.000	0.000	0.000
15:0.....g									
16:0.....g	0.018		0		1		0.006	0.065	0.001
17:0.....g									
18:0.....g	0.002		0		1		0.001	0.007	0.000
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.006		0	NC	4		0.002	0.022	0.000
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0		1		0.001	0.006	0.000
17:1.....g									
18:1 undifferentiated.....g	0.005		0		1		0.002	0.017	0.000
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.082		0	NC	4		0.030	0.296	0.004
18:2 undifferentiated.....g	0.024		0		1		0.009	0.087	0.001
18:3 undifferentiated.....g	0.058		0		1		0.021	0.209	0.003
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	0
Phytosterols.....mg	38		0		1		14	137	2
<b>Amino Acids:</b>									
Tryptophan.....g	0.009		0		1		0.003	0.032	0.000
Threonine.....g	0.059		0		1		0.021	0.212	0.003
Isoleucine.....g	0.084		0		1		0.030	0.302	0.004
Leucine.....g	0.079		0		1		0.028	0.284	0.004
Lysine.....g	0.084		0		1		0.030	0.302	0.004
Methionine.....g	0.016		0		1		0.006	0.058	0.001
Cystine.....g	0.016		0		1		0.006	0.058	0.001
Phenylalanine.....g	0.055		0		1		0.020	0.198	0.003
Tyrosine.....g	0.032		0		1		0.012	0.115	0.002
Valine.....g	0.070		0		1		0.025	0.252	0.003
Arginine.....g	0.071		0		1		0.026	0.256	0.003
Histidine.....g	0.022		0		1		0.008	0.079	0.001
Alanine.....g	0.056		0		1		0.020	0.202	0.003
Aspartic acid.....g	0.142		0		1		0.051	0.511	0.007
Glutamic acid.....g	0.182		0		1		0.066	0.655	0.009
Glycine.....g	0.057		0		1		0.021	0.205	0.003
Proline.....g	0.048		0		1		0.017	0.173	0.002
Serine.....g	0.039		0		1		0.014	0.140	0.002
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0

NDB No. 11253  
Lettuce, green leaf, raw

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

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

**Common Measures:**

Measure 1 = 36g: 1 cup shredded

Measure 2 = 360g: 1 head

Measure 3 = 4.8g: 1 leaf inner

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group:** 11 Vegetables and Vegetable Products  
USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11252

Lettuce, iceberg (includes crisphead types), raw

*Lactuca sativa var. capitata*

Refuse:5% Core

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	95.64	0.110	44	JO	11		68.86	722.05	515.48
Energy.....kcal	14		0	NC	4		10	105	75
Energy.....kj	58		0	NC	4		42	441	315
Protein (N x 6.25).....g	0.90	0.034	23	JO	11		0.65	6.80	4.85
Total lipid (fat).....g	0.14	0.010	30	JO	11		0.10	1.06	0.76
Ash.....g	0.36	0.018	23	JA	6		0.26	2.68	1.91
Carbohydrate, by difference.....g	2.97		0	NC	4		2.14	22.41	16.00
Fiber, total dietary.....g	1.2	0.052	14	JA	6		0.8	8.7	6.2
Sugars, total.....g	1.97		0	NC	4		1.42	14.85	10.60
Sucrose.....g	0.05	0.013	8	JA	6		0.04	0.40	0.28
Glucose (dextrose).....g	0.91	0.061	8	JA	6		0.65	6.85	4.89
Fructose.....g	1.00	0.060	8	JA	6		0.72	7.57	5.40
Lactose.....g	0.00	0.000	5	JA	6		0.00	0.00	0.00
Maltose.....g	0.00	0.000	5	JA	6		0.00	0.03	0.02
Galactose.....g	0.00	0.000	4	A	1		0.00	0.00	0.00
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	18	0.430	98	JA	6		13	133	95
Iron, Fe.....mg	0.41	0.041	97	JA	6		0.29	3.08	2.20
Magnesium, Mg.....mg	7	0.173	99	JA	6		5	56	40
Phosphorus, P.....mg	20	0.404	98	JA	6		14	147	105
Potassium, K.....mg	141	3.016	98	JA	6		101	1063	759
Sodium, Na.....mg	10	0.544	91	JA	6		7	77	55
Zinc, Zn.....mg	0.15	0.004	93	JA	6		0.11	1.10	0.79
Copper, Cu.....mg	0.025	0.002	86	JA	6		0.018	0.188	0.134
Manganese, Mn.....mg	0.125	0.004	89	JA	6		0.090	0.941	0.672
Selenium, Se.....mcg	0.1	0.025	63	JA	6		0.1	0.8	0.6
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	2.8	0.167	23	JA	6		2.0	21.1	15.0
Thiamin.....mg	0.041	0.003	23	JA	6		0.030	0.311	0.222
Riboflavin.....mg	0.025	0.001	23	JA	6		0.018	0.190	0.135
Niacin.....mg	0.123	0.015	13	JA	6		0.089	0.930	0.664
Pantothenic acid.....mg	0.091	0.015	13	JA	6		0.066	0.688	0.491
Vitamin B-6.....mg	0.042	0.002	23	JA	6		0.030	0.316	0.225
Folate, total.....mcg	29	3.832	23	JA	6		21	221	158
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg	29	3.832	23	JA	6		21	221	158
Folate, DFE.....mcg_DFE	29		0	NC	4		21	221	158
Choline, total.....mg	6.7		0	AS	1		4.8	50.6	36.1
Betaine.....mg	0.1		2	A	1		0.1	0.6	0.5
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	25		0	AS	1		18	189	135
Retinol.....mcg	0		0	Z	7		0	0	0
Carotene, beta.....mcg	299	4.178	53	A	1		215	2260	1613
Carotene, alpha.....mcg	4	0.000	51	A	1		3	28	20
Cryptoxanthin, beta.....mcg	0	0.000	51	A	1		0	0	0
Vitamin A, IU.....IU	502		0	AS	1		361	3789	2705
Lycopene.....mcg	0	0.000	9	A	1		0	0	0
Lutein + zeaxanthin.....mcg	277	25.027	9	A	1		199	2091	1493
Vitamin E (alpha-tocopherol).....mg	0.18	0.016	13	JO	11		0.13	1.39	0.99
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg	0.00	0.000	13	JO	11		0.00	0.00	0.00
Tocopherol, gamma.....mg	0.09	0.013	13	JO	11		0.06	0.68	0.49
Tocopherol, delta.....mg	0.00	0.002	13	JO	11		0.00	0.02	0.01
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	24.1	2.330	8	A	1		17.3	181.9	129.8

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	measures of food			
						Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.018		0	NC	4		0.013	0.139	0.099
4:0.....g	0.000		0		1		0.000	0.000	0.000
6:0.....g	0.000		0		1		0.000	0.000	0.000
8:0.....g	0.000		0		1		0.000	0.000	0.000
10:0.....g	0.000		0		1		0.000	0.000	0.000
12:0.....g	0.000		0		1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.000		0		1		0.000	0.000	0.000
15:0.....g									
16:0.....g	0.016		0		1		0.012	0.122	0.087
17:0.....g									
18:0.....g	0.002		0		1		0.002	0.017	0.012
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.006		0	NC	4		0.004	0.045	0.032
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.001	0.011	0.008
17:1.....g									
18:1 undifferentiated.....g	0.004		0		1		0.003	0.033	0.024
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.074		0	NC	4		0.053	0.557	0.397
18:2 undifferentiated.....g	0.021		0		1		0.015	0.161	0.115
18:3 undifferentiated.....g	0.052		0		1		0.038	0.395	0.282
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	0
Phytosterols.....mg	10		0		1		7	76	54
<b>Amino Acids:</b>									
Tryptophan.....g	0.009		0	JA	6		0.006	0.065	0.047
Threonine.....g	0.025		0	JA	6		0.018	0.190	0.136
Isoleucine.....g	0.018		0	JA	6		0.013	0.133	0.095
Leucine.....g	0.025		0	JA	6		0.018	0.190	0.136
Lysine.....g	0.024		0	JA	6		0.017	0.178	0.127
Methionine.....g	0.005		0	JA	6		0.004	0.039	0.028
Cystine.....g	0.005		0	JA	6		0.004	0.039	0.028
Phenylalanine.....g	0.023		0	JA	6		0.017	0.174	0.124
Tyrosine.....g	0.007		0	JA	6		0.005	0.055	0.039
Valine.....g	0.024		0	JA	6		0.017	0.178	0.127
Arginine.....g	0.015		0	JA	6		0.010	0.110	0.078
Histidine.....g	0.009		0	JA	6		0.006	0.065	0.047
Alanine.....g	0.025		0	JA	6		0.018	0.190	0.136
Aspartic acid.....g	0.125		0	JA	6		0.090	0.947	0.676
Glutamic acid.....g	0.194		0	JA	6		0.140	1.466	1.047
Glycine.....g	0.015		0	JA	6		0.011	0.111	0.079
Proline.....g	0.010		0	JA	6		0.007	0.074	0.053
Serine.....g	0.025		0	JA	6		0.018	0.190	0.136
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0



NDB No. 11252

Lettuce, iceberg (includes crisphead types), raw

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

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

**Common Measures:**

Measure 1 = 72g: 1 cup shredded

Measure 2 = 755g: 1 head, large

Measure 3 = 539g: 1 head, medium (6" dia)

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11257  
 Lettuce, red leaf, raw  
*Lactuca sativa var. crispa*

Refuse:20% Core and damaged outer leaves

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	95.64	0.170	8	A	1		26.78	2.49	16.26
Energy.....kcal	16		0	NC	4		5	0	3
Energy.....kj	68		0	NC	4		19	2	12
Protein.....g	1.33	0.026	8	A	1		0.37	0.03	0.23
Total lipid (fat).....g	0.22	0.033	8	A	1		0.06	0.01	0.04
Ash.....g	0.55	0.025	8	A	1		0.15	0.01	0.09
Carbohydrate, by difference.....g	2.26		0	NC	4		0.63	0.06	0.38
Fiber, total dietary.....g	0.9	0.253	4	A	1		0.3	0.0	0.2
Sugars, total.....g	0.48	0.054	4	A	1		0.14	0.01	0.08
Sucrose.....g	0.00	0.000	4	A	1		0.00	0.00	0.00
Glucose (dextrose).....g	0.20	0.026	4	A	1		0.06	0.01	0.03
Fructose.....g	0.28	0.029	4	A	1		0.08	0.01	0.05
Lactose.....g	0.00	0.000	4	A	1		0.00	0.00	0.00
Maltose.....g	0.00	0.000	4	A	1		0.00	0.00	0.00
Galactose.....g	0.00	0.000	4	A	1		0.00	0.00	0.00
Starch.....g	0.00	0.000	4	A	1		0.00	0.00	0.00
<b>Minerals:</b>									
Calcium, Ca.....mg	33	2.597	8	A	1		9	1	6
Iron, Fe.....mg	1.20	0.306	8	A	1		0.34	0.03	0.20
Magnesium, Mg.....mg	12	1.065	8	A	1		3	0	2
Phosphorus, P.....mg	28	2.657	8	A	1		8	1	5
Potassium, K.....mg	187	15.381	8	A	1		52	5	32
Sodium, Na.....mg	25	3.557	8	A	1		7	1	4
Zinc, Zn.....mg	0.20	0.020	8	A	1		0.06	0.01	0.03
Copper, Cu.....mg	0.028	0.004	8	A	1		0.008	0.001	0.005
Manganese, Mn.....mg	0.203	0.019	8	A	1		0.057	0.005	0.035
Selenium, Se.....mcg	1.5	0.905	4	A	1		0.4	0.0	0.2
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	3.7	0.643	8	A	1		1.0	0.1	0.6
Thiamin.....mg	0.064	0.003	8	A	1		0.018	0.002	0.011
Riboflavin.....mg	0.077	0.002	8	A	1		0.021	0.002	0.013
Niacin.....mg	0.321	0.009	8	A	1		0.090	0.008	0.055
Pantothenic acid.....mg	0.144	0.008	8	A	1		0.040	0.004	0.025
Vitamin B-6.....mg	0.100	0.019	8	A	1		0.028	0.003	0.017
Folate, total.....mcg	36	2.090	8	A	1		10	1	6
Folic acid.....mcg									
Folate, food.....mcg	36	2.090	8	A	1		10	1	6
Folate, DFE.....mcg_DFE									
Choline, total.....mg	11.8		0	AS	1		3.3	0.3	2.0
Betaine.....mg	0.2		1	A	1		0.1	0.0	0.0
Vitamin B-12.....mcg									
Vitamin A, RAE.....mcg_RAE	375		6	AS	1		105	10	64
Retinol.....mcg									
Carotene, beta.....mcg	4495	536.758	6	A	1		1259	117	764
Carotene, alpha.....mcg	0	0.000	6	A	1		0	0	0
Cryptoxanthin, beta.....mcg	0	0.000	6	A	1		0	0	0
Vitamin A, IU.....IU	7492		6	AS	1		2098	195	1274
Lycopene.....mcg	0	0.000	6	A	1		0	0	0
Lutein + zeaxanthin.....mcg	1724		2	A	1		483	45	293
Vitamin E (alpha-tocopherol).....mg	0.15	0.055	4	A	1		0.04	0.00	0.03
Tocopherol, beta.....mg	0.00	0.000	4	A	1		0.00	0.00	0.00
Tocopherol, gamma.....mg	0.24	0.052	4	A	1		0.07	0.01	0.04
Tocopherol, delta.....mg	0.00	0.000	4	A	1		0.00	0.00	0.00
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	140.3	16.093	8	A	1		39.3	3.6	23.9
<b>Amino Acids:</b>									
Tryptophan.....g	0.022		0	A	1		0.006	0.001	0.004

NDB No. 11257  
Lettuce, red leaf, raw

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number of Data Points			Measure 1	Measure 2	Measure 3
			Deriv Code	Source Code	Confidence Code			
Threonine.....g	0.048		0	A	1	0.013	0.001	0.008
Isoleucine.....g	0.038		0	A	1	0.011	0.001	0.006
Leucine.....g	0.070		0	A	1	0.020	0.002	0.012
Lysine.....g	0.045		0	A	1	0.013	0.001	0.008
Methionine.....g	0.016		0	A	1	0.004	0.000	0.003
Cystine.....g	0.009		0	A	1	0.003	0.000	0.002
Phenylalanine.....g	0.067		0	A	1	0.019	0.002	0.011
Tyrosine.....g	0.029		0	A	1	0.008	0.001	0.005
Valine.....g	0.048		0	A	1	0.013	0.001	0.008
Arginine.....g	0.041		0	A	1	0.012	0.001	0.007
Histidine.....g	0.019		0	A	1	0.005	0.000	0.003
Alanine.....g	0.051		0	A	1	0.014	0.001	0.009
Aspartic acid.....g	0.140		0	A	1	0.039	0.004	0.024
Glutamic acid.....g	0.155		0	A	1	0.043	0.004	0.026
Glycine.....g	0.048		0	A	1	0.013	0.001	0.008
Proline.....g	0.038		0	A	1	0.011	0.001	0.006
Serine.....g	0.044		0	A	1	0.012	0.001	0.008
Hydroxyproline.....g								

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

**Common Measures:**

- Measure 1 = 28g: 1 cup shredded
- Measure 2 = 2.6g: 1 leaf inner
- Measure 3 = 17g: 1 leaf outer

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 11 Vegetables and Vegetable Products  
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NDB No. 11715

Lima beans, immature seeds, canned, no salt added, solids and liquids

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	81.17	0.243	106	A	1		100.65	368.51	
Energy.....kcal	71		0	NC	4		88	322	
Energy.....kj	297		0		4		368	1349	
Protein (N x 6.25).....g	4.07	0.068	109	A	1		5.05	18.48	
Total lipid (fat).....g	0.29	0.016	107	A	1		0.36	1.32	
Ash.....g	1.14	0.039	108	A	1		1.41	5.18	
Carbohydrate, by difference.....g	13.33		0	NC	4		16.53	60.52	
Fiber, total dietary.....g	3.6		0	A	1		4.5	16.3	
Sugars, total.....g	0.93		0	BFSN	4		1.16	4.24	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	28	0.908	115	A	1		35	127	
Iron, Fe.....mg	1.61	0.062	115	A	1		2.00	7.31	
Magnesium, Mg.....mg	34	0.578	82		1		42	154	
Phosphorus, P.....mg	71	1.541	120		1		88	322	
Potassium, K.....mg	285	7.240	106	A	1		353	1294	
Sodium, Na.....mg	4	1.263	4	A	1		5	18	
Zinc, Zn.....mg	0.64	0.019	44		1		0.79	2.91	
Copper, Cu.....mg	0.162	0.008	44		1		0.201	0.735	
Manganese, Mn.....mg	0.700	0.051	6		1		0.868	3.178	
Selenium, Se.....mcg	1.1		0	BFSN	4		1.4	5.0	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	8.7	0.261	145		1		10.8	39.5	
Thiamin.....mg	0.029	0.001	134		1		0.036	0.132	
Riboflavin.....mg	0.043	0.000	134		1		0.053	0.195	
Niacin.....mg	0.532	0.012	140		1		0.660	2.415	
Pantothenic acid.....mg	0.095	0.006	6		1		0.118	0.431	
Vitamin B-6.....mg	0.062	0.003	6		1		0.077	0.281	
Folate, total.....mcg	16		0		4		20	73	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	16		0		4		20	73	
Folate, DFE.....mcg_DFE	16		0	NC	4		20	73	
Choline, total.....mg	25.3		0	BFSN	4		31.4	114.9	
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	8		0	NC	4		9	34	
Retinol.....mcg	0		0	Z	7		0	0	
Carotene, beta.....mcg	90		0	O	4		112	409	
Carotene, alpha.....mcg	0		0	BFSN	4		0	0	
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0	0	
Vitamin A, IU.....IU	150		0	NC	4		186	681	
Lycopene.....mcg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin.....mcg	0		0	BFSN	4		0	0	
Vitamin E (alpha-tocopherol).....mg	0.29		0	O	4		0.36	1.32	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	3.6		0	BFSN	4		4.4	16.1	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.066		0	BFFN	4		0.082	0.300	
4:0.....g	0.000		0	BFFN	4		0.000	0.000	
6:0.....g	0.000		0	BFFN	4		0.000	0.000	
8:0.....g	0.000		0	BFFN	4		0.000	0.000	
10:0.....g	0.000		0	BFFN	4		0.000	0.000	

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0	BFFN	4		0.000	0.000	
13:0.....g									
14:0.....g	0.001		0	BFFN	4		0.001	0.005	
15:0.....g									
16:0.....g	0.057		0	BFFN	4		0.071	0.259	
17:0.....g									
18:0.....g	0.007		0	BFFN	4		0.009	0.032	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.016		0	BFFN	4		0.020	0.073	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.016		0	BFFN	4		0.020	0.073	
20:1.....g	0.000		0	BFFN	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.139		0	BFFN	4		0.172	0.631	
18:2 undifferentiated.....g	0.094		0	BFFN	4		0.117	0.427	
18:3 undifferentiated.....g	0.045		0	BFFN	4		0.056	0.204	
18:4.....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
20:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.054		0	BFFN	4		0.067	0.245	
Threonine.....g	0.173		0	BFFN	4		0.215	0.785	
Isoleucine.....g	0.261		0	BFFN	4		0.324	1.185	
Leucine.....g	0.319		0	BFFN	4		0.396	1.448	
Lysine.....g	0.268		0	BFFN	4		0.332	1.217	
Methionine.....g	0.040		0	BFFN	4		0.050	0.182	
Cystine.....g	0.049		0	BFFN	4		0.061	0.222	
Phenylalanine.....g	0.200		0	BFFN	4		0.248	0.908	
Tyrosine.....g	0.131		0	BFFN	4		0.162	0.595	
Valine.....g	0.254		0	BFFN	4		0.315	1.153	
Arginine.....g	0.272		0	BFFN	4		0.337	1.235	
Histidine.....g	0.138		0	BFFN	4		0.171	0.627	
Alanine.....g	0.154		0	BFFN	4		0.191	0.699	
Aspartic acid.....g	0.436		0	BFFN	4		0.541	1.979	
Glutamic acid.....g	0.523		0	BFFN	4		0.649	2.374	
Glycine.....g	0.163		0	BFFN	4		0.202	0.740	
Proline.....g	0.068		0	BFFN	4		0.084	0.309	
Serine.....g	0.254		0	BFFN	4		0.315	1.153	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

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

**Common Measures:**

**NDB No. 11715**

**Lima beans, immature seeds, canned, no salt added, solids and liquids**

Measure 1 = 124g: .5 cup

Measure 2 = 454g: 1 can (303 x 406)

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)



NDB No. 11714

Lima beans, immature seeds, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g									
13:0.....g									
14:0.....g	0.001		0		1		0.002		
15:0.....g									
16:0.....g	0.064		0		1		0.109		
17:0.....g									
18:0.....g	0.008		0		1		0.014		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.019		0		1		0.032		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.019		0		1		0.032		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.154		0		1		0.262		
18:2 undifferentiated.....g	0.104		0		1		0.177		
18:3 undifferentiated.....g	0.050		0		1		0.085		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.089		0		1		0.151		
Threonine.....g	0.289		0		1		0.491		
Isoleucine.....g	0.438		0		1		0.745		
Leucine.....g	0.535		0		1		0.910		
Lysine.....g	0.450		0		1		0.765		
Methionine.....g	0.068		0		1		0.116		
Cystine.....g	0.083		0		1		0.141		
Phenylalanine.....g	0.336		0		1		0.571		
Tyrosine.....g	0.219		0		1		0.372		
Valine.....g	0.425		0		1		0.723		
Arginine.....g	0.456		0		1		0.775		
Histidine.....g	0.231		0		1		0.393		
Alanine.....g	0.258		0		1		0.439		
Aspartic acid.....g	0.731		0		1		1.243		
Glutamic acid.....g	0.877		0		1		1.491		
Glycine.....g	0.273		0		1		0.464		
Proline.....g	0.101		0		1		0.172		
Serine.....g	0.425		0		1		0.723		
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g									
Caffeine.....mg	0		0	NR	4		0		
Theobromine.....mg	0		0	Z	7		0		

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

**Common Measures:**



**NDB No. 11714**

**Lima beans, immature seeds, cooked, boiled, drained, with salt**

Measure 1 = 170g: 1 cup

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group: 11 Vegetables and Vegetable Products**

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11032

Lima beans, immature seeds, cooked, boiled, drained, without salt

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	67.17	0.946	12		1		114.19		
Energy.....kcal	123		0	NC	4		209		
Energy.....kj	515		0		4		875		
Protein (N x 6.25).....g	6.81	0.110	12		1		11.58		
Total lipid (fat).....g	0.32	0.043	12		1		0.54		
Ash.....g	2.06	0.052	12		1		3.50		
Carbohydrate, by difference.....g	23.64		0	NC	4		40.19		
Fiber, total dietary.....g	5.3		0		1		9.0		
Sugars, total.....g	1.63		0	BFSN	4		2.77		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	32	1.150	12		1		54		
Iron, Fe.....mg	2.45	0.082	12		1		4.17		
Magnesium, Mg.....mg	74	1.821	12		1		126		
Phosphorus, P.....mg	130	5.484	12		1		221		
Potassium, K.....mg	570	11.768	12		1		969		
Sodium, Na.....mg	17	0.519	4		1		29		
Zinc, Zn.....mg	0.79	0.032	12		1		1.34		
Copper, Cu.....mg	0.305	0.012	12		1		0.519		
Manganese, Mn.....mg	1.252	0.097	12		1		2.128		
Selenium, Se.....mcg	2.0		0	BFSN	4		3.4		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	10.1	0.660	12		1		17.2		
Thiamin.....mg	0.140	0.002	12		1		0.238		
Riboflavin.....mg	0.096	0.001	12		1		0.163		
Niacin.....mg	1.040	0.033	12		1		1.768		
Pantothenic acid.....mg	0.257	0.014	12		1		0.437		
Vitamin B-6.....mg	0.193	0.013	12		1		0.328		
Folate, total.....mcg	26		0		4		45		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	26		0		4		45		
Folate, DFE.....mcg_DFE	26		0	NC	4		45		
Choline, total.....mg	44.1		0	BFSN	4		75.0		
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00		
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....mcg_RAE	15		0	NC	4		26		
Retinol.....mcg	0		0	Z	7		0		
Carotene, beta.....mcg	182		0	O	4		309		
Carotene, alpha.....mcg	0		0	BFSN	4		0		
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0		
Vitamin A, IU.....IU	303		0	NC	4		516		
Lycopene.....mcg	0		0	BFSN	4		0		
Lutein + zeaxanthin.....mcg	0		0	BFSN	4		0		
Vitamin E (alpha-tocopherol).....mg	0.14		0	O	4		0.24		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	6.2		0	BFSN	4		10.5		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.073		0		1		0.124		
4:0.....g	0.000		0		1		0.000		
6:0.....g	0.000		0		1		0.000		
8:0.....g	0.000		0		1		0.000		
10:0.....g	0.000		0		1		0.000		

Lima beans, immature seeds, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0		1		0.000		
13:0.....g									
14:0.....g	0.001		0		1		0.002		
15:0.....g									
16:0.....g	0.064		0		1		0.109		
17:0.....g									
18:0.....g	0.008		0		1		0.014		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.019		0		1		0.032		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.019		0		1		0.032		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.154		0		1		0.262		
18:2 undifferentiated.....g	0.104		0		1		0.177		
18:3 undifferentiated.....g	0.050		0		1		0.085		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.089		0		1		0.151		
Threonine.....g	0.289		0		1		0.491		
Isoleucine.....g	0.438		0		1		0.745		
Leucine.....g	0.535		0		1		0.910		
Lysine.....g	0.450		0		1		0.765		
Methionine.....g	0.068		0		1		0.116		
Cystine.....g	0.083		0		1		0.141		
Phenylalanine.....g	0.336		0		1		0.571		
Tyrosine.....g	0.219		0		1		0.372		
Valine.....g	0.425		0		1		0.723		
Arginine.....g	0.456		0		1		0.775		
Histidine.....g	0.231		0		1		0.393		
Alanine.....g	0.258		0		1		0.439		
Aspartic acid.....g	0.731		0		1		1.243		
Glutamic acid.....g	0.877		0		1		1.491		
Glycine.....g	0.273		0		1		0.464		
Proline.....g	0.101		0		1		0.172		
Serine.....g	0.425		0		1		0.723		
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

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

**Common Measures:**

**NDB No. 11032**

**Lima beans, immature seeds, cooked, boiled, drained, without salt**

Measure 1 = 170g: 1 cup

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group: 11 Vegetables and Vegetable Products**

USDA National Nutrient Database for Standard Reference, Release 21 (2008)



NDB No. 11716

Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g									
13:0.....g									
14:0.....g	0.001		0		1		0.003	0.001	
15:0.....g									
16:0.....g	0.060		0		1		0.187	0.054	
17:0.....g									
18:0.....g	0.008		0		1		0.025	0.007	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.017		0		1		0.053	0.015	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.017		0		1		0.053	0.015	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.145		0		1		0.451	0.131	
18:2 undifferentiated.....g	0.098		0		1		0.305	0.088	
18:3 undifferentiated.....g	0.047		0		1		0.146	0.042	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.087		0		1		0.271	0.078	
Threonine.....g	0.282		0		1		0.877	0.254	
Isoleucine.....g	0.428		0		1		1.331	0.385	
Leucine.....g	0.522		0		1		1.623	0.470	
Lysine.....g	0.439		0		1		1.365	0.395	
Methionine.....g	0.066		0		1		0.205	0.059	
Cystine.....g	0.081		0		1		0.252	0.073	
Phenylalanine.....g	0.328		0		1		1.020	0.295	
Tyrosine.....g	0.214		0		1		0.666	0.193	
Valine.....g	0.415		0		1		1.291	0.374	
Arginine.....g	0.445		0		1		1.384	0.401	
Histidine.....g	0.226		0		1		0.703	0.203	
Alanine.....g	0.252		0		1		0.784	0.227	
Aspartic acid.....g	0.714		0		1		2.221	0.643	
Glutamic acid.....g	0.857		0		1		2.665	0.771	
Glycine.....g	0.266		0		1		0.827	0.239	
Proline.....g	0.099		0		1		0.308	0.089	
Serine.....g	0.415		0		1		1.291	0.374	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g									
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

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

**Common Measures:**

**NDB No. 11716**

**Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, with salt**

Measure 1 = 311g: 1 package (10 oz) yields

Measure 2 = 90g: .5 cup

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11040

Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	72.35	0.438	6		1		225.01	65.12	
Energy.....kcal	105		0	NC	4		327	95	
Energy.....kj	439		0		4		1366	395	
Protein (N x 6.25).....g	6.65	0.468	6		1		20.68	5.99	
Total lipid (fat).....g	0.30	0.051	6		1		0.93	0.27	
Ash.....g	1.25	0.056	6		1		3.89	1.13	
Carbohydrate, by difference.....g	19.45		0	NC	4		60.49	17.51	
Fiber, total dietary.....g	6.0		0		4		18.7	5.4	
Sugars, total.....g	1.37		0	BFSN	4		4.26	1.23	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	28	1.613	6		1		87	25	
Iron, Fe.....mg	1.96	0.087	6		1		6.10	1.76	
Magnesium, Mg.....mg	56	0.839	6		1		174	50	
Phosphorus, P.....mg	112	2.260	6		1		348	101	
Potassium, K.....mg	411	24.148	6		1		1278	370	
Sodium, Na.....mg	29	5.185	6		1		90	26	
Zinc, Zn.....mg	0.55	0.023	6		1		1.71	0.50	
Copper, Cu.....mg	0.197	0.020	6		1		0.613	0.177	
Manganese, Mn.....mg	0.813	0.054	6		1		2.528	0.732	
Selenium, Se.....mcg	1.7		0	BFSN	4		5.3	1.5	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	5.8		0		1		18.0	5.2	
Thiamin.....mg	0.070	0.002	6		1		0.218	0.063	
Riboflavin.....mg	0.055	0.000	6		1		0.171	0.050	
Niacin.....mg	0.770	0.040	6		1		2.395	0.693	
Pantothenic acid.....mg	0.177	0.009	6		1		0.550	0.159	
Vitamin B-6.....mg	0.115	0.009	6		1		0.358	0.104	
Folate, total.....mcg	16		0		4		48	14	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	16		0		4		48	14	
Folate, DFE.....mcg_DFE	16		0	NC	4		48	14	
Choline, total.....mg	37.2		0	BFSN	4		115.6	33.4	
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	8		0	NC	4		26	8	
Retinol.....mcg	0		0	Z	7		0	0	
Carotene, beta.....mcg	100		0	O	4		312	90	
Carotene, alpha.....mcg	0		0	BFSN	4		0	0	
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0	0	
Vitamin A, IU.....IU	167		0	NC	4		519	150	
Lycopene.....mcg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin.....mcg	0		0	BFSN	4		0	0	
Vitamin E (alpha-tocopherol).....mg	0.64		0	O	4		1.99	0.58	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	5.2		0	BFSN	4		16.2	4.7	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.068		0		1		0.211	0.061	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.000		0		1		0.000	0.000	



Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0		1		0.000	0.000	
13:0.....g									
14:0.....g	0.001		0		1		0.003	0.001	
15:0.....g									
16:0.....g	0.060		0		1		0.187	0.054	
17:0.....g									
18:0.....g	0.008		0		1		0.025	0.007	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.017		0		1		0.053	0.015	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.017		0		1		0.053	0.015	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.145		0		1		0.451	0.131	
18:2 undifferentiated.....g	0.098		0		1		0.305	0.088	
18:3 undifferentiated.....g	0.047		0		1		0.146	0.042	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.087		0		1		0.271	0.078	
Threonine.....g	0.282		0		1		0.877	0.254	
Isoleucine.....g	0.428		0		1		1.331	0.385	
Leucine.....g	0.522		0		1		1.623	0.470	
Lysine.....g	0.439		0		1		1.365	0.395	
Methionine.....g	0.066		0		1		0.205	0.059	
Cystine.....g	0.081		0		1		0.252	0.073	
Phenylalanine.....g	0.328		0		1		1.020	0.295	
Tyrosine.....g	0.214		0		1		0.666	0.193	
Valine.....g	0.415		0		1		1.291	0.374	
Arginine.....g	0.445		0		1		1.384	0.401	
Histidine.....g	0.226		0		1		0.703	0.203	
Alanine.....g	0.252		0		1		0.784	0.227	
Aspartic acid.....g	0.714		0		1		2.221	0.643	
Glutamic acid.....g	0.857		0		1		2.665	0.771	
Glycine.....g	0.266		0		1		0.827	0.239	
Proline.....g	0.099		0		1		0.308	0.089	
Serine.....g	0.415		0		1		1.291	0.374	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

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

**Common Measures:**

**NDB No. 11040**

**Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt**

Measure 1 = 311g: 1 package (10 oz) yields

Measure 2 = 90g: .5 cup

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)



NDB No. 11039

Lima beans, immature seeds, frozen, baby, unprepared

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.001		0		1		0.001	0.003	
15:0.....g									
16:0.....g	0.089		0		1		0.073	0.253	
17:0.....g									
18:0.....g	0.011		0		1		0.009	0.031	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.026		0		1		0.021	0.074	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.026		0		1		0.021	0.074	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.216		0		1		0.177	0.613	
18:2 undifferentiated.....g	0.146		0		1		0.120	0.415	
18:3 undifferentiated.....g	0.070		0		1		0.057	0.199	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.100		0		1		0.082	0.284	
Threonine.....g	0.322		0		1		0.264	0.914	
Isoleucine.....g	0.488		0		1		0.400	1.386	
Leucine.....g	0.597		0		1		0.490	1.695	
Lysine.....g	0.502		0		1		0.412	1.426	
Methionine.....g	0.075		0		1		0.062	0.213	
Cystine.....g	0.092		0		1		0.075	0.261	
Phenylalanine.....g	0.374		0		1		0.307	1.062	
Tyrosine.....g	0.244		0		1		0.200	0.693	
Valine.....g	0.474		0		1		0.389	1.346	
Arginine.....g	0.508		0		1		0.417	1.443	
Histidine.....g	0.258		0		1		0.212	0.733	
Alanine.....g	0.288		0		1		0.236	0.818	
Aspartic acid.....g	0.815		0		1		0.668	2.315	
Glutamic acid.....g	0.978		0		1		0.802	2.778	
Glycine.....g	0.304		0		1		0.249	0.863	
Proline.....g	0.113		0		1		0.093	0.321	
Serine.....g	0.474		0		1		0.389	1.346	
Hydroxyproline.....g									
<b><u>Others:</u></b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg									
Theobromine.....mg									

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

**Common Measures:**

Measure 1 = 82g: .5 cup

**NDB No. 11039**

**Lima beans, immature seeds, frozen, baby, unprepared**

Measure 2 = 284g: 1 package (10 oz)

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group: 11 Vegetables and Vegetable Products**

USDA National Nutrient Database for Standard Reference, Release 21 (2008)



NDB No. 11717

Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.077		0		1		0.239	0.065	
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g	0.001		0		1		0.003	0.001	
15:0.....g									
16:0.....g	0.067		0		1		0.208	0.057	
17:0.....g									
18:0.....g	0.008		0		1		0.025	0.007	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.020		0		1		0.062	0.017	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.020		0		1		0.062	0.017	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.163		0		1		0.507	0.139	
18:2 undifferentiated.....g	0.110		0		1		0.342	0.094	
18:3 undifferentiated.....g	0.053		0		1		0.165	0.045	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.080		0		1		0.249	0.068	
Threonine.....g	0.257		0		1		0.799	0.218	
Isoleucine.....g	0.390		0		1		1.213	0.332	
Leucine.....g	0.477		0		1		1.483	0.405	
Lysine.....g	0.401		0		1		1.247	0.341	
Methionine.....g	0.060		0		1		0.187	0.051	
Cystine.....g	0.074		0		1		0.230	0.063	
Phenylalanine.....g	0.299		0		1		0.930	0.254	
Tyrosine.....g	0.195		0		1		0.606	0.166	
Valine.....g	0.379		0		1		1.179	0.322	
Arginine.....g	0.406		0		1		1.263	0.345	
Histidine.....g	0.206		0		1		0.641	0.175	
Alanine.....g	0.230		0		1		0.715	0.196	
Aspartic acid.....g	0.652		0		1		2.028	0.554	
Glutamic acid.....g	0.782		0		1		2.432	0.665	
Glycine.....g	0.243		0		1		0.756	0.207	
Proline.....g	0.090		0		1		0.280	0.077	
Serine.....g	0.379		0		1		1.179	0.322	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g									
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

NDB No. 11717

Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, with salt

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

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

**Common Measures:**

Measure 1 = 311g: 1 package (10 oz) yields

Measure 2 = 85g: .5 cup

**Calories Factors: Protein** 3.47

**Fat** 8.37

**Carbohydrate**4.07

**Food Group:** 11 Vegetables and Vegetable Products  
USDA National Nutrient Database for Standard Reference, Release 21 (2008)



NDB No. 11038

Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	72.98		2		1		226.95	62.03	
Energy.....kcal	103		0	NC	4		319	87	
Energy.....kj	429		0	NC	4		1334	365	
Protein (N x 6.25).....g	6.07		0		1		18.88	5.16	
Total lipid (fat).....g	0.34		0		1		1.06	0.29	
Ash.....g	1.30		0		1		4.04	1.11	
Carbohydrate, by difference.....g	19.32		0	NC	4		60.07	16.42	
Fiber, total dietary.....g	5.8		0		1		18.0	4.9	
Sugars, total.....g	1.34		0	NC	4		4.17	1.14	
Sucrose.....g	1.13		2		1		3.51	0.96	
Glucose (dextrose).....g	0.00		1		1		0.00	0.00	
Fructose.....g	0.21		1		1		0.65	0.18	
Lactose.....g	0.00		1		1		0.00	0.00	
Maltose.....g	0.00		1		1		0.00	0.00	
Galactose.....g	0.00		0	Z	7		0.00	0.00	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	30	0.755	47		1		92	25	
Iron, Fe.....mg	1.82	0.049	48		1		5.67	1.55	
Magnesium, Mg.....mg	42	1.080	48		1		132	36	
Phosphorus, P.....mg	97	2.072	47		1		300	82	
Potassium, K.....mg	304	11.889	48		1		945	258	
Sodium, Na.....mg	69	3.926	48		1		215	59	
Zinc, Zn.....mg	0.74	0.026	48		1		2.31	0.63	
Copper, Cu.....mg	0.170	0.004	47		1		0.528	0.144	
Manganese, Mn.....mg	0.648	0.018	48		1		2.015	0.551	
Selenium, Se.....mcg	0.6	0.168	43		1		1.7	0.5	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	12.8		0		1		39.8	10.9	
Thiamin.....mg	0.074		0		1		0.230	0.063	
Riboflavin.....mg	0.061		0		1		0.190	0.052	
Niacin.....mg	1.069		0		1		3.325	0.909	
Pantothenic acid.....mg	0.163		0		1		0.507	0.139	
Vitamin B-6.....mg	0.122		0		1		0.379	0.104	
Folate, total.....mcg	21		0		4		66	18	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	21		0		4		66	18	
Folate, DFE.....mcg_DFE	21		0	NC	4		66	18	
Choline, total.....mg	36.3		0	BFSN	4		112.9	30.9	
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	10		0	NC	4		30	8	
Retinol.....mcg	0		0	Z	7		0	0	
Carotene, beta.....mcg	114		0	O	4		355	97	
Carotene, alpha.....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0	0	
Vitamin A, IU.....IU	190		0	NC	4		591	162	
Lycopene.....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg	0.29		0	O	4		0.90	0.25	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	5.1		1		1		15.9	4.3	

NDB No. 11038

Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common		
	Mean	Std. Error	Number of Data Deriv Source			measures of food			
			Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.078		0	NC	4		0.242	0.066	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.000		0		1		0.000	0.000	
12:0.....g	0.000		0		1		0.000	0.000	
13:0.....g									
14:0.....g	0.001		0		1		0.003	0.001	
15:0.....g									
16:0.....g	0.069		0		1		0.213	0.058	
17:0.....g									
18:0.....g	0.008		0		1		0.025	0.007	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.020		0	NC	4		0.064	0.017	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.020		0		1		0.064	0.017	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.167		0	NC	4		0.519	0.142	
18:2 undifferentiated.....g	0.113		0		1		0.350	0.096	
18:3 undifferentiated.....g	0.054		0		1		0.169	0.046	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.080		0		1		0.249	0.068	
Threonine.....g	0.257		0		1		0.799	0.218	
Isoleucine.....g	0.390		0		1		1.213	0.332	
Leucine.....g	0.477		0		1		1.483	0.405	
Lysine.....g	0.401		0		1		1.247	0.341	
Methionine.....g	0.060		0		1		0.187	0.051	
Cystine.....g	0.074		0		1		0.230	0.063	
Phenylalanine.....g	0.299		0		1		0.930	0.254	
Tyrosine.....g	0.195		0		1		0.606	0.166	
Valine.....g	0.379		0		1		1.179	0.322	
Arginine.....g	0.406		0		1		1.263	0.345	
Histidine.....g	0.206		0		1		0.641	0.175	
Alanine.....g	0.230		0		1		0.715	0.196	
Aspartic acid.....g	0.652		0		1		2.028	0.554	
Glutamic acid.....g	0.782		0		1		2.432	0.665	
Glycine.....g	0.243		0		1		0.756	0.207	
Proline.....g	0.090		0		1		0.280	0.077	
Serine.....g	0.379		0		1		1.179	0.322	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

NDB No. 11038

Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt

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

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

**Common Measures:**

Measure 1 = 311g: 1 package (10 oz) yields

Measure 2 = 85g: .5 cup

**Calories Factors: Protein** 3.47

**Fat** 8.37

**Carbohydrate**4.07

**Food Group:** 11 Vegetables and Vegetable Products  
USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11037

Lima beans, immature seeds, frozen, fordhook, unprepared

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	72.05	0.399	22		1		57.64	204.62	
Energy.....kcal	106		0	NC	4		85	301	
Energy.....kj	444		0		4		355	1260	
Protein (N x 6.25).....g	6.40	0.102	22		1		5.12	18.18	
Total lipid (fat).....g	0.35	0.048	22		1		0.28	0.99	
Ash.....g	1.37	0.068	22		1		1.10	3.89	
Carbohydrate, by difference.....g	19.83		0	NC	4		15.86	56.32	
Fiber, total dietary.....g	5.5		0		1		4.4	15.6	
Sugars, total.....g	1.39		0	BFSN	4		1.11	3.94	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	24	1.258	22		1		19	68	
Iron, Fe.....mg	1.51	0.107	22		1		1.21	4.29	
Magnesium, Mg.....mg	38	3.183	8		1		30	108	
Phosphorus, P.....mg	74	4.267	10		1		59	210	
Potassium, K.....mg	478	20.340	8		1		382	1358	
Sodium, Na.....mg	58	18.654	8		1		46	165	
Zinc, Zn.....mg	0.49	0.032	7		1		0.39	1.39	
Copper, Cu.....mg	0.062	0.020	8		1		0.050	0.176	
Manganese, Mn.....mg	0.345	0.015	7		1		0.276	0.980	
Selenium, Se.....mcg	1.7	0.548	3	A	1		1.4	4.8	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	19.3	0.828	15		1		15.4	54.8	
Thiamin.....mg	0.092	0.006	22		1		0.074	0.261	
Riboflavin.....mg	0.067	0.002	22		1		0.054	0.190	
Niacin.....mg	1.187	0.070	22		1		0.950	3.371	
Pantothenic acid.....mg	0.191		1		1		0.153	0.542	
Vitamin B-6.....mg	0.136	0.018	5		1		0.109	0.386	
Folate, total.....mcg	32		0		4		26	91	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	32		0		4		26	91	
Folate, DFE.....mcg_DFE	32		0	NC	4		26	91	
Choline, total.....mg	37.6		0	BFSN	4		30.0	106.7	
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	11		0	NC	4		9	32	
Retinol.....mcg	0		0	Z	7		0	0	
Carotene, beta.....mcg	134		0	O	4		107	380	
Carotene, alpha.....mcg	0		0	BFSN	4		0	0	
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0	0	
Vitamin A, IU.....IU	223		0	NC	4		178	633	
Lycopene.....mcg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin.....mcg	0		0	BFSN	4		0	0	
Vitamin E (alpha-tocopherol).....mg	0.72		0	O	4		0.58	2.04	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	5.3		0	BFSN	4		4.2	15.0	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.081		0		1		0.065	0.230	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.000		0		1		0.000	0.000	

NDB No. 11037

Lima beans, immature seeds, frozen, fordhook, unprepared

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0		1		0.000	0.000	
13:0.....g									
14:0.....g	0.001		0		1		0.001	0.003	
15:0.....g									
16:0.....g	0.071		0		1		0.057	0.202	
17:0.....g									
18:0.....g	0.009		0		1		0.007	0.026	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.021		0		1		0.017	0.060	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.021		0		1		0.017	0.060	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.172		0		1		0.138	0.488	
18:2 undifferentiated.....g	0.116		0		1		0.093	0.329	
18:3 undifferentiated.....g	0.056		0		1		0.045	0.159	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.084		0		1		0.067	0.239	
Threonine.....g	0.271		0		1		0.217	0.770	
Isoleucine.....g	0.412		0		1		0.330	1.170	
Leucine.....g	0.503		0		1		0.402	1.429	
Lysine.....g	0.423		0		1		0.338	1.201	
Methionine.....g	0.063		0		1		0.050	0.179	
Cystine.....g	0.078		0		1		0.062	0.222	
Phenylalanine.....g	0.315		0		1		0.252	0.895	
Tyrosine.....g	0.206		0		1		0.165	0.585	
Valine.....g	0.399		0		1		0.319	1.133	
Arginine.....g	0.428		0		1		0.342	1.216	
Histidine.....g	0.217		0		1		0.174	0.616	
Alanine.....g	0.243		0		1		0.194	0.690	
Aspartic acid.....g	0.687		0		1		0.550	1.951	
Glutamic acid.....g	0.824		0		1		0.659	2.340	
Glycine.....g	0.256		0		1		0.205	0.727	
Proline.....g	0.095		0		1		0.076	0.270	
Serine.....g	0.399		0		1		0.319	1.133	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

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

**Common Measures:**

**NDB No. 11037**

**Lima beans, immature seeds, frozen, fordhook, unprepared**

Measure 1 = 80g: .5 cup

Measure 2 = 284g: 1 package (10 oz)

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11031

Lima beans, immature seeds, raw

*Phaseolus lunatus*

Refuse:56% Pods and imperfect beans

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	70.24		13		1		109.57		
Energy.....kcal	113		0	NC	4		176		
Energy.....kj	473		0	NC	4		738		
Protein (N x 6.25).....g	6.84		10		1		10.67		
Total lipid (fat).....g	0.86		10		1		1.34		
Ash.....g	1.89	0.158	8		1		2.95		
Carbohydrate, by difference.....g	20.17		0	NC	4		31.47		
Fiber, total dietary.....g	4.9		0		4		7.6		
Sugars, total.....g	1.48		0	BFSN	4		2.30		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	34		10		1		53		
Iron, Fe.....mg	3.14		10		1		4.90		
Magnesium, Mg.....mg	58		8		1		90		
Phosphorus, P.....mg	136		8		1		212		
Potassium, K.....mg	467		10		1		729		
Sodium, Na.....mg	8		6		1		12		
Zinc, Zn.....mg	0.78	0.046	6		1		1.22		
Copper, Cu.....mg	0.318	0.022	6		1		0.496		
Manganese, Mn.....mg	1.215	0.108	6		1		1.895		
Selenium, Se.....mcg	1.8		0	BFSN	4		2.8		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	23.4		8		1		36.5		
Thiamin.....mg	0.217		10		1		0.339		
Riboflavin.....mg	0.103		10		1		0.161		
Niacin.....mg	1.474		10		1		2.299		
Pantothenic acid.....mg	0.247	0.011	6		1		0.385		
Vitamin B-6.....mg	0.204	0.009	6		1		0.318		
Folate, total.....mcg	34		0		4		53		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	34		0		4		53		
Folate, DFE.....mcg_DFE	34		0	NC	4		53		
Choline, total.....mg	40.0		0	BFSN	4		62.4		
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00		
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....mcg_RAE	10		0	NC	4		16		
Retinol.....mcg	0		0	Z	7		0		
Carotene, beta.....mcg	126		0	BFSN	4		196		
Carotene, alpha.....mcg	0		0	BFSN	4		0		
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0		
Vitamin A, IU.....IU	209		0	NC	4		326		
Lycopene.....mcg	0		0	BFSN	4		0		
Lutein + zeaxanthin.....mcg	0		0	BFSN	4		0		
Vitamin E (alpha-tocopherol).....mg	0.32		0	BFSN	4		0.50		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	5.6		0	BFSN	4		8.8		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.198		0		1		0.309		
4:0.....g	0.000		0		1		0.000		
6:0.....g	0.000		0		1		0.000		
8:0.....g	0.000		0		1		0.000		
10:0.....g	0.000		0		1		0.000		

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0			1	0.000		
13:0.....g									
14:0.....g	0.002		2			1	0.003		
15:0.....g									
16:0.....g	0.173		3			1	0.270		
17:0.....g									
18:0.....g	0.022		3			1	0.034		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.050		0			1	0.078		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0			1	0.000		
17:1.....g									
18:1 undifferentiated.....g	0.050		3			1	0.078		
20:1.....g	0.000		0			1	0.000		
22:1 undifferentiated.....g	0.000		0			1	0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.419		0			1	0.654		
18:2 undifferentiated.....g	0.283		3			1	0.441		
18:3 undifferentiated.....g	0.136		3			1	0.212		
18:4.....g	0.000		0			1	0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0			1	0.000		
20:5 n-3.....g	0.000		0			1	0.000		
22:5 n-3.....g	0.000		0			1	0.000		
22:6 n-3.....g	0.000		0			1	0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z		7	0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.090		32			1	0.140		
Threonine.....g	0.290		32			1	0.452		
Isoleucine.....g	0.440		32			1	0.686		
Leucine.....g	0.538		32			1	0.839		
Lysine.....g	0.452		32			1	0.705		
Methionine.....g	0.068		32			1	0.106		
Cystine.....g	0.083		4			1	0.129		
Phenylalanine.....g	0.337		32			1	0.526		
Tyrosine.....g	0.220		4			1	0.343		
Valine.....g	0.427		32			1	0.666		
Arginine.....g	0.458		29			1	0.714		
Histidine.....g	0.232		32			1	0.362		
Alanine.....g	0.260		1			1	0.406		
Aspartic acid.....g	0.735		1			1	1.147		
Glutamic acid.....g	0.881		1			1	1.374		
Glycine.....g	0.274		1			1	0.427		
Proline.....g	0.102		1			1	0.159		
Serine.....g	0.427		1			1	0.666		
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0			7	0.0		
Caffeine.....mg	0		0	Z		7	0		
Theobromine.....mg	0		0	Z		7	0		

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

**Common Measures:**



**NDB No. 11031**

**Lima beans, immature seeds, raw**

Measure 1 = 156g: 1 cup

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)



NDB No. 11796

Lotus root, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.000		0		1		0.000	0.000	
15:0.....g									
16:0.....g	0.020		0		1		0.012	0.018	
17:0.....g									
18:0.....g	0.001		0		1		0.001	0.001	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.014		0		1		0.008	0.012	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.001	0.001	
17:1.....g									
18:1 undifferentiated.....g	0.010		0		1		0.006	0.009	
20:1.....g	0.002		0		1		0.001	0.002	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.014		0		1		0.008	0.012	
18:2 undifferentiated.....g	0.010		0		1		0.006	0.009	
18:3 undifferentiated.....g	0.004		0		1		0.002	0.004	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.012		0		1		0.007	0.011	
Threonine.....g	0.031		0		1		0.019	0.028	
Isoleucine.....g	0.033		0		1		0.020	0.029	
Leucine.....g	0.042		0		1		0.025	0.037	
Lysine.....g	0.057		0		1		0.034	0.051	
Methionine.....g	0.014		0		1		0.008	0.012	
Cystine.....g	0.014		0		1		0.008	0.012	
Phenylalanine.....g	0.028		0		1		0.017	0.025	
Tyrosine.....g	0.017		0		1		0.010	0.015	
Valine.....g	0.034		0		1		0.020	0.030	
Arginine.....g	0.053		0		1		0.032	0.047	
Histidine.....g	0.023		0		1		0.014	0.020	
Alanine.....g	0.033		0		1		0.020	0.029	
Aspartic acid.....g	0.223		0		1		0.134	0.198	
Glutamic acid.....g	0.084		0		1		0.050	0.075	
Glycine.....g	0.095		0		1		0.057	0.085	
Proline.....g	0.082		0		1		0.049	0.073	
Serine.....g	0.037		0		1		0.022	0.033	
Hydroxyproline.....g									

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

**Common Measures:**

Measure 1 = 60g: .5 cup

Measure 2 = 89g: 10 slices (2-1/2" dia)

Calories Factors: Protein 2.78

Fat 8.37

Carbohydrate 3.84

**NDB No. 11796**

**Lotus root, cooked, boiled, drained, with salt**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11255

Lotus root, cooked, boiled, drained, without salt

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	81.42		1		1		48.85	72.46	
Energy.....kcal	66		0	NC	4		40	59	
Energy.....kj	278		0	NC	4		167	248	
Protein (N x 6.25).....g	1.58		1		1		0.95	1.41	
Total lipid (fat).....g	0.07		1		1		0.04	0.06	
Ash.....g	0.91		1		1		0.55	0.81	
Carbohydrate, by difference.....g	16.02		0	NC	4		9.61	14.26	
Fiber, total dietary.....g	3.1		0		1		1.9	2.8	
Sugars, total.....g	0.50		0	O	4		0.30	0.45	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	26		1		1		16	23	
Iron, Fe.....mg	0.90		1		1		0.54	0.80	
Magnesium, Mg.....mg	22		1		1		13	20	
Phosphorus, P.....mg	78		1		1		47	69	
Potassium, K.....mg	363		1		1		218	323	
Sodium, Na.....mg	45		1		1		27	40	
Zinc, Zn.....mg	0.33		0		4		0.20	0.29	
Copper, Cu.....mg	0.217		0		4		0.130	0.193	
Manganese, Mn.....mg	0.220		0		4		0.132	0.196	
Selenium, Se.....mcg	0.6		0	BFSN	4		0.4	0.5	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	27.4		0		1		16.4	24.4	
Thiamin.....mg	0.127		0		1		0.076	0.113	
Riboflavin.....mg	0.010		0		1		0.006	0.009	
Niacin.....mg	0.300		0		1		0.180	0.267	
Pantothenic acid.....mg	0.302		0		4		0.181	0.269	
Vitamin B-6.....mg	0.218		0		4		0.131	0.194	
Folate, total.....mcg	8		0		4		5	7	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	8		0		4		5	7	
Folate, DFE.....mcg_DFE	8		0	NC	4		5	7	
Choline, total.....mg	25.4		0	BFSY	4		15.2	22.6	
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	0		0	AS	1		0	0	
Retinol.....mcg	0		0	Z	7		0	0	
Carotene, beta.....mcg	0		0	Z	7		0	0	
Carotene, alpha.....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0	0	
Vitamin A, IU.....IU	0		0	AS	1		0	0	
Lycopene.....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg	0.01		0	O	4		0.01	0.01	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.1		0	O	4		0.1	0.1	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.021		0		1		0.013	0.019	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.000		0		1		0.000	0.000	

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0		1		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0		1		0.000	0.000	
15:0.....g									
16:0.....g	0.020		0		1		0.012	0.018	
17:0.....g									
18:0.....g	0.001		0		1		0.001	0.001	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.014		0		1		0.008	0.012	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.001	0.001	
17:1.....g									
18:1 undifferentiated.....g	0.010		0		1		0.006	0.009	
20:1.....g	0.002		0		1		0.001	0.002	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.014		0		1		0.008	0.012	
18:2 undifferentiated.....g	0.010		0		1		0.006	0.009	
18:3 undifferentiated.....g	0.004		0		1		0.002	0.004	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.012		0		1		0.007	0.011	
Threonine.....g	0.031		0		1		0.019	0.028	
Isoleucine.....g	0.033		0		1		0.020	0.029	
Leucine.....g	0.042		0		1		0.025	0.037	
Lysine.....g	0.057		0		1		0.034	0.051	
Methionine.....g	0.014		0		1		0.008	0.012	
Cystine.....g	0.014		0		1		0.008	0.012	
Phenylalanine.....g	0.028		0		1		0.017	0.025	
Tyrosine.....g	0.017		0		1		0.010	0.015	
Valine.....g	0.034		0		1		0.020	0.030	
Arginine.....g	0.053		0		1		0.032	0.047	
Histidine.....g	0.023		0		1		0.014	0.020	
Alanine.....g	0.033		0		1		0.020	0.029	
Aspartic acid.....g	0.223		0		1		0.134	0.198	
Glutamic acid.....g	0.084		0		1		0.050	0.075	
Glycine.....g	0.095		0		1		0.057	0.085	
Proline.....g	0.082		0		1		0.049	0.073	
Serine.....g	0.037		0		1		0.022	0.033	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

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

**Common Measures:**

**NDB No. 11255**

**Lotus root, cooked, boiled, drained, without salt**

Measure 1 = 60g: .5 cup

Measure 2 = 89g: 10 slices (2-1/2" dia)

**Calories Factors: Protein 2.78**

**Fat 8.37**

**Carbohydrate 3.84**

**Food Group:** 11 Vegetables and Vegetable Products

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Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.000		0		1		0.000	0.000	
15:0.....g									
16:0.....g	0.028		0		1		0.023	0.032	
17:0.....g									
18:0.....g	0.001		0		1		0.001	0.001	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.020		0		1		0.016	0.023	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0		1		0.002	0.002	
17:1.....g									
18:1 undifferentiated.....g	0.014		0		1		0.011	0.016	
20:1.....g	0.002		0		1		0.002	0.002	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.020		0		1		0.016	0.023	
18:2 undifferentiated.....g	0.014		0		1		0.011	0.016	
18:3 undifferentiated.....g	0.006		0		1		0.005	0.007	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.020		4		1		0.016	0.023	
Threonine.....g	0.051		3		1		0.041	0.059	
Isoleucine.....g	0.054		3		1		0.044	0.062	
Leucine.....g	0.069		3		1		0.056	0.079	
Lysine.....g	0.094		4		1		0.076	0.108	
Methionine.....g	0.022		4		1		0.018	0.025	
Cystine.....g	0.022		2		1		0.018	0.025	
Phenylalanine.....g	0.047		3		1		0.038	0.054	
Tyrosine.....g	0.029		2		1		0.023	0.033	
Valine.....g	0.055		3		1		0.045	0.063	
Arginine.....g	0.088		2		1		0.071	0.101	
Histidine.....g	0.038		2		1		0.031	0.044	
Alanine.....g	0.054		2		1		0.044	0.062	
Aspartic acid.....g	0.369		2		1		0.299	0.424	
Glutamic acid.....g	0.139		2		1		0.113	0.160	
Glycine.....g	0.156		2		1		0.126	0.179	
Proline.....g	0.136		2		1		0.110	0.156	
Serine.....g	0.060		2		1		0.049	0.069	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g									
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	NR	4		0	0	

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

**Common Measures:**

Measure 1 = 81g: 10 slices (2-1/2" dia)

Measure 2 = 115g: 1 root (9-1/2" long)

**NDB No. 11254**  
**Lotus root, raw**

**Calories Factors: Protein 2.78**

**Fat 8.37**

**Carbohydrate 3.84**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)



NDB No. 11986  
Malabar spinach, cooked

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

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

**Common Measures:**

Measure 1 = 44g: 1 cup

Measure 2 = 17g: 1 bunch

**Calories Factors: Protein** 2.44

**Fat** 8.37

**Carbohydrate**3.57

**Food Group:** 11 Vegetables and Vegetable Products  
USDA National Nutrient Database for Standard Reference, Release 21 (2008)



NDB No. 11927

Mountain yam, hawaii, cooked, steamed, with salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g									
15:0.....g									
16:0.....g	0.015		0		1		0.022		
17:0.....g									
18:0.....g	0.001		0		1		0.001		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.003		0		1		0.004		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.003		0		1		0.004		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.036		0		1		0.052		
18:2 undifferentiated.....g	0.030		0		1		0.044		
18:3 undifferentiated.....g	0.006		0		1		0.009		
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.014		0		1		0.020		
Threonine.....g	0.061		0		1		0.088		
Isoleucine.....g	0.059		0		1		0.086		
Leucine.....g	0.109		0		1		0.158		
Lysine.....g	0.067		0		1		0.097		
Methionine.....g	0.023		0		1		0.033		
Cystine.....g	0.021		0		1		0.030		
Phenylalanine.....g	0.080		0		1		0.116		
Tyrosine.....g	0.046		0		1		0.067		
Valine.....g	0.070		0		1		0.102		
Arginine.....g	0.144		0		1		0.209		
Histidine.....g	0.038		0		1		0.055		
Alanine.....g	0.071		0		1		0.103		
Aspartic acid.....g	0.175		0		1		0.254		
Glutamic acid.....g	0.205		0		1		0.297		
Glycine.....g	0.060		0		1		0.087		
Proline.....g	0.061		0		1		0.088		
Serine.....g	0.092		0		1		0.133		
Hydroxyproline.....g									

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

**Common Measures:**

Measure 1 = 145g: 1 cup, cubes

**Calories Factors: Protein 2.78**

**Fat 8.37**

**Carbohydrate 3.84**

**NDB No.** 11927

**Mountain yam, hawaii, cooked, steamed, with salt**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)





NDB No. 11259

Mountain yam, hawaii, cooked, steamed, without salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g									
15:0.....g									
16:0.....g	0.015		0		1		0.022		
17:0.....g									
18:0.....g	0.001		0		1		0.001		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.003		0		1		0.004		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.003		0		1		0.004		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.036		0		1		0.052		
18:2 undifferentiated.....g	0.030		0		1		0.044		
18:3 undifferentiated.....g	0.006		0		1		0.009		
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.014		0		1		0.020		
Threonine.....g	0.061		0		1		0.088		
Isoleucine.....g	0.059		0		1		0.086		
Leucine.....g	0.109		0		1		0.158		
Lysine.....g	0.067		0		1		0.097		
Methionine.....g	0.023		0		1		0.033		
Cystine.....g	0.021		0		1		0.030		
Phenylalanine.....g	0.080		0		1		0.116		
Tyrosine.....g	0.046		0		1		0.067		
Valine.....g	0.070		0		1		0.102		
Arginine.....g	0.144		0		1		0.209		
Histidine.....g	0.038		0		1		0.055		
Alanine.....g	0.071		0		1		0.103		
Aspartic acid.....g	0.175		0		1		0.254		
Glutamic acid.....g	0.205		0		1		0.297		
Glycine.....g	0.060		0		1		0.087		
Proline.....g	0.061		0		1		0.088		
Serine.....g	0.092		0		1		0.133		
Hydroxyproline.....g									

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

**Common Measures:**

Measure 1 = 145g: 1 cup, cubes

**Calories Factors: Protein 2.78**

**Fat 8.37**

**Carbohydrate 3.84**

**NDB No. 11259**

**Mountain yam, hawaii, cooked, steamed, without salt**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)



**NDB No. 11258**  
**Mountain yam, hawaii, raw**

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u> <u>measures of food</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g									
15:0.....g									
16:0.....g	0.020		0		1		0.014	0.084	
17:0.....g									
18:0.....g	0.002		0		1		0.001	0.008	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.004		0		1		0.003	0.017	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.004		0		1		0.003	0.017	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.045		0		1		0.031	0.189	
18:2 undifferentiated.....g	0.038		0		1		0.026	0.160	
18:3 undifferentiated.....g	0.007		0		1		0.005	0.029	
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0	0	
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.011		0		1		0.007	0.046	
Threonine.....g	0.047		0		1		0.032	0.197	
Isoleucine.....g	0.045		0		1		0.031	0.189	
Leucine.....g	0.084		0		1		0.057	0.353	
Lysine.....g	0.052		0		1		0.035	0.218	
Methionine.....g	0.018		0		1		0.012	0.076	
Cystine.....g	0.016		0		1		0.011	0.067	
Phenylalanine.....g	0.062		0		1		0.042	0.260	
Tyrosine.....g	0.035		0		1		0.024	0.147	
Valine.....g	0.054		0		1		0.037	0.227	
Arginine.....g	0.112		0		1		0.076	0.470	
Histidine.....g	0.030		0		1		0.020	0.126	
Alanine.....g	0.055		0		1		0.037	0.231	
Aspartic acid.....g	0.136		0		1		0.092	0.571	
Glutamic acid.....g	0.159		0		1		0.108	0.668	
Glycine.....g	0.046		0		1		0.031	0.193	
Proline.....g	0.048		0		1		0.033	0.202	
Serine.....g	0.071		0		1		0.048	0.298	
Hydroxyproline.....g									

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

**Common Measures:**

Measure 1 = 68g: .5 cup, cubes

Measure 2 = 420g: 1 yam

**Calories Factors: Protein 2.78**

**Fat 8.37**

**Carbohydrate 3.84**

**NDB No. 11258**  
**Mountain yam, hawaii, raw**

**Food Group:** 11 Vegetables and Vegetable Products  
USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11718

Mung beans, mature seeds, sprouted, cooked, boiled, drained, with salt

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	93.39		1		1		115.80		
Energy.....kcal	19		0	NC	4		23		
Energy.....kj	78		0	NC	4		96		
Protein (N x 6.25).....g	2.03		0		1		2.52		
Total lipid (fat).....g	0.09		0		1		0.11		
Ash.....g	0.89		0	O	4		1.10		
Carbohydrate, by difference.....g	3.60		0	NC	4		4.46		
Fiber, total dietary.....g	0.8		0		4		1.0		
Sugars, total.....g	2.84		0	BFSN	4		3.53		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	12		0		1		15		
Iron, Fe.....mg	0.65		0		1		0.81		
Magnesium, Mg.....mg	14		1		1		17		
Phosphorus, P.....mg	28		0		1		35		
Potassium, K.....mg	101		1		1		125		
Sodium, Na.....mg	246		0		4		305		
Zinc, Zn.....mg	0.47		0		1		0.58		
Copper, Cu.....mg	0.122		0		1		0.151		
Manganese, Mn.....mg	0.140		0		1		0.174		
Selenium, Se.....mcg	0.6		0	BFZN	4		0.7		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	11.4		0		1		14.1		
Thiamin.....mg	0.050		0		1		0.062		
Riboflavin.....mg	0.102		0		1		0.126		
Niacin.....mg	0.817		0		1		1.013		
Pantothenic acid.....mg	0.243		0		1		0.301		
Vitamin B-6.....mg	0.054		0		4		0.067		
Folate, total.....mcg	29		0		4		36		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	29		0		4		36		
Folate, DFE.....mcg_DFE	29		0	NC	4		36		
Choline, total.....mg	9.9		0	BFSY	4		12.3		
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00		
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....mcg_RAE	1		0	NC	4		1		
Retinol.....mcg	0		0	Z	7		0		
Carotene, beta.....mcg	4		0	BFSY	4		5		
Carotene, alpha.....mcg	4		0	BFSY	4		5		
Cryptoxanthin, beta.....mcg	4		0	BFSY	4		5		
Vitamin A, IU.....IU	13		0	NC	4		16		
Lycopene.....mcg	0		0	BFSY	4		0		
Lutein + zeaxanthin.....mcg	0		0	BFSY	4		0		
Vitamin E (alpha-tocopherol).....mg	0.07		0	BFSN	4		0.09		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	22.7		0	BFSN	4		28.2		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.025		0		1		0.031		
4:0.....g	0.000		0		1		0.000		
6:0.....g	0.000		0		1		0.000		
8:0.....g	0.000		0		1		0.000		
10:0.....g	0.000		0		1		0.000		

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0			1	0.000		
13:0.....g									
14:0.....g	0.000		0			1	0.000		
15:0.....g									
16:0.....g	0.018		0			1	0.022		
17:0.....g									
18:0.....g	0.005		0			1	0.006		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.012		0			1	0.015		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0			1	0.000		
17:1.....g									
18:1 undifferentiated.....g	0.012		0			1	0.015		
20:1.....g	0.000		0			1	0.000		
22:1 undifferentiated.....g	0.000		0			1	0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.032		0			1	0.040		
18:2 undifferentiated.....g	0.023		0			1	0.029		
18:3 undifferentiated.....g	0.009		0			1	0.011		
18:4.....g	0.000		0			1	0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0			1	0.000		
20:5 n-3.....g	0.000		0			1	0.000		
22:5 n-3.....g	0.000		0			1	0.000		
22:6 n-3.....g	0.000		0			1	0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z		7	0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.028		0			1	0.035		
Threonine.....g	0.058		0			1	0.072		
Isoleucine.....g	0.098		0			1	0.122		
Leucine.....g	0.130		0			1	0.161		
Lysine.....g	0.123		0			1	0.153		
Methionine.....g	0.025		0			1	0.031		
Cystine.....g	0.012		0			1	0.015		
Phenylalanine.....g	0.086		0			1	0.107		
Tyrosine.....g	0.038		0			1	0.047		
Valine.....g	0.097		0			1	0.120		
Arginine.....g	0.146		0			1	0.181		
Histidine.....g	0.052		0			1	0.064		
Alanine.....g	0.073		0			1	0.091		
Aspartic acid.....g	0.355		0			1	0.440		
Glutamic acid.....g	0.120		0			1	0.149		
Glycine.....g	0.046		0			1	0.057		
Proline.....g									
Serine.....g	0.024		0			1	0.030		
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0			7	0.0		
Caffeine.....mg	0		0	Z		7	0		
Theobromine.....mg	0		0	Z		7	0		

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

**Common Measures:**

**NDB No. 11718**

**Mung beans, mature seeds, sprouted, cooked, boiled, drained, with salt**

Measure 1 = 124g: 1 cup

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group: 11 Vegetables and Vegetable Products**

USDA National Nutrient Database for Standard Reference, Release 21 (2008)



NDB No. 11044

Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	93.39		1		1		115.80		
Energy.....kcal	21		0	NC	4		26		
Energy.....kj	88		0		4		109		
Protein (N x 6.25).....g	2.03		0		1		2.52		
Total lipid (fat).....g	0.09		0		1		0.11		
Ash.....g	0.30		1		1		0.37		
Carbohydrate, by difference.....g	4.19		0	NC	4		5.20		
Fiber, total dietary.....g	0.8		0		4		1.0		
Sugars, total.....g	2.84		0	BFSN	4		3.53		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	12		0		1		15		
Iron, Fe.....mg	0.65		0		1		0.81		
Magnesium, Mg.....mg	14		1		1		17		
Phosphorus, P.....mg	28		0		1		35		
Potassium, K.....mg	101		1		1		125		
Sodium, Na.....mg	10		1		1		12		
Zinc, Zn.....mg	0.47		0		1		0.58		
Copper, Cu.....mg	0.122		0		1		0.151		
Manganese, Mn.....mg	0.140		0		1		0.174		
Selenium, Se.....mcg	0.6		0	BFSN	4		0.7		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	11.4		0		1		14.1		
Thiamin.....mg	0.050		0		1		0.062		
Riboflavin.....mg	0.102		0		1		0.126		
Niacin.....mg	0.817		0		1		1.013		
Pantothenic acid.....mg	0.243		0		1		0.301		
Vitamin B-6.....mg	0.054		0		4		0.067		
Folate, total.....mcg	29		0		4		36		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	29		0		4		36		
Folate, DFE.....mcg_DFE	29		0	NC	4		36		
Choline, total.....mg	9.9		0	BFSY	4		12.3		
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00		
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....mcg_RAE	1		0	NC	4		1		
Retinol.....mcg	0		0	Z	7		0		
Carotene, beta.....mcg	4		0	BFSY	4		5		
Carotene, alpha.....mcg	4		0	BFSY	4		5		
Cryptoxanthin, beta.....mcg	4		0	BFSY	4		5		
Vitamin A, IU.....IU	13		0	NC	4		16		
Lycopene.....mcg	0		0	BFSY	4		0		
Lutein + zeaxanthin.....mcg	0		0	BFSY	4		0		
Vitamin E (alpha-tocopherol).....mg	0.07		0	BFSN	4		0.09		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	22.7		0	BFSN	4		28.2		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.025		0		1		0.031		
4:0.....g	0.000		0		1		0.000		
6:0.....g	0.000		0		1		0.000		
8:0.....g	0.000		0		1		0.000		
10:0.....g	0.000		0		1		0.000		

## Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0		1		0.000		
13:0.....g									
14:0.....g	0.000		0		1		0.000		
15:0.....g									
16:0.....g	0.018		0		1		0.022		
17:0.....g									
18:0.....g	0.005		0		1		0.006		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.012		0		1		0.015		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.012		0		1		0.015		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.032		0		1		0.040		
18:2 undifferentiated.....g	0.023		0		1		0.029		
18:3 undifferentiated.....g	0.009		0		1		0.011		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.028		0		1		0.035		
Threonine.....g	0.058		0		1		0.072		
Isoleucine.....g	0.098		0		1		0.122		
Leucine.....g	0.130		0		1		0.161		
Lysine.....g	0.123		0		1		0.153		
Methionine.....g	0.025		0		1		0.031		
Cystine.....g	0.012		0		1		0.015		
Phenylalanine.....g	0.086		0		1		0.107		
Tyrosine.....g	0.038		0		1		0.047		
Valine.....g	0.097		0		1		0.120		
Arginine.....g	0.146		0		1		0.181		
Histidine.....g	0.052		0		1		0.064		
Alanine.....g	0.073		0		1		0.091		
Aspartic acid.....g	0.355		0		1		0.440		
Glutamic acid.....g	0.120		0		1		0.149		
Glycine.....g	0.046		0		1		0.057		
Proline.....g									
Serine.....g	0.024		0		1		0.030		
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

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

**Common Measures:**

**NDB No. 11044**

**Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt**

Measure 1 = 124g: 1 cup

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group: 11 Vegetables and Vegetable Products**

USDA National Nutrient Database for Standard Reference, Release 21 (2008)



NDB No. 11045

Mung beans, mature seeds, sprouted, cooked, stir-fried

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.000		0		1		0.000		
15:0.....g									
16:0.....g	0.027		0		1		0.033		
17:0.....g									
18:0.....g	0.009		0		1		0.011		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.056		0		1		0.069		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.056		0		1		0.069		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.068		0		1		0.084		
18:2 undifferentiated.....g	0.058		0		1		0.072		
18:3 undifferentiated.....g	0.011		0		1		0.014		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.058		0		1		0.072		
Threonine.....g	0.122		0		1		0.151		
Isoleucine.....g	0.207		0		1		0.257		
Leucine.....g	0.275		0		1		0.341		
Lysine.....g	0.261		0		1		0.324		
Methionine.....g	0.053		0		1		0.066		
Cystine.....g	0.026		0		1		0.032		
Phenylalanine.....g	0.183		0		1		0.227		
Tyrosine.....g	0.081		0		1		0.100		
Valine.....g	0.204		0		1		0.253		
Arginine.....g	0.309		0		1		0.383		
Histidine.....g	0.109		0		1		0.135		
Alanine.....g	0.155		0		1		0.192		
Aspartic acid.....g	0.752		0		1		0.932		
Glutamic acid.....g	0.253		0		1		0.314		
Glycine.....g	0.098		0		1		0.122		
Proline.....g									
Serine.....g	0.052		0		1		0.064		
Hydroxyproline.....g									

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

**Common Measures:**

Measure 1 = 124g: 1 cup

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

**NDB No. 11045**

**Mung beans, mature seeds, sprouted, cooked, stir-fried**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11043

Mung beans, mature seeds, sprouted, raw

Vigna radiata

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv	Source	Measure 1	Measure 2	Measure 3
				Code	Code			
<b>Proximates:</b>								
Water.....g	90.40	1.586	8		1	94.02	307.36	
Energy.....kcal	30		0	NC	4	31	102	
Energy.....kj	126		0	NC	4	131	429	
Protein (N x 6.25).....g	3.04	0.466	8		1	3.16	10.34	
Total lipid (fat).....g	0.18	0.045	8		1	0.19	0.61	
Ash.....g	0.44	0.065	8		1	0.46	1.50	
Carbohydrate, by difference.....g	5.94		0	NC	4	6.18	20.20	
Fiber, total dietary.....g	1.8		0		1	1.9	6.1	
Sugars, total.....g	4.13		0	O	4	4.30	14.04	
Starch.....g								
<b>Minerals:</b>								
Calcium, Ca.....mg	13	1.966	8		1	14	44	
Iron, Fe.....mg	0.91	0.351	8		1	0.95	3.09	
Magnesium, Mg.....mg	21	3.384	8		1	22	71	
Phosphorus, P.....mg	54	8.476	8		1	56	184	
Potassium, K.....mg	149	23.307	8		1	155	507	
Sodium, Na.....mg	6	1.449	4		1	6	20	
Zinc, Zn.....mg	0.41	0.052	8		1	0.43	1.39	
Copper, Cu.....mg	0.164	0.058	8		1	0.171	0.558	
Manganese, Mn.....mg	0.188	0.049	8		1	0.196	0.639	
Selenium, Se.....mcg	0.6		0	BFZN	4	0.6	2.0	
<b>Vitamins:</b>								
Vitamin C, total ascorbic acid.....mg	13.2	1.861	8		1	13.7	44.9	
Thiamin.....mg	0.084	0.014	8		1	0.087	0.286	
Riboflavin.....mg	0.124	0.020	8		1	0.129	0.422	
Niacin.....mg	0.749	0.064	8		1	0.779	2.547	
Pantothenic acid.....mg	0.380	0.082	4		1	0.395	1.292	
Vitamin B-6.....mg	0.088	0.012	8		1	0.092	0.299	
Folate, total.....mcg	61	6.866	16		1	63	207	
Folic acid.....mcg	0		0	Z	7	0	0	
Folate, food.....mcg	61	6.866	16		1	63	207	
Folate, DFE.....mcg_DFE	61		0	NC	4	63	207	
Choline, total.....mg	14.4		0	BFZN	4	15.0	49.0	
Betaine.....mg								
Vitamin B-12.....mcg	0.00		0	Z	7	0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	Z	7	0.00	0.00	
Vitamin A, RAE.....mcg_RAE	1		0	NC	4	1	4	
Retinol.....mcg	0		0	Z	7	0	0	
Carotene, beta.....mcg	6		0	O	4	7	21	
Carotene, alpha.....mcg	6		0	O	4	7	21	
Cryptoxanthin, beta.....mcg	6		0	O	4	7	21	
Vitamin A, IU.....IU	21		0	NC	4	22	71	
Lycopene.....mcg	0		0	Z	7	0	0	
Lutein + zeaxanthin.....mcg	0		0	Z	7	0	0	
Vitamin E (alpha-tocopherol).....mg	0.10		0	O	4	0.10	0.34	
Vitamin E, added.....mg	0.00		0	Z	7	0.00	0.00	
Tocopherol, beta.....mg								
Tocopherol, gamma.....mg								
Tocopherol, delta.....mg								
Vitamin D.....IU								
Vitamin K (phylloquinone).....mcg	33.0		0	T	4	34.3	112.2	
<b>Lipids:</b>								
Fatty acids, total saturated.....g	0.046		0		1	0.048	0.156	
4:0.....g	0.000		0		1	0.000	0.000	
6:0.....g	0.000		0		1	0.000	0.000	
8:0.....g	0.000		0		1	0.000	0.000	
10:0.....g	0.000		0		1	0.000	0.000	

## Mung beans, mature seeds, sprouted, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0		1		0.000	0.000	
13:0.....g									
14:0.....g	0.000		1		1		0.000	0.000	
15:0.....g									
16:0.....g	0.032		0		1		0.033	0.109	
17:0.....g									
18:0.....g	0.008		0		1		0.008	0.027	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.022		0		1		0.023	0.075	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.022		0		1		0.023	0.075	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.058		0		1		0.060	0.197	
18:2 undifferentiated.....g	0.042		0		1		0.044	0.143	
18:3 undifferentiated.....g	0.016		0		1		0.017	0.054	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg	15		0		1		16	51	
<b>Amino Acids:</b>									
Tryptophan.....g	0.037		4		1		0.038	0.126	
Threonine.....g	0.078		4		1		0.081	0.265	
Isoleucine.....g	0.132		4		1		0.137	0.449	
Leucine.....g	0.175		4		1		0.182	0.595	
Lysine.....g	0.166		4		1		0.173	0.564	
Methionine.....g	0.034		3		1		0.035	0.116	
Cystine.....g	0.017		1		1		0.018	0.058	
Phenylalanine.....g	0.117		4		1		0.122	0.398	
Tyrosine.....g	0.052		2		1		0.054	0.177	
Valine.....g	0.130		4		1		0.135	0.442	
Arginine.....g	0.197		2		1		0.205	0.670	
Histidine.....g	0.070		2		1		0.073	0.238	
Alanine.....g	0.099		1		1		0.103	0.337	
Aspartic acid.....g	0.479		1		1		0.498	1.629	
Glutamic acid.....g	0.161		1		1		0.167	0.547	
Glycine.....g	0.063		1		1		0.066	0.214	
Proline.....g									
Serine.....g	0.033		1		1		0.034	0.112	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

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

**Common Measures:**



**NDB No. 11043**

**Mung beans, mature seeds, sprouted, raw**

Measure 1 = 104g: 1 cup

Measure 2 = 340g: 1 package (12 oz)

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 11987**  
**Mushroom, oyster, raw**

*Pleurotus ostreatus*

**Refuse:11% Stems**

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common			
	Mean	Std. Error	Number			Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Deriv	Code					
<b>Proximates:</b>										
Water.....g	88.80	0.904	7	JA	6		131.43	13.32	76.37	
Energy.....kcal	43		0	NC	4		63	6	37	
Energy.....kj	179		0	NC	4		265	27	154	
Protein.....g	3.31	0.322	5	A	1		4.89	0.50	2.84	
Total lipid (fat).....g	0.41	0.062	5	A	1		0.60	0.06	0.35	
Ash.....g	1.01	0.111	5	A	1		1.49	0.15	0.87	
Carbohydrate, by difference.....g	6.47		0	NC	4		9.58	0.97	5.57	
Fiber, total dietary.....g	2.3	0.370	6	JA	6		3.4	0.3	2.0	
Sugars, total.....g	1.11		1	A	1		1.65	0.17	0.96	
Sucrose.....g	0.00		1	A	1		0.00	0.00	0.00	
Glucose (dextrose).....g	1.11		1	A	1		1.65	0.17	0.96	
Fructose.....g	0.00		1	A	1		0.00	0.00	0.00	
Lactose.....g	0.00		1	A	1		0.00	0.00	0.00	
Maltose.....g	0.00		1	A	1		0.00	0.00	0.00	
Galactose.....g	0.00		1	A	1		0.00	0.00	0.00	
Starch.....g	0.00		1	A	1		0.00	0.00	0.00	
<b>Minerals:</b>										
Calcium, Ca.....mg	3	1.076	4	A	1		5	1	3	
Iron, Fe.....mg	1.33	0.329	4	A	1		1.96	0.20	1.14	
Magnesium, Mg.....mg	18	4.106	4	A	1		26	3	15	
Phosphorus, P.....mg	120	10.851	4	A	1		177	18	103	
Potassium, K.....mg	420	63.799	4	A	1		621	63	361	
Sodium, Na.....mg	18	3.587	4	A	1		27	3	16	
Zinc, Zn.....mg	0.77	0.142	4	A	1		1.15	0.12	0.67	
Copper, Cu.....mg	0.244	0.031	4	A	1		0.361	0.037	0.210	
Manganese, Mn.....mg	0.113	0.007	3	A	1		0.168	0.017	0.097	
Selenium, Se.....mcg	2.6		2	A	1		3.9	0.4	2.2	
<b>Vitamins:</b>										
Vitamin C, total ascorbic acid.....mg	0.0		2	A	1		0.0	0.0	0.0	
Thiamin.....mg	0.125	0.025	5	A	1		0.185	0.019	0.107	
Riboflavin.....mg	0.349	0.054	3	A	1		0.517	0.052	0.300	
Niacin.....mg	4.956	0.587	5	A	1		7.334	0.743	4.262	
Pantothenic acid.....mg	1.294	0.114	3	A	1		1.915	0.194	1.113	
Vitamin B-6.....mg	0.110	0.026	4	A	1		0.163	0.017	0.095	
Folate, total.....mcg	27	8.980	4	A	1		39	4	23	
Folic acid.....mcg	0		0	Z	7		0	0	0	
Folate, food.....mcg	27	8.980	4	A	1		39	4	23	
Folate, DFE.....mcg_DFE	27		0	NC	4		39	4	23	
Choline, total.....mg	48.7		0	AS	1		72.0	7.3	41.9	
Betaine.....mg	12.1		1	A	1		17.9	1.8	10.4	
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	0.00	
Vitamin A, RAE.....mcg_RAE	2		0	AS	1		4	0	2	
Retinol.....mcg	0		0	Z	7		0	0	0	
Carotene, beta.....mcg	29		1	A	1		42	4	25	
Carotene, alpha.....mcg	0		0	Z	7		0	0	0	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0	0	0	
Vitamin A, IU.....IU	48		0	AS	1		71	7	41	
Lycopene.....mcg	0		0	Z	7		0	0	0	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0	0	0	
Vitamin E (alpha-tocopherol).....mg	0.00		1	A	1		0.00	0.00	0.00	
Tocopherol, beta.....mg	0.00		1	A	1		0.00	0.00	0.00	
Tocopherol, gamma.....mg	0.00		1	A	1		0.00	0.00	0.00	
Tocopherol, delta.....mg	0.00		1	A	1		0.00	0.00	0.00	
Vitamin D.....IU										
Vitamin K (phylloquinone).....mcg	0.0		2	A	1		0.0	0.0	0.0	
<b>Lipids:</b>										

**NDB No. 11987**  
**Mushroom, oyster, raw**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Deriv		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Points	Code					
Fatty acids, total saturated.....g	0.020		0	NC	4		0.029	0.003	0.017
4:0.....g	0.000		0	Z	7		0.000	0.000	0.000
6:0.....g	0.000		0	Z	7		0.000	0.000	0.000
8:0.....g	0.000		1	A	1		0.000	0.000	0.000
10:0.....g	0.000		1	A	1		0.000	0.000	0.000
12:0.....g	0.000		1	A	1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.000		1	A	1		0.000	0.000	0.000
15:0.....g	0.000		1	A	1		0.000	0.000	0.000
16:0.....g	0.020		1	A	1		0.029	0.003	0.017
17:0.....g	0.000		1	A	1		0.000	0.000	0.000
18:0.....g	0.000		1	A	1		0.000	0.000	0.000
20:0.....g	0.000		1	A	1		0.000	0.000	0.000
22:0.....g	0.000		1	A	1		0.000	0.000	0.000
24:0.....g	0.000		1	A	1		0.000	0.000	0.000
Fatty acids, total monounsaturated.....g	0.010		0	NC	4		0.015	0.001	0.009
14:1.....g	0.000		1	A	1		0.000	0.000	0.000
15:1.....g	0.000		1	A	1		0.000	0.000	0.000
16:1 undifferentiated.....g	0.000		1	A	1		0.000	0.000	0.000
17:1.....g	0.000		1	A	1		0.000	0.000	0.000
18:1 undifferentiated.....g	0.010		1	A	1		0.015	0.001	0.009
20:1.....g	0.000		1	A	1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		1	A	1		0.000	0.000	0.000
24:1 c.....g	0.000		1	A	1		0.000	0.000	0.000
Fatty acids, total polyunsaturated.....g	0.040		0	NC	4		0.059	0.006	0.034
18:2 undifferentiated.....g	0.040		1	A	1		0.059	0.006	0.034
18:3 undifferentiated.....g	0.000		1	A	1		0.000	0.000	0.000
18:4.....g	0.000		1	A	1		0.000	0.000	0.000
20:2 n-6 c,c.....g	0.000		1	A	1		0.000	0.000	0.000
20:3 undifferentiated.....g	0.000		1	A	1		0.000	0.000	0.000
20:4 undifferentiated.....g	0.000		1	A	1		0.000	0.000	0.000
20:5 n-3.....g	0.000		1	A	1		0.000	0.000	0.000
22:5 n-3.....g	0.000		1	A	1		0.000	0.000	0.000
22:6 n-3.....g	0.000		1	A	1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	0
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.042		0	A	1		0.062	0.006	0.036
Threonine.....g	0.140		0	A	1		0.208	0.021	0.121
Isoleucine.....g	0.112		0	A	1		0.166	0.017	0.097
Leucine.....g	0.168		0	A	1		0.249	0.025	0.145
Lysine.....g	0.126		0	A	1		0.187	0.019	0.109
Methionine.....g	0.042		0	A	1		0.062	0.006	0.036
Cystine.....g	0.028		0	A	1		0.041	0.004	0.024
Phenylalanine.....g	0.112		0	A	1		0.166	0.017	0.097
Tyrosine.....g	0.084		0	A	1		0.125	0.013	0.072
Valine.....g	0.197		0	A	1		0.291	0.030	0.169
Arginine.....g	0.182		0	A	1		0.270	0.027	0.157
Histidine.....g	0.070		0	A	1		0.104	0.011	0.060
Alanine.....g	0.239		0	A	1		0.353	0.036	0.205
Aspartic acid.....g	0.295		0	A	1		0.436	0.044	0.254
Glutamic acid.....g	0.632		0	A	1		0.935	0.095	0.544
Glycine.....g	0.126		0	A	1		0.187	0.019	0.109
Proline.....g	0.042		0	A	1		0.062	0.006	0.036
Serine.....g	0.126		0	A	1		0.187	0.019	0.109
Hydroxyproline.....g									
<b><u>Others:</u></b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0

NDB No. 11987  
Mushroom, oyster, raw

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

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

**Common Measures:**

- Measure 1 = 148g: 1 large
- Measure 2 = 15.0g: 1 small
- Measure 3 = 86g: 1 cup sliced

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 11 Vegetables and Vegetable Products  
USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11993  
Mushrooms, Maitake, Raw

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	90.53		2	A	1		63.37	1.00	
Energy.....kcal	37		0	NC	4		26	0	
Energy.....kj	154		0	NC	4		108	2	
Protein.....g	1.94		2	A	1		1.36	0.02	
Total lipid (fat).....g	0.19		2	A	1		0.14	0.00	
Ash.....g	0.53		2	A	1		0.37	0.01	
Carbohydrate, by difference.....g	6.81		0	NC	4		4.77	0.07	
Fiber, total dietary.....g	2.7		2	A	1		1.9	0.0	
Sugars, total.....g	2.07		1	A	1		1.45	0.02	
Sucrose.....g	0.00		1	A	1		0.00	0.00	
Glucose (dextrose).....g	1.74		1	A	1		1.22	0.02	
Fructose.....g	0.00		1	A	1		0.00	0.00	
Lactose.....g	0.33		1	A	1		0.23	0.00	
Maltose.....g	0.00		1	A	1		0.00	0.00	
Galactose.....g	0.00		1	A	1		0.00	0.00	
Starch.....g	0.00		1	A	1		0.00	0.00	
<b>Minerals:</b>									
Calcium, Ca.....mg	1		2	A	1		1	0	
Iron, Fe.....mg	0.30		2	A	1		0.21	0.00	
Magnesium, Mg.....mg	10		1	A	1		7	0	
Phosphorus, P.....mg	74		1	A	1		52	1	
Potassium, K.....mg	204		2	A	1		143	2	
Sodium, Na.....mg	1		2	A	1		1	0	
Zinc, Zn.....mg	0.75		1	A	1		0.53	0.01	
Copper, Cu.....mg	0.252		2	A	1		0.176	0.003	
Manganese, Mn.....mg	0.059		1	A	1		0.041	0.001	
Selenium, Se.....mcg	2.2		2	A	1		1.6	0.0	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		2	A	1		0.0	0.0	
Thiamin.....mg	0.146		2	A	1		0.103	0.002	
Riboflavin.....mg	0.242		2	A	1		0.170	0.003	
Niacin.....mg	6.585		2	A	1		4.609	0.072	
Pantothenic acid.....mg	0.270		1	A	1		0.189	0.003	
Vitamin B-6.....mg	0.056		2	A	1		0.039	0.001	
Folate, total.....mcg	29		2	A	1		20	0	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	29		2	A	1		20	0	
Folate, DFE.....mcg_DFE	29		0	NC	4		20	0	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0	0	
Retinol.....mcg	0		0	Z	7		0	0	
Carotene, beta.....mcg	0		0	BFSN	4		0	0	
Carotene, alpha.....mcg	0		0	BFSN	4		0	0	
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0	0	
Vitamin A, IU.....IU	0		0	NC	4		0	0	
Lycopene.....mcg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin.....mcg	0		0	BFSN	4		0	0	
Vitamin E (alpha-tocopherol).....mg	0.01		1	A	1		0.01	0.00	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg	0.00		1	A	1		0.00	0.00	
Tocopherol, gamma.....mg	0.00		1	A	1		0.00	0.00	
Tocopherol, delta.....mg	0.00		1	A	1		0.00	0.00	
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		2	A	1		0.0	0.0	

NDB No. 11993  
Mushrooms, Maitake, Raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Deriv Code	Points					
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.030		0	NC	4		0.021	0.000	
4:0.....g	0.000		0	BFSN	4		0.000	0.000	
6:0.....g	0.000		0	BFSN	4		0.000	0.000	
8:0.....g	0.000		1	A	1		0.000	0.000	
10:0.....g	0.000		1	A	1		0.000	0.000	
12:0.....g	0.000		1	A	1		0.000	0.000	
13:0.....g	0.000		1	A	1		0.000	0.000	
14:0.....g	0.000		1	A	1		0.000	0.000	
15:0.....g	0.000		1	A	1		0.000	0.000	
16:0.....g	0.030		1	A	1		0.021	0.000	
17:0.....g	0.000		1	A	1		0.000	0.000	
18:0.....g	0.000		1	A	1		0.000	0.000	
20:0.....g	0.000		1	A	1		0.000	0.000	
22:0.....g	0.000		1	A	1		0.000	0.000	
24:0.....g	0.000		1	A	1		0.000	0.000	
Fatty acids, total monounsaturated.....g	0.030		0	NC	4		0.021	0.000	
14:1.....g	0.000		1	A	1		0.000	0.000	
15:1.....g	0.000		1	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.000		1	A	1		0.000	0.000	
17:1.....g	0.000		1	A	1		0.000	0.000	
18:1 undifferentiated.....g	0.030		1	A	1		0.021	0.000	
20:1.....g	0.000		1	A	1		0.000	0.000	
22:1 undifferentiated.....g	0.000		1	A	1		0.000	0.000	
24:1 c.....g	0.000		1	A	1		0.000	0.000	
Fatty acids, total polyunsaturated.....g	0.090		0	NC	4		0.063	0.001	
18:2 undifferentiated.....g	0.090		1	A	1		0.063	0.001	
18:3 undifferentiated.....g	0.000		1	A	1		0.000	0.000	
18:4.....g	0.000		1	A	1		0.000	0.000	
20:2 n-6 c,c.....g	0.000		1	A	1		0.000	0.000	
20:3 undifferentiated.....g	0.000		1	A	1		0.000	0.000	
20:4 undifferentiated.....g	0.000		1	A	1		0.000	0.000	
20:5 n-3.....g	0.000		1	A	1		0.000	0.000	
22:5 n-3.....g	0.000		1	A	1		0.000	0.000	
22:6 n-3.....g	0.000		1	A	1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

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

**Common Measures:**

Measure 1 = 70g: 1 cup diced  
Measure 2 = 1.1g: 1 piece whole

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 11 Vegetables and Vegetable Products  
USDA National Nutrient Database for Standard Reference, Release 21 (2008)



Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.001		0	BFFN	4		0.001	0.001	0.000
15:0.....g									
16:0.....g	0.007		0	BFFN	4		0.006	0.005	0.001
17:0.....g									
18:0.....g	0.002		0	BFFN	4		0.002	0.001	0.000
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.002		0	BFFN	4		0.002	0.001	0.000
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.002		0	BFFN	4		0.002	0.001	0.000
20:1.....g	0.000		0	BFFN	4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.042		0	BFFN	4		0.037	0.030	0.008
18:2 undifferentiated.....g	0.040		0	BFFN	4		0.035	0.029	0.008
18:3 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	0.000
18:4.....g	0.000		0	BFFN	4		0.000	0.000	0.000
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	BFFN	4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	0
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.056		0	BFFN	4		0.049	0.040	0.011
Threonine.....g	0.113		0	BFFN	4		0.098	0.081	0.023
Isoleucine.....g	0.099		0	BFFN	4		0.086	0.071	0.020
Leucine.....g	0.153		0	BFFN	4		0.133	0.110	0.031
Lysine.....g	0.252		0	BFFN	4		0.219	0.181	0.050
Methionine.....g	0.048		0	BFFN	4		0.042	0.035	0.010
Cystine.....g	0.006		0	BFFN	4		0.005	0.004	0.001
Phenylalanine.....g	0.097		0	BFFN	4		0.084	0.070	0.019
Tyrosine.....g	0.054		0	BFFN	4		0.047	0.039	0.011
Valine.....g	0.115		0	BFFN	4		0.100	0.083	0.023
Arginine.....g	0.123		0	BFFN	4		0.107	0.089	0.025
Histidine.....g	0.067		0	BFFN	4		0.058	0.048	0.013
Alanine.....g	0.187		0	BFFN	4		0.163	0.135	0.037
Aspartic acid.....g	0.228		0	BFFN	4		0.198	0.164	0.046
Glutamic acid.....g	0.428		0	BFFN	4		0.372	0.308	0.086
Glycine.....g	0.111		0	BFFN	4		0.097	0.080	0.022
Proline.....g	0.176		0	BFFN	4		0.153	0.127	0.035
Serine.....g	0.113		0	BFFN	4		0.098	0.081	0.023
Hydroxyproline.....g									

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

**Common Measures:**

- Measure 1 = 87g: 1 cup whole
- Measure 2 = 72g: 1 cup sliced
- Measure 3 = 20g: 1 piece whole



**NDB No. 11266**

**Mushrooms, brown, Italian, or Crimini, raw**

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11264

Mushrooms, canned, drained solids

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	91.08	0.333	8		1		142.08	120.23	14.57
Energy.....kcal	25		0	NC	4		39	33	4
Energy.....kj	105		0	NC	4		163	138	17
Protein (N x 6.25).....g	1.87	0.158	5		1		2.92	2.47	0.30
Total lipid (fat).....g	0.29	0.068	5		1		0.45	0.38	0.05
Ash.....g	1.67	0.083	5		1		2.61	2.20	0.27
Carbohydrate, by difference.....g	5.09		0	NC	4		7.94	6.72	0.81
Fiber, total dietary.....g	2.4		0		1		3.7	3.2	0.4
Sugars, total.....g	1.95		0	BFSN	4		3.04	2.57	0.31
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	11		0		4		17	15	2
Iron, Fe.....mg	0.79	0.078	6		1		1.23	1.04	0.13
Magnesium, Mg.....mg	15		0		4		23	20	2
Phosphorus, P.....mg	66		0		4		103	87	11
Potassium, K.....mg	129		0		4		201	170	21
Sodium, Na.....mg	425		0		4		663	561	68
Zinc, Zn.....mg	0.72	0.093	6		1		1.12	0.95	0.12
Copper, Cu.....mg	0.235	0.049	6		1		0.367	0.310	0.038
Manganese, Mn.....mg	0.086	0.012	5		1		0.134	0.114	0.014
Selenium, Se.....mcg	4.1	0.430	23	A	1		6.4	5.4	0.7
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0	0.0	0.0
Thiamin.....mg	0.085		0		4		0.133	0.112	0.014
Riboflavin.....mg	0.021		0		4		0.033	0.028	0.003
Niacin.....mg	1.593		0		4		2.485	2.103	0.255
Pantothenic acid.....mg	0.811		0		4		1.265	1.071	0.130
Vitamin B-6.....mg	0.061		0		4		0.095	0.081	0.010
Folate, total.....mcg	12	9.135	3		1		19	16	2
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg	12	9.135	3		1		19	16	2
Folate, DFE.....mcg_DFE	12		0	NC	4		19	16	2
Choline, total.....mg	19.9		0	BFSY	4		31.0	26.2	3.2
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0	0	0
Retinol.....mcg	0		0	Z	7		0	0	0
Carotene, beta.....mcg	0		0	BFSY	4		0	0	0
Carotene, alpha.....mcg	0		0	BFSY	4		0	0	0
Cryptoxanthin, beta.....mcg	0		0	BFSY	4		0	0	0
Vitamin A, IU.....IU	0		0	NC	4		0	0	0
Lycopene.....mcg	0		0	BFSY	4		0	0	0
Lutein + zeaxanthin.....mcg	0		0	BFSY	4		0	0	0
Vitamin E (alpha-tocopherol).....mg	0.01		0	BFSN	4		0.02	0.02	0.00
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU	21		0	BFSN	4		33	28	3
Vitamin K (phylloquinone).....mcg	0.0		0	BFSN	4		0.0	0.0	0.0
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.031		0	NC	4		0.049	0.041	0.005
4:0.....g	0.000		0		1		0.000	0.000	0.000
6:0.....g	0.000		0		1		0.000	0.000	0.000
8:0.....g	0.000		0		1		0.000	0.000	0.000
10:0.....g	0.001		0		1		0.002	0.001	0.000

Mushrooms, canned, drained solids

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.003		0		1		0.005	0.004	0.001
13:0.....g			0		1		0.002	0.001	0.000
14:0.....g	0.001		0		1		0.002	0.001	0.000
15:0.....g			0		1		0.031	0.026	0.003
16:0.....g	0.020		0		1		0.010	0.008	0.001
17:0.....g	0.006		0		1				
18:0.....g			0		1				
20:0.....g			0		1				
22:0.....g			0		1				
24:0.....g			0		1				
Fatty acids, total monounsaturated.....g	0.005		0	NC	4		0.008	0.007	0.001
14:1.....g			0		1				
15:1.....g			0		1				
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
17:1.....g			0		1				
18:1 undifferentiated.....g	0.005		0		1		0.008	0.007	0.001
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g			0		1				
Fatty acids, total polyunsaturated.....g	0.117		0	NC	4		0.183	0.155	0.019
18:2 undifferentiated.....g	0.116		0		1		0.181	0.153	0.019
18:3 undifferentiated.....g	0.001		0		1		0.002	0.001	0.000
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g			0		1				
20:3 undifferentiated.....g			0		1				
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g			0		1				
Cholesterol.....mg	0		0	Z	7		0	0	0
Phytosterols.....mg			0		1				
<b>Amino Acids:</b>									
Tryptophan.....g	0.021		0	NR	4		0.033	0.028	0.003
Threonine.....g	0.065		0	NR	4		0.101	0.085	0.010
Isoleucine.....g	0.046		0	NR	4		0.071	0.060	0.007
Leucine.....g	0.072		0	NR	4		0.113	0.096	0.012
Lysine.....g	0.065		0	NR	4		0.101	0.086	0.010
Methionine.....g	0.019		0	NR	4		0.030	0.025	0.003
Cystine.....g	0.007		0	NR	4		0.012	0.010	0.001
Phenylalanine.....g	0.052		0	NR	4		0.080	0.068	0.008
Tyrosine.....g	0.026		0	NR	4		0.041	0.035	0.004
Valine.....g	0.140		0	NR	4		0.219	0.185	0.022
Arginine.....g	0.047		0	NR	4		0.074	0.062	0.008
Histidine.....g	0.034		0	NR	4		0.054	0.045	0.005
Alanine.....g	0.120		0	NR	4		0.188	0.159	0.019
Aspartic acid.....g	0.118		0	NR	4		0.184	0.155	0.019
Glutamic acid.....g	0.207		0	NR	4		0.323	0.274	0.033
Glycine.....g	0.055		0	NR	4		0.086	0.073	0.009
Proline.....g	0.046		0	NR	4		0.072	0.061	0.007
Serine.....g	0.057		0	NR	4		0.089	0.075	0.009
Hydroxyproline.....g			0		1				
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0

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

**Common Measures:**

**NDB No. 11264**

**Mushrooms, canned, drained solids**

Measure 1 = 156g: 1 cup

Measure 2 = 132g: 1 can

Measure 3 = 16g: 1 large

**Calories Factors: Protein 2.62**

**Fat 8.37**

**Carbohydrate 3.48**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11797

Mushrooms, cooked, boiled, drained, with salt

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	91.08		0		1		142.08	8.93	10.93
Energy.....kcal	28		0	NC	4		44	3	3
Energy.....kj	117		0	NC	4		183	11	14
Protein (N x 6.25).....g	2.17		0		1		3.39	0.21	0.26
Total lipid (fat).....g	0.47		0		1		0.73	0.05	0.06
Ash.....g	0.99		0		1		1.54	0.10	0.12
Carbohydrate, by difference.....g	5.29		0	NC	4		8.25	0.52	0.63
Fiber, total dietary.....g	2.2		1	A	1		3.4	0.2	0.3
Sugars, total.....g	1.95		0	BFSN	4		3.04	0.19	0.23
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	6		0		1		9	1	1
Iron, Fe.....mg	1.74		0		1		2.71	0.17	0.21
Magnesium, Mg.....mg	12		0		1		19	1	1
Phosphorus, P.....mg	87		0		1		136	9	10
Potassium, K.....mg	356		0		1		555	35	43
Sodium, Na.....mg	238		0		4		371	23	29
Zinc, Zn.....mg	0.87		0		1		1.36	0.09	0.10
Copper, Cu.....mg	0.504		0		1		0.786	0.049	0.060
Manganese, Mn.....mg	0.115		0		1		0.179	0.011	0.014
Selenium, Se.....mcg	13.4		0	BFSN	4		20.9	1.3	1.6
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	4.0		0		1		6.2	0.4	0.5
Thiamin.....mg	0.073		0		1		0.114	0.007	0.009
Riboflavin.....mg	0.300		0		1		0.468	0.029	0.036
Niacin.....mg	4.460		0		1		6.958	0.437	0.535
Pantothenic acid.....mg	2.160		0		1		3.370	0.212	0.259
Vitamin B-6.....mg	0.095		0		1		0.148	0.009	0.011
Folate, total.....mcg	18		0		1		28	2	2
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg	18		0		1		28	2	2
Folate, DFE.....mcg_DFE	18		0	NC	4		28	2	2
Choline, total.....mg	19.9		0	BFSY	4		31.0	1.9	2.4
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0	0	0
Retinol.....mcg	0		0	Z	7		0	0	0
Carotene, beta.....mcg	0		0	BFSY	4		0	0	0
Carotene, alpha.....mcg	0		0	BFSY	4		0	0	0
Cryptoxanthin, beta.....mcg	0		0	BFSY	4		0	0	0
Vitamin A, IU.....IU	0		0	NC	4		0	0	0
Lycopene.....mcg	0		0	BFSY	4		0	0	0
Lutein + zeaxanthin.....mcg	0		0	BFSY	4		0	0	0
Vitamin E (alpha-tocopherol).....mg	0.01		0	BFSN	4		0.02	0.00	0.00
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU	21		0	BFSN	4		33	2	3
Vitamin K (phylloquinone).....mcg	0.0		0	BFSN	4		0.0	0.0	0.0
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.052		0	NC	4		0.081	0.005	0.006
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g	0.001		0		1		0.002	0.000	0.000

NDB No. 11797

Mushrooms, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.005		0		1		0.008	0.001	0.001
13:0.....g									
14:0.....g	0.002		0		1		0.003	0.000	0.000
15:0.....g									
16:0.....g	0.032		0		1		0.051	0.003	0.004
17:0.....g									
18:0.....g	0.011		0		1		0.017	0.001	0.001
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.008		0	NC	4		0.012	0.001	0.001
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.008		0		1		0.012	0.001	0.001
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.194		0	NC	4		0.303	0.019	0.023
18:2 undifferentiated.....g	0.193		0		1		0.302	0.019	0.023
18:3 undifferentiated.....g	0.001		0		1		0.002	0.000	0.000
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	0
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.024		0	NR	4		0.038	0.002	0.003
Threonine.....g	0.075		0	NR	4		0.117	0.007	0.009
Isoleucine.....g	0.053		0	NR	4		0.083	0.005	0.006
Leucine.....g	0.084		0	NR	4		0.131	0.008	0.010
Lysine.....g	0.075		0	NR	4		0.118	0.007	0.009
Methionine.....g	0.022		0	NR	4		0.034	0.002	0.003
Cystine.....g	0.009		0	NR	4		0.013	0.001	0.001
Phenylalanine.....g	0.060		0	NR	4		0.093	0.006	0.007
Tyrosine.....g	0.031		0	NR	4		0.048	0.003	0.004
Valine.....g	0.163		0	NR	4		0.254	0.016	0.020
Arginine.....g	0.055		0	NR	4		0.085	0.005	0.007
Histidine.....g	0.040		0	NR	4		0.062	0.004	0.005
Alanine.....g	0.140		0	NR	4		0.218	0.014	0.017
Aspartic acid.....g	0.137		0	NR	4		0.213	0.013	0.016
Glutamic acid.....g	0.241		0	NR	4		0.375	0.024	0.029
Glycine.....g	0.064		0	NR	4		0.100	0.006	0.008
Proline.....g	0.054		0	NR	4		0.083	0.005	0.006
Serine.....g	0.066		0	NR	4		0.103	0.006	0.008
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g									
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0

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

**Common Measures:**

**NDB No. 11797**

**Mushrooms, cooked, boiled, drained, with salt**

Measure 1 = 156g: 1 cup pieces

Measure 2 = 9.8g: 1 tbsp

Measure 3 = 12.0g: 1 mushroom

**Calories Factors: Protein 2.62**

**Fat 8.37**

**Carbohydrate 3.48**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11261

Mushrooms, cooked, boiled, drained, without salt

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	91.08		0		1		142.08	8.93	10.93
Energy.....kcal	28		0	NC	4		44	3	3
Energy.....kj	117		0	NC	4		183	11	14
Protein (N x 6.25).....g	2.17		0		1		3.39	0.21	0.26
Total lipid (fat).....g	0.47		0		1		0.73	0.05	0.06
Ash.....g	0.99		0		1		1.54	0.10	0.12
Carbohydrate, by difference.....g	5.29		0	NC	4		8.25	0.52	0.63
Fiber, total dietary.....g	2.2		0		1		3.4	0.2	0.3
Sugars, total.....g	1.95		0	BFSN	4		3.04	0.19	0.23
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	6		0		1		9	1	1
Iron, Fe.....mg	1.74		0		1		2.71	0.17	0.21
Magnesium, Mg.....mg	12		0		1		19	1	1
Phosphorus, P.....mg	87		0		1		136	9	10
Potassium, K.....mg	356		0		1		555	35	43
Sodium, Na.....mg	2		0		1		3	0	0
Zinc, Zn.....mg	0.87		0		1		1.36	0.09	0.10
Copper, Cu.....mg	0.504		0		1		0.786	0.049	0.060
Manganese, Mn.....mg	0.115		0		1		0.179	0.011	0.014
Selenium, Se.....mcg	11.9	0.640	5	A	1		18.6	1.2	1.4
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	4.0		0		1		6.2	0.4	0.5
Thiamin.....mg	0.073		0		1		0.114	0.007	0.009
Riboflavin.....mg	0.300		0		1		0.468	0.029	0.036
Niacin.....mg	4.460		0		1		6.958	0.437	0.535
Pantothenic acid.....mg	2.160		0		1		3.370	0.212	0.259
Vitamin B-6.....mg	0.095		0		1		0.148	0.009	0.011
Folate, total.....mcg	18		0		1		28	2	2
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg	18		0		1		28	2	2
Folate, DFE.....mcg_DFE	18		0	NC	4		28	2	2
Choline, total.....mg	19.9		0	BFSY	4		31.0	1.9	2.4
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0	0	0
Retinol.....mcg	0		0	Z	7		0	0	0
Carotene, beta.....mcg	0		0	BFSY	4		0	0	0
Carotene, alpha.....mcg	0		0	BFSY	4		0	0	0
Cryptoxanthin, beta.....mcg	0		0	BFSY	4		0	0	0
Vitamin A, IU.....IU	0		0	NC	4		0	0	0
Lycopene.....mcg	0		0	BFSY	4		0	0	0
Lutein + zeaxanthin.....mcg	0		0	BFSY	4		0	0	0
Vitamin E (alpha-tocopherol).....mg	0.01		0	BFSN	4		0.02	0.00	0.00
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU	21		0	BFSN	4		33	2	3
Vitamin K (phylloquinone).....mcg	0.0		0	BFSN	4		0.0	0.0	0.0
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.051		0	NC	4		0.079	0.005	0.006
4:0.....g	0.000		0		1		0.000	0.000	0.000
6:0.....g	0.000		0		1		0.000	0.000	0.000
8:0.....g	0.000		0		1		0.000	0.000	0.000
10:0.....g	0.001		0		1		0.002	0.000	0.000



Mushrooms, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.005		0		1		0.008	0.001	0.001
13:0.....g									
14:0.....g	0.002		0		1		0.003	0.000	0.000
15:0.....g									
16:0.....g	0.032		0		1		0.050	0.003	0.004
17:0.....g									
18:0.....g	0.011		0		1		0.017	0.001	0.001
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.007		0	NC	4		0.012	0.001	0.001
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.007		0		1		0.012	0.001	0.001
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.191		0	NC	4		0.298	0.019	0.023
18:2 undifferentiated.....g	0.190		0		1		0.296	0.019	0.023
18:3 undifferentiated.....g	0.001		0		1		0.002	0.000	0.000
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	0
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.024		0	NR	4		0.038	0.002	0.003
Threonine.....g	0.075		0	NR	4		0.117	0.007	0.009
Isoleucine.....g	0.053		0	NR	4		0.083	0.005	0.006
Leucine.....g	0.084		0	NR	4		0.131	0.008	0.010
Lysine.....g	0.075		0	NR	4		0.118	0.007	0.009
Methionine.....g	0.022		0	NR	4		0.034	0.002	0.003
Cystine.....g	0.009		0	NR	4		0.013	0.001	0.001
Phenylalanine.....g	0.060		0	NR	4		0.093	0.006	0.007
Tyrosine.....g	0.031		0	NR	4		0.048	0.003	0.004
Valine.....g	0.163		0	NR	4		0.254	0.016	0.020
Arginine.....g	0.055		0	NR	4		0.085	0.005	0.007
Histidine.....g	0.040		0	NR	4		0.062	0.004	0.005
Alanine.....g	0.140		0	NR	4		0.218	0.014	0.017
Aspartic acid.....g	0.137		0	NR	4		0.213	0.013	0.016
Glutamic acid.....g	0.240		0	NR	4		0.375	0.024	0.029
Glycine.....g	0.064		0	NR	4		0.100	0.006	0.008
Proline.....g	0.053		0	NR	4		0.083	0.005	0.006
Serine.....g	0.066		0	NR	4		0.103	0.006	0.008
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	BFSN	4		0	0	0
Theobromine.....mg	0		0	BFSN	4		0	0	0

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

**Common Measures:**

**NDB No. 11261**

**Mushrooms, cooked, boiled, drained, without salt**

Measure 1 = 156g: 1 cup pieces

Measure 2 = 9.8g: 1 tbsp

Measure 3 = 12.0g: 1 mushroom

**Calories Factors: Protein 2.62**

**Fat 8.37**

**Carbohydrate 3.48**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)



**NDB No. 11950**  
**Mushrooms, enoki, raw**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
4:0.....g									
6:0.....g									
8:0.....g	0.000		1	A	1		0.000	0.000	0.000
10:0.....g	0.001		2	JA	6		0.000	0.000	0.000
12:0.....g	0.003		2	JA	6		0.000	0.000	0.002
13:0.....g	0.000		1	A	1		0.000	0.000	0.000
14:0.....g	0.001		2	JA	6		0.000	0.000	0.001
15:0.....g	0.000		1	A	1		0.000	0.000	0.000
16:0.....g	0.023		2	JA	6		0.001	0.001	0.015
17:0.....g	0.000		1	A	1		0.000	0.000	0.000
18:0.....g	0.005		2	JA	6		0.000	0.000	0.003
20:0.....g	0.000		1	A	1		0.000	0.000	0.000
22:0.....g	0.000		1	A	1		0.000	0.000	0.000
24:0.....g	0.000		1	A	1		0.000	0.000	0.000
Fatty acids, total monounsaturated.....g									
14:1.....g	0.000		1	A	1		0.000	0.000	0.000
15:1.....g	0.000		1	A	1		0.000	0.000	0.000
16:1 undifferentiated.....g	0.000		1	A	1		0.000	0.000	0.000
17:1.....g	0.000		1	A	1		0.000	0.000	0.000
18:1 undifferentiated.....g	0.004		2	JA	6		0.000	0.000	0.002
20:1.....g	0.000		1	A	1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		1	A	1		0.000	0.000	0.000
24:1 c.....g	0.000		1	A	1		0.000	0.000	0.000
Fatty acids, total polyunsaturated.....g									
18:2 undifferentiated.....g	0.110		2	JA	6		0.005	0.003	0.070
18:3 undifferentiated.....g	0.015		2	JA	6		0.001	0.000	0.010
18:4.....g	0.000		1	A	1		0.000	0.000	0.000
20:2 n-6 c,c.....g	0.000		1	A	1		0.000	0.000	0.000
20:3 undifferentiated.....g	0.000		1	A	1		0.000	0.000	0.000
20:4 undifferentiated.....g	0.000		1	A	1		0.000	0.000	0.000
20:5 n-3.....g	0.000		1	A	1		0.000	0.000	0.000
22:5 n-3.....g	0.000		1	A	1		0.000	0.000	0.000
22:6 n-3.....g	0.000		1	A	1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	0
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.040		0	A	1		0.002	0.001	0.026
Threonine.....g	0.110		0	A	1		0.005	0.003	0.070
Isoleucine.....g	0.090		0	A	1		0.005	0.003	0.058
Leucine.....g	0.130		0	A	1		0.006	0.004	0.083
Lysine.....g	0.130		0	A	1		0.006	0.004	0.083
Methionine.....g	0.030		0	A	1		0.001	0.001	0.019
Cystine.....g	0.020		0	A	1		0.001	0.001	0.013
Phenylalanine.....g	0.150		0	A	1		0.008	0.005	0.096
Tyrosine.....g	0.140		0	A	1		0.007	0.004	0.090
Valine.....g	0.230		0	A	1		0.012	0.007	0.147
Arginine.....g	0.110		0	A	1		0.005	0.003	0.070
Histidine.....g	0.070		0	A	1		0.004	0.002	0.045
Alanine.....g	0.190		0	A	1		0.009	0.006	0.122
Aspartic acid.....g	0.190		0	A	1		0.009	0.006	0.122
Glutamic acid.....g	0.380		0	A	1		0.019	0.011	0.243
Glycine.....g	0.110		0	A	1		0.005	0.003	0.070
Proline.....g	0.060		0	A	1		0.003	0.002	0.038
Serine.....g	0.090		0	A	1		0.005	0.003	0.058
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0

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

NDB No. 11950  
Mushrooms, enoki, raw

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

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food, or similar food.

**Common Measures:**

- Measure 1 = 5.0g: 1 large
- Measure 2 = 3.0g: 1 medium
- Measure 3 = 64g: 1 cup whole

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 11 Vegetables and Vegetable Products  
USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 11243**  
**Mushrooms, portabella, grilled**

Portobello  
 Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	88.91	0.476	4	A	1		107.58		
Energy.....kcal	35		0	NC	4		42		
Energy.....kj	145		0	NC	4		175		
Protein (N x 6.25).....g	4.27	0.126	4	A	1		5.16		
Total lipid (fat).....g	0.75	0.273	4	A	1		0.91		
Ash.....g	1.16	0.060	4	A	1		1.41		
Carbohydrate, by difference.....g	4.91		0	NC	4		5.94		
Fiber, total dietary.....g	2.2		2	A	1		2.7		
Sugars, total.....g	0.00		1	A	1		0.00		
Sucrose.....g	0.00		1	A	1		0.00		
Glucose (dextrose).....g	0.00		1	A	1		0.00		
Fructose.....g	0.00		1	A	1		0.00		
Lactose.....g	0.00		1	A	1		0.00		
Maltose.....g	0.00		1	A	1		0.00		
Galactose.....g	0.00		1	A	1		0.00		
Starch.....g	0.43		1	A	1		0.52		
<b>Minerals:</b>									
Calcium, Ca.....mg	4	0.543	3	A	1		4		
Iron, Fe.....mg	0.56	0.211	3	A	1		0.68		
Magnesium, Mg.....mg	15	0.577	3	A	1		18		
Phosphorus, P.....mg	150	5.774	3	A	1		182		
Potassium, K.....mg	521	39.764	3	A	1		631		
Sodium, Na.....mg	10	0.915	3	A	1		13		
Zinc, Zn.....mg	0.73	0.034	3	A	1		0.88		
Copper, Cu.....mg	0.499	0.029	3	A	1		0.604		
Manganese, Mn.....mg	0.075	0.005	3	A	1		0.091		
Selenium, Se.....mcg	17.7		2	A	1		21.4		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		2	A	1		0.0		
Thiamin.....mg	0.083	0.029	4	A	1		0.101		
Riboflavin.....mg	0.471	0.028	4	A	1		0.570		
Niacin.....mg	5.950	1.268	4	A	1		7.199		
Pantothenic acid.....mg	1.600		1	A	1		1.936		
Vitamin B-6.....mg	0.074	0.008	3	A	1		0.089		
Folate, total.....mcg	19		2	A	1		23		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	19		2	A	1		23		
Folate, DFE.....mcg_DFE	19		0	NC	4		23		
Choline, total.....mg	32.8		0	AS	1		39.7		
Betaine.....mg	11.5		1	A	1		13.9		
Vitamin B-12.....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....mcg_RAE	0		0	AS	1		0		
Retinol.....mcg	0		0	Z	7		0		
Carotene, beta.....mcg	0		0	Z	7		0		
Carotene, alpha.....mcg	0		0	Z	7		0		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0		
Vitamin A, IU.....IU	0		0	AS	1		0		
Lycopene.....mcg	0		0	Z	7		0		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol).....mg	0.00		1	A	1		0.00		
Tocopherol, beta.....mg	0.00		1	A	1		0.00		
Tocopherol, gamma.....mg	0.00		1	A	1		0.00		
Tocopherol, delta.....mg	0.00		1	A	1		0.00		
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		2	A	1		0.0		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.050		0	NC	4		0.060		

**NDB No. 11243**  
**Mushrooms, portabella, grilled**

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	<u>measures of food</u>		
							Measure 1	Measure 2	Measure 3
4:0.....g	0.000		0	Z	7		0.000		
6:0.....g	0.000		0	Z	7		0.000		
8:0.....g	0.000		1	A	1		0.000		
10:0.....g	0.000		1	A	1		0.000		
12:0.....g	0.000		1	A	1		0.000		
13:0.....g									
14:0.....g	0.000		1	A	1		0.000		
15:0.....g	0.000		1	A	1		0.000		
16:0.....g	0.040		1	A	1		0.048		
17:0.....g	0.000		1	A	1		0.000		
18:0.....g	0.010		1	A	1		0.012		
20:0.....g	0.000		1	A	1		0.000		
22:0.....g	0.000		1	A	1		0.000		
24:0.....g	0.000		1	A	1		0.000		
Fatty acids, total monounsaturated.....g	0.000		0	NC	4		0.000		
14:1.....g	0.000		1	A	1		0.000		
15:1.....g	0.000		1	A	1		0.000		
16:1 undifferentiated.....g	0.000		1	A	1		0.000		
17:1.....g	0.000		1	A	1		0.000		
18:1 undifferentiated.....g	0.000		1	A	1		0.000		
20:1.....g	0.000		1	A	1		0.000		
22:1 undifferentiated.....g	0.000		1	A	1		0.000		
24:1 c.....g	0.000		1	A	1		0.000		
Fatty acids, total polyunsaturated.....g	0.200		0	NC	4		0.242		
18:2 undifferentiated.....g	0.200		1	A	1		0.242		
18:3 undifferentiated.....g	0.000		1	A	1		0.000		
18:4.....g	0.000		1	A	1		0.000		
20:2 n-6 c,c.....g	0.000		1	A	1		0.000		
20:3 undifferentiated.....g	0.000		1	A	1		0.000		
20:4 undifferentiated.....g	0.000		1	A	1		0.000		
20:5 n-3.....g	0.000		1	A	1		0.000		
22:5 n-3.....g	0.000		1	A	1		0.000		
22:6 n-3.....g	0.000		1	A	1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.050		0	A	1		0.061		
Threonine.....g	0.111		0	A	1		0.134		
Isoleucine.....g	0.081		0	A	1		0.097		
Leucine.....g	0.131		0	A	1		0.158		
Lysine.....g	0.101		0	A	1		0.122		
Methionine.....g	0.030		0	A	1		0.036		
Cystine.....g	0.020		0	A	1		0.024		
Phenylalanine.....g	0.091		0	A	1		0.110		
Tyrosine.....g	0.071		0	A	1		0.085		
Valine.....g	0.252		0	A	1		0.305		
Arginine.....g	0.111		0	A	1		0.134		
Histidine.....g	0.071		0	A	1		0.085		
Alanine.....g	0.171		0	A	1		0.207		
Aspartic acid.....g	0.252		0	A	1		0.305		
Glutamic acid.....g	0.464		0	A	1		0.561		
Glycine.....g	0.101		0	A	1		0.122		
Proline.....g	0.121		0	A	1		0.146		
Serine.....g	0.111		0	A	1		0.134		
Hydroxyproline.....g									
<b><u>Others:</u></b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

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

NDB No. 11243  
Mushrooms, portabella, grilled

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

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food, or similar food.

**Common Measures:**

Measure 1 = 121g: 1 cup sliced

**Calories Factors: Protein** 2.62

**Fat** 8.37

**Carbohydrate**3.48

**Food Group:** 11 Vegetables and Vegetable Products  
USDA National Nutrient Database for Standard Reference, Release 21 (2008)



**NDB No. 11265**  
**Mushrooms, portabella, raw**  
*Agaricus bisporus*  
 Portabello  
 Refuse:3% Trimmings

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	91.20		1	A	1		78.43	76.61	
Energy.....kcal	26		0	NC	4		22	22	
Energy.....kj	109		0		4		94	91	
Protein (N x 6.25).....g	2.50		1	A	1		2.15	2.10	
Total lipid (fat).....g	0.20		1	A	1		0.17	0.17	
Ash.....g	1.03		1	A	1		0.89	0.87	
Carbohydrate, by difference.....g	5.07		0	NC	4		4.36	4.26	
Fiber, total dietary.....g	1.5		1	A	1		1.3	1.3	
Sugars, total.....g	1.80		1	A	1		1.55	1.51	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	8		1	A	1		7	7	
Iron, Fe.....mg	0.60		1	A	1		0.52	0.50	
Magnesium, Mg.....mg	11		0	BFSN	4		9	9	
Phosphorus, P.....mg	130		1	A	1		112	109	
Potassium, K.....mg	484		1	A	1		416	407	
Sodium, Na.....mg	6		1	A	1		5	5	
Zinc, Zn.....mg	0.60		1	A	1		0.52	0.50	
Copper, Cu.....mg	0.400		1	A	1		0.344	0.336	
Manganese, Mn.....mg	0.142		1	A	1		0.122	0.119	
Selenium, Se.....mcg	11.0		1	A	1		9.5	9.2	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0	0.0	
Thiamin.....mg	0.077		1	A	1		0.066	0.065	
Riboflavin.....mg	0.480		1	A	1		0.413	0.403	
Niacin.....mg	4.500		1	A	1		3.870	3.780	
Pantothenic acid.....mg	1.500		1	A	1		1.290	1.260	
Vitamin B-6.....mg	0.100		1	A	1		0.086	0.084	
Folate, total.....mcg	22		1	A	1		19	18	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	22		1	A	1		19	18	
Folate, DFE.....mcg_DFE	22		0	NC	4		19	18	
Choline, total.....mg	21.2		0	AS	1		18.2	17.8	
Betaine.....mg	6.1		1	A	1		5.2	5.1	
Vitamin B-12.....mcg	0.05		1	A	1		0.04	0.04	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	0		0	AS	1		0	0	
Retinol.....mcg	0		0	Z	7		0	0	
Carotene, beta.....mcg									
Carotene, alpha.....mcg									
Cryptoxanthin, beta.....mcg									
Vitamin A, IU.....IU	0		0	AS	1		0	0	
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									
Vitamin E (alpha-tocopherol).....mg	0.02		2	A	1		0.01	0.01	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg	0.00		2	A	1		0.00	0.00	
Tocopherol, gamma.....mg	0.00		2	A	1		0.00	0.00	
Tocopherol, delta.....mg	0.00		2	A	1		0.00	0.00	
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		2	A	1		0.0	0.0	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.026		0	BFFN	4		0.022	0.022	
4:0.....g	0.000		0	BFFN	4		0.000	0.000	
6:0.....g	0.000		0	BFFN	4		0.000	0.000	
8:0.....g	0.000		0	BFFN	4		0.000	0.000	
10:0.....g	0.001		0	BFFN	4		0.001	0.001	

**NDB No. 11265**  
**Mushrooms, portabella, raw**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.002		0	BFFN	4		0.002	0.002	
13:0.....g									
14:0.....g	0.001		0	BFFN	4		0.001	0.001	
15:0.....g									
16:0.....g	0.013		0	BFFN	4		0.011	0.011	
17:0.....g									
18:0.....g	0.004		0	BFFN	4		0.003	0.003	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.003		0	BFFN	4		0.003	0.003	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.003		0	BFFN	4		0.003	0.003	
20:1.....g	0.000		0	BFFN	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.078		0	BFFN	4		0.067	0.066	
18:2 undifferentiated.....g	0.075		0	BFFN	4		0.065	0.063	
18:3 undifferentiated.....g	0.001		0	BFFN	4		0.001	0.001	
18:4.....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
20:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.031		0	NR	4		0.026	0.026	
Threonine.....g	0.068		0	NR	4		0.058	0.057	
Isoleucine.....g	0.049		0	NR	4		0.042	0.041	
Leucine.....g	0.080		0	NR	4		0.069	0.067	
Lysine.....g	0.062		0	NR	4		0.053	0.052	
Methionine.....g	0.018		0	NR	4		0.016	0.015	
Cystine.....g	0.012		0	NR	4		0.011	0.010	
Phenylalanine.....g	0.055		0	NR	4		0.048	0.047	
Tyrosine.....g	0.043		0	NR	4		0.037	0.036	
Valine.....g	0.154		0	NR	4		0.132	0.129	
Arginine.....g	0.068		0	NR	4		0.058	0.057	
Histidine.....g	0.043		0	NR	4		0.037	0.036	
Alanine.....g	0.105		0	NR	4		0.090	0.088	
Aspartic acid.....g	0.154		0	NR	4		0.132	0.129	
Glutamic acid.....g	0.283		0	NR	4		0.243	0.238	
Glycine.....g	0.062		0	NR	4		0.053	0.052	
Proline.....g	0.074		0	NR	4		0.063	0.062	
Serine.....g	0.068		0	NR	4		0.058	0.057	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

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

**Common Measures:**

**NDB No. 11265**

**Mushrooms, portabella, raw**

Measure 1 = 86g: 1 cup diced

Measure 2 = 84g: 1 piece whole

**Calories Factors: Protein 2.62**

**Fat 8.37**

**Carbohydrate 3.48**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11798

Mushrooms, shiitake, cooked, with salt

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	83.48		2		1		121.05	60.11	
Energy.....kcal	54		0	NC	4		78	39	
Energy.....kj	226		0	NC	4		327	163	
Protein (N x 6.25).....g	1.56		0		1		2.26	1.12	
Total lipid (fat).....g	0.22		1		1		0.32	0.16	
Ash.....g	0.94		0	O	4		1.36	0.68	
Carbohydrate, by difference.....g	13.80		0	NC	4		20.01	9.94	
Fiber, total dietary.....g	2.1		0	BFSN	4		3.0	1.5	
Sugars, total.....g	3.61		0	BFSN	4		5.23	2.60	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	3		1		1		4	2	
Iron, Fe.....mg	0.44		1		1		0.64	0.32	
Magnesium, Mg.....mg	14		1		1		20	10	
Phosphorus, P.....mg	29		1		1		42	21	
Potassium, K.....mg	117		1		1		170	84	
Sodium, Na.....mg	240		0		4		348	173	
Zinc, Zn.....mg	1.33		0		4		1.93	0.96	
Copper, Cu.....mg	0.896		0		4		1.299	0.645	
Manganese, Mn.....mg	0.204		0		4		0.296	0.147	
Selenium, Se.....mcg	24.8		0	BFSN	4		36.0	17.9	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.3		1		1		0.4	0.2	
Thiamin.....mg	0.037		1		1		0.054	0.027	
Riboflavin.....mg	0.170		1		1		0.247	0.122	
Niacin.....mg	1.500		1		1		2.175	1.080	
Pantothenic acid.....mg	3.594		0		4		5.211	2.588	
Vitamin B-6.....mg	0.159		0		4		0.231	0.114	
Folate, total.....mcg	21		0		4		30	15	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	21		0		4		30	15	
Folate, DFE.....mcg_DFE	21		0	NC	4		30	15	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0	0	
Retinol.....mcg	0		0	Z	7		0	0	
Carotene, beta.....mcg	0		0	BFSN	4		0	0	
Carotene, alpha.....mcg	0		0	BFSN	4		0	0	
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0	0	
Vitamin A, IU.....IU	0		0	NC	4		0	0	
Lycopene.....mcg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin.....mcg	0		0	BFSN	4		0	0	
Vitamin E (alpha-tocopherol).....mg	0.03		0	BFSN	4		0.04	0.02	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		0	BFSN	4		0.1	0.0	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.050		0	NC	4		0.073	0.036	
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g	0.004		0		1		0.006	0.003	

NDB No. 11798

Mushrooms, shiitake, cooked, with salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Deriv		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Points	Code					
12:0.....g	0.002		0		1		0.003	0.002	
13:0.....g									
14:0.....g	0.004		0		1		0.006	0.003	
15:0.....g									
16:0.....g	0.027		0		1		0.040	0.020	
17:0.....g									
18:0.....g	0.012		0		1		0.017	0.009	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.070		0	NC	4		0.101	0.050	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.020		0		1		0.029	0.014	
17:1.....g									
18:1 undifferentiated.....g	0.034		0		1		0.049	0.024	
20:1.....g									
22:1 undifferentiated.....g	0.016		0		1		0.024	0.012	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.034		0	NC	4		0.049	0.024	
18:2 undifferentiated.....g	0.031		0		1		0.044	0.022	
18:3 undifferentiated.....g	0.003		0		1		0.005	0.002	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.004		0		1		0.006	0.003	
Threonine.....g	0.068		0		1		0.099	0.049	
Isoleucine.....g	0.055		0		1		0.080	0.040	
Leucine.....g	0.093		0		1		0.135	0.067	
Lysine.....g	0.047		0		1		0.068	0.034	
Methionine.....g	0.025		0		1		0.036	0.018	
Cystine.....g	0.027		0		1		0.039	0.019	
Phenylalanine.....g	0.067		0		1		0.097	0.048	
Tyrosine.....g	0.044		0		1		0.064	0.032	
Valine.....g	0.067		0		1		0.097	0.048	
Arginine.....g	0.089		0		1		0.129	0.064	
Histidine.....g	0.022		0		1		0.032	0.016	
Alanine.....g	0.078		0		1		0.113	0.056	
Aspartic acid.....g	0.104		0		1		0.151	0.075	
Glutamic acid.....g	0.353		0		1		0.512	0.254	
Glycine.....g	0.057		0		1		0.083	0.041	
Proline.....g	0.057		0		1		0.083	0.041	
Serine.....g	0.069		0		1		0.100	0.050	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g									
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

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

**Common Measures:**

**NDB No. 11798**

**Mushrooms, shiitake, cooked, with salt**

Measure 1 = 145g: 1 cup pieces

Measure 2 = 72g: 4 mushrooms

**Calories Factors: Protein 2.62**

**Fat 8.37**

**Carbohydrate 3.48**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11269

Mushrooms, shiitake, cooked, without salt

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	83.48		2		1		121.05	60.11	
Energy.....kcal	56		0	NC	4		81	40	
Energy.....kj	234		0	NC	4		340	169	
Protein (N x 6.25).....g	1.56		0		1		2.26	1.12	
Total lipid (fat).....g	0.22		1		1		0.32	0.16	
Ash.....g	0.35		1		1		0.51	0.25	
Carbohydrate, by difference.....g	14.39		0	NC	4		20.87	10.36	
Fiber, total dietary.....g	2.1		0		4		3.0	1.5	
Sugars, total.....g	3.61		0	BFSN	4		5.23	2.60	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	3		1		1		4	2	
Iron, Fe.....mg	0.44		1		1		0.64	0.32	
Magnesium, Mg.....mg	14		1		1		20	10	
Phosphorus, P.....mg	29		1		1		42	21	
Potassium, K.....mg	117		1		1		170	84	
Sodium, Na.....mg	4		1		1		6	3	
Zinc, Zn.....mg	1.33		0		4		1.93	0.96	
Copper, Cu.....mg	0.896		0		4		1.299	0.645	
Manganese, Mn.....mg	0.204		0		4		0.296	0.147	
Selenium, Se.....mcg	24.8		0	BFSN	4		36.0	17.9	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.3		1		1		0.4	0.2	
Thiamin.....mg	0.037		1		1		0.054	0.027	
Riboflavin.....mg	0.170		1		1		0.247	0.122	
Niacin.....mg	1.500		1		1		2.175	1.080	
Pantothenic acid.....mg	3.594		0		4		5.211	2.588	
Vitamin B-6.....mg	0.159		0		4		0.231	0.114	
Folate, total.....mcg	21		0		4		30	15	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	21		0		4		30	15	
Folate, DFE.....mcg_DFE	21		0	NC	4		30	15	
Choline, total.....mg	36.8		0	BFSN	4		53.4	26.5	
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0	0	
Retinol.....mcg	0		0	Z	7		0	0	
Carotene, beta.....mcg	0		0	BFSN	4		0	0	
Carotene, alpha.....mcg	0		0	BFSN	4		0	0	
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0	0	
Vitamin A, IU.....IU	0		0	NC	4		0	0	
Lycopene.....mcg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin.....mcg	0		0	BFSN	4		0	0	
Vitamin E (alpha-tocopherol).....mg	0.03		0	BFSN	4		0.04	0.02	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		0	BFSN	4		0.1	0.0	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.050		0	NC	4		0.073	0.036	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.004		0		1		0.006	0.003	

Mushrooms, shiitake, cooked, without salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.002		0		1		0.003	0.002	
13:0.....g									
14:0.....g	0.004		0		1		0.006	0.003	
15:0.....g									
16:0.....g	0.027		0		1		0.040	0.020	
17:0.....g									
18:0.....g	0.012		0		1		0.017	0.009	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.070		0	NC	4		0.101	0.050	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.020		0		1		0.029	0.014	
17:1.....g									
18:1 undifferentiated.....g	0.034		0		1		0.049	0.024	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.016		0		1		0.024	0.012	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.034		0	NC	4		0.049	0.024	
18:2 undifferentiated.....g	0.031		0		1		0.044	0.022	
18:3 undifferentiated.....g	0.003		0		1		0.005	0.002	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.004		0		1		0.006	0.003	
Threonine.....g	0.068		0		1		0.099	0.049	
Isoleucine.....g	0.055		0		1		0.080	0.040	
Leucine.....g	0.093		0		1		0.135	0.067	
Lysine.....g	0.047		0		1		0.068	0.034	
Methionine.....g	0.025		0		1		0.036	0.018	
Cystine.....g	0.027		0		1		0.039	0.019	
Phenylalanine.....g	0.067		0		1		0.097	0.048	
Tyrosine.....g	0.044		0		1		0.064	0.032	
Valine.....g	0.067		0		1		0.097	0.048	
Arginine.....g	0.089		0		1		0.129	0.064	
Histidine.....g	0.022		0		1		0.032	0.016	
Alanine.....g	0.078		0		1		0.113	0.056	
Aspartic acid.....g	0.104		0		1		0.151	0.075	
Glutamic acid.....g	0.353		0		1		0.512	0.254	
Glycine.....g	0.057		0		1		0.083	0.041	
Proline.....g	0.057		0		1		0.083	0.041	
Serine.....g	0.069		0		1		0.100	0.050	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

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

**Common Measures:**



**NDB No. 11269**

**Mushrooms, shiitake, cooked, without salt**

Measure 1 = 145g: 1 cup pieces

Measure 2 = 72g: 4 mushrooms

**Calories Factors: Protein 2.62**

**Fat 8.37**

**Carbohydrate 3.48**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11268

**Mushrooms, shiitake, dried**

*Lentinus edodes*

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	9.50		2		1		0.34	1.43	
Energy.....kcal	296		0	NC	4		11	44	
Energy.....kj	1238		0		4		45	186	
Protein (N x 6.25).....g	9.58		0		1		0.34	1.44	
Total lipid (fat).....g	0.99		0		1		0.04	0.15	
Ash.....g	4.56		0		1		0.16	0.68	
Carbohydrate, by difference.....g	75.37		0	NC	4		2.71	11.31	
Fiber, total dietary.....g	11.5		0		4		0.4	1.7	
Sugars, total.....g	2.21		0	BFSN	4		0.08	0.33	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	11		1		1		0	2	
Iron, Fe.....mg	1.72		1		1		0.06	0.26	
Magnesium, Mg.....mg	132		1		1		5	20	
Phosphorus, P.....mg	294		1		1		11	44	
Potassium, K.....mg	1534		1		1		55	230	
Sodium, Na.....mg	13		1		1		0	2	
Zinc, Zn.....mg	7.66		0		4		0.28	1.15	
Copper, Cu.....mg	5.165		0		4		0.186	0.775	
Manganese, Mn.....mg	1.176		0		4		0.042	0.176	
Selenium, Se.....mcg	46.1		0	BFSN	4		1.7	6.9	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	3.5		1		1		0.1	0.5	
Thiamin.....mg	0.300		1		1		0.011	0.045	
Riboflavin.....mg	1.270		1		1		0.046	0.191	
Niacin.....mg	14.100		1		1		0.508	2.115	
Pantothenic acid.....mg	21.879		0		4		0.788	3.282	
Vitamin B-6.....mg	0.965		0		4		0.035	0.145	
Folate, total.....mcg	163		0		4		6	24	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	163		0		4		6	24	
Folate, DFE.....mcg_DFE	163		0	NC	4		6	24	
Choline, total.....mg	201.7		0	BFSN	4		7.3	30.3	
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0	0	
Retinol.....mcg	0		0	Z	7		0	0	
Carotene, beta.....mcg	0		0	BFSN	4		0	0	
Carotene, alpha.....mcg	0		0	BFSN	4		0	0	
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0	0	
Vitamin A, IU.....IU	0		0	NC	4		0	0	
Lycopene.....mcg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin.....mcg	0		0	BFSN	4		0	0	
Vitamin E (alpha-tocopherol).....mg	0.00		0	BFSN	4		0.00	0.00	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		0	BFSN	4		0.0	0.0	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.225		0	NC	4		0.008	0.034	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.021		0		1		0.001	0.003	

**NDB No. 11268**  
**Mushrooms, shiitake, dried**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.012		0		1		0.000	0.002	
13:0.....g									
14:0.....g	0.020		0		1		0.001	0.003	
15:0.....g									
16:0.....g	0.122		0		1		0.004	0.018	
17:0.....g									
18:0.....g	0.051		0		1		0.002	0.008	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.317		0	NC	4		0.011	0.047	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.089		0		1		0.003	0.013	
17:1.....g									
18:1 undifferentiated.....g	0.151		0		1		0.005	0.023	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.076		0		1		0.003	0.011	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.151		0	NC	4		0.005	0.023	
18:2 undifferentiated.....g	0.138		0		1		0.005	0.021	
18:3 undifferentiated.....g	0.013		0		1		0.000	0.002	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.031		1		1		0.001	0.005	
Threonine.....g	0.497		2		1		0.018	0.075	
Isoleucine.....g	0.405		2		1		0.015	0.061	
Leucine.....g	0.679		2		1		0.024	0.102	
Lysine.....g	0.343		2		1		0.012	0.051	
Methionine.....g	0.179		2		1		0.006	0.027	
Cystine.....g	0.196		1		1		0.007	0.029	
Phenylalanine.....g	0.486		2		1		0.017	0.073	
Tyrosine.....g	0.323		2		1		0.012	0.048	
Valine.....g	0.486		2		1		0.017	0.073	
Arginine.....g	0.648		2		1		0.023	0.097	
Histidine.....g	0.159		2		1		0.006	0.024	
Alanine.....g	0.567		2		1		0.020	0.085	
Aspartic acid.....g	0.760		2		1		0.027	0.114	
Glutamic acid.....g	2.579		2		1		0.093	0.387	
Glycine.....g	0.414		2		1		0.015	0.062	
Proline.....g	0.414		2		1		0.015	0.062	
Serine.....g	0.506		2		1		0.018	0.076	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

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

**Common Measures:**

**NDB No. 11268**

**Mushrooms, shiitake, dried**

Measure 1 = 3.6g: 1 mushroom

Measure 2 = 15.0g: 4 mushrooms

**Calories Factors: Protein 2.62**

**Fat 8.37**

**Carbohydrate 3.48**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11267

**Mushrooms, shiitake, stir-fried (1)**

*Lentinus edodes*

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	87.74	0.949	4	A	1		78.09	85.11	16.67
Energy.....kcal	48		0	NC	4		42	46	9
Energy.....kj	199		0	NC	4		177	193	38
Protein.....g	3.45	0.212	4	A	1		3.07	3.35	0.66
Total lipid (fat).....g	0.35	0.053	4	A	1		0.31	0.34	0.07
Ash.....g	0.78	0.035	4	A	1		0.70	0.76	0.15
Carbohydrate, by difference.....g	7.68		0	NC	4		6.83	7.45	1.46
Fiber, total dietary.....g	3.6		2	A	1		3.2	3.5	0.7
Sugars, total.....g	0.30		1	A	1		0.27	0.29	0.06
Sucrose.....g	0.00		1	A	1		0.00	0.00	0.00
Glucose (dextrose).....g	0.30		1	A	1		0.27	0.29	0.06
Fructose.....g	0.00		1	A	1		0.00	0.00	0.00
Lactose.....g	0.00		1	A	1		0.00	0.00	0.00
Maltose.....g	0.00		1	A	1		0.00	0.00	0.00
Galactose.....g	0.00		1	A	1		0.00	0.00	0.00
Starch.....g	0.00		1	A	1		0.00	0.00	0.00
<b>Minerals:</b>									
Calcium, Ca.....mg	2	0.234	3	A	1		2	2	0
Iron, Fe.....mg	0.53	0.068	3	A	1		0.47	0.51	0.10
Magnesium, Mg.....mg	19	0.882	3	A	1		17	19	4
Phosphorus, P.....mg	111	10.414	3	A	1		99	108	21
Potassium, K.....mg	326	30.904	3	A	1		290	316	62
Sodium, Na.....mg	5	1.453	3	A	1		4	5	1
Zinc, Zn.....mg	0.96	0.133	3	A	1		0.85	0.93	0.18
Copper, Cu.....mg	0.163	0.024	3	A	1		0.145	0.158	0.031
Manganese, Mn.....mg	0.223	0.024	3	A	1		0.199	0.217	0.042
Selenium, Se.....mcg	6.3		2	A	1		5.6	6.1	1.2
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		2	A	1		0.0	0.0	0.0
Thiamin.....mg	0.099	0.083	4	A	1		0.088	0.096	0.019
Riboflavin.....mg	0.274	0.119	3	A	1		0.244	0.266	0.052
Niacin.....mg	3.870	0.400	4	A	1		3.444	3.754	0.735
Pantothenic acid.....mg	1.360		1	A	1		1.210	1.319	0.258
Vitamin B-6.....mg	0.174		2	A	1		0.155	0.169	0.033
Folate, total.....mcg	14		2	A	1		13	14	3
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg	14		2	A	1		13	14	3
Folate, DFE.....mcg_DFE	14		0	NC	4		13	14	3
Choline, total.....mg	59.4		0	AS	1		52.9	57.6	11.3
Betaine.....mg	0.3		1	A	1		0.3	0.3	0.1
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	0		0	AS	1		0	0	0
Retinol.....mcg	0		0	Z	7		0	0	0
Carotene, beta.....mcg	0		0	Z	7		0	0	0
Carotene, alpha.....mcg	0		0	Z	7		0	0	0
Cryptoxanthin, beta.....mcg	0		0	Z	7		0	0	0
Vitamin A, IU.....IU	0		0	AS	1		0	0	0
Lycopene.....mcg	0		0	Z	7		0	0	0
Lutein + zeaxanthin.....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol).....mg	0.00		1	A	1		0.00	0.00	0.00
Tocopherol, beta.....mg	0.00		1	A	1		0.00	0.00	0.00
Tocopherol, gamma.....mg	0.00		1	A	1		0.00	0.00	0.00
Tocopherol, delta.....mg	0.00		1	A	1		0.00	0.00	0.00
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		2	A	1		0.0	0.0	0.0
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.030		0	NC	4		0.027	0.029	0.006

Mushrooms, shiitake, stir-fried (1)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
4:0.....g	0.000		0	Z	7		0.000	0.000	0.000
6:0.....g	0.000		0	Z	7		0.000	0.000	0.000
8:0.....g	0.000		1	A	1		0.000	0.000	0.000
10:0.....g	0.000		1	A	1		0.000	0.000	0.000
12:0.....g	0.000		1	A	1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.000		1	A	1		0.000	0.000	0.000
15:0.....g	0.000		1	A	1		0.000	0.000	0.000
16:0.....g	0.030		1	A	1		0.027	0.029	0.006
17:0.....g	0.000		1	A	1		0.000	0.000	0.000
18:0.....g	0.000		1	A	1		0.000	0.000	0.000
20:0.....g	0.000		1	A	1		0.000	0.000	0.000
22:0.....g	0.000		1	A	1		0.000	0.000	0.000
24:0.....g	0.000		1	A	1		0.000	0.000	0.000
Fatty acids, total monounsaturated.....g	0.000		0	NC	4		0.000	0.000	0.000
14:1.....g	0.000		1	A	1		0.000	0.000	0.000
15:1.....g	0.000		1	A	1		0.000	0.000	0.000
16:1 undifferentiated.....g	0.000		1	A	1		0.000	0.000	0.000
17:1.....g	0.000		1	A	1		0.000	0.000	0.000
18:1 undifferentiated.....g	0.000		1	A	1		0.000	0.000	0.000
20:1.....g	0.000		1	A	1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		1	A	1		0.000	0.000	0.000
24:1 c.....g	0.000		1	A	1		0.000	0.000	0.000
Fatty acids, total polyunsaturated.....g	0.140		0	NC	4		0.125	0.136	0.027
18:2 undifferentiated.....g	0.140		1	A	1		0.125	0.136	0.027
18:3 undifferentiated.....g	0.000		1	A	1		0.000	0.000	0.000
18:4.....g	0.000		1	A	1		0.000	0.000	0.000
20:2 n-6 c,c.....g	0.000		1	A	1		0.000	0.000	0.000
20:3 undifferentiated.....g	0.000		1	A	1		0.000	0.000	0.000
20:4 undifferentiated.....g	0.000		1	A	1		0.000	0.000	0.000
20:5 n-3.....g	0.000		1	A	1		0.000	0.000	0.000
22:5 n-3.....g	0.000		1	A	1		0.000	0.000	0.000
22:6 n-3.....g	0.000		1	A	1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	0
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.011		0	A	1		0.010	0.011	0.002
Threonine.....g	0.132		0	A	1		0.117	0.128	0.025
Isoleucine.....g	0.110		0	A	1		0.098	0.106	0.021
Leucine.....g	0.187		0	A	1		0.166	0.181	0.035
Lysine.....g	0.132		0	A	1		0.117	0.128	0.025
Methionine.....g	0.033		0	A	1		0.029	0.032	0.006
Cystine.....g	0.022		0	A	1		0.019	0.021	0.004
Phenylalanine.....g	0.110		0	A	1		0.098	0.106	0.021
Tyrosine.....g	0.077		0	A	1		0.068	0.075	0.015
Valine.....g	0.143		0	A	1		0.127	0.138	0.027
Arginine.....g	0.154		0	A	1		0.137	0.149	0.029
Histidine.....g	0.055		0	A	1		0.049	0.053	0.010
Alanine.....g	0.165		0	A	1		0.147	0.160	0.031
Aspartic acid.....g	0.296		0	A	1		0.264	0.288	0.056
Glutamic acid.....g	0.670		0	A	1		0.596	0.650	0.127
Glycine.....g	0.143		0	A	1		0.127	0.138	0.027
Proline.....g	0.099		0	A	1		0.088	0.096	0.019
Serine.....g	0.143		0	A	1		0.127	0.138	0.027
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0

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

NDB No. 11267

**Mushrooms, shiitake, stir-fried (1)**

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

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food, or similar food.

**Common Measures:**

Measure 1 = 89g: 1 cup whole

Measure 2 = 97g: 1 cup sliced

Measure 3 = 19g: 1 piece whole

**Footnotes:**

1 Water used in stir-frying. No fat added.

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 11 Vegetables and Vegetable Products  
USDA National Nutrient Database for Standard Reference, Release 21 (2008)





NDB No. 11989

Mushrooms, straw, canned, drained solids

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.002		0	BFFN	4		0.004	0.000	
15:0.....g									
16:0.....g	0.044		0	BFFN	4		0.080	0.002	
17:0.....g									
18:0.....g	0.014		0	BFFN	4		0.025	0.001	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.012		0	BFFN	4		0.022	0.001	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.012		0	BFFN	4		0.022	0.001	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.263		0	BFFN	4		0.479	0.014	
18:2 undifferentiated.....g	0.259		0	BFFN	4		0.471	0.014	
18:3 undifferentiated.....g	0.002		0	BFFN	4		0.004	0.000	
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									

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

**Common Measures:**

Measure 1 = 182g: 1 cup

Measure 2 = 5.5g: 1 piece

**Calories Factors: Protein 2.62**

**Fat 8.37**

**Carbohydrate 3.48**

**Food Group: 11 Vegetables and Vegetable Products**

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11992  
Mushrooms, white, microwaved

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	88.52	1.200	4	A	1				
Energy.....kcal	44		0	NC	4				
Energy.....kj	184		0	NC	4				
Protein.....g	3.91	0.289	4	A	1				
Total lipid (fat).....g	0.46	0.138	4	A	1				
Ash.....g	1.08	0.105	4	A	1				
Carbohydrate, by difference.....g	6.04		0	NC	4				
Fiber, total dietary.....g	2.5		2	A	1				
Sugars, total.....g	0.00		1	A	1				
Sucrose.....g	0.00		1	A	1				
Glucose (dextrose).....g	0.00		1	A	1				
Fructose.....g	0.00		1	A	1				
Lactose.....g	0.00		1	A	1				
Maltose.....g	0.00		1	A	1				
Galactose.....g	0.00		1	A	1				
Starch.....g	0.00		1	A	1				
<b>Minerals:</b>									
Calcium, Ca.....mg	6	2.877	3	A	1				
Iron, Fe.....mg	0.33	0.011	3	A	1				
Magnesium, Mg.....mg	14	1.667	3	A	1				
Phosphorus, P.....mg	127	12.019	3	A	1				
Potassium, K.....mg	488	55.810	3	A	1				
Sodium, Na.....mg	17	6.800	3	A	1				
Zinc, Zn.....mg	0.73	0.062	3	A	1				
Copper, Cu.....mg	0.370	0.031	3	A	1				
Manganese, Mn.....mg	0.064	0.006	3	A	1				
Selenium, Se.....mcg	18.0		2	A	1				
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		2	A	1				
Thiamin.....mg	0.060	0.007	4	A	1				
Riboflavin.....mg	0.431	0.105	4	A	1				
Niacin.....mg	5.350	0.420	4	A	1				
Pantothenic acid.....mg	1.960		1	A	1				
Vitamin B-6.....mg	0.049	0.010	3	A	1				
Folate, total.....mcg	16		2	A	1				
Folic acid.....mcg	0		0	Z	7				
Folate, food.....mcg	16		2	A	1				
Folate, DFE.....mcg_DFE	16		0	NC	4				
Choline, total.....mg	30.3		0	AS	1				
Betaine.....mg	10.1		1	A	1				
Vitamin B-12.....mcg	0.00		0	Z	7				
Vitamin A, RAE.....mcg_RAE	0		0	AS	1				
Retinol.....mcg	0		0	Z	7				
Carotene, beta.....mcg	0		0	Z	7				
Carotene, alpha.....mcg	0		0	Z	7				
Cryptoxanthin, beta.....mcg	0		0	Z	7				
Vitamin A, IU.....IU	0		0	AS	1				
Lycopene.....mcg	0		0	Z	7				
Lutein + zeaxanthin.....mcg	0		0	Z	7				
Vitamin E (alpha-tocopherol).....mg	0.00		1	A	1				
Tocopherol, beta.....mg	0.00		1	A	1				
Tocopherol, gamma.....mg	0.00		1	A	1				
Tocopherol, delta.....mg	0.00		1	A	1				
Vitamin D.....IU	27		0	BFSN	4				
Vitamin K (phylloquinone).....mcg	0.0		2	A	1				
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.060		0	NC	4				

**NDB No. 11992**  
**Mushrooms, white, microwaved**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
4:0.....g	0.000		0	Z		7			
6:0.....g	0.000		0	Z		7			
8:0.....g	0.000		1	A		1			
10:0.....g	0.000		1	A		1			
12:0.....g	0.000		1	A		1			
13:0.....g									
14:0.....g	0.000		1	A		1			
15:0.....g	0.000		1	A		1			
16:0.....g	0.050		1	A		1			
17:0.....g	0.000		1	A		1			
18:0.....g	0.010		1	A		1			
20:0.....g	0.000		1	A		1			
22:0.....g	0.000		1	A		1			
24:0.....g	0.000		1	A		1			
Fatty acids, total monounsaturated.....g	0.020		0	NC		4			
14:1.....g	0.000		1	A		1			
15:1.....g	0.000		1	A		1			
16:1 undifferentiated.....g	0.010		1	A		1			
17:1.....g	0.000		1	A		1			
18:1 undifferentiated.....g	0.010		1	A		1			
20:1.....g	0.000		1	A		1			
22:1 undifferentiated.....g	0.000		1	A		1			
24:1 c.....g	0.000		1	A		1			
Fatty acids, total polyunsaturated.....g	0.280		0	NC		4			
18:2 undifferentiated.....g	0.280		1	A		1			
18:3 undifferentiated.....g	0.000		1	A		1			
18:4.....g	0.000		1	A		1			
20:2 n-6 c,c.....g	0.000		1	A		1			
20:3 undifferentiated.....g	0.000		1	A		1			
20:4 undifferentiated.....g	0.000		1	A		1			
20:5 n-3.....g	0.000		1	A		1			
22:5 n-3.....g	0.000		1	A		1			
22:6 n-3.....g	0.000		1	A		1			
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z		7			
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.039		0	A		1			
Threonine.....g	0.122		0	A		1			
Isoleucine.....g	0.086		0	A		1			
Leucine.....g	0.137		0	A		1			
Lysine.....g	0.123		0	A		1			
Methionine.....g	0.036		0	A		1			
Cystine.....g	0.014		0	A		1			
Phenylalanine.....g	0.097		0	A		1			
Tyrosine.....g	0.050		0	A		1			
Valine.....g	0.265		0	A		1			
Arginine.....g	0.089		0	A		1			
Histidine.....g	0.065		0	A		1			
Alanine.....g	0.227		0	A		1			
Aspartic acid.....g	0.222		0	A		1			
Glutamic acid.....g	0.391		0	A		1			
Glycine.....g	0.104		0	A		1			
Proline.....g	0.087		0	A		1			
Serine.....g	0.108		0	A		1			
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z		7			
Caffeine.....mg	0		0	Z		7			
Theobromine.....mg	0		0	Z		7			

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

NDB No. 11992  
Mushrooms, white, microwaved

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

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food, or similar food.

**Common Measures:**

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 11 Vegetables and Vegetable Products  
USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11260  
Mushrooms, white, raw  
*Agaricus bisporus*

Refuse:3% Trimmings

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	92.43	0.269	52	JO	11		64.70	88.73	21.26
Energy.....kcal	22		0	NC	4		16	22	5
Energy.....kj	94		0	NC	4		66	90	22
Protein (N x 6.25).....g	3.09	0.106	33	JO	11		2.17	2.97	0.71
Adjusted Protein.....g	2.18	0.084	30	JO	11		1.52	2.09	0.50
Total lipid (fat).....g	0.34	0.032	33	JO	11		0.24	0.33	0.08
Ash.....g	0.85	0.029	29	JO	11		0.59	0.81	0.20
Carbohydrate, by difference.....g	3.28		0	NC	4		2.30	3.15	0.76
Fiber, total dietary.....g	1.0	0.461	3	JO	11		0.7	1.0	0.2
Sugars, total.....g	1.65		0	NC	4		1.16	1.59	0.38
Sucrose.....g	0.00		1	A	1		0.00	0.00	0.00
Glucose (dextrose).....g	1.48	0.428	8	JO	11		1.04	1.42	0.34
Fructose.....g	0.17	0.134	8	JO	11		0.12	0.17	0.04
Lactose.....g	0.00		1	A	1		0.00	0.00	0.00
Maltose.....g	0.00		1	A	1		0.00	0.00	0.00
Galactose.....g	0.00		1	A	1		0.00	0.00	0.00
Starch.....g	0.00		1	A	1		0.00	0.00	0.00
<b>Minerals:</b>									
Calcium, Ca.....mg	3	0.268	52	JO	11		2	3	1
Iron, Fe.....mg	0.50	0.105	58	JA	6		0.35	0.48	0.11
Magnesium, Mg.....mg	9	0.320	42	JA	6		6	9	2
Phosphorus, P.....mg	86	3.909	43	JO	11		60	82	20
Potassium, K.....mg	318	11.125	48	JA	6		223	305	73
Sodium, Na.....mg	5	0.648	38	JO	11		3	5	1
Zinc, Zn.....mg	0.52	0.040	62	JO	11		0.37	0.50	0.12
Copper, Cu.....mg	0.318	0.019	53	JO	11		0.223	0.306	0.073
Manganese, Mn.....mg	0.047	0.005	40	JO	11		0.033	0.045	0.011
Selenium, Se.....mcg	9.3	1.279	23	JO	11		6.5	8.9	2.1
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	2.1	0.640	24	JA	6		1.4	2.0	0.5
Thiamin.....mg	0.081	0.007	17	JO	11		0.056	0.077	0.019
Riboflavin.....mg	0.402	0.027	14	JO	11		0.281	0.386	0.092
Niacin.....mg	3.607	0.280	17	JO	11		2.525	3.463	0.830
Pantothenic acid.....mg	1.497	0.092	13	JO	11		1.048	1.437	0.344
Vitamin B-6.....mg	0.104	0.012	16	JO	11		0.072	0.099	0.024
Folate, total.....mcg	16	1.246	32	JO	11		11	16	4
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg	16	1.246	32	JO	11		11	16	4
Folate, DFE.....mcg_DFE	16		0	NC	4		11	16	4
Choline, total.....mg	17.3		0	AS	1		12.1	16.6	4.0
Betaine.....mg	9.4		2	A	1		6.6	9.0	2.2
Vitamin B-12.....mcg	0.04		1	A	1		0.03	0.04	0.01
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	0		0	AS	1		0	0	0
Retinol.....mcg	0		0	Z	7		0	0	0
Carotene, beta.....mcg	0		0	Z	7		0	0	0
Carotene, alpha.....mcg	0		0	Z	7		0	0	0
Cryptoxanthin, beta.....mcg	0		0	Z	7		0	0	0
Vitamin A, IU.....IU	0		0	AS	1		0	0	0
Lycopene.....mcg	0		0	Z	7		0	0	0
Lutein + zeaxanthin.....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol).....mg	0.01		2	JO	11		0.01	0.01	0.00
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg	0.01		2	JO	11		0.00	0.00	0.00
Tocopherol, gamma.....mg	0.01		2	JO	11		0.01	0.01	0.00
Tocopherol, delta.....mg	0.01		2	JO	11		0.01	0.01	0.00
Vitamin D.....IU	18		1	A	1		13	17	4

**NDB No. 11260**  
**Mushrooms, white, raw**

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin K (phylloquinone).....mcg	0.0	0.020	3	A	1		0.0	0.0	0.0
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.043		0	NC	4		0.030	0.041	0.010
4:0.....g	0.000		0		1		0.000	0.000	0.000
6:0.....g	0.000		0		1		0.000	0.000	0.000
8:0.....g	0.000		1	A	1		0.000	0.000	0.000
10:0.....g	0.000		1	A	1		0.000	0.000	0.000
12:0.....g	0.000		1	A	1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.000		1	A	1		0.000	0.000	0.000
15:0.....g	0.000		1	A	1		0.000	0.000	0.000
16:0.....g	0.035		1	A	1		0.024	0.033	0.008
17:0.....g	0.000		1	A	1		0.000	0.000	0.000
18:0.....g	0.009		1	A	1		0.006	0.008	0.002
20:0.....g	0.000		1	A	1		0.000	0.000	0.000
22:0.....g	0.000		1	A	1		0.000	0.000	0.000
24:0.....g	0.000		1	A	1		0.000	0.000	0.000
Fatty acids, total monounsaturated.....g	0.000		0	NC	4		0.000	0.000	0.000
14:1.....g	0.000		1	A	1		0.000	0.000	0.000
15:1.....g	0.000		1	A	1		0.000	0.000	0.000
16:1 undifferentiated.....g	0.000		1	A	1		0.000	0.000	0.000
17:1.....g	0.000		1	A	1		0.000	0.000	0.000
18:1 undifferentiated.....g	0.000		1	A	1		0.000	0.000	0.000
20:1.....g	0.000		1	A	1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		1	A	1		0.000	0.000	0.000
24:1 c.....g	0.000		1	A	1		0.000	0.000	0.000
Fatty acids, total polyunsaturated.....g	0.139		0	NC	4		0.097	0.133	0.032
18:2 undifferentiated.....g	0.139		1	A	1		0.097	0.133	0.032
18:3 undifferentiated.....g	0.000		1	A	1		0.000	0.000	0.000
18:4.....g	0.000		1	A	1		0.000	0.000	0.000
20:2 n-6 c,c.....g	0.000		1	A	1		0.000	0.000	0.000
20:3 undifferentiated.....g	0.000		1	A	1		0.000	0.000	0.000
20:4 undifferentiated.....g	0.000		1	A	1		0.000	0.000	0.000
20:5 n-3.....g	0.000		1	A	1		0.000	0.000	0.000
22:5 n-3.....g	0.000		1	A	1		0.000	0.000	0.000
22:6 n-3.....g	0.000		1	A	1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	0
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.035		0	JO	11		0.024	0.033	0.008
Threonine.....g	0.107		0	JO	11		0.075	0.103	0.025
Isoleucine.....g	0.076		0	JO	11		0.053	0.073	0.017
Leucine.....g	0.120		0	JO	11		0.084	0.115	0.028
Lysine.....g	0.107		0	JO	11		0.075	0.103	0.025
Methionine.....g	0.031		0	JO	11		0.022	0.030	0.007
Cystine.....g	0.012		0	JO	11		0.009	0.012	0.003
Phenylalanine.....g	0.085		0	JO	11		0.060	0.082	0.020
Tyrosine.....g	0.044		0	JO	11		0.031	0.042	0.010
Valine.....g	0.232		0	JO	11		0.162	0.223	0.053
Arginine.....g	0.078		0	JO	11		0.055	0.075	0.018
Histidine.....g	0.057		0	JO	11		0.040	0.055	0.013
Alanine.....g	0.199		0	JO	11		0.139	0.191	0.046
Aspartic acid.....g	0.195		0	JO	11		0.136	0.187	0.045
Glutamic acid.....g	0.343		0	JO	11		0.240	0.329	0.079
Glycine.....g	0.092		0	JO	11		0.064	0.088	0.021
Proline.....g	0.076		0	JO	11		0.053	0.073	0.018
Serine.....g	0.094		0	JO	11		0.066	0.091	0.022
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0

**NDB No. 11260**  
**Mushrooms, white, raw**

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	0

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

**Common Measures:**

Measure 1 = 70g: 1 cup, pieces or slices

Measure 2 = 96g: 1 cup, whole

Measure 3 = 23g: 1 large

**Calories Factors: Protein 2.62**

**Fat 8.37**

**Carbohydrate 3.48**

**Food Group:** 11 Vegetables and Vegetable Products  
 USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11263  
Mushrooms, white, stir-fried (1)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	91.10	0.767	4	A	1		98.39		
Energy.....kcal	26		0	NC	4		28		
Energy.....kj	110		0	NC	4		119		
Protein.....g	3.58	0.261	4	A	1		3.86		
Total lipid (fat).....g	0.33	0.025	4	A	1		0.36		
Ash.....g	0.94	0.022	4	A	1		1.02		
Carbohydrate, by difference.....g	4.04		0	NC	4		4.37		
Fiber, total dietary.....g	1.8		1	A	1		1.9		
Sugars, total.....g	0.00		1	A	1		0.00		
Sucrose.....g	0.00		1	A	1		0.00		
Glucose (dextrose).....g	0.00		1	A	1		0.00		
Fructose.....g	0.00		1	A	1		0.00		
Lactose.....g	0.00		1	A	1		0.00		
Maltose.....g	0.00		1	A	1		0.00		
Galactose.....g	0.00		1	A	1		0.00		
Starch.....g	0.00		1	A	1		0.00		
<b>Minerals:</b>									
Calcium, Ca.....mg	4	0.933	3	A	1		5		
Iron, Fe.....mg	0.25	0.006	3	A	1		0.27		
Magnesium, Mg.....mg	11	0.000	3	A	1		12		
Phosphorus, P.....mg	105	5.000	3	A	1		113		
Potassium, K.....mg	396	15.086	3	A	1		427		
Sodium, Na.....mg	12	3.476	3	A	1		13		
Zinc, Zn.....mg	0.57	0.017	3	A	1		0.62		
Copper, Cu.....mg	0.291	0.020	3	A	1		0.314		
Manganese, Mn.....mg	0.047	0.005	3	A	1		0.051		
Selenium, Se.....mcg	13.9		2	A	1		15.0		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		2	A	1		0.0		
Thiamin.....mg	0.096	0.026	4	A	1		0.104		
Riboflavin.....mg	0.463	0.028	4	A	1		0.500		
Niacin.....mg	3.987	0.398	4	A	1		4.306		
Pantothenic acid.....mg	1.450		1	A	1		1.566		
Vitamin B-6.....mg	0.042	0.006	3	A	1		0.045		
Folate, total.....mcg	20		2	A	1		21		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	20		2	A	1		21		
Folate, DFE.....mcg_DFE	20		0	NC	4		21		
Choline, total.....mg	21.9		0	AS	1		23.7		
Betaine.....mg	9.5		1	A	1		10.2		
Vitamin B-12.....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....mcg_RAE	0		0	AS	1		0		
Retinol.....mcg	0		0	Z	7		0		
Carotene, beta.....mcg	0		0	Z	7		0		
Carotene, alpha.....mcg	0		0	Z	7		0		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0		
Vitamin A, IU.....IU	0		0	AS	1		0		
Lycopene.....mcg	0		0	Z	7		0		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol).....mg	0.00		1	A	1		0.00		
Tocopherol, beta.....mg	0.00		1	A	1		0.00		
Tocopherol, gamma.....mg	0.00		1	A	1		0.00		
Tocopherol, delta.....mg	0.00		1	A	1		0.00		
Vitamin D.....IU	21		0	BFSN	4		23		
Vitamin K (phylloquinone).....mcg	0.0		2	A	1		0.0		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.040		0	NC	4		0.043		



**NDB No. 11263**  
**Mushrooms, white, stir-fried (1)**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
4:0.....g	0.000		0	Z	7		0.000		
6:0.....g	0.000		0	Z	7		0.000		
8:0.....g	0.000		1	A	1		0.000		
10:0.....g	0.000		1	A	1		0.000		
12:0.....g	0.000		1	A	1		0.000		
13:0.....g									
14:0.....g	0.000		1	A	1		0.000		
15:0.....g	0.000		1	A	1		0.000		
16:0.....g	0.030		1	A	1		0.032		
17:0.....g	0.000		1	A	1		0.000		
18:0.....g	0.010		1	A	1		0.011		
20:0.....g	0.000		1	A	1		0.000		
22:0.....g	0.000		1	A	1		0.000		
24:0.....g	0.000		1	A	1		0.000		
Fatty acids, total monounsaturated.....g	0.000		0	NC	4		0.000		
14:1.....g	0.000		1	A	1		0.000		
15:1.....g	0.000		1	A	1		0.000		
16:1 undifferentiated.....g	0.000		1	A	1		0.000		
17:1.....g	0.000		1	A	1		0.000		
18:1 undifferentiated.....g	0.000		1	A	1		0.000		
20:1.....g	0.000		1	A	1		0.000		
22:1 undifferentiated.....g	0.000		1	A	1		0.000		
24:1 c.....g	0.000		1	A	1		0.000		
Fatty acids, total polyunsaturated.....g	0.160		0	NC	4		0.173		
18:2 undifferentiated.....g	0.160		1	A	1		0.173		
18:3 undifferentiated.....g	0.000		1	A	1		0.000		
18:4.....g	0.000		1	A	1		0.000		
20:2 n-6 c,c.....g	0.000		1	A	1		0.000		
20:3 undifferentiated.....g	0.000		1	A	1		0.000		
20:4 undifferentiated.....g	0.000		1	A	1		0.000		
20:5 n-3.....g	0.000		1	A	1		0.000		
22:5 n-3.....g	0.000		1	A	1		0.000		
22:6 n-3.....g	0.000		1	A	1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.037		0	A	1		0.040		
Threonine.....g	0.116		0	A	1		0.125		
Isoleucine.....g	0.082		0	A	1		0.088		
Leucine.....g	0.130		0	A	1		0.140		
Lysine.....g	0.116		0	A	1		0.125		
Methionine.....g	0.034		0	A	1		0.037		
Cystine.....g	0.013		0	A	1		0.014		
Phenylalanine.....g	0.092		0	A	1		0.100		
Tyrosine.....g	0.047		0	A	1		0.051		
Valine.....g	0.251		0	A	1		0.271		
Arginine.....g	0.084		0	A	1		0.091		
Histidine.....g	0.061		0	A	1		0.066		
Alanine.....g	0.215		0	A	1		0.233		
Aspartic acid.....g	0.211		0	A	1		0.227		
Glutamic acid.....g	0.371		0	A	1		0.400		
Glycine.....g	0.099		0	A	1		0.107		
Proline.....g	0.082		0	A	1		0.089		
Serine.....g	0.102		0	A	1		0.110		
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

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

NDB No. 11263  
Mushrooms, white, stir-fried (1)

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

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food, or similar food.

**Common Measures:**

Measure 1 = 108g: 1 cup sliced

**Footnotes:**

1 Water used in stir-frying. No fat added.

**Calories Factors: Protein** 2.62

**Fat** 8.37

**Carbohydrate**3.48

**Food Group:** 11 Vegetables and Vegetable Products  
USDA National Nutrient Database for Standard Reference, Release 21 (2008)



NDB No. 11799

Mustard greens, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g									
13:0.....g									
14:0.....g	0.000		0		1		0.000		
15:0.....g									
16:0.....g	0.006		0		1		0.008		
17:0.....g									
18:0.....g	0.002		0		1		0.003		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.110		0		1		0.154		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.001		
17:1.....g									
18:1 undifferentiated.....g	0.018		0		1		0.025		
20:1.....g	0.023		0		1		0.032		
22:1 undifferentiated.....g	0.069		0		1		0.097		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.046		0		1		0.064		
18:2 undifferentiated.....g	0.024		0		1		0.034		
18:3 undifferentiated.....g	0.022		0		1		0.031		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.025		0		1		0.035		
Threonine.....g	0.060		0		1		0.084		
Isoleucine.....g	0.082		0		1		0.115		
Leucine.....g	0.069		0		1		0.097		
Lysine.....g	0.103		0		1		0.144		
Methionine.....g	0.021		0		1		0.029		
Cystine.....g	0.034		0		1		0.048		
Phenylalanine.....g	0.060		0		1		0.084		
Tyrosine.....g	0.119		0		1		0.167		
Valine.....g	0.088		0		1		0.123		
Arginine.....g	0.165		0		1		0.231		
Histidine.....g	0.040		0		1		0.056		
Alanine.....g									
Aspartic acid.....g									
Glutamic acid.....g									
Glycine.....g									
Proline.....g									
Serine.....g									
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g									
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

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

**Common Measures:**

**NDB No. 11799**

**Mustard greens, cooked, boiled, drained, with salt**

Measure 1 = 140g: 1 cup, chopped

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11271

Mustard greens, cooked, boiled, drained, without salt

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	94.46		0		1		132.24		
Energy.....kcal	15		0	NC	4		21		
Energy.....kj	63		0	NC	4		88		
Protein (N x 6.25).....g	2.26		1		1		3.16		
Total lipid (fat).....g	0.24		1		1		0.34		
Ash.....g	0.94		1		1		1.32		
Carbohydrate, by difference.....g	2.10		0	NC	4		2.94		
Fiber, total dietary.....g	2.0		0		4		2.8		
Sugars, total.....g	0.10		0	O	4		0.14		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	74		1		1		104		
Iron, Fe.....mg	0.70		1		1		0.98		
Magnesium, Mg.....mg	15		1		1		21		
Phosphorus, P.....mg	41		1		1		57		
Potassium, K.....mg	202		0		1		283		
Sodium, Na.....mg	16		1		1		22		
Zinc, Zn.....mg	0.11		0		4		0.15		
Copper, Cu.....mg	0.084		0		4		0.118		
Manganese, Mn.....mg	0.274		0		4		0.384		
Selenium, Se.....mcg	0.6		0	BFSN	4		0.8		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	25.3		0		1		35.4		
Thiamin.....mg	0.041		0		1		0.057		
Riboflavin.....mg	0.063		0		1		0.088		
Niacin.....mg	0.433		0		1		0.606		
Pantothenic acid.....mg	0.120		0		1		0.168		
Vitamin B-6.....mg	0.098		0		4		0.137		
Folate, total.....mcg	73		0		4		103		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	73		0		4		103		
Folate, DFE.....mcg_DFE	73		0	NC	4		103		
Choline, total.....mg	0.3		0	BFSN	4		0.4		
Betaine.....mg	0.2		0	BFSN	4		0.2		
Vitamin B-12.....mcg	0.00		0	Z	7		0.00		
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....mcg_RAE	316		0	NC	4		443		
Retinol.....mcg	0		0	Z	7		0		
Carotene, beta.....mcg	3794		0	BFSN	4		5311		
Carotene, alpha.....mcg	0		0	BFSN	4		0		
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0		
Vitamin A, IU.....IU	6323		0	NC	4		8852		
Lycopene.....mcg	0		0	BFSN	4		0		
Lutein + zeaxanthin.....mcg	5962		0	BFSN	4		8346		
Vitamin E (alpha-tocopherol).....mg	1.21		0	BFSN	4		1.69		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	299.5		0	BFSN	4		419.2		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.012		0		1		0.017		
4:0.....g	0.000		0		1		0.000		
6:0.....g	0.000		0		1		0.000		
8:0.....g	0.000		0		1		0.000		
10:0.....g	0.000		0		1		0.000		

NDB No. 11271

Mustard greens, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0			1	0.000		
13:0.....g									
14:0.....g	0.000		0			1	0.000		
15:0.....g									
16:0.....g	0.006		0			1	0.008		
17:0.....g									
18:0.....g	0.002		0			1	0.003		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.110		0			1	0.154		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0			1	0.001		
17:1.....g									
18:1 undifferentiated.....g	0.018		0			1	0.025		
20:1.....g	0.023		0			1	0.032		
22:1 undifferentiated.....g	0.069		0			1	0.097		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.046		0			1	0.064		
18:2 undifferentiated.....g	0.024		0			1	0.034		
18:3 undifferentiated.....g	0.022		0			1	0.031		
18:4.....g	0.000		0			1	0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0			1	0.000		
20:5 n-3.....g	0.000		0			1	0.000		
22:5 n-3.....g	0.000		0			1	0.000		
22:6 n-3.....g	0.000		0			1	0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z		7	0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.025		0			1	0.035		
Threonine.....g	0.060		0			1	0.084		
Isoleucine.....g	0.082		0			1	0.115		
Leucine.....g	0.069		0			1	0.097		
Lysine.....g	0.103		0			1	0.144		
Methionine.....g	0.021		0			1	0.029		
Cystine.....g	0.034		0			1	0.048		
Phenylalanine.....g	0.060		0			1	0.084		
Tyrosine.....g	0.119		0			1	0.167		
Valine.....g	0.088		0			1	0.123		
Arginine.....g	0.165		0			1	0.231		
Histidine.....g	0.040		0			1	0.056		
Alanine.....g									
Aspartic acid.....g									
Glutamic acid.....g									
Glycine.....g									
Proline.....g									
Serine.....g									
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0			7	0.0		
Caffeine.....mg	0		0	Z		7	0		
Theobromine.....mg	0		0	Z		7	0		

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

**Common Measures:**

**NDB No.** 11271

**Mustard greens, cooked, boiled, drained, without salt**

Measure 1 = 140g: 1 cup, chopped

**Calories Factors: Protein** 2.44

**Fat** 8.37

**Carbohydrate**3.57

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)





NDB No. 11800

Mustard greens, frozen, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g									
13:0.....g									
14:0.....g	0.000		0		1		0.000	0.000	
15:0.....g									
16:0.....g	0.006		0		1		0.013	0.005	
17:0.....g									
18:0.....g	0.002		0		1		0.004	0.002	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.113		0		1		0.240	0.085	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.002	0.001	
17:1.....g									
18:1 undifferentiated.....g	0.018		0		1		0.038	0.014	
20:1.....g	0.023		0		1		0.049	0.017	
22:1 undifferentiated.....g	0.071		0		1		0.151	0.053	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.047		0		1		0.100	0.035	
18:2 undifferentiated.....g	0.024		0		1		0.051	0.018	
18:3 undifferentiated.....g	0.022		0		1		0.047	0.017	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0	0	
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.025		0		1		0.053	0.019	
Threonine.....g	0.060		0		1		0.127	0.045	
Isoleucine.....g	0.083		0		1		0.176	0.062	
Leucine.....g	0.070		0		1		0.148	0.053	
Lysine.....g	0.103		0		1		0.218	0.077	
Methionine.....g	0.021		0		1		0.045	0.016	
Cystine.....g	0.034		0		1		0.072	0.026	
Phenylalanine.....g	0.060		0		1		0.127	0.045	
Tyrosine.....g	0.120		0		1		0.254	0.090	
Valine.....g	0.088		0		1		0.187	0.066	
Arginine.....g	0.166		0		1		0.352	0.125	
Histidine.....g	0.041		0		1		0.087	0.031	
Alanine.....g									
Aspartic acid.....g									
Glutamic acid.....g									
Glycine.....g									
Proline.....g									
Serine.....g									
Hydroxyproline.....g									

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

**Common Measures:**

Measure 1 = 212g: 1 package (10 oz) yields

Measure 2 = 75g: .5 cup, chopped or diced

**NDB No. 11800**

**Mustard greens, frozen, cooked, boiled, drained, with salt**

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11273

Mustard greens, frozen, cooked, boiled, drained, w without salt

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	93.80		0		1		140.70	198.86	
Energy.....kcal	19		0	NC	4		28	40	
Energy.....kj	78		0	NC	4		118	166	
Protein (N x 6.25).....g	2.27		0		1		3.41	4.81	
Total lipid (fat).....g	0.25		0		1		0.38	0.53	
Ash.....g	0.57		0		1		0.86	1.21	
Carbohydrate, by difference.....g	3.11		0	NC	4		4.67	6.59	
Fiber, total dietary.....g	2.8		0		4		4.2	5.9	
Sugars, total.....g	0.32		0	O	4		0.48	0.68	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	101		0		1		152	214	
Iron, Fe.....mg	1.12		0		1		1.68	2.37	
Magnesium, Mg.....mg	13		0		1		20	28	
Phosphorus, P.....mg	24		0		1		36	51	
Potassium, K.....mg	139		0		1		209	295	
Sodium, Na.....mg	25		0		1		38	53	
Zinc, Zn.....mg	0.20		0		1		0.30	0.42	
Copper, Cu.....mg	0.058		0		1		0.087	0.123	
Manganese, Mn.....mg	0.294		0		1		0.441	0.623	
Selenium, Se.....mcg	0.6		0	BFSN	4		0.9	1.3	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	13.8		0		1		20.7	29.3	
Thiamin.....mg	0.040		0		1		0.060	0.085	
Riboflavin.....mg	0.053		0		1		0.080	0.112	
Niacin.....mg	0.258		0		1		0.387	0.547	
Pantothenic acid.....mg	0.016		0		1		0.024	0.034	
Vitamin B-6.....mg	0.108		0		1		0.162	0.229	
Folate, total.....mcg	70		0		4		104	147	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	70		0		4		104	147	
Folate, DFE.....mcg_DFE	70		0	NC	4		104	147	
Choline, total.....mg	0.3		0	BFSN	4		0.5	0.6	
Betaine.....mg	0.2		0	BFSN	4		0.3	0.4	
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	354		0	NC	4		531	750	
Retinol.....mcg	0		0	Z	7		0	0	
Carotene, beta.....mcg	4246		0	BFSN	4		6368	9001	
Carotene, alpha.....mcg	0		0	BFSN	4		0	0	
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0	0	
Vitamin A, IU.....IU	7076		0	NC	4		10614	15001	
Lycopene.....mcg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin.....mcg	6672		0	BFSN	4		10008	14144	
Vitamin E (alpha-tocopherol).....mg	1.35		0	BFSN	4		2.03	2.87	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	335.1		0	BFSN	4		502.7	710.5	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.013		0		1		0.020	0.028	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.000		0		1		0.000	0.000	

NDB No. 11273

Mustard greens, frozen, cooked, boiled, drained, w without salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0		1		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0		1		0.000	0.000	
15:0.....g									
16:0.....g	0.006		0		1		0.009	0.013	
17:0.....g									
18:0.....g	0.002		0		1		0.003	0.004	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.113		0		1		0.170	0.240	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.002	0.002	
17:1.....g									
18:1 undifferentiated.....g	0.018		0		1		0.027	0.038	
20:1.....g	0.023		0		1		0.035	0.049	
22:1 undifferentiated.....g	0.071		0		1		0.107	0.151	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.047		0		1		0.071	0.100	
18:2 undifferentiated.....g	0.024		0		1		0.036	0.051	
18:3 undifferentiated.....g	0.022		0		1		0.033	0.047	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.025		0		1		0.038	0.053	
Threonine.....g	0.060		0		1		0.090	0.127	
Isoleucine.....g	0.083		0		1		0.125	0.176	
Leucine.....g	0.070		0		1		0.105	0.148	
Lysine.....g	0.103		0		1		0.155	0.218	
Methionine.....g	0.021		0		1		0.032	0.045	
Cystine.....g	0.034		0		1		0.051	0.072	
Phenylalanine.....g	0.060		0		1		0.090	0.127	
Tyrosine.....g	0.120		0		1		0.180	0.254	
Valine.....g	0.088		0		1		0.132	0.187	
Arginine.....g	0.166		0		1		0.249	0.352	
Histidine.....g	0.041		0		1		0.062	0.087	
Alanine.....g									
Aspartic acid.....g									
Glutamic acid.....g									
Glycine.....g									
Proline.....g									
Serine.....g									
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

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

**Common Measures:**

**NDB No. 11273**

**Mustard greens, frozen, cooked, boiled, drained, without salt**

Measure 1 = 150g: 1 cup, chopped

Measure 2 = 212g: 1 package (10 oz) yields

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)



Mustard greens, frozen, unprepared

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.000		0		1		0.000	0.000	
15:0.....g									
16:0.....g	0.006		0		1		0.009	0.017	
17:0.....g									
18:0.....g	0.002		0		1		0.003	0.006	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.124		0		1		0.181	0.352	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.001	0.003	
17:1.....g									
18:1 undifferentiated.....g	0.020		0		1		0.029	0.057	
20:1.....g	0.026		0		1		0.038	0.074	
22:1 undifferentiated.....g	0.077		0		1		0.112	0.219	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.051		0		1		0.074	0.145	
18:2 undifferentiated.....g	0.027		0		1		0.039	0.077	
18:3 undifferentiated.....g	0.024		0		1		0.035	0.068	
18:4.....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
20:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.027		0		1		0.039	0.077	
Threonine.....g	0.066		0		1		0.096	0.187	
Isoleucine.....g	0.091		0		1		0.133	0.258	
Leucine.....g	0.076		0		1		0.111	0.216	
Lysine.....g	0.113		0		1		0.165	0.321	
Methionine.....g	0.023		0		1		0.034	0.065	
Cystine.....g	0.037		0		1		0.054	0.105	
Phenylalanine.....g	0.066		0		1		0.096	0.187	
Tyrosine.....g	0.132		0		1		0.193	0.375	
Valine.....g	0.097		0		1		0.142	0.275	
Arginine.....g	0.181		0		1		0.264	0.514	
Histidine.....g	0.045		0		1		0.066	0.128	
Alanine.....g									
Aspartic acid.....g									
Glutamic acid.....g									
Glycine.....g									
Proline.....g									
Serine.....g									
Hydroxyproline.....g									
<b><u>Others:</u></b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg									
Theobromine.....mg									

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

**Common Measures:**

Measure 1 = 146g: 1 cup, chopped

Measure 2 = 284g: 1 package (10 oz)



**NDB No. 11272**

**Mustard greens, frozen, unprepared**

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 11270**  
**Mustard greens, raw**  
*Brassica juncea*

Refuse:7% Bases

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	90.80	1.004	9		1		50.85		
Energy.....kcal	26		0	NC	4		15		
Energy.....kj	109		0		4		61		
Protein (N x 6.25).....g	2.70		1		1		1.51		
Total lipid (fat).....g	0.20		1		1		0.11		
Ash.....g	1.40		0		1		0.78		
Carbohydrate, by difference.....g	4.90		0	NC	4		2.74		
Fiber, total dietary.....g	3.3		0		4		1.8		
Sugars, total.....g	1.60		0	O	4		0.90		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	103		2		1		58		
Iron, Fe.....mg	1.46		2		1		0.82		
Magnesium, Mg.....mg	32		2		1		18		
Phosphorus, P.....mg	43		2		1		24		
Potassium, K.....mg	354	27.282	9		1		198		
Sodium, Na.....mg	25	7.302	9		1		14		
Zinc, Zn.....mg	0.20		0		4		0.11		
Copper, Cu.....mg	0.147		0		4		0.082		
Manganese, Mn.....mg	0.480		0		4		0.269		
Selenium, Se.....mcg	0.9		0	BFSN	4		0.5		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	70.0		1		1		39.2		
Thiamin.....mg	0.080		1		1		0.045		
Riboflavin.....mg	0.110		1		1		0.062		
Niacin.....mg	0.800		1		1		0.448		
Pantothenic acid.....mg	0.210		0		1		0.118		
Vitamin B-6.....mg	0.180		0		4		0.101		
Folate, total.....mcg	187		0		4		105		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	187		0		4		105		
Folate, DFE.....mcg_DFE	187		0	NC	4		105		
Choline, total.....mg	0.4		0	BFSN	4		0.2		
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00		
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....mcg_RAE	525		0	AS	1		294		
Retinol.....mcg	0		0	Z	7		0		
Carotene, beta.....mcg	6300	1100.000	5	A	1		3528		
Carotene, alpha.....mcg	0		0	Z	7		0		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0		
Vitamin A, IU.....IU	10500		0	AS	1		5880		
Lycopene.....mcg	0		0	Z	7		0		
Lutein + zeaxanthin.....mcg	9900	500.000	5	A	1		5544		
Vitamin E (alpha-tocopherol).....mg	2.01		0	O	4		1.13		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	497.3		0	BFSN	4		278.5		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.010		0		1		0.006		
4:0.....g	0.000		0		1		0.000		
6:0.....g	0.000		0		1		0.000		
8:0.....g	0.000		0		1		0.000		
10:0.....g	0.000		0		1		0.000		

NDB No. 11270  
Mustard greens, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0		1		0.000		
13:0.....g									
14:0.....g	0.000		0		1		0.000		
15:0.....g									
16:0.....g	0.005		0		1		0.003		
17:0.....g									
18:0.....g	0.002		0		1		0.001		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.092		0		1		0.052		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.015		0		1		0.008		
20:1.....g	0.019		0		1		0.011		
22:1 undifferentiated.....g	0.058		0		1		0.032		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.038		0		1		0.021		
18:2 undifferentiated.....g	0.020		0		1		0.011		
18:3 undifferentiated.....g	0.018		0		1		0.010		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.030		2		1		0.017		
Threonine.....g	0.072		2		1		0.040		
Isoleucine.....g	0.098		2		1		0.055		
Leucine.....g	0.083		2		1		0.046		
Lysine.....g	0.123		2		1		0.069		
Methionine.....g	0.025		2		1		0.014		
Cystine.....g	0.040		1		1		0.022		
Phenylalanine.....g	0.072		2		1		0.040		
Tyrosine.....g	0.143		1		1		0.080		
Valine.....g	0.105		2		1		0.059		
Arginine.....g	0.197		1		1		0.110		
Histidine.....g	0.048		1		1		0.027		
Alanine.....g									
Aspartic acid.....g									
Glutamic acid.....g									
Glycine.....g									
Proline.....g									
Serine.....g									
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

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

**Common Measures:**

**NDB No. 11270**

**Mustard greens, raw**

Measure 1 = 56g: 1 cup, chopped

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)



NDB No. 11801

Mustard spinach, (tendergreen), cooked, boiled, drained, with salt

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

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

**Common Measures:**

Measure 1 = 180g: 1 cup, chopped

**Calories Factors: Protein** 2.44

**Fat** 8.37

**Carbohydrate**3.57

**Food Group:** 11 Vegetables and Vegetable Products  
USDA National Nutrient Database for Standard Reference, Release 21 (2008)



NDB No. 11275

Mustard spinach, (tendergreen), cooked, boiled, drained, without salt

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

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

**Common Measures:**

Measure 1 = 180g: 1 cup, chopped

**Calories Factors: Protein** 2.44

**Fat** 8.37

**Carbohydrate**3.57

**Food Group:** 11 Vegetables and Vegetable Products  
USDA National Nutrient Database for Standard Reference, Release 21 (2008)





NDB No. 11274  
Mustard spinach, (tendergreen), raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.000		0	BFFN	4		0.000		
15:0.....g									
16:0.....g	0.007		0	BFFN	4		0.011		
17:0.....g									
18:0.....g	0.003		0	BFFN	4		0.005		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.138		0	BFFN	4		0.207		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	BFFN	4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.022		0	BFFN	4		0.033		
20:1.....g	0.028		0	BFFN	4		0.042		
22:1 undifferentiated.....g	0.087		0	BFFN	4		0.131		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.057		0	BFFN	4		0.086		
18:2 undifferentiated.....g	0.030		0	BFFN	4		0.045		
18:3 undifferentiated.....g	0.027		0	BFFN	4		0.041		
18:4.....g	0.000		0	BFFN	4		0.000		
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFFN	4		0.000		
20:5 n-3.....g	0.000		0	BFFN	4		0.000		
22:5 n-3.....g	0.000		0	BFFN	4		0.000		
22:6 n-3.....g	0.000		0	BFFN	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg									
Theobromine.....mg									

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

**Common Measures:**

Measure 1 = 150g: 1 cup, chopped

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group: 11 Vegetables and Vegetable Products**

USDA National Nutrient Database for Standard Reference, Release 21 (2008)



NDB No. 11277

New Zealand spinach, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.004		0		1		0.007		
15:0.....g									
16:0.....g	0.020		0		1		0.036		
17:0.....g									
18:0.....g	0.002		0		1		0.004		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.005		0		1		0.009		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0		1		0.004		
17:1.....g									
18:1 undifferentiated.....g	0.002		0		1		0.004		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.071		0		1		0.128		
18:2 undifferentiated.....g	0.011		0		1		0.020		
18:3 undifferentiated.....g	0.056		0		1		0.101		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0		
Phytosterols.....mg									

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

**Common Measures:**

Measure 1 = 180g: 1 cup, chopped

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group: 11 Vegetables and Vegetable Products**

USDA National Nutrient Database for Standard Reference, Release 21 (2008)



NDB No. 11276  
New Zealand spinach, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.004		0		1		0.002		
15:0.....g									
16:0.....g	0.024		0		1		0.013		
17:0.....g									
18:0.....g	0.002		0		1		0.001		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.005		0		1		0.003		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.003		0		1		0.002		
17:1.....g									
18:1 undifferentiated.....g	0.003		0		1		0.002		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.084		0		1		0.047		
18:2 undifferentiated.....g	0.013		0		1		0.007		
18:3 undifferentiated.....g	0.066		0		1		0.037		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0		
Phytosterols.....mg									

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

**Common Measures:**

Measure 1 = 56g: 1 cup, chopped

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group: 11 Vegetables and Vegetable Products**  
USDA National Nutrient Database for Standard Reference, Release 21 (2008)



NDB No. 11802

New zealand spinach, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.004		0		1		0.007		
15:0.....g									
16:0.....g	0.020		0		1		0.036		
17:0.....g									
18:0.....g	0.002		0		1		0.004		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.005		0		1		0.009		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0		1		0.004		
17:1.....g									
18:1 undifferentiated.....g	0.002		0		1		0.004		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.071		0		1		0.128		
18:2 undifferentiated.....g	0.011		0		1		0.020		
18:3 undifferentiated.....g	0.056		0		1		0.101		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0		
Phytosterols.....mg									

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

**Common Measures:**

Measure 1 = 180g: 1 cup, chopped

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group: 11 Vegetables and Vegetable Products**

USDA National Nutrient Database for Standard Reference, Release 21 (2008)



NDB No. 11964  
 Nopales, cooked, without salt

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	94.31		2		1		140.52	27.35	
Energy.....kcal	15		0	NC	4		23	4	
Energy.....kj	65		0	NC	4		96	19	
Protein (N x 6.25).....g	1.35		2		1		2.01	0.39	
Total lipid (fat).....g	0.05		2		1		0.07	0.01	
Ash.....g	1.01		2		1		1.50	0.29	
Carbohydrate, by difference.....g	3.28		0	NC	4		4.89	0.95	
Fiber, total dietary.....g	2.0		2		1		3.0	0.6	
Sugars, total.....g	1.12		0	BFSN	4		1.66	0.32	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	164		2		1		244	48	
Iron, Fe.....mg	0.50		2		1		0.75	0.15	
Magnesium, Mg.....mg	47		2		1		70	14	
Phosphorus, P.....mg	16		2		1		24	5	
Potassium, K.....mg	195		2		1		291	57	
Sodium, Na.....mg	20	10.344	4		1		30	6	
Zinc, Zn.....mg	0.21		2		1		0.31	0.06	
Copper, Cu.....mg	0.049		2		1		0.073	0.014	
Manganese, Mn.....mg	0.408		2		1		0.608	0.118	
Selenium, Se.....mcg	0.7		0	BFSN	4		1.0	0.2	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	5.3		2		1		7.9	1.5	
Thiamin.....mg	0.011		2		1		0.016	0.003	
Riboflavin.....mg	0.040		2		1		0.060	0.012	
Niacin.....mg	0.296		2		1		0.441	0.086	
Pantothenic acid.....mg	0.150		2		1		0.224	0.044	
Vitamin B-6.....mg	0.067		2		1		0.100	0.019	
Folate, total.....mcg	3		2		1		4	1	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	3		2		1		4	1	
Folate, DFE.....mcg_DFE	3		0	NC	4		4	1	
Choline, total.....mg	7.1		0	BFSN	4		10.6	2.1	
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	22		0	NC	4		33	6	
Retinol.....mcg	0		0	Z	7		0	0	
Carotene, beta.....mcg	242		0	BFSN	4		361	70	
Carotene, alpha.....mcg	47		0	BFSN	4		70	14	
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0	0	
Vitamin A, IU.....IU	443		0	NC	4		660	128	
Lycopene.....mcg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin.....mcg	0		0	BFSN	4		0	0	
Vitamin E (alpha-tocopherol).....mg	0.00		0	BFSN	4		0.00	0.00	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	5.1		0	BFSN	4		7.6	1.5	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.006		0	NC	4		0.009	0.002	
4:0.....g	0.000		0	BFFN	4		0.000	0.000	
6:0.....g	0.000		0	BFFN	4		0.000	0.000	
8:0.....g	0.000		0	BFFN	4		0.000	0.000	
10:0.....g	0.000		0	BFFN	4		0.000	0.000	

NDB No. 11964  
Nopales, cooked, without salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0	BFFN	4		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0	BFFN	4		0.000	0.000	
15:0.....g									
16:0.....g	0.005		0	BFFN	4		0.008	0.002	
17:0.....g									
18:0.....g	0.001		0	BFFN	4		0.002	0.000	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.007		0	NC	4		0.011	0.002	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.007		0	BFFN	4		0.011	0.002	
20:1.....g	0.000		0	BFFN	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.021		0	NC	4		0.032	0.006	
18:2 undifferentiated.....g	0.019		0	BFFN	4		0.028	0.006	
18:3 undifferentiated.....g	0.002		0	BFFN	4		0.003	0.001	
18:4.....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
20:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.014		4		1		0.021	0.004	
Threonine.....g	0.042		4		1		0.063	0.012	
Isoleucine.....g	0.052		4		1		0.077	0.015	
Leucine.....g	0.082		4		1		0.122	0.024	
Lysine.....g	0.063		4		1		0.094	0.018	
Methionine.....g	0.016		4		1		0.024	0.005	
Cystine.....g	0.008		4		1		0.012	0.002	
Phenylalanine.....g	0.052		4		1		0.077	0.015	
Tyrosine.....g	0.030		4		1		0.045	0.009	
Valine.....g	0.062		4		1		0.092	0.018	
Arginine.....g	0.055		4		1		0.082	0.016	
Histidine.....g	0.026		4		1		0.039	0.008	
Alanine.....g	0.053		4		1		0.079	0.015	
Aspartic acid.....g	0.092		4		1		0.137	0.027	
Glutamic acid.....g	0.154		4		1		0.229	0.045	
Glycine.....g	0.048		4		1		0.072	0.014	
Proline.....g	0.045		4		1		0.067	0.013	
Serine.....g	0.046		4		1		0.069	0.013	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

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

**Common Measures:**

**NDB No. 11964**

**Nopales, cooked, without salt**

Measure 1 = 149g: 1 cup

Measure 2 = 29g: 1 pad

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11963

Nopales, raw

*Nopalea cochenillifera*

Refuse:4% Spines and dark spots

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	94.12	0.107	8		1		80.95		
Energy.....kcal	16		0	NC	4		14		
Energy.....kj	66		0	NC	4		57		
Protein (N x 6.25).....g	1.32	0.141	4		1		1.13		
Total lipid (fat).....g	0.09	0.021	4		1		0.08		
Ash.....g	1.14	0.103	4		1		0.98		
Carbohydrate, by difference.....g	3.33		0	NC	4		2.86		
Fiber, total dietary.....g	2.2	0.094	8		1		1.9		
Sugars, total.....g	1.15		0	O	4		0.99		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	164	26.039	4		1		141		
Iron, Fe.....mg	0.59	0.108	4		1		0.50		
Magnesium, Mg.....mg	52	3.568	4		1		45		
Phosphorus, P.....mg	16	1.262	4		1		14		
Potassium, K.....mg	257	37.582	4		1		221		
Sodium, Na.....mg	21	1.607	8		1		18		
Zinc, Zn.....mg	0.25	0.030	4		1		0.22		
Copper, Cu.....mg	0.052	0.008	4		1		0.045		
Manganese, Mn.....mg	0.457	0.033	4		1		0.393		
Selenium, Se.....mcg	0.7		0	CAZN	4		0.6		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	9.3	2.929	4		1		8.0		
Thiamin.....mg	0.012	0.002	4		1		0.010		
Riboflavin.....mg	0.041	0.002	4		1		0.035		
Niacin.....mg	0.410	0.077	4		1		0.353		
Pantothenic acid.....mg	0.167	0.012	4		1		0.143		
Vitamin B-6.....mg	0.070	0.014	4		1		0.060		
Folate, total.....mcg	3	0.931	4		1		3		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	3	0.931	4		1		3		
Folate, DFE.....mcg_DFE	3		0	NC	4		3		
Choline, total.....mg	7.3		0	BFSN	4		6.3		
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00		
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....mcg_RAE	23		0	AS	1		20		
Retinol.....mcg	0		0	Z	7		0		
Carotene, beta.....mcg	250	114.052	4		1		215		
Carotene, alpha.....mcg	48		2		1		41		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0		
Vitamin A, IU.....IU	457		0	AS	1		393		
Lycopene.....mcg	0		0	Z	7		0		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol).....mg	0.00		0	O	4		0.00		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	5.3		0	O	4		4.6		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.016		0	BFFN	4		0.014		
4:0.....g	0.000		0	BFFN	4		0.000		
6:0.....g	0.000		0	BFFN	4		0.000		
8:0.....g	0.000		0	BFFN	4		0.000		
10:0.....g	0.000		0	BFFN	4		0.000		

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0	BFFN	4		0.000		
13:0.....g									
14:0.....g	0.000		0	BFFN	4		0.000		
15:0.....g									
16:0.....g	0.012		0	BFFN	4		0.010		
17:0.....g									
18:0.....g	0.002		0	BFFN	4		0.002		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.018		0	BFFN	4		0.015		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0	BFFN	4		0.002		
17:1.....g									
18:1 undifferentiated.....g	0.017		0	BFFN	4		0.015		
20:1.....g	0.000		0	BFFN	4		0.000		
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.050		0	BFFN	4		0.043		
18:2 undifferentiated.....g	0.044		0	BFFN	4		0.038		
18:3 undifferentiated.....g	0.005		0	BFFN	4		0.004		
18:4.....g	0.000		0	BFFN	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFFN	4		0.000		
20:5 n-3.....g	0.000		0	BFFN	4		0.000		
22:5 n-3.....g	0.000		0	BFFN	4		0.000		
22:6 n-3.....g	0.000		0	BFFN	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.014		4		1		0.012		
Threonine.....g	0.040		4		1		0.034		
Isoleucine.....g	0.049		4		1		0.042		
Leucine.....g	0.077		4		1		0.066		
Lysine.....g	0.059		4		1		0.051		
Methionine.....g	0.015		4		1		0.013		
Cystine.....g	0.008		4		1		0.007		
Phenylalanine.....g	0.049		4		1		0.042		
Tyrosine.....g	0.029		4		1		0.025		
Valine.....g	0.059		4		1		0.051		
Arginine.....g	0.052		4		1		0.045		
Histidine.....g	0.025		4		1		0.022		
Alanine.....g	0.050		4		1		0.043		
Aspartic acid.....g	0.086		4		1		0.074		
Glutamic acid.....g	0.145		4		1		0.125		
Glycine.....g	0.046		4		1		0.040		
Proline.....g	0.043		4		1		0.037		
Serine.....g	0.043		4		1		0.037		
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

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

#### Common Measures:

**NDB No. 11963**

**Nopales, raw**

Measure 1 = 86g: 1 cup, sliced

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)



NDB No. 11803

Okra, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g									
13:0.....g									
14:0.....g	0.000		0		1		0.000	0.000	
15:0.....g									
16:0.....g	0.038		0		1		0.030	0.032	
17:0.....g									
18:0.....g	0.004		0		1		0.003	0.003	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.028		0		1		0.022	0.024	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.028		0		1		0.022	0.024	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.046		0		1		0.037	0.039	
18:2 undifferentiated.....g	0.045		0		1		0.036	0.038	
18:3 undifferentiated.....g	0.001		0		1		0.001	0.001	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.016		0		1		0.013	0.014	
Threonine.....g	0.061		0		1		0.049	0.052	
Isoleucine.....g	0.065		0		1		0.052	0.055	
Leucine.....g	0.098		0		1		0.078	0.083	
Lysine.....g	0.075		0		1		0.060	0.064	
Methionine.....g	0.020		0		1		0.016	0.017	
Cystine.....g	0.018		0		1		0.014	0.015	
Phenylalanine.....g	0.061		0		1		0.049	0.052	
Tyrosine.....g	0.081		0		1		0.065	0.069	
Valine.....g	0.085		0		1		0.068	0.072	
Arginine.....g	0.078		0		1		0.062	0.066	
Histidine.....g	0.029		0		1		0.023	0.025	
Alanine.....g	0.068		0		1		0.054	0.058	
Aspartic acid.....g	0.135		0		1		0.108	0.115	
Glutamic acid.....g	0.253		0		1		0.202	0.215	
Glycine.....g	0.041		0		1		0.033	0.035	
Proline.....g	0.042		0		1		0.034	0.036	
Serine.....g	0.041		0		1		0.033	0.035	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g									
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

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

**Common Measures:**



**NDB No. 11803**

**Okra, cooked, boiled, drained, with salt**

Measure 1 = 80g: .5 cup slices

Measure 2 = 85g: 8 pods (3" long)

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11279

Okra, cooked, boiled, drained, without salt

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	92.57	0.557	5	JO	11		74.06	78.69	
Energy.....kcal	22		0	NC	4		18	19	
Energy.....kj	94		0	NC	4		75	80	
Protein (N x 6.25).....g	1.87		1		1		1.50	1.59	
Total lipid (fat).....g	0.21		1		1		0.17	0.18	
Ash.....g	0.84		1		1		0.67	0.71	
Carbohydrate, by difference.....g	4.51		0	NC	4		3.61	3.83	
Fiber, total dietary.....g	2.5		1		1		2.0	2.1	
Sugars, total.....g	2.40		0	T	4		1.92	2.04	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	77	5.510	18	A	1		62	65	
Iron, Fe.....mg	0.28	0.012	18	A	1		0.22	0.24	
Magnesium, Mg.....mg	36	1.341	18	A	1		29	30	
Phosphorus, P.....mg	32	1.344	18	A	1		26	28	
Potassium, K.....mg	135	7.533	18	A	1		108	114	
Sodium, Na.....mg	6	1.010	18	A	1		5	5	
Zinc, Zn.....mg	0.43	0.022	18	A	1		0.35	0.37	
Copper, Cu.....mg	0.085	0.009	18	A	1		0.068	0.072	
Manganese, Mn.....mg	0.294	0.014	18	A	1		0.235	0.250	
Selenium, Se.....mcg	0.4	0.263	18	A	1		0.3	0.3	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	16.3		0		1		13.0	13.9	
Thiamin.....mg	0.132		0		1		0.106	0.112	
Riboflavin.....mg	0.055		0		1		0.044	0.047	
Niacin.....mg	0.871		0		1		0.697	0.740	
Pantothenic acid.....mg	0.213		0		1		0.170	0.181	
Vitamin B-6.....mg	0.187		0		1		0.150	0.159	
Folate, total.....mcg	46	6.157	3		1		37	39	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	46	6.157	3		1		37	39	
Folate, DFE.....mcg_DFE	46		0	NC	4		37	39	
Choline, total.....mg	9.3		0	BFSY	4		7.4	7.9	
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	14		0	AS	1		11	12	
Retinol.....mcg	0		0	Z	7		0	0	
Carotene, beta.....mcg	170		1	A	1		136	145	
Carotene, alpha.....mcg	0		1	A	1		0	0	
Cryptoxanthin, beta.....mcg	0		1	A	1		0	0	
Vitamin A, IU.....IU	283		0	AS	1		227	241	
Lycopene.....mcg	0		1	A	1		0	0	
Lutein + zeaxanthin.....mcg	390		1	A	1		312	332	
Vitamin E (alpha-tocopherol).....mg	0.27		1		1		0.22	0.23	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg	0.00		1		1		0.00	0.00	
Tocopherol, gamma.....mg	0.16		1		1		0.13	0.14	
Tocopherol, delta.....mg	0.00		1		1		0.00	0.00	
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	40.0		1		1		32.0	34.0	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.045		0		1		0.036	0.038	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.000		0		1		0.000	0.000	

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0		1		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0		1		0.000	0.000	
15:0.....g									
16:0.....g	0.038		0		1		0.030	0.032	
17:0.....g									
18:0.....g	0.004		0		1		0.003	0.003	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.028		0		1		0.022	0.024	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.028		0		1		0.022	0.024	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.046		0		1		0.037	0.039	
18:2 undifferentiated.....g	0.045		0		1		0.036	0.038	
18:3 undifferentiated.....g	0.001		0		1		0.001	0.001	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.016		0		1		0.013	0.014	
Threonine.....g	0.061		0		1		0.049	0.052	
Isoleucine.....g	0.065		0		1		0.052	0.055	
Leucine.....g	0.098		0		1		0.078	0.083	
Lysine.....g	0.075		0		1		0.060	0.064	
Methionine.....g	0.020		0		1		0.016	0.017	
Cystine.....g	0.018		0		1		0.014	0.015	
Phenylalanine.....g	0.061		0		1		0.049	0.052	
Tyrosine.....g	0.081		0		1		0.065	0.069	
Valine.....g	0.085		0		1		0.068	0.072	
Arginine.....g	0.078		0		1		0.062	0.066	
Histidine.....g	0.029		0		1		0.023	0.025	
Alanine.....g	0.068		0		1		0.054	0.058	
Aspartic acid.....g	0.135		0		1		0.108	0.115	
Glutamic acid.....g	0.253		0		1		0.202	0.215	
Glycine.....g	0.041		0		1		0.033	0.035	
Proline.....g	0.042		0		1		0.034	0.036	
Serine.....g	0.041		0		1		0.033	0.035	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

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

**Common Measures:**

**NDB No. 11279**

**Okra, cooked, boiled, drained, without salt**

Measure 1 = 80g: .5 cup slices

Measure 2 = 85g: 8 pods (3" long)

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)



NDB No. 11804

Okra, frozen, cooked, boiled, drained, w with salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g									
13:0.....g									
14:0.....g	0.000		0		1		0.000	0.000	
15:0.....g									
16:0.....g	0.068		0		1		0.173	0.063	
17:0.....g									
18:0.....g	0.008		0		1		0.020	0.007	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.050		0		1		0.128	0.046	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.003	0.001	
17:1.....g									
18:1 undifferentiated.....g	0.050		0		1		0.128	0.046	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.081		0		1		0.207	0.075	
18:2 undifferentiated.....g	0.079		0		1		0.201	0.073	
18:3 undifferentiated.....g	0.002		0		1		0.005	0.002	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.017		0		1		0.043	0.016	
Threonine.....g	0.068		0		1		0.173	0.063	
Isoleucine.....g	0.072		0		1		0.184	0.066	
Leucine.....g	0.109		0		1		0.278	0.100	
Lysine.....g	0.084		0		1		0.214	0.077	
Methionine.....g	0.022		0		1		0.056	0.020	
Cystine.....g	0.020		0		1		0.051	0.018	
Phenylalanine.....g	0.068		0		1		0.173	0.063	
Tyrosine.....g	0.091		0		1		0.232	0.084	
Valine.....g	0.095		0		1		0.242	0.087	
Arginine.....g	0.087		0		1		0.222	0.080	
Histidine.....g	0.033		0		1		0.084	0.030	
Alanine.....g	0.075		0		1		0.191	0.069	
Aspartic acid.....g	0.151		0		1		0.385	0.139	
Glutamic acid.....g	0.282		0		1		0.719	0.259	
Glycine.....g	0.046		0		1		0.117	0.042	
Proline.....g	0.046		0		1		0.117	0.042	
Serine.....g	0.045		0		1		0.115	0.041	
Hydroxyproline.....g									

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

**Common Measures:**

Measure 1 = 255g: 1 package (10 oz) yields

Measure 2 = 92g: .5 cup slices

**NDB No. 11804**

**Okra, frozen, cooked, boiled, drained, with salt**

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11281

Okra, frozen, cooked, boiled, drained, w without salt

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	91.12		0		1		232.36	83.83	
Energy.....kcal	28		0	NC	4		71	26	
Energy.....kj	117		0		4		299	108	
Protein (N x 6.25).....g	2.08		0		1		5.30	1.91	
Total lipid (fat).....g	0.30		0		1		0.77	0.28	
Ash.....g	0.75		0		1		1.91	0.69	
Carbohydrate, by difference.....g	5.75		0	NC	4		14.66	5.29	
Fiber, total dietary.....g	2.8		0		4		7.1	2.6	
Sugars, total.....g	2.87		0	BFSN	4		7.32	2.64	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	96		0		1		245	88	
Iron, Fe.....mg	0.67		0		1		1.71	0.62	
Magnesium, Mg.....mg	51		0		1		130	47	
Phosphorus, P.....mg	46		0		1		117	42	
Potassium, K.....mg	234		0		1		597	215	
Sodium, Na.....mg	3		0		1		8	3	
Zinc, Zn.....mg	0.62		0		1		1.58	0.57	
Copper, Cu.....mg	0.097		0		1		0.247	0.089	
Manganese, Mn.....mg	1.021		0		1		2.604	0.939	
Selenium, Se.....mcg	0.6		0	BFSN	4		1.5	0.6	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	12.2		0		1		31.1	11.2	
Thiamin.....mg	0.099		0		1		0.252	0.091	
Riboflavin.....mg	0.123		0		1		0.314	0.113	
Niacin.....mg	0.785		0		1		2.002	0.722	
Pantothenic acid.....mg	0.240		0		1		0.612	0.221	
Vitamin B-6.....mg	0.047		0		1		0.120	0.043	
Folate, total.....mcg	146		0		1		371	134	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	146		0		1		371	134	
Folate, DFE.....mcg_DFE	146		0	NC	4		371	134	
Choline, total.....mg	11.1		0	BFSN	4		28.2	10.2	
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	17		0	NC	4		43	16	
Retinol.....mcg	0		0	Z	7		0	0	
Carotene, beta.....mcg	203		0	BFSN	4		518	187	
Carotene, alpha.....mcg	0		0	BFSN	4		0	0	
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0	0	
Vitamin A, IU.....IU	339		0	NC	4		864	312	
Lycopene.....mcg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin.....mcg	466		0	BFSN	4		1189	429	
Vitamin E (alpha-tocopherol).....mg	0.32		0	BFSN	4		0.82	0.30	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	47.8		0	BFSN	4		122.0	44.0	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.079		0		1		0.201	0.073	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.000		0		1		0.000	0.000	



NDB No. 11281

Okra, frozen, cooked, boiled, drained, w without salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0		1		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0		1		0.000	0.000	
15:0.....g									
16:0.....g	0.068		0		1		0.173	0.063	
17:0.....g									
18:0.....g	0.008		0		1		0.020	0.007	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.050		0		1		0.128	0.046	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.003	0.001	
17:1.....g									
18:1 undifferentiated.....g	0.050		0		1		0.128	0.046	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.081		0		1		0.207	0.075	
18:2 undifferentiated.....g	0.079		0		1		0.201	0.073	
18:3 undifferentiated.....g	0.002		0		1		0.005	0.002	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.017		0		1		0.043	0.016	
Threonine.....g	0.068		0		1		0.173	0.063	
Isoleucine.....g	0.072		0		1		0.184	0.066	
Leucine.....g	0.109		0		1		0.278	0.100	
Lysine.....g	0.084		0		1		0.214	0.077	
Methionine.....g	0.022		0		1		0.056	0.020	
Cystine.....g	0.020		0		1		0.051	0.018	
Phenylalanine.....g	0.068		0		1		0.173	0.063	
Tyrosine.....g	0.091		0		1		0.232	0.084	
Valine.....g	0.095		0		1		0.242	0.087	
Arginine.....g	0.087		0		1		0.222	0.080	
Histidine.....g	0.033		0		1		0.084	0.030	
Alanine.....g	0.075		0		1		0.191	0.069	
Aspartic acid.....g	0.151		0		1		0.385	0.139	
Glutamic acid.....g	0.282		0		1		0.719	0.259	
Glycine.....g	0.046		0		1		0.117	0.042	
Proline.....g	0.046		0		1		0.117	0.042	
Serine.....g	0.045		0		1		0.115	0.041	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

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

**Common Measures:**

**NDB No. 11281**

**Okra, frozen, cooked, boiled, drained, without salt**

Measure 1 = 255g: 1 package (10 oz) yields

Measure 2 = 92g: .5 cup slices

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11280  
Okra, frozen, unprepared

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	90.82	0.148	44		1		257.93	1236.06	
Energy.....kcal	30		0	NC	4		85	407	
Energy.....kj	125		0	NC	4		355	1702	
Protein (N x 6.25).....g	1.69	0.024	41		1		4.80	23.00	
Total lipid (fat).....g	0.25	0.027	40		1		0.71	3.40	
Ash.....g	0.61	0.022	41		1		1.73	8.30	
Carbohydrate, by difference.....g	6.63		0	NC	4		18.83	90.23	
Fiber, total dietary.....g	2.2		0		4		6.2	29.9	
Sugars, total.....g	2.97		0	BFSN	4		8.43	40.38	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	81	4.167	41		1		230	1102	
Iron, Fe.....mg	0.57	0.047	41		1		1.62	7.76	
Magnesium, Mg.....mg	43	2.232	12		1		122	585	
Phosphorus, P.....mg	42	6.169	24		1		119	572	
Potassium, K.....mg	211	5.189	10		1		599	2872	
Sodium, Na.....mg	3	0.416	9		1		9	41	
Zinc, Zn.....mg	0.53	0.018	10		1		1.51	7.21	
Copper, Cu.....mg	0.083	0.002	10		1		0.236	1.130	
Manganese, Mn.....mg	0.873	0.066	10		1		2.479	11.882	
Selenium, Se.....mcg	0.6		0	BFSN	4		1.7	8.2	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	12.4	0.808	39		1		35.2	168.8	
Thiamin.....mg	0.089	0.004	41		1		0.253	1.211	
Riboflavin.....mg	0.105	0.010	41		1		0.298	1.429	
Niacin.....mg	0.708	0.023	40		1		2.011	9.636	
Pantothenic acid.....mg	0.216	0.085	5		1		0.613	2.940	
Vitamin B-6.....mg	0.042	0.002	16		1		0.119	0.572	
Folate, total.....mcg	148	25.095	3		1		419	2009	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	148	25.095	3		1		419	2009	
Folate, DFE.....mcg_DFE	148		0	NC	4		419	2009	
Choline, total.....mg	11.4		0	BFSN	4		32.5	155.8	
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	18		0	NC	4		50	238	
Retinol.....mcg	0		0	Z	7		0	0	
Carotene, beta.....mcg	210		0	BFSN	4		597	2860	
Carotene, alpha.....mcg	0		0	BFSN	4		0	0	
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0	0	
Vitamin A, IU.....IU	350		0	NC	4		995	4766	
Lycopene.....mcg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin.....mcg	482		0	BFSN	4		1369	6561	
Vitamin E (alpha-tocopherol).....mg	0.33		0	BFSN	4		0.95	4.54	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	49.4		0	BFSN	4		140.4	672.9	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.065		0		1		0.185	0.885	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.000		0		1		0.000	0.000	

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0		1		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0		1		0.000	0.000	
15:0.....g									
16:0.....g	0.055		0		1		0.156	0.749	
17:0.....g									
18:0.....g	0.006		0		1		0.017	0.082	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.041		0		1		0.116	0.558	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.003	0.014	
17:1.....g									
18:1 undifferentiated.....g	0.041		0		1		0.116	0.558	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.066		0		1		0.187	0.898	
18:2 undifferentiated.....g	0.065		0		1		0.185	0.885	
18:3 undifferentiated.....g	0.001		0		1		0.003	0.014	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.014		0		1		0.040	0.191	
Threonine.....g	0.055		0		1		0.156	0.749	
Isoleucine.....g	0.058		0		1		0.165	0.789	
Leucine.....g	0.089		0		1		0.253	1.211	
Lysine.....g	0.068		0		1		0.193	0.925	
Methionine.....g	0.018		0		1		0.051	0.245	
Cystine.....g	0.016		0		1		0.045	0.218	
Phenylalanine.....g	0.055		0		1		0.156	0.749	
Tyrosine.....g	0.073		0		1		0.207	0.994	
Valine.....g	0.077		0		1		0.219	1.048	
Arginine.....g	0.071		0		1		0.202	0.966	
Histidine.....g	0.026		0		1		0.074	0.354	
Alanine.....g	0.061		0		1		0.173	0.830	
Aspartic acid.....g	0.122		0		1		0.346	1.660	
Glutamic acid.....g	0.228		0		1		0.648	3.103	
Glycine.....g	0.037		0		1		0.105	0.504	
Proline.....g	0.038		0		1		0.108	0.517	
Serine.....g	0.037		0		1		0.105	0.504	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

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

**Common Measures:**

**NDB No. 11280**

**Okra, frozen, unprepared**

Measure 1 = 284g: 1 package (10 oz)

Measure 2 = 1361g: 1 package (3 lb)

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11278

Okra, raw

*Abelmoschus esculentus*

Refuse:14% Crown and tips

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	90.17		6		1		90.17	85.66	
Energy.....kcal	31		0	NC	4		31	29	
Energy.....kj	129		0	NC	4		129	123	
Protein (N x 6.25).....g	2.00		1		1		2.00	1.90	
Total lipid (fat).....g	0.10		1		1		0.10	0.10	
Ash.....g	0.70		0		1		0.70	0.67	
Carbohydrate, by difference.....g	7.03		0	NC	4		7.03	6.68	
Fiber, total dietary.....g	3.2		0		4		3.2	3.0	
Sugars, total.....g	1.20		0	T	4		1.20	1.14	
Sucrose.....g	0.40		1		1		0.40	0.38	
Glucose (dextrose).....g	0.13		3		1		0.13	0.13	
Fructose.....g	0.21		1		1		0.21	0.20	
Lactose.....g									
Maltose.....g									
Galactose.....g									
Starch.....g	0.34		1		1		0.34	0.32	
<b>Minerals:</b>									
Calcium, Ca.....mg	81		1		1		81	77	
Iron, Fe.....mg	0.80		1		1		0.80	0.76	
Magnesium, Mg.....mg	57		2		1		57	54	
Phosphorus, P.....mg	63		1		1		63	60	
Potassium, K.....mg	303		2		1		303	288	
Sodium, Na.....mg	8		2		1		8	8	
Zinc, Zn.....mg	0.60		0		1		0.60	0.57	
Copper, Cu.....mg	0.094		0		1		0.094	0.089	
Manganese, Mn.....mg	0.990		0		1		0.990	0.941	
Selenium, Se.....mcg	0.7		0	CAZN	4		0.7	0.7	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	21.1	2.322	11		1		21.1	20.0	
Thiamin.....mg	0.200		1		1		0.200	0.190	
Riboflavin.....mg	0.060		1		1		0.060	0.057	
Niacin.....mg	1.000		1		1		1.000	0.950	
Pantothenic acid.....mg	0.245		0		1		0.245	0.233	
Vitamin B-6.....mg	0.215		1		1		0.215	0.204	
Folate, total.....mcg	88		6		1		88	83	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	88		6		1		88	83	
Folate, DFE.....mcg_DFE	88		0	NC	4		88	83	
Choline, total.....mg	12.3		0	BFSN	4		12.3	11.6	
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	19		0	NC	4		19	18	
Retinol.....mcg	0		0	Z	7		0	0	
Carotene, beta.....mcg	225		0	BFSN	4		225	214	
Carotene, alpha.....mcg	0		0	BFSN	4		0	0	
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0	0	
Vitamin A, IU.....IU	375		0	NC	4		375	356	
Lycopene.....mcg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin.....mcg	516		0	BFSN	4		516	491	
Vitamin E (alpha-tocopherol).....mg	0.36		0	BFSN	4		0.36	0.34	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	53.0		0	BFSN	4		53.0	50.3	

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
<b>Lipids:</b>							
Fatty acids, total saturated.....g	0.026		0		1	0.026	0.025
4:0.....g	0.000		0		1	0.000	0.000
6:0.....g	0.000		0		1	0.000	0.000
8:0.....g	0.000		0		1	0.000	0.000
10:0.....g	0.000		0		1	0.000	0.000
12:0.....g	0.000		0		1	0.000	0.000
13:0.....g							
14:0.....g	0.000		0		1	0.000	0.000
15:0.....g							
16:0.....g	0.022		0		1	0.022	0.021
17:0.....g							
18:0.....g	0.003		0		1	0.003	0.003
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	0.017		0		1	0.017	0.016
14:1.....g							
15:1.....g							
16:1 undifferentiated.....g	0.000		0		1	0.000	0.000
17:1.....g							
18:1 undifferentiated.....g	0.016		0		1	0.016	0.015
20:1.....g	0.000		0		1	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1	0.000	0.000
24:1 c.....g							
Fatty acids, total polyunsaturated.....g	0.027		0		1	0.027	0.026
18:2 undifferentiated.....g	0.026		0		1	0.026	0.025
18:3 undifferentiated.....g	0.001		0		1	0.001	0.001
18:4.....g	0.000		0		1	0.000	0.000
20:2 n-6 c,c.....g							
20:3 undifferentiated.....g							
20:4 undifferentiated.....g	0.000		0		1	0.000	0.000
20:5 n-3.....g	0.000		0		1	0.000	0.000
22:5 n-3.....g	0.000		0		1	0.000	0.000
22:6 n-3.....g	0.000		0		1	0.000	0.000
Fatty acids, total trans.....g							
Cholesterol.....mg	0		0	Z	7	0	0
Phytosterols.....mg	24		0		1	24	23
<b>Amino Acids:</b>							
Tryptophan.....g	0.017		8		1	0.017	0.016
Threonine.....g	0.065		3		1	0.065	0.062
Isoleucine.....g	0.069		3		1	0.069	0.066
Leucine.....g	0.105		3		1	0.105	0.100
Lysine.....g	0.081		7		1	0.081	0.077
Methionine.....g	0.021		7		1	0.021	0.020
Cystine.....g	0.019		3		1	0.019	0.018
Phenylalanine.....g	0.065		3		1	0.065	0.062
Tyrosine.....g	0.087		2		1	0.087	0.083
Valine.....g	0.091		3		1	0.091	0.086
Arginine.....g	0.084		3		1	0.084	0.080
Histidine.....g	0.031		3		1	0.031	0.029
Alanine.....g	0.073		4		1	0.073	0.069
Aspartic acid.....g	0.145		4		1	0.145	0.138
Glutamic acid.....g	0.271		4		1	0.271	0.257
Glycine.....g	0.044		4		1	0.044	0.042
Proline.....g	0.045		2		1	0.045	0.043
Serine.....g	0.044		4		1	0.044	0.042
Hydroxyproline.....g							
<b>Others:</b>							
Alcohol, ethyl.....g	0.0		0		7	0.0	0.0
Caffeine.....mg	0		0	Z	7	0	0
Theobromine.....mg	0		0	Z	7	0	0

NDB No. 11278

Okra, raw

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

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

**Common Measures:**

Measure 1 = 100g: 1 cup

Measure 2 = 95g: 8 pods (3" long)

**Calories Factors: Protein** 2.44

**Fat** 8.37

**Carbohydrate**3.57

**Food Group:** 11 Vegetables and Vegetable Products  
USDA National Nutrient Database for Standard Reference, Release 21 (2008)





Onion rings, breaded, par fried, frozen, prepared, heated in oven

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.214		0		1		0.103	0.152	0.128
15:0.....g									
16:0.....g	5.201		0		1		2.496	3.693	3.121
17:0.....g									
18:0.....g	3.170		0		1		1.522	2.251	1.902
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	10.866		0		1		5.216	7.715	6.520
14:1.....g									
15:1.....g	0.356		0		1		0.171	0.253	0.214
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	10.509		0		1		5.044	7.461	6.305
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	5.113		0		1		2.454	3.630	3.068
18:2 undifferentiated.....g	4.828		0		1		2.317	3.428	2.897
18:3 undifferentiated.....g	0.285		0		1		0.137	0.202	0.171
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0	0	0
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.070		0		1		0.034	0.050	0.042
Threonine.....g	0.150		0		1		0.072	0.107	0.090
Isoleucine.....g	0.214		0		1		0.103	0.152	0.128
Leucine.....g	0.350		0		1		0.168	0.249	0.210
Lysine.....g	0.151		0		1		0.072	0.107	0.091
Methionine.....g	0.081		0		1		0.039	0.058	0.049
Cystine.....g	0.108		0		1		0.052	0.077	0.065
Phenylalanine.....g	0.243		0		1		0.117	0.173	0.146
Tyrosine.....g	0.157		0		1		0.075	0.111	0.094
Valine.....g	0.216		0		1		0.104	0.153	0.130
Arginine.....g	0.325		0		1		0.156	0.231	0.195
Histidine.....g	0.109		0		1		0.052	0.077	0.065
Alanine.....g	0.172		0		1		0.083	0.122	0.103
Aspartic acid.....g	0.246		0		1		0.118	0.175	0.148
Glutamic acid.....g	1.648		0		1		0.791	1.170	0.989
Glycine.....g	0.196		0		1		0.094	0.139	0.118
Proline.....g	0.521		0		1		0.250	0.370	0.313
Serine.....g	0.256		0		1		0.123	0.182	0.154
Hydroxyproline.....g									

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

**Common Measures:**

Measure 1 = 48g: 1 cup

Measure 2 = 71g: 10 rings, large (3-4" dia)

Measure 3 = 60g: 10 rings, medium (2-3" dia)

**NDB No. 11296**

**Onion rings, breaded, par fried, frozen, prepared, heated in oven**

**Calories Factors: Protein 3.7**

**Fat 8.8**

**Carbohydrate4**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)



NDB No. 11295

Onion rings, breaded, par fried, frozen, unprepared

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.113		0		1		0.513	0.288	
15:0.....g									
16:0.....g	2.747		0		1		12.471	7.005	
17:0.....g									
18:0.....g	1.674		0		1		7.600	4.269	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	5.738		0		1		26.051	14.632	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.188		0		1		0.854	0.479	
17:1.....g									
18:1 undifferentiated.....g	5.550		0		1		25.197	14.153	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.700		0		1		12.258	6.885	
18:2 undifferentiated.....g	2.550		0		1		11.577	6.503	
18:3 undifferentiated.....g	0.150		0		1		0.681	0.383	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.042		0		1		0.191	0.107	
Threonine.....g	0.089		0		1		0.404	0.227	
Isoleucine.....g	0.126		0		1		0.572	0.321	
Leucine.....g	0.207		0		1		0.940	0.528	
Lysine.....g	0.089		0		1		0.404	0.227	
Methionine.....g	0.048		0		1		0.218	0.122	
Cystine.....g	0.064		0		1		0.291	0.163	
Phenylalanine.....g	0.143		0		1		0.649	0.365	
Tyrosine.....g	0.092		0		1		0.418	0.235	
Valine.....g	0.128		0		1		0.581	0.326	
Arginine.....g	0.192		0		1		0.872	0.490	
Histidine.....g	0.064		0		1		0.291	0.163	
Alanine.....g	0.102		0		1		0.463	0.260	
Aspartic acid.....g	0.145		0		1		0.658	0.370	
Glutamic acid.....g	0.972		0		1		4.413	2.479	
Glycine.....g	0.116		0		1		0.527	0.296	
Proline.....g	0.307		0		1		1.394	0.783	
Serine.....g	0.151		0		1		0.686	0.385	
Hydroxyproline.....g									

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

**Common Measures:**

Measure 1 = 454g: 1 package (16 oz)

Measure 2 = 255g: 1 package (9 oz)

**Calories Factors: Protein 3.7**

**Fat 8.8**

**Carbohydrate4**

**NDB No. 11295**

**Onion rings, breaded, par fried, frozen, unprepared**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)



**NDB No. 11285**  
**Onions, canned, solids and liquids**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.000		0		1		0.000	0.000	
15:0.....g									
16:0.....g	0.014		0		1		0.009	0.016	
17:0.....g									
18:0.....g	0.001		0		1		0.001	0.001	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.013		0		1		0.008	0.015	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.013		0		1		0.008	0.015	
20:1.....g	0.000		0	BFFN	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.036		0		1		0.023	0.040	
18:2 undifferentiated.....g	0.034		0		1		0.021	0.038	
18:3 undifferentiated.....g	0.002		0		1		0.001	0.002	
18:4.....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
20:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.012		0		1		0.008	0.013	
Threonine.....g	0.020		0		1		0.013	0.022	
Isoleucine.....g	0.029		0		1		0.018	0.032	
Leucine.....g	0.028		0		1		0.018	0.031	
Lysine.....g	0.039		0		1		0.025	0.044	
Methionine.....g	0.007		0		1		0.004	0.008	
Cystine.....g	0.015		0		1		0.009	0.017	
Phenylalanine.....g	0.021		0		1		0.013	0.024	
Tyrosine.....g	0.020		0		1		0.013	0.022	
Valine.....g	0.019		0		1		0.012	0.021	
Arginine.....g	0.109		0		1		0.069	0.122	
Histidine.....g	0.013		0		1		0.008	0.015	
Alanine.....g	0.023		0		1		0.014	0.026	
Aspartic acid.....g	0.044		0		1		0.028	0.049	
Glutamic acid.....g	0.131		0		1		0.083	0.147	
Glycine.....g	0.034		0		1		0.021	0.038	
Proline.....g	0.025		0		1		0.016	0.028	
Serine.....g	0.024		0		1		0.015	0.027	
Hydroxyproline.....g									
<b><u>Others:</u></b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

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

**Common Measures:**

Measure 1 = 63g: 1 onion



**NDB No. 11285**

**Onions, canned, solids and liquids**

Measure 2 = 112g: .5 cup, chopped or diced

**Calories Factors: Protein 2.78**

**Fat 8.37**

**Carbohydrate 3.84**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11805

Onions, cooked, boiled, drained, with salt

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	87.86		0		1		184.51	13.18	112.46
Energy.....kcal	42		0	NC	4		88	6	54
Energy.....kj	176		0	NC	4		370	26	225
Protein (N x 6.25).....g	1.36		0		1		2.86	0.20	1.74
Total lipid (fat).....g	0.19		0		1		0.40	0.03	0.24
Ash.....g	1.03		0	O	4		2.16	0.15	1.32
Carbohydrate, by difference.....g	9.56		0	NC	4		20.08	1.43	12.24
Fiber, total dietary.....g	1.4		0		4		2.9	0.2	1.8
Sugars, total.....g	4.73		0	BFSN	4		9.93	0.71	6.05
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	22		0		1		46	3	28
Iron, Fe.....mg	0.24		0		1		0.50	0.04	0.31
Magnesium, Mg.....mg	11		0		1		23	2	14
Phosphorus, P.....mg	35		0		1		74	5	45
Potassium, K.....mg	166		0		1		349	25	212
Sodium, Na.....mg	239		0		1		502	36	306
Zinc, Zn.....mg	0.21		0		1		0.44	0.03	0.27
Copper, Cu.....mg	0.067		0		1		0.141	0.010	0.086
Manganese, Mn.....mg	0.153		0		1		0.321	0.023	0.196
Selenium, Se.....mcg	0.6		0	BFSN	4		1.3	0.1	0.8
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	5.2		0		1		10.9	0.8	6.7
Thiamin.....mg	0.042		0		1		0.088	0.006	0.054
Riboflavin.....mg	0.023		0		1		0.048	0.003	0.029
Niacin.....mg	0.165		0		1		0.347	0.025	0.211
Pantothenic acid.....mg	0.113		0		1		0.237	0.017	0.145
Vitamin B-6.....mg	0.129		0		1		0.271	0.019	0.165
Folate, total.....mcg	15		0		1		32	2	19
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg	15		0		1		32	2	19
Folate, DFE.....mcg_DFE	15		0	NC	4		32	2	19
Choline, total.....mg	6.8		0	BFSY	4		14.3	1.0	8.7
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0	0	0
Retinol.....mcg	0		0	Z	7		0	0	0
Carotene, beta.....mcg	1		0	BFSY	4		3	0	2
Carotene, alpha.....mcg	0		0	BFSY	4		0	0	0
Cryptoxanthin, beta.....mcg	0		0	BFSY	4		0	0	0
Vitamin A, IU.....IU	2		0	NC	4		5	0	3
Lycopene.....mcg	0		0	BFSY	4		0	0	0
Lutein + zeaxanthin.....mcg	4		0	BFSY	4		9	1	5
Vitamin E (alpha-tocopherol).....mg	0.02		0	BFSN	4		0.05	0.00	0.03
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.5		0	BFSN	4		1.0	0.1	0.6
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.031		0		1		0.065	0.005	0.040
4:0.....g	0.000		0		1		0.000	0.000	0.000
6:0.....g	0.000		0		1		0.000	0.000	0.000
8:0.....g	0.000		0		1		0.000	0.000	0.000
10:0.....g	0.000		0		1		0.000	0.000	0.000

NDB No. 11805

Onions, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0		1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.001		0		1		0.002	0.000	0.001
15:0.....g									
16:0.....g	0.028		0		1		0.059	0.004	0.036
17:0.....g									
18:0.....g	0.002		0		1		0.004	0.000	0.003
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.027		0		1		0.057	0.004	0.035
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.027		0		1		0.057	0.004	0.035
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.073		0		1		0.153	0.011	0.093
18:2 undifferentiated.....g	0.070		0		1		0.147	0.011	0.090
18:3 undifferentiated.....g	0.004		0		1		0.008	0.001	0.005
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	0
Phytosterols.....mg	18		0		1		38	3	23
<b>Amino Acids:</b>									
Tryptophan.....g	0.020		0		1		0.042	0.003	0.026
Threonine.....g	0.033		0		1		0.069	0.005	0.042
Isoleucine.....g	0.048		0		1		0.101	0.007	0.061
Leucine.....g	0.048		0		1		0.101	0.007	0.061
Lysine.....g	0.065		0		1		0.137	0.010	0.083
Methionine.....g	0.011		0		1		0.023	0.002	0.014
Cystine.....g	0.024		0		1		0.050	0.004	0.031
Phenylalanine.....g	0.035		0		1		0.074	0.005	0.045
Tyrosine.....g	0.034		0		1		0.071	0.005	0.044
Valine.....g	0.031		0		1		0.065	0.005	0.040
Arginine.....g	0.183		0		1		0.384	0.027	0.234
Histidine.....g	0.022		0		1		0.046	0.003	0.028
Alanine.....g	0.038		0		1		0.080	0.006	0.049
Aspartic acid.....g	0.074		0		1		0.155	0.011	0.095
Glutamic acid.....g	0.220		0		1		0.462	0.033	0.282
Glycine.....g	0.057		0		1		0.120	0.009	0.073
Proline.....g	0.042		0		1		0.088	0.006	0.054
Serine.....g	0.040		0		1		0.084	0.006	0.051
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0

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

**Common Measures:**

**NDB No. 11805**

**Onions, cooked, boiled, drained, with salt**

Measure 1 = 210g: 1 cup

Measure 2 = 15.0g: 1 tbsp chopped

Measure 3 = 128g: 1 large

**Calories Factors: Protein 2.78**

**Fat 8.37**

**Carbohydrate 3.84**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11283

Onions, cooked, boiled, drained, without salt

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	87.86		0		1		184.51	13.18	112.46
Energy.....kcal	44		0	NC	4		92	7	56
Energy.....kj	184		0		4		387	28	236
Protein (N x 6.25).....g	1.36		0		1		2.86	0.20	1.74
Total lipid (fat).....g	0.19		0		1		0.40	0.03	0.24
Ash.....g	0.44		0		1		0.92	0.07	0.56
Carbohydrate, by difference.....g	10.15		0	NC	4		21.32	1.52	12.99
Fiber, total dietary.....g	1.4		0		1		2.9	0.2	1.8
Sugars, total.....g	4.73		0	BFSN	4		9.93	0.71	6.05
Sucrose.....g	1.10		0	BFSN	4		2.31	0.16	1.41
Glucose (dextrose).....g	2.19		0	BFSN	4		4.60	0.33	2.81
Fructose.....g	1.44		0	BFSN	4		3.01	0.22	1.84
Lactose.....g	0.00		0	BFSN	4		0.00	0.00	0.00
Maltose.....g	0.00		0	BFSN	4		0.00	0.00	0.00
Galactose.....g	0.00		0	BFSN	4		0.00	0.00	0.00
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	22		0		1		46	3	28
Iron, Fe.....mg	0.24		0		1		0.50	0.04	0.31
Magnesium, Mg.....mg	11		0		1		23	2	14
Phosphorus, P.....mg	35		0		1		74	5	45
Potassium, K.....mg	166		0		1		349	25	212
Sodium, Na.....mg	3		0		1		6	0	4
Zinc, Zn.....mg	0.21		0		1		0.44	0.03	0.27
Copper, Cu.....mg	0.067		0		1		0.141	0.010	0.086
Manganese, Mn.....mg	0.153		0		1		0.321	0.023	0.196
Selenium, Se.....mcg	0.6		0	BFSN	4		1.3	0.1	0.8
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	5.2		0		1		10.9	0.8	6.7
Thiamin.....mg	0.042		0		1		0.088	0.006	0.054
Riboflavin.....mg	0.023		0		1		0.048	0.003	0.029
Niacin.....mg	0.165		0		1		0.347	0.025	0.211
Pantothenic acid.....mg	0.113		0		1		0.237	0.017	0.145
Vitamin B-6.....mg	0.129		0		1		0.271	0.019	0.165
Folate, total.....mcg	15		0		1		32	2	19
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg	15		0		1		32	2	19
Folate, DFE.....mcg_DFE	15		0	NC	4		32	2	19
Choline, total.....mg	6.8		0	BFSY	4		14.3	1.0	8.7
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0	0	0
Retinol.....mcg	0		0	Z	7		0	0	0
Carotene, beta.....mcg	1		0	BFSY	4		3	0	2
Carotene, alpha.....mcg	0		0	BFSY	4		0	0	0
Cryptoxanthin, beta.....mcg	0		0	BFSY	4		0	0	0
Vitamin A, IU.....IU	2		0	NC	4		5	0	3
Lycopene.....mcg	0		0	BFSY	4		0	0	0
Lutein + zeaxanthin.....mcg	4		0	BFSY	4		9	1	5
Vitamin E (alpha-tocopherol).....mg	0.02		0	BFSN	4		0.05	0.00	0.03
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg	0.00		0	BFSN	4		0.00	0.00	0.00
Tocopherol, gamma.....mg	0.00		0	BFSN	4		0.00	0.00	0.00
Tocopherol, delta.....mg	0.00		0	BFSN	4		0.00	0.00	0.00
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.5		0	BFSN	4		1.0	0.1	0.6

Onions, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	measures of food		
							Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.031		0		1		0.065	0.005	0.040
4:0.....g	0.000		0		1		0.000	0.000	0.000
6:0.....g	0.000		0		1		0.000	0.000	0.000
8:0.....g	0.000		0		1		0.000	0.000	0.000
10:0.....g	0.000		0		1		0.000	0.000	0.000
12:0.....g	0.000		0		1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.001		0		1		0.002	0.000	0.001
15:0.....g									
16:0.....g	0.028		0		1		0.059	0.004	0.036
17:0.....g									
18:0.....g	0.002		0		1		0.004	0.000	0.003
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.027		0		1		0.057	0.004	0.035
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.027		0		1		0.057	0.004	0.035
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.073		0		1		0.153	0.011	0.093
18:2 undifferentiated.....g	0.070		0		1		0.147	0.011	0.090
18:3 undifferentiated.....g	0.004		0		1		0.008	0.001	0.005
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	0
Phytosterols.....mg	18		0		1		38	3	23
<b>Amino Acids:</b>									
Tryptophan.....g	0.020		0		1		0.042	0.003	0.026
Threonine.....g	0.033		0		1		0.069	0.005	0.042
Isoleucine.....g	0.048		0		1		0.101	0.007	0.061
Leucine.....g	0.048		0		1		0.101	0.007	0.061
Lysine.....g	0.065		0		1		0.137	0.010	0.083
Methionine.....g	0.011		0		1		0.023	0.002	0.014
Cystine.....g	0.024		0		1		0.050	0.004	0.031
Phenylalanine.....g	0.035		0		1		0.074	0.005	0.045
Tyrosine.....g	0.034		0		1		0.071	0.005	0.044
Valine.....g	0.031		0		1		0.065	0.005	0.040
Arginine.....g	0.183		0		1		0.384	0.027	0.234
Histidine.....g	0.022		0		1		0.046	0.003	0.028
Alanine.....g	0.038		0		1		0.080	0.006	0.049
Aspartic acid.....g	0.074		0		1		0.155	0.011	0.095
Glutamic acid.....g	0.220		0		1		0.462	0.033	0.282
Glycine.....g	0.057		0		1		0.120	0.009	0.073
Proline.....g	0.042		0		1		0.088	0.006	0.054
Serine.....g	0.040		0		1		0.084	0.006	0.051
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0

NDB No. 11283

Onions, cooked, boiled, drained, without salt

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

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

**Common Measures:**

Measure 1 = 210g: 1 cup

Measure 2 = 15.0g: 1 tbsp chopped

Measure 3 = 128g: 1 large

**Calories Factors: Protein 2.78**

**Fat 8.37**

**Carbohydrate 3.84**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 11284**  
**Onions, dehydrated flakes**

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	3.93	0.040	3		1		0.20	0.55	
Energy.....kcal	349		0	NC	4		17	49	
Energy.....kj	1460		0		4		73	204	
Protein (N x 6.25).....g	8.95		2		1		0.45	1.25	
Total lipid (fat).....g	0.46		2		1		0.02	0.06	
Ash.....g	3.38		2		1		0.17	0.47	
Carbohydrate, by difference.....g	83.28		0	NC	4		4.16	11.66	
Fiber, total dietary.....g	9.2		0		4		0.5	1.3	
Sugars, total.....g	37.41		0	BFSN	4		1.87	5.24	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	257		0		1		13	36	
Iron, Fe.....mg	1.55		2		1		0.08	0.22	
Magnesium, Mg.....mg	92		2		1		5	13	
Phosphorus, P.....mg	303		0		1		15	42	
Potassium, K.....mg	1622		0		1		81	227	
Sodium, Na.....mg	21		0		1		1	3	
Zinc, Zn.....mg	1.89		0		1		0.09	0.26	
Copper, Cu.....mg	0.416		0		1		0.021	0.058	
Manganese, Mn.....mg	1.389		0		1		0.069	0.194	
Selenium, Se.....mcg	5.0		0	BFSN	4		0.3	0.7	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	75.0		0		1		3.8	10.5	
Thiamin.....mg	0.500		0		1		0.025	0.070	
Riboflavin.....mg	0.100		0		1		0.005	0.014	
Niacin.....mg	0.990		0		1		0.050	0.139	
Pantothenic acid.....mg	1.380		0		1		0.069	0.193	
Vitamin B-6.....mg	1.600		0		1		0.080	0.224	
Folate, total.....mcg	166		0		1		8	23	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	166		0		1		8	23	
Folate, DFE.....mcg_DFE	166		0	NC	4		8	23	
Choline, total.....mg	53.9		0	BFSY	4		2.7	7.5	
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	1		0	NC	4		0	0	
Retinol.....mcg	0		0	Z	7		0	0	
Carotene, beta.....mcg	11		0	BFSY	4		1	1	
Carotene, alpha.....mcg	0		0	BFSY	4		0	0	
Cryptoxanthin, beta.....mcg	0		0	BFSY	4		0	0	
Vitamin A, IU.....IU	18		0	NC	4		1	2	
Lycopene.....mcg	0		0	BFSY	4		0	0	
Lutein + zeaxanthin.....mcg	32		0	BFSY	4		2	5	
Vitamin E (alpha-tocopherol).....mg	0.18		0	BFSN	4		0.01	0.02	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	3.8		0	BFSN	4		0.2	0.5	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.078		0		1		0.004	0.011	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.000		0		1		0.000	0.000	



NDB No. 11284  
Onions, dehydrated flakes

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0		1		0.000	0.000	
13:0.....g									
14:0.....g	0.002		0		1		0.000	0.000	
15:0.....g									
16:0.....g	0.069		0		1		0.003	0.010	
17:0.....g									
18:0.....g	0.006		0		1		0.000	0.001	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.064		0		1		0.003	0.009	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.064		0		1		0.003	0.009	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.180		0		1		0.009	0.025	
18:2 undifferentiated.....g	0.170		0		1		0.009	0.024	
18:3 undifferentiated.....g	0.009		0		1		0.000	0.001	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.129		0		1		0.006	0.018	
Threonine.....g	0.216		0		1		0.011	0.030	
Isoleucine.....g	0.316		0		1		0.016	0.044	
Leucine.....g	0.314		0		1		0.016	0.044	
Lysine.....g	0.428		0		1		0.021	0.060	
Methionine.....g	0.074		0		1		0.004	0.010	
Cystine.....g	0.160		0		1		0.008	0.022	
Phenylalanine.....g	0.229		0		1		0.011	0.032	
Tyrosine.....g	0.222		0		1		0.011	0.031	
Valine.....g	0.206		0		1		0.010	0.029	
Arginine.....g	1.203		0		1		0.060	0.168	
Histidine.....g	0.146		0		1		0.007	0.020	
Alanine.....g	0.249		0		1		0.012	0.035	
Aspartic acid.....g	0.490		0		1		0.025	0.069	
Glutamic acid.....g	1.445		0		1		0.072	0.202	
Glycine.....g	0.372		0		1		0.019	0.052	
Proline.....g	0.279		0		1		0.014	0.039	
Serine.....g	0.263		0		1		0.013	0.037	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

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

**Common Measures:**

**NDB No. 11284**

**Onions, dehydrated flakes**

Measure 1 = 5.0g: 1 tbsp

Measure 2 = 14.0g: .25 cup

**Calories Factors: Protein 2.78**

**Fat 8.37**

**Carbohydrate 3.84**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11806

Onions, frozen, chopped, cooked, boiled, drained, with salt

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	92.24		0		1		13.84	96.85	
Energy.....kcal	26		0	NC	4		4	27	
Energy.....kj	109		0	NC	4		16	114	
Protein (N x 6.25).....g	0.77		0		1		0.12	0.81	
Total lipid (fat).....g	0.10		0		1		0.02	0.11	
Ash.....g	0.89		0	O	4		0.13	0.93	
Carbohydrate, by difference.....g	6.00		0	NC	4		0.90	6.30	
Fiber, total dietary.....g	1.7		0		4		0.3	1.8	
Sugars, total.....g	2.90		0	BFZN	4		0.43	3.04	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	16		0		1		2	17	
Iron, Fe.....mg	0.30		0		1		0.05	0.32	
Magnesium, Mg.....mg	6		0		1		1	6	
Phosphorus, P.....mg	19		0		1		3	20	
Potassium, K.....mg	108		0		1		16	113	
Sodium, Na.....mg	248		0		4		37	260	
Zinc, Zn.....mg	0.07		0		1		0.01	0.07	
Copper, Cu.....mg	0.019		0		1		0.003	0.020	
Manganese, Mn.....mg	0.071		0		1		0.011	0.075	
Selenium, Se.....mcg	0.4		0	BFSN	4		0.1	0.4	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	2.6		0		1		0.4	2.7	
Thiamin.....mg	0.023		0		1		0.003	0.024	
Riboflavin.....mg	0.025		0		1		0.004	0.026	
Niacin.....mg	0.139		1	A	1		0.021	0.146	
Pantothenic acid.....mg	0.099		1	A	1		0.015	0.104	
Vitamin B-6.....mg	0.069		1	A	1		0.010	0.072	
Folate, total.....mcg	13		1	A	1		2	14	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	13		1	A	1		2	14	
Folate, DFE.....mcg_DFE	13		0	NC	4		2	14	
Choline, total.....mg	4.4		0	BFSY	4		0.7	4.6	
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0	0	
Retinol.....mcg	0		0	Z	7		0	0	
Carotene, beta.....mcg	1		0	BFZN	4		0	1	
Carotene, alpha.....mcg	0		0	BFZN	4		0	0	
Cryptoxanthin, beta.....mcg	0		0	BFZN	4		0	0	
Vitamin A, IU.....IU	2		0	NC	4		0	2	
Lycopene.....mcg	0		0	BFZN	4		0	0	
Lutein + zeaxanthin.....mcg	3		0	BFZN	4		0	3	
Vitamin E (alpha-tocopherol).....mg	0.01		0	BFZN	4		0.00	0.02	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.3		0	BFZN	4		0.0	0.3	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.016		0		1		0.002	0.017	
4:0.....g	0.000		0	BFZN	4		0.000	0.000	
6:0.....g	0.000		0	BFZN	4		0.000	0.000	
8:0.....g	0.000		0	BFZN	4		0.000	0.000	
10:0.....g	0.000		0	BFZN	4		0.000	0.000	

NDB No. 11806

Onions, frozen, chopped, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0	BFZN	4		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0		1		0.000	0.000	
15:0.....g									
16:0.....g	0.014		0		1		0.002	0.015	
17:0.....g									
18:0.....g	0.001		0		1		0.000	0.001	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.013		0		1		0.002	0.014	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.013		0		1		0.002	0.014	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.038		0		1		0.006	0.040	
18:2 undifferentiated.....g	0.036		0		1		0.005	0.038	
18:3 undifferentiated.....g	0.002		0		1		0.000	0.002	
18:4.....g	0.000		0	BFZN	4		0.000	0.000	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	
20:5 n-3.....g	0.000		0	BFZN	4		0.000	0.000	
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.011		0		1		0.002	0.012	
Threonine.....g	0.018		0		1		0.003	0.019	
Isoleucine.....g	0.027		0		1		0.004	0.028	
Leucine.....g	0.027		0		1		0.004	0.028	
Lysine.....g	0.036		0		1		0.005	0.038	
Methionine.....g	0.006		0		1		0.001	0.006	
Cystine.....g	0.014		0		1		0.002	0.015	
Phenylalanine.....g	0.020		0		1		0.003	0.021	
Tyrosine.....g	0.019		0		1		0.003	0.020	
Valine.....g	0.018		0		1		0.003	0.019	
Arginine.....g	0.102		0		1		0.015	0.107	
Histidine.....g	0.012		0		1		0.002	0.013	
Alanine.....g	0.021		0		1		0.003	0.022	
Aspartic acid.....g	0.042		0		1		0.006	0.044	
Glutamic acid.....g	0.123		0		1		0.018	0.129	
Glycine.....g	0.032		0		1		0.005	0.034	
Proline.....g	0.024		0		1		0.004	0.025	
Serine.....g	0.022		0		1		0.003	0.023	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

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

**Common Measures:**

**NDB No. 11806**

**Onions, frozen, chopped, cooked, boiled, drained, with salt**

Measure 1 = 15.0g: 1 tbsp chopped

Measure 2 = 105g: .5 cup, chopped or diced

**Calories Factors: Protein 2.78**

**Fat 8.37**

**Carbohydrate 3.84**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11288

Onions, frozen, chopped, cooked, boiled, drained, without salt

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	92.24		0		1		13.84	96.85	
Energy.....kcal	28		0	NC	4		4	30	
Energy.....kj	118		0	NC	4		18	124	
Protein (N x 6.25).....g	0.77		0		1		0.12	0.81	
Total lipid (fat).....g	0.10		0		1		0.02	0.11	
Ash.....g	0.30		0		1		0.05	0.32	
Carbohydrate, by difference.....g	6.59		0	NC	4		0.99	6.92	
Fiber, total dietary.....g	1.8		0		4		0.3	1.9	
Sugars, total.....g	2.90		0	BFSN	4		0.43	3.04	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	16		0		1		2	17	
Iron, Fe.....mg	0.30		0		1		0.05	0.32	
Magnesium, Mg.....mg	6		0		1		1	6	
Phosphorus, P.....mg	19		0		1		3	20	
Potassium, K.....mg	108		0		1		16	113	
Sodium, Na.....mg	12		0		1		2	13	
Zinc, Zn.....mg	0.07		0		1		0.01	0.07	
Copper, Cu.....mg	0.019		0		1		0.003	0.020	
Manganese, Mn.....mg	0.071		0		1		0.011	0.075	
Selenium, Se.....mcg	0.4		0	BFSN	4		0.1	0.4	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	2.6		0		1		0.4	2.7	
Thiamin.....mg	0.023		0		1		0.003	0.024	
Riboflavin.....mg	0.025		0		1		0.004	0.026	
Niacin.....mg	0.139		0		1		0.021	0.146	
Pantothenic acid.....mg	0.099		0		1		0.015	0.104	
Vitamin B-6.....mg	0.069		0		1		0.010	0.072	
Folate, total.....mcg	13		0		1		2	14	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	13		0		1		2	14	
Folate, DFE.....mcg_DFE	13		0	NC	4		2	14	
Choline, total.....mg	4.4		0	BFSY	4		0.7	4.6	
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0	0	
Retinol.....mcg	0		0	Z	7		0	0	
Carotene, beta.....mcg	1		0	BFSN	4		0	1	
Carotene, alpha.....mcg	0		0	BFSN	4		0	0	
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0	0	
Vitamin A, IU.....IU	2		0	NC	4		0	2	
Lycopene.....mcg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin.....mcg	3		0	BFSN	4		0	3	
Vitamin E (alpha-tocopherol).....mg	0.01		0	BFSN	4		0.00	0.02	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.3		0	BFSN	4		0.0	0.3	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.016		0		1		0.002	0.017	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.000		0		1		0.000	0.000	

NDB No. 11288

Onions, frozen, chopped, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0		1		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0		1		0.000	0.000	
15:0.....g									
16:0.....g	0.014		0		1		0.002	0.015	
17:0.....g									
18:0.....g	0.001		0		1		0.000	0.001	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.013		0		1		0.002	0.014	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.013		0		1		0.002	0.014	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.038		0		1		0.006	0.040	
18:2 undifferentiated.....g	0.036		0		1		0.005	0.038	
18:3 undifferentiated.....g	0.002		0		1		0.000	0.002	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.011		0		1		0.002	0.012	
Threonine.....g	0.018		0		1		0.003	0.019	
Isoleucine.....g	0.027		0		1		0.004	0.028	
Leucine.....g	0.027		0		1		0.004	0.028	
Lysine.....g	0.036		0		1		0.005	0.038	
Methionine.....g	0.006		0		1		0.001	0.006	
Cystine.....g	0.014		0		1		0.002	0.015	
Phenylalanine.....g	0.020		0		1		0.003	0.021	
Tyrosine.....g	0.019		0		1		0.003	0.020	
Valine.....g	0.018		0		1		0.003	0.019	
Arginine.....g	0.102		0		1		0.015	0.107	
Histidine.....g	0.012		0		1		0.002	0.013	
Alanine.....g	0.021		0		1		0.003	0.022	
Aspartic acid.....g	0.042		0		1		0.006	0.044	
Glutamic acid.....g	0.123		0		1		0.018	0.129	
Glycine.....g	0.032		0		1		0.005	0.034	
Proline.....g	0.024		0		1		0.004	0.025	
Serine.....g	0.022		0		1		0.003	0.023	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

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

**Common Measures:**

**NDB No. 11288**

**Onions, frozen, chopped, cooked, boiled, drained, without salt**

Measure 1 = 15.0g: 1 tbsp chopped

Measure 2 = 105g: .5 cup, chopped or diced

**Calories Factors: Protein 2.78**

**Fat 8.37**

**Carbohydrate 3.84**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)





Onions, frozen, chopped, unprepared

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.000		0		1		0.000		
15:0.....g									
16:0.....g	0.015		0		1		0.043		
17:0.....g									
18:0.....g	0.001		0		1		0.003		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.014		0		1		0.040		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.014		0		1		0.040		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.039		0		1		0.111		
18:2 undifferentiated.....g	0.037		0		1		0.105		
18:3 undifferentiated.....g	0.002		0		1		0.006		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.011		0		1		0.031		
Threonine.....g	0.019		0		1		0.054		
Isoleucine.....g	0.028		0		1		0.080		
Leucine.....g	0.028		0		1		0.080		
Lysine.....g	0.038		0		1		0.108		
Methionine.....g	0.007		0		1		0.020		
Cystine.....g	0.014		0		1		0.040		
Phenylalanine.....g	0.020		0		1		0.057		
Tyrosine.....g	0.020		0		1		0.057		
Valine.....g	0.018		0		1		0.051		
Arginine.....g	0.106		0		1		0.301		
Histidine.....g	0.013		0		1		0.037		
Alanine.....g	0.022		0		1		0.062		
Aspartic acid.....g	0.043		0		1		0.122		
Glutamic acid.....g	0.127		0		1		0.361		
Glycine.....g	0.033		0		1		0.094		
Proline.....g	0.025		0		1		0.071		
Serine.....g	0.023		0		1		0.065		
Hydroxyproline.....g									
<b><u>Others:</u></b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg									
Theobromine.....mg									

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

**Common Measures:**

Measure 1 = 284g: 1 package (10 oz)

**NDB No. 11287**

**Onions, frozen, chopped, unprepared**

**Calories Factors: Protein 2.78**

**Fat 8.37**

**Carbohydrate 3.84**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11807

Onions, frozen, whole, cooked, boiled, drained, with salt

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	92.24		0		1		193.70		
Energy.....kcal	26		0	NC	4		54		
Energy.....kj	108		0	NC	4		227		
Protein (N x 6.25).....g	0.71		0		1		1.49		
Total lipid (fat).....g	0.05		0		1		0.11		
Ash.....g	0.89		0	O	4		1.87		
Carbohydrate, by difference.....g	6.11		0	NC	4		12.83		
Fiber, total dietary.....g	1.4		0		4		2.9		
Sugars, total.....g	2.90		0	BFZN	4		6.09		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	27		0		1		57		
Iron, Fe.....mg	0.34		0		1		0.71		
Magnesium, Mg.....mg	8		0		1		17		
Phosphorus, P.....mg	2		0		1		4		
Potassium, K.....mg	101		0		1		212		
Sodium, Na.....mg	244		0		4		512		
Zinc, Zn.....mg	0.09		0		1		0.19		
Copper, Cu.....mg	0.024		0		1		0.050		
Manganese, Mn.....mg	0.040		0		1		0.084		
Selenium, Se.....mcg	0.4	0.103	5	A	1		0.8		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	5.1		0		1		10.7		
Thiamin.....mg	0.016		0		1		0.034		
Riboflavin.....mg	0.018		0		1		0.038		
Niacin.....mg	0.132		0		1		0.277		
Pantothenic acid.....mg	0.078		0		1		0.164		
Vitamin B-6.....mg	0.070		0		1		0.147		
Folate, total.....mcg	13		0		1		28		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	13		0		1		28		
Folate, DFE.....mcg_DFE	13		0	NC	4		28		
Choline, total.....mg	4.4		0	BFSY	4		9.1		
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00		
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0		
Retinol.....mcg	0		0	Z	7		0		
Carotene, beta.....mcg	1		0	BFZN	4		2		
Carotene, alpha.....mcg	0		0	BFZN	4		0		
Cryptoxanthin, beta.....mcg	0		0	BFZN	4		0		
Vitamin A, IU.....IU	2		0	NC	4		4		
Lycopene.....mcg	0		0	BFZN	4		0		
Lutein + zeaxanthin.....mcg	3		0	BFZN	4		6		
Vitamin E (alpha-tocopherol).....mg	0.01		0	BFZN	4		0.03		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.3		0	BFZN	4		0.6		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.009		0		1		0.019		
4:0.....g	0.000		0	BFZN	4		0.000		
6:0.....g	0.000		0	BFZN	4		0.000		
8:0.....g	0.000		0	BFZN	4		0.000		
10:0.....g	0.000		0	BFZN	4		0.000		

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Deriv Code	Points					
12:0.....g	0.000		0	BFZN	4		0.000		
13:0.....g									
14:0.....g	0.000		0		1		0.000		
15:0.....g									
16:0.....g	0.008		0		1		0.017		
17:0.....g									
18:0.....g	0.001		0		1		0.002		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.007		0		1		0.015		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	BFZN	4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.007		0		1		0.015		
20:1.....g									
22:1 undifferentiated.....g	0.000		0	BFZN	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.020		0		1		0.042		
18:2 undifferentiated.....g	0.019		0		1		0.040		
18:3 undifferentiated.....g	0.001		0		1		0.002		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.010		0		1		0.021		
Threonine.....g	0.017		0		1		0.036		
Isoleucine.....g	0.025		0		1		0.053		
Leucine.....g	0.025		0		1		0.053		
Lysine.....g	0.034		0		1		0.071		
Methionine.....g	0.006		0		1		0.013		
Cystine.....g	0.013		0		1		0.027		
Phenylalanine.....g	0.018		0		1		0.038		
Tyrosine.....g	0.018		0		1		0.038		
Valine.....g	0.016		0		1		0.034		
Arginine.....g	0.095		0		1		0.200		
Histidine.....g	0.012		0		1		0.025		
Alanine.....g	0.020		0		1		0.042		
Aspartic acid.....g	0.039		0		1		0.082		
Glutamic acid.....g	0.114		0		1		0.239		
Glycine.....g	0.029		0		1		0.061		
Proline.....g	0.022		0		1		0.046		
Serine.....g	0.021		0		1		0.044		
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

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

**Common Measures:**

**NDB No. 11807**

**Onions, frozen, whole, cooked, boiled, drained, with salt**

Measure 1 = 210g: 1 cup

**Calories Factors: Protein 2.78**

**Fat 8.37**

**Carbohydrate 3.84**

**Food Group: 11 Vegetables and Vegetable Products**

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11290

Onions, frozen, whole, cooked, boiled, drained, without salt

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	92.24		0		1		193.70		
Energy.....kcal	28		0	NC	4		59		
Energy.....kj	118		0	NC	4		247		
Protein (N x 6.25).....g	0.71		0		1		1.49		
Total lipid (fat).....g	0.05		0		1		0.11		
Ash.....g	0.30		0		1		0.63		
Carbohydrate, by difference.....g	6.70		0	NC	4		14.07		
Fiber, total dietary.....g	1.4		0		4		2.9		
Sugars, total.....g	2.90		0	BFSN	4		6.09		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	27		0		1		57		
Iron, Fe.....mg	0.34		0		1		0.71		
Magnesium, Mg.....mg	8		0		1		17		
Phosphorus, P.....mg	2		0		1		4		
Potassium, K.....mg	101		0		1		212		
Sodium, Na.....mg	8		0		1		17		
Zinc, Zn.....mg	0.09		0		1		0.19		
Copper, Cu.....mg	0.024		0		1		0.050		
Manganese, Mn.....mg	0.040		0		1		0.084		
Selenium, Se.....mcg	0.4	0.103	5	A	1		0.8		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	5.1		0		1		10.7		
Thiamin.....mg	0.016		0		1		0.034		
Riboflavin.....mg	0.018		0		1		0.038		
Niacin.....mg	0.132		0		1		0.277		
Pantothenic acid.....mg	0.078		0		1		0.164		
Vitamin B-6.....mg	0.070		0		1		0.147		
Folate, total.....mcg	13		0		1		28		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	13		0		1		28		
Folate, DFE.....mcg_DFE	13		0	NC	4		28		
Choline, total.....mg	4.4		0	BFSY	4		9.1		
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00		
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0		
Retinol.....mcg	0		0	Z	7		0		
Carotene, beta.....mcg	1		0	BFSN	4		2		
Carotene, alpha.....mcg	0		0	BFSN	4		0		
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0		
Vitamin A, IU.....IU	2		0	NC	4		4		
Lycopene.....mcg	0		0	BFSN	4		0		
Lutein + zeaxanthin.....mcg	3		0	BFSN	4		6		
Vitamin E (alpha-tocopherol).....mg	0.01		0	BFSN	4		0.03		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.3		0	BFSN	4		0.6		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.009		0		1		0.019		
4:0.....g	0.000		0		1		0.000		
6:0.....g	0.000		0		1		0.000		
8:0.....g	0.000		0		1		0.000		
10:0.....g	0.000		0		1		0.000		

Onions, frozen, whole, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0		1		0.000		
13:0.....g									
14:0.....g	0.000		0		1		0.000		
15:0.....g									
16:0.....g	0.008		0		1		0.017		
17:0.....g									
18:0.....g	0.001		0		1		0.002		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.007		0		1		0.015		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.007		0		1		0.015		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.020		0		1		0.042		
18:2 undifferentiated.....g	0.019		0		1		0.040		
18:3 undifferentiated.....g	0.001		0		1		0.002		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.010		0		1		0.021		
Threonine.....g	0.017		0		1		0.036		
Isoleucine.....g	0.025		0		1		0.053		
Leucine.....g	0.025		0		1		0.053		
Lysine.....g	0.034		0		1		0.071		
Methionine.....g	0.006		0		1		0.013		
Cystine.....g	0.013		0		1		0.027		
Phenylalanine.....g	0.018		0		1		0.038		
Tyrosine.....g	0.018		0		1		0.038		
Valine.....g	0.016		0		1		0.034		
Arginine.....g	0.095		0		1		0.200		
Histidine.....g	0.012		0		1		0.025		
Alanine.....g	0.020		0		1		0.042		
Aspartic acid.....g	0.039		0		1		0.082		
Glutamic acid.....g	0.114		0		1		0.239		
Glycine.....g	0.029		0		1		0.061		
Proline.....g	0.022		0		1		0.046		
Serine.....g	0.021		0		1		0.044		
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

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

**Common Measures:**



**NDB No. 11290**

**Onions, frozen, whole, cooked, boiled, drained, without salt**

Measure 1 = 210g: 1 cup

**Calories Factors: Protein 2.78**

**Fat 8.37**

**Carbohydrate 3.84**

**Food Group: 11 Vegetables and Vegetable Products**

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11289

Onions, frozen, whole, unprepared

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	90.22	0.170	6		1		256.22		
Energy.....kcal	35		0	NC	4		101		
Energy.....kj	148		0	NC	4		421		
Protein (N x 6.25).....g	0.89	0.046	6		1		2.53		
Total lipid (fat).....g	0.06	0.026	5		1		0.17		
Ash.....g	0.38	0.015	6		1		1.08		
Carbohydrate, by difference.....g	8.45		0	NC	4		24.00		
Fiber, total dietary.....g	1.7		0		1		4.8		
Sugars, total.....g	3.81		0	BFSN	4		10.82		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	36	2.252	6		1		102		
Iron, Fe.....mg	0.46	0.173	6		1		1.31		
Magnesium, Mg.....mg	10	0.696	3		1		28		
Phosphorus, P.....mg	23	0.328	5		1		65		
Potassium, K.....mg	142	8.231	3		1		403		
Sodium, Na.....mg	10	0.285	3		1		28		
Zinc, Zn.....mg	0.12	0.003	3		1		0.34		
Copper, Cu.....mg	0.050	0.003	3		1		0.142		
Manganese, Mn.....mg	0.125	0.015	3		1		0.355		
Selenium, Se.....mcg	0.4	0.103	5	A	1		1.1		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	8.0	1.050	6		1		22.7		
Thiamin.....mg	0.026	0.002	6		1		0.074		
Riboflavin.....mg	0.024	0.004	6		1		0.068		
Niacin.....mg	0.175	0.054	6		1		0.497		
Pantothenic acid.....mg	0.099		1		1		0.281		
Vitamin B-6.....mg	0.093	0.012	3		1		0.264		
Folate, total.....mcg	21		0		1		60		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	21		0		1		60		
Folate, DFE.....mcg_DFE	21		0	NC	4		60		
Choline, total.....mg	5.5		0	BFSN	4		15.6		
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00		
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0		
Retinol.....mcg	0		0	Z	7		0		
Carotene, beta.....mcg	1		0	BFSN	4		4		
Carotene, alpha.....mcg	0		0	BFSN	4		0		
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0		
Vitamin A, IU.....IU	2		0	NC	4		6		
Lycopene.....mcg	0		0	BFSN	4		0		
Lutein + zeaxanthin.....mcg	4		0	BFSN	4		11		
Vitamin E (alpha-tocopherol).....mg	0.02		0	BFSN	4		0.05		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.4		0	BFSN	4		1.1		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.011		0		1		0.031		
4:0.....g	0.000		0		1		0.000		
6:0.....g	0.000		0		1		0.000		
8:0.....g	0.000		0		1		0.000		
10:0.....g	0.000		0		1		0.000		

Onions, frozen, whole, unprepared

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0			1	0.000		
13:0.....g									
14:0.....g	0.000		0			1	0.000		
15:0.....g									
16:0.....g	0.010		0			1	0.028		
17:0.....g									
18:0.....g	0.001		0			1	0.003		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.009		0			1	0.026		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0			1	0.000		
17:1.....g									
18:1 undifferentiated.....g	0.009		0			1	0.026		
20:1.....g	0.000		0			1	0.000		
22:1 undifferentiated.....g	0.000		0			1	0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.025		0			1	0.071		
18:2 undifferentiated.....g	0.024		0			1	0.068		
18:3 undifferentiated.....g	0.001		0			1	0.003		
18:4.....g	0.000		0			1	0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0			1	0.000		
20:5 n-3.....g	0.000		0			1	0.000		
22:5 n-3.....g	0.000		0			1	0.000		
22:6 n-3.....g	0.000		0			1	0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z		7	0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.013		0			1	0.037		
Threonine.....g	0.022		0			1	0.062		
Isoleucine.....g	0.032		0			1	0.091		
Leucine.....g	0.031		0			1	0.088		
Lysine.....g	0.043		0			1	0.122		
Methionine.....g	0.007		0			1	0.020		
Cystine.....g	0.016		0			1	0.045		
Phenylalanine.....g	0.023		0			1	0.065		
Tyrosine.....g	0.022		0			1	0.062		
Valine.....g	0.021		0			1	0.060		
Arginine.....g	0.120		0			1	0.341		
Histidine.....g	0.015		0			1	0.043		
Alanine.....g	0.025		0			1	0.071		
Aspartic acid.....g	0.049		0			1	0.139		
Glutamic acid.....g	0.144		0			1	0.409		
Glycine.....g	0.037		0			1	0.105		
Proline.....g	0.028		0			1	0.080		
Serine.....g	0.026		0			1	0.074		
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0			7	0.0		
Caffeine.....mg	0		0	Z		7	0		
Theobromine.....mg	0		0	Z		7	0		

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

**Common Measures:**

**NDB No. 11289**

**Onions, frozen, whole, unprepared**

Measure 1 = 284g: 1 package (10 oz)

**Calories Factors: Protein 2.78**

**Fat 8.37**

**Carbohydrate 3.84**

**Food Group: 11 Vegetables and Vegetable Products**

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11282

Onions, raw

Allium cepa

Refuse:10% Stem ends, sprouts and defects

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	89.11	0.248	34	JO	11		142.58	102.48	8.91
Energy.....kcal	40		0	NC	4		64	46	4
Energy.....kj	166		0	NC	4		266	191	17
Protein (N x 6.25).....g	1.10	0.036	25	JO	11		1.76	1.26	0.11
Total lipid (fat).....g	0.10	0.005	22	JO	11		0.17	0.12	0.01
Ash.....g	0.35	0.003	24	JA	6		0.56	0.40	0.04
Carbohydrate, by difference.....g	9.34		0	NC	4		14.94	10.74	0.93
Fiber, total dietary.....g	1.7	0.048	10		1		2.8	2.0	0.2
Sugars, total.....g	4.24		0	NC	4		6.78	4.88	0.42
Sucrose.....g	0.99	0.050	16	JA	6		1.58	1.13	0.10
Glucose (dextrose).....g	1.97	0.054	16	JA	6		3.15	2.26	0.20
Fructose.....g	1.29	0.052	16	JA	6		2.06	1.48	0.13
Lactose.....g	0.00	0.000	5	JA	6		0.00	0.00	0.00
Maltose.....g	0.00	0.000	5	JA	6		0.00	0.00	0.00
Galactose.....g	0.00		0	Z	7		0.00	0.00	0.00
Starch.....g	0.00	0.000	3	A	1		0.00	0.00	0.00
<b>Minerals:</b>									
Calcium, Ca.....mg	23	0.568	89	JA	6		36	26	2
Iron, Fe.....mg	0.21	0.008	90	JA	6		0.34	0.24	0.02
Magnesium, Mg.....mg	10	0.152	90	JA	6		16	11	1
Phosphorus, P.....mg	29	0.584	89	JA	6		47	34	3
Potassium, K.....mg	146	2.951	89	JA	6		234	168	15
Sodium, Na.....mg	4	0.158	81	JA	6		6	4	0
Zinc, Zn.....mg	0.17	0.004	90	JA	6		0.27	0.19	0.02
Copper, Cu.....mg	0.039	0.002	86	JA	6		0.063	0.045	0.004
Manganese, Mn.....mg	0.129	0.004	89	JA	6		0.206	0.148	0.013
Selenium, Se.....mcg	0.5	0.143	49	JA	6		0.8	0.5	0.0
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	7.4	0.053	17		1		11.8	8.5	0.7
Thiamin.....mg	0.046	0.001	25	JA	6		0.074	0.053	0.005
Riboflavin.....mg	0.027	0.002	12	JA	6		0.044	0.032	0.003
Niacin.....mg	0.116	0.003	15	JA	6		0.186	0.134	0.012
Pantothenic acid.....mg	0.123	0.002	24	JA	6		0.197	0.141	0.012
Vitamin B-6.....mg	0.120	0.004	25	JA	6		0.191	0.137	0.012
Folate, total.....mcg	19	0.059	17		1		30	21	2
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg	19	0.059	17		1		30	21	2
Folate, DFE.....mcg_DFE	19		0	NC	4		30	21	2
Choline, total.....mg	6.1		0	AS	1		9.8	7.0	0.6
Betaine.....mg	0.1		1	A	1		0.1	0.1	0.0
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0	0	0
Retinol.....mcg	0		0	Z	7		0	0	0
Carotene, beta.....mcg	1		0	BFSN	4		2	2	0
Carotene, alpha.....mcg	0		0	BFSN	4		0	0	0
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0	0	0
Vitamin A, IU.....IU	2		0	NC	4		4	3	0
Lycopene.....mcg	0		0	BFSN	4		0	0	0
Lutein + zeaxanthin.....mcg	4		0	BFSN	4		7	5	0
Vitamin E (alpha-tocopherol).....mg	0.02	0.000	5	JO	11		0.03	0.02	0.00
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg	0.00	0.000	5	JO	11		0.00	0.00	0.00
Tocopherol, gamma.....mg	0.00	0.000	5	JO	11		0.00	0.00	0.00
Tocopherol, delta.....mg	0.00	0.000	5	JO	11		0.00	0.00	0.00
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.4	0.011	9	JO	11		0.7	0.5	0.0

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.042		0	NC	4		0.067	0.048	0.004
4:0.....g	0.000		0		1		0.000	0.000	0.000
6:0.....g	0.000		0		1		0.000	0.000	0.000
8:0.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
10:0.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
12:0.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.004	0.000	4	A	1		0.006	0.004	0.000
15:0.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
16:0.....g	0.034	0.003	4	A	1		0.055	0.039	0.003
17:0.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
18:0.....g	0.004	0.000	4	A	1		0.006	0.004	0.000
20:0.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
22:0.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
24:0.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
Fatty acids, total monounsaturated.....g	0.013		0	NC	4		0.021	0.015	0.001
14:1.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
15:1.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
16:1 undifferentiated.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
17:1.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
18:1 undifferentiated.....g	0.013	0.002	4	A	1		0.021	0.015	0.001
20:1.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.017		0	NC	4		0.027	0.020	0.002
18:2 undifferentiated.....g	0.013	0.002	4	A	1		0.021	0.015	0.001
18:3 undifferentiated.....g	0.004	0.000	4	A	1		0.006	0.004	0.000
18:4.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
20:2 n-6 c.c.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
20:3 undifferentiated.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
20:4 undifferentiated.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
20:5 n-3.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
22:5 n-3.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
22:6 n-3.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	0
Phytosterols.....mg	15		1		1		24	17	2
<b>Amino Acids:</b>									
Tryptophan.....g	0.014		0	A	1		0.023	0.017	0.001
Threonine.....g	0.021		0	A	1		0.033	0.024	0.002
Isoleucine.....g	0.014		0	A	1		0.023	0.017	0.001
Leucine.....g	0.025		0	A	1		0.040	0.028	0.002
Lysine.....g	0.039		0	A	1		0.063	0.045	0.004
Methionine.....g	0.002		0	A	1		0.003	0.002	0.000
Cystine.....g	0.004		0	A	1		0.007	0.005	0.000
Phenylalanine.....g	0.025		0	A	1		0.040	0.028	0.002
Tyrosine.....g	0.014		0	A	1		0.023	0.017	0.001
Valine.....g	0.021		0	A	1		0.033	0.024	0.002
Arginine.....g	0.104		0	A	1		0.167	0.120	0.010
Histidine.....g	0.014		0	A	1		0.023	0.017	0.001
Alanine.....g	0.021		0	A	1		0.033	0.024	0.002
Aspartic acid.....g	0.091		0	A	1		0.146	0.105	0.009
Glutamic acid.....g	0.258		0	A	1		0.413	0.297	0.026
Glycine.....g	0.025		0	A	1		0.040	0.028	0.002
Proline.....g	0.012		0	A	1		0.020	0.014	0.001
Serine.....g	0.021		0	A	1		0.033	0.024	0.002
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0

NDB No. 11282

Onions, raw

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

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

**Common Measures:**

Measure 1 = 160g: 1 cup, chopped

Measure 2 = 115g: 1 cup, sliced

Measure 3 = 10.0g: 1 tbsp chopped

**Calories Factors: Protein 2.78**

**Fat 8.37**

**Carbohydrate 3.84**

**Food Group:** 11 Vegetables and Vegetable Products  
USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11291

Onions, spring or scallions (includes tops and bulb), raw

Allium cepa or Allium fistulosum

Refuse:4% Rootlets

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	89.83	0.878	21		1		89.83	5.39	22.46
Energy.....kcal	32		0	NC	4		32	2	8
Energy.....kj	135		0	NC	4		135	8	34
Protein (N x 6.25).....g	1.83	0.183	3		1		1.83	0.11	0.46
Total lipid (fat).....g	0.19	0.067	3		1		0.19	0.01	0.05
Ash.....g	0.81	0.084	4		1		0.81	0.05	0.20
Carbohydrate, by difference.....g	7.34		0	NC	4		7.34	0.44	1.84
Fiber, total dietary.....g	2.6		0		1		2.6	0.2	0.7
Sugars, total.....g	2.33		0	BFSN	4		2.33	0.14	0.58
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	72	15.746	3		1		72	4	18
Iron, Fe.....mg	1.48	0.874	4		1		1.48	0.09	0.37
Magnesium, Mg.....mg	20	1.514	4		1		20	1	5
Phosphorus, P.....mg	37	0.835	3		1		37	2	9
Potassium, K.....mg	276	1.323	4		1		276	17	69
Sodium, Na.....mg	16	5.791	12		1		16	1	4
Zinc, Zn.....mg	0.39	0.093	4		1		0.39	0.02	0.10
Copper, Cu.....mg	0.083	0.013	4		1		0.083	0.005	0.021
Manganese, Mn.....mg	0.160		2		1		0.160	0.010	0.040
Selenium, Se.....mcg	0.6		0	BFSN	4		0.6	0.0	0.2
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	18.8		2		1		18.8	1.1	4.7
Thiamin.....mg	0.055		2		1		0.055	0.003	0.014
Riboflavin.....mg	0.080		2		1		0.080	0.005	0.020
Niacin.....mg	0.525		2		1		0.525	0.032	0.131
Pantothenic acid.....mg	0.075		2		1		0.075	0.005	0.019
Vitamin B-6.....mg	0.061		0		4		0.061	0.004	0.015
Folate, total.....mcg	64	11.007	11		1		64	4	16
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg	64	11.007	11		1		64	4	16
Folate, DFE.....mcg_DFE	64		0	NC	4		64	4	16
Choline, total.....mg	5.7		0	BFSN	4		5.7	0.3	1.4
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	50		0	NC	4		50	3	12
Retinol.....mcg	0		0	Z	7		0	0	0
Carotene, beta.....mcg	598		0	BFSN	4		598	36	150
Carotene, alpha.....mcg	0		0	BFSN	4		0	0	0
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0	0	0
Vitamin A, IU.....IU	997		0	NC	4		997	60	249
Lycopene.....mcg	0		0	BFSN	4		0	0	0
Lutein + zeaxanthin.....mcg	1137		0	BFSN	4		1137	68	284
Vitamin E (alpha-tocopherol).....mg	0.55		0	BFSN	4		0.55	0.03	0.14
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	207.0		0	T	4		207.0	12.4	51.8
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.032		0		1		0.032	0.002	0.008
4:0.....g	0.000		0		1		0.000	0.000	0.000
6:0.....g	0.000		0		1		0.000	0.000	0.000
8:0.....g	0.000		0		1		0.000	0.000	0.000
10:0.....g	0.000		0		1		0.000	0.000	0.000



Onions, spring or scallions (includes tops and bulb), raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0		1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.001		1		1		0.001	0.000	0.000
15:0.....g									
16:0.....g	0.028		1		1		0.028	0.002	0.007
17:0.....g									
18:0.....g	0.003		1		1		0.003	0.000	0.001
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.027		0		1		0.027	0.002	0.007
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.027		1		1		0.027	0.002	0.007
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.074		0		1		0.074	0.004	0.019
18:2 undifferentiated.....g	0.070		1		1		0.070	0.004	0.018
18:3 undifferentiated.....g	0.004		1		1		0.004	0.000	0.001
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	0
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.020		0		1		0.020	0.001	0.005
Threonine.....g	0.072		0		1		0.072	0.004	0.018
Isoleucine.....g	0.077		0		1		0.077	0.005	0.019
Leucine.....g	0.109		0		1		0.109	0.007	0.027
Lysine.....g	0.091		0		1		0.091	0.005	0.023
Methionine.....g	0.020		0		1		0.020	0.001	0.005
Cystine.....g									
Phenylalanine.....g	0.059		0		1		0.059	0.004	0.015
Tyrosine.....g	0.053		0		1		0.053	0.003	0.013
Valine.....g	0.081		0		1		0.081	0.005	0.020
Arginine.....g	0.132		0		1		0.132	0.008	0.033
Histidine.....g	0.032		0		1		0.032	0.002	0.008
Alanine.....g	0.082		0		1		0.082	0.005	0.021
Aspartic acid.....g	0.169		0		1		0.169	0.010	0.042
Glutamic acid.....g	0.378		0		1		0.378	0.023	0.095
Glycine.....g	0.091		0		1		0.091	0.005	0.023
Proline.....g	0.121		0		1		0.121	0.007	0.030
Serine.....g	0.082		0		1		0.082	0.005	0.021
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0

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

**Common Measures:**

**NDB No. 11291**

**Onions, spring or scallions (includes tops and bulb), raw**

Measure 1 = 100g: 1 cup, chopped

Measure 2 = 6.0g: 1 tbsp chopped

Measure 3 = 25g: 1 large

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)



NDB No. 11294  
Onions, sweet, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.009		0	A	1		0.030	0.013	
Threonine.....g	0.018		0	A	1		0.061	0.027	
Isoleucine.....g	0.014		0	A	1		0.047	0.021	
Leucine.....g	0.025		0	A	1		0.083	0.037	
Lysine.....g	0.033		0	A	1		0.109	0.049	
Methionine.....g	0.009		0	A	1		0.030	0.013	
Cystine.....g	0.009		0	A	1		0.030	0.013	
Phenylalanine.....g	0.024		0	A	1		0.078	0.035	
Tyrosine.....g	0.012		0	A	1		0.039	0.018	
Valine.....g	0.020		0	A	1		0.065	0.029	
Arginine.....g	0.111		0	A	1		0.368	0.165	
Histidine.....g	0.011		0	A	1		0.035	0.016	
Alanine.....g	0.017		0	A	1		0.055	0.024	
Aspartic acid.....g	0.067		0	A	1		0.223	0.100	
Glutamic acid.....g	0.177		0	A	1		0.587	0.262	
Glycine.....g	0.020		0	A	1		0.067	0.030	
Proline.....g	0.015		0	A	1		0.049	0.022	
Serine.....g	0.020		0	A	1		0.066	0.030	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

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

**Common Measures:**

Measure 1 = 331g: 1 onion  
Measure 2 = 148g: 1 NLEA serving

**Calories Factors: Protein 2.78**

**Fat 8.37**

**Carbohydrate 3.84**

**Food Group:** 11 Vegetables and Vegetable Products  
USDA National Nutrient Database for Standard Reference, Release 21 (2008)



Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Deriv Code	Points					
14:0.....g	0.002		0			1			
15:0.....g									
16:0.....g	0.060		0			1			
17:0.....g									
18:0.....g	0.005		0			1			
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.056		0			1			
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.056		0			1			
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.156		0			1			
18:2 undifferentiated.....g	0.148		0			1			
18:3 undifferentiated.....g	0.008		0			1			
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z		7			
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.021		0			1			
Threonine.....g	0.074		0			1			
Isoleucine.....g	0.081		0			1			
Leucine.....g	0.113		0			1			
Lysine.....g	0.095		0			1			
Methionine.....g	0.021		0			1			
Cystine.....g									
Phenylalanine.....g	0.061		0			1			
Tyrosine.....g	0.055		0			1			
Valine.....g	0.084		0			1			
Arginine.....g	0.137		0			1			
Histidine.....g	0.033		0			1			
Alanine.....g	0.086		0			1			
Aspartic acid.....g	0.176		0			1			
Glutamic acid.....g	0.393		0			1			
Glycine.....g	0.094		0			1			
Proline.....g	0.126		0			1			
Serine.....g	0.086		0			1			
Hydroxyproline.....g									

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**Common Measures:**

**Calories Factors: Protein 2.78**

**Fat 8.37**

**Carbohydrate 3.84**

**Food Group: 11 Vegetables and Vegetable Products**

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11286  
Onions, yellow, sauteed

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	80.01	1.122	4	A	1		69.61		
Energy.....kcal	132		0	NC	4		115		
Energy.....kj	554		0	NC	4		482		
Protein.....g	0.95	0.090	4	A	1		0.82		
Total lipid (fat).....g	10.80	0.736	4	A	1		9.40		
Ash.....g	0.38	0.031	4	A	1		0.33		
Carbohydrate, by difference.....g	7.86		0	NC	4		6.84		
Fiber, total dietary.....g	1.7	0.058	4	A	1		1.5		
Sugars, total.....g									
Sucrose.....g	0.81	0.213	4	A	1		0.71		
Glucose (dextrose).....g	2.10	0.030	4	A	1		1.82		
Fructose.....g	1.48	0.137	4	A	1		1.29		
Lactose.....g	0.00	0.000	4	A	1		0.00		
Maltose.....g	0.00	0.000	4	A	1		0.00		
Galactose.....g									
Starch.....g	0.00	0.000	3	A	1		0.00		
<b>Minerals:</b>									
Calcium, Ca.....mg	20	2.364	4	A	1		17		
Iron, Fe.....mg	0.27	0.023	4	A	1		0.23		
Magnesium, Mg.....mg	9	1.091	4	A	1		8		
Phosphorus, P.....mg	33	3.027	4	A	1		29		
Potassium, K.....mg	133	6.511	4	A	1		115		
Sodium, Na.....mg	12	1.557	4	A	1		11		
Zinc, Zn.....mg	0.21	0.014	4	A	1		0.19		
Copper, Cu.....mg	0.017	0.000	4	A	1		0.014		
Manganese, Mn.....mg	0.102	0.011	4	A	1		0.089		
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	1.8	0.670	4	A	1		1.5		
Thiamin.....mg	0.049	0.004	4	A	1		0.043		
Riboflavin.....mg	0.041	0.008	4	A	1		0.036		
Niacin.....mg	0.037	0.000	4	A	1		0.032		
Pantothenic acid.....mg	0.172	0.018	4	A	1		0.150		
Vitamin B-6.....mg	0.207	0.019	4	A	1		0.180		
Folate, total.....mcg	2	0.000	4	A	1		2		
Folic acid.....mcg									
Folate, food.....mcg	2	0.000	4	A	1		2		
Folate, DFE.....mcg_DFE									
Choline, total.....mg	6.5		0	AS	1		5.7		
Betaine.....mg	0.1		1	A	1		0.1		
Vitamin B-12.....mcg									
Vitamin A, RAE.....mcg_RAE									
Retinol.....mcg									
Carotene, beta.....mcg									
Carotene, alpha.....mcg									
Cryptoxanthin, beta.....mcg									
Vitamin A, IU.....IU									
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									
Vitamin E (alpha-tocopherol).....mg	0.68		1	A	1		0.59		
Tocopherol, beta.....mg	0.04		1	A	1		0.03		
Tocopherol, gamma.....mg	5.64		1	A	1		4.91		
Tocopherol, delta.....mg	1.57		1	A	1		1.37		
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	21.6		2	A	1		18.8		
<b>Amino Acids:</b>									
Tryptophan.....g	0.014		0	A	1		0.012		

NDB No. 11286  
Onions, yellow, sauteed

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Deriv Code	Points					
Threonine.....g	0.020		0	A	1		0.018		
Isoleucine.....g	0.014		0	A	1		0.012		
Leucine.....g	0.024		0	A	1		0.021		
Lysine.....g	0.038		0	A	1		0.033		
Methionine.....g	0.002		0	A	1		0.001		
Cystine.....g	0.004		0	A	1		0.004		
Phenylalanine.....g	0.024		0	A	1		0.021		
Tyrosine.....g	0.014		0	A	1		0.012		
Valine.....g	0.020		0	A	1		0.018		
Arginine.....g	0.102		0	A	1		0.089		
Histidine.....g	0.014		0	A	1		0.012		
Alanine.....g	0.020		0	A	1		0.018		
Aspartic acid.....g	0.089		0	A	1		0.077		
Glutamic acid.....g	0.251		0	A	1		0.219		
Glycine.....g	0.024		0	A	1		0.021		
Proline.....g	0.012		0	A	1		0.010		
Serine.....g	0.020		0	A	1		0.018		
Hydroxyproline.....g									

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

**Common Measures:**

Measure 1 = 87g: 1 cup chopped

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)



NDB No. 11292  
 Onions, young green, tops only  
*Allium cepa*

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	91.80		1		1		5.51	11.02	
Energy.....kcal	25		0	NC	4		2	3	
Energy.....kj	106		0	NC	4		6	13	
Protein.....g	1.80		0		4		0.11	0.22	
Total lipid (fat).....g	0.10		0		4		0.01	0.01	
Ash.....g	0.65		0	BFSN	4		0.04	0.08	
Carbohydrate, by difference.....g	5.65		0	NC	4		0.34	0.68	
Fiber, total dietary.....g	3.5		0		4		0.2	0.4	
Sugars, total.....g	2.10		0	O	4		0.13	0.25	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	61		0		4		4	7	
Iron, Fe.....mg	1.92		0		4		0.12	0.23	
Magnesium, Mg.....mg	20		0		4		1	2	
Phosphorus, P.....mg	33		0		4		2	4	
Potassium, K.....mg	260		0		4		16	31	
Sodium, Na.....mg	4		0		4		0	0	
Zinc, Zn.....mg	0.45		0		4		0.03	0.05	
Copper, Cu.....mg	0.061		0		4		0.004	0.007	
Manganese, Mn.....mg	0.129		0	BFSN	4		0.008	0.015	
Selenium, Se.....mcg	0.5		0	BFSN	4		0.0	0.1	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	45.6		0		4		2.7	5.5	
Thiamin.....mg	0.070		0		4		0.004	0.008	
Riboflavin.....mg	0.140		0		4		0.008	0.017	
Niacin.....mg	0.200		0		4		0.012	0.024	
Pantothenic acid.....mg	0.060		0	BFSN	4		0.004	0.007	
Vitamin B-6.....mg	0.060		0		4		0.004	0.007	
Folate, total.....mcg	14		0		4		1	2	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	14		0		4		1	2	
Folate, DFE.....mcg_DFE	14		0	NC	4		1	2	
Choline, total.....mg	4.6		0	BFSN	4		0.3	0.6	
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0		7		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	200		0	NC	4		12	24	
Retinol.....mcg	0		0	BNA	4		0	0	
Carotene, beta.....mcg	2400		0	BNA	4		144	288	
Carotene, alpha.....mcg	0		0	BNA	4		0	0	
Cryptoxanthin, beta.....mcg	0		0	BNA	4		0	0	
Vitamin A, IU.....IU	4000		0	NC	4		240	480	
Lycopene.....mcg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin.....mcg	916		0	BFSN	4		55	110	
Vitamin E (alpha-tocopherol).....mg	0.21		0	O	4		0.01	0.03	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	166.9		0	BFSN	4		10.0	20.0	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.016		0		4		0.001	0.002	
4:0.....g	0.000		0		4		0.000	0.000	
6:0.....g	0.000		0		4		0.000	0.000	
8:0.....g	0.000		0		4		0.000	0.000	
10:0.....g	0.000		0		4		0.000	0.000	

NDB No. 11292  
Onions, young green, tops only

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0		4		0.000	0.000	
13:0.....g									
14:0.....g	0.001		0		4		0.000	0.000	
15:0.....g									
16:0.....g	0.014		0		4		0.001	0.002	
17:0.....g									
18:0.....g	0.001		0		4		0.000	0.000	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.014		0		4		0.001	0.002	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.014		0		4		0.001	0.002	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.038		0		4		0.002	0.005	
18:2 undifferentiated.....g	0.036		0		4		0.002	0.004	
18:3 undifferentiated.....g	0.002		0		4		0.000	0.000	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		7		0	0	
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

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

**Common Measures:**

Measure 1 = 6.0g: 1 tbsp

Measure 2 = 12.0g: 1 stalk

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group: 11 Vegetables and Vegetable Products**  
USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 43392  
Palm hearts, raw

Refuse:

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	69.50		0						1
Energy.....kcal	115		0	NC					4
Energy.....kj	481		0	NC					4
Protein.....g	2.70		0						1
Total lipid (fat).....g	0.20		0						1
Ash.....g	1.99		0	O					4
Carbohydrate, by difference.....g	25.61		0	NC					4
Fiber, total dietary.....g	1.5		0						4
Sugars, total.....g	17.16		0	O					4
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	18		0						1
Iron, Fe.....mg	1.69		0						4
Magnesium, Mg.....mg	10		0						4
Phosphorus, P.....mg	140		0						1
Potassium, K.....mg	1806		0						4
Sodium, Na.....mg	14		0						4
Zinc, Zn.....mg	3.73		0						4
Copper, Cu.....mg	0.644		0						4
Manganese, Mn.....mg									
Selenium, Se.....mcg	0.7		0	CAZN					4
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	8.0		0						1
Thiamin.....mg	0.050		0						1
Riboflavin.....mg	0.180		0						1
Niacin.....mg	0.900		0						1
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.810		0						4
Folate, total.....mcg	24		0						4
Folic acid.....mcg	0		0	Z					7
Folate, food.....mcg	24		0						4
Folate, DFE.....mcg_DFE	24		0	NC					4
Choline, total.....mg	0.0		0	BFSN					4
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0						7
Vitamin B-12, added.....mcg	0.00		0	Z					7
Vitamin A, RAE.....mcg_RAE	3		0	NC					4
Retinol.....mcg	0		0	Z					7
Carotene, beta.....mcg	41		0	O					4
Carotene, alpha.....mcg	0		0	Z					7
Cryptoxanthin, beta.....mcg	0		0	Z					7
Vitamin A, IU.....IU	68		0	NC					4
Lycopene.....mcg	0		0	Z					7
Lutein + zeaxanthin.....mcg	0		0	Z					7
Vitamin E (alpha-tocopherol).....mg	0.50		0	O					4
Vitamin E, added.....mg	0.00		0	Z					7
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		0	Z					7
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.046		0						4
4:0.....g	0.000		0						4
6:0.....g	0.000		0						4
8:0.....g	0.000		0						4
10:0.....g	0.000		0						4

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.001		0			4			
13:0.....g									
14:0.....g	0.001		0			4			
15:0.....g									
16:0.....g	0.034		0			4			
17:0.....g									
18:0.....g	0.004		0			4			
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.005		0			4			
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0			4			
17:1.....g									
18:1 undifferentiated.....g	0.005		0			4			
20:1.....g	0.000		0			4			
22:1 undifferentiated.....g	0.000		0			4			
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.089		0			4			
18:2 undifferentiated.....g	0.076		0			4			
18:3 undifferentiated.....g	0.013		0			4			
18:4.....g	0.000		0			4			
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0			4			
20:5 n-3.....g	0.000		0			4			
22:5 n-3.....g	0.000		0			4			
22:6 n-3.....g	0.000		0			4			
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0			7			
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0			7			
Caffeine.....mg	0		0	Z		7			
Theobromine.....mg	0		0	Z		7			

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

**Common Measures:**

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 11625**  
**Parsley, freeze-dried**

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	2.00		1		1		0.01	0.03	
Energy.....kcal	271		0	NC	4		1	4	
Energy.....kj	1134		0		4		5	16	
Protein (N x 6.25).....g	31.30		1		1		0.13	0.44	
Total lipid (fat).....g	5.20		1		1		0.02	0.07	
Ash.....g	19.12		0		1		0.08	0.27	
Carbohydrate, by difference.....g	42.38		0	NC	4		0.17	0.59	
Fiber, total dietary.....g	32.7		0	BFSN	4		0.1	0.5	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	176		1		1		1	2	
Iron, Fe.....mg	53.90		1		1		0.22	0.75	
Magnesium, Mg.....mg	372		0		1		1	5	
Phosphorus, P.....mg	548		1		1		2	8	
Potassium, K.....mg	6300		1		1		25	88	
Sodium, Na.....mg	391		1		1		2	5	
Zinc, Zn.....mg	6.11		0		1		0.02	0.09	
Copper, Cu.....mg	0.459		0		1		0.002	0.006	
Manganese, Mn.....mg	1.338		0		1		0.005	0.019	
Selenium, Se.....mcg	32.3		0	BFSN	4		0.1	0.5	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	149.0		1		1		0.6	2.1	
Thiamin.....mg	1.040		1		1		0.004	0.015	
Riboflavin.....mg	2.260		1		1		0.009	0.032	
Niacin.....mg	10.400		1		1		0.042	0.146	
Pantothenic acid.....mg	2.516		0		1		0.010	0.035	
Vitamin B-6.....mg	1.375		0		1		0.006	0.019	
Folate, total.....mcg	194		0	BFSN	4		1	3	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	194		0	BFSN	4		1	3	
Folate, DFE.....mcg_DFE	194		0	NC	4		1	3	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE									
Retinol.....mcg									
Carotene, beta.....mcg									
Carotene, alpha.....mcg									
Cryptoxanthin, beta.....mcg									
Vitamin A, IU.....IU	63240		1		1		253	885	
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g									
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									

**NDB No. 11625**  
**Parsley, freeze-dried**

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
Tryptophan.....g	0.516		0		1	0.002	0.007
Threonine.....g							
Isoleucine.....g							
Leucine.....g							
Lysine.....g	3.115		0		1	0.012	0.044
Methionine.....g	0.210		0		1	0.001	0.003
Cystine.....g							
Phenylalanine.....g							
Tyrosine.....g							
Valine.....g							
Arginine.....g							
Histidine.....g							
Alanine.....g							
Aspartic acid.....g							
Glutamic acid.....g							
Glycine.....g							
Proline.....g							
Serine.....g							
Hydroxyproline.....g							

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

**Common Measures:**

Measure 1 = 0.4g: 1 tbsp

Measure 2 = 1.4g: .25 cup

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group: 11 Vegetables and Vegetable Products**

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11297

Parsley, raw

*Petroselinum crispum*

Refuse:5% Tough stems

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	87.71	0.668	11		1		52.63	3.33	8.77
Energy.....kcal	36		0	NC	4		22	1	4
Energy.....kj	151		0		4		90	6	15
Protein (N x 6.25).....g	2.97	0.426	3		1		1.78	0.11	0.30
Total lipid (fat).....g	0.79	0.267	3		1		0.47	0.03	0.08
Ash.....g	2.20		2		1		1.32	0.08	0.22
Carbohydrate, by difference.....g	6.33		0	NC	4		3.80	0.24	0.63
Fiber, total dietary.....g	3.3		0		1		2.0	0.1	0.3
Sugars, total.....g	0.85		0	T	4		0.51	0.03	0.09
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	138	6.838	4		1		83	5	14
Iron, Fe.....mg	6.20		1		1		3.72	0.24	0.62
Magnesium, Mg.....mg	50	10.578	4		1		30	2	5
Phosphorus, P.....mg	58	8.035	4		1		35	2	6
Potassium, K.....mg	554	77.704	7		1		332	21	55
Sodium, Na.....mg	56	19.862	7		1		34	2	6
Zinc, Zn.....mg	1.07	0.391	3		1		0.64	0.04	0.11
Copper, Cu.....mg	0.149	0.013	3		1		0.089	0.006	0.015
Manganese, Mn.....mg	0.160		1		1		0.096	0.006	0.016
Selenium, Se.....mcg	0.1		0	CAZN	4		0.1	0.0	0.0
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	133.0	30.935	3		1		79.8	5.1	13.3
Thiamin.....mg	0.086	0.015	3		1		0.052	0.003	0.009
Riboflavin.....mg	0.098	0.007	3		1		0.059	0.004	0.010
Niacin.....mg	1.313	0.334	3		1		0.788	0.050	0.131
Pantothenic acid.....mg	0.400		2		1		0.240	0.015	0.040
Vitamin B-6.....mg	0.090		2		1		0.054	0.003	0.009
Folate, total.....mcg	152	21.740	5		1		91	6	15
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg	152	21.740	5		1		91	6	15
Folate, DFE.....mcg_DFE	152		0	NC	4		91	6	15
Choline, total.....mg	12.8		0	CAZN	4		7.7	0.5	1.3
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	421		0	AS	1		253	16	42
Retinol.....mcg	0		0	Z	7		0	0	0
Carotene, beta.....mcg	5054	310.986	7	A	1		3033	192	505
Carotene, alpha.....mcg	0		1	A	1		0	0	0
Cryptoxanthin, beta.....mcg	0		1	A	1		0	0	0
Vitamin A, IU.....IU	8424		0	AS	1		5054	320	842
Lycopene.....mcg	0		1	A	1		0	0	0
Lutein + zeaxanthin.....mcg	5561	2753.943	7	A	1		3336	211	556
Vitamin E (alpha-tocopherol).....mg	0.75		1		1		0.45	0.03	0.08
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg	0.00		1		1		0.00	0.00	0.00
Tocopherol, gamma.....mg	0.53		1		1		0.32	0.02	0.05
Tocopherol, delta.....mg	0.00		1		1		0.00	0.00	0.00
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	1640.0	0.000	4		1		984.0	62.3	164.0
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.132		0		1		0.079	0.005	0.013
4:0.....g	0.000		0		1		0.000	0.000	0.000
6:0.....g	0.000		0		1		0.000	0.000	0.000
8:0.....g	0.000		0		1		0.000	0.000	0.000
10:0.....g	0.000		0		1		0.000	0.000	0.000

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0		1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.008		1		1		0.005	0.000	0.001
15:0.....g									
16:0.....g	0.084		1		1		0.050	0.003	0.008
17:0.....g									
18:0.....g	0.039		1		1		0.023	0.001	0.004
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.295		0		1		0.177	0.011	0.030
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.008		1		1		0.005	0.000	0.001
17:1.....g									
18:1 undifferentiated.....g	0.287		1		1		0.172	0.011	0.029
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.124		0		1		0.074	0.005	0.012
18:2 undifferentiated.....g	0.115		1		1		0.069	0.004	0.012
18:3 undifferentiated.....g	0.008		1		1		0.005	0.000	0.001
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	0
Phytosterols.....mg	5		1		1		3	0	1
<b>Amino Acids:</b>									
Tryptophan.....g	0.045		0		1		0.027	0.002	0.005
Threonine.....g	0.122		0		1		0.073	0.005	0.012
Isoleucine.....g	0.118		0		1		0.071	0.004	0.012
Leucine.....g	0.204		0		1		0.122	0.008	0.020
Lysine.....g	0.181		0		1		0.109	0.007	0.018
Methionine.....g	0.042		0		1		0.025	0.002	0.004
Cystine.....g	0.014		0		1		0.008	0.001	0.001
Phenylalanine.....g	0.145		0		1		0.087	0.006	0.015
Tyrosine.....g	0.082		0		1		0.049	0.003	0.008
Valine.....g	0.172		0		1		0.103	0.007	0.017
Arginine.....g	0.122		0		1		0.073	0.005	0.012
Histidine.....g	0.061		0		1		0.037	0.002	0.006
Alanine.....g	0.195		0		1		0.117	0.007	0.020
Aspartic acid.....g	0.294		0		1		0.176	0.011	0.029
Glutamic acid.....g	0.249		0		1		0.149	0.009	0.025
Glycine.....g	0.145		0		1		0.087	0.006	0.015
Proline.....g	0.213		0		1		0.128	0.008	0.021
Serine.....g	0.136		0		1		0.082	0.005	0.014
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0

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

**Common Measures:**



**NDB No. 11297**

**Parsley, raw**

Measure 1 = 60g: 1 cup

Measure 2 = 3.8g: 1 tbsp

Measure 3 = 10.0g: 10 sprigs

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11808

Parsnips, cooked, boiled, drained, with salt

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv	Source	Confidence Code	Measure 1	Measure 2	Measure 3
				Code	Code				
<b>Proximates:</b>									
Water.....g	80.24		7				62.59	128.38	
Energy.....kcal	71		0	NC		4	56	114	
Energy.....kj	299		0	NC		4	233	479	
Protein (N x 6.25).....g	1.32	0.075	5			1	1.03	2.12	
Total lipid (fat).....g	0.30	0.025	5			1	0.23	0.48	
Ash.....g	1.13	0.072	5			1	0.88	1.81	
Carbohydrate, by difference.....g	17.01		0	NC		4	13.27	27.21	
Fiber, total dietary.....g	4.0		1	A		1	3.1	6.4	
Sugars, total.....g	4.80		0	BFZN		4	3.74	7.68	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	37		0			1	29	59	
Iron, Fe.....mg	0.58	0.108	5			1	0.45	0.93	
Magnesium, Mg.....mg	29		0			1	23	46	
Phosphorus, P.....mg	69		0			1	54	110	
Potassium, K.....mg	367		0			1	286	587	
Sodium, Na.....mg	246		0			4	192	394	
Zinc, Zn.....mg	0.26	0.035	5			1	0.20	0.42	
Copper, Cu.....mg	0.138	0.018	5			1	0.108	0.221	
Manganese, Mn.....mg	0.294	0.041	5			1	0.229	0.470	
Selenium, Se.....mcg	1.7		0	BFSN		4	1.3	2.7	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	13.0		0			1	10.1	20.8	
Thiamin.....mg	0.083		0			1	0.065	0.133	
Riboflavin.....mg	0.051		0			1	0.040	0.082	
Niacin.....mg	0.724		0			1	0.565	1.158	
Pantothenic acid.....mg	0.588		0			1	0.459	0.941	
Vitamin B-6.....mg	0.093		0			1	0.073	0.149	
Folate, total.....mcg	58		0			1	45	93	
Folic acid.....mcg	0		0	Z		7	0	0	
Folate, food.....mcg	58		0			1	45	93	
Folate, DFE.....mcg_DFE	58		0	NC		4	45	93	
Choline, total.....mg	27.0		0	BFZN		4	21.0	43.2	
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z		7	0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	Z		7	0.00	0.00	
Vitamin A, RAE.....mcg_RAE	0		0	NC		4	0	0	
Retinol.....mcg	0		0	Z		7	0	0	
Carotene, beta.....mcg	0		0	BFZN		4	0	0	
Carotene, alpha.....mcg	0		0	BFZN		4	0	0	
Cryptoxanthin, beta.....mcg	0		0	BFZN		4	0	0	
Vitamin A, IU.....IU	0		0	NC		4	0	0	
Lycopene.....mcg	0		0	BFZN		4	0	0	
Lutein + zeaxanthin.....mcg	0		0	BFZN		4	0	0	
Vitamin E (alpha-tocopherol).....mg	1.00		0	BFZN		4	0.78	1.60	
Vitamin E, added.....mg	0.00		0	Z		7	0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	1.0		0	BFZN		4	0.8	1.6	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.050		0			1	0.039	0.080	
4:0.....g	0.000		0	BFZN		4	0.000	0.000	
6:0.....g	0.000		0	BFZN		4	0.000	0.000	
8:0.....g	0.000		0	BFZN		4	0.000	0.000	
10:0.....g	0.000		0	BFZN		4	0.000	0.000	

NDB No. 11808

Parsnips, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0	BFZN	4		0.000	0.000	
13:0.....g									
14:0.....g	0.003		0		1		0.002	0.005	
15:0.....g									
16:0.....g	0.030		0		1		0.023	0.048	
17:0.....g									
18:0.....g	0.014		0		1		0.011	0.022	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.112		0		1		0.087	0.179	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.003		0		1		0.002	0.005	
17:1.....g									
18:1 undifferentiated.....g	0.102		0		1		0.080	0.163	
20:1.....g									
22:1 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.047		0		1		0.037	0.075	
18:2 undifferentiated.....g	0.041		0		1		0.032	0.066	
18:3 undifferentiated.....g	0.003		0		1		0.002	0.005	
18:4.....g	0.000		0	BFZN	4		0.000	0.000	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									

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

**Common Measures:**

Measure 1 = 78g: .5 cup slices

Measure 2 = 160g: 1 parsnip (9" long)

**Calories Factors: Protein 2.78**

**Fat 8.37**

**Carbohydrate 3.84**

**Food Group: 11 Vegetables and Vegetable Products**

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11299

Parsnips, cooked, boiled, drained, without salt

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	80.24		7		1		62.59	128.38	
Energy.....kcal	71		0	NC	4		56	114	
Energy.....kj	299		0	NC	4		233	479	
Protein (N x 6.25).....g	1.32	0.075	5		1		1.03	2.12	
Total lipid (fat).....g	0.30		5		1		0.23	0.48	
Ash.....g	1.13		5		1		0.88	1.81	
Carbohydrate, by difference.....g	17.01		0	NC	4		13.27	27.21	
Fiber, total dietary.....g	3.6		2		1		2.8	5.8	
Sugars, total.....g	4.80		0	T	4		3.74	7.68	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	37		0		1		29	59	
Iron, Fe.....mg	0.58		5		1		0.45	0.92	
Magnesium, Mg.....mg	29		0		1		23	46	
Phosphorus, P.....mg	69		0		1		54	110	
Potassium, K.....mg	367		0		1		286	587	
Sodium, Na.....mg	10		0		1		8	16	
Zinc, Zn.....mg	0.26		5		1		0.20	0.41	
Copper, Cu.....mg	0.138		5		1		0.108	0.221	
Manganese, Mn.....mg	0.294		5		1		0.230	0.471	
Selenium, Se.....mcg	1.7		0	BFSN	4		1.3	2.7	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	13.0		0		1		10.1	20.8	
Thiamin.....mg	0.083		0		1		0.065	0.133	
Riboflavin.....mg	0.051		0		1		0.040	0.082	
Niacin.....mg	0.724		0		1		0.565	1.158	
Pantothenic acid.....mg	0.588		0		1		0.459	0.941	
Vitamin B-6.....mg	0.093		0		1		0.073	0.149	
Folate, total.....mcg	58		0		1		45	93	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	58		0		1		45	93	
Folate, DFE.....mcg_DFE	58		0	NC	4		45	93	
Choline, total.....mg	27.0		0	BFSN	4		21.0	43.2	
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	0		0	AS	1		0	0	
Retinol.....mcg	0		0	Z	7		0	0	
Carotene, beta.....mcg	0		0	Z	7		0	0	
Carotene, alpha.....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0	0	
Vitamin A, IU.....IU	0		0	AS	1		0	0	
Lycopene.....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg	1.00		0	O	4		0.78	1.60	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	1.0		0	T	4		0.8	1.6	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.050		0		1		0.039	0.080	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.000		0		1		0.000	0.000	

NDB No. 11299

Parsnips, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0		1		0.000	0.000	
13:0.....g									
14:0.....g	0.003		0		1		0.002	0.005	
15:0.....g									
16:0.....g	0.030		0		1		0.023	0.048	
17:0.....g									
18:0.....g	0.014		0		1		0.011	0.022	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.112		0		1		0.087	0.179	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.003		0		1		0.002	0.005	
17:1.....g									
18:1 undifferentiated.....g	0.102		0		1		0.080	0.163	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.047		0		1		0.037	0.075	
18:2 undifferentiated.....g	0.041		0		1		0.032	0.066	
18:3 undifferentiated.....g	0.003		0		1		0.002	0.005	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

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

**Common Measures:**

Measure 1 = 78g: .5 cup slices

Measure 2 = 160g: 1 parsnip (9" long)

**Calories Factors: Protein 2.78**

**Fat 8.37**

**Carbohydrate 3.84**

**Food Group: 11 Vegetables and Vegetable Products**

USDA National Nutrient Database for Standard Reference, Release 21 (2008)



Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.003		1		1		0.004		
15:0.....g									
16:0.....g	0.030		1		1		0.040		
17:0.....g									
18:0.....g	0.014		1		1		0.019		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.112		0		1		0.149		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.003		1		1		0.004		
17:1.....g									
18:1 undifferentiated.....g	0.102		1		1		0.136		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.047		0		1		0.063		
18:2 undifferentiated.....g	0.041		1		1		0.055		
18:3 undifferentiated.....g	0.003		1		1		0.004		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g									
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

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

**Common Measures:**

Measure 1 = 133g: 1 cup slices

**Calories Factors: Protein 2.78**

**Fat 8.37**

**Carbohydrate 3.84**

**Food Group: 11 Vegetables and Vegetable Products**

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11816

Peas and carrots, canned, no salt added, solids and liquids

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	88.15	0.139	155		1		224.78		
Energy.....kcal	38		0	NC	4		97		
Energy.....kj	159		0		4		405		
Protein (N x 6.25).....g	2.17	0.043	155		1		5.53		
Total lipid (fat).....g	0.27	0.003	155		1		0.69		
Ash.....g	0.93	0.019	165		1		2.37		
Carbohydrate, by difference.....g	8.48		0	NC	4		21.62		
Fiber, total dietary.....g	3.3		0		4		8.4		
Sugars, total.....g	2.83		0	RA	4		7.22		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	23	0.475	164		1		59		
Iron, Fe.....mg	0.75	0.055	165		1		1.91		
Magnesium, Mg.....mg	14	0.197	89		1		36		
Phosphorus, P.....mg	46	0.693	151		1		117		
Potassium, K.....mg	100	4.393	88		1		255		
Sodium, Na.....mg	4		0		1		10		
Zinc, Zn.....mg	0.58	0.020	28		1		1.48		
Copper, Cu.....mg	0.103	0.004	28		1		0.263		
Manganese, Mn.....mg	0.357		0		1		0.910		
Selenium, Se.....mcg	0.9		0	BFSN	4		2.3		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	6.6	0.829	165		1		16.8		
Thiamin.....mg	0.074	0.003	154		1		0.189		
Riboflavin.....mg	0.053	0.002	155		1		0.135		
Niacin.....mg	0.581	0.028	155		1		1.482		
Pantothenic acid.....mg	0.120		0		1		0.306		
Vitamin B-6.....mg	0.088		0		1		0.224		
Folate, total.....mcg	18		0		1		47		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	18		0		1		47		
Folate, DFE.....mcg_DFE	18		0	NC	4		47		
Choline, total.....mg	12.6		0	RA	4		32.1		
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00		
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....mcg_RAE	343		0	NC	4		874		
Retinol.....mcg	0		0	Z	7		0		
Carotene, beta.....mcg	3400		0	RA	4		8669		
Carotene, alpha.....mcg	1353		0	RA	4		3451		
Cryptoxanthin, beta.....mcg	72		0	RA	4		184		
Vitamin A, IU.....IU	6854		0	NC	4		17477		
Lycopene.....mcg	0		0	RA	4		0		
Lutein + zeaxanthin.....mcg	1070		0	RA	4		2728		
Vitamin E (alpha-tocopherol).....mg	0.38		0	RA	4		0.96		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	13.1		0	RA	4		33.5		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.049		0		1		0.125		
4:0.....g	0.000		0		1		0.000		
6:0.....g	0.000		0		1		0.000		
8:0.....g	0.000		0		1		0.000		
10:0.....g	0.000		0		1		0.000		



Peas and carrots, canned, no salt added, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0		1		0.000		
13:0.....g									
14:0.....g	0.000		0		1		0.000		
15:0.....g									
16:0.....g	0.043		0		1		0.110		
17:0.....g									
18:0.....g	0.004		0		1		0.010		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.023		0		1		0.059		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.022		0		1		0.056		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.129		0		1		0.329		
18:2 undifferentiated.....g	0.105		0		1		0.268		
18:3 undifferentiated.....g	0.023		0		1		0.059		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.016		0		1		0.041		
Threonine.....g	0.081		0		1		0.207		
Isoleucine.....g	0.079		0		1		0.201		
Leucine.....g	0.125		0		1		0.319		
Lysine.....g	0.123		0		1		0.314		
Methionine.....g	0.031		0		1		0.079		
Cystine.....g	0.013		0		1		0.033		
Phenylalanine.....g	0.079		0		1		0.201		
Tyrosine.....g	0.045		0		1		0.115		
Valine.....g	0.094		0		1		0.240		
Arginine.....g	0.164		0		1		0.418		
Histidine.....g	0.042		0		1		0.107		
Alanine.....g	0.098		0		1		0.250		
Aspartic acid.....g	0.206		0		1		0.525		
Glutamic acid.....g	0.307		0		1		0.783		
Glycine.....g	0.072		0		1		0.184		
Proline.....g	0.069		0		1		0.176		
Serine.....g	0.072		0		1		0.184		
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

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

**Common Measures:**

**NDB No. 11816**

**Peas and carrots, canned, no salt added, solids and liquids**

Measure 1 = 255g: 1 cup

**Calories Factors: Protein 3.98**

**Fat 8.37**

**Carbohydrate 3.16**

**Food Group: 11 Vegetables and Vegetable Products**

USDA National Nutrient Database for Standard Reference, Release 21 (2008)



NDB No. 11318

Peas and carrots, canned, regular pack, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.000		0		1		0.000		
15:0.....g									
16:0.....g	0.043		0		1		0.110		
17:0.....g									
18:0.....g	0.004		0		1		0.010		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.023		0		1		0.059		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.022		0		1		0.056		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.129		0		1		0.329		
18:2 undifferentiated.....g	0.105		0		1		0.268		
18:3 undifferentiated.....g	0.023		0		1		0.059		
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.016		0		1		0.041		
Threonine.....g	0.081		0		1		0.207		
Isoleucine.....g	0.079		0		1		0.201		
Leucine.....g	0.125		0		1		0.319		
Lysine.....g	0.123		0		1		0.314		
Methionine.....g	0.031		0		1		0.079		
Cystine.....g	0.013		0		1		0.033		
Phenylalanine.....g	0.079		0		1		0.201		
Tyrosine.....g	0.045		0		1		0.115		
Valine.....g	0.094		0		1		0.240		
Arginine.....g	0.164		0		1		0.418		
Histidine.....g	0.042		0		1		0.107		
Alanine.....g	0.098		0		1		0.250		
Aspartic acid.....g	0.206		0		1		0.525		
Glutamic acid.....g	0.307		0		1		0.783		
Glycine.....g	0.072		0		1		0.184		
Proline.....g	0.069		0		1		0.176		
Serine.....g	0.072		0		1		0.184		
Hydroxyproline.....g									

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

**Common Measures:**

Measure 1 = 255g: 1 cup

**Calories Factors: Protein 3.98**

**Fat 8.37**

**Carbohydrate 3.16**

**NDB No. 11318**

**Peas and carrots, canned, regular pack, solids and liquids**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11817

Peas and carrots, frozen, cooked, boiled, drained, with salt

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	85.80		0		1		238.52	68.64	
Energy.....kcal	48		0	NC	4		133	38	
Energy.....kj	201		0		4		558	161	
Protein (N x 6.25).....g	3.09		0		1		8.59	2.47	
Total lipid (fat).....g	0.42		0		1		1.17	0.34	
Ash.....g	0.57		0		1		1.58	0.46	
Carbohydrate, by difference.....g	10.12		0	NC	4		28.13	8.10	
Fiber, total dietary.....g	3.1		0		4		8.6	2.5	
Sugars, total.....g	4.36		0	BFZN	4		12.13	3.49	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	23		0		1		64	18	
Iron, Fe.....mg	0.94		0		1		2.61	0.75	
Magnesium, Mg.....mg	16		0		1		44	13	
Phosphorus, P.....mg	49		0		1		136	39	
Potassium, K.....mg	158		0		1		439	126	
Sodium, Na.....mg	304		0		4		845	243	
Zinc, Zn.....mg	0.45		0		1		1.25	0.36	
Copper, Cu.....mg	0.076		0		1		0.211	0.061	
Manganese, Mn.....mg	0.202		0		1		0.562	0.162	
Selenium, Se.....mcg	1.1		0	BFSN	4		3.1	0.9	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	8.1		0		1		22.5	6.5	
Thiamin.....mg	0.225		1		1		0.626	0.180	
Riboflavin.....mg	0.064		1		1		0.178	0.051	
Niacin.....mg	1.154		0		1		3.208	0.923	
Pantothenic acid.....mg	0.163		0		1		0.453	0.130	
Vitamin B-6.....mg	0.087		1		1		0.242	0.070	
Folate, total.....mcg	26		0		1		72	21	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	26		0		1		72	21	
Folate, DFE.....mcg_DFE	26		0	NC	4		72	21	
Choline, total.....mg	18.1		0	BFZN	4		50.3	14.5	
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	476		0	NC	4		1322	381	
Retinol.....mcg	0		0	Z	7		0	0	
Carotene, beta.....mcg	4725		0	BFZN	4		13135	3780	
Carotene, alpha.....mcg	1868		0	BFZN	4		5194	1495	
Cryptoxanthin, beta.....mcg	99		0	BFZN	4		276	80	
Vitamin A, IU.....IU	9514		0	NC	4		26449	7611	
Lycopene.....mcg	0		0	BFZN	4		0	0	
Lutein + zeaxanthin.....mcg	1538		0	BFZN	4		4276	1230	
Vitamin E (alpha-tocopherol).....mg	0.52		0	BFZN	4		1.45	0.42	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	18.8		0	BFZN	4		52.3	15.0	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.077		0		1		0.214	0.062	
4:0.....g	0.000		0	BFZN	4		0.000	0.000	
6:0.....g	0.000		0	BFZN	4		0.000	0.000	
8:0.....g	0.000		0	BFZN	4		0.000	0.000	
10:0.....g	0.000		0	BFZN	4		0.000	0.000	

NDB No. 11817

Peas and carrots, frozen, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.001		0		1		0.003	0.001	
13:0.....g									
14:0.....g	0.000		0		1		0.000	0.000	
15:0.....g									
16:0.....g	0.068		0		1		0.189	0.054	
17:0.....g									
18:0.....g	0.007		0		1		0.019	0.006	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.035		0		1		0.097	0.028	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.003	0.001	
17:1.....g									
18:1 undifferentiated.....g	0.035		0		1		0.097	0.028	
20:1.....g	0.000		0	BFZN	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.201		0		1		0.559	0.161	
18:2 undifferentiated.....g	0.164		0		1		0.456	0.131	
18:3 undifferentiated.....g	0.036		0		1		0.100	0.029	
18:4.....g	0.000		0	BFZN	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	
20:5 n-3.....g	0.000		0	BFZN	4		0.000	0.000	
22:5 n-3.....g	0.000		0	BFZN	4		0.000	0.000	
22:6 n-3.....g	0.000		0	BFZN	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.022		0		1		0.061	0.018	
Threonine.....g	0.116		0		1		0.322	0.093	
Isoleucine.....g	0.112		0		1		0.311	0.090	
Leucine.....g	0.179		0		1		0.498	0.143	
Lysine.....g	0.175		0		1		0.487	0.140	
Methionine.....g	0.044		0		1		0.122	0.035	
Cystine.....g	0.019		0		1		0.053	0.015	
Phenylalanine.....g	0.113		0		1		0.314	0.090	
Tyrosine.....g	0.064		0		1		0.178	0.051	
Valine.....g	0.134		0		1		0.373	0.107	
Arginine.....g	0.234		0		1		0.651	0.187	
Histidine.....g	0.060		0		1		0.167	0.048	
Alanine.....g	0.140		0		1		0.389	0.112	
Aspartic acid.....g	0.294		0		1		0.817	0.235	
Glutamic acid.....g	0.439		0		1		1.220	0.351	
Glycine.....g	0.103		0		1		0.286	0.082	
Proline.....g	0.098		0		1		0.272	0.078	
Serine.....g	0.103		0		1		0.286	0.082	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

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

**Common Measures:**

**NDB No. 11817**

**Peas and carrots, frozen, cooked, boiled, drained, with salt**

Measure 1 = 278g: 1 package (10 oz) yields

Measure 2 = 80g: .5 cup

**Calories Factors: Protein 3.98**

**Fat 8.37**

**Carbohydrate 3.16**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)



NDB No. 11323

Peas and carrots, frozen, cooked, boiled, drained, without salt

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	85.80		0		1		238.52	68.64	
Energy.....kcal	48		0	NC	4		133	38	
Energy.....kj	201		0		4		558	161	
Protein (N x 6.25).....g	3.09		0		1		8.59	2.47	
Total lipid (fat).....g	0.42		0		1		1.17	0.34	
Ash.....g	0.57		0		1		1.58	0.46	
Carbohydrate, by difference.....g	10.12		0	NC	4		28.13	8.10	
Fiber, total dietary.....g	3.1		0		4		8.6	2.5	
Sugars, total.....g	4.36		0	RA	4		12.13	3.49	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	23		0		1		64	18	
Iron, Fe.....mg	0.94		0		1		2.61	0.75	
Magnesium, Mg.....mg	16		0		1		44	13	
Phosphorus, P.....mg	49		0		1		136	39	
Potassium, K.....mg	158		0		1		439	126	
Sodium, Na.....mg	68		0		1		189	54	
Zinc, Zn.....mg	0.45		0		1		1.25	0.36	
Copper, Cu.....mg	0.076		0		1		0.211	0.061	
Manganese, Mn.....mg	0.202		0		1		0.562	0.162	
Selenium, Se.....mcg	1.1		0	BFSN	4		3.1	0.9	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	8.1		0		1		22.5	6.5	
Thiamin.....mg	0.225		1		1		0.626	0.180	
Riboflavin.....mg	0.064		1		1		0.178	0.051	
Niacin.....mg	1.154		0		1		3.208	0.923	
Pantothenic acid.....mg	0.163		0		1		0.453	0.130	
Vitamin B-6.....mg	0.087		1		1		0.242	0.070	
Folate, total.....mcg	26		0		1		72	21	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	26		0		1		72	21	
Folate, DFE.....mcg_DFE	26		0	NC	4		72	21	
Choline, total.....mg	18.1		0	RA	4		50.3	14.5	
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	476		0	NC	4		1322	381	
Retinol.....mcg	0		0	Z	7		0	0	
Carotene, beta.....mcg	4725		0	RA	4		13135	3780	
Carotene, alpha.....mcg	1868		0	RA	4		5194	1495	
Cryptoxanthin, beta.....mcg	99		0	RA	4		276	80	
Vitamin A, IU.....IU	9514		0	NC	4		26449	7611	
Lycopene.....mcg	0		0	RA	4		0	0	
Lutein + zeaxanthin.....mcg	1538		0	RA	4		4276	1230	
Vitamin E (alpha-tocopherol).....mg	0.52		0	RA	4		1.45	0.42	
Vitamin E, added.....mg	0.00		0	RA	4		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	18.8		0	RA	4		52.3	15.0	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.077		0		1		0.214	0.062	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.000		0		1		0.000	0.000	

NDB No. 11323

Peas and carrots, frozen, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.001		0		1		0.003	0.001	
13:0.....g									
14:0.....g	0.000		0		1		0.000	0.000	
15:0.....g									
16:0.....g	0.068		0		1		0.189	0.054	
17:0.....g									
18:0.....g	0.007		0		1		0.019	0.006	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.035		0		1		0.097	0.028	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.003	0.001	
17:1.....g									
18:1 undifferentiated.....g	0.035		0		1		0.097	0.028	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.201		0		1		0.559	0.161	
18:2 undifferentiated.....g	0.164		0		1		0.456	0.131	
18:3 undifferentiated.....g	0.036		0		1		0.100	0.029	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.021		0	RA	4		0.059	0.017	
Threonine.....g	0.156		0	RA	4		0.434	0.125	
Isoleucine.....g	0.116		0	RA	4		0.323	0.093	
Leucine.....g	0.185		0	RA	4		0.515	0.148	
Lysine.....g	0.182		0	RA	4		0.507	0.146	
Methionine.....g	0.045		0	RA	4		0.126	0.036	
Cystine.....g	0.041		0	RA	4		0.113	0.033	
Phenylalanine.....g	0.114		0	RA	4		0.317	0.091	
Tyrosine.....g	0.067		0	RA	4		0.187	0.054	
Valine.....g	0.133		0	RA	4		0.369	0.106	
Arginine.....g	0.232		0	RA	4		0.645	0.186	
Histidine.....g	0.063		0	RA	4		0.175	0.050	
Alanine.....g	0.149		0	RA	4		0.414	0.119	
Aspartic acid.....g	0.295		0	RA	4		0.819	0.236	
Glutamic acid.....g	0.467		0	RA	4		1.297	0.373	
Glycine.....g	0.102		0	RA	4		0.284	0.082	
Proline.....g	0.099		0	RA	4		0.276	0.079	
Serine.....g	0.103		0	RA	4		0.286	0.082	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

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

**Common Measures:**

**NDB No. 11323**

**Peas and carrots, frozen, cooked, boiled, drained, without salt**

Measure 1 = 278g: 1 package (10 oz) yields

Measure 2 = 80g: .5 cup

**Calories Factors: Protein 3.98**

**Fat 8.37**

**Carbohydrate 3.16**

**Food Group: 11 Vegetables and Vegetable Products**

USDA National Nutrient Database for Standard Reference, Release 21 (2008)



Peas and carrots, frozen, unprepared

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.000		0		1		0.000	0.000	
15:0.....g									
16:0.....g	0.074		0		1		0.052	0.210	
17:0.....g									
18:0.....g	0.008		0		1		0.006	0.023	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.039		0		1		0.027	0.111	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.001	0.003	
17:1.....g									
18:1 undifferentiated.....g	0.038		0		1		0.027	0.108	
20:1.....g	0.000		0	BFFN	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.221		0		1		0.155	0.628	
18:2 undifferentiated.....g	0.181		0		1		0.127	0.514	
18:3 undifferentiated.....g	0.040		0		1		0.028	0.114	
18:4.....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
20:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.024		0		1		0.017	0.068	
Threonine.....g	0.127		0		1		0.089	0.361	
Isoleucine.....g	0.123		0		1		0.086	0.349	
Leucine.....g	0.197		0		1		0.138	0.559	
Lysine.....g	0.193		0		1		0.135	0.548	
Methionine.....g	0.049		0		1		0.034	0.139	
Cystine.....g	0.021		0		1		0.015	0.060	
Phenylalanine.....g	0.124		0		1		0.087	0.352	
Tyrosine.....g	0.071		0		1		0.050	0.202	
Valine.....g	0.147		0		1		0.103	0.417	
Arginine.....g	0.257		0		1		0.180	0.730	
Histidine.....g	0.066		0		1		0.046	0.187	
Alanine.....g	0.154		0		1		0.108	0.437	
Aspartic acid.....g	0.324		0		1		0.227	0.920	
Glutamic acid.....g	0.483		0		1		0.338	1.372	
Glycine.....g	0.114		0		1		0.080	0.324	
Proline.....g	0.108		0		1		0.076	0.307	
Serine.....g	0.114		0		1		0.080	0.324	
Hydroxyproline.....g									
<b><u>Others:</u></b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg									
Theobromine.....mg									

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

**Common Measures:**

Measure 1 = 70g: .5 cup

**NDB No. 11322**

**Peas and carrots, frozen, unprepared**

Measure 2 = 284g: 1 package (10 oz)

**Calories Factors: Protein 3.98**

**Fat 8.37**

**Carbohydrate 3.16**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)



Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.000		0		1		0.000		
15:0.....g									
16:0.....g	0.061		0		1		0.073		
17:0.....g									
18:0.....g	0.006		0		1		0.007		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.036		0		1		0.043		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.036		0		1		0.043		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.176		0		1		0.211		
18:2 undifferentiated.....g	0.145		0		1		0.174		
18:3 undifferentiated.....g	0.030		0		1		0.036		
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.024		0		1		0.029		
Threonine.....g	0.120		0		1		0.144		
Isoleucine.....g	0.118		0		1		0.142		
Leucine.....g	0.191		0		1		0.229		
Lysine.....g	0.190		0		1		0.228		
Methionine.....g	0.048		0		1		0.058		
Cystine.....g	0.022		0		1		0.026		
Phenylalanine.....g	0.119		0		1		0.143		
Tyrosine.....g	0.070		0		1		0.084		
Valine.....g	0.138		0		1		0.166		
Arginine.....g	0.270		0		1		0.324		
Histidine.....g	0.064		0		1		0.077		
Alanine.....g	0.142		0		1		0.170		
Aspartic acid.....g	0.293		0		1		0.352		
Glutamic acid.....g	0.454		0		1		0.545		
Glycine.....g	0.113		0		1		0.136		
Proline.....g	0.105		0		1		0.126		
Serine.....g	0.109		0		1		0.131		
Hydroxyproline.....g									

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

**Common Measures:**

Measure 1 = 120g: 1 cup

Calories Factors: Protein 3.4

Fat 8.37

Carbohydrate4



**NDB No. 11324**

**Peas and onions, canned, solids and liquids**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11818

Peas and onions, frozen, cooked, boiled, drained, with salt

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	88.18		0		1		158.72		
Energy.....kcal	45		0	NC	4		81		
Energy.....kj	188		0		4		339		
Protein (N x 6.25).....g	2.54		0		1		4.57		
Total lipid (fat).....g	0.20		0		1		0.36		
Ash.....g	0.45		0		1		0.81		
Carbohydrate, by difference.....g	8.63		0	NC	4		15.53		
Fiber, total dietary.....g	2.2		0		4		4.0		
Sugars, total.....g	3.77		0	RA	4		6.79		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	14		0		1		25		
Iron, Fe.....mg	0.94		0		1		1.69		
Magnesium, Mg.....mg	13		0		4		23		
Phosphorus, P.....mg	34		0		4		61		
Potassium, K.....mg	117		0		4		211		
Sodium, Na.....mg	273		0		4		491		
Zinc, Zn.....mg	0.29		0		4		0.52		
Copper, Cu.....mg	0.063		0		4		0.113		
Manganese, Mn.....mg	0.166		0		4		0.299		
Selenium, Se.....mcg	0.4		0	BFSN	4		0.7		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	6.9		0		1		12.4		
Thiamin.....mg	0.150		0		1		0.270		
Riboflavin.....mg	0.069		0		1		0.124		
Niacin.....mg	1.044		0		1		1.879		
Pantothenic acid.....mg	0.090		0		4		0.162		
Vitamin B-6.....mg	0.087		0		4		0.157		
Folate, total.....mcg	20		0		4		36		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	20		0		4		36		
Folate, DFE.....mcg_DFE	20		0	NC	4		36		
Choline, total.....mg	15.9		0	RA	4		28.7		
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00		
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....mcg_RAE	53		0	NC	4		95		
Retinol.....mcg	0		0	Z	7		0		
Carotene, beta.....mcg	626		0	RA	4		1126		
Carotene, alpha.....mcg	10		0	RA	4		18		
Cryptoxanthin, beta.....mcg	0		0	RA	4		0		
Vitamin A, IU.....IU	1051		0	NC	4		1892		
Lycopene.....mcg	0		0	RA	4		0		
Lutein + zeaxanthin.....mcg	1202		0	RA	4		2163		
Vitamin E (alpha-tocopherol).....mg	0.02		0	RA	4		0.04		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	12.1		0	RA	4		21.9		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.036		0		1		0.065		
4:0.....g	0.000		0	RA	4		0.000		
6:0.....g	0.000		0	RA	4		0.000		
8:0.....g	0.000		0	RA	4		0.000		
10:0.....g	0.000		0	RA	4		0.000		

NDB No. 11818

Peas and onions, frozen, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0	RA	4		0.000		
13:0.....g									
14:0.....g	0.000		0		1		0.000		
15:0.....g									
16:0.....g	0.033		0		1		0.059		
17:0.....g									
18:0.....g	0.003		0		1		0.005		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.019		0		1		0.034		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	RA	4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.019		0		1		0.034		
20:1.....g	0.000		0	RA	4		0.000		
22:1 undifferentiated.....g	0.000		0	RA	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.094		0		1		0.169		
18:2 undifferentiated.....g	0.078		0		1		0.140		
18:3 undifferentiated.....g	0.016		0		1		0.029		
18:4.....g	0.000		0	RA	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RA	4		0.000		
20:5 n-3.....g	0.000		0	RA	4		0.000		
22:5 n-3.....g	0.000		0	RA	4		0.000		
22:6 n-3.....g	0.000		0	RA	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.019		0		1		0.034		
Threonine.....g	0.093		0		1		0.167		
Isoleucine.....g	0.091		0		1		0.164		
Leucine.....g	0.148		0		1		0.266		
Lysine.....g	0.147		0		1		0.265		
Methionine.....g	0.037		0		1		0.067		
Cystine.....g	0.017		0		1		0.031		
Phenylalanine.....g	0.092		0		1		0.166		
Tyrosine.....g	0.054		0		1		0.097		
Valine.....g	0.107		0		1		0.193		
Arginine.....g	0.209		0		1		0.376		
Histidine.....g	0.049		0		1		0.088		
Alanine.....g	0.110		0		1		0.198		
Aspartic acid.....g	0.227		0		1		0.409		
Glutamic acid.....g	0.351		0		1		0.632		
Glycine.....g	0.087		0		1		0.157		
Proline.....g	0.081		0		1		0.146		
Serine.....g	0.084		0		1		0.151		
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

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

**Common Measures:**

**NDB No. 11818**

**Peas and onions, frozen, cooked, boiled, drained, with salt**

Measure 1 = 180g: 1 cup

**Calories Factors: Protein 3.4**

**Fat 8.37**

**Carbohydrate4**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11327

Peas and onions, frozen, cooked, boiled, drained, without salt

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	88.18		0		1		158.72		
Energy.....kcal	45		0	NC	4		81		
Energy.....kj	188		0		4		339		
Protein (N x 6.25).....g	2.54		0		1		4.57		
Total lipid (fat).....g	0.20		0		1		0.36		
Ash.....g	0.45		0		1		0.81		
Carbohydrate, by difference.....g	8.63		0	NC	4		15.53		
Fiber, total dietary.....g	2.2		0		4		4.0		
Sugars, total.....g	3.77		0	RA	4		6.79		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	14		0		1		25		
Iron, Fe.....mg	0.94		0		1		1.69		
Magnesium, Mg.....mg	13		0		4		23		
Phosphorus, P.....mg	34		0		4		61		
Potassium, K.....mg	117		0		4		211		
Sodium, Na.....mg	37		0		4		67		
Zinc, Zn.....mg	0.29		0		4		0.52		
Copper, Cu.....mg	0.063		0		4		0.113		
Manganese, Mn.....mg	0.166		0		4		0.299		
Selenium, Se.....mcg	0.4		0	BFSN	4		0.7		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	6.9		0		1		12.4		
Thiamin.....mg	0.150		0		1		0.270		
Riboflavin.....mg	0.069		0		1		0.124		
Niacin.....mg	1.044		0		1		1.879		
Pantothenic acid.....mg	0.090		0		4		0.162		
Vitamin B-6.....mg	0.087		0		4		0.157		
Folate, total.....mcg	20		0		4		36		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	20		0		4		36		
Folate, DFE.....mcg_DFE	20		0	NC	4		36		
Choline, total.....mg	15.9		0	RA	4		28.7		
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00		
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....mcg_RAE	53		0	NC	4		95		
Retinol.....mcg	0		0	Z	7		0		
Carotene, beta.....mcg	626		0	RA	4		1126		
Carotene, alpha.....mcg	10		0	RA	4		18		
Cryptoxanthin, beta.....mcg	0		0	RA	4		0		
Vitamin A, IU.....IU	1051		0	NC	4		1892		
Lycopene.....mcg	0		0	RA	4		0		
Lutein + zeaxanthin.....mcg	1202		0	RA	4		2163		
Vitamin E (alpha-tocopherol).....mg	0.02		0	RA	4		0.04		
Vitamin E, added.....mg	0.00		0	RA	4		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	12.1		0	RA	4		21.9		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.036		0		1		0.065		
4:0.....g	0.000		0		1		0.000		
6:0.....g	0.000		0		1		0.000		
8:0.....g	0.000		0		1		0.000		
10:0.....g	0.000		0		1		0.000		

NDB No. 11327

Peas and onions, frozen, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0		1		0.000		
13:0.....g									
14:0.....g	0.000		0		1		0.000		
15:0.....g									
16:0.....g	0.033		0		1		0.059		
17:0.....g									
18:0.....g	0.003		0		1		0.005		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.019		0		1		0.034		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.019		0		1		0.034		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.094		0		1		0.169		
18:2 undifferentiated.....g	0.078		0		1		0.140		
18:3 undifferentiated.....g	0.016		0		1		0.029		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.019		0		1		0.034		
Threonine.....g	0.093		0		1		0.167		
Isoleucine.....g	0.091		0		1		0.164		
Leucine.....g	0.148		0		1		0.266		
Lysine.....g	0.147		0		1		0.265		
Methionine.....g	0.037		0		1		0.067		
Cystine.....g	0.017		0		1		0.031		
Phenylalanine.....g	0.092		0		1		0.166		
Tyrosine.....g	0.054		0		1		0.097		
Valine.....g	0.107		0		1		0.193		
Arginine.....g	0.209		0		1		0.376		
Histidine.....g	0.049		0		1		0.088		
Alanine.....g	0.110		0		1		0.198		
Aspartic acid.....g	0.227		0		1		0.409		
Glutamic acid.....g	0.351		0		1		0.632		
Glycine.....g	0.087		0		1		0.157		
Proline.....g	0.081		0		1		0.146		
Serine.....g	0.084		0		1		0.151		
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

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

**Common Measures:**

**NDB No. 11327**

**Peas and onions, frozen, cooked, boiled, drained, without salt**

Measure 1 = 180g: 1 cup

**Calories Factors: Protein 3.4**

**Fat 8.37**

**Carbohydrate4**

**Food Group:** 11 Vegetables and Vegetable Products

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Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.000		0		1		0.000	0.000	
15:0.....g									
16:0.....g	0.051		0		1		0.035	0.145	
17:0.....g									
18:0.....g	0.005		0		1		0.003	0.014	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.031		0		1		0.021	0.088	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.031		0		1		0.021	0.088	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.148		0		1		0.102	0.420	
18:2 undifferentiated.....g	0.122		0		1		0.084	0.346	
18:3 undifferentiated.....g	0.026		0		1		0.018	0.074	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.029		0		1		0.020	0.082	
Threonine.....g	0.145		0		1		0.100	0.412	
Isoleucine.....g	0.143		0		1		0.099	0.406	
Leucine.....g	0.232		0		1		0.160	0.659	
Lysine.....g	0.230		0		1		0.159	0.653	
Methionine.....g	0.059		0		1		0.041	0.168	
Cystine.....g	0.027		0		1		0.019	0.077	
Phenylalanine.....g	0.144		0		1		0.099	0.409	
Tyrosine.....g	0.085		0		1		0.059	0.241	
Valine.....g	0.167		0		1		0.115	0.474	
Arginine.....g	0.328		0		1		0.226	0.932	
Histidine.....g	0.077		0		1		0.053	0.219	
Alanine.....g	0.172		0		1		0.119	0.488	
Aspartic acid.....g	0.355		0		1		0.245	1.008	
Glutamic acid.....g	0.550		0		1		0.380	1.562	
Glycine.....g	0.137		0		1		0.095	0.389	
Proline.....g	0.127		0		1		0.088	0.361	
Serine.....g	0.132		0		1		0.091	0.375	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	z	7		0.0	0.0	
Caffeine.....mg									
Theobromine.....mg									

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

**Common Measures:**

Measure 1 = 69g: .5 cup

Measure 2 = 284g: 1 package (10 oz)

**NDB No. 11326**

**Peas and onions, frozen, unprepared**

**Calories Factors: Protein 3.4**

**Fat 8.37**

**Carbohydrate4**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11301

Peas, edible-podded, boiled, drained, w without salt

Snowpeas, Sugar snap peas

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	88.91		2		1		142.26		
Energy.....kcal	42		0	NC	4		67		
Energy.....kj	176		0		4		281		
Protein (N x 6.25).....g	3.27		2		1		5.23		
Total lipid (fat).....g	0.23		2		1		0.37		
Ash.....g	0.54		2		1		0.86		
Carbohydrate, by difference.....g	7.05		0	NC	4		11.28		
Fiber, total dietary.....g	2.8		0		1		4.5		
Sugars, total.....g	3.99		0	BFSN	4		6.39		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	42		1		1		67		
Iron, Fe.....mg	1.97		0		1		3.15		
Magnesium, Mg.....mg	26		1		1		42		
Phosphorus, P.....mg	55		1		1		88		
Potassium, K.....mg	240		1		1		384		
Sodium, Na.....mg	4		1		1		6		
Zinc, Zn.....mg	0.37		1		1		0.59		
Copper, Cu.....mg	0.077		1		1		0.123		
Manganese, Mn.....mg	0.168		1		1		0.269		
Selenium, Se.....mcg	0.7		0	BFSN	4		1.1		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	47.9		0		1		76.6		
Thiamin.....mg	0.128		0		1		0.205		
Riboflavin.....mg	0.076		0		1		0.122		
Niacin.....mg	0.539		0		1		0.862		
Pantothenic acid.....mg	0.673		0		1		1.077		
Vitamin B-6.....mg	0.144		0		1		0.230		
Folate, total.....mcg	29		0		4		47		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	29		0		4		47		
Folate, DFE.....mcg_DFE	29		0	NC	4		47		
Choline, total.....mg	17.4		0	BFSY	4		27.8		
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00		
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....mcg_RAE	52		0	NC	4		82		
Retinol.....mcg	0		0	Z	7		0		
Carotene, beta.....mcg	597		0	BFSY	4		956		
Carotene, alpha.....mcg	42		0	BFSY	4		67		
Cryptoxanthin, beta.....mcg	0		0	BFSY	4		0		
Vitamin A, IU.....IU	1030		0	NC	4		1649		
Lycopene.....mcg	0		0	BFSY	4		0		
Lutein + zeaxanthin.....mcg	702		0	BFSY	4		1123		
Vitamin E (alpha-tocopherol).....mg	0.39		0	BFSN	4		0.62		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	25.0		0	BFSN	4		39.9		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.044		0		1		0.070		
4:0.....g	0.000		0		1		0.000		
6:0.....g	0.000		0		1		0.000		
8:0.....g	0.000		0		1		0.000		
10:0.....g	0.000		0		1		0.000		

NDB No. 11301

Peas, edible-podded, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0		1		0.000		
13:0.....g									
14:0.....g	0.002		0		1		0.003		
15:0.....g									
16:0.....g	0.038		0		1		0.061		
17:0.....g									
18:0.....g	0.003		0		1		0.005		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.023		0		1		0.037		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.023		0		1		0.037		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.100		0		1		0.160		
18:2 undifferentiated.....g	0.085		0		1		0.136		
18:3 undifferentiated.....g	0.015		0		1		0.024		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.032		0		1		0.051		
Threonine.....g	0.115		0		1		0.184		
Isoleucine.....g	0.188		0		1		0.301		
Leucine.....g	0.267		0		1		0.427		
Lysine.....g	0.235		0		1		0.376		
Methionine.....g	0.013		0		1		0.021		
Cystine.....g	0.037		0		1		0.059		
Phenylalanine.....g	0.105		0		1		0.168		
Tyrosine.....g	0.115		0		1		0.184		
Valine.....g	0.319		0		1		0.510		
Arginine.....g	0.157		0		1		0.251		
Histidine.....g	0.020		0		1		0.032		
Alanine.....g	0.068		0		1		0.109		
Aspartic acid.....g	0.267		0		1		0.427		
Glutamic acid.....g	0.523		0		1		0.837		
Glycine.....g	0.084		0		1		0.134		
Proline.....g	0.073		0		1		0.117		
Serine.....g	0.146		0		1		0.234		
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

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

**Common Measures:**

**NDB No. 11301**

**Peas, edible-podded, boiled, drained, without salt**

Measure 1 = 160g: 1 cup

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group: 11 Vegetables and Vegetable Products**

USDA National Nutrient Database for Standard Reference, Release 21 (2008)



NDB No. 11809

Peas, edible-podded, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g									
13:0.....g									
14:0.....g	0.002		0		1		0.003		
15:0.....g									
16:0.....g									
17:0.....g									
18:0.....g	0.003		0		1		0.005		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.023		0		1		0.037		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.023		0		1		0.037		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.100		0		1		0.160		
18:2 undifferentiated.....g	0.085		0		1		0.136		
18:3 undifferentiated.....g	0.015		0		1		0.024		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.032		0		1		0.051		
Threonine.....g	0.115		0		1		0.184		
Isoleucine.....g	0.188		0		1		0.301		
Leucine.....g	0.267		0		1		0.427		
Lysine.....g	0.235		0		1		0.376		
Methionine.....g	0.013		0		1		0.021		
Cystine.....g	0.037		0		1		0.059		
Phenylalanine.....g	0.105		0		1		0.168		
Tyrosine.....g	0.115		0		1		0.184		
Valine.....g	0.319		0		1		0.510		
Arginine.....g	0.157		0		1		0.251		
Histidine.....g	0.020		0		1		0.032		
Alanine.....g	0.068		0		1		0.109		
Aspartic acid.....g	0.267		0		1		0.427		
Glutamic acid.....g	0.523		0		1		0.837		
Glycine.....g	0.084		0		1		0.134		
Proline.....g	0.073		0		1		0.117		
Serine.....g	0.146		0		1		0.234		
Hydroxyproline.....g									

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

**Common Measures:**

Measure 1 = 160g: 1 cup

**NDB No. 11809**

**Peas, edible-podded, cooked, boiled, drained, with salt**

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)





NDB No. 11810

Peas, edible-podded, frozen, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g									
13:0.....g									
14:0.....g	0.003		0		1		0.005	0.008	
15:0.....g									
16:0.....g	0.063		0		1		0.101	0.159	
17:0.....g									
18:0.....g	0.006		0		1		0.010	0.015	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.039		0		1		0.062	0.099	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.039		0		1		0.062	0.099	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.167		0		1		0.267	0.423	
18:2 undifferentiated.....g	0.142		0		1		0.227	0.359	
18:3 undifferentiated.....g	0.025		0		1		0.040	0.063	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.034		0		1		0.054	0.086	
Threonine.....g	0.123		0		1		0.197	0.311	
Isoleucine.....g	0.202		0		1		0.323	0.511	
Leucine.....g	0.286		0		1		0.458	0.724	
Lysine.....g	0.252		0		1		0.403	0.638	
Methionine.....g	0.014		0		1		0.022	0.035	
Cystine.....g	0.040		0		1		0.064	0.101	
Phenylalanine.....g	0.112		0		1		0.179	0.283	
Tyrosine.....g	0.123		0		1		0.197	0.311	
Valine.....g	0.342		0		1		0.547	0.865	
Arginine.....g	0.168		0		1		0.269	0.425	
Histidine.....g	0.022		0		1		0.035	0.056	
Alanine.....g	0.073		0		1		0.117	0.185	
Aspartic acid.....g	0.286		0		1		0.458	0.724	
Glutamic acid.....g	0.560		0		1		0.896	1.417	
Glycine.....g	0.090		0		1		0.144	0.228	
Proline.....g	0.078		0		1		0.125	0.197	
Serine.....g	0.157		0		1		0.251	0.397	
Hydroxyproline.....g									

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

**Common Measures:**

Measure 1 = 160g: 1 cup

Measure 2 = 253g: 1 package (10 oz) yields

**NDB No. 11810**

**Peas, edible-podded, frozen, cooked, boiled, drained, with salt**

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group: 11 Vegetables and Vegetable Products**

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11303

Peas, edible-podded, frozen, cooked, boiled, drained, without salt

Snowpeas, Sugar snap peas

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	86.60		0		1		138.56	219.10	69.28
Energy.....kcal	52		0	NC	4		83	132	42
Energy.....kj	218		0		4		348	550	174
Protein (N x 6.25).....g	3.50		0		1		5.60	8.86	2.80
Total lipid (fat).....g	0.38		0		1		0.61	0.96	0.30
Ash.....g	0.50		0		1		0.80	1.27	0.40
Carbohydrate, by difference.....g	9.02		0	NC	4		14.43	22.82	7.22
Fiber, total dietary.....g	3.1		0		4		5.0	7.8	2.5
Sugars, total.....g	4.82		0	BFSN	4		7.72	12.21	3.86
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	59		0		1		94	149	47
Iron, Fe.....mg	2.40		0		1		3.84	6.07	1.92
Magnesium, Mg.....mg	28		0		1		45	71	22
Phosphorus, P.....mg	58		0		1		93	147	46
Potassium, K.....mg	217		0		1		347	549	174
Sodium, Na.....mg	5		0		1		8	13	4
Zinc, Zn.....mg	0.49		0		1		0.78	1.24	0.39
Copper, Cu.....mg	0.090		0		4		0.144	0.228	0.072
Manganese, Mn.....mg	0.280		0		4		0.448	0.708	0.224
Selenium, Se.....mcg	0.8		0	BFSN	4		1.3	2.0	0.6
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	22.0		0		1		35.2	55.7	17.6
Thiamin.....mg	0.064		0		1		0.102	0.162	0.051
Riboflavin.....mg	0.119		0		1		0.190	0.301	0.095
Niacin.....mg	0.563		0		1		0.901	1.424	0.450
Pantothenic acid.....mg	0.857		0		1		1.371	2.168	0.686
Vitamin B-6.....mg	0.174		0		1		0.278	0.440	0.139
Folate, total.....mcg	35		0		4		56	89	28
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg	35		0		4		56	89	28
Folate, DFE.....mcg_DFE	35		0	NC	4		56	89	28
Choline, total.....mg	21.0		0	BFSN	4		33.6	53.2	16.8
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	66		0	NC	4		105	166	52
Retinol.....mcg	0		0	Z	7		0	0	0
Carotene, beta.....mcg	760		0	BFSN	4		1216	1922	608
Carotene, alpha.....mcg	53		0	BFSN	4		85	134	42
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0	0	0
Vitamin A, IU.....IU	1311		0	NC	4		2097	3316	1049
Lycopene.....mcg	0		0	BFSN	4		0	0	0
Lutein + zeaxanthin.....mcg	893		0	BFSN	4		1428	2258	714
Vitamin E (alpha-tocopherol).....mg	0.47		0	BFSN	4		0.75	1.19	0.38
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	30.2		0	BFSN	4		48.2	76.3	24.1
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.073		0		1		0.117	0.185	0.058
4:0.....g	0.000		0		1		0.000	0.000	0.000
6:0.....g	0.000		0		1		0.000	0.000	0.000
8:0.....g	0.000		0		1		0.000	0.000	0.000
10:0.....g	0.000		0		1		0.000	0.000	0.000

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0		1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.003		0		1		0.005	0.008	0.002
15:0.....g									
16:0.....g	0.063		0		1		0.101	0.159	0.050
17:0.....g									
18:0.....g	0.006		0		1		0.010	0.015	0.005
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.039		0		1		0.062	0.099	0.031
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.039		0		1		0.062	0.099	0.031
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.167		0		1		0.267	0.423	0.134
18:2 undifferentiated.....g	0.142		0		1		0.227	0.359	0.114
18:3 undifferentiated.....g	0.025		0		1		0.040	0.063	0.020
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	0
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.034		0		1		0.054	0.086	0.027
Threonine.....g	0.123		0		1		0.197	0.311	0.098
Isoleucine.....g	0.202		0		1		0.323	0.511	0.162
Leucine.....g	0.286		0		1		0.458	0.724	0.229
Lysine.....g	0.252		0		1		0.403	0.638	0.202
Methionine.....g	0.014		0		1		0.022	0.035	0.011
Cystine.....g	0.040		0		1		0.064	0.101	0.032
Phenylalanine.....g	0.112		0		1		0.179	0.283	0.090
Tyrosine.....g	0.123		0		1		0.197	0.311	0.098
Valine.....g	0.342		0		1		0.547	0.865	0.274
Arginine.....g	0.168		0		1		0.269	0.425	0.134
Histidine.....g	0.022		0		1		0.035	0.056	0.018
Alanine.....g	0.073		0		1		0.117	0.185	0.058
Aspartic acid.....g	0.286		0		1		0.458	0.724	0.229
Glutamic acid.....g	0.560		0		1		0.896	1.417	0.448
Glycine.....g	0.090		0		1		0.144	0.228	0.072
Proline.....g	0.078		0		1		0.125	0.197	0.062
Serine.....g	0.157		0		1		0.251	0.397	0.126
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0

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

**Common Measures:**

**NDB No. 11303**

**Peas, edible-podded, frozen, cooked, boiled, drained, without salt**

Measure 1 = 160g: 1 cup

Measure 2 = 253g: 1 package (10 oz) yields

Measure 3 = 80g: .5 cup

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group: 11 Vegetables and Vegetable Products**

USDA National Nutrient Database for Standard Reference, Release 21 (2008)



Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.002		0		1		0.001	0.006	
15:0.....g									
16:0.....g	0.050		0		1		0.036	0.142	
17:0.....g									
18:0.....g	0.005		0		1		0.004	0.014	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.031		0		1		0.022	0.088	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.031		0		1		0.022	0.088	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.133		0		1		0.096	0.378	
18:2 undifferentiated.....g	0.113		0		1		0.081	0.321	
18:3 undifferentiated.....g	0.020		0		1		0.014	0.057	
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.027		0		1		0.019	0.077	
Threonine.....g	0.099		0		1		0.071	0.281	
Isoleucine.....g	0.161		0		1		0.116	0.457	
Leucine.....g	0.228		0		1		0.164	0.648	
Lysine.....g	0.202		0		1		0.145	0.574	
Methionine.....g	0.011		0		1		0.008	0.031	
Cystine.....g	0.032		0		1		0.023	0.091	
Phenylalanine.....g	0.090		0		1		0.065	0.256	
Tyrosine.....g	0.099		0		1		0.071	0.281	
Valine.....g	0.273		0		1		0.197	0.775	
Arginine.....g	0.134		0		1		0.096	0.381	
Histidine.....g	0.017		0		1		0.012	0.048	
Alanine.....g	0.058		0		1		0.042	0.165	
Aspartic acid.....g	0.228		0		1		0.164	0.648	
Glutamic acid.....g	0.448		0		1		0.323	1.272	
Glycine.....g	0.072		0		1		0.052	0.204	
Proline.....g	0.063		0		1		0.045	0.179	
Serine.....g	0.125		0		1		0.090	0.355	
Hydroxyproline.....g									

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

**Common Measures:**

Measure 1 = 72g: .5 cup

Measure 2 = 284g: 1 package (10 oz)

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**



**NDB No. 11302**

**Peas, edible-podded, frozen, unprepared**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11300

Peas, edible-podded, raw

*Pisum sativum*

Snowpeas, Sugar snap peas

Refuse:6% Ends and strings

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	88.89		2		1		87.11	56.00	30.22
Energy.....kcal	42		0	NC	4		41	27	14
Energy.....kj	176		0	NC	4		173	111	60
Protein (N x 6.25).....g	2.80		1		1		2.74	1.76	0.95
Total lipid (fat).....g	0.20		1		1		0.20	0.13	0.07
Ash.....g	0.56		0		1		0.55	0.35	0.19
Carbohydrate, by difference.....g	7.55		0	NC	4		7.40	4.76	2.57
Fiber, total dietary.....g	2.6		0		1		2.5	1.6	0.9
Sugars, total.....g	4.00		0	T	4		3.92	2.52	1.36
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	43		1		1		42	27	15
Iron, Fe.....mg	2.08		1		1		2.04	1.31	0.71
Magnesium, Mg.....mg	24		2		1		24	15	8
Phosphorus, P.....mg	53		1		1		52	33	18
Potassium, K.....mg	200		2		1		196	126	68
Sodium, Na.....mg	4		2		1		4	3	1
Zinc, Zn.....mg	0.27		0		4		0.26	0.17	0.09
Copper, Cu.....mg	0.079		0		4		0.077	0.050	0.027
Manganese, Mn.....mg	0.244		0		4		0.239	0.154	0.083
Selenium, Se.....mcg	0.7		0	BFSN	4		0.7	0.4	0.2
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	60.0		1		1		58.8	37.8	20.4
Thiamin.....mg	0.150		1		1		0.147	0.095	0.051
Riboflavin.....mg	0.080		1		1		0.078	0.050	0.027
Niacin.....mg	0.600		1		1		0.588	0.378	0.204
Pantothenic acid.....mg	0.750		0		1		0.735	0.473	0.255
Vitamin B-6.....mg	0.160		0		1		0.157	0.101	0.054
Folate, total.....mcg	42		0		4		41	26	14
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg	42		0		4		41	26	14
Folate, DFE.....mcg_DFE	42		0	NC	4		41	26	14
Choline, total.....mg	17.4		0	BFSN	4		17.1	11.0	5.9
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	54		0	NC	4		53	34	18
Retinol.....mcg	0		0	Z	7		0	0	0
Carotene, beta.....mcg	630		0	T	4		617	397	214
Carotene, alpha.....mcg	44		0	T	4		43	28	15
Cryptoxanthin, beta.....mcg	0		0	Z	7		0	0	0
Vitamin A, IU.....IU	1087		0	NC	4		1065	685	369
Lycopene.....mcg	0		0	Z	7		0	0	0
Lutein + zeaxanthin.....mcg	740		0	T	4		725	466	252
Vitamin E (alpha-tocopherol).....mg	0.39		0	O	4		0.38	0.25	0.13
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	25.0		0	T	4		24.5	15.8	8.5
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.039		0		1		0.038	0.025	0.013
4:0.....g	0.000		0		1		0.000	0.000	0.000
6:0.....g	0.000		0		1		0.000	0.000	0.000
8:0.....g	0.000		0		1		0.000	0.000	0.000
10:0.....g	0.000		0		1		0.000	0.000	0.000

**NDB No. 11300**  
**Peas, edible-podded, raw**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0		1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.002		4		1		0.002	0.001	0.001
15:0.....g									
16:0.....g	0.033		5		1		0.032	0.021	0.011
17:0.....g									
18:0.....g	0.003		5		1		0.003	0.002	0.001
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.021		0		1		0.021	0.013	0.007
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		1		1		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.021		5		1		0.021	0.013	0.007
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.089		0		1		0.087	0.056	0.030
18:2 undifferentiated.....g	0.075		5		1		0.074	0.047	0.026
18:3 undifferentiated.....g	0.013		5		1		0.013	0.008	0.004
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	0
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.027		1		1		0.026	0.017	0.009
Threonine.....g	0.099		1		1		0.097	0.062	0.034
Isoleucine.....g	0.161		1		1		0.158	0.101	0.055
Leucine.....g	0.228		1		1		0.223	0.144	0.078
Lysine.....g	0.202		1		1		0.198	0.127	0.069
Methionine.....g	0.011		1		1		0.011	0.007	0.004
Cystine.....g	0.032		1		1		0.031	0.020	0.011
Phenylalanine.....g	0.090		1		1		0.088	0.057	0.031
Tyrosine.....g	0.099		1		1		0.097	0.062	0.034
Valine.....g	0.273		1		1		0.268	0.172	0.093
Arginine.....g	0.134		1		1		0.131	0.084	0.046
Histidine.....g	0.017		1		1		0.017	0.011	0.006
Alanine.....g	0.058		1		1		0.057	0.037	0.020
Aspartic acid.....g	0.228		1		1		0.223	0.144	0.078
Glutamic acid.....g	0.448		1		1		0.439	0.282	0.152
Glycine.....g	0.072		1		1		0.071	0.045	0.024
Proline.....g	0.063		1		1		0.062	0.040	0.021
Serine.....g	0.125		1		1		0.123	0.079	0.043
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0

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

**Common Measures:**

**NDB No. 11300**

**Peas, edible-podded, raw**

Measure 1 = 98g: 1 cup, chopped

Measure 2 = 63g: 1 cup, whole

Measure 3 = 34g: 10 pea pods

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11308

Peas, green (includes baby and lesuer types), canned, drained solids, unprepared

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	82.40	0.525	12	JA	6		144.20	257.92	
Energy.....kcal	69		0	NC	4		121	216	
Energy.....kj	289		0	NC	4		505	904	
Protein.....g	4.47	0.206	5	A	1		7.83	14.01	
Total lipid (fat).....g	0.62	0.012	5	A	1		1.08	1.94	
Ash.....g	1.12	0.022	5	A	1		1.96	3.50	
Carbohydrate, by difference.....g	11.38		0	NC	4		19.92	35.63	
Fiber, total dietary.....g	4.9	0.188	7	JA	6		8.6	15.3	
Sugars, total.....g	2.99		0	NC	4		5.23	9.35	
Sucrose.....g	2.60	0.377	11	JA	6		4.55	8.14	
Glucose (dextrose).....g	0.17	0.090	11	JA	6		0.29	0.52	
Fructose.....g	0.05	0.011	11	JA	6		0.08	0.15	
Lactose.....g	0.00	0.000	5	A	1		0.00	0.00	
Maltose.....g	0.04	0.013	12	JA	6		0.07	0.12	
Galactose.....g	0.14	0.007	5	A	1		0.24	0.43	
Starch.....g	4.04	0.635	5	A	1		7.07	12.65	
<b>Minerals:</b>									
Calcium, Ca.....mg	23	1.073	5	A	1		40	71	
Iron, Fe.....mg	1.22	0.103	5	A	1		2.13	3.81	
Magnesium, Mg.....mg	18	0.446	5	A	1		31	55	
Phosphorus, P.....mg	69	1.365	5	A	1		121	216	
Potassium, K.....mg	103	6.342	5	A	1		179	321	
Sodium, Na.....mg	291	11.263	5	A	1		510	912	
Zinc, Zn.....mg	0.63	0.025	5	A	1		1.09	1.96	
Copper, Cu.....mg	0.105	0.003	5	A	1		0.183	0.328	
Manganese, Mn.....mg	0.213	0.012	5	A	1		0.373	0.667	
Selenium, Se.....mcg	1.7	0.460	16	A	1		3.0	5.3	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	9.6	1.271	6		1		16.8	30.0	
Thiamin.....mg	0.130	0.011	5	A	1		0.227	0.407	
Riboflavin.....mg	0.064	0.005	5	A	1		0.112	0.200	
Niacin.....mg	0.988	0.033	5	A	1		1.729	3.092	
Pantothenic acid.....mg	0.240	0.019	5	A	1		0.420	0.751	
Vitamin B-6.....mg	0.056	0.005	5	A	1		0.098	0.175	
Folate, total.....mcg	34	8.096	5	A	1		59	106	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	34	8.096	5	A	1		59	106	
Folate, DFE.....mcg_DFE	34		0	NC	4		59	106	
Choline, total.....mg	23.3		0	BFSN	4		40.8	73.0	
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	43		0	AS	1		76	135	
Retinol.....mcg	0		0	Z	7		0	0	
Carotene, beta.....mcg	514	39.129	6	A	1		900	1609	
Carotene, alpha.....mcg	9	0.000	6	A	1		16	29	
Cryptoxanthin, beta.....mcg	0	0.000	6	A	1		0	0	
Vitamin A, IU.....IU	865		0	AS	1		1513	2706	
Lycopene.....mcg	0		1	A	1		0	0	
Lutein + zeaxanthin.....mcg	1350		1	A	1		2363	4226	
Vitamin E (alpha-tocopherol).....mg	0.38		0	NR	4		0.67	1.19	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	36.8	1.837	5	A	1		64.4	115.2	

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Deriv		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Points	Code					
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.062		0		1		0.109	0.194	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.000		0		1		0.000	0.000	
12:0.....g	0.000		0		1		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0		1		0.000	0.000	
15:0.....g									
16:0.....g	0.056		0		1		0.098	0.175	
17:0.....g									
18:0.....g	0.006		0		1		0.011	0.019	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.031		0		1		0.054	0.097	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.031		0		1		0.054	0.097	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.163		0		1		0.285	0.510	
18:2 undifferentiated.....g	0.132		0		1		0.231	0.413	
18:3 undifferentiated.....g	0.031		0		1		0.054	0.097	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.030		0		1		0.053	0.094	
Threonine.....g	0.165		0		1		0.289	0.516	
Isoleucine.....g	0.159		0		1		0.278	0.498	
Leucine.....g	0.264		0		1		0.462	0.826	
Lysine.....g	0.259		0		1		0.453	0.811	
Methionine.....g	0.067		0		1		0.117	0.210	
Cystine.....g	0.026		0		1		0.046	0.081	
Phenylalanine.....g	0.163		0		1		0.285	0.510	
Tyrosine.....g	0.093		0		1		0.163	0.291	
Valine.....g	0.192		0		1		0.336	0.601	
Arginine.....g	0.349		0		1		0.611	1.092	
Histidine.....g	0.087		0		1		0.152	0.272	
Alanine.....g	0.196		0		1		0.343	0.613	
Aspartic acid.....g	0.404		0		1		0.707	1.265	
Glutamic acid.....g	0.604		0		1		1.057	1.891	
Glycine.....g	0.150		0		1		0.263	0.470	
Proline.....g	0.141		0		1		0.247	0.441	
Serine.....g	0.148		0		1		0.259	0.463	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

NDB No. 11308

Peas, green (includes baby and lesuer types), canned, drained solids, unprepared

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

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

**Common Measures:**

Measure 1 = 175g: 1 cup

Measure 2 = 313g: 1 can (303 x 406)

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 11 Vegetables and Vegetable Products  
USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11813

Peas, green, canned, no salt added, drained solids

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	81.70	0.788	11		1		69.45	255.72	
Energy.....kcal	69		0	NC	4		59	216	
Energy.....kj	289				4		245	904	
Protein (N x 6.25).....g	4.42	0.174	11		1		3.76	13.83	
Total lipid (fat).....g	0.35	0.028	11		1		0.30	1.10	
Ash.....g	0.97	0.058	11		1		0.82	3.04	
Carbohydrate, by difference.....g	12.58		0	NC	4		10.69	39.38	
Fiber, total dietary.....g	4.1		0	BFSN	4		3.5	12.8	
Sugars, total.....g	4.16		0	NC	4		3.53	13.01	
Sucrose.....g	3.83		0	BFSN	4		3.26	11.99	
Glucose (dextrose).....g	0.11		0	BFSN	4		0.09	0.34	
Fructose.....g	0.13		0	BFSN	4		0.11	0.39	
Lactose.....g	0.00		0	BFSN	4		0.00	0.00	
Maltose.....g	0.09		0	BFSN	4		0.08	0.29	
Galactose.....g	0.00		0	BFSN	4		0.00	0.00	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	20	1.769	6		1		17	63	
Iron, Fe.....mg	0.95	0.137	11		1		0.81	2.97	
Magnesium, Mg.....mg	17	0.469	6		1		14	53	
Phosphorus, P.....mg	67	1.901	6		1		57	210	
Potassium, K.....mg	173	16.888	6		1		147	541	
Sodium, Na.....mg	2		0		1		2	6	
Zinc, Zn.....mg	0.71	0.085	11		1		0.60	2.22	
Copper, Cu.....mg	0.082	0.007	11		1		0.070	0.257	
Manganese, Mn.....mg	0.303	0.033	10		1		0.258	0.948	
Selenium, Se.....mcg	1.7	0.460	16	A	1		1.4	5.3	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	9.6	1.271	6		1		8.2	30.0	
Thiamin.....mg	0.121	0.011	6		1		0.103	0.379	
Riboflavin.....mg	0.078	0.005	6		1		0.066	0.244	
Niacin.....mg	0.732	0.048	6		1		0.622	2.291	
Pantothenic acid.....mg	0.128		0		1		0.109	0.401	
Vitamin B-6.....mg	0.064	0.003	6		1		0.054	0.200	
Folate, total.....mcg	44	6.200	4		1		38	139	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	44	6.200	4		1		38	139	
Folate, DFE.....mcg_DFE	44		0	NC	4		38	139	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	27		0	AS	1		23	83	
Retinol.....mcg	0		0	Z	7		0	0	
Carotene, beta.....mcg	320		1	A	1		272	1002	
Carotene, alpha.....mcg	0		1	A	1		0	0	
Cryptoxanthin, beta.....mcg	0		1	A	1		0	0	
Vitamin A, IU.....IU	533		0	AS	1		453	1669	
Lycopene.....mcg	0		1	A	1		0	0	
Lutein + zeaxanthin.....mcg	1350		1	A	1		1148	4226	
Vitamin E (alpha-tocopherol).....mg	0.03		0	BFSN	4		0.02	0.08	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg	0.00		0	BFSN	4		0.00	0.00	
Tocopherol, gamma.....mg	2.21		0	BFSN	4		1.88	6.92	
Tocopherol, delta.....mg	0.04		0	BFSN	4		0.03	0.12	
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	21.4		0	BFSN	4		18.2	67.1	





NDB No. 11813

Peas, green, canned, no salt added, drained solids

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

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

**Common Measures:**

Measure 1 = 85g: .5 cup

Measure 2 = 313g: 1 can (303 x 406)

**Calories Factors: Protein** 3.47

**Fat** 8.37

**Carbohydrate**4.07

**Food Group:** 11 Vegetables and Vegetable Products  
USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11812

Peas, green, canned, no salt added, solids and liquids

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	85.92	0.110	521	A	1		106.54	414.13	
Energy.....kcal	53		0	NC	4		66	255	
Energy.....kj	222		0		4		275	1069	
Protein (N x 6.25).....g	3.19	0.025	566	A	1		3.96	15.38	
Total lipid (fat).....g	0.30	0.007	564	A	1		0.37	1.45	
Ash.....g	0.84	0.015	536	A	1		1.04	4.05	
Carbohydrate, by difference.....g	9.75		0	NC	4		12.09	47.00	
Fiber, total dietary.....g	3.3	0.120	37		1		4.1	15.9	
Sugars, total.....g	3.20		0	NC	4		3.96	15.41	
Sucrose.....g	2.95	0.205	11		1		3.65	14.21	
Glucose (dextrose).....g	0.08	0.037	9		1		0.10	0.40	
Fructose.....g	0.10	0.037	9		1		0.12	0.46	
Lactose.....g	0.00		0	BFSN	4		0.00	0.00	
Maltose.....g	0.07	0.032	11		1		0.09	0.34	
Galactose.....g	0.00		0	BFSN	4		0.00	0.00	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	18	0.239	592	A	1		22	87	
Iron, Fe.....mg	1.02	0.021	595	A	1		1.26	4.92	
Magnesium, Mg.....mg	17	0.275	259		1		21	82	
Phosphorus, P.....mg	53	0.794	365		1		66	255	
Potassium, K.....mg	100	1.217	391	A	1		124	482	
Sodium, Na.....mg	9	1.439	35	A	1		11	43	
Zinc, Zn.....mg	0.70	0.073	176		1		0.87	3.37	
Copper, Cu.....mg	0.108	0.002	167		1		0.134	0.521	
Manganese, Mn.....mg	0.264		0		1		0.327	1.272	
Selenium, Se.....mcg	1.3	0.306	38		1		1.6	6.1	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	9.8	0.147	580	A	1		12.2	47.2	
Thiamin.....mg	0.111	0.002	479		1		0.138	0.535	
Riboflavin.....mg	0.073	0.001	459		1		0.091	0.352	
Niacin.....mg	0.842		452		1		1.044	4.058	
Pantothenic acid.....mg	0.091		0		1		0.113	0.439	
Vitamin B-6.....mg	0.065	0.000	9		1		0.081	0.313	
Folate, total.....mcg	29	7.318	3		1		35	137	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	29	7.318	3		1		35	137	
Folate, DFE.....mcg_DFE	29		0	NC	4		35	137	
Choline, total.....mg	18.9		0	BFSN	4		23.5	91.2	
Betaine.....mg	0.1		0	BFSN	4		0.1	0.5	
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	72		0	NC	4		90	348	
Retinol.....mcg	0		0	Z	7		0	0	
Carotene, beta.....mcg	859		0	BFSN	4		1066	4142	
Carotene, alpha.....mcg	14		0	BFSN	4		17	68	
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0	0	
Vitamin A, IU.....IU	1444		0	NC	4		1791	6960	
Lycopene.....mcg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin.....mcg	1650		0	BFSN	4		2046	7953	
Vitamin E (alpha-tocopherol).....mg	0.02		1		1		0.02	0.10	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg	0.00		1		1		0.00	0.00	
Tocopherol, gamma.....mg	1.70		1		1		2.11	8.19	
Tocopherol, delta.....mg	0.03		1		1		0.04	0.14	
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	16.5		0	BFSN	4		20.5	79.5	

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	measures of food		
						Confidence Code	Measure 1	Measure 2
<b>Lipids:</b>								
Fatty acids, total saturated.....g	0.054		0	BFFN	4		0.067	0.260
4:0.....g	0.000		0		1		0.000	0.000
6:0.....g	0.000		0		1		0.000	0.000
8:0.....g	0.000		0		1		0.000	0.000
10:0.....g	0.000		0		1		0.000	0.000
12:0.....g	0.000		0		1		0.000	0.000
13:0.....g								
14:0.....g	0.000		0		1		0.000	0.000
15:0.....g								
16:0.....g	0.048		0	BFFN	4		0.060	0.231
17:0.....g								
18:0.....g	0.005		0	BFFN	4		0.006	0.024
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	0.027		0	BFFN	4		0.033	0.130
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000
17:1.....g								
18:1 undifferentiated.....g	0.027		0	BFFN	4		0.033	0.130
20:1.....g	0.000		0		1		0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.142		0	BFFN	4		0.176	0.684
18:2 undifferentiated.....g	0.115		0	BFFN	4		0.143	0.554
18:3 undifferentiated.....g	0.027		0	BFFN	4		0.033	0.130
18:4.....g	0.000		0		1		0.000	0.000
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000
20:5 n-3.....g	0.000		0		1		0.000	0.000
22:5 n-3.....g	0.000		0		1		0.000	0.000
22:6 n-3.....g	0.000		0		1		0.000	0.000
Fatty acids, total trans.....g								
Cholesterol.....mg	0		0	Z	7		0	0
Phytosterols.....mg								
<b>Amino Acids:</b>								
Tryptophan.....g	0.022		0	BFFN	4		0.027	0.106
Threonine.....g	0.120		0	BFFN	4		0.149	0.578
Isoleucine.....g	0.114		0	BFFN	4		0.141	0.549
Leucine.....g	0.190		0	BFFN	4		0.236	0.916
Lysine.....g	0.187		0	BFFN	4		0.232	0.901
Methionine.....g	0.048		0	BFFN	4		0.060	0.231
Cystine.....g	0.019		0	BFFN	4		0.024	0.092
Phenylalanine.....g	0.118		0	BFFN	4		0.146	0.569
Tyrosine.....g	0.066		0	BFFN	4		0.082	0.318
Valine.....g	0.138		0	BFFN	4		0.171	0.665
Arginine.....g	0.252		0	BFFN	4		0.312	1.215
Histidine.....g	0.063		0	BFFN	4		0.078	0.304
Alanine.....g	0.141		0	BFFN	4		0.175	0.680
Aspartic acid.....g	0.292		0	BFFN	4		0.362	1.407
Glutamic acid.....g	0.436		0	BFFN	4		0.541	2.102
Glycine.....g	0.108		0	BFFN	4		0.134	0.521
Proline.....g	0.102		0	BFFN	4		0.126	0.492
Serine.....g	0.107		0	BFFN	4		0.133	0.516
Hydroxyproline.....g								
<b>Others:</b>								
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0
Theobromine.....mg	0		0	Z	7		0	0

NDB No. 11812

Peas, green, canned, no salt added, solids and liquids

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

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

**Common Measures:**

Measure 1 = 124g: .5 cup

Measure 2 = 482g: 1 can (303 x 406)

**Calories Factors: Protein** 3.47

**Fat** 8.37

**Carbohydrate**4.07

**Food Group:** 11 Vegetables and Vegetable Products  
USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11306

Peas, green, canned, regular pack, solids and liquids

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	85.92	0.110	521	A	1		106.54	414.13	
Energy.....kcal	53		0	NC	4		66	255	
Energy.....kj	222		0		4		275	1069	
Protein (N x 6.25).....g	3.19	0.025	566	A	1		3.96	15.38	
Total lipid (fat).....g	0.30	0.007	564	A	1		0.37	1.45	
Ash.....g	0.84	0.015	536	A	1		1.04	4.05	
Carbohydrate, by difference.....g	9.75		0	NC	4		12.09	47.00	
Fiber, total dietary.....g	3.3	0.120	37		1		4.1	15.9	
Sugars, total.....g	3.20		0	NC	4		3.96	15.41	
Sucrose.....g	2.95	0.205	11		1		3.65	14.21	
Glucose (dextrose).....g	0.08	0.037	9		1		0.10	0.40	
Fructose.....g	0.10	0.037	9		1		0.12	0.46	
Lactose.....g	0.00		0	Z	7		0.00	0.00	
Maltose.....g	0.07	0.032	11		1		0.09	0.34	
Galactose.....g	0.00		0	Z	7		0.00	0.00	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	18	0.239	592	A	1		22	87	
Iron, Fe.....mg	1.02	0.021	595	A	1		1.26	4.92	
Magnesium, Mg.....mg	17	0.275	259		1		21	82	
Phosphorus, P.....mg	53	0.794	365		1		66	255	
Potassium, K.....mg	100	1.217	391	A	1		124	482	
Sodium, Na.....mg	250	9.656	47	A	1		310	1205	
Zinc, Zn.....mg	0.70	0.073	176		1		0.87	3.37	
Copper, Cu.....mg	0.108	0.002	167		1		0.134	0.521	
Manganese, Mn.....mg	0.264		0		1		0.327	1.272	
Selenium, Se.....mcg	1.3	0.306	38		1		1.6	6.1	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	9.8	0.147	580	A	1		12.2	47.2	
Thiamin.....mg	0.111	0.002	479		1		0.138	0.535	
Riboflavin.....mg	0.073	0.001	459		1		0.091	0.352	
Niacin.....mg	0.842		452		1		1.044	4.058	
Pantothenic acid.....mg	0.091		0		1		0.113	0.439	
Vitamin B-6.....mg	0.065	0.000	9		1		0.081	0.313	
Folate, total.....mcg	29	7.318	3		1		35	137	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	29	7.318	3		1		35	137	
Folate, DFE.....mcg_DFE	29		0	NC	4		35	137	
Choline, total.....mg	18.9		0	BFSN	4		23.5	91.2	
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	72		0	NC	4		90	348	
Retinol.....mcg	0		0	Z	7		0	0	
Carotene, beta.....mcg	859		0	BFSN	4		1066	4142	
Carotene, alpha.....mcg	14		0	BFSN	4		17	68	
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0	0	
Vitamin A, IU.....IU	1444		0	NC	4		1791	6960	
Lycopene.....mcg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin.....mcg	1650		0	BFSN	4		2046	7953	
Vitamin E (alpha-tocopherol).....mg	0.02		1		1		0.02	0.10	
Tocopherol, beta.....mg	0.00		1		1		0.00	0.00	
Tocopherol, gamma.....mg	1.70		1		1		2.11	8.19	
Tocopherol, delta.....mg	0.03		1		1		0.04	0.14	
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	16.5		0	BFSN	4		20.5	79.5	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.050		0		1		0.062	0.241	

Peas, green, canned, regular pack, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.000		0		1		0.000	0.000	
12:0.....g	0.000		0		1		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0		1		0.000	0.000	
15:0.....g									
16:0.....g	0.045		0		1		0.056	0.217	
17:0.....g									
18:0.....g	0.005		0		1		0.006	0.024	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.025		0		1		0.031	0.121	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.025		0		1		0.031	0.121	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.132		0		1		0.164	0.636	
18:2 undifferentiated.....g	0.107		0		1		0.133	0.516	
18:3 undifferentiated.....g	0.025		0		1		0.031	0.121	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.022		0	BFPN	4		0.027	0.106	
Threonine.....g	0.120		0	BFPN	4		0.149	0.578	
Isoleucine.....g	0.114		0	BFPN	4		0.141	0.549	
Leucine.....g	0.190		0	BFPN	4		0.236	0.916	
Lysine.....g	0.187		0	BFPN	4		0.232	0.901	
Methionine.....g	0.048		0	BFPN	4		0.060	0.231	
Cystine.....g	0.019		0	BFPN	4		0.024	0.092	
Phenylalanine.....g	0.118		0	BFPN	4		0.146	0.569	
Tyrosine.....g	0.066		0	BFPN	4		0.082	0.318	
Valine.....g	0.138		0	BFPN	4		0.171	0.665	
Arginine.....g	0.252		0	BFPN	4		0.312	1.215	
Histidine.....g	0.063		0	BFPN	4		0.078	0.304	
Alanine.....g	0.141		0	BFPN	4		0.175	0.680	
Aspartic acid.....g	0.292		0	BFPN	4		0.362	1.407	
Glutamic acid.....g	0.436		0	BFPN	4		0.541	2.102	
Glycine.....g	0.108		0	BFPN	4		0.134	0.521	
Proline.....g	0.102		0	BFPN	4		0.126	0.492	
Serine.....g	0.107		0	BFPN	4		0.133	0.516	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg									
Theobromine.....mg									

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

NDB No. 11306

Peas, green, canned, regular pack, solids and liquids

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

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food, or similar food.

**Common Measures:**

Measure 1 = 124g: .5 cup

Measure 2 = 482g: 1 can (303 x 406)

**Calories Factors: Protein** 3.47

**Fat** 8.37

**Carbohydrate**4.07

**Food Group:** 11 Vegetables and Vegetable Products  
USDA National Nutrient Database for Standard Reference, Release 21 (2008)





NDB No. 11310

Peas, green, canned, seasoned, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g									
15:0.....g									
16:0.....g	0.044		0		1		0.100	0.050	
17:0.....g									
18:0.....g	0.005		0		1		0.011	0.006	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.024		0		1		0.054	0.027	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.024		0		1		0.054	0.027	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.127		0		1		0.288	0.145	
18:2 undifferentiated.....g	0.103		0		1		0.234	0.117	
18:3 undifferentiated.....g	0.024		0		1		0.054	0.027	
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.021		0		1		0.048	0.024	
Threonine.....g	0.116		0		1		0.263	0.132	
Isoleucine.....g	0.111		0		1		0.252	0.127	
Leucine.....g	0.184		0		1		0.418	0.210	
Lysine.....g	0.181		0		1		0.411	0.206	
Methionine.....g	0.047		0		1		0.107	0.054	
Cystine.....g	0.018		0		1		0.041	0.021	
Phenylalanine.....g	0.114		0		1		0.259	0.130	
Tyrosine.....g	0.065		0		1		0.148	0.074	
Valine.....g	0.134		0		1		0.304	0.153	
Arginine.....g	0.244		0		1		0.554	0.278	
Histidine.....g	0.061		0		1		0.138	0.070	
Alanine.....g	0.137		0		1		0.311	0.156	
Aspartic acid.....g	0.283		0		1		0.642	0.323	
Glutamic acid.....g	0.422		0		1		0.958	0.481	
Glycine.....g	0.105		0		1		0.238	0.120	
Proline.....g	0.099		0		1		0.225	0.113	
Serine.....g	0.103		0		1		0.234	0.117	
Hydroxyproline.....g									

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

**Common Measures:**

Measure 1 = 227g: 1 cup

Measure 2 = 114g: .5 cup

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

**NDB No. 11310**

**Peas, green, canned, seasoned, solids and liquids**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11811

Peas, green, cooked, boiled, drained, with salt

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv	Source	Confidence Code	Measure 1	Measure 2	Measure 3
				Code	Code				
<b>Proximates:</b>									
Water.....g	77.87	1.000	14			1	124.59		
Energy.....kcal	84		0	NC		4	134		
Energy.....kj	352		0	NC		4	563		
Protein (N x 6.25).....g	5.36	0.258	14			1	8.58		
Total lipid (fat).....g	0.22	0.018	14			1	0.35		
Ash.....g	0.92	0.052	14			1	1.47		
Carbohydrate, by difference.....g	15.63		0	NC		4	25.01		
Fiber, total dietary.....g	5.5		1	A		1	8.8		
Sugars, total.....g	5.93		0	NC		4	9.50		
Sucrose.....g	5.22		0	BFSN		4	8.36		
Glucose (dextrose).....g	0.13		0	BFSN		4	0.20		
Fructose.....g	0.41		0	BFSN		4	0.65		
Lactose.....g	0.00		0	BFSN		4	0.00		
Maltose.....g	0.18		0	BFSN		4	0.28		
Galactose.....g	0.00		0	BFSN		4	0.00		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	27	0.969	12			1	43		
Iron, Fe.....mg	1.54	0.055	14			1	2.46		
Magnesium, Mg.....mg	39	2.447	13			1	62		
Phosphorus, P.....mg	117	2.787	12			1	187		
Potassium, K.....mg	271	12.010	12			1	434		
Sodium, Na.....mg	239		0			4	382		
Zinc, Zn.....mg	1.19	0.094	14			1	1.90		
Copper, Cu.....mg	0.173	0.008	14			1	0.277		
Manganese, Mn.....mg	0.525	0.033	14			1	0.840		
Selenium, Se.....mcg	1.9		0	BFSN		4	3.0		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	14.2	1.200	12			1	22.7		
Thiamin.....mg	0.259	0.018	12			1	0.414		
Riboflavin.....mg	0.149	0.003	12			1	0.238		
Niacin.....mg	2.021	0.070	12			1	3.234		
Pantothenic acid.....mg	0.153		0			1	0.245		
Vitamin B-6.....mg	0.216	0.005	12			1	0.346		
Folate, total.....mcg	63		0			1	101		
Folic acid.....mcg	0		0	Z		7	0		
Folate, food.....mcg	63		0			1	101		
Folate, DFE.....mcg_DFE	63		0	NC		4	101		
Choline, total.....mg	29.7		0	BFSN		4	47.6		
Betaine.....mg	0.2		0	BFSN		4	0.3		
Vitamin B-12.....mcg	0.00		0	Z		7	0.00		
Vitamin B-12, added.....mcg	0.00		0	Z		7	0.00		
Vitamin A, RAE.....mcg_RAE	40		0	NC		4	64		
Retinol.....mcg	0		0	Z		7	0		
Carotene, beta.....mcg	470		0	BFSN		4	751		
Carotene, alpha.....mcg	22		0	BFSN		4	35		
Cryptoxanthin, beta.....mcg	0		0	BFSN		4	0		
Vitamin A, IU.....IU	801		0	NC		4	1282		
Lycopene.....mcg	0		0	BFSN		4	0		
Lutein + zeaxanthin.....mcg	2593		0	BFSN		4	4149		
Vitamin E (alpha-tocopherol).....mg	0.14		0	BFSN		4	0.22		
Vitamin E, added.....mg	0.00		0	Z		7	0.00		
Tocopherol, beta.....mg	0.00		0	BFSN		4	0.00		
Tocopherol, gamma.....mg	0.99		0	BFSN		4	1.58		
Tocopherol, delta.....mg	0.02		0	BFSN		4	0.03		
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	25.9		0	BFSN		4	41.5		

NDB No. 11811

Peas, green, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b><u>Lipids:</u></b>									
Fatty acids, total saturated.....g	0.039		0		1		0.062		
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g									
15:0.....g									
16:0.....g	0.035		0		1		0.056		
17:0.....g									
18:0.....g	0.004		0		1		0.006		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.019		0		1		0.030		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.019		0		1		0.030		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.102		0		1		0.163		
18:2 undifferentiated.....g	0.082		0		1		0.131		
18:3 undifferentiated.....g	0.019		0		1		0.030		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.037		0		1		0.059		
Threonine.....g	0.201		0		1		0.322		
Isoleucine.....g	0.193		0		1		0.309		
Leucine.....g	0.320		0		1		0.512		
Lysine.....g	0.314		0		1		0.502		
Methionine.....g	0.081		0		1		0.130		
Cystine.....g	0.032		0		1		0.051		
Phenylalanine.....g	0.198		0		1		0.317		
Tyrosine.....g	0.112		0		1		0.179		
Valine.....g	0.232		0		1		0.371		
Arginine.....g	0.423		0		1		0.677		
Histidine.....g	0.105		0		1		0.168		
Alanine.....g	0.237		0		1		0.379		
Aspartic acid.....g	0.490		0		1		0.784		
Glutamic acid.....g	0.733		0		1		1.173		
Glycine.....g	0.182		0		1		0.291		
Proline.....g	0.171		0		1		0.274		
Serine.....g	0.179		0		1		0.286		
Hydroxyproline.....g									

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

**NDB No.** 11811

**Peas, green, cooked, boiled, drained, with salt**

**Common Measures:**

Measure 1 = 160g: 1 cup

**Calories Factors: Protein** 3.47

**Fat** 8.37

**Carbohydrate**4.07

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11305

Peas, green, cooked, boiled, drained, w without salt

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv	Source	Confidence Code	Measure 1	Measure 2	Measure 3
				Code	Code				
<b>Proximates:</b>									
Water.....g	77.87	1.000	14				124.59		
Energy.....kcal	84		0	NC		4	134		
Energy.....kj	352		0	NC		4	563		
Protein (N x 6.25).....g	5.36	0.258	14			1	8.58		
Total lipid (fat).....g	0.22	0.018	14			1	0.35		
Ash.....g	0.92	0.052	14			1	1.47		
Carbohydrate, by difference.....g	15.63		0	NC		4	25.01		
Fiber, total dietary.....g	5.5		0			1	8.8		
Sugars, total.....g	5.93		0	NC		4	9.50		
Sucrose.....g	5.22		0	BFSN		4	8.36		
Glucose (dextrose).....g	0.13		0	BFSN		4	0.20		
Fructose.....g	0.41		0	BFSN		4	0.65		
Lactose.....g	0.00		0	BFSN		4	0.00		
Maltose.....g	0.18		0	BFSN		4	0.28		
Galactose.....g	0.00		0	BFSN		4	0.00		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	27	0.969	12			1	43		
Iron, Fe.....mg	1.54	0.055	14			1	2.46		
Magnesium, Mg.....mg	39	2.447	13			1	62		
Phosphorus, P.....mg	117	2.787	12			1	187		
Potassium, K.....mg	271	12.010	12			1	434		
Sodium, Na.....mg	3	1.006	8			1	5		
Zinc, Zn.....mg	1.19	0.094	14			1	1.90		
Copper, Cu.....mg	0.173	0.008	14			1	0.277		
Manganese, Mn.....mg	0.525	0.033	14			1	0.840		
Selenium, Se.....mcg	1.9		0	BFSN		4	3.0		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	14.2	1.200	12			1	22.7		
Thiamin.....mg	0.259	0.018	12			1	0.414		
Riboflavin.....mg	0.149	0.003	12			1	0.238		
Niacin.....mg	2.021	0.070	12			1	3.234		
Pantothenic acid.....mg	0.153		0			1	0.245		
Vitamin B-6.....mg	0.216	0.005	12			1	0.346		
Folate, total.....mcg	63		0			1	101		
Folic acid.....mcg	0		0	Z		7	0		
Folate, food.....mcg	63		0			1	101		
Folate, DFE.....mcg_DFE	63		0	NC		4	101		
Choline, total.....mg	29.7		0	BFSN		4	47.6		
Betaine.....mg	0.2		0	BFSN		4	0.3		
Vitamin B-12.....mcg	0.00		0	Z		7	0.00		
Vitamin B-12, added.....mcg	0.00		0	Z		7	0.00		
Vitamin A, RAE.....mcg_RAE	40		0	NC		4	64		
Retinol.....mcg	0		0	Z		7	0		
Carotene, beta.....mcg	470		0	BFSN		4	751		
Carotene, alpha.....mcg	22		0	BFSN		4	35		
Cryptoxanthin, beta.....mcg	0		0	BFSN		4	0		
Vitamin A, IU.....IU	801		0	NC		4	1282		
Lycopene.....mcg	0		0	BFSN		4	0		
Lutein + zeaxanthin.....mcg	2593		0	BFSN		4	4149		
Vitamin E (alpha-tocopherol).....mg	0.14		0	BFSN		4	0.22		
Vitamin E, added.....mg	0.00		0	Z		7	0.00		
Tocopherol, beta.....mg	0.00		0	BFSN		4	0.00		
Tocopherol, gamma.....mg	0.99		0	BFSN		4	1.58		
Tocopherol, delta.....mg	0.02		0	BFSN		4	0.03		
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	25.9		0	BFSN		4	41.5		

NDB No. 11305

Peas, green, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Deriv		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Points	Code					
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.039		0		1		0.062		
4:0.....g	0.000		0		1		0.000		
6:0.....g	0.000		0		1		0.000		
8:0.....g	0.000		0		1		0.000		
10:0.....g	0.000		0		1		0.000		
12:0.....g	0.000		0		1		0.000		
13:0.....g									
14:0.....g	0.000		0		1		0.000		
15:0.....g									
16:0.....g	0.035		0		1		0.056		
17:0.....g									
18:0.....g	0.004		0		1		0.006		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.019		0		1		0.030		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.019		0		1		0.030		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.102		0		1		0.163		
18:2 undifferentiated.....g	0.082		0		1		0.131		
18:3 undifferentiated.....g	0.019		0		1		0.030		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.037		0		1		0.059		
Threonine.....g	0.201		0		1		0.322		
Isoleucine.....g	0.193		0		1		0.309		
Leucine.....g	0.320		0		1		0.512		
Lysine.....g	0.314		0		1		0.502		
Methionine.....g	0.081		0		1		0.130		
Cystine.....g	0.032		0		1		0.051		
Phenylalanine.....g	0.198		0		1		0.317		
Tyrosine.....g	0.112		0		1		0.179		
Valine.....g	0.232		0		1		0.371		
Arginine.....g	0.423		0		1		0.677		
Histidine.....g	0.105		0		1		0.168		
Alanine.....g	0.237		0		1		0.379		
Aspartic acid.....g	0.490		0		1		0.784		
Glutamic acid.....g	0.733		0		1		1.173		
Glycine.....g	0.182		0		1		0.291		
Proline.....g	0.171		0		1		0.274		
Serine.....g	0.179		0		1		0.286		
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		



NDB No. 11305

Peas, green, cooked, boiled, drained, without salt

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

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

**Common Measures:**

Measure 1 = 160g: 1 cup

**Calories Factors: Protein** 3.47

**Fat** 8.37

**Carbohydrate**4.07

**Food Group:** 11 Vegetables and Vegetable Products  
USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11814

Peas, green, frozen, cooked, boiled, drained, with salt

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	79.52	0.681	11		1		63.62	201.19	
Energy.....kcal	78		0	NC	4		62	197	
Energy.....kj	326		0		4		261	826	
Protein (N x 6.25).....g	5.15	0.205	11		1		4.12	13.03	
Total lipid (fat).....g	0.27	0.049	11		1		0.22	0.68	
Ash.....g	0.80	0.100	11		1		0.64	2.02	
Carbohydrate, by difference.....g	14.26		0	NC	4		11.41	36.08	
Fiber, total dietary.....g	5.5		0		4		4.4	13.9	
Sugars, total.....g	4.65		0	BFZN	4		3.72	11.77	
Sucrose.....g	4.29		0	BFZN	4		3.43	10.85	
Glucose (dextrose).....g	0.12		0	BFZN	4		0.10	0.30	
Fructose.....g	0.14		0	BFZN	4		0.11	0.35	
Lactose.....g	0.00		0	BFZN	4		0.00	0.00	
Maltose.....g	0.10		0	BFZN	4		0.08	0.26	
Galactose.....g	0.00		0	BFZN	4		0.00	0.00	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	24	0.765	47		1		19	61	
Iron, Fe.....mg	1.52	0.043	48		1		1.21	3.84	
Magnesium, Mg.....mg	22	0.521	48		1		17	55	
Phosphorus, P.....mg	77	1.458	47		1		62	196	
Potassium, K.....mg	110	3.108	48		1		88	278	
Sodium, Na.....mg	323		0		4		258	817	
Zinc, Zn.....mg	0.67	0.024	48		1		0.54	1.71	
Copper, Cu.....mg	0.105	0.003	47		1		0.084	0.265	
Manganese, Mn.....mg	0.279	0.009	48		1		0.224	0.707	
Selenium, Se.....mcg	1.0	0.228	40		1		0.8	2.5	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	9.9	0.906	9		1		7.9	25.0	
Thiamin.....mg	0.283	0.022	11		1		0.226	0.716	
Riboflavin.....mg	0.100	0.005	11		1		0.080	0.253	
Niacin.....mg	1.480	0.053	9		1		1.184	3.744	
Pantothenic acid.....mg	0.142	0.018	3		1		0.114	0.359	
Vitamin B-6.....mg	0.113	0.008	11		1		0.090	0.286	
Folate, total.....mcg	59	3.802	18		1		47	148	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	59	3.802	18		1		47	148	
Folate, DFE.....mcg_DFE	59		0	NC	4		47	148	
Choline, total.....mg	27.5		0	AS	1		22.0	69.6	
Betaine.....mg	0.1		1	A	1		0.1	0.4	
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	105		0	NC	4		84	266	
Retinol.....mcg	0		0	Z	7		0	0	
Carotene, beta.....mcg	1250	50.000	7	A	1		1000	3163	
Carotene, alpha.....mcg	20		0	BFZN	4		16	52	
Cryptoxanthin, beta.....mcg	0		0	BFZN	4		0	0	
Vitamin A, IU.....IU	2100		0	NC	4		1680	5314	
Lycopene.....mcg	0		0	BFZN	4		0	0	
Lutein + zeaxanthin.....mcg	2400	0.000	8	A	1		1920	6072	
Vitamin E (alpha-tocopherol).....mg	0.03		0	BFZN	4		0.02	0.07	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg	0.00		0	BFZN	4		0.00	0.00	
Tocopherol, gamma.....mg	2.47		0	BFZN	4		1.98	6.26	
Tocopherol, delta.....mg	0.04		0	BFZN	4		0.03	0.11	
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	24.0		1	A	1		19.2	60.7	

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.049		0		1		0.039	0.124	
4:0.....g	0.000		0	BFZN	4		0.000	0.000	
6:0.....g	0.000		0	BFZN	4		0.000	0.000	
8:0.....g	0.000		0	BFZN	4		0.000	0.000	
10:0.....g	0.000		0	BFZN	4		0.000	0.000	
12:0.....g	0.000		0	BFZN	4		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0	BFZN	4		0.000	0.000	
15:0.....g									
16:0.....g	0.044		0		1		0.035	0.111	
17:0.....g									
18:0.....g	0.005		0		1		0.004	0.013	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.024		0		1		0.019	0.061	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.024		0		1		0.019	0.061	
20:1.....g	0.000		0	BFZN	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.129		0		1		0.103	0.326	
18:2 undifferentiated.....g	0.105		0		1		0.084	0.266	
18:3 undifferentiated.....g	0.024		0		1		0.019	0.061	
18:4.....g	0.000		0	BFZN	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.035		0		1		0.028	0.089	
Threonine.....g	0.193		0		1		0.154	0.488	
Isoleucine.....g	0.185		0		1		0.148	0.468	
Leucine.....g	0.307		0		1		0.246	0.777	
Lysine.....g	0.302		0		1		0.242	0.764	
Methionine.....g	0.078		0		1		0.062	0.197	
Cystine.....g	0.030		0		1		0.024	0.076	
Phenylalanine.....g	0.190		0		1		0.152	0.481	
Tyrosine.....g	0.108		0		1		0.086	0.273	
Valine.....g	0.223		0		1		0.178	0.564	
Arginine.....g	0.407		0		1		0.326	1.030	
Histidine.....g	0.101		0		1		0.081	0.256	
Alanine.....g	0.228		0		1		0.182	0.577	
Aspartic acid.....g	0.471		0		1		0.377	1.192	
Glutamic acid.....g	0.705		0		1		0.564	1.784	
Glycine.....g	0.175		0		1		0.140	0.443	
Proline.....g	0.165		0		1		0.132	0.417	
Serine.....g	0.172		0		1		0.138	0.435	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

NDB No. 11814

Peas, green, frozen, cooked, boiled, drained, with salt

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

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

**Common Measures:**

Measure 1 = 80g: .5 cup

Measure 2 = 253g: 1 package (10 oz) yields

**Calories Factors: Protein** 3.47

**Fat** 8.37

**Carbohydrate**4.07

**Food Group:** 11 Vegetables and Vegetable Products  
USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11313

Peas, green, frozen, cooked, boiled, drained, without salt

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	79.52	0.681	11		1		63.62	201.19	
Energy.....kcal	78		0	NC	4		62	197	
Energy.....kj	326		0		4		261	826	
Protein (N x 6.25).....g	5.15	0.205	11		1		4.12	13.03	
Total lipid (fat).....g	0.27	0.049	11		1		0.22	0.68	
Ash.....g	0.80	0.100	11		1		0.64	2.02	
Carbohydrate, by difference.....g	14.26		0	NC	4		11.41	36.08	
Fiber, total dietary.....g	5.5		0		1		4.4	13.9	
Sugars, total.....g	4.65		0	NC	4		3.72	11.77	
Sucrose.....g	4.29		0	BFSN	4		3.43	10.85	
Glucose (dextrose).....g	0.12		0	BFSN	4		0.10	0.30	
Fructose.....g	0.14		0	BFSN	4		0.11	0.35	
Lactose.....g	0.00		0	BFSN	4		0.00	0.00	
Maltose.....g	0.10		0	BFSN	4		0.08	0.26	
Galactose.....g	0.00		0	BFSN	4		0.00	0.00	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	24	0.765	47		1		19	61	
Iron, Fe.....mg	1.52	0.043	48		1		1.21	3.84	
Magnesium, Mg.....mg	22	0.521	48		1		17	55	
Phosphorus, P.....mg	77	1.458	47		1		62	196	
Potassium, K.....mg	110	3.108	48		1		88	278	
Sodium, Na.....mg	72	4.091	47		1		58	182	
Zinc, Zn.....mg	0.67	0.024	48		1		0.54	1.71	
Copper, Cu.....mg	0.105	0.003	47		1		0.084	0.265	
Manganese, Mn.....mg	0.279	0.009	48		1		0.224	0.707	
Selenium, Se.....mcg	1.0	0.228	40		1		0.8	2.5	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	9.9	0.906	9		1		7.9	25.0	
Thiamin.....mg	0.283	0.022	11		1		0.226	0.716	
Riboflavin.....mg	0.100	0.005	11		1		0.080	0.253	
Niacin.....mg	1.480	0.053	9		1		1.184	3.744	
Pantothenic acid.....mg	0.142	0.018	3		1		0.114	0.359	
Vitamin B-6.....mg	0.113	0.008	11		1		0.090	0.286	
Folate, total.....mcg	59	3.802	18		1		47	148	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	59	3.802	18		1		47	148	
Folate, DFE.....mcg_DFE	59		0	NC	4		47	148	
Choline, total.....mg	27.5		0	AS	1		22.0	69.6	
Betaine.....mg	0.1		1	A	1		0.1	0.4	
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	105		0	NC	4		84	266	
Retinol.....mcg	0		0	Z	7		0	0	
Carotene, beta.....mcg	1250	50.000	7	A	1		1000	3163	
Carotene, alpha.....mcg	20		0	BFSN	4		16	52	
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0	0	
Vitamin A, IU.....IU	2100		0	NC	4		1680	5314	
Lycopene.....mcg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin.....mcg	2400	0.000	8	A	1		1920	6072	
Vitamin E (alpha-tocopherol).....mg	0.03		0	BFSN	4		0.02	0.07	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg	0.00		0	BFSN	4		0.00	0.00	
Tocopherol, gamma.....mg	2.47		0	BFSN	4		1.98	6.26	
Tocopherol, delta.....mg	0.04		0	BFSN	4		0.03	0.11	
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	24.0		1	A	1		19.2	60.7	

NDB No. 11313

Peas, green, frozen, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Deriv		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Points	Code					
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.049		0		1		0.039	0.124	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.000		0		1		0.000	0.000	
12:0.....g	0.000		0		1		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0		1		0.000	0.000	
15:0.....g									
16:0.....g	0.044		0		1		0.035	0.111	
17:0.....g									
18:0.....g	0.005		0		1		0.004	0.013	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.024		0		1		0.019	0.061	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.024		0		1		0.019	0.061	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.129		0		1		0.103	0.326	
18:2 undifferentiated.....g	0.105		0		1		0.084	0.266	
18:3 undifferentiated.....g	0.024		0		1		0.019	0.061	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.035		0		1		0.028	0.089	
Threonine.....g	0.193		0		1		0.154	0.488	
Isoleucine.....g	0.185		0		1		0.148	0.468	
Leucine.....g	0.307		0		1		0.246	0.777	
Lysine.....g	0.302		0		1		0.242	0.764	
Methionine.....g	0.078		0		1		0.062	0.197	
Cystine.....g	0.030		0		1		0.024	0.076	
Phenylalanine.....g	0.190		0		1		0.152	0.481	
Tyrosine.....g	0.108		0		1		0.086	0.273	
Valine.....g	0.223		0		1		0.178	0.564	
Arginine.....g	0.407		0		1		0.326	1.030	
Histidine.....g	0.101		0		1		0.081	0.256	
Alanine.....g	0.228		0		1		0.182	0.577	
Aspartic acid.....g	0.471		0		1		0.377	1.192	
Glutamic acid.....g	0.705		0		1		0.564	1.784	
Glycine.....g	0.175		0		1		0.140	0.443	
Proline.....g	0.165		0		1		0.132	0.417	
Serine.....g	0.172		0		1		0.138	0.435	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

NDB No. 11313

Peas, green, frozen, cooked, boiled, drained, without salt

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

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

**Common Measures:**

Measure 1 = 80g: .5 cup

Measure 2 = 253g: 1 package (10 oz) yields

**Calories Factors: Protein** 3.47

**Fat** 8.37

**Carbohydrate**4.07

**Food Group:** 11 Vegetables and Vegetable Products  
USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11312  
 Peas, green, frozen, unprepared

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	79.98	0.240	105	JO	11		107.17	227.14	
Energy.....kcal	77		0	NC	4		103	218	
Energy.....kj	322		0	NC	4		431	914	
Protein (N x 6.25).....g	5.22	0.057	95	JA	6		7.00	14.83	
Total lipid (fat).....g	0.40	0.025	101	JO	11		0.53	1.13	
Ash.....g	0.78	0.070	86	JA	6		1.04	2.21	
Carbohydrate, by difference.....g	13.62		0	NC	4		18.25	38.69	
Fiber, total dietary.....g	4.5	0.131	7	JA	6		6.1	12.9	
Sugars, total.....g	5.00		0	NC	4		6.71	14.21	
Sucrose.....g	4.60	0.193	9	JA	6		6.17	13.07	
Glucose (dextrose).....g	0.08	0.037	6	JA	6		0.10	0.22	
Fructose.....g	0.25	0.210	6	JA	6		0.33	0.70	
Lactose.....g	0.00	0.000	3	A	1	D	0.00	0.00	
Maltose.....g	0.08	0.014	6	JA	6		0.11	0.23	
Galactose.....g	0.00		1	A	1	D	0.00	0.00	
Starch.....g	4.17	0.203	3	A	1	D	5.58	11.83	
<b>Minerals:</b>									
Calcium, Ca.....mg	22	1.223	90	JA	6		30	63	
Iron, Fe.....mg	1.53	0.032	95	JA	6		2.05	4.35	
Magnesium, Mg.....mg	26	0.881	31	JA	6		34	73	
Phosphorus, P.....mg	82	2.212	45	JA	6		110	233	
Potassium, K.....mg	153	5.477	38	JA	6		205	434	
Sodium, Na.....mg	108	22.670	56	JA	6		144	306	
Zinc, Zn.....mg	0.82	0.016	33	JA	6		1.10	2.32	
Copper, Cu.....mg	0.124	0.004	34	JA	6		0.166	0.352	
Manganese, Mn.....mg	0.336	0.031	33	JA	6		0.450	0.955	
Selenium, Se.....mcg	1.9	0.420	19	A	1	D	2.6	5.5	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	18.0	0.655	77		1		24.1	51.1	
Thiamin.....mg	0.259	0.009	89	JA	6		0.346	0.734	
Riboflavin.....mg	0.100	0.003	90	JA	6		0.134	0.284	
Niacin.....mg	1.723	0.058	90	JA	6		2.309	4.894	
Pantothenic acid.....mg	0.547	0.029	3	JA	6		0.733	1.553	
Vitamin B-6.....mg	0.083	0.003	3	JA	6		0.112	0.236	
Folate, total.....mcg	53		0		1		71	151	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	53		0		1		71	151	
Folate, DFE.....mcg_DFE	53		0	NC	4		71	151	
Choline, total.....mg	27.0		0	BFSN	4		36.1	76.6	
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	103		0	NC	4		138	292	
Retinol.....mcg	0		0	Z	7		0	0	
Carotene, beta.....mcg	1225		0	BFSN	4		1641	3479	
Carotene, alpha.....mcg	20		0	BFSN	4		27	57	
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0	0	
Vitamin A, IU.....IU	2058		0	NC	4		2758	5846	
Lycopene.....mcg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin.....mcg	2352		0	BFSN	4		3152	6680	
Vitamin E (alpha-tocopherol).....mg	0.02	0.003	6	A	1		0.03	0.06	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg	0.00	0.000	6	A	1		0.00	0.00	
Tocopherol, gamma.....mg	0.75	0.054	6	A	1		1.00	2.13	
Tocopherol, delta.....mg	0.01	0.002	6	A	1		0.02	0.04	
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	27.9		2	A	1	D	37.4	79.3	



**NDB No. 11312**  
**Peas, green, frozen, unprepared**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common			
	Mean	Std. Error	Number		measures of food			
			of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2
<b>Lipids:</b>								
Fatty acids, total saturated.....g	0.066		0		1		0.088	0.187
4:0.....g	0.000		0		1		0.000	0.000
6:0.....g	0.000		0		1		0.000	0.000
8:0.....g	0.000		0		1		0.000	0.000
10:0.....g	0.000		0		1		0.000	0.000
12:0.....g	0.000		0		1		0.000	0.000
13:0.....g								
14:0.....g	0.000		0		1		0.000	0.000
15:0.....g								
16:0.....g	0.060		0		1		0.080	0.170
17:0.....g								
18:0.....g	0.007		0		1		0.009	0.020
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	0.033		0		1		0.044	0.094
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000
17:1.....g								
18:1 undifferentiated.....g	0.033		0		1		0.044	0.094
20:1.....g	0.000		0		1		0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.175		0		1		0.235	0.497
18:2 undifferentiated.....g	0.142		0		1		0.190	0.403
18:3 undifferentiated.....g	0.033		0		1		0.044	0.094
18:4.....g	0.000		0		1		0.000	0.000
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000
20:5 n-3.....g	0.000		0		1		0.000	0.000
22:5 n-3.....g	0.000		0		1		0.000	0.000
22:6 n-3.....g	0.000		0		1		0.000	0.000
Fatty acids, total trans.....g								
Cholesterol.....mg	0		0	Z	7		0	0
Phytosterols.....mg								
<b>Amino Acids:</b>								
Tryptophan.....g	0.036		0		1		0.048	0.102
Threonine.....g	0.195		0		1		0.261	0.554
Isoleucine.....g	0.187		0		1		0.251	0.531
Leucine.....g	0.311		0		1		0.417	0.883
Lysine.....g	0.305		0		1		0.409	0.866
Methionine.....g	0.079		0		1		0.106	0.224
Cystine.....g	0.031		0		1		0.042	0.088
Phenylalanine.....g	0.192		0		1		0.257	0.545
Tyrosine.....g	0.109		0		1		0.146	0.310
Valine.....g	0.226		0		1		0.303	0.642
Arginine.....g	0.412		0		1		0.552	1.170
Histidine.....g	0.102		0		1		0.137	0.290
Alanine.....g	0.231		0		1		0.310	0.656
Aspartic acid.....g	0.476		0		1		0.638	1.352
Glutamic acid.....g	0.712		0		1		0.954	2.022
Glycine.....g	0.177		0		1		0.237	0.503
Proline.....g	0.167		0		1		0.224	0.474
Serine.....g	0.174		0		1		0.233	0.494
Hydroxyproline.....g								
<b>Others:</b>								
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0
Theobromine.....mg	0		0	Z	7		0	0

NDB No. 11312  
Peas, green, frozen, unprepared

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

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

**Common Measures:**

Measure 1 = 134g: 1 cup

Measure 2 = 284g: 1 package

**Calories Factors: Protein** 3.47

**Fat** 8.37

**Carbohydrate**4.07

**Food Group:** 11 Vegetables and Vegetable Products  
USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11304  
 Peas, green, raw  
*Pisum sativum*

Refuse:62% Pods and inedible peas

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	78.86	0.508	10				114.35		
Energy.....kcal	81		0	NC	4		117		
Energy.....kj	339		0	NC	4		491		
Protein (N x 6.25).....g	5.42	0.131	7		1		7.86		
Total lipid (fat).....g	0.40	0.033	7		1		0.58		
Ash.....g	0.87	0.042	7		1		1.26		
Carbohydrate, by difference.....g	14.45		0	NC	4		20.95		
Fiber, total dietary.....g	5.1		0		1		7.4		
Sugars, total.....g	5.67		0	NC	4		8.22		
Sucrose.....g	4.99		0	BFSN	4		7.24		
Glucose (dextrose).....g	0.12		0	BFSN	4		0.18		
Fructose.....g	0.39		0	BFSN	4		0.57		
Lactose.....g	0.00		0	BFSN	4		0.00		
Maltose.....g	0.17		0	BFSN	4		0.24		
Galactose.....g	0.00		0	BFSN	4		0.00		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	25	2.027	8		1		36		
Iron, Fe.....mg	1.47	0.050	8		1		2.13		
Magnesium, Mg.....mg	33	1.096	8		1		48		
Phosphorus, P.....mg	108	4.166	8		1		157		
Potassium, K.....mg	244	16.659	10		1		354		
Sodium, Na.....mg	5	1.287	7		1		7		
Zinc, Zn.....mg	1.24	0.042	7		1		1.80		
Copper, Cu.....mg	0.176	0.013	7		1		0.255		
Manganese, Mn.....mg	0.410	0.030	7		1		0.595		
Selenium, Se.....mcg	1.8		0	BFSN	4		2.6		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	40.0		1		1		58.0		
Thiamin.....mg	0.266	0.029	7		1		0.386		
Riboflavin.....mg	0.132	0.009	7		1		0.191		
Niacin.....mg	2.090	0.137	7		1		3.031		
Pantothenic acid.....mg	0.104		1		1		0.151		
Vitamin B-6.....mg	0.169	0.013	7		1		0.245		
Folate, total.....mcg	65		1		1		94		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	65		1		1		94		
Folate, DFE.....mcg_DFE	65		0	NC	4		94		
Choline, total.....mg	28.4		0	BFSN	4		41.2		
Betaine.....mg	0.2		0	BFSN	4		0.2		
Vitamin B-12.....mcg	0.00		0	Z	7		0.00		
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....mcg_RAE	38		0	AS	1		55		
Retinol.....mcg	0		0	Z	7		0		
Carotene, beta.....mcg	449	108.530	40	A	1		651		
Carotene, alpha.....mcg	21	5.140	40	A	1		31		
Cryptoxanthin, beta.....mcg	0		15	A	1		0		
Vitamin A, IU.....IU	765		0	AS	1		1110		
Lycopene.....mcg	0		0	Z	7		0		
Lutein + zeaxanthin.....mcg	2477		0	BFSN	4		3592		
Vitamin E (alpha-tocopherol).....mg	0.13		1		1		0.19		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg	0.00		0	BFSN	4		0.00		
Tocopherol, gamma.....mg	0.95		0	BFSN	4		1.37		
Tocopherol, delta.....mg	0.02		0	BFSN	4		0.02		
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	24.8		0	BFSN	4		35.9		

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Deriv		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Points	Code					
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.071		0		1		0.103		
4:0.....g	0.000		0		1		0.000		
6:0.....g	0.000		0		1		0.000		
8:0.....g	0.000		0		1		0.000		
10:0.....g	0.000		0		1		0.000		
12:0.....g	0.000		0		1		0.000		
13:0.....g									
14:0.....g	0.000		0		1		0.000		
15:0.....g									
16:0.....g	0.064		1		1		0.093		
17:0.....g									
18:0.....g	0.007		1		1		0.010		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.035		0		1		0.051		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.035		1		1		0.051		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.187		0		1		0.271		
18:2 undifferentiated.....g	0.152		1		1		0.220		
18:3 undifferentiated.....g	0.035		1		1		0.051		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.037		0		1		0.054		
Threonine.....g	0.203		0		1		0.294		
Isoleucine.....g	0.195		0		1		0.283		
Leucine.....g	0.323		0		1		0.468		
Lysine.....g	0.317		0		1		0.460		
Methionine.....g	0.082		0		1		0.119		
Cystine.....g	0.032		0		1		0.046		
Phenylalanine.....g	0.200		0		1		0.290		
Tyrosine.....g	0.114		0		1		0.165		
Valine.....g	0.235		0		1		0.341		
Arginine.....g	0.428		0		1		0.621		
Histidine.....g	0.107		0		1		0.155		
Alanine.....g	0.240		0		1		0.348		
Aspartic acid.....g	0.496		0		1		0.719		
Glutamic acid.....g	0.741		0		1		1.074		
Glycine.....g	0.184		0		1		0.267		
Proline.....g	0.173		0		1		0.251		
Serine.....g	0.181		0		1		0.262		
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

NDB No. 11304  
Peas, green, raw

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

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

**Common Measures:**

Measure 1 = 145g: 1 cup

**Calories Factors: Protein** 3.47

**Fat** 8.37

**Carbohydrate**4.07

**Food Group:** 11 Vegetables and Vegetable Products  
USDA National Nutrient Database for Standard Reference, Release 21 (2008)



NDB No. 11815

Peas, mature seeds, sprouted, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g									
15:0.....g									
16:0.....g	0.082		0			1			
17:0.....g									
18:0.....g	0.009		0			1			
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.045		0			1			
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.045		0			1			
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.240		0			1			
18:2 undifferentiated.....g	0.195		0			1			
18:3 undifferentiated.....g	0.045		0			1			
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z		7			
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g									
Threonine.....g	0.240		0			1			
Isoleucine.....g	0.221		0			1			
Leucine.....g	0.473		0			1			
Lysine.....g	0.497		0			1			
Methionine.....g	0.089		0			1			
Cystine.....g	0.200		0			1			
Phenylalanine.....g	0.325		0			1			
Tyrosine.....g	0.164		0			1			
Valine.....g	0.285		0			1			
Arginine.....g	0.627		0			1			
Histidine.....g	0.217		0			1			
Alanine.....g	0.317		0			1			
Aspartic acid.....g	0.849		0			1			
Glutamic acid.....g	1.317		0			1			
Glycine.....g	0.270		0			1			
Proline.....g	0.359		0			1			
Serine.....g	0.386		0			1			
Hydroxyproline.....g									

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

**Common Measures:**

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)





NDB No. 11317

Peas, mature seeds, sprouted, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g									
15:0.....g									
16:0.....g	0.082		0			1			
17:0.....g									
18:0.....g	0.009		0			1			
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.045		0			1			
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.045		0			1			
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.240		0			1			
18:2 undifferentiated.....g	0.195		0			1			
18:3 undifferentiated.....g	0.045		0			1			
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z		7			
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g									
Threonine.....g	0.240		0			1			
Isoleucine.....g	0.221		0			1			
Leucine.....g	0.473		0			1			
Lysine.....g	0.497		0			1			
Methionine.....g	0.089		0			1			
Cystine.....g	0.200		0			1			
Phenylalanine.....g	0.325		0			1			
Tyrosine.....g	0.164		0			1			
Valine.....g	0.285		0			1			
Arginine.....g	0.627		0			1			
Histidine.....g	0.217		0			1			
Alanine.....g	0.317		0			1			
Aspartic acid.....g	0.849		0			1			
Glutamic acid.....g	1.317		0			1			
Glycine.....g	0.270		0			1			
Proline.....g	0.359		0			1			
Serine.....g	0.386		0			1			
Hydroxyproline.....g									

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

**Common Measures:**

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)



NDB No. 11316

Peas, mature seeds, sprouted, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g									
15:0.....g									
16:0.....g	0.112		0		1		0.134		
17:0.....g									
18:0.....g	0.012		0		1		0.014		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.061		0		1		0.073		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.061		0		1		0.073		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.326		0		1		0.391		
18:2 undifferentiated.....g	0.265		0		1		0.318		
18:3 undifferentiated.....g	0.061		0		1		0.073		
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g									
Threonine.....g	0.186		1		1		0.223		
Isoleucine.....g	0.171		1		1		0.205		
Leucine.....g	0.365		1		1		0.438		
Lysine.....g	0.384		1		1		0.461		
Methionine.....g	0.069		1		1		0.083		
Cystine.....g	0.155		1		1		0.186		
Phenylalanine.....g	0.251		1		1		0.301		
Tyrosine.....g	0.127		1		1		0.152		
Valine.....g	0.220		1		1		0.264		
Arginine.....g	0.484		1		1		0.581		
Histidine.....g	0.167		1		1		0.200		
Alanine.....g	0.245		1		1		0.294		
Aspartic acid.....g	0.656		1		1		0.787		
Glutamic acid.....g	1.017		1		1		1.220		
Glycine.....g	0.208		1		1		0.250		
Proline.....g	0.277		1		1		0.332		
Serine.....g	0.299		1		1		0.359		
Hydroxyproline.....g									

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

**Common Measures:**

Measure 1 = 120g: 1 cup

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

**NDB No. 11316**

**Peas, mature seeds, sprouted, raw**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)



NDB No. 11230

Pepeao, dried

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

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

**Common Measures:**

Measure 1 = 24g: 1 cup

**Calories Factors: Protein** 2.62

**Fat** 8.37

**Carbohydrate**3.48

**Food Group:** 11 Vegetables and Vegetable Products  
USDA National Nutrient Database for Standard Reference, Release 21 (2008)



**NDB No. 11978**  
**Pepper, ancho, dried**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.082		0	BFFN	4		0.014		
15:0.....g									
16:0.....g	0.656		0	BFFN	4		0.112		
17:0.....g									
18:0.....g	0.082		0	BFFN	4		0.014		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.492		0	BFFN	4		0.084		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	BFFN	4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.410		0	BFFN	4		0.070		
20:1.....g	0.000		0	BFFN	4		0.000		
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	4.511		0	BFFN	4		0.767		
18:2 undifferentiated.....g	4.265		0	BFFN	4		0.725		
18:3 undifferentiated.....g	0.164		0	BFFN	4		0.028		
18:4.....g	0.000		0	BFFN	4		0.000		
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFFN	4		0.000		
20:5 n-3.....g	0.000		0	BFFN	4		0.000		
22:5 n-3.....g	0.000		0	BFFN	4		0.000		
22:6 n-3.....g	0.000		0	BFFN	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.155		0	BFFN	4		0.026		
Threonine.....g	0.425		0	BFFN	4		0.072		
Isoleucine.....g	0.373		0	BFFN	4		0.063		
Leucine.....g	0.605		0	BFFN	4		0.103		
Lysine.....g	0.515		0	BFFN	4		0.088		
Methionine.....g	0.142		0	BFFN	4		0.024		
Cystine.....g	0.219		0	BFFN	4		0.037		
Phenylalanine.....g	0.361		0	BFFN	4		0.061		
Tyrosine.....g	0.245		0	BFFN	4		0.042		
Valine.....g	0.489		0	BFFN	4		0.083		
Arginine.....g	0.554		0	BFFN	4		0.094		
Histidine.....g	0.232		0	BFFN	4		0.039		
Alanine.....g	0.476		0	BFFN	4		0.081		
Aspartic acid.....g	1.661		0	BFFN	4		0.282		
Glutamic acid.....g	1.532		0	BFFN	4		0.260		
Glycine.....g	0.425		0	BFFN	4		0.072		
Proline.....g	0.502		0	BFFN	4		0.085		
Serine.....g	0.464		0	BFFN	4		0.079		
Hydroxyproline.....g									
<b><u>Others:</u></b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg									
Theobromine.....mg									

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

**Common Measures:**

Measure 1 = 17g: 1 pepper



**NDB No. 11978**  
**Pepper, ancho, dried**

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 11976**  
**Pepper, banana, raw**  
*Capsicum anuum*

**Refuse:**18% Stem ends, seeds and core

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Deriv Source Confidence			Measure 1	Measure 2	Measure 3
			Points	Code	Code			
<b>Proximates:</b>								
Water.....g	91.81		2	A	1	113.84	30.30	42.23
Energy.....kcal	27		0	NC	4	33	9	12
Energy.....kj	113		0		4	140	37	52
Protein (N x 6.25).....g	1.66		2	A	1	2.06	0.55	0.76
Total lipid (fat).....g	0.45		2	A	1	0.56	0.15	0.21
Ash.....g	0.73		2	A	1	0.91	0.24	0.34
Carbohydrate, by difference.....g	5.35		0	NC	4	6.63	1.77	2.46
Fiber, total dietary.....g	3.4		0		1	4.2	1.1	1.6
Sugars, total.....g	1.95		0	O	4	2.42	0.64	0.90
Starch.....g								
<b>Minerals:</b>								
Calcium, Ca.....mg	14		2	A	1	17	5	6
Iron, Fe.....mg	0.46		2	A	1	0.57	0.15	0.21
Magnesium, Mg.....mg	17		2	A	1	21	6	8
Phosphorus, P.....mg	32		2	A	1	40	11	15
Potassium, K.....mg	256		2	A	1	317	84	118
Sodium, Na.....mg	13		1	A	1	16	4	6
Zinc, Zn.....mg	0.25		2	A	1	0.31	0.08	0.12
Copper, Cu.....mg	0.094		2	A	1	0.117	0.031	0.043
Manganese, Mn.....mg	0.100		2	A	1	0.124	0.033	0.046
Selenium, Se.....mcg	0.3		0	BFSN	4	0.4	0.1	0.1
<b>Vitamins:</b>								
Vitamin C, total ascorbic acid.....mg	82.7		2	A	1	102.5	27.3	38.0
Thiamin.....mg	0.081		2	A	1	0.100	0.027	0.037
Riboflavin.....mg	0.054		2	A	1	0.067	0.018	0.025
Niacin.....mg	1.242		2	A	1	1.540	0.410	0.571
Pantothenic acid.....mg	0.265		2	A	1	0.329	0.087	0.122
Vitamin B-6.....mg	0.357		2	A	1	0.443	0.118	0.164
Folate, total.....mcg	29		2	A	1	36	10	13
Folic acid.....mcg	0		0	Z	7	0	0	0
Folate, food.....mcg	29		2	A	1	36	10	13
Folate, DFE.....mcg_DFE	29		0	NC	4	36	10	13
Choline, total.....mg	7.4		0	BFSN	4	9.2	2.5	3.4
Betaine.....mg								
Vitamin B-12.....mcg	0.00		0	Z	7	0.00	0.00	0.00
Vitamin B-12, added.....mcg	0.00		0	Z	7	0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	17		0	AS	1	21	6	8
Retinol.....mcg	0		0	Z	7	0	0	0
Carotene, beta.....mcg	184		2	A	1	229	61	85
Carotene, alpha.....mcg	39		2	A	1	49	13	18
Cryptoxanthin, beta.....mcg	0		2	A	1	0	0	0
Vitamin A, IU.....IU	340		0	AS	1	422	112	156
Lycopene.....mcg	0		0	Z	7	0	0	0
Lutein + zeaxanthin.....mcg	0		0	Z	7	0	0	0
Vitamin E (alpha-tocopherol).....mg	0.69		0	O	4	0.86	0.23	0.32
Vitamin E, added.....mg	0.00		0	Z	7	0.00	0.00	0.00
Tocopherol, beta.....mg								
Tocopherol, gamma.....mg								
Tocopherol, delta.....mg								
Vitamin D.....IU								
Vitamin K (phylloquinone).....mcg	9.5		0	BFSN	4	11.8	3.1	4.4
<b>Lipids:</b>								
Fatty acids, total saturated.....g	0.048		0	BFFN	4	0.060	0.016	0.022
4:0.....g	0.000		0	BFFN	4	0.000	0.000	0.000
6:0.....g	0.000		0	BFFN	4	0.000	0.000	0.000
8:0.....g	0.000		0	BFFN	4	0.000	0.000	0.000
10:0.....g	0.000		0	BFFN	4	0.000	0.000	0.000

**NDB No. 11976**  
**Pepper, banana, raw**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0	BFFN	4		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.001		0	BFFN	4		0.001	0.000	0.000
15:0.....g									
16:0.....g	0.036		0	BFFN	4		0.045	0.012	0.017
17:0.....g									
18:0.....g	0.007		0	BFFN	4		0.009	0.002	0.003
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.027		0	BFFN	4		0.033	0.009	0.012
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0	BFFN	4		0.002	0.001	0.001
17:1.....g									
18:1 undifferentiated.....g	0.025		0	BFFN	4		0.031	0.008	0.012
20:1.....g	0.000		0	BFFN	4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.243		0	BFFN	4		0.301	0.080	0.112
18:2 undifferentiated.....g	0.240		0	BFFN	4		0.298	0.079	0.110
18:3 undifferentiated.....g	0.003		0	BFFN	4		0.004	0.001	0.001
18:4.....g	0.000		0	BFFN	4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	BFFN	4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	0
Phytosterols.....mg	3		1	A	1		4	1	1
Stigmasterol.....mg	0		1	A	1		0	0	0
Campesterol.....mg	1		1	A	1		1	0	0
Beta-sitosterol.....mg	2		1	A	1		3	1	1
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0

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

**Common Measures:**

Measure 1 = 124g: 1 cup

Measure 2 = 33g: 1 small (4" long)

Measure 3 = 46g: 1 medium (4-1/2" long)

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group: 11 Vegetables and Vegetable Products**  
 USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11977  
 Pepper, serrano, raw  
*Capsicum anuum*

Refuse:3% Stems

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	90.25		2	A	1		94.76	5.51	
Energy.....kcal	32		0	NC	4		34	2	
Energy.....kj	134		0		4		141	8	
Protein (N x 6.25).....g	1.74		2	A	1		1.83	0.11	
Total lipid (fat).....g	0.44		2	A	1		0.46	0.03	
Ash.....g	0.87		2	A	1		0.91	0.05	
Carbohydrate, by difference.....g	6.70		0	NC	4		7.04	0.41	
Fiber, total dietary.....g	3.7		0		1		3.9	0.2	
Sugars, total.....g	3.83		0	BFSN	4		4.02	0.23	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	11		2	A	1		12	1	
Iron, Fe.....mg	0.86		2	A	1		0.90	0.05	
Magnesium, Mg.....mg	22		2	A	1		23	1	
Phosphorus, P.....mg	40		2	A	1		42	2	
Potassium, K.....mg	305		2	A	1		320	19	
Sodium, Na.....mg	10		2	A	1		11	1	
Zinc, Zn.....mg	0.26		2	A	1		0.27	0.02	
Copper, Cu.....mg	0.129		2	A	1		0.135	0.008	
Manganese, Mn.....mg	0.187		2	A	1		0.196	0.011	
Selenium, Se.....mcg	0.4		0	BFSN	4		0.4	0.0	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	44.9		2	A	1		47.1	2.7	
Thiamin.....mg	0.054		2	A	1		0.057	0.003	
Riboflavin.....mg	0.081		2	A	1		0.085	0.005	
Niacin.....mg	1.537		2	A	1		1.614	0.094	
Pantothenic acid.....mg	0.200		2	A	1		0.210	0.012	
Vitamin B-6.....mg	0.505		2	A	1		0.530	0.031	
Folate, total.....mcg	23		2	A	1		24	1	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	23		2	A	1		24	1	
Folate, DFE.....mcg_DFE	23		0	NC	4		24	1	
Choline, total.....mg	8.9		0	BFSN	4		9.3	0.5	
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	47		0	AS	1		49	3	
Retinol.....mcg	0		0	Z	7		0	0	
Carotene, beta.....mcg	534		2	A	1		560	33	
Carotene, alpha.....mcg	18		2	A	1		19	1	
Cryptoxanthin, beta.....mcg	40		2	A	1		42	2	
Vitamin A, IU.....IU	937		0	AS	1		984	57	
Lycopene.....mcg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin.....mcg	544		0	BFSN	4		572	33	
Vitamin E (alpha-tocopherol).....mg	0.69		0	O	4		0.72	0.04	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	11.8		0	BFSN	4		12.4	0.7	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.059		0	BFFN	4		0.062	0.004	
4:0.....g	0.000		0	BFFN	4		0.000	0.000	
6:0.....g	0.000		0	BFFN	4		0.000	0.000	
8:0.....g	0.000		0	BFFN	4		0.000	0.000	
10:0.....g	0.000		0	BFFN	4		0.000	0.000	

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0	BFFN	4		0.000	0.000	
13:0.....g									
14:0.....g	0.001		0	BFFN	4		0.001	0.000	
15:0.....g									
16:0.....g	0.043		0	BFFN	4		0.045	0.003	
17:0.....g									
18:0.....g	0.010		0	BFFN	4		0.011	0.001	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.023		0	BFFN	4		0.024	0.001	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0	BFFN	4		0.002	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.021		0	BFFN	4		0.022	0.001	
20:1.....g	0.000		0	BFFN	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.222		0	BFFN	4		0.233	0.014	
18:2 undifferentiated.....g	0.216		0	BFFN	4		0.227	0.013	
18:3 undifferentiated.....g	0.006		0	BFFN	4		0.006	0.000	
18:4.....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg	6		1	A	1		6	0	
Stigmasterol.....mg	0		1	A	1		0	0	
Campesterol.....mg	2		1	A	1		2	0	
Beta-sitosterol.....mg	3		1	A	1		3	0	
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

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

**Common Measures:**

Measure 1 = 105g: 1 cup, chopped  
 Measure 2 = 6.1g: 1 pepper

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group:** 11 Vegetables and Vegetable Products  
 USDA National Nutrient Database for Standard Reference, Release 21 (2008)



**NDB No. 11980**  
**Peppers, chili, green, canned**

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u> <u>measures of food</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.003		0	BFFN	4		0.004		
15:0.....g									
16:0.....g	0.022		0	BFFN	4		0.031		
17:0.....g									
18:0.....g	0.003		0	BFFN	4		0.004		
20:0.....g									
22:0.....g	0.000		0	BFFN	4		0.000		
24:0.....g									
Fatty acids, total monounsaturated.....g	0.017		0	BFFN	4		0.024		
14:1.....g	0.000		0	BFFN	4		0.000		
15:1.....g									
16:1 undifferentiated.....g	0.000		0	BFFN	4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.014		0	BFFN	4		0.019		
20:1.....g	0.000		0	BFFN	4		0.000		
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.153		0	BFFN	4		0.213		
18:2 undifferentiated.....g	0.145		0	BFFN	4		0.202		
18:3 undifferentiated.....g	0.006		0	BFFN	4		0.008		
18:4.....g	0.000		0	BFFN	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFFN	4		0.000		
20:5 n-3.....g	0.000		0	BFFN	4		0.000		
22:5 n-3.....g	0.000		0	BFFN	4		0.000		
22:6 n-3.....g	0.000		0	BFFN	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.010		0	BFFN	4		0.014		
Threonine.....g	0.026		0	BFFN	4		0.036		
Isoleucine.....g	0.023		0	BFFN	4		0.032		
Leucine.....g	0.038		0	BFFN	4		0.053		
Lysine.....g	0.032		0	BFFN	4		0.044		
Methionine.....g	0.009		0	BFFN	4		0.013		
Cystine.....g	0.014		0	BFFN	4		0.019		
Phenylalanine.....g	0.022		0	BFFN	4		0.031		
Tyrosine.....g	0.015		0	BFFN	4		0.021		
Valine.....g	0.030		0	BFFN	4		0.042		
Arginine.....g	0.034		0	BFFN	4		0.047		
Histidine.....g	0.014		0	BFFN	4		0.019		
Alanine.....g	0.030		0	BFFN	4		0.042		
Aspartic acid.....g	0.103		0	BFFN	4		0.143		
Glutamic acid.....g	0.095		0	BFFN	4		0.132		
Glycine.....g	0.026		0	BFFN	4		0.036		
Proline.....g	0.031		0	BFFN	4		0.043		
Serine.....g	0.029		0	BFFN	4		0.040		
Hydroxyproline.....g									
<b><u>Others:</u></b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg									
Theobromine.....mg									

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

**Common Measures:**

Measure 1 = 139g: 1 cup

**NDB No. 11980**  
**Peppers, chili, green, canned**

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group:** 11 Vegetables and Vegetable Products  
USDA National Nutrient Database for Standard Reference, Release 21 (2008)



NDB No. 11962  
Peppers, hot chile, sun-dried

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	7.15	0.185	3		1		2.65	0.04	
Energy.....kcal	324		0	NC	4		120	2	
Energy.....kj	1356		0		4		502	7	
Protein (N x 6.25).....g	10.58	0.221	3		1		3.91	0.05	
Total lipid (fat).....g	5.81	0.947	3		1		2.15	0.03	
Ash.....g	6.60	0.188	3		1		2.44	0.03	
Carbohydrate, by difference.....g	69.86		0	NC	4		25.85	0.35	
Fiber, total dietary.....g	28.7		2		1		10.6	0.1	
Sugars, total.....g	41.06		0	BFSN	4		15.19	0.21	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	45		2		1		17	0	
Iron, Fe.....mg	6.04		2		1		2.23	0.03	
Magnesium, Mg.....mg	88		2		1		33	0	
Phosphorus, P.....mg	159		2		1		59	1	
Potassium, K.....mg	1870		2		1		692	9	
Sodium, Na.....mg	91		2		1		34	0	
Zinc, Zn.....mg	1.02		2		1		0.38	0.01	
Copper, Cu.....mg	0.228	0.014	4		1		0.084	0.001	
Manganese, Mn.....mg	0.821		2		1		0.304	0.004	
Selenium, Se.....mcg	3.5		0	BFSN	4		1.3	0.0	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	31.4		2		1		11.6	0.2	
Thiamin.....mg	0.081		2		1		0.030	0.000	
Riboflavin.....mg	1.205		2		1		0.446	0.006	
Niacin.....mg	8.669		2		1		3.208	0.043	
Pantothenic acid.....mg	0.956		2		1		0.354	0.005	
Vitamin B-6.....mg	0.810		2		1		0.300	0.004	
Folate, total.....mcg	51		2		1		19	0	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	51		2		1		19	0	
Folate, DFE.....mcg_DFE	51		0	NC	4		19	0	
Choline, total.....mg	84.3		0	BFSN	4		31.2	0.4	
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	1324		0	NC	4		490	7	
Retinol.....mcg	0		0	BNA	4		0	0	
Carotene, beta.....mcg	14844		0	BNA	4		5492	74	
Carotene, alpha.....mcg	994		0	BNA	4		368	5	
Cryptoxanthin, beta.....mcg	1103		0	BNA	4		408	6	
Vitamin A, IU.....IU	26488		0	NC	4		9801	132	
Lycopene.....mcg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin.....mcg	5494		0	BFSN	4		2033	27	
Vitamin E (alpha-tocopherol).....mg	3.14		0	O	4		1.16	0.02	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	108.2		0	BFSN	4		40.0	0.5	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.813		0		1		0.301	0.004	
4:0.....g	0.000		0		4		0.000	0.000	
6:0.....g	0.000		0		4		0.000	0.000	
8:0.....g	0.000		0		4		0.000	0.000	
10:0.....g	0.000		0		4		0.000	0.000	

**NDB No. 11962**  
**Peppers, hot chile, sun-dried**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0		4		0.000	0.000	
13:0.....g									
14:0.....g	0.016		1		1		0.006	0.000	
15:0.....g									
16:0.....g	0.690		1		1		0.255	0.003	
17:0.....g									
18:0.....g	0.107		1		1		0.040	0.001	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.468		0		1		0.173	0.002	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.019		1		1		0.007	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.449		1		1		0.166	0.002	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.079		0		1		1.139	0.015	
18:2 undifferentiated.....g	3.056		1		1		1.131	0.015	
18:3 undifferentiated.....g	0.023		1		1		0.009	0.000	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.135		0		1		0.050	0.001	
Threonine.....g	0.389		0		1		0.144	0.002	
Isoleucine.....g	0.342		0		1		0.127	0.002	
Leucine.....g	0.554		0		1		0.205	0.003	
Lysine.....g	0.471		0		1		0.174	0.002	
Methionine.....g	0.127		0		1		0.047	0.001	
Cystine.....g	0.203		0		1		0.075	0.001	
Phenylalanine.....g	0.327		0		1		0.121	0.002	
Tyrosine.....g	0.220		0		1		0.081	0.001	
Valine.....g	0.447		0		1		0.165	0.002	
Arginine.....g	0.508		0		1		0.188	0.003	
Histidine.....g	0.215		0		1		0.080	0.001	
Alanine.....g	0.433		0		1		0.160	0.002	
Aspartic acid.....g	1.512		0		1		0.559	0.008	
Glutamic acid.....g	1.397		0		1		0.517	0.007	
Glycine.....g	0.391		0		1		0.145	0.002	
Proline.....g	0.460		0		1		0.170	0.002	
Serine.....g	0.425		0		1		0.157	0.002	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

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

**Common Measures:**

**NDB No. 11962**

**Peppers, hot chile, sun-dried**

Measure 1 = 37g: 1 cup

Measure 2 = 0.5g: 1 pepper

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11329

Peppers, hot chili, green, canned, pods, excluding seeds, solids and liquids

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	92.50		0		1		67.53	62.90	
Energy.....kcal	21		0		4		15	14	
Energy.....kj	88		0		4		64	60	
Protein (N x 6.25).....g	0.90		0		1		0.66	0.61	
Total lipid (fat).....g	0.10		0		1		0.07	0.07	
Ash.....g	1.40		0		4		1.02	0.95	
Carbohydrate, by difference.....g	5.10		0		4		3.72	3.47	
Fiber, total dietary.....g	1.3		0		4		0.9	0.9	
Sugars, total.....g	3.12		0	BFSN	4		2.28	2.12	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	7		0		1		5	5	
Iron, Fe.....mg	0.50		0		1		0.37	0.34	
Magnesium, Mg.....mg	14		0		4		10	10	
Phosphorus, P.....mg	17		0		1		12	12	
Potassium, K.....mg	187		0		4		137	127	
Sodium, Na.....mg	1173		0		4		856	798	
Zinc, Zn.....mg	0.17		0		4		0.12	0.12	
Copper, Cu.....mg	0.101		0		4		0.074	0.069	
Manganese, Mn.....mg	0.138		0		4		0.101	0.094	
Selenium, Se.....mcg	0.3		0	BFSN	4		0.2	0.2	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	68.0		0		1		49.6	46.2	
Thiamin.....mg	0.020		0		1		0.015	0.014	
Riboflavin.....mg	0.050		0		1		0.037	0.034	
Niacin.....mg	0.800		0		1		0.584	0.544	
Pantothenic acid.....mg	0.034		0		4		0.025	0.023	
Vitamin B-6.....mg	0.153		0		4		0.112	0.104	
Folate, total.....mcg	10		0		4		7	7	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	10		0		4		7	7	
Folate, DFE.....mcg_DFE	10		0	NC	4		7	7	
Choline, total.....mg	6.8		0	BFSN	4		5.0	4.6	
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	36		0	NC	4		26	25	
Retinol.....mcg	0		0	Z	7		0	0	
Carotene, beta.....mcg	410		0	BFSN	4		300	279	
Carotene, alpha.....mcg	14		0	BFSN	4		10	9	
Cryptoxanthin, beta.....mcg	30		0	BFSN	4		22	21	
Vitamin A, IU.....IU	721		0	NC	4		526	490	
Lycopene.....mcg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin.....mcg	444		0	BFSN	4		324	302	
Vitamin E (alpha-tocopherol).....mg	0.69		0	O	4		0.50	0.47	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	8.7		0	BFSN	4		6.4	5.9	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.010		0		1		0.007	0.007	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.000		0		1		0.000	0.000	

Peppers, hot chili, green, canned, pods, excluding seeds, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0		1		0.000	0.000	
13:0.....g									
14:0.....g	0.001		0		1		0.001	0.001	
15:0.....g									
16:0.....g	0.008		0		1		0.006	0.005	
17:0.....g									
18:0.....g	0.001		0		1		0.001	0.001	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.006		0		1		0.004	0.004	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.005		0		1		0.004	0.003	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.055		0		1		0.040	0.037	
18:2 undifferentiated.....g	0.052		0		1		0.038	0.035	
18:3 undifferentiated.....g	0.002		0		1		0.001	0.001	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.012		0		1		0.009	0.008	
Threonine.....g	0.033		0		1		0.024	0.022	
Isoleucine.....g	0.029		0		1		0.021	0.020	
Leucine.....g	0.047		0		1		0.034	0.032	
Lysine.....g	0.040		0		1		0.029	0.027	
Methionine.....g	0.011		0		1		0.008	0.007	
Cystine.....g	0.017		0		1		0.012	0.012	
Phenylalanine.....g	0.028		0		1		0.020	0.019	
Tyrosine.....g	0.019		0		1		0.014	0.013	
Valine.....g	0.038		0		1		0.028	0.026	
Arginine.....g	0.043		0		1		0.031	0.029	
Histidine.....g	0.018		0		1		0.013	0.012	
Alanine.....g	0.037		0		1		0.027	0.025	
Aspartic acid.....g	0.129		0		1		0.094	0.088	
Glutamic acid.....g	0.119		0		1		0.087	0.081	
Glycine.....g	0.033		0		1		0.024	0.022	
Proline.....g	0.039		0		1		0.028	0.027	
Serine.....g	0.036		0		1		0.026	0.024	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

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

**Common Measures:**

**NDB No. 11329**

**Peppers, hot chili, green, canned, pods, excluding seeds, solids and liquids**

Measure 1 = 73g: 1 pepper

Measure 2 = 68g: .5 cup, chopped or diced

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group: 11 Vegetables and Vegetable Products**

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 11670**  
**Peppers, hot chili, green, raw**  
*Capsicum frutescens*

**Refuse:27%** Stem ends, seeds and core

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	87.74	1.215	5		1		39.48	65.81	
Energy.....kcal	40		0	NC	4		18	30	
Energy.....kj	167		0		4		75	126	
Protein (N x 6.25).....g	2.00		2		1		0.90	1.50	
Total lipid (fat).....g	0.20		0		1		0.09	0.15	
Ash.....g	0.60		0		1		0.27	0.45	
Carbohydrate, by difference.....g	9.46		0	NC	4		4.26	7.10	
Fiber, total dietary.....g	1.5		0		4		0.7	1.1	
Sugars, total.....g	5.10		0	BFSN	4		2.30	3.83	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	18		2		1		8	14	
Iron, Fe.....mg	1.20		2		1		0.54	0.90	
Magnesium, Mg.....mg	25		2		1		11	19	
Phosphorus, P.....mg	46		2		1		21	35	
Potassium, K.....mg	340		2		1		153	255	
Sodium, Na.....mg	7		2		1		3	5	
Zinc, Zn.....mg	0.30		0		1		0.14	0.23	
Copper, Cu.....mg	0.174		0		1		0.078	0.131	
Manganese, Mn.....mg	0.237		0		1		0.107	0.178	
Selenium, Se.....mcg	0.5		0	BFSN	4		0.2	0.4	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	242.5		2		1		109.1	181.9	
Thiamin.....mg	0.090		2		1		0.041	0.068	
Riboflavin.....mg	0.090		2		1		0.041	0.068	
Niacin.....mg	0.950		2		1		0.428	0.713	
Pantothenic acid.....mg	0.061		0		1		0.027	0.046	
Vitamin B-6.....mg	0.278		0		1		0.125	0.209	
Folate, total.....mcg	23	2.011	3		1		11	18	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	23	2.011	3		1		11	18	
Folate, DFE.....mcg_DFE	23		0	NC	4		11	18	
Choline, total.....mg	11.1		0	BFSN	4		5.0	8.4	
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	59		0	NC	4		27	44	
Retinol.....mcg	0		0	Z	7		0	0	
Carotene, beta.....mcg	671		0	BFSN	4		302	503	
Carotene, alpha.....mcg	23		0	BFSN	4		10	17	
Cryptoxanthin, beta.....mcg	50		0	BFSN	4		22	37	
Vitamin A, IU.....IU	1179		0	NC	4		530	884	
Lycopene.....mcg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin.....mcg	725		0	BFSN	4		326	544	
Vitamin E (alpha-tocopherol).....mg	0.69		0	O	4		0.31	0.52	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	14.3		0	BFSN	4		6.4	10.7	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.021		0		1		0.009	0.016	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.000		0		1		0.000	0.000	

**NDB No. 11670**  
**Peppers, hot chili, green, raw**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0		1		0.000	0.000	
13:0.....g									
14:0.....g	0.001		0		1		0.000	0.001	
15:0.....g									
16:0.....g	0.015		0		1		0.007	0.011	
17:0.....g									
18:0.....g	0.003		0		1		0.001	0.002	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.011		0		1		0.005	0.008	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.011		0		1		0.005	0.008	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.109		0		1		0.049	0.082	
18:2 undifferentiated.....g	0.104		0		1		0.047	0.078	
18:3 undifferentiated.....g	0.005		0		1		0.002	0.004	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.026		11		1		0.012	0.020	
Threonine.....g	0.074		7		1		0.033	0.056	
Isoleucine.....g	0.065		7		1		0.029	0.049	
Leucine.....g	0.105		7		1		0.047	0.079	
Lysine.....g	0.089		13		1		0.040	0.067	
Methionine.....g	0.024		13		1		0.011	0.018	
Cystine.....g	0.038		6		1		0.017	0.029	
Phenylalanine.....g	0.062		7		1		0.028	0.047	
Tyrosine.....g	0.042		7		1		0.019	0.032	
Valine.....g	0.084		7		1		0.038	0.063	
Arginine.....g	0.096		7		1		0.043	0.072	
Histidine.....g	0.041		7		1		0.018	0.031	
Alanine.....g	0.082		7		1		0.037	0.062	
Aspartic acid.....g	0.286		7		1		0.129	0.215	
Glutamic acid.....g	0.264		7		1		0.119	0.198	
Glycine.....g	0.074		7		1		0.033	0.056	
Proline.....g	0.087		7		1		0.039	0.065	
Serine.....g	0.080		7		1		0.036	0.060	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

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

**Common Measures:**



**NDB No. 11670**

**Peppers, hot chili, green, raw**

Measure 1 = 45g: 1 pepper

Measure 2 = 75g: .5 cup, chopped or diced

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11820

Peppers, hot chili, red, canned, excluding seeds, solids and liquids

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	92.50		0		1		67.53	62.90	
Energy.....kcal	21		0		4		15	14	
Energy.....kj	88		0		4		64	60	
Protein (N x 6.25).....g	0.90		0		1		0.66	0.61	
Total lipid (fat).....g	0.10		0		1		0.07	0.07	
Ash.....g	1.40		0		4		1.02	0.95	
Carbohydrate, by difference.....g	5.10		0		4		3.72	3.47	
Fiber, total dietary.....g	1.3		0		4		0.9	0.9	
Sugars, total.....g	3.32		0	BFSN	4		2.42	2.26	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	7		0		1		5	5	
Iron, Fe.....mg	0.50		0		1		0.37	0.34	
Magnesium, Mg.....mg	14		0		4		10	10	
Phosphorus, P.....mg	17		0		1		12	12	
Potassium, K.....mg	187		0		4		137	127	
Sodium, Na.....mg	1173		0		4		856	798	
Zinc, Zn.....mg	0.17		0		4		0.12	0.12	
Copper, Cu.....mg	0.101		0		4		0.074	0.069	
Manganese, Mn.....mg	0.138		0		4		0.101	0.094	
Selenium, Se.....mcg	0.3		0	BFSN	4		0.2	0.2	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	68.0		0		1		49.6	46.2	
Thiamin.....mg	0.020		0		1		0.015	0.014	
Riboflavin.....mg	0.050		0		1		0.037	0.034	
Niacin.....mg	0.800		0		1		0.584	0.544	
Pantothenic acid.....mg	0.034		0		4		0.025	0.023	
Vitamin B-6.....mg	0.153		0		4		0.112	0.104	
Folate, total.....mcg	10		0		4		7	7	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	10		0		4		7	7	
Folate, DFE.....mcg_DFE	10		0	NC	4		7	7	
Choline, total.....mg	6.8		0	BFSN	4		5.0	4.6	
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	595		0	NC	4		434	404	
Retinol.....mcg	0		0	BNA	4		0	0	
Carotene, beta.....mcg	6664		0	BNA	4		4865	4532	
Carotene, alpha.....mcg	446		0	BNA	4		326	303	
Cryptoxanthin, beta.....mcg	495		0	BNA	4		362	337	
Vitamin A, IU.....IU	11892		0	NC	4		8681	8087	
Lycopene.....mcg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin.....mcg	444		0	BFSN	4		324	302	
Vitamin E (alpha-tocopherol).....mg	0.69		0	O	4		0.50	0.47	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	8.7		0	BFSN	4		6.4	5.9	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.010		0		1		0.007	0.007	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.000		0		1		0.000	0.000	

Peppers, hot chili, red, canned, excluding seeds, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0		1		0.000	0.000	
13:0.....g									
14:0.....g	0.001		0		1		0.001	0.001	
15:0.....g									
16:0.....g	0.008		0		1		0.006	0.005	
17:0.....g									
18:0.....g	0.001		0		1		0.001	0.001	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.006		0		1		0.004	0.004	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.005		0		1		0.004	0.003	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.055		0		1		0.040	0.037	
18:2 undifferentiated.....g	0.052		0		1		0.038	0.035	
18:3 undifferentiated.....g	0.002		0		1		0.001	0.001	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.012		0		1		0.009	0.008	
Threonine.....g	0.033		0		1		0.024	0.022	
Isoleucine.....g	0.029		0		1		0.021	0.020	
Leucine.....g	0.047		0		1		0.034	0.032	
Lysine.....g	0.040		0		1		0.029	0.027	
Methionine.....g	0.011		0		1		0.008	0.007	
Cystine.....g	0.017		0		1		0.012	0.012	
Phenylalanine.....g	0.028		0		1		0.020	0.019	
Tyrosine.....g	0.019		0		1		0.014	0.013	
Valine.....g	0.038		0		1		0.028	0.026	
Arginine.....g	0.043		0		1		0.031	0.029	
Histidine.....g	0.018		0		1		0.013	0.012	
Alanine.....g	0.037		0		1		0.027	0.025	
Aspartic acid.....g	0.129		0		1		0.094	0.088	
Glutamic acid.....g	0.119		0		1		0.087	0.081	
Glycine.....g	0.033		0		1		0.024	0.022	
Proline.....g	0.039		0		1		0.028	0.027	
Serine.....g	0.036		0		1		0.026	0.024	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

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

**Common Measures:**

**NDB No. 11820**

**Peppers, hot chili, red, canned, excluding seeds, solids and liquids**

Measure 1 = 73g: 1 pepper

Measure 2 = 68g: .5 cup, chopped or diced

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 11819**  
**Peppers, hot chili, red, raw**

**Refuse:27% Stem ends, seeds and core**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	88.02	1.278	7		1		39.61	66.01	
Energy.....kcal	40		0	NC	4		18	30	
Energy.....kj	166		0	NC	4		75	124	
Protein (N x 6.25).....g	1.87	0.089	4		1		0.84	1.40	
Total lipid (fat).....g	0.44		2		1		0.20	0.33	
Ash.....g	0.87		2		1		0.39	0.65	
Carbohydrate, by difference.....g	8.81		0	NC	4		3.96	6.61	
Fiber, total dietary.....g	1.5		0		4		0.7	1.1	
Sugars, total.....g	5.30		0	T	4		2.39	3.98	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	14	1.875	4		1		6	11	
Iron, Fe.....mg	1.03	0.212	4		1		0.46	0.77	
Magnesium, Mg.....mg	23	1.811	4		1		11	18	
Phosphorus, P.....mg	43	2.183	4		1		19	32	
Potassium, K.....mg	322	34.277	4		1		145	242	
Sodium, Na.....mg	9	1.537	4		1		4	6	
Zinc, Zn.....mg	0.26		2		1		0.12	0.19	
Copper, Cu.....mg	0.129		2		1		0.058	0.097	
Manganese, Mn.....mg	0.187		2		1		0.084	0.140	
Selenium, Se.....mcg	0.5		0	BFSN	4		0.2	0.4	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	143.7	57.063	4		1		64.7	107.8	
Thiamin.....mg	0.072	0.015	4		1		0.032	0.054	
Riboflavin.....mg	0.086	0.007	4		1		0.039	0.064	
Niacin.....mg	1.244	0.171	4		1		0.560	0.933	
Pantothenic acid.....mg	0.201		2		1		0.090	0.150	
Vitamin B-6.....mg	0.506		2		1		0.227	0.379	
Folate, total.....mcg	23	0.520	5		1		11	18	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	23	0.520	5		1		11	18	
Folate, DFE.....mcg_DFE	23		0	NC	4		11	18	
Choline, total.....mg	10.9		0	BFSN	4		4.9	8.2	
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	48		0	AS	1		21	36	
Retinol.....mcg	0		0	Z	7		0	0	
Carotene, beta.....mcg	534		2		1		240	400	
Carotene, alpha.....mcg	36		1		1		16	27	
Cryptoxanthin, beta.....mcg	40		2		1		18	30	
Vitamin A, IU.....IU	952		0	AS	1		429	714	
Lycopene.....mcg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin.....mcg	709		0	BFSN	4		319	532	
Vitamin E (alpha-tocopherol).....mg	0.69		0	O	4		0.31	0.52	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	14.0		0	BFSN	4		6.3	10.5	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.042		0	NC	4		0.019	0.031	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.000		0		1		0.000	0.000	

**NDB No. 11819**  
**Peppers, hot chili, red, raw**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0		1		0.000	0.000	
13:0.....g									
14:0.....g	0.002		0		1		0.001	0.002	
15:0.....g									
16:0.....g	0.033		0		1		0.015	0.025	
17:0.....g									
18:0.....g	0.007		0		1		0.003	0.005	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.024		0	NC	4		0.011	0.018	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.024		0		1		0.011	0.018	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.239		0	NC	4		0.108	0.179	
18:2 undifferentiated.....g	0.228		0		1		0.103	0.171	
18:3 undifferentiated.....g	0.011		0		1		0.005	0.008	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.026		11		1		0.012	0.020	
Threonine.....g	0.074		7		1		0.033	0.056	
Isoleucine.....g	0.065		7		1		0.029	0.049	
Leucine.....g	0.105		7		1		0.047	0.079	
Lysine.....g	0.089		13		1		0.040	0.067	
Methionine.....g	0.024		13		1		0.011	0.018	
Cystine.....g	0.038		6		1		0.017	0.029	
Phenylalanine.....g	0.062		7		1		0.028	0.047	
Tyrosine.....g	0.042		7		1		0.019	0.032	
Valine.....g	0.084		7		1		0.038	0.063	
Arginine.....g	0.096		7		1		0.043	0.072	
Histidine.....g	0.041		7		1		0.018	0.031	
Alanine.....g	0.082		7		1		0.037	0.062	
Aspartic acid.....g	0.286		7		1		0.129	0.215	
Glutamic acid.....g	0.264		7		1		0.119	0.198	
Glycine.....g	0.074		7		1		0.033	0.056	
Proline.....g	0.087		7		1		0.039	0.065	
Serine.....g	0.080		7		1		0.036	0.060	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

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

**Common Measures:**

**NDB No. 11819**

**Peppers, hot chili, red, raw**

Measure 1 = 45g: 1 pepper

Measure 2 = 75g: .5 cup, chopped or diced

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)





NDB No. 11981  
Peppers, hungarian, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.002		0	BFFN	4		0.001		
15:0.....g									
16:0.....g	0.033		0	BFFN	4		0.009		
17:0.....g									
18:0.....g	0.007		0	BFFN	4		0.002		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.024		0	BFFN	4		0.006		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.024		0	BFFN	4		0.006		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.240		0	BFFN	4		0.065		
18:2 undifferentiated.....g	0.229		0	BFFN	4		0.062		
18:3 undifferentiated.....g	0.011		0	BFFN	4		0.003		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.010		0	BFFN	4		0.003		
Threonine.....g	0.030		0	BFFN	4		0.008		
Isoleucine.....g	0.026		0	BFFN	4		0.007		
Leucine.....g	0.042		0	BFFN	4		0.011		
Lysine.....g	0.036		0	BFFN	4		0.010		
Methionine.....g	0.010		0	BFFN	4		0.003		
Cystine.....g	0.015		0	BFFN	4		0.004		
Phenylalanine.....g	0.025		0	BFFN	4		0.007		
Tyrosine.....g	0.017		0	BFFN	4		0.005		
Valine.....g	0.034		0	BFFN	4		0.009		
Arginine.....g	0.039		0	BFFN	4		0.011		
Histidine.....g	0.016		0	BFFN	4		0.004		
Alanine.....g	0.033		0	BFFN	4		0.009		
Aspartic acid.....g	0.115		0	BFFN	4		0.031		
Glutamic acid.....g	0.106		0	BFFN	4		0.029		
Glycine.....g	0.030		0	BFFN	4		0.008		
Proline.....g	0.035		0	BFFN	4		0.009		
Serine.....g	0.032		0	BFFN	4		0.009		
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg									
Theobromine.....mg									

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

**Common Measures:**

Measure 1 = 27g: 1 pepper

**NDB No. 11981**  
**Peppers, hungarian, raw**

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)



Peppers, jalapeno, canned, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.006		0	BFFN	4		0.008	0.006	0.001
15:0.....g									
16:0.....g	0.072		0	BFFN	4		0.098	0.075	0.016
17:0.....g									
18:0.....g	0.013		0	BFFN	4		0.018	0.014	0.003
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.053		0	BFFN	4		0.072	0.055	0.012
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0	BFFN	4		0.003	0.002	0.000
17:1.....g									
18:1 undifferentiated.....g	0.050		0	BFFN	4		0.068	0.052	0.011
20:1.....g	0.000		0	BFFN	4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.514		0	BFFN	4		0.699	0.535	0.113
18:2 undifferentiated.....g	0.490		0	BFFN	4		0.666	0.510	0.108
18:3 undifferentiated.....g	0.024		0	BFFN	4		0.033	0.025	0.005
18:4.....g	0.000		0	BFFN	4		0.000	0.000	0.000
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	BFFN	4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	0
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.012		0	BFFN	4		0.016	0.012	0.003
Threonine.....g	0.033		0	BFFN	4		0.045	0.034	0.007
Isoleucine.....g	0.030		0	BFFN	4		0.041	0.031	0.007
Leucine.....g	0.048		0	BFFN	4		0.065	0.050	0.011
Lysine.....g	0.042		0	BFFN	4		0.057	0.044	0.009
Methionine.....g	0.012		0	BFFN	4		0.016	0.012	0.003
Cystine.....g	0.017		0	BFFN	4		0.023	0.018	0.004
Phenylalanine.....g	0.029		0	BFFN	4		0.039	0.030	0.006
Tyrosine.....g	0.020		0	BFFN	4		0.027	0.021	0.004
Valine.....g	0.039		0	BFFN	4		0.053	0.041	0.009
Arginine.....g	0.044		0	BFFN	4		0.060	0.046	0.010
Histidine.....g	0.018		0	BFFN	4		0.024	0.019	0.004
Alanine.....g	0.038		0	BFFN	4		0.052	0.040	0.008
Aspartic acid.....g	0.132		0	BFFN	4		0.180	0.137	0.029
Glutamic acid.....g	0.122		0	BFFN	4		0.166	0.127	0.027
Glycine.....g	0.035		0	BFFN	4		0.048	0.036	0.008
Proline.....g	0.040		0	BFFN	4		0.054	0.042	0.009
Serine.....g	0.037		0	BFFN	4		0.050	0.038	0.008
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0

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

**Common Measures:**

Measure 1 = 136g: 1 cup, chopped

**NDB No. 11632**

**Peppers, jalapeno, canned, solids and liquids**

Measure 2 = 104g: 1 cup, sliced

Measure 3 = 22g: 1 pepper

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 11979**  
**Peppers, jalapeno, raw**  
*Capsicum anuum*

Refuse:8% Stems and seeds

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	91.69		2	A	1		82.52	12.84	
Energy.....kcal	30		0	NC	4		27	4	
Energy.....kj	124		0	NC	4		111	17	
Protein (N x 6.25).....g	1.35		2	A	1		1.22	0.19	
Total lipid (fat).....g	0.62		2	A	1		0.56	0.09	
Ash.....g	0.44		2	A	1		0.40	0.06	
Carbohydrate, by difference.....g	5.90		0	NC	4		5.31	0.83	
Fiber, total dietary.....g	2.8		2	A	1		2.5	0.4	
Sugars, total.....g	3.46		0	BFSN	4		3.11	0.48	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	10		2	A	1		9	1	
Iron, Fe.....mg	0.70		2	A	1		0.63	0.10	
Magnesium, Mg.....mg	19		2	A	1		17	3	
Phosphorus, P.....mg	31		2	A	1		28	4	
Potassium, K.....mg	215		2	A	1		194	30	
Sodium, Na.....mg	1		2	A	1		1	0	
Zinc, Zn.....mg	0.23		2	A	1		0.21	0.03	
Copper, Cu.....mg	0.133		1	A	1		0.120	0.019	
Manganese, Mn.....mg	0.250		2	A	1		0.225	0.035	
Selenium, Se.....mcg	0.3		0	BFSN	4		0.3	0.0	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	44.3		2	A	1		39.9	6.2	
Thiamin.....mg	0.144		2	A	1		0.130	0.020	
Riboflavin.....mg	0.057		2	A	1		0.051	0.008	
Niacin.....mg	1.117		2	A	1		1.005	0.156	
Pantothenic acid.....mg	0.228		2	A	1		0.205	0.032	
Vitamin B-6.....mg	0.508		2	A	1		0.457	0.071	
Folate, total.....mcg	47		2	A	1		42	7	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	47		2	A	1		42	7	
Folate, DFE.....mcg_DFE	47		0	NC	4		42	7	
Choline, total.....mg	7.5		0	BFSN	4		6.8	1.1	
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	40		0	NC	4		36	6	
Retinol.....mcg	0		0	Z	7		0	0	
Carotene, beta.....mcg	455		0	BFSN	4		409	64	
Carotene, alpha.....mcg	15		0	BFSN	4		14	2	
Cryptoxanthin, beta.....mcg	34		0	BFSN	4		30	5	
Vitamin A, IU.....IU	799		0	NC	4		719	112	
Lycopene.....mcg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin.....mcg	492		0	BFSN	4		443	69	
Vitamin E (alpha-tocopherol).....mg	0.47		0	O	4		0.43	0.07	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	9.7		0	BFSN	4		8.7	1.4	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.062		0	BFFN	4		0.056	0.009	
4:0.....g	0.000		0	BFFN	4		0.000	0.000	
6:0.....g	0.000		0	BFFN	4		0.000	0.000	
8:0.....g	0.000		0	BFFN	4		0.000	0.000	
10:0.....g	0.000		0	BFFN	4		0.000	0.000	

**NDB No. 11979**  
**Peppers, jalapeno, raw**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.001		0	BFFN	4		0.001	0.000	
13:0.....g									
14:0.....g	0.004		0	BFFN	4		0.004	0.001	
15:0.....g									
16:0.....g	0.045		0	BFFN	4		0.041	0.006	
17:0.....g									
18:0.....g	0.008		0	BFFN	4		0.007	0.001	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.033		0	BFFN	4		0.030	0.005	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0	BFFN	4		0.001	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.031		0	BFFN	4		0.028	0.004	
20:1.....g	0.000		0	BFFN	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.319		0	BFFN	4		0.287	0.045	
18:2 undifferentiated.....g	0.304		0	BFFN	4		0.274	0.043	
18:3 undifferentiated.....g	0.015		0	BFFN	4		0.014	0.002	
18:4.....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
20:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.017		0	BFFN	4		0.015	0.002	
Threonine.....g	0.049		0	BFFN	4		0.044	0.007	
Isoleucine.....g	0.044		0	BFFN	4		0.040	0.006	
Leucine.....g	0.071		0	BFFN	4		0.064	0.010	
Lysine.....g	0.061		0	BFFN	4		0.055	0.009	
Methionine.....g	0.017		0	BFFN	4		0.015	0.002	
Cystine.....g	0.025		0	BFFN	4		0.023	0.004	
Phenylalanine.....g	0.042		0	BFFN	4		0.038	0.006	
Tyrosine.....g	0.029		0	BFFN	4		0.026	0.004	
Valine.....g	0.057		0	BFFN	4		0.051	0.008	
Arginine.....g	0.064		0	BFFN	4		0.058	0.009	
Histidine.....g	0.027		0	BFFN	4		0.024	0.004	
Alanine.....g	0.056		0	BFFN	4		0.050	0.008	
Aspartic acid.....g	0.192		0	BFFN	4		0.173	0.027	
Glutamic acid.....g	0.179		0	BFFN	4		0.161	0.025	
Glycine.....g	0.051		0	BFFN	4		0.046	0.007	
Proline.....g	0.059		0	BFFN	4		0.053	0.008	
Serine.....g	0.054		0	BFFN	4		0.049	0.008	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

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

**Common Measures:**

**NDB No. 11979**

**Peppers, jalapeno, raw**

Measure 1 = 90g: 1 cup, sliced

Measure 2 = 14.0g: 1 pepper

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)



**NDB No. 11982**  
**Peppers, pasilla, dried**

Refuse:6% Stems

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	14.84		2	A	1		1.04		
Energy.....kcal	345		0	NC	4		24		
Energy.....kj	1443				4		101		
Protein (N x 6.25).....g	12.35		2	A	1		0.86		
Total lipid (fat).....g	15.85		2	A	1		1.11		
Ash.....g	5.82		2	A	1		0.41		
Carbohydrate, by difference.....g	51.13		0	NC	4		3.58		
Fiber, total dietary.....g	26.8		2	A	1		1.9		
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	97		2	A	1		7		
Iron, Fe.....mg	9.83		2	A	1		0.69		
Magnesium, Mg.....mg	130		2	A	1		9		
Phosphorus, P.....mg	267		2	A	1		19		
Potassium, K.....mg	2222		2	A	1		156		
Sodium, Na.....mg	89		2	A	1		6		
Zinc, Zn.....mg	1.40		2	A	1		0.10		
Copper, Cu.....mg	0.423		2	A	1		0.030		
Manganese, Mn.....mg	1.580		2	A	1		0.111		
Selenium, Se.....mcg	3.2		0	BFSN	4		0.2		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	6.4		1	A	1		0.4		
Thiamin.....mg	0.172		2	A	1		0.012		
Riboflavin.....mg	3.197		2	A	1		0.224		
Niacin.....mg	7.175		2	A	1		0.502		
Pantothenic acid.....mg	1.591		2	A	1		0.111		
Vitamin B-6.....mg	4.228		2	A	1		0.296		
Folate, total.....mcg	170		2	A	1		12		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	170		2	A	1		12		
Folate, DFE.....mcg_DFE	170		0	NC	4		12		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....mcg_RAE	1788		2	A	1		125		
Retinol.....mcg	0		0	Z	7		0		
Carotene, beta.....mcg									
Carotene, alpha.....mcg									
Cryptoxanthin, beta.....mcg									
Vitamin A, IU.....IU	35760		2	A	1		2503		
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g									
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<b>Others:</b>									

**NDB No. 11982**  
**Peppers, pasilla, dried**

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg									
Theobromine.....mg									

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

**Common Measures:**

Measure 1 = 7.0g: 1 pepper

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group:** 11 Vegetables and Vegetable Products  
 USDA National Nutrient Database for Standard Reference, Release 21 (2008)



Peppers, sweet, green, canned, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.001		0		1		0.001		
15:0.....g									
16:0.....g	0.033		0		1		0.046		
17:0.....g									
18:0.....g	0.011		0		1		0.015		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.020		0		1		0.028		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0		1		0.003		
17:1.....g									
18:1 undifferentiated.....g	0.018		0		1		0.025		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.161		0		1		0.225		
18:2 undifferentiated.....g	0.146		0		1		0.204		
18:3 undifferentiated.....g	0.015		0		1		0.021		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.010		0		1		0.014		
Threonine.....g	0.029		0		1		0.041		
Isoleucine.....g	0.026		0		1		0.036		
Leucine.....g	0.042		0		1		0.059		
Lysine.....g	0.036		0		1		0.050		
Methionine.....g	0.010		0		1		0.014		
Cystine.....g	0.015		0		1		0.021		
Phenylalanine.....g	0.025		0		1		0.035		
Tyrosine.....g	0.017		0		1		0.024		
Valine.....g	0.034		0		1		0.048		
Arginine.....g	0.038		0		1		0.053		
Histidine.....g	0.016		0		1		0.022		
Alanine.....g	0.033		0		1		0.046		
Aspartic acid.....g	0.114		0		1		0.160		
Glutamic acid.....g	0.106		0		1		0.148		
Glycine.....g	0.030		0		1		0.042		
Proline.....g	0.035		0		1		0.049		
Serine.....g	0.032		0		1		0.045		
Hydroxyproline.....g									

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

**Common Measures:**

Measure 1 = 140g: 1 cup, halves

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**NDB No. 11335**

**Peppers, sweet, green, canned, solids and liquids**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11822

Peppers, sweet, green, cooked, boiled, drained, with salt

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	91.87		0		1		10.66	67.07	84.52
Energy.....kcal	26		0	NC	4		3	19	24
Energy.....kj	108		0	NC	4		12	79	99
Protein (N x 6.25).....g	0.92		0		1		0.11	0.67	0.85
Total lipid (fat).....g	0.20		0		1		0.02	0.15	0.18
Ash.....g	0.90		0	O	4		0.10	0.66	0.83
Carbohydrate, by difference.....g	6.11		0	NC	4		0.71	4.46	5.62
Fiber, total dietary.....g	1.2		1	A	1		0.1	0.9	1.1
Sugars, total.....g	3.19		0	BFZN	4		0.37	2.33	2.94
Sucrose.....g	0.15		0	BFZN	4		0.02	0.11	0.13
Glucose (dextrose).....g	1.55		0	BFZN	4		0.18	1.13	1.42
Fructose.....g	1.50		0	BFZN	4		0.17	1.09	1.38
Lactose.....g	0.00		0	BFZN	4		0.00	0.00	0.00
Maltose.....g	0.00		0	BFZN	4		0.00	0.00	0.00
Galactose.....g	0.00		0	BFZN	4		0.00	0.00	0.00
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	9		0		1		1	7	8
Iron, Fe.....mg	0.46		0		1		0.05	0.34	0.42
Magnesium, Mg.....mg	10		0		1		1	7	9
Phosphorus, P.....mg	18		0		1		2	13	17
Potassium, K.....mg	166		0		1		19	121	153
Sodium, Na.....mg	238		1		1		28	174	219
Zinc, Zn.....mg	0.12		0		1		0.01	0.09	0.11
Copper, Cu.....mg	0.065		0		1		0.008	0.047	0.060
Manganese, Mn.....mg	0.115		0		1		0.013	0.084	0.106
Selenium, Se.....mcg	0.3		0	BFSN	4		0.0	0.2	0.3
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	74.4		0		1		8.6	54.3	68.4
Thiamin.....mg	0.059		0		1		0.007	0.043	0.054
Riboflavin.....mg	0.030		0		1		0.003	0.022	0.028
Niacin.....mg	0.477		0		1		0.055	0.348	0.439
Pantothenic acid.....mg	0.079		0		1		0.009	0.058	0.073
Vitamin B-6.....mg	0.233		0		1		0.027	0.170	0.214
Folate, total.....mcg	16		0		1		2	12	15
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg	16		0		1		2	12	15
Folate, DFE.....mcg_DFE	16		0	NC	4		2	12	15
Choline, total.....mg	7.4		0	BFZN	4		0.9	5.4	6.8
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	23		0	NC	4		3	17	22
Retinol.....mcg	0		0	Z	7		0	0	0
Carotene, beta.....mcg	264		0	BFZN	4		31	192	243
Carotene, alpha.....mcg	26		0	BFZN	4		3	19	24
Cryptoxanthin, beta.....mcg	8		0	BFZN	4		1	6	8
Vitamin A, IU.....IU	468		0	NC	4		54	342	430
Lycopene.....mcg	0		0	BFZN	4		0	0	0
Lutein + zeaxanthin.....mcg	431		0	BFZN	4		50	315	397
Vitamin E (alpha-tocopherol).....mg	0.50		0	BFZN	4		0.06	0.36	0.46
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	9.8		0	BFZN	4		1.1	7.2	9.0

Peppers, sweet, green, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Deriv		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Points	Code					
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.029		0		1		0.003	0.021	0.027
4:0.....g	0.000		0	BFZN	4		0.000	0.000	0.000
6:0.....g	0.000		0	BFZN	4		0.000	0.000	0.000
8:0.....g	0.000		0	BFZN	4		0.000	0.000	0.000
10:0.....g	0.000		0	BFZN	4		0.000	0.000	0.000
12:0.....g	0.000		0		1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.000		0		1		0.000	0.000	0.000
15:0.....g									
16:0.....g	0.022		0		1		0.003	0.016	0.020
17:0.....g									
18:0.....g	0.007		0		1		0.001	0.005	0.006
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.013		0		1		0.002	0.009	0.012
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.000	0.001	0.001
17:1.....g									
18:1 undifferentiated.....g	0.012		0		1		0.001	0.009	0.011
20:1.....g									
22:1 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.106		0		1		0.012	0.077	0.098
18:2 undifferentiated.....g	0.096		0		1		0.011	0.070	0.088
18:3 undifferentiated.....g	0.010		0		1		0.001	0.007	0.009
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	0.000
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	0
Phytosterols.....mg	9		0		1		1	7	8
<b>Amino Acids:</b>									
Tryptophan.....g	0.012		0		1		0.001	0.009	0.011
Threonine.....g	0.034		0		1		0.004	0.025	0.031
Isoleucine.....g	0.030		0		1		0.003	0.022	0.028
Leucine.....g	0.048		0		1		0.006	0.035	0.044
Lysine.....g	0.041		0		1		0.005	0.030	0.038
Methionine.....g	0.011		0		1		0.001	0.008	0.010
Cystine.....g	0.018		0		1		0.002	0.013	0.017
Phenylalanine.....g	0.029		0		1		0.003	0.021	0.027
Tyrosine.....g	0.019		0		1		0.002	0.014	0.017
Valine.....g	0.039		0		1		0.005	0.028	0.036
Arginine.....g	0.044		0		1		0.005	0.032	0.040
Histidine.....g	0.019		0		1		0.002	0.014	0.017
Alanine.....g	0.038		0		1		0.004	0.028	0.035
Aspartic acid.....g	0.132		0		1		0.015	0.096	0.121
Glutamic acid.....g	0.122		0		1		0.014	0.089	0.112
Glycine.....g	0.034		0		1		0.004	0.025	0.031
Proline.....g	0.040		0		1		0.005	0.029	0.037
Serine.....g	0.037		0		1		0.004	0.027	0.034
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0

NDB No. 11822

Peppers, sweet, green, cooked, boiled, drained, with salt

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

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

**Common Measures:**

- Measure 1 = 11.6g: 1 tbsp
- Measure 2 = 73g: 1 pepper
- Measure 3 = 92g: .5 cup, chopped

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group:** 11 Vegetables and Vegetable Products  
USDA National Nutrient Database for Standard Reference, Release 21 (2008)



NDB No. 11334

Peppers, sweet, green, cooked, boiled, drained, without salt

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	91.87		0		1		124.02	10.66	
Energy.....kcal	28		0	NC	4		38	3	
Energy.....kj	117		0		4		158	14	
Protein (N x 6.25).....g	0.92		0		1		1.24	0.11	
Total lipid (fat).....g	0.20		0		1		0.27	0.02	
Ash.....g	0.31		0		1		0.42	0.04	
Carbohydrate, by difference.....g	6.70		0	NC	4		9.05	0.78	
Fiber, total dietary.....g	1.2		0		4		1.6	0.1	
Sugars, total.....g	3.19		0	BFSN	4		4.31	0.37	
Sucrose.....g	0.15		0	BFSN	4		0.20	0.02	
Glucose (dextrose).....g	1.55		0	BFSN	4		2.09	0.18	
Fructose.....g	1.50		0	BFSN	4		2.02	0.17	
Lactose.....g	0.00		0	BFSN	4		0.00	0.00	
Maltose.....g	0.00		0	BFSN	4		0.00	0.00	
Galactose.....g	0.00		0	BFSN	4		0.00	0.00	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	9		0		1		12	1	
Iron, Fe.....mg	0.46		0		1		0.62	0.05	
Magnesium, Mg.....mg	10		0		1		14	1	
Phosphorus, P.....mg	18		0		1		24	2	
Potassium, K.....mg	166		0		1		224	19	
Sodium, Na.....mg	2		0		1		3	0	
Zinc, Zn.....mg	0.12		0		1		0.16	0.01	
Copper, Cu.....mg	0.065		0		1		0.088	0.008	
Manganese, Mn.....mg	0.115		0		1		0.155	0.013	
Selenium, Se.....mcg	0.3		0	BFSN	4		0.4	0.0	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	74.4		0		1		100.4	8.6	
Thiamin.....mg	0.059		0		1		0.080	0.007	
Riboflavin.....mg	0.030		0		1		0.041	0.003	
Niacin.....mg	0.477		0		1		0.644	0.055	
Pantothenic acid.....mg	0.079		0		1		0.107	0.009	
Vitamin B-6.....mg	0.233		0		1		0.315	0.027	
Folate, total.....mcg	16		0		1		22	2	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	16		0		1		22	2	
Folate, DFE.....mcg_DFE	16		0	NC	4		22	2	
Choline, total.....mg	7.4		0	BFSY	4		10.0	0.9	
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	23		0	NC	4		32	3	
Retinol.....mcg	0		0	Z	7		0	0	
Carotene, beta.....mcg	264		0	BFSY	4		356	31	
Carotene, alpha.....mcg	26		0	BFSY	4		35	3	
Cryptoxanthin, beta.....mcg	8		0	BFSY	4		11	1	
Vitamin A, IU.....IU	468		0	NC	4		632	54	
Lycopene.....mcg	0		0	BFSY	4		0	0	
Lutein + zeaxanthin.....mcg	431		0	BFSY	4		582	50	
Vitamin E (alpha-tocopherol).....mg	0.50		0	BFSN	4		0.67	0.06	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg	0.00		0	BFSN	4		0.00	0.00	
Tocopherol, gamma.....mg	0.01		0	BFSN	4		0.01	0.00	
Tocopherol, delta.....mg	0.00		0	BFSN	4		0.00	0.00	
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	9.8		0	BFSN	4		13.3	1.1	

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Deriv		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Points	Code					
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.029		0		1		0.039	0.003	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.000		0		1		0.000	0.000	
12:0.....g	0.000		0		1		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0		1		0.000	0.000	
15:0.....g									
16:0.....g	0.022		0		1		0.030	0.003	
17:0.....g									
18:0.....g	0.007		0		1		0.009	0.001	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.013		0		1		0.018	0.002	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.001	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.012		0		1		0.016	0.001	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.106		0		1		0.143	0.012	
18:2 undifferentiated.....g	0.096		0		1		0.130	0.011	
18:3 undifferentiated.....g	0.010		0		1		0.014	0.001	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg	9		0		1		12	1	
<b>Amino Acids:</b>									
Tryptophan.....g	0.012		0		1		0.016	0.001	
Threonine.....g	0.034		0		1		0.046	0.004	
Isoleucine.....g	0.030		0		1		0.041	0.003	
Leucine.....g	0.048		0		1		0.065	0.006	
Lysine.....g	0.041		0		1		0.055	0.005	
Methionine.....g	0.011		0		1		0.015	0.001	
Cystine.....g	0.018		0		1		0.024	0.002	
Phenylalanine.....g	0.029		0		1		0.039	0.003	
Tyrosine.....g	0.019		0		1		0.026	0.002	
Valine.....g	0.039		0		1		0.053	0.005	
Arginine.....g	0.044		0		1		0.059	0.005	
Histidine.....g	0.019		0		1		0.026	0.002	
Alanine.....g	0.038		0		1		0.051	0.004	
Aspartic acid.....g	0.132		0		1		0.178	0.015	
Glutamic acid.....g	0.122		0		1		0.165	0.014	
Glycine.....g	0.034		0		1		0.046	0.004	
Proline.....g	0.040		0		1		0.054	0.005	
Serine.....g	0.037		0		1		0.050	0.004	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	BFSN	4		0	0	
Theobromine.....mg	0		0	BFSN	4		0	0	

NDB No. 11334

Peppers, sweet, green, cooked, boiled, drained, without salt

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

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

**Common Measures:**

Measure 1 = 135g: 1 cup, chopped or strips

Measure 2 = 11.6g: 1 tablespoon, chopped

**Calories Factors: Protein** 2.44

**Fat** 8.37

**Carbohydrate**3.57

**Food Group:** 11 Vegetables and Vegetable Products  
USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11634

Peppers, sweet, green, freeze-dried

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	2.00		1		1		0.01	0.03	
Energy.....kcal	314		0	NC	4		1	5	
Energy.....kj	1314		0		4		5	21	
Protein (N x 6.25).....g	17.90		1		1		0.07	0.29	
Total lipid (fat).....g	3.00		1		1		0.01	0.05	
Ash.....g	8.40		0		1		0.03	0.13	
Carbohydrate, by difference.....g	68.70		0	NC	4		0.27	1.10	
Fiber, total dietary.....g	21.3		0		4		0.1	0.3	
Sugars, total.....g	38.48		0	BFSN	4		0.15	0.62	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	134		1		1		1	2	
Iron, Fe.....mg	10.40		1		1		0.04	0.17	
Magnesium, Mg.....mg	188		0		1		1	3	
Phosphorus, P.....mg	327		1		1		1	5	
Potassium, K.....mg	3170		1		1		13	51	
Sodium, Na.....mg	193		1		1		1	3	
Zinc, Zn.....mg	2.41		0		1		0.01	0.04	
Copper, Cu.....mg	1.389		0		1		0.006	0.022	
Manganese, Mn.....mg	1.897		0		1		0.008	0.030	
Selenium, Se.....mcg	3.7		0	BFSN	4		0.0	0.1	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	1900.0		1		1		7.6	30.4	
Thiamin.....mg	1.200		1		1		0.005	0.019	
Riboflavin.....mg	1.200		1		1		0.005	0.019	
Niacin.....mg	7.400		1		1		0.030	0.118	
Pantothenic acid.....mg	0.488		0		1		0.002	0.008	
Vitamin B-6.....mg	2.223		0		1		0.009	0.036	
Folate, total.....mcg	229		0		1		1	4	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	229		0		1		1	4	
Folate, DFE.....mcg_DFE	229		0	NC	4		1	4	
Choline, total.....mg	89.0		0	BFSN	4		0.4	1.4	
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	282		0	NC	4		1	5	
Retinol.....mcg	0		0	Z	7		0	0	
Carotene, beta.....mcg	3177		0	BFSN	4		13	51	
Carotene, alpha.....mcg	313		0	BFSN	4		1	5	
Cryptoxanthin, beta.....mcg	100		0	BFSN	4		0	2	
Vitamin A, IU.....IU	5640		0	NC	4		23	90	
Lycopene.....mcg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin.....mcg	5199		0	BFSN	4		21	83	
Vitamin E (alpha-tocopherol).....mg	4.00		0	O	4		0.02	0.06	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	118.6		0	BFSN	4		0.5	1.9	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.447		0		1		0.002	0.007	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.000		0		1		0.000	0.000	

Peppers, sweet, green, freeze-dried

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.002		0		1		0.000	0.000	
13:0.....g									
14:0.....g	0.009		0		1		0.000	0.000	
15:0.....g									
16:0.....g	0.331		0		1		0.001	0.005	
17:0.....g									
18:0.....g	0.105		0		1		0.000	0.002	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.202		0		1		0.001	0.003	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.021		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.181		0		1		0.001	0.003	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.607		0		1		0.006	0.026	
18:2 undifferentiated.....g	1.462		0		1		0.006	0.023	
18:3 undifferentiated.....g	0.145		0		1		0.001	0.002	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.229		0		1		0.001	0.004	
Threonine.....g	0.659		0		1		0.003	0.011	
Isoleucine.....g	0.579		0		1		0.002	0.009	
Leucine.....g	0.937		0		1		0.004	0.015	
Lysine.....g	0.796		0		1		0.003	0.013	
Methionine.....g	0.215		0		1		0.001	0.003	
Cystine.....g	0.344		0		1		0.001	0.006	
Phenylalanine.....g	0.553		0		1		0.002	0.009	
Tyrosine.....g	0.372		0		1		0.001	0.006	
Valine.....g	0.756		0		1		0.003	0.012	
Arginine.....g	0.859		0		1		0.003	0.014	
Histidine.....g	0.364		0		1		0.001	0.006	
Alanine.....g	0.733		0		1		0.003	0.012	
Aspartic acid.....g	2.558		0		1		0.010	0.041	
Glutamic acid.....g	2.363		0		1		0.009	0.038	
Glycine.....g	0.662		0		1		0.003	0.011	
Proline.....g	0.779		0		1		0.003	0.012	
Serine.....g	0.719		0		1		0.003	0.012	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

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

**Common Measures:**

**NDB No. 11634**

**Peppers, sweet, green, freeze-dried**

Measure 1 = 0.4g: 1 tbsp

Measure 2 = 1.6g: .25 cup

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)



NDB No. 11338

Peppers, sweet, green, frozen, chopped, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.001		0			1			
15:0.....g									
16:0.....g	0.020		0			1			
17:0.....g									
18:0.....g	0.006		0			1			
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.012		0			1			
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0			1			
17:1.....g									
18:1 undifferentiated.....g	0.011		0			1			
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.099		0			1			
18:2 undifferentiated.....g	0.090		0			1			
18:3 undifferentiated.....g	0.009		0			1			
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z		7			
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.012		0			1			
Threonine.....g	0.035		0			1			
Isoleucine.....g	0.031		0			1			
Leucine.....g	0.049		0			1			
Lysine.....g	0.042		0			1			
Methionine.....g	0.011		0			1			
Cystine.....g	0.018		0			1			
Phenylalanine.....g	0.029		0			1			
Tyrosine.....g	0.020		0			1			
Valine.....g	0.040		0			1			
Arginine.....g	0.045		0			1			
Histidine.....g	0.019		0			1			
Alanine.....g	0.039		0			1			
Aspartic acid.....g	0.135		0			1			
Glutamic acid.....g	0.125		0			1			
Glycine.....g	0.035		0			1			
Proline.....g	0.041		0			1			
Serine.....g	0.038		0			1			
Hydroxyproline.....g									

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

**Common Measures:**

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)





NDB No. 11825

Peppers, sweet, green, frozen, chopped, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.001		0		1		0.001	0.000	
15:0.....g									
16:0.....g	0.020		0		1		0.027	0.002	
17:0.....g									
18:0.....g	0.006		0		1		0.008	0.001	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.012		0		1		0.016	0.001	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.001	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.011		0		1		0.015	0.001	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.099		0		1		0.134	0.011	
18:2 undifferentiated.....g	0.090		0		1		0.122	0.010	
18:3 undifferentiated.....g	0.009		0		1		0.012	0.001	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.012		0		1		0.016	0.001	
Threonine.....g	0.035		0		1		0.047	0.004	
Isoleucine.....g	0.031		0		1		0.042	0.004	
Leucine.....g	0.049		0		1		0.066	0.006	
Lysine.....g	0.042		0		1		0.057	0.005	
Methionine.....g	0.011		0		1		0.015	0.001	
Cystine.....g	0.018		0		1		0.024	0.002	
Phenylalanine.....g	0.029		0		1		0.039	0.003	
Tyrosine.....g	0.020		0		1		0.027	0.002	
Valine.....g	0.040		0		1		0.054	0.005	
Arginine.....g	0.045		0		1		0.061	0.005	
Histidine.....g	0.019		0		1		0.026	0.002	
Alanine.....g	0.039		0		1		0.053	0.005	
Aspartic acid.....g	0.135		0		1		0.182	0.016	
Glutamic acid.....g	0.125		0		1		0.169	0.015	
Glycine.....g	0.035		0		1		0.047	0.004	
Proline.....g	0.041		0		1		0.055	0.005	
Serine.....g	0.038		0		1		0.051	0.004	
Hydroxyproline.....g									

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

**Common Measures:**

Measure 1 = 135g: 1 cup, chopped or strips

Measure 2 = 11.6g: 1 tablespoon, chopped

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

**NDB No. 11825**

**Peppers, sweet, green, frozen, chopped, cooked, boiled, drained, with salt**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)



NDB No. 11337

Peppers, sweet, green, frozen, chopped, unprepared

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.001		0		1		0.003		
15:0.....g									
16:0.....g	0.023		0		1		0.065		
17:0.....g									
18:0.....g	0.007		0		1		0.020		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.014		0		1		0.040		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.003		
17:1.....g									
18:1 undifferentiated.....g	0.013		0		1		0.037		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.113		0		1		0.321		
18:2 undifferentiated.....g	0.102		0		1		0.290		
18:3 undifferentiated.....g	0.010		0		1		0.028		
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.014		0		1		0.040		
Threonine.....g	0.040		0		1		0.114		
Isoleucine.....g	0.035		0		1		0.099		
Leucine.....g	0.056		0		1		0.159		
Lysine.....g	0.048		0		1		0.136		
Methionine.....g	0.013		0		1		0.037		
Cystine.....g	0.021		0		1		0.060		
Phenylalanine.....g	0.033		0		1		0.094		
Tyrosine.....g	0.022		0		1		0.062		
Valine.....g	0.045		0		1		0.128		
Arginine.....g	0.052		0		1		0.148		
Histidine.....g	0.022		0		1		0.062		
Alanine.....g	0.044		0		1		0.125		
Aspartic acid.....g	0.154		0		1		0.437		
Glutamic acid.....g	0.142		0		1		0.403		
Glycine.....g	0.040		0		1		0.114		
Proline.....g	0.047		0		1		0.133		
Serine.....g	0.043		0		1		0.122		
Hydroxyproline.....g									

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

**Common Measures:**

Measure 1 = 284g: 1 package (10 oz)

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

**NDB No. 11337**

**Peppers, sweet, green, frozen, chopped, unprepared**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 11333**  
**Peppers, sweet, green, raw**  
*Capsicum annuum*

**Refuse:**18% Stem ends, seeds and core

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	93.89	0.181	25	JA	6		139.90	86.38	8.73
Energy.....kcal	20		0	NC	4		30	19	2
Energy.....kj	84		0	NC	4		125	77	8
Protein (N x 6.25).....g	0.86	0.021	16	JO	11		1.29	0.80	0.08
Total lipid (fat).....g	0.17	0.004	17	JO	11		0.25	0.16	0.02
Ash.....g	0.43	0.025	4	A	1		0.64	0.39	0.04
Carbohydrate, by difference.....g	4.64		0	NC	4		6.92	4.27	0.43
Fiber, total dietary.....g	1.7	0.016	18		1		2.5	1.5	0.2
Sugars, total.....g	2.40		0	NC	4		3.57	2.21	0.22
Sucrose.....g	0.11	0.033	8	JA	6		0.16	0.10	0.01
Glucose (dextrose).....g	1.16	0.050	9	JA	6		1.73	1.07	0.11
Fructose.....g	1.12	0.015	9	JA	6		1.68	1.03	0.10
Lactose.....g	0.00	0.000	5	JA	6		0.00	0.00	0.00
Maltose.....g	0.00	0.000	5	JA	6		0.00	0.00	0.00
Galactose.....g	0.00		0	Z	7		0.00	0.00	0.00
Starch.....g	0.00		2	A	1		0.00	0.00	0.00
<b>Minerals:</b>									
Calcium, Ca.....mg	10	0.259	64	JA	6		15	9	1
Iron, Fe.....mg	0.34	0.010	65	JA	6		0.51	0.31	0.03
Magnesium, Mg.....mg	10	0.239	65	JA	6		15	9	1
Phosphorus, P.....mg	20	0.427	64	JA	6		29	18	2
Potassium, K.....mg	175	4.054	64	JA	6		261	161	16
Sodium, Na.....mg	3	0.100	62	JA	6		4	3	0
Zinc, Zn.....mg	0.13	0.005	65	JA	6		0.20	0.12	0.01
Copper, Cu.....mg	0.066	0.003	65	JA	6		0.098	0.060	0.006
Manganese, Mn.....mg	0.122	0.005	65	JA	6		0.182	0.112	0.011
Selenium, Se.....mcg	0.0	0.003	34	JA	6		0.0	0.0	0.0
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	80.4	3.622	16	JA	6		119.9	74.0	7.5
Thiamin.....mg	0.057	0.001	16	JA	6		0.085	0.053	0.005
Riboflavin.....mg	0.028	0.000	16	JA	6		0.041	0.025	0.003
Niacin.....mg	0.480	0.009	16	JA	6		0.715	0.441	0.045
Pantothenic acid.....mg	0.099	0.009	16	JA	6		0.147	0.091	0.009
Vitamin B-6.....mg	0.224	0.002	16	JA	6		0.333	0.206	0.021
Folate, total (1).....mcg	10		1	A	1		15	10	1
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg	10		1	A	1		15	10	1
Folate, DFE.....mcg_DFE	10		0	NC	4		15	10	1
Choline, total.....mg	5.5		0	AS	1		8.3	5.1	0.5
Betaine.....mg	0.1		1	A	1		0.1	0.1	0.0
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	18		0	NC	4		28	17	2
Retinol.....mcg	0		0	Z	7		0	0	0
Carotene, beta.....mcg	208	0.785	73	JA	6		311	192	19
Carotene, alpha.....mcg	21	0.331	61	A	1		31	19	2
Cryptoxanthin, beta.....mcg	7	6.586	7	A	1		10	6	1
Vitamin A, IU.....IU	370		0	NC	4		551	340	34
Lycopene.....mcg	0	0.000	4	A	1		0	0	0
Lutein + zeaxanthin.....mcg	341		0	T	4		508	314	32
Vitamin E (alpha-tocopherol).....mg	0.37	0.010	3	JO	11		0.56	0.34	0.03
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg	0.00	0.000	3	JO	11		0.00	0.00	0.00
Tocopherol, gamma.....mg	0.00	0.005	3	JO	11		0.01	0.00	0.00
Tocopherol, delta.....mg	0.00	0.000	3	JO	11		0.00	0.00	0.00
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	7.4	0.119	8	JO	11		11.0	6.8	0.7

NDB No. 11333  
Peppers, sweet, green, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	measures of food			
						Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.058		0	NC	4		0.086	0.053	0.005
4:0.....g	0.000		0		1		0.000	0.000	0.000
6:0.....g	0.000		0		1		0.000	0.000	0.000
8:0.....g	0.000		2	A	1		0.000	0.000	0.000
10:0.....g	0.000		2	A	1		0.000	0.000	0.000
12:0.....g	0.000		2	A	1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.000		2	A	1		0.000	0.000	0.000
15:0.....g	0.000		2	A	1		0.000	0.000	0.000
16:0.....g	0.050		2	A	1		0.074	0.046	0.005
17:0.....g	0.000		2	A	1		0.000	0.000	0.000
18:0.....g	0.008		2	A	1		0.012	0.008	0.001
20:0.....g	0.000		2	A	1		0.000	0.000	0.000
22:0.....g	0.000		2	A	1		0.000	0.000	0.000
24:0.....g	0.000		2	A	1		0.000	0.000	0.000
Fatty acids, total monounsaturated.....g	0.008		0	NC	4		0.012	0.008	0.001
14:1.....g	0.000		2	A	1		0.000	0.000	0.000
15:1.....g	0.000		2	A	1		0.000	0.000	0.000
16:1 undifferentiated.....g	0.000		2	A	1		0.000	0.000	0.000
17:1.....g	0.000		2	A	1		0.000	0.000	0.000
18:1 undifferentiated.....g	0.008		2	A	1		0.012	0.008	0.001
20:1.....g	0.000		2	A	1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		2	A	1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.062		0	NC	4		0.092	0.057	0.006
18:2 undifferentiated.....g	0.054		2	A	1		0.080	0.050	0.005
18:3 undifferentiated.....g	0.008		2	A	1		0.012	0.008	0.001
18:4.....g	0.000		2	A	1		0.000	0.000	0.000
20:2 n-6 c,c.....g	0.000		2	A	1		0.000	0.000	0.000
20:3 undifferentiated.....g	0.000		2	A	1		0.000	0.000	0.000
20:4 undifferentiated.....g	0.000		2	A	1		0.000	0.000	0.000
20:5 n-3.....g	0.000		2	A	1		0.000	0.000	0.000
22:5 n-3.....g	0.000		2	A	1		0.000	0.000	0.000
22:6 n-3.....g	0.000		2	A	1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	0
Phytosterols.....mg	9		1		1		13	8	1
<b>Amino Acids:</b>									
Tryptophan.....g	0.012		0	JA	6		0.018	0.011	0.001
Threonine.....g	0.036		0	JA	6		0.054	0.034	0.003
Isoleucine.....g	0.024		0	JA	6		0.036	0.022	0.002
Leucine.....g	0.036		0	JA	6		0.054	0.034	0.003
Lysine.....g	0.039		0	JA	6		0.058	0.036	0.004
Methionine.....g	0.007		0	JA	6		0.011	0.007	0.001
Cystine.....g	0.012		0	JA	6		0.018	0.011	0.001
Phenylalanine.....g	0.092		0	JA	6		0.137	0.085	0.009
Tyrosine.....g	0.012		0	JA	6		0.018	0.011	0.001
Valine.....g	0.036		0	JA	6		0.054	0.034	0.003
Arginine.....g	0.027		0	JA	6		0.040	0.025	0.003
Histidine.....g	0.010		0	JA	6		0.014	0.009	0.001
Alanine.....g	0.036		0	JA	6		0.054	0.034	0.003
Aspartic acid.....g	0.208		0	JA	6		0.310	0.192	0.019
Glutamic acid.....g	0.194		0	JA	6		0.289	0.178	0.018
Glycine.....g	0.030		0	JA	6		0.045	0.028	0.003
Proline.....g	0.024		0	JA	6		0.036	0.022	0.002
Serine.....g	0.054		0	JA	6		0.081	0.050	0.005
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0



NDB No. 11333  
Peppers, sweet, green, raw

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

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

**Common Measures:**

Measure 1 = 149g: 1 cup, chopped

Measure 2 = 92g: 1 cup, sliced

Measure 3 = 9.3g: 1 tbsp

**Footnotes:**

1 Value based on the analysis of 5-methyltetrahydrofolic acid

**Calories Factors: Protein** 2.44

**Fat** 8.37

**Carbohydrate**3.57

**Food Group:** 11 Vegetables and Vegetable Products  
USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11339  
Peppers, sweet, green, sauteed

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	82.65	0.607	4	A	1				
Energy.....kcal	127		0	NC	4				
Energy.....kj	530		0	NC	4				
Protein.....g	0.78	0.036	4	A	1				
Total lipid (fat).....g	11.85	0.427	4	A	1				
Ash.....g	0.50	0.052	4	A	1				
Carbohydrate, by difference.....g	4.22		0	NC	4				
Fiber, total dietary.....g	1.8	0.048	4	A	1				
Sugars, total.....g	2.17		0	AS	1				
Sucrose.....g	0.00	0.000	4	A	1				
Glucose (dextrose).....g	1.09	0.055	4	A	1				
Fructose.....g	1.08	0.045	4	A	1				
Lactose.....g	0.00	0.000	4	A	1				
Maltose.....g	0.00	0.000	4	A	1				
Galactose.....g	0.00		0	Z	7				
Starch.....g	0.00		2	A	1				
<b>Minerals:</b>									
Calcium, Ca.....mg	8	1.435	4	A	1				
Iron, Fe.....mg	0.30	0.173	4	A	1				
Magnesium, Mg.....mg	8	1.327	4	A	1				
Phosphorus, P.....mg	15	2.129	4	A	1				
Potassium, K.....mg	134	9.569	4	A	1				
Sodium, Na.....mg	17	1.984	4	A	1				
Zinc, Zn.....mg	0.06	0.027	4	A	1				
Copper, Cu.....mg	0.017	0.000	4	A	1				
Manganese, Mn.....mg	0.062	0.021	4	A	1				
Selenium, Se.....mcg	0.6		0	BFSN	4				
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	177.0	17.621	4	A	1				
Thiamin.....mg	0.042	0.003	4	A	1				
Riboflavin.....mg	0.048	0.007	4	A	1				
Niacin.....mg	0.582	0.023	4	A	1				
Pantothenic acid.....mg	0.111	0.006	4	A	1				
Vitamin B-6.....mg	0.196	0.023	4	A	1				
Folate, total.....mcg	2	0.000	4	A	1				
Folic acid.....mcg									
Folate, food.....mcg	2	0.000	4	A	1				
Folate, DFE.....mcg_DFE									
Choline, total.....mg	4.8		0	AS	1				
Betaine.....mg	0.1		1	A	1				
Vitamin B-12.....mcg	0.00		0	Z	7				
Vitamin A, RAE.....mcg_RAE	14		0	AS	1				
Retinol.....mcg	0		0	Z	7				
Carotene, beta.....mcg	135	12.142	4	A	1				
Carotene, alpha.....mcg	42	4.623	4	A	1				
Cryptoxanthin, beta.....mcg	17	16.550	4	A	1				
Vitamin A, IU.....IU	273		0	AS	1				
Lycopene.....mcg	0	0.000	4	A	1				
Lutein + zeaxanthin.....mcg									
Vitamin E (alpha-tocopherol).....mg	1.40		2	A	1				
Tocopherol, beta.....mg	0.07		2	A	1				
Tocopherol, gamma.....mg	7.55		2	A	1				
Tocopherol, delta.....mg	2.30		2	A	1				
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	21.3	4.066	4	A	1				
<b>Lipids:</b>									
Fatty acids, total saturated.....g	1.590		0	NC	4				

**NDB No. 11339**  
**Peppers, sweet, green, sauteed**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
4:0.....g	0.000		0	Z		7			
6:0.....g	0.000		0	Z		7			
8:0.....g	0.000		2	A		1			
10:0.....g	0.000		2	A		1			
12:0.....g	0.000		2	A		1			
13:0.....g									
14:0.....g	0.000		2	A		1			
15:0.....g	0.000		2	A		1			
16:0.....g	1.100		2	A		1			
17:0.....g	0.000		2	A		1			
18:0.....g	0.420		2	A		1			
20:0.....g	0.035		2	A		1			
22:0.....g	0.035		2	A		1			
24:0.....g	0.000		2	A		1			
Fatty acids, total monounsaturated.....g	2.337		0	NC		4			
14:1.....g	0.000		2	A		1			
15:1.....g	0.000		2	A		1			
16:1 undifferentiated.....g	0.002		2	A		1			
17:1.....g	0.000		2	A		1			
18:1 undifferentiated.....g	2.310		2	A		1			
20:1.....g	0.025		2	A		1			
22:1 undifferentiated.....g	0.000		2	A		1			
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	5.900		0	NC		4			
18:2 undifferentiated.....g	5.130		2	A		1			
18:3 undifferentiated.....g	0.770		2	A		1			
18:4.....g	0.000		2	A		1			
20:2 n-6 c,c.....g	0.000		2	A		1			
20:3 undifferentiated.....g	0.000		2	A		1			
20:4 undifferentiated.....g	0.000		2	A		1			
20:5 n-3.....g	0.000		2	A		1			
22:5 n-3.....g	0.000		2	A		1			
22:6 n-3.....g	0.000		2	A		1			
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z		7			
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.011		0	A		1			
Threonine.....g	0.033		0	A		1			
Isoleucine.....g	0.022		0	A		1			
Leucine.....g	0.033		0	A		1			
Lysine.....g	0.036		0	A		1			
Methionine.....g	0.007		0	A		1			
Cystine.....g	0.011		0	A		1			
Phenylalanine.....g	0.084		0	A		1			
Tyrosine.....g	0.011		0	A		1			
Valine.....g	0.033		0	A		1			
Arginine.....g	0.024		0	A		1			
Histidine.....g	0.009		0	A		1			
Alanine.....g	0.033		0	A		1			
Aspartic acid.....g	0.189		0	A		1			
Glutamic acid.....g	0.176		0	A		1			
Glycine.....g	0.027		0	A		1			
Proline.....g	0.022		0	A		1			
Serine.....g	0.049		0	A		1			
Hydroxyproline.....g									

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

**Common Measures:**

**NDB No. 11339**

**Peppers, sweet, green, sauteed**

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)



Peppers, sweet, red, canned, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.001		0		1		0.001	0.001	
15:0.....g									
16:0.....g	0.033		0		1		0.046	0.023	
17:0.....g									
18:0.....g	0.011		0		1		0.015	0.008	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.020		0		1		0.028	0.014	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0		1		0.003	0.001	
17:1.....g									
18:1 undifferentiated.....g	0.018		0		1		0.025	0.013	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.161		0		1		0.225	0.113	
18:2 undifferentiated.....g	0.146		0		1		0.204	0.102	
18:3 undifferentiated.....g	0.015		0		1		0.021	0.011	
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.010		0		1		0.014	0.007	
Threonine.....g	0.029		0		1		0.041	0.020	
Isoleucine.....g	0.026		0		1		0.036	0.018	
Leucine.....g	0.042		0		1		0.059	0.029	
Lysine.....g	0.036		0		1		0.050	0.025	
Methionine.....g	0.010		0		1		0.014	0.007	
Cystine.....g	0.015		0		1		0.021	0.011	
Phenylalanine.....g	0.025		0		1		0.035	0.018	
Tyrosine.....g	0.017		0		1		0.024	0.012	
Valine.....g	0.034		0		1		0.048	0.024	
Arginine.....g	0.038		0		1		0.053	0.027	
Histidine.....g	0.016		0		1		0.022	0.011	
Alanine.....g	0.033		0		1		0.046	0.023	
Aspartic acid.....g	0.114		0		1		0.160	0.080	
Glutamic acid.....g	0.106		0		1		0.148	0.074	
Glycine.....g	0.030		0		1		0.042	0.021	
Proline.....g	0.035		0		1		0.049	0.025	
Serine.....g	0.032		0		1		0.045	0.022	
Hydroxyproline.....g									

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

**Common Measures:**

Measure 1 = 140g: 1 cup, halves

Measure 2 = 70g: .5 cup, halves

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

**NDB No. 11916**

**Peppers, sweet, red, canned, solids and liquids**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11824

Peppers, sweet, red, cooked, boiled, drained, with salt

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	91.87		0		1		11.02	67.07	84.52
Energy.....kcal	26		0	NC	4		3	19	24
Energy.....kj	108		0	NC	4		13	79	99
Protein (N x 6.25).....g	0.92		0		1		0.11	0.67	0.85
Total lipid (fat).....g	0.20		0		1		0.02	0.15	0.18
Ash.....g	0.90		0	O	4		0.11	0.66	0.83
Carbohydrate, by difference.....g	6.11		0	NC	4		0.73	4.46	5.62
Fiber, total dietary.....g	1.2		1	A	1		0.1	0.9	1.1
Sugars, total.....g	4.39		0	BFZN	4		0.53	3.20	4.04
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	9		0		1		1	7	8
Iron, Fe.....mg	0.46		0		1		0.06	0.34	0.42
Magnesium, Mg.....mg	10		0		1		1	7	9
Phosphorus, P.....mg	18		0		1		2	13	17
Potassium, K.....mg	166		0		1		20	121	153
Sodium, Na.....mg	238		1		1		29	174	219
Zinc, Zn.....mg	0.12		0		1		0.01	0.09	0.11
Copper, Cu.....mg	0.065		0		1		0.008	0.047	0.060
Manganese, Mn.....mg	0.115		0		1		0.014	0.084	0.106
Selenium, Se.....mcg	0.3		0	BFSN	4		0.0	0.2	0.3
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	171.0		1		1		20.5	124.8	157.3
Thiamin.....mg	0.059		0		1		0.007	0.043	0.054
Riboflavin.....mg	0.030		0		1		0.004	0.022	0.028
Niacin.....mg	0.477		0		1		0.057	0.348	0.439
Pantothenic acid.....mg	0.079		0		1		0.009	0.058	0.073
Vitamin B-6.....mg	0.233		0		1		0.028	0.170	0.214
Folate, total.....mcg	16		0		1		2	12	15
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg	16		0		1		2	12	15
Folate, DFE.....mcg_DFE	16		0	NC	4		2	12	15
Choline, total.....mg	5.8		0	BFZN	4		0.7	4.2	5.3
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	147		0	NC	4		18	107	135
Retinol.....mcg	0		0	Z	7		0	0	0
Carotene, beta.....mcg	1525		0	BFZN	4		183	1113	1403
Carotene, alpha.....mcg	18		0	BFZN	4		2	13	17
Cryptoxanthin, beta.....mcg	460		0	BFZN	4		55	336	424
Vitamin A, IU.....IU	2941		0	NC	4		353	2147	2706
Lycopene.....mcg	0		0	BFZN	4		0	0	0
Lutein + zeaxanthin.....mcg	47		0	BFZN	4		6	35	44
Vitamin E (alpha-tocopherol).....mg	1.65		0	BFZN	4		0.20	1.21	1.52
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	5.1		0	BFZN	4		0.6	3.8	4.7
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.029		0		1		0.003	0.021	0.027
4:0.....g	0.000		0	BFZN	4		0.000	0.000	0.000
6:0.....g	0.000		0	BFZN	4		0.000	0.000	0.000
8:0.....g	0.000		0	BFZN	4		0.000	0.000	0.000
10:0.....g	0.000		0	BFZN	4		0.000	0.000	0.000



NDB No. 11824

Peppers, sweet, red, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0		1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.000		0		1		0.000	0.000	0.000
15:0.....g									
16:0.....g	0.022		0		1		0.003	0.016	0.020
17:0.....g									
18:0.....g	0.007		0		1		0.001	0.005	0.006
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.013		0		1		0.002	0.009	0.012
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.000	0.001	0.001
17:1.....g									
18:1 undifferentiated.....g	0.012		0		1		0.001	0.009	0.011
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.106		0		1		0.013	0.077	0.098
18:2 undifferentiated.....g	0.096		0		1		0.012	0.070	0.088
18:3 undifferentiated.....g	0.010		0		1		0.001	0.007	0.009
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	0
Phytosterols.....mg	9		0		1		1	7	8
<b>Amino Acids:</b>									
Tryptophan.....g	0.012		0		1		0.001	0.009	0.011
Threonine.....g	0.034		0		1		0.004	0.025	0.031
Isoleucine.....g	0.030		0		1		0.004	0.022	0.028
Leucine.....g	0.048		0		1		0.006	0.035	0.044
Lysine.....g	0.041		0		1		0.005	0.030	0.038
Methionine.....g	0.011		0		1		0.001	0.008	0.010
Cystine.....g	0.018		0		1		0.002	0.013	0.017
Phenylalanine.....g	0.029		0		1		0.003	0.021	0.027
Tyrosine.....g	0.019		0		1		0.002	0.014	0.017
Valine.....g	0.039		0		1		0.005	0.028	0.036
Arginine.....g	0.044		0		1		0.005	0.032	0.040
Histidine.....g	0.019		0		1		0.002	0.014	0.017
Alanine.....g	0.038		0		1		0.005	0.028	0.035
Aspartic acid.....g	0.132		0		1		0.016	0.096	0.121
Glutamic acid.....g	0.122		0		1		0.015	0.089	0.112
Glycine.....g	0.034		0		1		0.004	0.025	0.031
Proline.....g	0.040		0		1		0.005	0.029	0.037
Serine.....g	0.037		0		1		0.004	0.027	0.034
Hydroxyproline.....g									

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

**Common Measures:**

- Measure 1 = 12.0g: 1 tbsp
- Measure 2 = 73g: 1 pepper
- Measure 3 = 92g: .5 cup, chopped

**NDB No. 11824**

**Peppers, sweet, red, cooked, boiled, drained, with salt**

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group: 11 Vegetables and Vegetable Products**

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11823

Peppers, sweet, red, cooked, boiled, drained, without salt

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	91.87		0		1		124.02	10.66	62.47
Energy.....kcal	28		0	NC	4		38	3	19
Energy.....kj	117		0		4		158	14	80
Protein (N x 6.25).....g	0.92		0		1		1.24	0.11	0.63
Total lipid (fat).....g	0.20		0		1		0.27	0.02	0.14
Ash.....g	0.31		0		1		0.42	0.04	0.21
Carbohydrate, by difference.....g	6.70		0	NC	4		9.05	0.78	4.56
Fiber, total dietary.....g	1.2		0		4		1.6	0.1	0.8
Sugars, total.....g	4.39		0	BFSN	4		5.92	0.51	2.98
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	9		0		1		12	1	6
Iron, Fe.....mg	0.46		0		1		0.62	0.05	0.31
Magnesium, Mg.....mg	10		0		1		14	1	7
Phosphorus, P.....mg	18		0		1		24	2	12
Potassium, K.....mg	166		0		1		224	19	113
Sodium, Na.....mg	2		0		1		3	0	1
Zinc, Zn.....mg	0.12		0		1		0.16	0.01	0.08
Copper, Cu.....mg	0.065		0		1		0.088	0.008	0.044
Manganese, Mn.....mg	0.115		0		1		0.155	0.013	0.078
Selenium, Se.....mcg	0.3		0	BFSN	4		0.4	0.0	0.2
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	171.0		1		1		230.9	19.8	116.3
Thiamin.....mg	0.059		0		1		0.080	0.007	0.040
Riboflavin.....mg	0.030		0		1		0.041	0.003	0.020
Niacin.....mg	0.477		0		1		0.644	0.055	0.324
Pantothenic acid.....mg	0.079		0		1		0.107	0.009	0.054
Vitamin B-6.....mg	0.233		0		1		0.315	0.027	0.158
Folate, total.....mcg	16		0		1		22	2	11
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg	16		0		1		22	2	11
Folate, DFE.....mcg_DFE	16		0	NC	4		22	2	11
Choline, total.....mg	5.8		0	BFSY	4		7.8	0.7	3.9
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	147		0	NC	4		199	17	100
Retinol.....mcg	0		0	Z	7		0	0	0
Carotene, beta.....mcg	1525		0	BFSY	4		2059	177	1037
Carotene, alpha.....mcg	18		0	BFSY	4		25	2	13
Cryptoxanthin, beta.....mcg	460		0	BFSY	4		622	53	313
Vitamin A, IU.....IU	2941		0	NC	4		3970	341	2000
Lycopene.....mcg	0		0	BFSY	4		0	0	0
Lutein + zeaxanthin.....mcg	47		0	BFSY	4		64	6	32
Vitamin E (alpha-tocopherol).....mg	1.65		0	BFSN	4		2.23	0.19	1.12
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	5.1		0	BFSN	4		6.9	0.6	3.5
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.029		0		1		0.039	0.003	0.020
4:0.....g	0.000		0		1		0.000	0.000	0.000
6:0.....g	0.000		0		1		0.000	0.000	0.000
8:0.....g	0.000		0		1		0.000	0.000	0.000
10:0.....g	0.000		0		1		0.000	0.000	0.000

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0		1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.000		0		1		0.000	0.000	0.000
15:0.....g									
16:0.....g	0.022		0		1		0.030	0.003	0.015
17:0.....g									
18:0.....g	0.007		0		1		0.009	0.001	0.005
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.013		0		1		0.018	0.002	0.009
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.001	0.000	0.001
17:1.....g									
18:1 undifferentiated.....g	0.012		0		1		0.016	0.001	0.008
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.106		0		1		0.143	0.012	0.072
18:2 undifferentiated.....g	0.096		0		1		0.130	0.011	0.065
18:3 undifferentiated.....g	0.010		0		1		0.014	0.001	0.007
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	0
Phytosterols.....mg	9		0		1		12	1	6
<b>Amino Acids:</b>									
Tryptophan.....g	0.012		0		1		0.016	0.001	0.008
Threonine.....g	0.034		0		1		0.046	0.004	0.023
Isoleucine.....g	0.030		0		1		0.041	0.003	0.020
Leucine.....g	0.048		0		1		0.065	0.006	0.033
Lysine.....g	0.041		0		1		0.055	0.005	0.028
Methionine.....g	0.011		0		1		0.015	0.001	0.007
Cystine.....g	0.018		0		1		0.024	0.002	0.012
Phenylalanine.....g	0.029		0		1		0.039	0.003	0.020
Tyrosine.....g	0.019		0		1		0.026	0.002	0.013
Valine.....g	0.039		0		1		0.053	0.005	0.027
Arginine.....g	0.044		0		1		0.059	0.005	0.030
Histidine.....g	0.019		0		1		0.026	0.002	0.013
Alanine.....g	0.038		0		1		0.051	0.004	0.026
Aspartic acid.....g	0.132		0		1		0.178	0.015	0.090
Glutamic acid.....g	0.122		0		1		0.165	0.014	0.083
Glycine.....g	0.034		0		1		0.046	0.004	0.023
Proline.....g	0.040		0		1		0.054	0.005	0.027
Serine.....g	0.037		0		1		0.050	0.004	0.025
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0

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

**Common Measures:**

**NDB No. 11823**

**Peppers, sweet, red, cooked, boiled, drained, without salt**

Measure 1 = 135g: 1 cup, strips

Measure 2 = 11.6g: 1 tbsp

Measure 3 = 68g: .5 cup, chopped

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 11931**  
**Peppers, sweet, red, freeze-dried**

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	2.00		1		1		0.01	0.03	
Energy.....kcal	314		0	NC	4		1	5	
Energy.....kj	1314		0	NC	4		5	21	
Protein (N x 6.25).....g	17.90		1		1		0.07	0.29	
Total lipid (fat).....g	3.00		1		1		0.01	0.05	
Ash.....g	8.40		0		1		0.03	0.13	
Carbohydrate, by difference.....g	68.70		0	NC	4		0.27	1.10	
Fiber, total dietary.....g	21.3		0	BFSN	4		0.1	0.3	
Sugars, total.....g	40.77		0	BFSN	4		0.16	0.65	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	134		1		1		1	2	
Iron, Fe.....mg	10.40		1		1		0.04	0.17	
Magnesium, Mg.....mg	188		0		1		1	3	
Phosphorus, P.....mg	327		1		1		1	5	
Potassium, K.....mg	3170		1		1		13	51	
Sodium, Na.....mg	193		1		1		1	3	
Zinc, Zn.....mg	2.41		0		1		0.01	0.04	
Copper, Cu.....mg	1.389		0		1		0.006	0.022	
Manganese, Mn.....mg	1.897		0		1		0.008	0.030	
Selenium, Se.....mcg	3.7		0	BFSN	4		0.0	0.1	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	1900.0		1		1		7.6	30.4	
Thiamin.....mg	1.200		1		1		0.005	0.019	
Riboflavin.....mg	1.200		1		1		0.005	0.019	
Niacin.....mg	7.400		1		1		0.030	0.118	
Pantothenic acid.....mg	0.488		0		1		0.002	0.008	
Vitamin B-6.....mg	2.223		0		1		0.009	0.036	
Folate, total.....mcg	229		0		1		1	4	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	229		0		1		1	4	
Folate, DFE.....mcg_DFE	229		0	NC	4		1	4	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	3863		0	NC	4		15	62	
Retinol.....mcg	0		0	BNA	4		0	0	
Carotene, beta.....mcg	42891		0	BNA	4		172	686	
Carotene, alpha.....mcg	6931		0	BNA	4		28	111	
Cryptoxanthin, beta.....mcg	0		0	BNA	4		0	0	
Vitamin A, IU.....IU	77261		0	NC	4		309	1236	
Lycopene.....mcg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin.....mcg	5799		0	BFSN	4		23	93	
Vitamin E (alpha-tocopherol).....mg	4.00		0	BFSN	4		0.02	0.06	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	114.2		0	BFSN	4		0.5	1.8	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.447		0		1		0.002	0.007	
4:0.....g	0.000		0	BFSN	4		0.000	0.000	
6:0.....g	0.000		0	BFSN	4		0.000	0.000	
8:0.....g	0.000		0	BFSN	4		0.000	0.000	
10:0.....g	0.000		0	BFSN	4		0.000	0.000	

**NDB No. 11931**  
**Peppers, sweet, red, freeze-dried**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.002		0		1		0.000	0.000	
13:0.....g									
14:0.....g	0.009		0		1		0.000	0.000	
15:0.....g									
16:0.....g	0.331		0		1		0.001	0.005	
17:0.....g									
18:0.....g	0.105		0		1		0.000	0.002	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.202		0		1		0.001	0.003	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.021		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.181		0		1		0.001	0.003	
20:1.....g	0.000		0	BFSN	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	BFSN	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.607		0		1		0.006	0.026	
18:2 undifferentiated.....g	1.462		0		1		0.006	0.023	
18:3 undifferentiated.....g	0.145		0		1		0.001	0.002	
18:4.....g	0.000		0	BFSN	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFSN	4		0.000	0.000	
20:5 n-3.....g	0.000		0	BFSN	4		0.000	0.000	
22:5 n-3.....g	0.000		0	BFSN	4		0.000	0.000	
22:6 n-3.....g	0.000		0	BFSN	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.229		0		1		0.001	0.004	
Threonine.....g	0.659		0		1		0.003	0.011	
Isoleucine.....g	0.579		0		1		0.002	0.009	
Leucine.....g	0.937		0		1		0.004	0.015	
Lysine.....g	0.796		0		1		0.003	0.013	
Methionine.....g	0.215		0		1		0.001	0.003	
Cystine.....g	0.344		0		1		0.001	0.006	
Phenylalanine.....g	0.553		0		1		0.002	0.009	
Tyrosine.....g	0.372		0		1		0.001	0.006	
Valine.....g	0.756		0		1		0.003	0.012	
Arginine.....g	0.859		0		1		0.003	0.014	
Histidine.....g	0.364		0		1		0.001	0.006	
Alanine.....g	0.733		0		1		0.003	0.012	
Aspartic acid.....g	2.558		0		1		0.010	0.041	
Glutamic acid.....g	2.363		0		1		0.009	0.038	
Glycine.....g	0.662		0		1		0.003	0.011	
Proline.....g	0.779		0		1		0.003	0.012	
Serine.....g	0.719		0		1		0.003	0.012	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

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

**Common Measures:**

**NDB No. 11931**

**Peppers, sweet, red, freeze-dried**

Measure 1 = 0.4g: 1 tbsp

Measure 2 = 1.6g: .25 cup

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group:** 11 Vegetables and Vegetable Products

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NDB No. 11919

Peppers, sweet, red, frozen, chopped, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.001		0		1		0.001	0.000	
15:0.....g									
16:0.....g	0.020		0		1		0.027	0.002	
17:0.....g									
18:0.....g	0.006		0		1		0.008	0.001	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.012		0		1		0.016	0.001	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.001	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.011		0		1		0.015	0.001	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.099		0		1		0.134	0.011	
18:2 undifferentiated.....g	0.090		0		1		0.122	0.010	
18:3 undifferentiated.....g	0.009		0		1		0.012	0.001	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.011		0	NR	4		0.015	0.001	
Threonine.....g	0.039		0	NR	4		0.052	0.004	
Isoleucine.....g	0.020		0	NR	4		0.027	0.002	
Leucine.....g	0.034		0	NR	4		0.046	0.004	
Lysine.....g	0.034		0	NR	4		0.046	0.004	
Methionine.....g	0.005		0	NR	4		0.007	0.001	
Cystine.....g	0.018		0	NR	4		0.025	0.002	
Phenylalanine.....g	0.048		0	NR	4		0.065	0.006	
Tyrosine.....g	0.009		0	NR	4		0.012	0.001	
Valine.....g	0.029		0	NR	4		0.040	0.003	
Arginine.....g	0.034		0	NR	4		0.046	0.004	
Histidine.....g	0.016		0	NR	4		0.021	0.002	
Alanine.....g	0.025		0	NR	4		0.034	0.003	
Aspartic acid.....g	0.272		0	NR	4		0.367	0.032	
Glutamic acid.....g	0.202		0	NR	4		0.273	0.023	
Glycine.....g	0.027		0	NR	4		0.037	0.003	
Proline.....g	0.023		0	NR	4		0.030	0.003	
Serine.....g	0.048		0	NR	4		0.064	0.006	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

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

**Common Measures:**

- Measure 1 = 135g: 1 cup, chopped or strips
- Measure 2 = 11.6g: 1 tablespoon, chopped

**NDB No. 11919**

**Peppers, sweet, red, frozen, chopped, cooked, boiled, drained, with salt**

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group: 11 Vegetables and Vegetable Products**

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NDB No. 11918

Peppers, sweet, red, frozen, chopped, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.001		0		1		0.001	0.000	
15:0.....g									
16:0.....g	0.020		0		1		0.026	0.002	
17:0.....g									
18:0.....g	0.006		0		1		0.008	0.001	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.012		0	NC	4		0.016	0.001	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.001	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.011		0		1		0.015	0.001	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.097		0	NC	4		0.131	0.011	
18:2 undifferentiated.....g	0.088		0		1		0.119	0.010	
18:3 undifferentiated.....g	0.009		0		1		0.012	0.001	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.011		0	NR	4		0.015	0.001	
Threonine.....g	0.039		0	NR	4		0.052	0.004	
Isoleucine.....g	0.020		0	NR	4		0.027	0.002	
Leucine.....g	0.034		0	NR	4		0.046	0.004	
Lysine.....g	0.034		0	NR	4		0.046	0.004	
Methionine.....g	0.005		0	NR	4		0.007	0.001	
Cystine.....g	0.018		0	NR	4		0.025	0.002	
Phenylalanine.....g	0.048		0	NR	4		0.065	0.006	
Tyrosine.....g	0.009		0	NR	4		0.012	0.001	
Valine.....g	0.029		0	NR	4		0.040	0.003	
Arginine.....g	0.034		0	NR	4		0.046	0.004	
Histidine.....g	0.016		0	NR	4		0.021	0.002	
Alanine.....g	0.025		0	NR	4		0.034	0.003	
Aspartic acid.....g	0.272		0	NR	4		0.367	0.032	
Glutamic acid.....g	0.202		0	NR	4		0.273	0.023	
Glycine.....g	0.027		0	NR	4		0.037	0.003	
Proline.....g	0.023		0	NR	4		0.030	0.003	
Serine.....g	0.048		0	NR	4		0.064	0.006	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

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

**Common Measures:**

- Measure 1 = 135g: 1 cup, chopped or strips
- Measure 2 = 11.6g: 1 tablespoon, chopped

**NDB No. 11918**

**Peppers, sweet, red, frozen, chopped, cooked, boiled, drained, without salt**

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11917

Peppers, sweet, red, frozen, chopped, unprepared

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	93.96	0.386	7		1		266.85	26.31	
Energy.....kcal	20		0	NC	4		57	6	
Energy.....kj	84		0		4		238	23	
Protein (N x 6.25).....g	1.08	0.074	7		1		3.07	0.30	
Total lipid (fat).....g	0.21	0.049	7		1		0.60	0.06	
Ash.....g	0.30	0.028	7		1		0.85	0.08	
Carbohydrate, by difference.....g	4.45		0	NC	4		12.64	1.25	
Fiber, total dietary.....g	1.6		0		4		4.5	0.4	
Sugars, total.....g	3.26		0	BFSN	4		9.26	0.91	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	9	0.813	7		1		26	3	
Iron, Fe.....mg	0.62	0.093	7		1		1.76	0.17	
Magnesium, Mg.....mg	8		1		1		23	2	
Phosphorus, P.....mg	17		1		1		48	5	
Potassium, K.....mg	91		1		1		258	25	
Sodium, Na.....mg	5		1		1		14	1	
Zinc, Zn.....mg	0.06		1		1		0.17	0.02	
Copper, Cu.....mg	0.053		1		1		0.151	0.015	
Manganese, Mn.....mg	0.117		0		1		0.332	0.033	
Selenium, Se.....mcg	0.2		0	BFSN	4		0.6	0.1	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	58.7	11.929	7		1		166.7	16.4	
Thiamin.....mg	0.069	0.018	7		1		0.196	0.019	
Riboflavin.....mg	0.038	0.010	7		1		0.108	0.011	
Niacin.....mg	1.370	0.753	7		1		3.891	0.384	
Pantothenic acid.....mg	0.030		1		1		0.085	0.008	
Vitamin B-6.....mg	0.137		1		1		0.389	0.038	
Folate, total.....mcg	14		0		1		40	4	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	14		0		1		40	4	
Folate, DFE.....mcg_DFE	14		0	NC	4		40	4	
Choline, total.....mg	4.3		0	BFSN	4		12.2	1.2	
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	121		0	NC	4		345	34	
Retinol.....mcg	0		0	Z	7		0	0	
Carotene, beta.....mcg	1259		0	BFSN	4		3575	352	
Carotene, alpha.....mcg	15		0	BFSN	4		43	4	
Cryptoxanthin, beta.....mcg	380		0	BFSN	4		1080	106	
Vitamin A, IU.....IU	2428		0	NC	4		6894	680	
Lycopene.....mcg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin.....mcg	39		0	BFSN	4		111	11	
Vitamin E (alpha-tocopherol).....mg	1.23		0	BFSN	4		3.49	0.34	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	3.8		0	BFSN	4		10.8	1.1	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.031		0		1		0.088	0.009	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.000		0		1		0.000	0.000	

Peppers, sweet, red, frozen, chopped, unprepared

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0		1		0.000	0.000	
13:0.....g									
14:0.....g	0.001		0		1		0.003	0.000	
15:0.....g									
16:0.....g	0.023		0		1		0.065	0.006	
17:0.....g									
18:0.....g	0.007		0		1		0.020	0.002	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.014		0		1		0.040	0.004	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.003	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.013		0		1		0.037	0.004	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.113		0		1		0.321	0.032	
18:2 undifferentiated.....g	0.102		0		1		0.290	0.029	
18:3 undifferentiated.....g	0.010		0		1		0.028	0.003	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.014		0		1		0.040	0.004	
Threonine.....g	0.040		0		1		0.114	0.011	
Isoleucine.....g	0.035		0		1		0.099	0.010	
Leucine.....g	0.056		0		1		0.159	0.016	
Lysine.....g	0.048		0		1		0.136	0.013	
Methionine.....g	0.013		0		1		0.037	0.004	
Cystine.....g	0.021		0		1		0.060	0.006	
Phenylalanine.....g	0.033		0		1		0.094	0.009	
Tyrosine.....g	0.022		0		1		0.062	0.006	
Valine.....g	0.045		0		1		0.128	0.013	
Arginine.....g	0.052		0		1		0.148	0.015	
Histidine.....g	0.022		0		1		0.062	0.006	
Alanine.....g	0.044		0		1		0.125	0.012	
Aspartic acid.....g	0.154		0		1		0.437	0.043	
Glutamic acid.....g	0.142		0		1		0.403	0.040	
Glycine.....g	0.040		0		1		0.114	0.011	
Proline.....g	0.047		0		1		0.133	0.013	
Serine.....g	0.043		0		1		0.122	0.012	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

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

**Common Measures:**



**NDB No. 11917**

**Peppers, sweet, red, frozen, chopped, unprepared**

Measure 1 = 284g: 1 package (10 oz)

Measure 2 = 28g: .1 package (10 oz)

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 11821**  
**Peppers, sweet, red, raw**

**Refuse:18% Stem ends, seed and core**

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	92.21	0.399	4	A	1		137.39	84.83	8.58
Energy.....kcal	31		0	NC	4		46	28	3
Energy.....kj	129		0	NC	4		192	118	12
Protein.....g	0.99	0.035	4	A	1		1.48	0.91	0.09
Total lipid (fat).....g	0.30	0.009	4	A	1		0.44	0.27	0.03
Ash.....g	0.47	0.031	4	A	1		0.70	0.43	0.04
Carbohydrate, by difference.....g	6.03		0	NC	4		8.98	5.55	0.56
Fiber, total dietary.....g	2.1		0	BFSN	4		3.2	1.9	0.2
Sugars, total.....g	4.20		0	AS	1		6.27	3.87	0.39
Sucrose.....g	0.00	0.000	4	A	1		0.00	0.00	0.00
Glucose (dextrose).....g	1.94	0.120	4	A	1		2.89	1.78	0.18
Fructose.....g	2.26	0.109	4	A	1		3.37	2.08	0.21
Lactose.....g	0.00	0.000	4	A	1		0.00	0.00	0.00
Maltose.....g	0.00	0.000	4	A	1		0.00	0.00	0.00
Galactose.....g	0.00		0	Z	7		0.00	0.00	0.00
Starch.....g	0.00		2	A	1		0.00	0.00	0.00
<b>Minerals:</b>									
Calcium, Ca.....mg	7	0.489	4	A	1		11	7	1
Iron, Fe.....mg	0.43	0.035	4	A	1		0.65	0.40	0.04
Magnesium, Mg.....mg	12	0.260	4	A	1		19	11	1
Phosphorus, P.....mg	26	0.723	4	A	1		38	23	2
Potassium, K.....mg	211	7.761	4	A	1		315	194	20
Sodium, Na.....mg	4		0	BFSN	4		5	3	0
Zinc, Zn.....mg	0.25	0.033	4	A	1		0.38	0.23	0.02
Copper, Cu.....mg	0.017	0.000	4	A	1		0.025	0.015	0.002
Manganese, Mn.....mg	0.112	0.013	4	A	1		0.167	0.103	0.010
Selenium, Se.....mcg	0.1		2	A	1		0.2	0.1	0.0
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	127.7	47.179	4	A	1		190.3	117.5	11.9
Thiamin.....mg	0.054	0.005	4	A	1		0.080	0.049	0.005
Riboflavin.....mg	0.085	0.004	4	A	1		0.127	0.078	0.008
Niacin.....mg	0.979	0.085	4	A	1		1.458	0.900	0.091
Pantothenic acid.....mg	0.317	0.044	4	A	1		0.473	0.292	0.030
Vitamin B-6.....mg	0.291	0.041	4	A	1		0.433	0.267	0.027
Folate, total (1).....mcg	46		2	A	1		69	43	4
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg	46		2	A	1		69	43	4
Folate, DFE.....mcg_DFE	46		0	NC	4		69	43	4
Choline, total.....mg	5.6		0	AS	1		8.3	5.1	0.5
Betaine.....mg	0.1		1	A	1		0.1	0.1	0.0
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	157		0	AS	1		233	144	15
Retinol.....mcg	0		0	Z	7		0	0	0
Carotene, beta.....mcg	1624	158.823	8	A	1		2419	1494	151
Carotene, alpha.....mcg	20	0.000	6	A	1		29	18	2
Cryptoxanthin, beta.....mcg	490	5.129	5	A	1		730	451	46
Vitamin A, IU.....IU	3131		0	AS	1		4665	2881	291
Lycopene.....mcg	0		1	A	1		0	0	0
Lutein + zeaxanthin.....mcg	51	8.033	4	A	1		75	46	5
Vitamin E (alpha-tocopherol).....mg	1.58		2	A	1		2.36	1.46	0.15
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg	0.05		2	A	1		0.07	0.05	0.00
Tocopherol, gamma.....mg	0.14		2	A	1		0.21	0.13	0.01
Tocopherol, delta.....mg	0.01		2	A	1		0.02	0.01	0.00
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	4.9	0.609	4	A	1		7.3	4.5	0.5

NDB No. 11821  
Peppers, sweet, red, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.027		0	NC	4		0.040	0.025	0.002
4:0.....g	0.000		0	Z	7		0.000	0.000	0.000
6:0.....g	0.000		0	Z	7		0.000	0.000	0.000
8:0.....g	0.000		2	A	1		0.000	0.000	0.000
10:0.....g	0.000		2	A	1		0.000	0.000	0.000
12:0.....g	0.000		2	A	1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.000		2	A	1		0.000	0.000	0.000
15:0.....g	0.000		2	A	1		0.000	0.000	0.000
16:0.....g	0.025		2	A	1		0.037	0.023	0.002
17:0.....g	0.000		2	A	1		0.000	0.000	0.000
18:0.....g	0.002		2	A	1		0.002	0.002	0.000
20:0.....g	0.000		2	A	1		0.000	0.000	0.000
22:0.....g	0.000		2	A	1		0.000	0.000	0.000
24:0.....g	0.000		2	A	1		0.000	0.000	0.000
Fatty acids, total monounsaturated.....g	0.003		0	NC	4		0.005	0.003	0.000
14:1.....g	0.000		2	A	1		0.000	0.000	0.000
15:1.....g	0.000		2	A	1		0.000	0.000	0.000
16:1 undifferentiated.....g	0.002		2	A	1		0.002	0.002	0.000
17:1.....g	0.000		2	A	1		0.000	0.000	0.000
18:1 undifferentiated.....g	0.002		2	A	1		0.002	0.002	0.000
20:1.....g	0.000		2	A	1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		2	A	1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.070		0	NC	4		0.104	0.064	0.007
18:2 undifferentiated.....g	0.045		2	A	1		0.067	0.041	0.004
18:3 undifferentiated.....g	0.025		2	A	1		0.037	0.023	0.002
18:4.....g	0.000		2	A	1		0.000	0.000	0.000
20:2 n-6 c,c.....g	0.000		2	A	1		0.000	0.000	0.000
20:3 undifferentiated.....g	0.000		2	A	1		0.000	0.000	0.000
20:4 undifferentiated.....g	0.000		2	A	1		0.000	0.000	0.000
20:5 n-3.....g	0.000		2	A	1		0.000	0.000	0.000
22:5 n-3.....g	0.000		2	A	1		0.000	0.000	0.000
22:6 n-3.....g	0.000		2	A	1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	0
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.012		0	A	1		0.017	0.011	0.001
Threonine.....g	0.040		0	A	1		0.060	0.037	0.004
Isoleucine.....g	0.021		0	A	1		0.032	0.019	0.002
Leucine.....g	0.036		0	A	1		0.053	0.033	0.003
Lysine.....g	0.036		0	A	1		0.053	0.033	0.003
Methionine.....g	0.006		0	A	1		0.008	0.005	0.001
Cystine.....g	0.019		0	A	1		0.028	0.017	0.002
Phenylalanine.....g	0.050		0	A	1		0.075	0.046	0.005
Tyrosine.....g	0.009		0	A	1		0.014	0.009	0.001
Valine.....g	0.031		0	A	1		0.046	0.028	0.003
Arginine.....g	0.036		0	A	1		0.053	0.033	0.003
Histidine.....g	0.017		0	A	1		0.025	0.015	0.002
Alanine.....g	0.026		0	A	1		0.039	0.024	0.002
Aspartic acid.....g	0.284		0	A	1		0.423	0.261	0.026
Glutamic acid.....g	0.211		0	A	1		0.314	0.194	0.020
Glycine.....g	0.028		0	A	1		0.042	0.026	0.003
Proline.....g	0.024		0	A	1		0.035	0.022	0.002
Serine.....g	0.050		0	A	1		0.074	0.046	0.005
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0

NDB No. 11821  
Peppers, sweet, red, raw

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

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

**Common Measures:**

Measure 1 = 149g: 1 cup, chopped

Measure 2 = 92g: 1 cup, sliced

Measure 3 = 9.3g: 1 tablespoon

**Footnotes:**

1 Value based on the analysis of 5-methyltetrahydrofolic acid

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 11 Vegetables and Vegetable Products  
USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11921  
Peppers, sweet, red, sauteed

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	78.95	1.228	4	A	1				
Energy.....kcal	133		0	NC	4				
Energy.....kj	555		0	NC	4				
Protein (N x 6.25).....g	1.04	0.038	4	A	1				
Total lipid (fat).....g	12.75	0.991	4	A	1				
Ash.....g	0.70	0.027	4	A	1				
Carbohydrate, by difference.....g	6.57		0	NC	4				
Fiber, total dietary.....g	1.8	0.033	3	A	1				
Sugars, total.....g	4.28		0	AS	1				
Sucrose.....g	0.06	0.058	4	A	1				
Glucose (dextrose).....g	1.91	0.062	4	A	1				
Fructose.....g	2.31	0.109	4	A	1				
Lactose.....g	0.00	0.000	4	A	1				
Maltose.....g	0.00	0.000	4	A	1				
Galactose.....g	0.00		0	Z	7				
Starch.....g	0.00		2	A	1				
<b>Minerals:</b>									
Calcium, Ca.....mg	7	1.101	4	A	1				
Iron, Fe.....mg	0.47	0.137	4	A	1				
Magnesium, Mg.....mg	12	1.552	4	A	1				
Phosphorus, P.....mg	23	3.086	4	A	1				
Potassium, K.....mg	193	11.605	4	A	1				
Sodium, Na.....mg	21	4.473	4	A	1				
Zinc, Zn.....mg	0.15	0.027	4	A	1				
Copper, Cu.....mg	0.017	0.000	4	A	1				
Manganese, Mn.....mg	0.115	0.025	4	A	1				
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	162.8	20.238	4	A	1				
Thiamin.....mg	0.056	0.001	4	A	1				
Riboflavin.....mg	0.109	0.010	4	A	1				
Niacin.....mg	0.954	0.035	4	A	1				
Pantothenic acid.....mg	0.244	0.032	4	A	1				
Vitamin B-6.....mg	0.364	0.059	4	A	1				
Folate, total.....mcg	2	0.000	4	A	1				
Folic acid.....mcg	0		0	Z	7				
Folate, food.....mcg	2	0.000	4	A	1				
Folate, DFE.....mcg_DFE	2		0	NC	4				
Choline, total.....mg	6.1		0	AS	1				
Betaine.....mg	0.1		1	A	1				
Vitamin B-12.....mcg	0.00		0	Z	7				
Vitamin A, RAE.....mcg_RAE	138		0	NC	4				
Retinol.....mcg	0		0	Z	7				
Carotene, beta.....mcg	1570	201.205	4	JA	6				
Carotene, alpha.....mcg	96	55.523	4	JA	6				
Cryptoxanthin, beta.....mcg	77	4.582	4	JA	6				
Vitamin A, IU.....IU	2760		0	NC	4				
Lycopene.....mcg	484	92.844	4	JA	6				
Lutein + zeaxanthin.....mcg	106	19.153	4	JA	6				
Vitamin E (alpha-tocopherol).....mg	3.09		2	A	1				
Tocopherol, beta.....mg	0.12		2	A	1				
Tocopherol, gamma.....mg	7.68		2	A	1				
Tocopherol, delta.....mg	2.35		2	A	1				
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	16.4	1.744	4	A	1				
<b>Lipids:</b>									
Fatty acids, total saturated.....g	1.557		0	NC	4				

NDB No. 11921  
Peppers, sweet, red, sauteed

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
4:0.....g									
6:0.....g									
8:0.....g	0.000		2	A		1			
10:0.....g	0.000		2	A		1			
12:0.....g	0.000		2	A		1			
13:0.....g									
14:0.....g	0.009		2	A		1			
15:0.....g	0.000		2	A		1			
16:0.....g	1.066		2	A		1			
17:0.....g	0.005		2	A		1			
18:0.....g	0.397		2	A		1			
20:0.....g	0.035		2	A		1			
22:0.....g	0.035		2	A		1			
24:0.....g	0.010		2	A		1			
Fatty acids, total monounsaturated.....g	2.287		0	NC		4			
14:1.....g	0.000		2	A		1			
15:1.....g	0.000		2	A		1			
16:1 undifferentiated.....g	0.009		2	A		1			
17:1.....g	0.000		2	A		1			
18:1 undifferentiated.....g	2.251		2	A		1			
20:1.....g	0.026		2	A		1			
22:1 undifferentiated.....g	0.000		2	A		1			
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	5.719		0	NC		4			
18:2 undifferentiated.....g	4.944		2	A		1			
18:3 undifferentiated.....g	0.775		2	A		1			
18:4.....g	0.000		2	A		1			
20:2 n-6 c,c.....g	0.000		2	A		1			
20:3 undifferentiated.....g	0.000		2	A		1			
20:4 undifferentiated.....g	0.000		2	A		1			
20:5 n-3.....g	0.000		2	A		1			
22:5 n-3.....g	0.000		2	A		1			
22:6 n-3.....g	0.000		2	A		1			
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z		7			
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.012		0	A		1			
Threonine.....g	0.042		0	A		1			
Isoleucine.....g	0.022		0	A		1			
Leucine.....g	0.037		0	A		1			
Lysine.....g	0.037		0	A		1			
Methionine.....g	0.006		0	A		1			
Cystine.....g	0.020		0	A		1			
Phenylalanine.....g	0.053		0	A		1			
Tyrosine.....g	0.010		0	A		1			
Valine.....g	0.032		0	A		1			
Arginine.....g	0.037		0	A		1			
Histidine.....g	0.017		0	A		1			
Alanine.....g	0.027		0	A		1			
Aspartic acid.....g	0.298		0	A		1			
Glutamic acid.....g	0.221		0	A		1			
Glycine.....g	0.030		0	A		1			
Proline.....g	0.025		0	A		1			
Serine.....g	0.052		0	A		1			
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z		7			
Caffeine.....mg	0		0	Z		7			
Theobromine.....mg	0		0	Z		7			

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

NDB No. 11921  
Peppers, sweet, red, sauteed

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

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food, or similar food.

**Common Measures:**

**Calories Factors: Protein** 2.44

**Fat** 8.37

**Carbohydrate**3.57

**Food Group:** 11 Vegetables and Vegetable Products  
USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 11951**  
**Peppers, sweet, yellow, raw**  
*Capsicum annuum*

**Refuse:**18% Stem ends, seeds and core

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	92.02		2		1		171.16	47.85	
Energy.....kcal	27		0	NC	4		50	14	
Energy.....kj	112		0	NC	4		208	58	
Protein (N x 6.25).....g	1.00		2		1		1.86	0.52	
Total lipid (fat).....g	0.21		2		1		0.39	0.11	
Ash.....g	0.45		2		1		0.84	0.23	
Carbohydrate, by difference.....g	6.32		0	NC	4		11.76	3.29	
Fiber, total dietary.....g	0.9		1	A	1		1.7	0.5	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	11		2		1		20	6	
Iron, Fe.....mg	0.46	0.000	4		1		0.86	0.24	
Magnesium, Mg.....mg	12		2		1		22	6	
Phosphorus, P.....mg	24		2		1		45	12	
Potassium, K.....mg	212		2		1		394	110	
Sodium, Na.....mg	2		2		1		4	1	
Zinc, Zn.....mg	0.17		1		1		0.32	0.09	
Copper, Cu.....mg	0.107		1		1		0.199	0.056	
Manganese, Mn.....mg	0.117		2		1		0.218	0.061	
Selenium, Se.....mcg	0.3		0	BFSN	4		0.6	0.2	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	183.5		2		1		341.3	95.4	
Thiamin.....mg	0.028		2		1		0.052	0.015	
Riboflavin.....mg	0.025		2		1		0.047	0.013	
Niacin.....mg	0.890		2		1		1.655	0.463	
Pantothenic acid.....mg	0.168		2		1		0.312	0.087	
Vitamin B-6.....mg	0.168		2		1		0.312	0.087	
Folate, total.....mcg	26		2		1		48	14	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	26		2		1		48	14	
Folate, DFE.....mcg_DFE	26		0	NC	4		48	14	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	10		0	AS	1		19	5	
Retinol.....mcg	0		0	Z	7		0	0	
Carotene, beta.....mcg	120		1	A	1		223	62	
Carotene, alpha.....mcg									
Cryptoxanthin, beta.....mcg									
Vitamin A, IU.....IU	200		0	AS	1		372	104	
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.031		0	BFFN	4		0.058	0.016	
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									



**NDB No. 11951**  
**Peppers, sweet, yellow, raw**

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tryptophan.....g	0.013		0		1		0.024	0.007	
Threonine.....g	0.037		0		1		0.069	0.019	
Isoleucine.....g	0.032		0		1		0.060	0.017	
Leucine.....g	0.052		0		1		0.097	0.027	
Lysine.....g	0.044		0		1		0.082	0.023	
Methionine.....g	0.012		0		1		0.022	0.006	
Cystine.....g	0.019		0		1		0.035	0.010	
Phenylalanine.....g	0.031		0		1		0.058	0.016	
Tyrosine.....g	0.021		0		1		0.039	0.011	
Valine.....g	0.042		0		1		0.078	0.022	
Arginine.....g	0.048		0		1		0.089	0.025	
Histidine.....g	0.020		0		1		0.037	0.010	
Alanine.....g	0.041		0		1		0.076	0.021	
Aspartic acid.....g	0.143		0		1		0.266	0.074	
Glutamic acid.....g	0.132		0		1		0.246	0.069	
Glycine.....g	0.037		0		1		0.069	0.019	
Proline.....g	0.044		0		1		0.082	0.023	
Serine.....g	0.040		0		1		0.074	0.021	
Hydroxyproline.....g									

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

**Common Measures:**

Measure 1 = 186g: 1 pepper, large (3-3/4" long, 3" dia)

Measure 2 = 52g: 10 strips

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group: 11 Vegetables and Vegetable Products**  
 USDA National Nutrient Database for Standard Reference, Release 21 (2008)



**NDB No. 11958**  
**Pickle relish, hamburger**

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	measures of food				
					Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.001		1		1		0.000	0.001	
15:0.....g									
16:0.....g	0.043		1		1		0.006	0.052	
17:0.....g									
18:0.....g	0.007		1		1		0.001	0.009	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.269		0		1		0.040	0.328	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		1		1		0.000	0.001	
17:1.....g									
18:1 undifferentiated.....g	0.107		1		1		0.016	0.131	
20:1.....g	0.033		1		1		0.005	0.040	
22:1 undifferentiated.....g	0.129		1		1		0.019	0.157	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.131		0		1		0.020	0.160	
18:2 undifferentiated.....g	0.067		1		1		0.010	0.082	
18:3 undifferentiated.....g	0.064		1		1		0.010	0.078	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0	0	
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.007		0		1		0.001	0.009	
Threonine.....g	0.019		0		1		0.003	0.023	
Isoleucine.....g	0.021		0		1		0.003	0.026	
Leucine.....g	0.030		0		1		0.005	0.037	
Lysine.....g	0.028		0		1		0.004	0.034	
Methionine.....g	0.007		0		1		0.001	0.009	
Cystine.....g	0.007		0		1		0.001	0.009	
Phenylalanine.....g	0.019		0		1		0.003	0.023	
Tyrosine.....g	0.012		0		1		0.002	0.015	
Valine.....g	0.022		0		1		0.003	0.027	
Arginine.....g	0.042		0		1		0.006	0.051	
Histidine.....g	0.012		0		1		0.002	0.015	
Alanine.....g	0.022		0		1		0.003	0.027	
Aspartic acid.....g	0.038		0		1		0.006	0.046	
Glutamic acid.....g	0.147		0		1		0.022	0.179	
Glycine.....g	0.024		0		1		0.004	0.029	
Proline.....g	0.023		0		1		0.003	0.028	
Serine.....g	0.020		0		1		0.003	0.024	
Hydroxyproline.....g									

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

**Common Measures:**

Measure 1 = 15.0g: 1 tbsp

Measure 2 = 122g: .5 cup

**Calories Factors: Protein 2.44**

**Fat 3.37**

**Carbohydrate 3.57**

**NDB No. 11958**  
**Pickle relish, hamburger**

**Food Group:** 11 Vegetables and Vegetable Products  
USDA National Nutrient Database for Standard Reference, Release 21 (2008)



**NDB No. 11944**  
**Pickle relish, hot dog**

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	measures of food				
					Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.001		1		1		0.000	0.001	
15:0.....g									
16:0.....g	0.036		1		1		0.005	0.044	
17:0.....g									
18:0.....g	0.006		1		1		0.001	0.007	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.227		0		1		0.034	0.277	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		1		1		0.000	0.001	
17:1.....g									
18:1 undifferentiated.....g	0.090		1		1		0.014	0.110	
20:1.....g	0.028		1		1		0.004	0.034	
22:1 undifferentiated.....g	0.109		1		1		0.016	0.133	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.110		0		1		0.017	0.134	
18:2 undifferentiated.....g	0.056		1		1		0.008	0.068	
18:3 undifferentiated.....g	0.054		1		1		0.008	0.066	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0	0	
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.019		0		1		0.003	0.023	
Threonine.....g	0.047		0		1		0.007	0.057	
Isoleucine.....g	0.050		0		1		0.008	0.061	
Leucine.....g	0.075		0		1		0.011	0.092	
Lysine.....g	0.069		0		1		0.010	0.084	
Methionine.....g	0.018		0		1		0.003	0.022	
Cystine.....g	0.019		0		1		0.003	0.023	
Phenylalanine.....g	0.046		0		1		0.007	0.056	
Tyrosine.....g	0.032		0		1		0.005	0.039	
Valine.....g	0.056		0		1		0.008	0.068	
Arginine.....g	0.097		0		1		0.015	0.118	
Histidine.....g	0.030		0		1		0.005	0.037	
Alanine.....g	0.055		0		1		0.008	0.067	
Aspartic acid.....g	0.093		0		1		0.014	0.113	
Glutamic acid.....g	0.331		0		1		0.050	0.404	
Glycine.....g	0.059		0		1		0.009	0.072	
Proline.....g	0.065		0		1		0.010	0.079	
Serine.....g	0.049		0		1		0.007	0.060	
Hydroxyproline.....g									

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

**Common Measures:**  
 Measure 1 = 15.0g: 1 tbsp  
 Measure 2 = 122g: .5 cup

**Calories Factors: Protein 2.44      Fat 8.37      Carbohydrate 3.57**

**NDB No. 11944**  
**Pickle relish, hot dog**

**Food Group:** 11 Vegetables and Vegetable Products  
USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11945  
 Pickle relish, sweet

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	62.07	0.772	7		1		152.07	9.31	6.21
Energy.....kcal	130		0	NC	4		319	20	13
Energy.....kj	544		0	NC	4		1333	82	54
Protein (N x 6.25).....g	0.37	0.026	7		1		0.91	0.06	0.04
Total lipid (fat).....g	0.47	0.047	7		1		1.15	0.07	0.05
Ash.....g	2.03	0.051	7		1		4.97	0.30	0.20
Carbohydrate, by difference.....g	35.06		0	NC	4		85.90	5.26	3.51
Fiber, total dietary.....g	1.1		0		4		2.7	0.2	0.1
Sugars, total.....g	29.13		0	BFSN	4		71.36	4.37	2.91
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	3	2.500	7		1		7	0	0
Iron, Fe.....mg	0.87	0.086	7		1		2.13	0.13	0.09
Magnesium, Mg.....mg	5	0.224	6		1		12	1	1
Phosphorus, P.....mg	14	0.401	6		1		34	2	1
Potassium, K.....mg	25	0.258	6		1		61	4	3
Sodium, Na.....mg	811	18.603	7		1		1987	122	81
Zinc, Zn.....mg	0.14	0.013	7		1		0.34	0.02	0.01
Copper, Cu.....mg	0.085	0.002	6		1		0.208	0.013	0.009
Manganese, Mn.....mg	0.015	0.000	4		1		0.037	0.002	0.002
Selenium, Se.....mcg	0.0		0	BFSN	4		0.0	0.0	0.0
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	1.0	0.000	6		1		2.5	0.2	0.1
Thiamin.....mg	0.000	0.000	6		1		0.000	0.000	0.000
Riboflavin.....mg	0.033	0.002	6		1		0.081	0.005	0.003
Niacin.....mg	0.233	0.021	6		1		0.571	0.035	0.023
Pantothenic acid.....mg	0.007	0.000	4		1		0.017	0.001	0.001
Vitamin B-6.....mg	0.015	0.000	4		1		0.037	0.002	0.002
Folate, total.....mcg	1	0.000	4		1		2	0	0
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg	1	0.000	4		1		2	0	0
Folate, DFE.....mcg_DFE	1		0	NC	4		2	0	0
Choline, total.....mg	4.9		0	BFSN	4		12.0	0.7	0.5
Betaine.....mg	0.4		0	BFSN	4		1.1	0.1	0.0
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	61		0	NC	4		149	9	6
Retinol.....mcg	0		0	Z	7		0	0	0
Carotene, beta.....mcg	519		0	BFSN	4		1270	78	52
Carotene, alpha.....mcg	129		0	BFSN	4		315	19	13
Cryptoxanthin, beta.....mcg	296		0	BFSN	4		726	44	30
Vitamin A, IU.....IU	1218		0	NC	4		2985	183	122
Lycopene.....mcg	0		0	BFSN	4		0	0	0
Lutein + zeaxanthin.....mcg	271		0	BFSN	4		664	41	27
Vitamin E (alpha-tocopherol).....mg	0.58		0	BFSN	4		1.42	0.09	0.06
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	83.8		0	BFSN	4		205.2	12.6	8.4
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.054		0	NC	4		0.133	0.008	0.005
4:0.....g	0.000		0		1		0.000	0.000	0.000
6:0.....g	0.000		0		1		0.000	0.000	0.000
8:0.....g	0.000		0		1		0.000	0.000	0.000
10:0.....g	0.000		2		1		0.000	0.000	0.000



NDB No. 11945  
Pickle relish, sweet

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.001		2		1		0.002	0.000	0.000
13:0.....g									
14:0.....g	0.001		2		1		0.002	0.000	0.000
15:0.....g									
16:0.....g	0.045		2		1		0.110	0.007	0.005
17:0.....g									
18:0.....g	0.007		2		1		0.017	0.001	0.001
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.209		0	NC	4		0.513	0.031	0.021
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		2		1		0.002	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.090		2		1		0.221	0.014	0.009
20:1.....g	0.024		2		1		0.059	0.004	0.002
22:1 undifferentiated.....g	0.094		2		1		0.230	0.014	0.009
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.122		0	NC	4		0.299	0.018	0.012
18:2 undifferentiated.....g	0.059		2		1		0.145	0.009	0.006
18:3 undifferentiated.....g	0.063		2		1		0.154	0.009	0.006
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	0
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.004		0		1		0.010	0.001	0.000
Threonine.....g	0.011		0		1		0.027	0.002	0.001
Isoleucine.....g	0.012		0		1		0.029	0.002	0.001
Leucine.....g	0.017		0		1		0.042	0.003	0.002
Lysine.....g	0.016		0		1		0.039	0.002	0.002
Methionine.....g	0.004		0		1		0.010	0.001	0.000
Cystine.....g	0.003		0		1		0.007	0.000	0.000
Phenylalanine.....g	0.011		0		1		0.027	0.002	0.001
Tyrosine.....g	0.007		0		1		0.017	0.001	0.001
Valine.....g	0.013		0		1		0.032	0.002	0.001
Arginine.....g	0.023		0		1		0.056	0.003	0.002
Histidine.....g	0.006		0		1		0.015	0.001	0.001
Alanine.....g	0.013		0		1		0.032	0.002	0.001
Aspartic acid.....g	0.022		0		1		0.054	0.003	0.002
Glutamic acid.....g	0.093		0		1		0.228	0.014	0.009
Glycine.....g	0.014		0		1		0.034	0.002	0.001
Proline.....g	0.012		0		1		0.029	0.002	0.001
Serine.....g	0.011		0		1		0.027	0.002	0.001
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0

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

**Common Measures:**

**NDB No. 11945**

**Pickle relish, sweet**

Measure 1 = 245g: 1 cup

Measure 2 = 15.0g: 1 tbsp

Measure 3 = 10.0g: 1 packet (2/3 tbsp)

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11983

Pickles, chow chow, with cauliflower onion mustard, sweet

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	68.90		1		1		168.81		
Energy.....kcal	121		0	NC	4		296		
Energy.....kj	505		0	NC	4		1237		
Protein.....g	1.50		1		1		3.68		
Total lipid (fat).....g	0.90		1		1		2.21		
Ash.....g	2.06		0	T	4		5.05		
Carbohydrate, by difference.....g	26.64		0	NC	4		65.27		
Fiber, total dietary.....g	1.5		1		1		3.7		
Sugars, total.....g	23.88		0	BFSN	4		58.51		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	23		1		1		56		
Iron, Fe.....mg	1.40		0		4		3.43		
Magnesium, Mg.....mg	21		0		4		51		
Phosphorus, P.....mg	22		1		1		54		
Potassium, K.....mg	200		1		1		490		
Sodium, Na.....mg	527		1		1		1291		
Zinc, Zn.....mg	0.23		0		4		0.56		
Copper, Cu.....mg	0.092		0		4		0.225		
Manganese, Mn.....mg	0.085		0	BFSN	4		0.208		
Selenium, Se.....mcg	2.0		0	RA	4		4.9		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	6.0		1		1		14.7		
Thiamin.....mg	0.000		1		1		0.000		
Riboflavin.....mg	0.020		1		1		0.049		
Niacin.....mg	0.000		1		1		0.000		
Pantothenic acid.....mg	0.067		0	BFSN	4		0.164		
Vitamin B-6.....mg	0.010		0		4		0.025		
Folate, total.....mcg	5		0		4		12		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	5		0		4		12		
Folate, DFE.....mcg_DFE	5		0	NC	4		12		
Choline, total.....mg	4.0		0	BFSN	4		9.8		
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0		7		0.00		
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....mcg_RAE	5		0	NC	4		11		
Retinol.....mcg	0		0	BNA	4		0		
Carotene, beta.....mcg	38		0	BNA	4		94		
Carotene, alpha.....mcg	10		0	BNA	4		23		
Cryptoxanthin, beta.....mcg	22		0	BNA	4		54		
Vitamin A, IU.....IU	90		0	NC	4		221		
Lycopene.....mcg	0		0	BFSN	4		0		
Lutein + zeaxanthin.....mcg	222		0	BFSN	4		544		
Vitamin E (alpha-tocopherol).....mg	0.16		0	O	4		0.39		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	61.6		0	BFSN	4		151.0		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.149		0		4		0.365		
4:0.....g	0.000		0		4		0.000		
6:0.....g	0.000		0		4		0.000		
8:0.....g	0.000		0		4		0.000		
10:0.....g	0.000		0		4		0.000		

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.002		0		4		0.005		
13:0.....g									
14:0.....g	0.002		0		4		0.005		
15:0.....g									
16:0.....g	0.117		0		4		0.287		
17:0.....g									
18:0.....g	0.027		0		4		0.066		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.170		0		4		0.417		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.003		0		4		0.007		
17:1.....g									
18:1 undifferentiated.....g	0.167		0		4		0.409		
20:1.....g	0.000		0		4		0.000		
22:1 undifferentiated.....g	0.000		0		4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.397		0		4		0.973		
18:2 undifferentiated.....g	0.275		0		4		0.674		
18:3 undifferentiated.....g	0.122		0		4		0.299		
18:4.....g	0.000		0		4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000		
20:5 n-3.....g	0.000		0		4		0.000		
22:5 n-3.....g	0.000		0		4		0.000		
22:6 n-3.....g	0.000		0		4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

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

**Common Measures:**

Measure 1 = 245g: 1 cup

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11937

Pickles, cucumber, dill or kosher dill

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv	Source	Measure 1	Measure 2	Measure 3
				Code	Code			
<b>Proximates:</b>								
Water.....g	94.33	0.185	8	JA	6	134.89	146.21	127.35
Energy.....kcal	12		0	NC	4	17	18	16
Energy.....kj	50		0	NC	4	71	77	67
Protein (N x 6.25).....g	0.60	0.075	3	A	1	0.86	0.94	0.82
Total lipid (fat).....g	0.14	0.043	3	A	1	0.20	0.21	0.19
Ash.....g	2.34	0.132	3	A	1	3.34	3.62	3.15
Carbohydrate, by difference.....g	2.59		0	NC	4	3.70	4.02	3.50
Fiber, total dietary.....g	1.1	0.028	5	JA	6	1.6	1.7	1.5
Sugars, total.....g	1.31		0	NC	4	1.87	2.03	1.77
Sucrose.....g	0.00	0.000	3	A	1	0.00	0.00	0.00
Glucose (dextrose).....g	0.87	0.140	3	A	1	1.24	1.35	1.17
Fructose.....g	0.44	0.113	6	JA	6	0.63	0.68	0.59
Lactose.....g	0.00	0.000	3	A	1	0.00	0.00	0.00
Maltose.....g	0.00	0.000	3	A	1	0.00	0.00	0.00
Galactose.....g	0.00		0	Z	7	0.00	0.00	0.00
Starch.....g								
<b>Minerals:</b>								
Calcium, Ca.....mg	42	1.706	35	JA	6	61	66	57
Iron, Fe.....mg	0.37	0.024	35	JA	6	0.52	0.57	0.50
Magnesium, Mg.....mg	7	0.374	35	JA	6	10	11	10
Phosphorus, P.....mg	12	0.591	35	JA	6	18	19	17
Potassium, K.....mg	92	4.668	35	JA	6	131	142	124
Sodium, Na.....mg	875	27.428	35	JA	6	1251	1356	1181
Zinc, Zn.....mg	0.11	0.012	35	JA	6	0.16	0.17	0.15
Copper, Cu.....mg	0.033	0.001	35	JA	6	0.048	0.052	0.045
Manganese, Mn.....mg	0.047	0.004	35	JA	6	0.067	0.073	0.064
Selenium, Se.....mcg	0.1	0.044	32		1	0.1	0.1	0.1
<b>Vitamins:</b>								
Vitamin C, total ascorbic acid.....mg	0.8	0.087	3	A	1	1.2	1.3	1.1
Thiamin.....mg	0.027	0.001	3	A	1	0.039	0.042	0.037
Riboflavin.....mg	0.029	0.003	3	A	1	0.041	0.045	0.039
Niacin.....mg	0.099	0.002	3	A	1	0.141	0.153	0.133
Pantothenic acid.....mg	0.050		2	A	1	0.072	0.078	0.068
Vitamin B-6.....mg	0.023		2	A	1	0.032	0.035	0.030
Folate, total.....mcg	1	0.571	5		1	1	2	1
Folic acid.....mcg	0		0	Z	7	0	0	0
Folate, food.....mcg	1	0.571	5		1	1	2	1
Folate, DFE.....mcg_DFE	1		0	NC	4	1	2	1
Choline, total.....mg	3.4		0	AS	1	4.9	5.3	4.6
Betaine.....mg	0.0		1	A	1	0.0	0.0	0.0
Vitamin B-12.....mcg	0.00		0	Z	7	0.00	0.00	0.00
Vitamin B-12, added.....mcg	0.00		0	Z	7	0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	9		0	NC	4	13	14	12
Retinol.....mcg	0		0	Z	7	0	0	0
Carotene, beta.....mcg	78		0	BFSN	4	112	121	105
Carotene, alpha.....mcg	19		0	BFSN	4	28	30	26
Cryptoxanthin, beta.....mcg	45		0	BFSN	4	64	69	60
Vitamin A, IU.....IU	183		0	NC	4	262	284	247
Lycopene.....mcg	0		0	BFSN	4	0	0	0
Lutein + zeaxanthin.....mcg	41		0	BFSN	4	58	63	55
Vitamin E (alpha-tocopherol).....mg	0.09		0	BFSN	4	0.12	0.13	0.12
Vitamin E, added.....mg	0.00		0	Z	7	0.00	0.00	0.00
Tocopherol, beta.....mg								
Tocopherol, gamma.....mg								
Tocopherol, delta.....mg								
Vitamin D.....IU								
Vitamin K (phylloquinone).....mcg	39.0		2	A	1	55.7	60.4	52.6

NDB No. 11937

Pickles, cucumber, dill or kosher dill

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.036		0	NC	4		0.052	0.056	0.049
4:0.....g	0.000		0		1		0.000	0.000	0.000
6:0.....g	0.000		0		1		0.000	0.000	0.000
8:0.....g	0.000		0		1		0.000	0.000	0.000
10:0.....g	0.000		0		1		0.000	0.000	0.000
12:0.....g	0.001		3		1		0.002	0.002	0.002
13:0.....g									
14:0.....g	0.001		3		1		0.002	0.002	0.002
15:0.....g									
16:0.....g	0.030		3		1		0.042	0.046	0.040
17:0.....g									
18:0.....g	0.004		3		1		0.005	0.006	0.005
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.002		0	NC	4		0.003	0.003	0.003
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		3		1		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.002		3		1		0.003	0.003	0.003
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.056		0	NC	4		0.079	0.086	0.075
18:2 undifferentiated.....g	0.024		3		1		0.034	0.037	0.032
18:3 undifferentiated.....g	0.032		3		1		0.045	0.049	0.043
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	0
Phytosterols.....mg	14	0.000	3		1		20	22	19
<b>Amino Acids:</b>									
Tryptophan.....g	0.005		0		1		0.007	0.008	0.007
Threonine.....g	0.017		0		1		0.024	0.026	0.023
Isoleucine.....g	0.019		0		1		0.027	0.029	0.026
Leucine.....g	0.026		0		1		0.037	0.040	0.035
Lysine.....g	0.026		0		1		0.037	0.040	0.035
Methionine.....g	0.005		0		1		0.007	0.008	0.007
Cystine.....g	0.004		0		1		0.006	0.006	0.005
Phenylalanine.....g	0.017		0		1		0.024	0.026	0.023
Tyrosine.....g	0.010		0		1		0.014	0.016	0.014
Valine.....g	0.020		0		1		0.029	0.031	0.027
Arginine.....g	0.040		0		1		0.057	0.062	0.054
Histidine.....g	0.009		0		1		0.013	0.014	0.012
Alanine.....g	0.021		0		1		0.030	0.033	0.028
Aspartic acid.....g	0.037		0		1		0.053	0.057	0.050
Glutamic acid.....g	0.177		0		1		0.253	0.274	0.239
Glycine.....g	0.022		0		1		0.031	0.034	0.030
Proline.....g	0.014		0		1		0.020	0.022	0.019
Serine.....g	0.018		0		1		0.026	0.028	0.024
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0

NDB No. 11937

Pickles, cucumber, dill or kosher dill

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

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

**Common Measures:**

Measure 1 = 143g: 1 cup, chopped or diced

Measure 2 = 155g: 1 cup (about 23 slices)

Measure 3 = 135g: 1 large (4" long)

**Calories Factors: Protein** 2.44

**Fat** 8.37

**Carbohydrate**3.57

**Food Group:** 11 Vegetables and Vegetable Products  
USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11947

Pickles, cucumber, dill, low sodium

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	91.67	0.445	85		1		59.59	5.50	
Energy.....kcal	18		0	NC	4		12	1	
Energy.....kj	75		0		4		49	5	
Protein (N x 6.25).....g	0.62	0.028	84		1		0.40	0.04	
Total lipid (fat).....g	0.19	0.006	84		1		0.12	0.01	
Ash.....g	3.40	0.051	84		1		2.21	0.20	
Carbohydrate, by difference.....g	4.13		0	NC	4		2.68	0.25	
Fiber, total dietary.....g	1.2		0	BFSN	4		0.8	0.1	
Sugars, total.....g	1.92		0	NC	4		1.25	0.12	
Sucrose.....g	0.00		0	BFSN	4		0.00	0.00	
Glucose (dextrose).....g	1.28		0	BFSN	4		0.83	0.08	
Fructose.....g	0.64		0	BFSN	4		0.42	0.04	
Lactose.....g	0.00		0	BFSN	4		0.00	0.00	
Maltose.....g	0.00		0	BFSN	4		0.00	0.00	
Galactose.....g	0.00		0	BFSN	4		0.00	0.00	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	9	3.200	84		1		6	1	
Iron, Fe.....mg	0.53	0.021	84		1		0.34	0.03	
Magnesium, Mg.....mg	11	0.394	74		1		7	1	
Phosphorus, P.....mg	21	0.744	74		1		14	1	
Potassium, K.....mg	116	4.575	74		1		75	7	
Sodium, Na.....mg	18		1		1		12	1	
Zinc, Zn.....mg	0.14	0.006	76		1		0.09	0.01	
Copper, Cu.....mg	0.079	0.002	74		1		0.051	0.005	
Manganese, Mn.....mg	0.015		2		1		0.010	0.001	
Selenium, Se.....mcg	0.0		0	BFSN	4		0.0	0.0	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	1.9	0.145	74		1		1.2	0.1	
Thiamin.....mg	0.014	0.001	75		1		0.009	0.001	
Riboflavin.....mg	0.029	0.001	75		1		0.019	0.002	
Niacin.....mg	0.060	0.010	74		1		0.039	0.004	
Pantothenic acid.....mg	0.054	0.012	3		1		0.035	0.003	
Vitamin B-6.....mg	0.013	0.007	3		1		0.008	0.001	
Folate, total.....mcg	1	0.571	5		1		1	0	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	1	0.571	5		1		1	0	
Folate, DFE.....mcg_DFE	1		0	NC	4		1	0	
Choline, total.....mg	5.0		0	BFSN	4		3.2	0.3	
Betaine.....mg	0.0		0	BFSN	4		0.0	0.0	
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	13		0	NC	4		9	1	
Retinol.....mcg	0		0	Z	7		0	0	
Carotene, beta.....mcg	115		0	BFSN	4		75	7	
Carotene, alpha.....mcg	28		0	BFSN	4		18	2	
Cryptoxanthin, beta.....mcg	66		0	BFSN	4		43	4	
Vitamin A, IU.....IU	269		0	NC	4		175	16	
Lycopene.....mcg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin.....mcg	60		0	BFSN	4		39	4	
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	66.1		0	BFSN	4		43.0	4.0	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.050		0	NC	4		0.032	0.003	



NDB No. 11947

Pickles, cucumber, dill, low sodium

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g	0.002		3		1	0.001	0.000		
13:0.....g									
14:0.....g	0.002		3		1	0.001	0.000		
15:0.....g									
16:0.....g	0.041		3		1	0.026	0.002		
17:0.....g									
18:0.....g	0.005		3		1	0.003	0.000		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.003		0	NC	4	0.002	0.000		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		3		1	0.000	0.000		
17:1.....g									
18:1 undifferentiated.....g	0.003		3		1	0.002	0.000		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.077		0	NC	4	0.050	0.005		
18:2 undifferentiated.....g	0.033		3		1	0.021	0.002		
18:3 undifferentiated.....g	0.044		3		1	0.028	0.003		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7	0	0		
Phytosterols.....mg	14	0.000	3		1	9	1		
<b>Amino Acids:</b>									
Tryptophan.....g	0.005		0		1	0.003	0.000		
Threonine.....g	0.017		0		1	0.011	0.001		
Isoleucine.....g	0.019		0		1	0.012	0.001		
Leucine.....g	0.026		0		1	0.017	0.002		
Lysine.....g	0.026		0		1	0.017	0.002		
Methionine.....g	0.005		0		1	0.003	0.000		
Cystine.....g	0.004		0		1	0.003	0.000		
Phenylalanine.....g	0.017		0		1	0.011	0.001		
Tyrosine.....g	0.010		0		1	0.007	0.001		
Valine.....g	0.020		0		1	0.013	0.001		
Arginine.....g	0.040		0		1	0.026	0.002		
Histidine.....g	0.009		0		1	0.006	0.001		
Alanine.....g	0.021		0		1	0.014	0.001		
Aspartic acid.....g	0.037		0		1	0.024	0.002		
Glutamic acid.....g	0.177		0		1	0.115	0.011		
Glycine.....g	0.022		0		1	0.014	0.001		
Proline.....g	0.014		0		1	0.009	0.001		
Serine.....g	0.018		0		1	0.012	0.001		
Hydroxyproline.....g									

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

**Common Measures:**

**NDB No. 11947**

**Pickles, cucumber, dill, low sodium**

Measure 1 = 65g: 1 medium

Measure 2 = 6.0g: 1 slice

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11941  
Pickles, cucumber, sour

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	94.08	0.057	6		1		145.82	127.01	61.15
Energy.....kcal	11		0	NC	4		16	14	7
Energy.....kj	44		0	NC	4		68	60	29
Protein (N x 6.25).....g	0.33	0.021	6		1		0.51	0.45	0.21
Total lipid (fat).....g	0.20	0.000	6		1		0.31	0.27	0.13
Ash.....g	3.13	0.021	6		1		4.85	4.23	2.03
Carbohydrate, by difference.....g	2.26		0	NC	4		3.50	3.05	1.47
Fiber, total dietary.....g	1.2		0		4		1.9	1.6	0.8
Sugars, total.....g	1.06		0	O	4		1.64	1.43	0.69
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	0	0.000	6		1		0	0	0
Iron, Fe.....mg	0.40	0.000	6		1		0.62	0.54	0.26
Magnesium, Mg.....mg	4	0.000	6		1		6	5	3
Phosphorus, P.....mg	14	0.224	6		1		22	19	9
Potassium, K.....mg	23	0.671	6		1		36	31	15
Sodium, Na.....mg	1208	10.062	6		1		1872	1631	785
Zinc, Zn.....mg	0.02	0.002	6		1		0.03	0.03	0.01
Copper, Cu.....mg	0.085	0.002	6		1		0.132	0.115	0.055
Manganese, Mn.....mg	0.011		0		4		0.017	0.015	0.007
Selenium, Se.....mcg	0.0		0	BFSN	4		0.0	0.0	0.0
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	1.0	0.000	6		1		1.6	1.4	0.7
Thiamin.....mg	0.000	0.000	6		1		0.000	0.000	0.000
Riboflavin.....mg	0.010	0.000	6		1		0.016	0.014	0.007
Niacin.....mg	0.000	0.000	6		1		0.000	0.000	0.000
Pantothenic acid.....mg	0.038		0		4		0.059	0.051	0.025
Vitamin B-6.....mg	0.009		0		4		0.014	0.012	0.006
Folate, total.....mcg	1		0		4		1	1	0
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg	1		0		4		1	1	0
Folate, DFE.....mcg_DFE	1		0	NC	4		1	1	0
Choline, total.....mg	3.6		0	BFSN	4		5.5	4.8	2.3
Betaine.....mg	0.0		0	BFSN	4		0.0	0.0	0.0
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	10		0	NC	4		15	13	6
Retinol.....mcg	0		0	Z	7		0	0	0
Carotene, beta.....mcg	81		0	BFSN	4		126	110	53
Carotene, alpha.....mcg	20		0	BFSN	4		31	27	13
Cryptoxanthin, beta.....mcg	47		0	BFSN	4		72	63	30
Vitamin A, IU.....IU	191		0	NC	4		297	258	124
Lycopene.....mcg	0		0	BFSN	4		0	0	0
Lutein + zeaxanthin.....mcg	43		0	BFSN	4		66	57	28
Vitamin E (alpha-tocopherol).....mg	0.09		0	BFSN	4		0.14	0.12	0.06
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	47.0		0	BFSN	4		72.9	63.5	30.6
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.052		0	NC	4		0.081	0.071	0.034
4:0.....g	0.000		0		1		0.000	0.000	0.000
6:0.....g	0.000		0		1		0.000	0.000	0.000
8:0.....g	0.000		0		1		0.000	0.000	0.000
10:0.....g	0.000		0		1		0.000	0.000	0.000

**NDB No. 11941**  
**Pickles, cucumber, sour**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.002		1		1		0.003	0.003	0.001
13:0.....g									
14:0.....g	0.002		1		1		0.003	0.003	0.001
15:0.....g									
16:0.....g	0.043		1		1		0.067	0.059	0.028
17:0.....g									
18:0.....g	0.005		1		1		0.008	0.007	0.003
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.003		0	NC	4		0.005	0.004	0.002
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		1		1		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.003		1		1		0.005	0.004	0.002
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.081		0	NC	4		0.125	0.109	0.053
18:2 undifferentiated.....g	0.034		1		1		0.053	0.047	0.022
18:3 undifferentiated.....g	0.046		1		1		0.072	0.063	0.030
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	0
Phytosterols.....mg	14		1		1		22	19	9
<b>Amino Acids:</b>									
Tryptophan.....g	0.003		0		1		0.005	0.004	0.002
Threonine.....g	0.009		0		1		0.014	0.012	0.006
Isoleucine.....g	0.010		0		1		0.016	0.014	0.007
Leucine.....g	0.014		0		1		0.022	0.019	0.009
Lysine.....g	0.014		0		1		0.022	0.019	0.009
Methionine.....g	0.003		0		1		0.005	0.004	0.002
Cystine.....g	0.002		0		1		0.003	0.003	0.001
Phenylalanine.....g	0.009		0		1		0.014	0.012	0.006
Tyrosine.....g	0.006		0		1		0.009	0.008	0.004
Valine.....g	0.011		0		1		0.017	0.015	0.007
Arginine.....g	0.021		0		1		0.033	0.028	0.014
Histidine.....g	0.005		0		1		0.008	0.007	0.003
Alanine.....g	0.011		0		1		0.017	0.015	0.007
Aspartic acid.....g	0.020		0		1		0.031	0.027	0.013
Glutamic acid.....g	0.095		0		1		0.147	0.128	0.062
Glycine.....g	0.012		0		1		0.019	0.016	0.008
Proline.....g	0.008		0		1		0.012	0.011	0.005
Serine.....g	0.010		0		1		0.016	0.014	0.007
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0

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

**Common Measures:**

**NDB No. 11941**

**Pickles, cucumber, sour**

Measure 1 = 155g: 1 cup

Measure 2 = 135g: 1 large (4" long)

Measure 3 = 65g: 1 medium (3-3/4" long)

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11946

Pickles, cucumber, sour, low sodium

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv	Source	Confidence Code	Measure 1	Measure 2	Measure 3
				Code	Code				
<b>Proximates:</b>									
Water.....g	94.08	0.057	6		1		134.53	145.82	127.01
Energy.....kcal	11		0	NC	4		15	16	14
Energy.....kj	44		0	NC	4		63	68	60
Protein (N x 6.25).....g	0.33	0.021	6		1		0.47	0.51	0.45
Total lipid (fat).....g	0.20	0.000	6		1		0.29	0.31	0.27
Ash.....g	3.13	0.021	6		1		4.48	4.85	4.23
Carbohydrate, by difference.....g	2.26		0	NC	4		3.23	3.50	3.05
Fiber, total dietary.....g	1.2		0		4		1.7	1.9	1.6
Sugars, total.....g	1.06		0	BFZN	4		1.52	1.64	1.43
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	0	0.000	6		1		0	0	0
Iron, Fe.....mg	0.40	0.000	6		1		0.57	0.62	0.54
Magnesium, Mg.....mg	4	0.000	6		1		6	6	5
Phosphorus, P.....mg	14	0.224	6		1		20	22	19
Potassium, K.....mg	23	0.671	6		1		33	36	31
Sodium, Na.....mg	18		1		1		26	28	24
Zinc, Zn.....mg	0.02	0.002	6		1		0.03	0.03	0.03
Copper, Cu.....mg	0.085	0.002	6		1		0.122	0.132	0.115
Manganese, Mn.....mg	0.011		0	BFZN	4		0.016	0.017	0.015
Selenium, Se.....mcg	0.0		0	BFSN	4		0.0	0.0	0.0
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	1.0	0.000	6		1		1.4	1.6	1.4
Thiamin.....mg	0.000	0.000	6		1		0.000	0.000	0.000
Riboflavin.....mg	0.010	0.000	6		1		0.014	0.016	0.014
Niacin.....mg	0.000	0.000	6		1		0.000	0.000	0.000
Pantothenic acid.....mg	0.038		0	BFZN	4		0.054	0.059	0.051
Vitamin B-6.....mg	0.009		0		4		0.013	0.014	0.012
Folate, total.....mcg	1		0		4		1	1	1
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg	1		0		4		1	1	1
Folate, DFE.....mcg_DFE	1		0	NC	4		1	1	1
Choline, total.....mg	3.6		0	BFZN	4		5.1	5.5	4.8
Betaine.....mg	0.0		0	BFZN	4		0.0	0.0	0.0
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	10		0	NC	4		14	15	13
Retinol.....mcg	0		0	Z	7		0	0	0
Carotene, beta.....mcg	81		0	BFZN	4		116	126	110
Carotene, alpha.....mcg	20		0	BFZN	4		29	31	27
Cryptoxanthin, beta.....mcg	47		0	BFZN	4		67	72	63
Vitamin A, IU.....IU	191		0	NC	4		274	297	258
Lycopene.....mcg	0		0	BFZN	4		0	0	0
Lutein + zeaxanthin.....mcg	43		0	BFZN	4		61	66	57
Vitamin E (alpha-tocopherol).....mg	0.09		0	BFZN	4		0.13	0.14	0.12
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	47.0		0	BFZN	4		67.2	72.9	63.5
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.052		0	NC	4		0.075	0.081	0.071
4:0.....g	0.000		0		1		0.000	0.000	0.000
6:0.....g	0.000		0		1		0.000	0.000	0.000
8:0.....g	0.000		0		1		0.000	0.000	0.000
10:0.....g	0.000		0		1		0.000	0.000	0.000

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.002		1		1		0.003	0.003	0.003
13:0.....g									
14:0.....g	0.002		1		1		0.003	0.003	0.003
15:0.....g									
16:0.....g	0.043		1		1		0.062	0.067	0.059
17:0.....g									
18:0.....g	0.005		1		1		0.007	0.008	0.007
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.003		0	NC	4		0.004	0.005	0.004
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		1		1		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.003		1		1		0.004	0.005	0.004
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.081		0	NC	4		0.116	0.125	0.109
18:2 undifferentiated.....g	0.034		1		1		0.049	0.053	0.047
18:3 undifferentiated.....g	0.046		1		1		0.066	0.072	0.063
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	0
Phytosterols.....mg	14		1		1		20	22	19
<b>Amino Acids:</b>									
Tryptophan.....g	0.003		0		1		0.004	0.005	0.004
Threonine.....g	0.009		0		1		0.013	0.014	0.012
Isoleucine.....g	0.010		0		1		0.014	0.016	0.014
Leucine.....g	0.014		0		1		0.020	0.022	0.019
Lysine.....g	0.014		0		1		0.020	0.022	0.019
Methionine.....g	0.003		0		1		0.004	0.005	0.004
Cystine.....g	0.002		0		1		0.003	0.003	0.003
Phenylalanine.....g	0.009		0		1		0.013	0.014	0.012
Tyrosine.....g	0.006		0		1		0.009	0.009	0.008
Valine.....g	0.011		0		1		0.016	0.017	0.015
Arginine.....g	0.021		0		1		0.030	0.033	0.028
Histidine.....g	0.005		0		1		0.007	0.008	0.007
Alanine.....g	0.011		0		1		0.016	0.017	0.015
Aspartic acid.....g	0.020		0		1		0.029	0.031	0.027
Glutamic acid.....g	0.095		0		1		0.136	0.147	0.128
Glycine.....g	0.012		0		1		0.017	0.019	0.016
Proline.....g	0.008		0		1		0.011	0.012	0.011
Serine.....g	0.010		0		1		0.014	0.016	0.014
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0

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

**Common Measures:**

**NDB No. 11946**

**Pickles, cucumber, sour, low sodium**

Measure 1 = 143g: 1 cup, chopped or diced

Measure 2 = 155g: 1 cup (about 23 slices)

Measure 3 = 135g: 1 large (4" long)

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)



NDB No. 11940

Pickles, cucumber, sweet (includes bread and butter pickles)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	76.20	1.979	4	JA	6		121.93	116.59	26.67
Energy.....kcal	91		0	NC	4		145	139	32
Energy.....kj	379		0	NC	4		607	580	133
Protein.....g	0.58	0.031	4	JA	6		0.93	0.89	0.20
Total lipid (fat).....g	0.41	0.047	4	JA	6		0.66	0.63	0.15
Ash.....g	1.65	0.049	4	JA	6		2.64	2.53	0.58
Carbohydrate, by difference.....g	21.15		0	NC	4		33.83	32.35	7.40
Fiber, total dietary.....g	1.0	0.067	3	A	1		1.7	1.6	0.4
Sugars, total.....g	18.27		0	AS	1		29.24	27.96	6.40
Sucrose.....g	0.00	0.000	3	A	1		0.00	0.00	0.00
Glucose (dextrose).....g	9.17	1.782	3	A	1		14.67	14.03	3.21
Fructose.....g	8.81	0.543	3	A	1		14.10	13.48	3.08
Lactose.....g	0.00	0.000	3	A	1		0.00	0.00	0.00
Maltose.....g	0.29	0.030	3	A	1		0.47	0.45	0.10
Galactose.....g	0.00		0	Z	7		0.00	0.00	0.00
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	61	8.470	3	A	1		97	93	21
Iron, Fe.....mg	0.25	0.014	3	A	1		0.41	0.39	0.09
Magnesium, Mg.....mg	7	0.500	3	A	1		12	11	3
Phosphorus, P.....mg	18	0.829	3	A	1		28	27	6
Potassium, K.....mg	100	1.126	3	A	1		160	153	35
Sodium, Na.....mg	457	29.787	4	JA	6		732	700	160
Zinc, Zn.....mg	0.12	0.008	3	A	1		0.18	0.18	0.04
Copper, Cu.....mg	0.028	0.001	3	A	1		0.045	0.043	0.010
Manganese, Mn.....mg	0.065	0.006	3	A	1		0.104	0.099	0.023
Selenium, Se.....mcg	0.0		0	BFSN	4		0.0	0.0	0.0
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.7	0.000	3	A	1		1.2	1.1	0.3
Thiamin.....mg	0.025	0.001	3	A	1		0.040	0.038	0.009
Riboflavin.....mg	0.030	0.003	3	A	1		0.048	0.046	0.010
Niacin.....mg	0.115	0.001	3	A	1		0.184	0.176	0.040
Pantothenic acid.....mg	0.051		2	A	1		0.082	0.078	0.018
Vitamin B-6.....mg	0.024		2	A	1		0.038	0.036	0.008
Folate, total.....mcg	1		2		1		2	2	0
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg	1		2		1		2	2	0
Folate, DFE.....mcg_DFE	1		0	NC	4		2	2	0
Choline, total.....mg	3.1		0	AS	1		4.9	4.7	1.1
Betaine.....mg	0.3		1	A	1		0.4	0.4	0.1
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	38		0	NC	4		61	58	13
Retinol.....mcg	0		0	Z	7		0	0	0
Carotene, beta.....mcg	325		0	BFSN	4		520	498	114
Carotene, alpha.....mcg	81		0	BFSN	4		129	124	28
Cryptoxanthin, beta.....mcg	186		0	BFSN	4		297	284	65
Vitamin A, IU.....IU	764		0	NC	4		1223	1170	268
Lycopene.....mcg	0		0	BFSN	4		0	0	0
Lutein + zeaxanthin.....mcg	170		0	BFSN	4		272	260	59
Vitamin E (alpha-tocopherol).....mg	0.36		0	BFSN	4		0.58	0.56	0.13
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	47.1		2	A	1		75.4	72.1	16.5

Pickles, cucumber, sweet (includes bread and butter pickles)

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.067		0		1		0.107	0.103	0.023
4:0.....g	0.000		0		1		0.000	0.000	0.000
6:0.....g	0.000		0		1		0.000	0.000	0.000
8:0.....g	0.000		0		1		0.000	0.000	0.000
10:0.....g	0.000		0		1		0.000	0.000	0.000
12:0.....g	0.002		1		1		0.003	0.003	0.001
13:0.....g									
14:0.....g	0.002		1		1		0.003	0.003	0.001
15:0.....g									
16:0.....g	0.056		1		1		0.090	0.086	0.020
17:0.....g									
18:0.....g	0.006		1		1		0.010	0.009	0.002
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.004		0		1		0.006	0.006	0.001
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		1		1		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.004		1		1		0.006	0.006	0.001
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.106		0		1		0.170	0.162	0.037
18:2 undifferentiated.....g	0.046		1		1		0.074	0.070	0.016
18:3 undifferentiated.....g	0.060		1		1		0.096	0.092	0.021
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	0
Phytosterols.....mg	14		1		1		22	21	5
<b>Amino Acids:</b>									
Tryptophan.....g	0.010		0	JO	11		0.017	0.016	0.004
Threonine.....g	0.021		0	JO	11		0.034	0.032	0.007
Isoleucine.....g	0.021		0	JO	11		0.034	0.032	0.007
Leucine.....g	0.026		0	JO	11		0.041	0.039	0.009
Lysine.....g	0.031		0	JO	11		0.050	0.048	0.011
Methionine.....g	0.010		0	JO	11		0.017	0.016	0.004
Cystine.....g	0.010		0	JO	11		0.017	0.016	0.004
Phenylalanine.....g	0.021		0	JO	11		0.034	0.032	0.007
Tyrosine.....g	0.010		0	JO	11		0.017	0.016	0.004
Valine.....g	0.021		0	JO	11		0.034	0.032	0.007
Arginine.....g	0.031		0	JO	11		0.050	0.048	0.011
Histidine.....g	0.007		0	JO	11		0.011	0.010	0.002
Alanine.....g	0.026		0	JO	11		0.041	0.039	0.009
Aspartic acid.....g	0.042		0	JO	11		0.067	0.064	0.015
Glutamic acid.....g	0.169		0	JO	11		0.271	0.259	0.059
Glycine.....g	0.026		0	JO	11		0.041	0.039	0.009
Proline.....g	0.010		0	JO	11		0.017	0.016	0.004
Serine.....g	0.031		0	JO	11		0.050	0.048	0.011
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0

NDB No. 11940

Pickles, cucumber, sweet (includes bread and butter pickles)

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

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

**Common Measures:**

Measure 1 = 160g: 1 cup, chopped

Measure 2 = 153g: 1 cup

Measure 3 = 35g: 1 large Gherkin (3" long)

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11948

Pickles, cucumber, sweet, low sodium (includes bread and butter pickles)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv	Source	Measure 1	Measure 2	Measure 3
				Code	Code			
<b>Proximates:</b>								
Water.....g	65.26	0.811	48		1	104.42	110.94	22.84
Energy.....kcal	122		0	NC	4	196	208	43
Energy.....kj	511		0	NC	4	818	869	179
Protein (N x 6.25).....g	0.37	0.021	48		1	0.59	0.63	0.13
Total lipid (fat).....g	0.26	0.012	48		1	0.42	0.44	0.09
Ash.....g	0.38		0	O	4	0.61	0.65	0.13
Carbohydrate, by difference.....g	33.73		0	NC	4	53.97	57.34	11.81
Fiber, total dietary.....g	1.1		0	A	1	1.8	1.9	0.4
Sugars, total.....g	26.68		0	BFSN	4	42.69	45.35	9.34
Starch.....g								
<b>Minerals:</b>								
Calcium, Ca.....mg	4	1.510	48		1	6	7	1
Iron, Fe.....mg	0.59	0.030	48		1	0.94	1.00	0.21
Magnesium, Mg.....mg	4	0.555	44		1	6	7	1
Phosphorus, P.....mg	12	0.697	44		1	19	20	4
Potassium, K.....mg	32	6.527	44		1	51	54	11
Sodium, Na.....mg	18		1		1	29	31	6
Zinc, Zn.....mg	0.08	0.009	45		1	0.13	0.14	0.03
Copper, Cu.....mg	0.105	0.008	44		1	0.168	0.179	0.037
Manganese, Mn.....mg	0.015		2		1	0.024	0.026	0.005
Selenium, Se.....mcg	0.0		0	BFSN	4	0.0	0.0	0.0
<b>Vitamins:</b>								
Vitamin C, total ascorbic acid.....mg	1.2	0.149	44		1	1.9	2.0	0.4
Thiamin.....mg	0.009	0.001	44		1	0.014	0.015	0.003
Riboflavin.....mg	0.032	0.001	44		1	0.051	0.054	0.011
Niacin.....mg	0.174	0.024	44		1	0.278	0.296	0.061
Pantothenic acid.....mg	0.120		2		1	0.192	0.204	0.042
Vitamin B-6.....mg	0.015		2		1	0.024	0.026	0.005
Folate, total.....mcg	1		2		1	2	2	0
Folic acid.....mcg	0		0	Z	7	0	0	0
Folate, food.....mcg	1		2		1	2	2	0
Folate, DFE.....mcg_DFE	1		0	NC	4	2	2	0
Choline, total.....mg	4.5		0	BFSN	4	7.1	7.6	1.6
Betaine.....mg	0.4		0	BFSN	4	0.6	0.7	0.1
Vitamin B-12.....mcg	0.00		0	Z	7	0.00	0.00	0.00
Vitamin B-12, added.....mcg	0.00		0	Z	7	0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	56		0	NC	4	89	95	20
Retinol.....mcg	0		0	Z	7	0	0	0
Carotene, beta.....mcg	475		0	BFSN	4	760	807	166
Carotene, alpha.....mcg	118		0	BFSN	4	189	200	41
Cryptoxanthin, beta.....mcg	271		0	BFSN	4	434	461	95
Vitamin A, IU.....IU	1116		0	NC	4	1786	1897	391
Lycopene.....mcg	0		0	BFSN	4	0	0	0
Lutein + zeaxanthin.....mcg	248		0	BFSN	4	397	422	87
Vitamin E (alpha-tocopherol).....mg	0.53		0	BFSN	4	0.85	0.90	0.19
Vitamin E, added.....mg	0.00		0	Z	7	0.00	0.00	0.00
Tocopherol, beta.....mg								
Tocopherol, gamma.....mg								
Tocopherol, delta.....mg								
Vitamin D.....IU								
Vitamin K (phylloquinone).....mcg	76.7		0	BFSN	4	122.8	130.4	26.9
<b>Lipids:</b>								
Fatty acids, total saturated.....g	0.067		0		1	0.107	0.114	0.023
4:0.....g	0.000		0		1	0.000	0.000	0.000
6:0.....g	0.000		0		1	0.000	0.000	0.000
8:0.....g	0.000		0		1	0.000	0.000	0.000
10:0.....g	0.000		0		1	0.000	0.000	0.000

Pickles, cucumber, sweet, low sodium (includes bread and butter pickles)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.002		1		1		0.003	0.003	0.001
13:0.....g									
14:0.....g	0.002		1		1		0.003	0.003	0.001
15:0.....g									
16:0.....g	0.056		1		1		0.090	0.095	0.020
17:0.....g									
18:0.....g	0.006		1		1		0.010	0.010	0.002
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.004		0		1		0.006	0.007	0.001
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		1		1		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.004		1		1		0.006	0.007	0.001
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.106		0		1		0.170	0.180	0.037
18:2 undifferentiated.....g	0.046		1		1		0.074	0.078	0.016
18:3 undifferentiated.....g	0.060		1		1		0.096	0.102	0.021
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	0
Phytosterols.....mg	14		1		1		22	24	5
<b>Amino Acids:</b>									
Tryptophan.....g	0.003		0		1		0.005	0.005	0.001
Threonine.....g	0.010		0		1		0.016	0.017	0.004
Isoleucine.....g	0.012		0		1		0.019	0.020	0.004
Leucine.....g	0.016		0		1		0.026	0.027	0.006
Lysine.....g	0.015		0		1		0.024	0.026	0.005
Methionine.....g	0.003		0		1		0.005	0.005	0.001
Cystine.....g	0.002		0		1		0.003	0.003	0.001
Phenylalanine.....g	0.010		0		1		0.016	0.017	0.004
Tyrosine.....g	0.006		0		1		0.010	0.010	0.002
Valine.....g	0.012		0		1		0.019	0.020	0.004
Arginine.....g	0.024		0		1		0.038	0.041	0.008
Histidine.....g	0.005		0		1		0.008	0.009	0.002
Alanine.....g	0.013		0		1		0.021	0.022	0.005
Aspartic acid.....g	0.022		0		1		0.035	0.037	0.008
Glutamic acid.....g	0.106		0		1		0.170	0.180	0.037
Glycine.....g	0.013		0		1		0.021	0.022	0.005
Proline.....g	0.008		0		1		0.013	0.014	0.003
Serine.....g	0.011		0		1		0.018	0.019	0.004
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0

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

**Common Measures:**

**NDB No. 11948**

**Pickles, cucumber, sweet, low sodium (includes bread and butter pickles)**

Measure 1 = 160g: 1 cup, chopped or diced

Measure 2 = 170g: 1 cup, sliced

Measure 3 = 35g: 1 large

**Calories Factors: Protein 2.44**

**Fat 3.37**

**Carbohydrate 3.57**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)



NDB No. 11826

Pigeonpeas, immature seeds, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g									
13:0.....g									
14:0.....g									
15:0.....g									
16:0.....g	0.105		0		1		0.160		
17:0.....g									
18:0.....g	0.008		0		1		0.012		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.017		0	NC	4		0.025		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.017		0		1		0.025		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.149		0	NC	4		1.758		
18:2 undifferentiated.....g	1.099		0		1		1.682		
18:3 undifferentiated.....g	0.050		0		1		0.076		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g									
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

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

**Common Measures:**

Measure 1 = 153g: 1 cup

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group: 11 Vegetables and Vegetable Products**

USDA National Nutrient Database for Standard Reference, Release 21 (2008)



NDB No. 11345

Pigeonpeas, immature seeds, cooked, boiled, drained, without salt

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	71.80		0		1		109.85		
Energy.....kcal	111		0	NC	4		170		
Energy.....kj	464		0		4		711		
Protein (N x 6.25).....g	5.96		0		1		9.12		
Total lipid (fat).....g	1.36		0		1		2.08		
Ash.....g	1.39		0		1		2.13		
Carbohydrate, by difference.....g	19.49		0	NC	4		29.82		
Fiber, total dietary.....g	6.2		0		4		9.5		
Sugars, total.....g	2.48		0	BFSN	4		3.79		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	41		0		1		63		
Iron, Fe.....mg	1.57		0		1		2.40		
Magnesium, Mg.....mg	40		0		1		61		
Phosphorus, P.....mg	118		0		1		181		
Potassium, K.....mg	456		0		1		698		
Sodium, Na.....mg	5		0		1		8		
Zinc, Zn.....mg	0.82		0		4		1.25		
Copper, Cu.....mg	0.105		0		4		0.161		
Manganese, Mn.....mg	0.451		0		4		0.690		
Selenium, Se.....mcg	1.2		0	BFSN	4		1.8		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	28.1		0		1		43.0		
Thiamin.....mg	0.350		0		1		0.536		
Riboflavin.....mg	0.166		0		1		0.254		
Niacin.....mg	2.153		0		1		3.294		
Pantothenic acid.....mg	0.630		0		1		0.964		
Vitamin B-6.....mg	0.053		0		4		0.081		
Folate, total.....mcg	100		0		4		153		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	100		0		4		153		
Folate, DFE.....mcg_DFE	100		0	NC	4		153		
Choline, total.....mg	37.9		0	BFSY	4		58.0		
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00		
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....mcg_RAE	2		0	NC	4		4		
Retinol.....mcg	0		0	Z	7		0		
Carotene, beta.....mcg	30		0	BFSY	4		46		
Carotene, alpha.....mcg	0		0	BFSY	4		0		
Cryptoxanthin, beta.....mcg	0		0	BFSY	4		0		
Vitamin A, IU.....IU	50		0	NC	4		76		
Lycopene.....mcg	0		0	BFSY	4		0		
Lutein + zeaxanthin.....mcg	141		0	BFSY	4		216		
Vitamin E (alpha-tocopherol).....mg	0.32		0	BFSN	4		0.49		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	19.8		0	BFSN	4		30.3		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.112		0	NC	4		0.172		
4:0.....g	0.000		0		1		0.000		
6:0.....g	0.000		0		1		0.000		
8:0.....g	0.000		0		1		0.000		
10:0.....g	0.000		0		1		0.000		

NDB No. 11345

Pigeonpeas, immature seeds, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0		1		0.000		
13:0.....g									
14:0.....g	0.000		0		1		0.000		
15:0.....g									
16:0.....g	0.105		0		1		0.160		
17:0.....g									
18:0.....g	0.008		0		1		0.012		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.017		0	NC	4		0.025		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.017		0		1		0.025		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.149		0	NC	4		1.758		
18:2 undifferentiated.....g	1.099		0		1		1.682		
18:3 undifferentiated.....g	0.050		0		1		0.076		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

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

**Common Measures:**

Measure 1 = 153g: 1 cup

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group: 11 Vegetables and Vegetable Products**

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11344

Pigeonpeas, immature seeds, raw

*Cajanus cajan*

Refuse:52% Pods

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	65.88	0.853	4		1		101.46	2.64	
Energy.....kcal	136		0	NC	4		209	5	
Energy.....kj	569		0		4		876	23	
Protein (N x 6.25).....g	7.20		0		1		11.09	0.29	
Total lipid (fat).....g	1.64	0.254	4		1		2.53	0.07	
Ash.....g	1.40		0		1		2.16	0.06	
Carbohydrate, by difference.....g	23.88		0	NC	4		36.78	0.96	
Fiber, total dietary.....g	5.1		0		4		7.9	0.2	
Sugars, total.....g	3.00		0	O	4		4.62	0.12	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	42		0		1		65	2	
Iron, Fe.....mg	1.60		0		1		2.46	0.06	
Magnesium, Mg.....mg	68		0		4		105	3	
Phosphorus, P.....mg	127		0		1		196	5	
Potassium, K.....mg	552		0		1		850	22	
Sodium, Na.....mg	5		0		1		8	0	
Zinc, Zn.....mg	1.04		0		4		1.60	0.04	
Copper, Cu.....mg	0.134		0		4		0.206	0.005	
Manganese, Mn.....mg	0.574		0		4		0.884	0.023	
Selenium, Se.....mcg	1.5		0	CAZN	4		2.3	0.1	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	39.0		0		1		60.1	1.6	
Thiamin.....mg	0.400		0		1		0.616	0.016	
Riboflavin.....mg	0.170		0		1		0.262	0.007	
Niacin.....mg	2.200		0		1		3.388	0.088	
Pantothenic acid.....mg	0.680		0		1		1.047	0.027	
Vitamin B-6.....mg	0.068		0		4		0.105	0.003	
Folate, total.....mcg	173		0		4		266	7	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	173		0		4		266	7	
Folate, DFE.....mcg_DFE	173		0	NC	4		266	7	
Choline, total.....mg	45.8		0	BFSN	4		70.6	1.8	
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	3		0	NC	4		5	0	
Retinol.....mcg	0		0	Z	7		0	0	
Carotene, beta.....mcg	40		0	T	4		62	2	
Carotene, alpha.....mcg	0		0	T	4		0	0	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0	0	
Vitamin A, IU.....IU	67		0	NC	4		103	3	
Lycopene.....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin.....mcg	190		0	T	4		293	8	
Vitamin E (alpha-tocopherol).....mg	0.39		0	O	4		0.60	0.02	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	24.0		0	O	4		37.0	1.0	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.354		0		1		0.545	0.014	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.000		0		1		0.000	0.000	

NDB No. 11344  
Pigeonpeas, immature seeds, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0		1		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0		1		0.000	0.000	
15:0.....g									
16:0.....g	0.329		0		1		0.507	0.013	
17:0.....g									
18:0.....g	0.025		0		1		0.039	0.001	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.013		0		1		0.020	0.001	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.013		0		1		0.020	0.001	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.873		0		1		1.344	0.035	
18:2 undifferentiated.....g	0.835		0		1		1.286	0.033	
18:3 undifferentiated.....g	0.038		0		1		0.059	0.002	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

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

**Common Measures:**

Measure 1 = 154g: 1 cup  
Measure 2 = 4.0g: 10 seeds

**Calories Factors: Protein 3.47      Fat 8.37      Carbohydrate 4.07**

**Food Group: 11 Vegetables and Vegetable Products**  
USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 11943**  
**Pimento, canned**

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	93.10	0.299	7		1		178.75	11.17	0.93
Energy.....kcal	23		0	NC	4		44	3	0
Energy.....kj	96		0		4		185	12	1
Protein (N x 6.25).....g	1.10		2		1		2.11	0.13	0.01
Total lipid (fat).....g	0.30	0.058	4		1		0.58	0.04	0.00
Ash.....g	0.40	0.058	4		1		0.77	0.05	0.00
Carbohydrate, by difference.....g	5.10		0	NC	4		9.79	0.61	0.05
Fiber, total dietary.....g	1.9		0		1		3.6	0.2	0.0
Sugars, total.....g	2.71		0	BFSN	4		5.20	0.33	0.03
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	6	0.377	4		1		12	1	0
Iron, Fe.....mg	1.68	0.410	4		1		3.23	0.20	0.02
Magnesium, Mg.....mg	6	0.480	4		1		12	1	0
Phosphorus, P.....mg	17	0.427	4		1		33	2	0
Potassium, K.....mg	158	9.238	4		1		303	19	2
Sodium, Na.....mg	14	0.787	6		1		27	2	0
Zinc, Zn.....mg	0.19	0.011	4		1		0.36	0.02	0.00
Copper, Cu.....mg	0.049		2		1		0.094	0.006	0.000
Manganese, Mn.....mg	0.092	0.026	4		1		0.177	0.011	0.001
Selenium, Se.....mcg	0.2		0	BFSN	4		0.4	0.0	0.0
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	84.9	10.674	4		1		163.0	10.2	0.8
Thiamin.....mg	0.017	0.006	4		1		0.033	0.002	0.000
Riboflavin.....mg	0.060	0.012	4		1		0.115	0.007	0.001
Niacin.....mg	0.615	0.037	4		1		1.181	0.074	0.006
Pantothenic acid.....mg	0.010		0		4		0.019	0.001	0.000
Vitamin B-6.....mg	0.215	0.032	4		1		0.413	0.026	0.002
Folate, total.....mcg	6	0.296	5		1		12	1	0
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg	6	0.296	5		1		12	1	0
Folate, DFE.....mcg_DFE	6		0	NC	4		12	1	0
Choline, total.....mg	6.3		0	BFSN	4		12.0	0.8	0.1
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	133		0	NC	4		255	16	1
Retinol.....mcg	0		0	BNA	4		0	0	0
Carotene, beta.....mcg	1474		0	BNA	4		2830	177	15
Carotene, alpha.....mcg	238		0	BNA	4		457	29	2
Cryptoxanthin, beta.....mcg	0		0	BNA	4		0	0	0
Vitamin A, IU.....IU	2655		0	NC	4		5098	319	27
Lycopene.....mcg	0		0	BFSN	4		0	0	0
Lutein + zeaxanthin.....mcg	366		0	BFSN	4		703	44	4
Vitamin E (alpha-tocopherol).....mg	0.69		0	O	4		1.32	0.08	0.01
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	8.3		0	BFSN	4		16.0	1.0	0.1
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.045		0		1		0.086	0.005	0.000
4:0.....g	0.000		0		1		0.000	0.000	0.000
6:0.....g	0.000		0		1		0.000	0.000	0.000
8:0.....g	0.000		0		1		0.000	0.000	0.000
10:0.....g	0.000		0		1		0.000	0.000	0.000

**NDB No. 11943**  
**Pimento, canned**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		1		1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.001		1		1		0.002	0.000	0.000
15:0.....g									
16:0.....g	0.033		1		1		0.063	0.004	0.000
17:0.....g									
18:0.....g	0.011		1		1		0.021	0.001	0.000
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.020		0		1		0.038	0.002	0.000
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		1		1		0.004	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.018		1		1		0.035	0.002	0.000
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.161		0		1		0.309	0.019	0.002
18:2 undifferentiated.....g	0.146		1		1		0.280	0.018	0.001
18:3 undifferentiated.....g	0.015		1		1		0.029	0.002	0.000
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	0
Phytosterols.....mg	9		1		1		17	1	0
<b>Amino Acids:</b>									
Tryptophan.....g	0.014		0		1		0.027	0.002	0.000
Threonine.....g	0.040		0		1		0.077	0.005	0.000
Isoleucine.....g	0.036		0		1		0.069	0.004	0.000
Leucine.....g	0.058		0		1		0.111	0.007	0.001
Lysine.....g	0.049		0		1		0.094	0.006	0.000
Methionine.....g	0.013		0		1		0.025	0.002	0.000
Cystine.....g	0.021		0		1		0.040	0.003	0.000
Phenylalanine.....g	0.034		0		1		0.065	0.004	0.000
Tyrosine.....g	0.023		0		1		0.044	0.003	0.000
Valine.....g	0.046		0		1		0.088	0.006	0.000
Arginine.....g	0.053		0		1		0.102	0.006	0.001
Histidine.....g	0.022		0		1		0.042	0.003	0.000
Alanine.....g	0.045		0		1		0.086	0.005	0.000
Aspartic acid.....g	0.157		0		1		0.301	0.019	0.002
Glutamic acid.....g	0.145		0		1		0.278	0.017	0.001
Glycine.....g	0.041		0		1		0.079	0.005	0.000
Proline.....g	0.048		0		1		0.092	0.006	0.000
Serine.....g	0.044		0		1		0.084	0.005	0.000
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0

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

**Common Measures:**

**NDB No. 11943**  
**Pimento, canned**

Measure 1 = 192g: 1 cup

Measure 2 = 12.0g: 1 tbsp

Measure 3 = 1.0g: 1 slice

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group:** 11 Vegetables and Vegetable Products  
USDA National Nutrient Database for Standard Reference, Release 21 (2008)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	71.64		2		1		171.94		
Energy.....kcal	112		0	NC	4		269		
Energy.....kj	469		0		4		1125		
Protein (N x 6.25).....g	0.38		2		1		0.91		
Total lipid (fat).....g	0.14		1		1		0.34		
Ash.....g	0.61		1		1		1.46		
Carbohydrate, by difference.....g	27.23		0	NC	4		65.35		
Fiber, total dietary.....g	0.4		0		4		1.0		
Sugars, total.....g	0.39		0	BFSN	4		0.93		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	16		1		1		38		
Iron, Fe.....mg	0.88		1		1		2.11		
Magnesium, Mg.....mg	24		1		1		58		
Phosphorus, P.....mg	39		1		1		94		
Potassium, K.....mg	183		2		1		439		
Sodium, Na.....mg	12		2		1		29		
Zinc, Zn.....mg	0.22		0		4		0.53		
Copper, Cu.....mg	0.166		0		4		0.398		
Manganese, Mn.....mg	0.370		0		4		0.888		
Selenium, Se.....mcg	0.7		0	BFSN	4		1.7		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	4.0		0		1		9.6		
Thiamin.....mg	0.130		0		1		0.312		
Riboflavin.....mg	0.040		0		1		0.096		
Niacin.....mg	1.100		0		1		2.640		
Pantothenic acid.....mg	0.293		0		4		0.703		
Vitamin B-6.....mg	0.273		0		4		0.655		
Folate, total.....mcg	21		0		4		51		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	21		0		4		51		
Folate, DFE.....mcg_DFE	21		0	NC	4		51		
Choline, total.....mg	16.7		0	BFSN	4		40.1		
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00		
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....mcg_RAE	3		0	NC	4		8		
Retinol.....mcg	0		0	Z	7		0		
Carotene, beta.....mcg	31		0	BFSN	4		74		
Carotene, alpha.....mcg	0		0	BFSN	4		0		
Cryptoxanthin, beta.....mcg	17		0	BFSN	4		42		
Vitamin A, IU.....IU	66		0	NC	4		158		
Lycopene.....mcg	0		0	BFSN	4		0		
Lutein + zeaxanthin.....mcg	0		0	BFSN	4		0		
Vitamin E (alpha-tocopherol).....mg	2.30		0	BFSN	4		5.52		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	1.0		0	BFSN	4		2.3		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.029		0		1		0.070		
4:0.....g	0.000		0		1		0.000		
6:0.....g	0.000		0		1		0.000		
8:0.....g	0.000		0		1		0.000		
10:0.....g	0.000		0		1		0.000		



Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0		1		0.000		
13:0.....g									
14:0.....g	0.000		0		1		0.000		
15:0.....g									
16:0.....g	0.025		0		1		0.060		
17:0.....g									
18:0.....g	0.004		0		1		0.010		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.011		0		1		0.026		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.011		0		1		0.026		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.058		0		1		0.139		
18:2 undifferentiated.....g	0.040		0		1		0.096		
18:3 undifferentiated.....g	0.018		0		1		0.043		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

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

**Common Measures:**

Measure 1 = 240g: 1 cup

**Calories Factors: Protein 2.78**

**Fat 8.37**

**Carbohydrate 4.03**

**Food Group: 11 Vegetables and Vegetable Products**

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11827

Pokeberry shoots, (poke), cooked, boiled, drained, with salt

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	92.90		0		1		153.29		
Energy.....kcal	20		0	NC	4		33		
Energy.....kj	84		0		4		138		
Protein (N x 6.25).....g	2.30		0		1		3.80		
Total lipid (fat).....g	0.40		0		1		0.66		
Ash.....g	1.30		0		1		2.15		
Carbohydrate, by difference.....g	3.10		0	NC	4		5.12		
Fiber, total dietary.....g	1.5		1	A	1		2.5		
Sugars, total.....g	1.60		0	O	4		2.64		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	53		0		1		87		
Iron, Fe.....mg	1.20		0		1		1.98		
Magnesium, Mg.....mg	14		0		4		23		
Phosphorus, P.....mg	33		0		1		54		
Potassium, K.....mg	184		0		4		304		
Sodium, Na.....mg	254		0		4		419		
Zinc, Zn.....mg	0.19		0		4		0.31		
Copper, Cu.....mg	0.126		0		4		0.208		
Manganese, Mn.....mg	0.336		0		4		0.554		
Selenium, Se.....mcg	0.9		0	CAZN	4		1.5		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	82.0		0		1		135.3		
Thiamin.....mg	0.070		0		1		0.116		
Riboflavin.....mg	0.250		0		1		0.413		
Niacin.....mg	1.100		0		1		1.815		
Pantothenic acid.....mg	0.039		0		4		0.064		
Vitamin B-6.....mg	0.111		0		4		0.183		
Folate, total.....mcg	9		0		4		14		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	9		0		4		14		
Folate, DFE.....mcg_DFE	9		0	NC	4		14		
Choline, total.....mg	0.3		0	BFSN	4		0.6		
Betaine.....mg	0.2		0	BFSN	4		0.3		
Vitamin B-12.....mcg	0.00		0	Z	7		0.00		
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....mcg_RAE	435		0	NC	4		718		
Retinol.....mcg	0		0	Z	7		0		
Carotene, beta.....mcg	5220		0	O	4		8613		
Carotene, alpha.....mcg	0		0	Z	7		0		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0		
Vitamin A, IU.....IU	8700		0	NC	4		14355		
Lycopene.....mcg	0		0	Z	7		0		
Lutein + zeaxanthin.....mcg	1747		0	O	4		2883		
Vitamin E (alpha-tocopherol).....mg	0.85		0	O	4		1.40		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	108.0		0	O	4		178.2		
<b>Lipids:</b>									
Fatty acids, total saturated.....g									
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		

NDB No. 11827

Pokeberry shoots, (poke), cooked, boiled, drained, with salt

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g									
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

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

**Common Measures:**

Measure 1 = 165g: 1 cup

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group: 11 Vegetables and Vegetable Products**

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11351

Pokeberry shoots, (poke), cooked, boiled, drained, without salt

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	92.90		0		1		153.29	9.29	
Energy.....kcal	20		0	NC	4		33	2	
Energy.....kj	84		0		4		138	8	
Protein (N x 6.25).....g	2.30		0		1		3.80	0.23	
Total lipid (fat).....g	0.40		0		1		0.66	0.04	
Ash.....g	1.30		0		1		2.15	0.13	
Carbohydrate, by difference.....g	3.10		0	NC	4		5.12	0.31	
Fiber, total dietary.....g	1.5		0		4		2.5	0.2	
Sugars, total.....g	1.60		0	O	4		2.64	0.16	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	53		0		1		87	5	
Iron, Fe.....mg	1.20		0		1		1.98	0.12	
Magnesium, Mg.....mg	14		0		4		23	1	
Phosphorus, P.....mg	33		0		1		54	3	
Potassium, K.....mg	184		0		4		304	18	
Sodium, Na.....mg	18		0		4		30	2	
Zinc, Zn.....mg	0.19		0		4		0.31	0.02	
Copper, Cu.....mg	0.126		0		4		0.208	0.013	
Manganese, Mn.....mg	0.336		0		4		0.554	0.034	
Selenium, Se.....mcg	0.9		0	CAZN	4		1.5	0.1	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	82.0		0		1		135.3	8.2	
Thiamin.....mg	0.070		0		1		0.116	0.007	
Riboflavin.....mg	0.250		0		1		0.413	0.025	
Niacin.....mg	1.100		0		1		1.815	0.110	
Pantothenic acid.....mg	0.039		0		4		0.064	0.004	
Vitamin B-6.....mg	0.111		0		4		0.183	0.011	
Folate, total.....mcg	9		0		4		14	1	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	9		0		4		14	1	
Folate, DFE.....mcg_DFE	9		0	NC	4		14	1	
Choline, total.....mg	0.3		0	BFSN	4		0.6	0.0	
Betaine.....mg	0.2		0	BFSN	4		0.3	0.0	
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	435		0	NC	4		718	44	
Retinol.....mcg	0		0	Z	7		0	0	
Carotene, beta.....mcg	5220		0	O	4		8613	522	
Carotene, alpha.....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0	0	
Vitamin A, IU.....IU	8700		0		1		14355	870	
Lycopene.....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin.....mcg	1747		0	O	4		2883	175	
Vitamin E (alpha-tocopherol).....mg	0.85		0	O	4		1.40	0.09	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	108.0		0	O	4		178.2	10.8	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.092		0		4		0.152	0.009	
4:0.....g	0.000		0		4		0.000	0.000	
6:0.....g	0.000		0		4		0.000	0.000	
8:0.....g	0.000		0		4		0.000	0.000	
10:0.....g	0.000		0		4		0.000	0.000	

NDB No. 11351

Pokeberry shoots, (poke), cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.001		0		4		0.002	0.000	
13:0.....g									
14:0.....g	0.001		0		4		0.002	0.000	
15:0.....g									
16:0.....g	0.082		0		4		0.135	0.008	
17:0.....g									
18:0.....g	0.005		0		4		0.008	0.001	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.013		0		4		0.021	0.001	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		4		0.002	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.012		0		4		0.020	0.001	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.176		0		4		0.290	0.018	
18:2 undifferentiated.....g	0.166		0		4		0.274	0.017	
18:3 undifferentiated.....g	0.009		0		4		0.015	0.001	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

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

**Common Measures:**

Measure 1 = 165g: 1 cup

Measure 2 = 10.0g: 1 tbsp

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group: 11 Vegetables and Vegetable Products**  
 USDA National Nutrient Database for Standard Reference, Release 21 (2008)



NDB No. 11350  
Pokeberry shoots, (poke), raw

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

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

**Common Measures:**

Measure 1 = 160g: 1 cup

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group:** 11 Vegetables and Vegetable Products  
USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11413

Potato flour

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	6.52		2	A	1		10.43		
Energy.....kcal	357		0	NC	4		571		
Energy.....kj	1493		0	NC	4		2389		
Protein (N x 6.25).....g	6.90		2	A	1		11.04		
Total lipid (fat).....g	0.34		2	A	1		0.54		
Ash.....g	3.14		2	A	1		5.02		
Carbohydrate, by difference.....g	83.10		0	NC	4		132.96		
Fiber, total dietary.....g	5.9		2	A	1		9.4		
Sugars, total.....g	3.52		0	BFSN	4		5.64		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	65		2	A	1		104		
Iron, Fe.....mg	1.38		2	A	1		2.21		
Magnesium, Mg.....mg	65		2	A	1		104		
Phosphorus, P.....mg	168		2	A	1		269		
Potassium, K.....mg	1001		2	A	1		1602		
Sodium, Na.....mg	55		2	A	1		88		
Zinc, Zn.....mg	0.54		2	A	1		0.86		
Copper, Cu.....mg	0.197		2	A	1		0.315		
Manganese, Mn.....mg	0.313		2	A	1		0.501		
Selenium, Se.....mcg	1.1		0	BFSN	4		1.8		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	3.8		2	A	1		6.1		
Thiamin.....mg	0.228		2	A	1		0.365		
Riboflavin.....mg	0.051		2	A	1		0.082		
Niacin.....mg	3.507		2	A	1		5.611		
Pantothenic acid.....mg	0.474		2	A	1		0.758		
Vitamin B-6.....mg	0.769		2	A	1		1.230		
Folate, total.....mcg	25		2	A	1		40		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	25		2	A	1		40		
Folate, DFE.....mcg_DFE	25		0	NC	4		40		
Choline, total.....mg	39.5		0	BFFN	4		63.1		
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00		
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....mcg_RAE	0		0	AS	1		0		
Retinol.....mcg	0		0	Z	7		0		
Carotene, beta.....mcg	0		0	Z	7		0		
Carotene, alpha.....mcg	0		0	Z	7		0		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0		
Vitamin A, IU.....IU	0		0	AS	1		0		
Lycopene.....mcg	0		0	Z	7		0		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol).....mg	0.25		0	NR	4		0.40		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		0	Z	7		0.0		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.090		0	BFFN	4		0.144		
4:0.....g	0.000		0	BFFN	4		0.000		
6:0.....g	0.000		0	BFFN	4		0.000		
8:0.....g	0.000		0	BFFN	4		0.000		
10:0.....g	0.002		0	BFFN	4		0.003		



## Potato flour

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.012		0	BFFN	4		0.019		
13:0.....g									
14:0.....g	0.003		0	BFFN	4		0.005		
15:0.....g									
16:0.....g	0.056		0	BFFN	4		0.090		
17:0.....g									
18:0.....g	0.012		0	BFFN	4		0.019		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.008		0	BFFN	4		0.013		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.003		0	BFFN	4		0.005		
17:1.....g									
18:1 undifferentiated.....g	0.004		0	BFFN	4		0.006		
20:1.....g	0.000		0	BFFN	4		0.000		
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.150		0	BFFN	4		0.240		
18:2 undifferentiated.....g	0.112		0	BFFN	4		0.179		
18:3 undifferentiated.....g	0.035		0	BFFN	4		0.056		
18:4.....g	0.000		0	BFFN	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFFN	4		0.000		
20:5 n-3.....g	0.000		0	BFFN	4		0.000		
22:5 n-3.....g	0.000		0	BFFN	4		0.000		
22:6 n-3.....g	0.000		0	BFFN	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.115		2		1		0.184		
Threonine.....g	0.280		3		1		0.448		
Isoleucine.....g	0.299		3		1		0.478		
Leucine.....g	0.425		3		1		0.680		
Lysine.....g	0.413		3		1		0.661		
Methionine.....g	0.107		2		1		0.171		
Cystine.....g	0.070		2		1		0.112		
Phenylalanine.....g	0.316		3		1		0.506		
Tyrosine.....g	0.224		3		1		0.358		
Valine.....g	0.356		3		1		0.570		
Arginine.....g	0.374		3		1		0.598		
Histidine.....g	0.166		3		1		0.266		
Alanine.....g	0.328		3		1		0.525		
Aspartic acid.....g	1.173		3		1		1.877		
Glutamic acid.....g	0.932		3		1		1.491		
Glycine.....g	0.256		3		1		0.410		
Proline.....g	0.265		2		1		0.424		
Serine.....g	0.234		3		1		0.374		
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

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

**Common Measures:**

**NDB No. 11413**

**Potato flour**

Measure 1 = 160g: 1 cup

**Calories Factors: Protein 2.78**

**Fat 8.37**

**Carbohydrate 4.03**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11672  
 Potato pancakes (1)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	47.69		0	RA	4		10.49	17.65	
Energy.....kcal	269		0	NC	4		59	99	
Energy.....kj	1124		0	NC	4		247	416	
Protein.....g	6.06		0	RA	4		1.33	2.24	
Total lipid (fat).....g	14.75		0	RA	4		3.25	5.46	
Ash.....g	3.59		0	RA	4		0.79	1.33	
Carbohydrate, by difference.....g	27.90		0	NC	4		6.14	10.32	
Fiber, total dietary.....g	3.2		0	RA	4		0.7	1.2	
Sugars, total.....g	1.80		0	RA	4		0.40	0.66	
Sucrose.....g	0.41		0	RA	4		0.09	0.15	
Glucose (dextrose).....g	0.76		0	RA	4		0.17	0.28	
Fructose.....g	0.54		0	RA	4		0.12	0.20	
Lactose.....g	0.03		0	RA	4		0.01	0.01	
Maltose.....g	0.03		0	RA	4		0.01	0.01	
Galactose.....g	0.03		0	RA	4		0.01	0.01	
Starch.....g	20.88		0	RA	4		4.59	7.72	
<b>Minerals:</b>									
Calcium, Ca.....mg	32		0	RA	4		7	12	
Iron, Fe.....mg	1.67		0	RA	4		0.37	0.62	
Magnesium, Mg.....mg	36		0	RA	4		8	13	
Phosphorus, P.....mg	128		0	RA	4		28	47	
Potassium, K.....mg	622		0	RA	4		137	230	
Sodium, Na.....mg	764		0	RA	4		168	283	
Zinc, Zn.....mg	0.70		0	RA	4		0.15	0.26	
Copper, Cu.....mg	0.180		0	RA	4		0.040	0.067	
Manganese, Mn.....mg	0.260		0	RA	4		0.057	0.096	
Selenium, Se.....mcg	8.9		0	RA	4		1.9	3.3	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	27.5		0	RA	4		6.0	10.2	
Thiamin.....mg	0.158		0	RA	4		0.035	0.059	
Riboflavin.....mg	0.173		0	RA	4		0.038	0.064	
Niacin.....mg	1.668		0	RA	4		0.367	0.617	
Pantothenic acid.....mg	0.757		0	RA	4		0.166	0.280	
Vitamin B-6.....mg	0.451		0	RA	4		0.099	0.167	
Folate, total.....mcg	41		0	RA	4		9	15	
Folic acid.....mcg	6		0	RA	4		1	2	
Folate, food.....mcg	35		0	RA	4		8	13	
Folate, DFE.....mcg_DFE	45		0	NC	4		10	17	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg	0.29		0	RA	4		0.06	0.11	
Vitamin B-12, added.....mcg	0.00		0	RA	4		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	32		0	NC	4		7	12	
Retinol.....mcg	31		0	RA	4		7	12	
Carotene, beta.....mcg	4		0	RA	4		1	2	
Carotene, alpha.....mcg	0		0	RA	4		0	0	
Cryptoxanthin, beta.....mcg	2		0	RA	4		0	1	
Vitamin A, IU.....IU	113		0	NC	4		25	42	
Lycopene.....mcg	0		0	RA	4		0	0	
Lutein + zeaxanthin.....mcg	87		0	RA	4		19	32	
Vitamin E (alpha-tocopherol).....mg	0.23		0	RA	4		0.05	0.09	
Vitamin E, added.....mg	0.00		0	RA	4		0.00	0.00	
Tocopherol, beta.....mg	0.01		0	RA	4		0.00	0.00	
Tocopherol, gamma.....mg	0.13		0	RA	4		0.03	0.05	
Tocopherol, delta.....mg	0.01		0	RA	4		0.00	0.00	
Vitamin D.....IU	8		0	RA	4		2	3	
Vitamin K (phylloquinone).....mcg	2.7		0	RA	4		0.6	1.0	

NDB No. 11672  
 Potato pancakes (1)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	2.493		0	RA	4		0.548	0.922	
4:0.....g	0.000		0	RA	4		0.000	0.000	
6:0.....g	0.000		0	RA	4		0.000	0.000	
8:0.....g	0.001		0	RA	4		0.000	0.000	
10:0.....g	0.002		0	RA	4		0.000	0.001	
12:0.....g	0.005		0	RA	4		0.001	0.002	
13:0.....g									
14:0.....g	0.022		0	RA	4		0.005	0.008	
15:0.....g	0.001		0	RA	4		0.000	0.000	
16:0.....g	1.802		0	RA	4		0.396	0.667	
17:0.....g	0.004		0	RA	4		0.001	0.001	
18:0.....g	0.652		0	RA	4		0.143	0.241	
20:0.....g	0.002		0	RA	4		0.000	0.001	
22:0.....g	0.003		0	RA	4		0.001	0.001	
24:0.....g	0.001		0	RA	4		0.000	0.000	
Fatty acids, total monounsaturated.....g	3.729		0	RA	4		0.820	1.380	
14:1.....g	0.002		0	RA	4		0.000	0.001	
15:1.....g	0.000		0	RA	4		0.000	0.000	
16:1 undifferentiated.....g	0.093		0	RA	4		0.020	0.034	
17:1.....g	0.000		0	RA	4		0.000	0.000	
18:1 undifferentiated.....g	3.602		0	RA	4		0.792	1.333	
20:1.....g	0.031		0	RA	4		0.007	0.011	
22:1 undifferentiated.....g	0.001		0	RA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	7.515		0	RA	4		1.653	2.780	
18:2 undifferentiated.....g	6.612		0	RA	4		1.455	2.447	
18:3 undifferentiated.....g	0.861		0	RA	4		0.189	0.319	
18:4.....g	0.000		0	RA	4		0.000	0.000	
20:2 n-6 c,c.....g	0.000		0	RA	4		0.000	0.000	
20:3 undifferentiated.....g	0.000		0	RA	4		0.000	0.000	
20:4 undifferentiated.....g	0.032		0	RA	4		0.007	0.012	
20:5 n-3.....g	0.001		0	RA	4		0.000	0.000	
22:5 n-3.....g	0.000		0	RA	4		0.000	0.000	
22:6 n-3.....g	0.008		0	RA	4		0.002	0.003	
Fatty acids, total trans.....g									
Cholesterol.....mg	95		0	RA	4		21	35	
Phytosterols.....mg	9		0	RA	4		2	3	
<b>Amino Acids:</b>									
Tryptophan.....g	0.050		0	RA	4		0.011	0.019	
Threonine.....g	0.115		0	RA	4		0.025	0.043	
Isoleucine.....g	0.132		0	RA	4		0.029	0.049	
Leucine.....g	0.199		0	RA	4		0.044	0.074	
Lysine.....g	0.186		0	RA	4		0.041	0.069	
Methionine.....g	0.053		0	RA	4		0.012	0.019	
Cystine.....g	0.046		0	RA	4		0.010	0.017	
Phenylalanine.....g	0.147		0	RA	4		0.032	0.055	
Tyrosine.....g	0.119		0	RA	4		0.026	0.044	
Valine.....g	0.177		0	RA	4		0.039	0.065	
Arginine.....g	0.164		0	RA	4		0.036	0.061	
Histidine.....g	0.072		0	RA	4		0.016	0.027	
Alanine.....g	0.103		0	RA	4		0.023	0.038	
Aspartic acid.....g	0.708		0	RA	4		0.156	0.262	
Glutamic acid.....g	0.621		0	RA	4		0.137	0.230	
Glycine.....g	0.104		0	RA	4		0.023	0.038	
Proline.....g	0.149		0	RA	4		0.033	0.055	
Serine.....g	0.145		0	RA	4		0.032	0.054	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	RA	4		0.0	0.0	
Caffeine.....mg	0		0	RA	4		0	0	
Theobromine.....mg	0		0	RA	4		0	0	

NDB No. 11672  
Potato pancakes (1)

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

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

**Common Measures:**

Measure 1 = 22g: 1 small 2-3/4 in. dia., 5/8 in. thick.

Measure 2 = 37g: 1 medium 3-1/4 in. x 3-5/8 in., 5/8 in. thick.

**Footnotes:**

1 Recipe: Potatoes, 72%; eggs, 12%; onions, 7%; margarine, 7%; flour, 2%; and salt, 1%.

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 11 Vegetables and Vegetable Products  
USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 11399**  
**Potato puffs, frozen, oven-heated**

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	59.70		2	A	1		76.41	4.18	35.82
Energy.....kcal	190		0	NC	4		243	13	114
Energy.....kj	794		0	NC	4		1016	56	476
Protein (N x 6.25).....g	2.05		2	A	1		2.63	0.14	1.23
Total lipid (fat).....g	8.62		2	A	1		11.03	0.60	5.17
Ash.....g	1.88		2	A	1		2.41	0.13	1.13
Carbohydrate, by difference.....g	27.75		0	NC	4		35.52	1.94	16.65
Fiber, total dietary.....g	2.5		2	A	1		3.2	0.2	1.5
Sugars, total.....g	0.25		2	A	1		0.32	0.02	0.15
Sucrose.....g	0.00		2	A	1		0.00	0.00	0.00
Glucose (dextrose).....g	0.25		2	A	1		0.32	0.02	0.15
Fructose.....g	0.00		2	A	1		0.00	0.00	0.00
Lactose.....g	0.00		2	A	1		0.00	0.00	0.00
Maltose.....g	0.00		2	A	1		0.00	0.00	0.00
Galactose.....g	0.00		2	A	1		0.00	0.00	0.00
Starch.....g	20.83		2	A	1		26.66	1.46	12.50
<b>Minerals:</b>									
Calcium, Ca.....mg	14		2	A	1		18	1	8
Iron, Fe.....mg	0.64		2	A	1		0.82	0.05	0.39
Magnesium, Mg.....mg	17		2	A	1		22	1	10
Phosphorus, P.....mg	103		2	A	1		132	7	62
Potassium, K.....mg	312		2	A	1		399	22	187
Sodium, Na.....mg	480		2	A	1		614	34	288
Zinc, Zn.....mg	0.32		2	A	1		0.41	0.02	0.19
Copper, Cu.....mg	0.070		2	A	1		0.090	0.005	0.042
Manganese, Mn.....mg	0.127		2	A	1		0.162	0.009	0.076
Selenium, Se.....mcg	0.6		0	BFSN	4		0.7	0.0	0.4
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	6.3		2	A	1		8.0	0.4	3.8
Thiamin.....mg	0.130		2	A	1		0.167	0.009	0.078
Riboflavin.....mg	0.032		2	A	1		0.041	0.002	0.019
Niacin.....mg	1.510		2	A	1		1.933	0.106	0.906
Pantothenic acid.....mg	0.295		2	A	1		0.378	0.021	0.177
Vitamin B-6.....mg	0.128		2	A	1		0.164	0.009	0.077
Folate, total.....mcg	14		2	A	1		18	1	9
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg	14		2	A	1		18	1	9
Folate, DFE.....mcg_DFE	14		0	NC	4		18	1	9
Choline, total.....mg	25.4		0	BFSN	4		32.5	1.8	15.3
Betaine.....mg	0.8		0	BFSN	4		1.0	0.1	0.5
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0	0	0
Retinol.....mcg	0		0	Z	7		0	0	0
Carotene, beta.....mcg	3		0	BFSN	4		4	0	2
Carotene, alpha.....mcg	0		0	BFSN	4		0	0	0
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0	0	0
Vitamin A, IU.....IU	5		0	NC	4		6	0	3
Lycopene.....mcg	0		0	BFSN	4		0	0	0
Lutein + zeaxanthin.....mcg	16		0	BFSN	4		20	1	10
Vitamin E (alpha-tocopherol).....mg	0.23		2	A	1		0.30	0.02	0.14
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg	0.02		2	A	1		0.02	0.00	0.01
Tocopherol, gamma.....mg	1.16		2	A	1		1.48	0.08	0.69
Tocopherol, delta.....mg	1.08		2	A	1		1.38	0.08	0.65
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	4.0		2	A	1		5.1	0.3	2.4

NDB No. 11399  
 Potato puffs, frozen, oven-heated

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	1.823		0	NC	4		2.334	0.128	1.094
4:0.....g	0.000		0	BFSN	4		0.000	0.000	0.000
6:0.....g	0.000		0	BFSN	4		0.000	0.000	0.000
8:0.....g	0.000		2	A	1		0.000	0.000	0.000
10:0.....g	0.000		2	A	1		0.000	0.000	0.000
12:0.....g	0.000		2	A	1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.000		2	A	1		0.000	0.000	0.000
15:0.....g	0.000		2	A	1		0.000	0.000	0.000
16:0.....g	0.977		2	A	1		1.250	0.068	0.586
17:0.....g	0.006		2	A	1		0.007	0.000	0.003
18:0.....g	0.781		2	A	1		1.000	0.055	0.469
20:0.....g	0.030		2	A	1		0.039	0.002	0.018
22:0.....g	0.029		2	A	1		0.037	0.002	0.017
24:0.....g									
Fatty acids, total monounsaturated.....g	6.030		0	NC	4		7.718	0.422	3.618
14:1.....g	0.000		2	A	1		0.000	0.000	0.000
15:1.....g	0.000		2	A	1		0.000	0.000	0.000
16:1 undifferentiated.....g	0.000		2	A	1		0.000	0.000	0.000
17:1.....g	0.000		2	A	1		0.000	0.000	0.000
18:1 undifferentiated.....g	6.016		2	A	1		7.701	0.421	3.610
20:1.....g	0.014		2	A	1		0.018	0.001	0.008
22:1 undifferentiated.....g	0.000		0	BFSN	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.447		0	NC	4		0.572	0.031	0.268
18:2 undifferentiated.....g	0.397		2	A	1		0.509	0.028	0.238
18:3 undifferentiated.....g	0.025		0	AS	1		0.032	0.002	0.015
18:3 n-3 c,c,c.....g	0.025		2	A	1		0.032	0.002	0.015
18:3 n-6 c,c,c.....g	0.000		2	A	1		0.000	0.000	0.000
18:3i.....g									
18:4.....g	0.000		0	BFSN	4		0.000	0.000	0.000
20:2 n-6 c,c.....g	0.000		2	A	1		0.000	0.000	0.000
20:3 undifferentiated.....g	0.000		2	A	1		0.000	0.000	0.000
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000		2	A	1		0.000	0.000	0.000
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g	0.000		0	BFSN	4		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3.....g	0.000		0	BFSN	4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	BFSN	4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	0
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.020		0	A	1		0.025	0.001	0.012
Threonine.....g	0.083		0	A	1		0.107	0.006	0.050
Isoleucine.....g	0.087		0	A	1		0.112	0.006	0.052
Leucine.....g	0.153		0	A	1		0.196	0.011	0.092
Lysine.....g	0.135		0	A	1		0.173	0.009	0.081
Methionine.....g	0.032		0	A	1		0.042	0.002	0.019
Cystine.....g	0.037		0	A	1		0.047	0.003	0.022
Phenylalanine.....g	0.099		0	A	1		0.126	0.007	0.059
Tyrosine.....g	0.075		0	A	1		0.096	0.005	0.045
Valine.....g	0.124		0	A	1		0.158	0.009	0.074
Arginine.....g	0.130		0	A	1		0.166	0.009	0.078
Histidine.....g	0.046		0	A	1		0.059	0.003	0.028
Alanine.....g	0.095		0	A	1		0.122	0.007	0.057
Aspartic acid.....g	0.375		0	A	1		0.480	0.026	0.225
Glutamic acid.....g	0.324		0	A	1		0.414	0.023	0.194

**NDB No. 11399**  
**Potato puffs, frozen, oven-heated**

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Glycine.....g	0.083		0	A	1		0.106	0.006	0.050
Proline.....g	0.090		0	A	1		0.115	0.006	0.054
Serine.....g	0.102		0	A	1		0.130	0.007	0.061
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0			7	0.0	0.0	0.0
Caffeine.....mg	0		0	Z		7	0	0	0
Theobromine.....mg	0		0	Z		7	0	0	0

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

**Common Measures:**

- Measure 1 = 128g: 1 cup
- Measure 2 = 7.0g: 1 puff
- Measure 3 = 60g: 10 Crispy Crowns

**Calories Factors: Protein 2.78**

**Fat 8.37**

**Carbohydrate 4.03**

**Food Group: 11 Vegetables and Vegetable Products**  
 USDA National Nutrient Database for Standard Reference, Release 21 (2008)



NDB No. 11398  
 Potato puffs, frozen, unprepared

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	62.42		2	A	1		79.90		
Energy.....kcal	175		0	NC	4		224		
Energy.....kj	734		0	NC	4		939		
Protein (N x 6.25).....g	2.03		2	A	1		2.60		
Total lipid (fat).....g	7.77		2	A	1		9.94		
Ash.....g	1.81		2	A	1		2.31		
Carbohydrate, by difference.....g	25.97		0	NC	4		33.24		
Fiber, total dietary.....g	1.9		2	A	1		2.4		
Sugars, total.....g	0.21		2	A	1		0.28		
Sucrose.....g	0.00		2	A	1		0.00		
Glucose (dextrose).....g	0.21		2	A	1		0.28		
Fructose.....g	0.00		2	A	1		0.00		
Lactose.....g	0.00		2	A	1		0.00		
Maltose.....g	0.00		2	A	1		0.00		
Galactose.....g	0.00		2	A	1		0.00		
Starch.....g	19.84		2	A	1		25.40		
<b>Minerals:</b>									
Calcium, Ca.....mg	13		2	A	1		17		
Iron, Fe.....mg	0.63		2	A	1		0.80		
Magnesium, Mg.....mg	16		2	A	1		20		
Phosphorus, P.....mg	97		2	A	1		124		
Potassium, K.....mg	285		2	A	1		365		
Sodium, Na.....mg	457		2	A	1		584		
Zinc, Zn.....mg	0.29		2	A	1		0.37		
Copper, Cu.....mg	0.068		2	A	1		0.087		
Manganese, Mn.....mg	0.120		2	A	1		0.154		
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	7.5		2	A	1		9.5		
Thiamin.....mg	0.085		2	A	1		0.109		
Riboflavin.....mg	0.036		2	A	1		0.046		
Niacin.....mg	1.410		2	A	1		1.805		
Pantothenic acid.....mg	0.296		2	A	1		0.379		
Vitamin B-6.....mg	0.117		2	A	1		0.150		
Folate, total.....mcg	35		2	A	1		45		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	35		2	A	1		45		
Folate, DFE.....mcg_DFE	35		0	NC	4		45		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0		
Retinol.....mcg	0		0	Z	7		0		
Carotene, beta.....mcg	3		0	BFSN	4		3		
Carotene, alpha.....mcg	0		0	BFSN	4		0		
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0		
Vitamin A, IU.....IU	4		0	NC	4		6		
Lycopene.....mcg	0		0	BFSN	4		0		
Lutein + zeaxanthin.....mcg	15		0	BFSN	4		19		
Vitamin E (alpha-tocopherol).....mg	0.24		2	A	1		0.31		
Tocopherol, beta.....mg	0.01		2	A	1		0.01		
Tocopherol, gamma.....mg	1.11		2	A	1		1.43		
Tocopherol, delta.....mg	1.05		2	A	1		1.34		
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	3.4		2	A	1		4.4		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	1.641		0	NC	4		2.101		

NDB No. 11398  
 Potato puffs, frozen, unprepared

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
4:0.....g									
6:0.....g									
8:0.....g	0.000		2	A	1		0.000		
10:0.....g	0.000		2	A	1		0.000		
12:0.....g	0.000		2	A	1		0.000		
13:0.....g									
14:0.....g	0.000		2	A	1		0.000		
15:0.....g	0.000		2	A	1		0.000		
16:0.....g	0.872		2	A	1		1.117		
17:0.....g	0.006		2	A	1		0.007		
18:0.....g	0.708		2	A	1		0.907		
20:0.....g	0.028		2	A	1		0.036		
22:0.....g	0.027		2	A	1		0.035		
24:0.....g									
Fatty acids, total monounsaturated.....g	5.413		0	NC	4		6.928		
14:1.....g	0.000		2	A	1		0.000		
15:1.....g	0.000		2	A	1		0.000		
16:1 undifferentiated.....g	0.000		2	A	1		0.000		
17:1.....g	0.000		2	A	1		0.000		
18:1 undifferentiated.....g	5.400		2	A	1		6.911		
20:1.....g	0.013		2	A	1		0.017		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.403		0	NC	4		0.516		
18:2 undifferentiated.....g	0.360		2	A	1		0.461		
18:3 undifferentiated.....g	0.021		0	AS	1		0.027		
18:3 n-3 c,c,c.....g	0.021		2	A	1		0.027		
18:3 n-6 c,c,c.....g	0.000		2	A	1		0.000		
18:3i.....g									
18:4.....g									
20:2 n-6 c,c.....g	0.000		2	A	1		0.000		
20:3 undifferentiated.....g	0.000		2	A	1		0.000		
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000		2	A	1		0.000		
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g									
21:5.....g									
22:4.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.019		0	A	1		0.025		
Threonine.....g	0.083		0	A	1		0.106		
Isoleucine.....g	0.086		0	A	1		0.110		
Leucine.....g	0.151		0	A	1		0.194		
Lysine.....g	0.133		0	A	1		0.171		
Methionine.....g	0.032		0	A	1		0.041		
Cystine.....g	0.037		0	A	1		0.047		
Phenylalanine.....g	0.098		0	A	1		0.125		
Tyrosine.....g	0.074		0	A	1		0.095		
Valine.....g	0.122		0	A	1		0.157		
Arginine.....g	0.128		0	A	1		0.164		
Histidine.....g	0.046		0	A	1		0.058		
Alanine.....g	0.094		0	A	1		0.120		
Aspartic acid.....g	0.371		0	A	1		0.475		
Glutamic acid.....g	0.320		0	A	1		0.410		
Glycine.....g	0.082		0	A	1		0.105		
Proline.....g	0.089		0	A	1		0.114		

**NDB No. 11398**  
**Potato puffs, frozen, unprepared**

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code			
Serine.....g	0.100		0	A	1	0.129		
Hydroxyproline.....g								
<b>Others:</b>								
Alcohol, ethyl.....g	0.0		0	Z	7	0.0		
Caffeine.....mg								
Theobromine.....mg								

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

**Common Measures:**

Measure 1 = 128g: 1 cup

**Calories Factors: Protein 2.78**

**Fat 8.37**

**Carbohydrate 4.03**

**Food Group:** 11 Vegetables and Vegetable Products  
 USDA National Nutrient Database for Standard Reference, Release 21 (2008)



Potato salad, home-prepared (1)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.013		0		1		0.033		
15:0.....g									
16:0.....g	1.034		0		1		2.585		
17:0.....g									
18:0.....g	0.370		0		1		0.925		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	2.480		0		1		6.200		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.054		0		1		0.135		
17:1.....g									
18:1 undifferentiated.....g	2.418		0		1		6.045		
20:1.....g	0.009		0		1		0.023		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.737		0		1		9.343		
18:2 undifferentiated.....g	3.345		0		1		8.363		
18:3 undifferentiated.....g	0.370		0		1		0.925		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	68		0		1		170		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.042		0		1		0.105		
Threonine.....g	0.116		0		1		0.290		
Isoleucine.....g	0.141		0		1		0.353		
Leucine.....g	0.202		0		1		0.505		
Lysine.....g	0.171		0		1		0.428		
Methionine.....g	0.066		0		1		0.165		
Cystine.....g	0.051		0		1		0.128		
Phenylalanine.....g	0.135		0		1		0.338		
Tyrosine.....g	0.104		0		1		0.260		
Valine.....g	0.172		0		1		0.430		
Arginine.....g	0.152		0		1		0.380		
Histidine.....g	0.062		0		1		0.155		
Alanine.....g	0.124		0		1		0.310		
Aspartic acid.....g	0.425		0		1		1.063		
Glutamic acid.....g	0.387		0		1		0.968		
Glycine.....g	0.086		0		1		0.215		
Proline.....g	0.102		0		1		0.255		
Serine.....g	0.164		0		1		0.410		
Hydroxyproline.....g									

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

**Common Measures:**

Measure 1 = 250g: 1 cup

**Footnotes:**

1 Recipe: Potatoes, 62%; egg, 12%; mayonnaise, 8%; celery, 7%; sweet pickle relish, 6%; onion, 2%; green pepper, 1%; pimienta, 1%; salt, 1%; and dry mustard.

NDB No. 11414

Potato salad, home-prepared (1)

Calories Factors: Protein

Fat

Carbohydrate

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11674

Potato, baked, flesh and skin, w without salt

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Points	Code					
<b>Proximates:</b>									
Water.....g	74.89		21	A	1		223.93	129.56	103.35
Energy.....kcal	93		0	NC	4		279	161	129
Energy.....kj	390		0	NC	4		1167	675	539
Protein (N x 6.25).....g	2.50		21	A	1		7.46	4.32	3.44
Total lipid (fat).....g	0.13		21	A	1		0.40	0.23	0.19
Ash.....g	1.33		21	A	1		3.96	2.29	1.83
Carbohydrate, by difference.....g	21.15		0	NC	4		63.24	36.59	29.19
Fiber, total dietary.....g	2.2		15	A	1		6.6	3.8	3.0
Sugars, total.....g	1.18		0	AS	1		3.51	2.03	1.62
Sucrose.....g	0.40		21	A	1		1.18	0.69	0.55
Glucose (dextrose).....g	0.44		21	A	1		1.31	0.76	0.60
Fructose.....g	0.34		21	A	1		1.02	0.59	0.47
Lactose.....g	0.00		21	A	1		0.00	0.00	0.00
Maltose.....g	0.00		21	A	1		0.00	0.00	0.00
Galactose.....g	0.00		11	A	1		0.00	0.00	0.00
Starch.....g	17.27		21	A	1		51.65	29.88	23.84
<b>Minerals:</b>									
Calcium, Ca.....mg	15	0.182	46	JA	6		44	26	20
Iron, Fe.....mg	1.08	0.022	47	JA	6		3.24	1.88	1.50
Magnesium, Mg.....mg	28	0.188	47	JA	6		85	49	39
Phosphorus, P.....mg	70	0.442	46	JA	6		208	120	96
Potassium, K.....mg	535	3.398	47	JA	6		1599	925	738
Sodium, Na.....mg	10	0.133	47	JA	6		31	18	14
Zinc, Zn.....mg	0.36	0.001	47	JA	6		1.06	0.61	0.49
Copper, Cu.....mg	0.118	0.002	46	JA	6		0.352	0.203	0.162
Manganese, Mn.....mg	0.219	0.003	47	JA	6		0.656	0.380	0.303
Selenium, Se.....mcg	0.4	0.010	22	JA	6		1.1	0.7	0.5
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	9.6		21	A	1		28.7	16.6	13.3
Thiamin.....mg	0.064		21	A	1		0.192	0.111	0.089
Riboflavin.....mg	0.048		21	A	1		0.142	0.082	0.066
Niacin.....mg	1.410		21	A	1		4.216	2.439	1.946
Pantothenic acid.....mg	0.376		21	A	1		1.125	0.651	0.519
Vitamin B-6.....mg	0.311		21	A	1		0.931	0.539	0.430
Folate, total.....mcg	28		21	A	1		83	48	39
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg	28		21	A	1		83	48	39
Folate, DFE.....mcg_DFE	28		0	NC	4		83	48	39
Choline, total.....mg	14.8		0	BFSN	4		44.2	25.6	20.4
Betaine.....mg	0.2		0	BFSN	4		0.7	0.4	0.3
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	1		0	NC	4		2	1	1
Retinol.....mcg	0		0	Z	7		0	0	0
Carotene, beta.....mcg	6		21	JO	11		18	11	8
Carotene, alpha.....mcg	0		21	JO	11		0	0	0
Cryptoxanthin, beta.....mcg	0		21	JO	11		0	0	0
Vitamin A, IU.....IU	10		0	NC	4		31	18	14
Lycopene.....mcg	0		21	JO	11		0	0	0
Lutein + zeaxanthin.....mcg	30		12	JO	11		91	53	42
Vitamin E (alpha-tocopherol).....mg	0.04		2	A	1		0.13	0.08	0.06
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg	0.00		2	A	1		0.00	0.00	0.00
Tocopherol, gamma.....mg	0.00		2	A	1		0.00	0.00	0.00
Tocopherol, delta.....mg	0.00		2	A	1		0.00	0.00	0.00
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	2.0		23	JO	11		6.0	3.5	2.8

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.035		0	BFFN	4		0.105	0.061	0.048
4:0.....g	0.000		0		1		0.000	0.000	0.000
6:0.....g	0.000		0		1		0.000	0.000	0.000
8:0.....g	0.000		0		1		0.000	0.000	0.000
10:0.....g	0.001		0	BFFN	4		0.004	0.002	0.002
12:0.....g	0.004		0	BFFN	4		0.012	0.007	0.006
13:0.....g									
14:0.....g	0.001		0	BFFN	4		0.004	0.002	0.002
15:0.....g									
16:0.....g	0.022		0	BFFN	4		0.065	0.037	0.030
17:0.....g									
18:0.....g	0.005		0	BFFN	4		0.016	0.009	0.007
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.003		0	BFFN	4		0.008	0.005	0.004
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0	BFFN	4		0.004	0.002	0.002
17:1.....g									
18:1 undifferentiated.....g	0.001		0	BFFN	4		0.004	0.002	0.002
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.058		0	BFFN	4		0.173	0.100	0.080
18:2 undifferentiated.....g	0.043		0	BFFN	4		0.129	0.075	0.060
18:3 undifferentiated.....g	0.013		0	BFFN	4		0.040	0.023	0.019
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	0
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.039		0	BFFN	4		0.117	0.068	0.054
Threonine.....g	0.091		0	BFFN	4		0.273	0.158	0.126
Isoleucine.....g	0.101		0	BFFN	4		0.302	0.175	0.139
Leucine.....g	0.150		0	BFFN	4		0.448	0.259	0.207
Lysine.....g	0.152		0	BFFN	4		0.454	0.263	0.210
Methionine.....g	0.039		0	BFFN	4		0.117	0.068	0.054
Cystine.....g	0.031		0	BFFN	4		0.094	0.054	0.043
Phenylalanine.....g	0.111		0	BFFN	4		0.331	0.192	0.153
Tyrosine.....g	0.092		0	BFFN	4		0.276	0.160	0.127
Valine.....g	0.141		0	BFFN	4		0.422	0.244	0.195
Arginine.....g	0.115		0	BFFN	4		0.344	0.199	0.159
Histidine.....g	0.054		0	BFFN	4		0.162	0.094	0.075
Alanine.....g	0.077		0	BFFN	4		0.230	0.133	0.106
Aspartic acid.....g	0.611		0	BFFN	4		1.827	1.057	0.843
Glutamic acid.....g	0.419		0	BFFN	4		1.253	0.725	0.578
Glycine.....g	0.074		0	BFFN	4		0.221	0.128	0.102
Proline.....g	0.090		0	BFFN	4		0.269	0.156	0.124
Serine.....g	0.109		0	BFFN	4		0.324	0.188	0.150
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0



NDB No. 11674

Potato, baked, flesh and skin, without salt

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

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

**Common Measures:**

Measure 1 = 299g: 1 potato large

Measure 2 = 173g: 1 potato medium

Measure 3 = 138g: 1 potato small

**Calories Factors: Protein** 2.78

**Fat** 8.37

**Carbohydrate**4.03

**Food Group:** 11 Vegetables and Vegetable Products  
USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11352

Potato, flesh and skin, raw

*Solanum tuberosum*

Refuse:25% Parings and trimmings

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	79.34	0.368	11	A	1		292.77	169.00	134.88
Energy.....kcal	77		0	NC	4		283	163	130
Energy.....kj	321		0	NC	4		1185	684	546
Protein (N x 6.25).....g	2.02	0.034	11	A	1		7.45	4.30	3.43
Total lipid (fat).....g	0.09	0.009	11	A	1		0.33	0.19	0.15
Ash.....g	1.08	0.097	11	A	1		4.00	2.31	1.84
Carbohydrate, by difference.....g	17.47		0	NC	4		64.45	37.20	29.69
Fiber, total dietary.....g	2.2		5	A	1		8.0	4.6	3.7
Sugars, total.....g	0.78		0	AS	1		2.87	1.66	1.32
Sucrose.....g	0.17	0.021	11	A	1		0.64	0.37	0.29
Glucose (dextrose).....g	0.33	0.047	11	A	1		1.24	0.71	0.57
Fructose.....g	0.27	0.029	11	A	1		1.00	0.58	0.46
Lactose.....g	0.00	0.000	11	A	1		0.00	0.00	0.00
Maltose.....g	0.00	0.000	11	A	1		0.00	0.00	0.00
Galactose.....g	0.00		5	A	1		0.00	0.00	0.00
Starch.....g	15.44	1.448	11	A	1		56.99	32.89	26.25
<b>Minerals:</b>									
Calcium, Ca.....mg	12	1.368	11	A	1		44	25	20
Iron, Fe.....mg	0.78	0.040	11	A	1		2.88	1.66	1.33
Magnesium, Mg.....mg	23	0.452	11	A	1		84	49	39
Phosphorus, P.....mg	57	0.880	11	A	1		210	121	97
Potassium, K.....mg	421	11.942	11	A	1		1554	897	716
Sodium, Na.....mg	6	0.760	73		1		22	13	10
Zinc, Zn.....mg	0.29	0.003	11	A	1		1.08	0.63	0.50
Copper, Cu.....mg	0.108	0.016	11	A	1		0.399	0.230	0.184
Manganese, Mn.....mg	0.153	0.026	11	A	1		0.566	0.327	0.261
Selenium, Se.....mcg	0.3	0.031	299	A	1		1.1	0.6	0.5
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	19.7	0.769	141		1		72.7	42.0	33.5
Thiamin.....mg	0.080	0.006	11	A	1		0.294	0.170	0.135
Riboflavin.....mg	0.032	0.013	11	A	1		0.118	0.068	0.054
Niacin.....mg	1.054	0.040	10	A	1		3.889	2.245	1.792
Pantothenic acid.....mg	0.296	0.036	11	A	1		1.093	0.631	0.504
Vitamin B-6.....mg	0.295	0.148	11	A	1		1.087	0.627	0.501
Folate, total.....mcg	16	3.324	11	A	1		58	33	27
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg	16	3.324	11	A	1		58	33	27
Folate, DFE.....mcg_DFE	16		0	NC	4		58	33	27
Choline, total.....mg	12.1		0	BFSN	4		44.8	25.9	20.7
Betaine.....mg	0.2		0	BFSN	4		0.7	0.4	0.3
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0	0	0
Retinol.....mcg	0		0	Z	7		0	0	0
Carotene, beta.....mcg	1	0.570	11	JO	11		5	3	2
Carotene, alpha.....mcg	0	0.000	11	JO	11		0	0	0
Cryptoxanthin, beta.....mcg	0	0.000	11	JO	11		0	0	0
Vitamin A, IU.....IU	2		0	NC	4		9	5	4
Lycopene.....mcg	0	0.000	11	JO	11		0	0	0
Lutein + zeaxanthin.....mcg	8	2.357	10	JO	11		30	17	14
Vitamin E (alpha-tocopherol).....mg	0.01		2	A	1		0.03	0.02	0.01
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg	0.00		2	A	1		0.00	0.00	0.00
Tocopherol, gamma.....mg	0.00		2	A	1		0.00	0.00	0.00
Tocopherol, delta.....mg	0.00		2	A	1		0.00	0.00	0.00
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	1.9	0.660	11	A	1		7.1	4.1	3.3

NDB No. 11352  
 Potato, flesh and skin, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.026		0		1		0.096	0.055	0.044
4:0.....g	0.000		0		1		0.000	0.000	0.000
6:0.....g	0.000		0		1		0.000	0.000	0.000
8:0.....g	0.000		0		1		0.000	0.000	0.000
10:0.....g	0.001		6		1		0.004	0.002	0.002
12:0.....g	0.003		6		1		0.011	0.006	0.005
13:0.....g									
14:0.....g	0.001		18		1		0.004	0.002	0.002
15:0.....g									
16:0.....g	0.016		59		1		0.059	0.034	0.027
17:0.....g									
18:0.....g	0.004		59		1		0.015	0.009	0.007
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.002		0		1		0.007	0.004	0.003
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		37		1		0.004	0.002	0.002
17:1.....g									
18:1 undifferentiated.....g	0.001		59		1		0.004	0.002	0.002
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.043		0		1		0.159	0.092	0.073
18:2 undifferentiated.....g	0.032		59		1		0.118	0.068	0.054
18:3 undifferentiated.....g	0.010		59		1		0.037	0.021	0.017
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	0
Phytosterols.....mg	5		0		1		18	11	9
<b>Amino Acids:</b>									
Tryptophan.....g	0.032		6		1		0.118	0.068	0.054
Threonine.....g	0.075		7		1		0.277	0.160	0.128
Isoleucine.....g	0.084		7		1		0.310	0.179	0.143
Leucine.....g	0.124		7		1		0.458	0.264	0.211
Lysine.....g	0.126		7		1		0.465	0.268	0.214
Methionine.....g	0.033		7		1		0.122	0.070	0.056
Cystine.....g	0.026		6		1		0.096	0.055	0.044
Phenylalanine.....g	0.092		7		1		0.339	0.196	0.156
Tyrosine.....g	0.077		6		1		0.284	0.164	0.131
Valine.....g	0.117		7		1		0.432	0.249	0.199
Arginine.....g	0.095		9		1		0.351	0.202	0.162
Histidine.....g	0.045		9		1		0.166	0.096	0.077
Alanine.....g	0.064		6		1		0.236	0.136	0.109
Aspartic acid.....g	0.506		6		1		1.867	1.078	0.860
Glutamic acid.....g	0.347		8		1		1.280	0.739	0.590
Glycine.....g	0.062		6		1		0.229	0.132	0.105
Proline.....g	0.074		8		1		0.273	0.158	0.126
Serine.....g	0.090		6		1		0.332	0.192	0.153
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0

NDB No. 11352  
Potato, flesh and skin, raw

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

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

**Common Measures:**

- Measure 1 = 369g: 1 Potato large (3" to 4-1/4" dia)
- Measure 2 = 213g: 1 Potato medium (2-1/4" to 3-1/4" dia)
- Measure 3 = 170g: 1 Potato small (1-3/4" to 2-1/2" dia)

**Calories Factors:** Protein 2.78      Fat 8.37      Carbohydrate 4.03

**Food Group:** 11 Vegetables and Vegetable Products  
USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11356

Potatoes, Russet, flesh and skin, baked

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	74.45	0.525	8	A	1		222.60	128.79	102.74
Energy.....kcal	97		0	NC	4		291	169	134
Energy.....kj	408		0	NC	4		1219	705	563
Protein.....g	2.63	0.050	8	A	1		7.87	4.55	3.63
Total lipid (fat).....g	0.13	0.031	8	A	1		0.39	0.22	0.18
Ash.....g	1.35	0.048	8	A	1		4.04	2.34	1.87
Carbohydrate, by difference.....g	21.44		0	NC	4		64.10	37.09	29.58
Fiber, total dietary.....g	2.3	0.059	6	A	1		6.9	4.0	3.2
Sugars, total.....g	1.08		0	AS	1		3.22	1.86	1.48
Sucrose.....g	0.39	0.052	8	A	1		1.16	0.67	0.53
Glucose (dextrose).....g	0.37	0.044	8	A	1		1.10	0.64	0.51
Fructose.....g	0.32	0.036	8	A	1		0.96	0.55	0.44
Lactose.....g	0.00	0.000	8	A	1		0.00	0.00	0.00
Maltose.....g	0.00	0.000	8	A	1		0.00	0.00	0.00
Galactose.....g	0.00	0.000	4	A	1		0.00	0.00	0.00
Starch.....g	17.45	0.619	8	A	1		52.19	30.19	24.09
<b>Minerals:</b>									
Calcium, Ca.....mg	18	1.678	8	A	1		53	31	24
Iron, Fe.....mg	1.07	0.104	8	A	1		3.19	1.85	1.47
Magnesium, Mg.....mg	30	0.766	8	A	1		90	52	42
Phosphorus, P.....mg	71	1.751	8	A	1		212	122	98
Potassium, K.....mg	550	21.990	8	A	1		1644	951	759
Sodium, Na.....mg	14	4.224	8	A	1		41	24	19
Zinc, Zn.....mg	0.35	0.022	8	A	1		1.03	0.60	0.48
Copper, Cu.....mg	0.107	0.008	8	A	1		0.319	0.184	0.147
Manganese, Mn.....mg	0.228	0.020	8	A	1		0.683	0.395	0.315
Selenium, Se.....mcg	0.5		2	A	1		1.5	0.9	0.7
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	12.9	0.525	6		1		38.6	22.3	17.8
Thiamin.....mg	0.067	0.008	8	A	1		0.201	0.116	0.093
Riboflavin.....mg	0.048	0.003	8	A	1		0.145	0.084	0.067
Niacin.....mg	1.348	0.087	8	A	1		4.030	2.332	1.860
Pantothenic acid.....mg	0.380	0.024	8	A	1		1.138	0.658	0.525
Vitamin B-6.....mg	0.354	0.028	8	A	1		1.059	0.613	0.489
Folate, total.....mcg	26	3.926	8	A	1		76	44	35
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg	26	3.926	8	A	1		76	44	35
Folate, DFE.....mcg_DFE	26		0	NC	4		76	44	35
Choline, total.....mg	15.0		0	AS	1		45.0	26.0	20.8
Betaine.....mg	0.2	0.016	3	A	1		0.7	0.4	0.3
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	1		0	NC	4		2	1	1
Retinol.....mcg	0		0	Z	7		0	0	0
Carotene, beta.....mcg	6	0.000	9	JO	11		18	11	8
Carotene, alpha.....mcg	0	0.000	9	JO	11		0	0	0
Cryptoxanthin, beta.....mcg	0	0.000	9	JO	11		0	0	0
Vitamin A, IU.....IU	10		0	NC	4		31	18	14
Lycopene.....mcg	0	0.000	9	JO	11		0	0	0
Lutein + zeaxanthin.....mcg	20	1.620	8	JO	11		60	35	28
Vitamin E (alpha-tocopherol).....mg	0.04		2	A	1		0.13	0.08	0.06
Tocopherol, beta.....mg	0.00		2	A	1		0.00	0.00	0.00
Tocopherol, gamma.....mg	0.00		2	A	1		0.00	0.00	0.00
Tocopherol, delta.....mg	0.00		2	A	1		0.00	0.00	0.00
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	2.0	0.327	8	A	1		6.1	3.5	2.8
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.025		0	NC	4		0.075	0.043	0.035

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
4:0.....g	0.000		0		1		0.000	0.000	0.000
6:0.....g	0.000		0		1		0.000	0.000	0.000
8:0.....g	0.000		0		1		0.000	0.000	0.000
10:0.....g	0.001		0		1		0.003	0.002	0.001
12:0.....g	0.003		0		1		0.009	0.005	0.004
13:0.....g									
14:0.....g	0.001		0		1		0.003	0.002	0.001
15:0.....g									
16:0.....g	0.016		0		1		0.048	0.028	0.022
17:0.....g									
18:0.....g	0.004		0		1		0.012	0.007	0.006
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.002		0	NC	4		0.006	0.003	0.003
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.003	0.002	0.001
17:1.....g									
18:1 undifferentiated.....g	0.001		0		1		0.003	0.002	0.001
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.042		0	NC	4		0.126	0.073	0.058
18:2 undifferentiated.....g	0.032		0		1		0.096	0.055	0.044
18:3 undifferentiated.....g	0.010		0		1		0.030	0.017	0.014
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	0
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.025	0.000	4	A	1		0.074	0.043	0.034
Threonine.....g	0.074	0.004	4	A	1		0.221	0.128	0.102
Isoleucine.....g	0.077	0.003	4	A	1		0.231	0.134	0.107
Leucine.....g	0.109	0.006	4	A	1		0.326	0.189	0.150
Lysine.....g	0.127	0.006	4	A	1		0.380	0.220	0.176
Methionine.....g	0.034	0.001	4	A	1		0.103	0.060	0.047
Cystine.....g	0.027	0.003	4	A	1		0.080	0.046	0.037
Phenylalanine.....g	0.175	0.018	4	A	1		0.524	0.303	0.242
Tyrosine.....g	0.070	0.002	4	A	1		0.209	0.121	0.096
Valine.....g	0.124	0.001	4	A	1		0.370	0.214	0.171
Arginine.....g	0.112	0.001	4	A	1		0.335	0.194	0.154
Histidine.....g	0.041	0.002	4	A	1		0.122	0.071	0.057
Alanine.....g	0.069	0.003	4	A	1		0.208	0.120	0.096
Aspartic acid.....g	0.579	0.021	4	A	1		1.731	1.002	0.799
Glutamic acid.....g	0.560	0.043	4	A	1		1.676	0.970	0.773
Glycine.....g	0.063	0.002	4	A	1		0.187	0.108	0.087
Proline.....g	0.081	0.002	4	A	1		0.242	0.140	0.112
Serine.....g	0.086	0.001	4	A	1		0.257	0.149	0.119
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0

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

NDB No. 11356

Potatoes, Russet, flesh and skin, baked

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

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food, or similar food.

**Common Measures:**

Measure 1 = 299g: 1 potato large (3" to 4-1/4" dia.)

Measure 2 = 173g: 1 potato medium (2-1/4" to 3-1/4" dia.)

Measure 3 = 138g: 1 potato small (1-3/4" to 2-1/2" dia.)

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 11 Vegetables and Vegetable Products  
USDA National Nutrient Database for Standard Reference, Release 21 (2008)





NDB No. 11385

Potatoes, au gratin, dry mix, prepared with water, whole milk and butter

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.413		0		1		0.566	3.395	
15:0.....g									
16:0.....g	1.149		0		1		1.574	9.445	
17:0.....g									
18:0.....g	0.499		0		1		0.684	4.102	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.175		0		1		1.610	9.659	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.107		0		1		0.147	0.880	
17:1.....g									
18:1 undifferentiated.....g	1.006		0		1		1.378	8.269	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.134		0		1		0.184	1.101	
18:2 undifferentiated.....g	0.083		0		1		0.114	0.682	
18:3 undifferentiated.....g	0.053		0		1		0.073	0.436	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	15		0		4		21	123	
Phytosterols.....mg									

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

**Common Measures:**

Measure 1 = 137g: .167 package (5.5 oz) yields

Measure 2 = 822g: 1 package yield, 5.5 oz

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)



NDB No. 11384

Potatoes, au gratin, dry mix, unprepared

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.371		0		1		0.579	0.096	
15:0.....g									
16:0.....g	1.032		0		1		1.610	0.268	
17:0.....g									
18:0.....g	0.448		0		1		0.699	0.116	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.055		0		1		1.646	0.274	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.096		0		1		0.150	0.025	
17:1.....g									
18:1 undifferentiated.....g	0.903		0		1		1.409	0.235	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.121		0		1		0.189	0.031	
18:2 undifferentiated.....g	0.075		0		1		0.117	0.020	
18:3 undifferentiated.....g	0.048		0		1		0.075	0.012	
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg									
Phytosterols.....mg									

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

**Common Measures:**

Measure 1 = 156g: 1 package (5.5 oz)

Measure 2 = 26g: .167 package (5.5 oz)

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)



Potatoes, au gratin, home-prepared from recipe using butter (1)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.755		0		1		1.850		
15:0.....g									
16:0.....g	2.094		0		1		5.130		
17:0.....g									
18:0.....g	0.913		0		1		2.237		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	2.149		0		1		5.265		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.193		0		1		0.473		
17:1.....g									
18:1 undifferentiated.....g	1.844		0		1		4.518		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.276		0		1		0.676		
18:2 undifferentiated.....g	0.175		0		1		0.429		
18:3 undifferentiated.....g	0.105		0		1		0.257		
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	23		0		1		56		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.070		0		1		0.172		
Threonine.....g	0.192		0		1		0.470		
Isoleucine.....g	0.284		0		1		0.696		
Leucine.....g	0.443		0		1		1.085		
Lysine.....g	0.381		0		1		0.933		
Methionine.....g	0.117		0		1		0.287		
Cystine.....g	0.044		0		1		0.108		
Phenylalanine.....g	0.254		0		1		0.622		
Tyrosine.....g	0.230		0		1		0.564		
Valine.....g	0.325		0		1		0.796		
Arginine.....g	0.203		0		1		0.497		
Histidine.....g	0.151		0		1		0.370		
Alanine.....g	0.156		0		1		0.382		
Aspartic acid.....g	0.569		0		1		1.394		
Glutamic acid.....g	1.141		0		1		2.795		
Glycine.....g	0.113		0		1		0.277		
Proline.....g	0.463		0		1		1.134		
Serine.....g	0.275		0		1		0.674		
Hydroxyproline.....g									

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

**Common Measures:**

Measure 1 = 245g: 1 cup

**Footnotes:**

1 Recipe: Potatoes, 55%; whole milk, 30%; cheddar cheese, 9%; butter, 3%; flour, 2%; and salt, 1%.

**NDB No. 11373**

**Potatoes, au gratin, home-prepared from recipe using butter (1 )**

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)



Potatoes, au gratin, home-prepared from recipe using margarine (1)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.479		0		1		1.174		
15:0.....g									
16:0.....g	1.698		0		1		4.160		
17:0.....g									
18:0.....g	0.773		0		1		1.894		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	2.587		0		1		6.338		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.135		0		1		0.331		
17:1.....g									
18:1 undifferentiated.....g	2.388		0		1		5.851		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.076		0		1		2.636		
18:2 undifferentiated.....g	0.978		0		1		2.396		
18:3 undifferentiated.....g	0.102		0		1		0.250		
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	15		0		1		37		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.070		0		1		0.172		
Threonine.....g	0.192		0		1		0.470		
Isoleucine.....g	0.284		0		1		0.696		
Leucine.....g	0.443		0		1		1.085		
Lysine.....g	0.381		0		1		0.933		
Methionine.....g	0.117		0		1		0.287		
Cystine.....g	0.044		0		1		0.108		
Phenylalanine.....g	0.254		0		1		0.622		
Tyrosine.....g	0.230		0		1		0.564		
Valine.....g	0.325		0		1		0.796		
Arginine.....g	0.203		0		1		0.497		
Histidine.....g	0.151		0		1		0.370		
Alanine.....g	0.156		0		1		0.382		
Aspartic acid.....g	0.569		0		1		1.394		
Glutamic acid.....g	1.141		0		1		2.795		
Glycine.....g	0.113		0		1		0.277		
Proline.....g	0.463		0		1		1.134		
Serine.....g	0.275		0		1		0.674		
Hydroxyproline.....g									

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

**Common Measures:**

Measure 1 = 245g: 1 cup

**Footnotes:**

1 Recipe: Potatoes, 55%; whole milk, 30%; cheddar cheese, 9%; margarine, 3%; flour, 2%; and salt, 1%.



**NDB No. 11843**

**Potatoes, au gratin, home-prepared from recipe using margarine (1)**

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11828

Potatoes, baked, flesh and skin, with salt

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	74.89		21	A	1		223.93	129.56	103.35
Energy.....kcal	93		0	NC	4		279	161	129
Energy.....kj	390		0	NC	4		1167	675	539
Protein (N x 6.25).....g	2.50		21	A	1		7.46	4.32	3.44
Total lipid (fat).....g	0.13		21	A	1		0.40	0.23	0.19
Ash.....g	1.33		21	A	1		3.96	2.29	1.83
Carbohydrate, by difference.....g	21.15		0	NC	4		63.24	36.59	29.19
Fiber, total dietary.....g	2.2		15	A	1		6.6	3.8	3.0
Sugars, total.....g	1.18		0	NC	4		3.51	2.03	1.62
Sucrose.....g	0.40		21	A	1		1.18	0.69	0.55
Glucose (dextrose).....g	0.44		21	A	1		1.31	0.76	0.60
Fructose.....g	0.34		21	A	1		1.02	0.59	0.47
Lactose.....g	0.00		21	A	1		0.00	0.00	0.00
Maltose.....g	0.00		21	A	1		0.00	0.00	0.00
Galactose.....g	0.00		11	A	1		0.00	0.00	0.00
Starch.....g	17.27		21	A	1		51.65	29.88	23.84
<b>Minerals:</b>									
Calcium, Ca.....mg	15	0.182	46	JA	6		44	26	20
Iron, Fe.....mg	1.08	0.022	47	JA	6		3.24	1.88	1.50
Magnesium, Mg.....mg	28	0.188	47	JA	6		85	49	39
Phosphorus, P.....mg	70	0.442	46	JA	6		208	120	96
Potassium, K.....mg	535	3.398	47	JA	6		1599	925	738
Sodium, Na.....mg	244		0		4		730	422	337
Zinc, Zn.....mg	0.36	0.001	47	JA	6		1.06	0.61	0.49
Copper, Cu.....mg	0.118	0.002	46	JA	6		0.352	0.203	0.162
Manganese, Mn.....mg	0.219	0.003	47	JA	6		0.656	0.380	0.303
Selenium, Se.....mcg	0.4	0.010	22	JA	6		1.1	0.7	0.5
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	9.6		21	A	1		28.7	16.6	13.3
Thiamin.....mg	0.064		21	A	1		0.192	0.111	0.089
Riboflavin.....mg	0.048		21	A	1		0.142	0.082	0.066
Niacin.....mg	1.410		21	A	1		4.216	2.439	1.946
Pantothenic acid.....mg	0.376		21	A	1		1.125	0.651	0.519
Vitamin B-6.....mg	0.311		21	A	1		0.931	0.539	0.430
Folate, total.....mcg	28		21	A	1		83	48	39
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg	28		21	A	1		83	48	39
Folate, DFE.....mcg_DFE	28		0	NC	4		83	48	39
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	1		0	NC	4		2	1	1
Retinol.....mcg	0		0	Z	7		0	0	0
Carotene, beta.....mcg	6		21	JO	11		18	11	8
Carotene, alpha.....mcg	0		21	JO	11		0	0	0
Cryptoxanthin, beta.....mcg	0		21	JO	11		0	0	0
Vitamin A, IU.....IU	10		0	NC	4		31	18	14
Lycopene.....mcg	0		21	JO	11		0	0	0
Lutein + zeaxanthin.....mcg	30		12	JO	11		91	53	42
Vitamin E (alpha-tocopherol).....mg	0.04		2	A	1		0.13	0.08	0.06
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg	0.00		2	A	1		0.00	0.00	0.00
Tocopherol, gamma.....mg	0.00		2	A	1		0.00	0.00	0.00
Tocopherol, delta.....mg	0.00		2	A	1		0.00	0.00	0.00
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	2.0		23	JO	11		6.0	3.5	2.8

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	measures of food			
						Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.035		0	BFFN	4		0.105	0.061	0.048
4:0.....g	0.000		0	BFFN	4		0.000	0.000	0.000
6:0.....g	0.000		0	BFFN	4		0.000	0.000	0.000
8:0.....g	0.000		0	BFFN	4		0.000	0.000	0.000
10:0.....g	0.001		0	BFFN	4		0.004	0.002	0.002
12:0.....g	0.004		0	BFFN	4		0.012	0.007	0.006
13:0.....g									
14:0.....g	0.001		0	BFFN	4		0.004	0.002	0.002
15:0.....g									
16:0.....g	0.022		0	BFFN	4		0.065	0.037	0.030
17:0.....g									
18:0.....g	0.005		0	BFFN	4		0.016	0.009	0.007
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.003		0	BFFN	4		0.008	0.005	0.004
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0	BFFN	4		0.004	0.002	0.002
17:1.....g									
18:1 undifferentiated.....g	0.001		0	BFFN	4		0.004	0.002	0.002
20:1.....g	0.000		0	BFFN	4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.058		0	BFFN	4		0.173	0.100	0.080
18:2 undifferentiated.....g	0.043		0	BFFN	4		0.129	0.075	0.060
18:3 undifferentiated.....g	0.013		0	BFFN	4		0.040	0.023	0.019
18:4.....g	0.000		0	BFFN	4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	BFFN	4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	0
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.039		0	BFFN	4		0.117	0.068	0.054
Threonine.....g	0.091		0	BFFN	4		0.273	0.158	0.126
Isoleucine.....g	0.101		0	BFFN	4		0.302	0.175	0.139
Leucine.....g	0.150		0	BFFN	4		0.448	0.259	0.207
Lysine.....g	0.152		0	BFFN	4		0.454	0.263	0.210
Methionine.....g	0.039		0	BFFN	4		0.117	0.068	0.054
Cystine.....g	0.031		0	BFFN	4		0.094	0.054	0.043
Phenylalanine.....g	0.111		0	BFFN	4		0.331	0.192	0.153
Tyrosine.....g	0.092		0	BFFN	4		0.276	0.160	0.127
Valine.....g	0.141		0	BFFN	4		0.422	0.244	0.195
Arginine.....g	0.115		0	BFFN	4		0.344	0.199	0.159
Histidine.....g	0.054		0	BFFN	4		0.162	0.094	0.075
Alanine.....g	0.077		0	BFFN	4		0.230	0.133	0.106
Aspartic acid.....g	0.611		0	BFFN	4		1.827	1.057	0.843
Glutamic acid.....g	0.419		0	BFFN	4		1.253	0.725	0.578
Glycine.....g	0.074		0	BFFN	4		0.221	0.128	0.102
Proline.....g	0.090		0	BFFN	4		0.269	0.156	0.124
Serine.....g	0.109		0	BFFN	4		0.324	0.188	0.150
Hydroxyproline.....g									

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

**NDB No. 11828**

**Potatoes, baked, flesh and skin, with salt**

**Common Measures:**

Measure 1 = 299g: 1 potato large (3" to 4-1/4" dia)

Measure 2 = 173g: 1 potato medium (2-1/4" to 3-1/4" dia)

Measure 3 = 138g: 1 potato small (1-3/4" to 2-1/2" dia)

**Calories Factors: Protein 2.78**

**Fat 8.37**

**Carbohydrate 4.03**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 11829**  
**Potatoes, baked, flesh, with salt**

**Refuse:23% Skin and adhering flesh**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	75.42	1.207	6		1		46.01	117.66	
Energy.....kcal	93		0	NC	4		57	145	
Energy.....kj	390		0	NC	4		238	608	
Protein (N x 6.25).....g	1.96	0.018	6		1		1.20	3.06	
Total lipid (fat).....g	0.10		0		1		0.06	0.16	
Ash.....g	0.97	0.061	6		1		0.59	1.51	
Carbohydrate, by difference.....g	21.55		0	NC	4		13.15	33.62	
Fiber, total dietary.....g	1.5		0		4		0.9	2.3	
Sugars, total.....g	1.70		0	T	4		1.04	2.65	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	5	1.393	6		1		3	8	
Iron, Fe.....mg	0.35	0.080	6		1		0.21	0.55	
Magnesium, Mg.....mg	25	1.838	6		1		15	39	
Phosphorus, P.....mg	50	3.593	6		1		31	78	
Potassium, K.....mg	391	18.745	6		1		239	610	
Sodium, Na.....mg	241		0		4		147	376	
Zinc, Zn.....mg	0.29	0.031	6		1		0.18	0.45	
Copper, Cu.....mg	0.215	0.043	6		1		0.131	0.335	
Manganese, Mn.....mg	0.161	0.014	6		1		0.098	0.251	
Selenium, Se.....mcg	0.3		0	BFSN	4		0.2	0.5	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	12.8	0.617	3		1		7.8	20.0	
Thiamin.....mg	0.105	0.006	6		1		0.064	0.164	
Riboflavin.....mg	0.021	0.001	6		1		0.013	0.033	
Niacin.....mg	1.395	0.102	6		1		0.851	2.176	
Pantothenic acid.....mg	0.555		1		1		0.339	0.866	
Vitamin B-6.....mg	0.301	0.012	6		1		0.184	0.470	
Folate, total.....mcg	9	0.557	6		1		6	14	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	9	0.557	6		1		6	14	
Folate, DFE.....mcg_DFE	9		0	NC	4		6	14	
Choline, total.....mg	14.5		0	BFSN	4		8.8	22.6	
Betaine.....mg	0.2		0	BFSN	4		0.1	0.3	
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	0		0	AS	1		0	0	
Retinol.....mcg	0		0	Z	7		0	0	
Carotene, beta.....mcg	0		0	Z	7		0	0	
Carotene, alpha.....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0	0	
Vitamin A, IU.....IU	0		0	AS	1		0	0	
Lycopene.....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg	0.04		0	O	4		0.02	0.06	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.3		0	T	4		0.2	0.5	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.026		0		1		0.016	0.041	
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g	0.001		0		1		0.001	0.002	

**NDB No. 11829**  
**Potatoes, baked, flesh, with salt**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Deriv		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Points	Code					
12:0.....g	0.003		0		1		0.002	0.005	
13:0.....g									
14:0.....g	0.001		0		1		0.001	0.002	
15:0.....g									
16:0.....g	0.016		0		1		0.010	0.025	
17:0.....g									
18:0.....g	0.004		0		1		0.002	0.006	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.002		0		1		0.001	0.003	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.001	0.002	
17:1.....g									
18:1 undifferentiated.....g	0.001		0		1		0.001	0.002	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.043		0		1		0.026	0.067	
18:2 undifferentiated.....g	0.032		0		1		0.020	0.050	
18:3 undifferentiated.....g	0.010		0		1		0.006	0.016	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.030		0		1		0.018	0.047	
Threonine.....g	0.071		0		1		0.043	0.111	
Isoleucine.....g	0.080		0		1		0.049	0.125	
Leucine.....g	0.118		0		1		0.072	0.184	
Lysine.....g	0.119		0		1		0.073	0.186	
Methionine.....g	0.031		0		1		0.019	0.048	
Cystine.....g	0.025		0		1		0.015	0.039	
Phenylalanine.....g	0.087		0		1		0.053	0.136	
Tyrosine.....g	0.073		0		1		0.045	0.114	
Valine.....g	0.110		0		1		0.067	0.172	
Arginine.....g	0.090		0		1		0.055	0.140	
Histidine.....g	0.043		0		1		0.026	0.067	
Alanine.....g	0.060		0		1		0.037	0.094	
Aspartic acid.....g	0.479		0		1		0.292	0.747	
Glutamic acid.....g	0.328		0		1		0.200	0.512	
Glycine.....g	0.058		0		1		0.035	0.090	
Proline.....g	0.070		0		1		0.043	0.109	
Serine.....g	0.085		0		1		0.052	0.133	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g									
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

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

**Common Measures:**

**NDB No. 11829**

**Potatoes, baked, flesh, with salt**

Measure 1 = 61g: .5 cup

Measure 2 = 156g: 1 potato (2-1/3" x 4-3/4")

**Calories Factors: Protein 2.78**

**Fat 8.37**

**Carbohydrate 4.03**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11363

Potatoes, baked, flesh, w without salt

Refuse:23% Skin and adhering flesh

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	75.42	1.207	6		1		46.01	117.66	
Energy.....kcal	93		0	NC	4		57	145	
Energy.....kj	390		0	NC	4		238	608	
Protein (N x 6.25).....g	1.96	0.018	6		1		1.20	3.06	
Total lipid (fat).....g	0.10		0		1		0.06	0.16	
Ash.....g	0.97	0.061	6		1		0.59	1.51	
Carbohydrate, by difference.....g	21.55		0	NC	4		13.15	33.62	
Fiber, total dietary.....g	1.5		0		1		0.9	2.3	
Sugars, total.....g	1.70		0	T	4		1.04	2.65	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	5	1.393	6		1		3	8	
Iron, Fe.....mg	0.35	0.080	6		1		0.21	0.55	
Magnesium, Mg.....mg	25	1.838	6		1		15	39	
Phosphorus, P.....mg	50	3.593	6		1		31	78	
Potassium, K.....mg	391	18.745	6		1		239	610	
Sodium, Na.....mg	5	0.440	6		1		3	8	
Zinc, Zn.....mg	0.29	0.031	6		1		0.18	0.45	
Copper, Cu.....mg	0.215	0.043	6		1		0.131	0.335	
Manganese, Mn.....mg	0.161	0.014	6		1		0.098	0.251	
Selenium, Se.....mcg	0.3		0	BFSN	4		0.2	0.5	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	12.8	0.617	3		1		7.8	20.0	
Thiamin.....mg	0.105	0.006	6		1		0.064	0.164	
Riboflavin.....mg	0.021	0.001	6		1		0.013	0.033	
Niacin.....mg	1.395	0.102	6		1		0.851	2.176	
Pantothenic acid.....mg	0.555		1		1		0.339	0.866	
Vitamin B-6.....mg	0.301	0.012	6		1		0.184	0.470	
Folate, total.....mcg	9	0.557	6		1		6	14	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	9	0.557	6		1		6	14	
Folate, DFE.....mcg_DFE	9		0	NC	4		6	14	
Choline, total.....mg	14.5		0	BFSN	4		8.8	22.6	
Betaine.....mg	0.2		0	BFSN	4		0.1	0.3	
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	0		0	AS	1		0	0	
Retinol.....mcg	0		0	Z	7		0	0	
Carotene, beta.....mcg	0		0	Z	7		0	0	
Carotene, alpha.....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0	0	
Vitamin A, IU.....IU	0		0	AS	1		0	0	
Lycopene.....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg	0.04		0	O	4		0.02	0.06	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.3		0	T	4		0.2	0.5	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.026		0		1		0.016	0.041	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.001		0		1		0.001	0.002	



Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.003		0		1		0.002	0.005	
13:0.....g									
14:0.....g	0.001		0		1		0.001	0.002	
15:0.....g									
16:0.....g	0.016		0		1		0.010	0.025	
17:0.....g									
18:0.....g	0.004		0		1		0.002	0.006	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.002		0		1		0.001	0.003	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.001	0.002	
17:1.....g									
18:1 undifferentiated.....g	0.001		0		1		0.001	0.002	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.043		0		1		0.026	0.067	
18:2 undifferentiated.....g	0.032		0		1		0.020	0.050	
18:3 undifferentiated.....g	0.010		0		1		0.006	0.016	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.030		0		1		0.018	0.047	
Threonine.....g	0.071		0		1		0.043	0.111	
Isoleucine.....g	0.080		0		1		0.049	0.125	
Leucine.....g	0.118		0		1		0.072	0.184	
Lysine.....g	0.119		0		1		0.073	0.186	
Methionine.....g	0.031		0		1		0.019	0.048	
Cystine.....g	0.025		0		1		0.015	0.039	
Phenylalanine.....g	0.087		0		1		0.053	0.136	
Tyrosine.....g	0.073		0		1		0.045	0.114	
Valine.....g	0.110		0		1		0.067	0.172	
Arginine.....g	0.090		0		1		0.055	0.140	
Histidine.....g	0.043		0		1		0.026	0.067	
Alanine.....g	0.060		0		1		0.037	0.094	
Aspartic acid.....g	0.479		0		1		0.292	0.747	
Glutamic acid.....g	0.328		0		1		0.200	0.512	
Glycine.....g	0.058		0		1		0.035	0.090	
Proline.....g	0.070		0		1		0.043	0.109	
Serine.....g	0.085		0		1		0.052	0.133	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

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

**Common Measures:**

**NDB No. 11363**

**Potatoes, baked, flesh, without salt**

Measure 1 = 61g: .5 cup

Measure 2 = 156g: 1 potato (2-1/3" x 4-3/4")

**Calories Factors: Protein 2.78**

**Fat 8.37**

**Carbohydrate 4.03**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11830  
Potatoes, baked, skin, with salt

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	47.31	1.891	6		1		27.44		
Energy.....kcal	198		0	NC	4		115		
Energy.....kj	830		0	NC	4		481		
Protein (N x 6.25).....g	4.29	0.270	4		1		2.49		
Total lipid (fat).....g	0.10		0		1		0.06		
Ash.....g	2.24	0.115	4		1		1.30		
Carbohydrate, by difference.....g	46.06		0	NC	4		26.71		
Fiber, total dietary.....g	7.9		0		4		4.6		
Sugars, total.....g	1.40		0	T	4		0.81		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	34	9.770	6		1		20		
Iron, Fe.....mg	7.04	1.901	6		1		4.08		
Magnesium, Mg.....mg	43	1.960	6		1		25		
Phosphorus, P.....mg	101	5.775	6		1		59		
Potassium, K.....mg	573	25.380	6		1		332		
Sodium, Na.....mg	257		0		4		149		
Zinc, Zn.....mg	0.49	0.046	6		1		0.28		
Copper, Cu.....mg	0.817	0.069	6		1		0.474		
Manganese, Mn.....mg	0.616	0.099	6		1		0.357		
Selenium, Se.....mcg	0.7		0	BFSN	4		0.4		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	13.5	0.169	3		1		7.8		
Thiamin.....mg	0.122	0.011	6		1		0.071		
Riboflavin.....mg	0.106	0.005	6		1		0.061		
Niacin.....mg	3.065	0.038	5		1		1.778		
Pantothenic acid.....mg	0.857		0		4		0.497		
Vitamin B-6.....mg	0.614	0.026	6		1		0.356		
Folate, total.....mcg	22	1.844	6		1		13		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	22	1.844	6		1		13		
Folate, DFE.....mcg_DFE	22		0	NC	4		13		
Choline, total.....mg	31.0		0	BFSN	4		18.0		
Betaine.....mg	0.5		0	BFSN	4		0.3		
Vitamin B-12.....mcg	0.00		0	Z	7		0.00		
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....mcg_RAE	1		0	NC	4		0		
Retinol.....mcg	0		0	Z	7		0		
Carotene, beta.....mcg	6		0	O	4		3		
Carotene, alpha.....mcg	0		0	Z	7		0		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0		
Vitamin A, IU.....IU	10		0	NC	4		6		
Lycopene.....mcg	0		0	Z	7		0		
Lutein + zeaxanthin.....mcg	30		0	O	4		17		
Vitamin E (alpha-tocopherol).....mg	0.04		0	O	4		0.02		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	1.7		0	O	4		1.0		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.026		0		1		0.015		
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g	0.001		0		1		0.001		

NDB No. 11830  
Potatoes, baked, skin, with salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.003		0		1		0.002		
13:0.....g									
14:0.....g	0.001		0		1		0.001		
15:0.....g									
16:0.....g	0.016		0		1		0.009		
17:0.....g									
18:0.....g	0.004		0		1		0.002		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.002		0		1		0.001		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.001		
17:1.....g									
18:1 undifferentiated.....g	0.001		0		1		0.001		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.043		0		1		0.025		
18:2 undifferentiated.....g	0.032		0		1		0.019		
18:3 undifferentiated.....g	0.010		0		1		0.006		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g									
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

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

**Common Measures:**

Measure 1 = 58g: 1 skin

**Calories Factors: Protein 2.78**

**Fat 8.37**

**Carbohydrate 4.03**

**Food Group: 11 Vegetables and Vegetable Products**

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11364

Potatoes, baked, skin, without salt

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	47.31	1.891	6		1		27.44		
Energy.....kcal	198		0	NC	4		115		
Energy.....kj	830		0	NC	4		481		
Protein (N x 6.25).....g	4.29	0.270	4		1		2.49		
Total lipid (fat).....g	0.10		0		1		0.06		
Ash.....g	2.24	0.115	4		1		1.30		
Carbohydrate, by difference.....g	46.06		0	NC	4		26.71		
Fiber, total dietary.....g	7.9		0		4		4.6		
Sugars, total.....g	1.40		0	T	4		0.81		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	34	9.770	6		1		20		
Iron, Fe.....mg	7.04	1.901	6		1		4.08		
Magnesium, Mg.....mg	43	1.960	6		1		25		
Phosphorus, P.....mg	101	5.775	6		1		59		
Potassium, K.....mg	573	25.380	6		1		332		
Sodium, Na.....mg	21	4.455	6		1		12		
Zinc, Zn.....mg	0.49	0.046	6		1		0.28		
Copper, Cu.....mg	0.817	0.069	6		1		0.474		
Manganese, Mn.....mg	0.616	0.099	6		1		0.357		
Selenium, Se.....mcg	0.7		0	BFSN	4		0.4		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	13.5	0.169	3		1		7.8		
Thiamin.....mg	0.122	0.011	6		1		0.071		
Riboflavin.....mg	0.106	0.005	6		1		0.061		
Niacin.....mg	3.065	0.038	5		1		1.778		
Pantothenic acid.....mg	0.857		0		4		0.497		
Vitamin B-6.....mg	0.614	0.026	6		1		0.356		
Folate, total.....mcg	22	1.844	6		1		13		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	22	1.844	6		1		13		
Folate, DFE.....mcg_DFE	22		0	NC	4		13		
Choline, total.....mg	31.0		0	BFSN	4		18.0		
Betaine.....mg	0.5		0	BFSN	4		0.3		
Vitamin B-12.....mcg	0.00		0	Z	7		0.00		
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....mcg_RAE	1		0	NC	4		0		
Retinol.....mcg	0		0	Z	7		0		
Carotene, beta.....mcg	6		0	O	4		3		
Carotene, alpha.....mcg	0		0	Z	7		0		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0		
Vitamin A, IU.....IU	10		0	NC	4		6		
Lycopene.....mcg	0		0	Z	7		0		
Lutein + zeaxanthin.....mcg	30		0	O	4		17		
Vitamin E (alpha-tocopherol).....mg	0.04		0	O	4		0.02		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	1.7		0	O	4		1.0		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.026		0		1		0.015		
4:0.....g	0.000		0		1		0.000		
6:0.....g	0.000		0		1		0.000		
8:0.....g	0.000		0		1		0.000		
10:0.....g	0.001		0		1		0.001		

NDB No. 11364

Potatoes, baked, skin, without salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.003		0		1		0.002		
13:0.....g									
14:0.....g	0.001		0		1		0.001		
15:0.....g									
16:0.....g	0.016		0		1		0.009		
17:0.....g									
18:0.....g	0.004		0		1		0.002		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.002		0		1		0.001		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.001		
17:1.....g									
18:1 undifferentiated.....g	0.001		0		1		0.001		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.043		0		1		0.025		
18:2 undifferentiated.....g	0.032		0		1		0.019		
18:3 undifferentiated.....g	0.010		0		1		0.006		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

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

**Common Measures:**

Measure 1 = 58g: 1 skin

Calories Factors: Protein 2.78

Fat 8.37

Carbohydrate 4.03

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11831

Potatoes, boiled, cooked in skin, flesh, with salt

Refuse:9% Skins and eyes

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	76.98	0.915	6		1		60.04	104.69	
Energy.....kcal	87		0	NC	4		68	118	
Energy.....kj	364		0		4		284	495	
Protein (N x 6.25).....g	1.87	0.073	6		1		1.46	2.54	
Total lipid (fat).....g	0.10		0		1		0.08	0.14	
Ash.....g	0.92	0.061	6		1		0.72	1.25	
Carbohydrate, by difference.....g	20.13		0	NC	4		15.70	27.38	
Fiber, total dietary.....g	2.0		0		4		1.6	2.7	
Sugars, total.....g	0.87		0	BFSN	4		0.68	1.18	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	5	1.310	6		1		4	7	
Iron, Fe.....mg	0.31	0.041	6		1		0.24	0.42	
Magnesium, Mg.....mg	22	1.282	6		1		17	30	
Phosphorus, P.....mg	44	2.407	6		1		34	60	
Potassium, K.....mg	379	10.859	6		1		296	515	
Sodium, Na.....mg	240		0		4		187	326	
Zinc, Zn.....mg	0.30	0.027	6		1		0.23	0.41	
Copper, Cu.....mg	0.188	0.030	6		1		0.147	0.256	
Manganese, Mn.....mg	0.138	0.013	6		1		0.108	0.188	
Selenium, Se.....mcg	0.3		0	BFSN	4		0.2	0.4	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	13.0	0.712	3		1		10.1	17.7	
Thiamin.....mg	0.106	0.007	6		1		0.083	0.144	
Riboflavin.....mg	0.020	0.000	6		1		0.016	0.027	
Niacin.....mg	1.439	0.110	6		1		1.122	1.957	
Pantothenic acid.....mg	0.520		0		1		0.406	0.707	
Vitamin B-6.....mg	0.299	0.005	6		1		0.233	0.407	
Folate, total.....mcg	10	0.387	6		1		8	14	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	10	0.387	6		1		8	14	
Folate, DFE.....mcg_DFE	10		0	NC	4		8	14	
Choline, total.....mg	13.5		0	BFSN	4		10.6	18.4	
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0	0	
Retinol.....mcg	0		0	Z	7		0	0	
Carotene, beta.....mcg	2		0	BFSY	4		1	2	
Carotene, alpha.....mcg	0		0	BFSY	4		0	0	
Cryptoxanthin, beta.....mcg	0		0	BFSY	4		0	0	
Vitamin A, IU.....IU	3		0	NC	4		2	4	
Lycopene.....mcg	0		0	BFSY	4		0	0	
Lutein + zeaxanthin.....mcg	9		0	BFSY	4		7	12	
Vitamin E (alpha-tocopherol).....mg	0.05		0	O	4		0.04	0.07	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	2.1		0	BFSN	4		1.7	2.9	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.026		0		1		0.020	0.035	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.001		0		1		0.001	0.001	

NDB No. 11831

Potatoes, boiled, cooked in skin, flesh, with salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.003		0		1		0.002	0.004	
13:0.....g									
14:0.....g	0.001		0		1		0.001	0.001	
15:0.....g									
16:0.....g	0.016		0		1		0.012	0.022	
17:0.....g									
18:0.....g	0.004		0		1		0.003	0.005	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.002		0		1		0.002	0.003	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.001	0.001	
17:1.....g									
18:1 undifferentiated.....g	0.001		0		1		0.001	0.001	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.043		0		1		0.034	0.058	
18:2 undifferentiated.....g	0.032		0		1		0.025	0.044	
18:3 undifferentiated.....g	0.010		0		1		0.008	0.014	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.029		0		1		0.023	0.039	
Threonine.....g	0.068		0		1		0.053	0.092	
Isoleucine.....g	0.076		0		1		0.059	0.103	
Leucine.....g	0.112		0		1		0.087	0.152	
Lysine.....g	0.114		0		1		0.089	0.155	
Methionine.....g	0.030		0		1		0.023	0.041	
Cystine.....g	0.024		0		1		0.019	0.033	
Phenylalanine.....g	0.083		0		1		0.065	0.113	
Tyrosine.....g	0.069		0		1		0.054	0.094	
Valine.....g	0.105		0		1		0.082	0.143	
Arginine.....g	0.086		0		1		0.067	0.117	
Histidine.....g	0.041		0		1		0.032	0.056	
Alanine.....g	0.057		0		1		0.044	0.078	
Aspartic acid.....g	0.457		0		1		0.356	0.622	
Glutamic acid.....g	0.314		0		1		0.245	0.427	
Glycine.....g	0.056		0		1		0.044	0.076	
Proline.....g	0.067		0		1		0.052	0.091	
Serine.....g	0.081		0		1		0.063	0.110	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

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

**Common Measures:**



**NDB No. 11831**

**Potatoes, boiled, cooked in skin, flesh, with salt**

Measure 1 = 78g: .5 cup

Measure 2 = 136g: 1 potato (2-1/2" dia, sphere)

**Calories Factors: Protein 2.78**

**Fat 8.37**

**Carbohydrate 4.03**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11365

Potatoes, boiled, cooked in skin, flesh, w without salt

Refuse:9% Skins and eyes

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	76.98	0.915	6		1		60.04	104.69	
Energy.....kcal	87		0	NC	4		68	119	
Energy.....kj	365		0	NC	4		284	496	
Protein (N x 6.25).....g	1.87	0.073	6		1		1.46	2.54	
Total lipid (fat).....g	0.10		0		1		0.08	0.14	
Ash.....g	0.92	0.061	6		1		0.72	1.25	
Carbohydrate, by difference.....g	20.13		0	NC	4		15.70	27.38	
Fiber, total dietary.....g	1.8		0		1		1.4	2.4	
Sugars, total.....g	0.87		0	BFSN	4		0.68	1.18	
Sucrose.....g	0.19		0	BFSN	4		0.15	0.26	
Glucose (dextrose).....g	0.37		0	BFSN	4		0.29	0.51	
Fructose.....g	0.30		0	BFSN	4		0.24	0.41	
Lactose.....g	0.00		0	BFSN	4		0.00	0.00	
Maltose.....g	0.00		0	BFSN	4		0.00	0.00	
Galactose.....g	0.00		0	BFSN	4		0.00	0.00	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	5	1.310	6		1		4	7	
Iron, Fe.....mg	0.31	0.041	6		1		0.24	0.42	
Magnesium, Mg.....mg	22	1.282	6		1		17	30	
Phosphorus, P.....mg	44	2.407	6		1		34	60	
Potassium, K.....mg	379	10.859	6		1		296	515	
Sodium, Na.....mg	4	0.616	6		1		3	5	
Zinc, Zn.....mg	0.30	0.027	6		1		0.23	0.41	
Copper, Cu.....mg	0.188	0.030	6		1		0.147	0.256	
Manganese, Mn.....mg	0.138	0.013	6		1		0.108	0.188	
Selenium, Se.....mcg	0.3		0	BFSN	4		0.2	0.4	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	13.0	0.712	3		1		10.1	17.7	
Thiamin.....mg	0.106	0.007	6		1		0.083	0.144	
Riboflavin.....mg	0.020	0.000	6		1		0.016	0.027	
Niacin.....mg	1.439	0.110	6		1		1.122	1.957	
Pantothenic acid.....mg	0.520		0		1		0.406	0.707	
Vitamin B-6.....mg	0.299	0.005	6		1		0.233	0.407	
Folate, total.....mcg	10	0.387	6		1		8	14	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	10	0.387	6		1		8	14	
Folate, DFE.....mcg_DFE	10		0	NC	4		8	14	
Choline, total.....mg	13.5		0	BFSN	4		10.6	18.4	
Betaine.....mg	0.2		0	BFSN	4		0.2	0.3	
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0	0	
Retinol.....mcg	0		0	Z	7		0	0	
Carotene, beta.....mcg	2		0	BFSY	4		1	2	
Carotene, alpha.....mcg	0		0	BFSY	4		0	0	
Cryptoxanthin, beta.....mcg	0		0	BFSY	4		0	0	
Vitamin A, IU.....IU	3		0	NC	4		2	4	
Lycopene.....mcg	0		0	BFSY	4		0	0	
Lutein + zeaxanthin.....mcg	9		0	BFSY	4		7	12	
Vitamin E (alpha-tocopherol).....mg	0.01		0	BFSN	4		0.01	0.01	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	2.1		0	BFSN	4		1.7	2.9	

NDB No. 11365

Potatoes, boiled, cooked in skin, flesh, without salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Deriv		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Points	Code					
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.026		0		1		0.020	0.035	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.001		0		1		0.001	0.001	
12:0.....g	0.003		0		1		0.002	0.004	
13:0.....g									
14:0.....g	0.001		0		1		0.001	0.001	
15:0.....g									
16:0.....g	0.016		0		1		0.012	0.022	
17:0.....g									
18:0.....g	0.004		0		1		0.003	0.005	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.002		0		1		0.002	0.003	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.001	0.001	
17:1.....g									
18:1 undifferentiated.....g	0.001		0		1		0.001	0.001	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.043		0		1		0.034	0.058	
18:2 undifferentiated.....g	0.032		0		1		0.025	0.044	
18:3 undifferentiated.....g	0.010		0		1		0.008	0.014	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.029		0		1		0.023	0.039	
Threonine.....g	0.068		0		1		0.053	0.092	
Isoleucine.....g	0.076		0		1		0.059	0.103	
Leucine.....g	0.112		0		1		0.087	0.152	
Lysine.....g	0.114		0		1		0.089	0.155	
Methionine.....g	0.030		0		1		0.023	0.041	
Cystine.....g	0.024		0		1		0.019	0.033	
Phenylalanine.....g	0.083		0		1		0.065	0.113	
Tyrosine.....g	0.069		0		1		0.054	0.094	
Valine.....g	0.105		0		1		0.082	0.143	
Arginine.....g	0.086		0		1		0.067	0.117	
Histidine.....g	0.041		0		1		0.032	0.056	
Alanine.....g	0.057		0		1		0.044	0.078	
Aspartic acid.....g	0.457		0		1		0.356	0.622	
Glutamic acid.....g	0.314		0		1		0.245	0.427	
Glycine.....g	0.056		0		1		0.044	0.076	
Proline.....g	0.067		0		1		0.052	0.091	
Serine.....g	0.081		0		1		0.063	0.110	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

NDB No. 11365

Potatoes, boiled, cooked in skin, flesh, without salt

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

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

**Common Measures:**

Measure 1 = 78g: .5 cup

Measure 2 = 136g: 1 potato (2-1/2" dia, sphere)

**Calories Factors: Protein** 2.78

**Fat** 8.37

**Carbohydrate**4.03

**Food Group:** 11 Vegetables and Vegetable Products  
USDA National Nutrient Database for Standard Reference, Release 21 (2008)



NDB No. 11832

Potatoes, boiled, cooked in skin, skin, with salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.001		0		1		0.000		
15:0.....g									
16:0.....g	0.016		0		1		0.005		
17:0.....g									
18:0.....g	0.004		0		1		0.001		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.002		0		1		0.001		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.001		0		1		0.000		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.043		0		1		0.015		
18:2 undifferentiated.....g	0.032		0		1		0.011		
18:3 undifferentiated.....g	0.010		0		1		0.003		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0		
Phytosterols.....mg									

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

**Common Measures:**

Measure 1 = 34g: 1 skin

**Calories Factors: Protein 2.78**

**Fat 8.37**

**Carbohydrate 4.03**

**Food Group: 11 Vegetables and Vegetable Products**  
 USDA National Nutrient Database for Standard Reference, Release 21 (2008)



NDB No. 11366

Potatoes, boiled, cooked in skin, skin, without salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.001		0		1		0.000		
15:0.....g									
16:0.....g	0.016		0		1		0.005		
17:0.....g									
18:0.....g	0.004		0		1		0.001		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.002		0		1		0.001		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.001		0		1		0.000		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.043		0		1		0.015		
18:2 undifferentiated.....g	0.032		0		1		0.011		
18:3 undifferentiated.....g	0.010		0		1		0.003		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0		
Phytosterols.....mg									

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

**Common Measures:**

Measure 1 = 34g: 1 skin

**Calories Factors: Protein 2.78**

**Fat 8.37**

**Carbohydrate 4.03**

**Food Group: 11 Vegetables and Vegetable Products**

USDA National Nutrient Database for Standard Reference, Release 21 (2008)



NDB No. 11833

Potatoes, boiled, cooked without skin, flesh, with salt

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	77.46	1.121	6		1		232.38	129.36	96.83
Energy.....kcal	86		0	NC	4		258	144	108
Energy.....kj	360		0		4		1079	601	450
Protein (N x 6.25).....g	1.71	0.047	6		1		5.13	2.86	2.14
Total lipid (fat).....g	0.10		0		1		0.30	0.17	0.13
Ash.....g	0.72	0.055	6		1		2.16	1.20	0.90
Carbohydrate, by difference.....g	20.01		0	NC	4		60.03	33.42	25.01
Fiber, total dietary.....g	2.0		0		4		6.0	3.3	2.5
Sugars, total.....g	0.85		0	BFSN	4		2.55	1.42	1.06
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	8	3.105	6		1		24	13	10
Iron, Fe.....mg	0.31	0.073	6		1		0.93	0.52	0.39
Magnesium, Mg.....mg	20	1.181	6		1		60	33	25
Phosphorus, P.....mg	40	2.023	6		1		120	67	50
Potassium, K.....mg	328		0		1		984	548	410
Sodium, Na.....mg	241		0		4		723	402	301
Zinc, Zn.....mg	0.27	0.031	6		1		0.81	0.45	0.34
Copper, Cu.....mg	0.167	0.019	6		1		0.501	0.279	0.209
Manganese, Mn.....mg	0.140	0.009	6		1		0.420	0.234	0.175
Selenium, Se.....mcg	0.3		0	BFSN	4		0.9	0.5	0.4
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	7.4	0.596	3		1		22.2	12.4	9.3
Thiamin.....mg	0.098	0.006	6		1		0.294	0.164	0.123
Riboflavin.....mg	0.019	0.002	6		1		0.057	0.032	0.024
Niacin.....mg	1.312	0.176	6		1		3.936	2.191	1.640
Pantothenic acid.....mg	0.509		0		1		1.527	0.850	0.636
Vitamin B-6.....mg	0.269	0.006	6		1		0.807	0.449	0.336
Folate, total.....mcg	9	0.525	6		1		27	15	11
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg	9	0.525	6		1		27	15	11
Folate, DFE.....mcg_DFE	9		0	NC	4		27	15	11
Choline, total.....mg	13.2		0	BFSN	4		39.7	22.1	16.6
Betaine.....mg	0.2		0	BFSN	4		0.6	0.3	0.2
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0	0	0
Retinol.....mcg	0		0	Z	7		0	0	0
Carotene, beta.....mcg	2		0	BFSN	4		5	3	2
Carotene, alpha.....mcg	0		0	BFSN	4		0	0	0
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0	0	0
Vitamin A, IU.....IU	3		0	NC	4		8	4	3
Lycopene.....mcg	0		0	BFSN	4		0	0	0
Lutein + zeaxanthin.....mcg	9		0	BFSN	4		27	15	11
Vitamin E (alpha-tocopherol).....mg	0.01		0	BFSN	4		0.02	0.01	0.01
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	2.1		0	BFSN	4		6.3	3.5	2.6
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.026		0		1		0.078	0.043	0.033
4:0.....g	0.000		0		1		0.000	0.000	0.000
6:0.....g	0.000		0		1		0.000	0.000	0.000
8:0.....g	0.000		0		1		0.000	0.000	0.000
10:0.....g	0.001		0		1		0.003	0.002	0.001

Potatoes, boiled, cooked without skin, flesh, with salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points		Measure 1	Measure 2	Measure 3	
			Deriv Code	Source Code				Confidence Code
12:0.....g	0.003		0		1	0.009	0.005	0.004
13:0.....g			0		1	0.003	0.002	0.001
14:0.....g	0.001		0		1	0.003	0.002	0.001
15:0.....g			0		1	0.048	0.027	0.020
16:0.....g	0.016		0		1	0.012	0.007	0.005
17:0.....g	0.004		0		1			
18:0.....g			0		1			
20:0.....g			0		1			
22:0.....g			0		1			
24:0.....g			0		1			
Fatty acids, total monounsaturated.....g	0.002		0		1	0.006	0.003	0.003
14:1.....g			0		1			
15:1.....g			0		1			
16:1 undifferentiated.....g	0.001		0		1	0.003	0.002	0.001
17:1.....g			0		1			
18:1 undifferentiated.....g	0.001		0		1	0.003	0.002	0.001
20:1.....g	0.000		0		1	0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1	0.000	0.000	0.000
24:1 c.....g			0		1			
Fatty acids, total polyunsaturated.....g	0.043		0		1	0.129	0.072	0.054
18:2 undifferentiated.....g	0.032		0		1	0.096	0.053	0.040
18:3 undifferentiated.....g	0.010		0		1	0.030	0.017	0.013
18:4.....g	0.000		0		1	0.000	0.000	0.000
20:2 n-6 c,c.....g			0		1			
20:3 undifferentiated.....g			0		1			
20:4 undifferentiated.....g	0.000		0		1	0.000	0.000	0.000
20:5 n-3.....g	0.000		0		1	0.000	0.000	0.000
22:5 n-3.....g	0.000		0		1	0.000	0.000	0.000
22:6 n-3.....g	0.000		0		1	0.000	0.000	0.000
Fatty acids, total trans.....g			0		1			
Cholesterol.....mg	0		0	Z	7	0	0	0
Phytosterols.....mg			0		7			
<b>Amino Acids:</b>								
Tryptophan.....g	0.027		0		1	0.081	0.045	0.034
Threonine.....g	0.062		0		1	0.186	0.104	0.078
Isoleucine.....g	0.070		0		1	0.210	0.117	0.088
Leucine.....g	0.103		0		1	0.309	0.172	0.129
Lysine.....g	0.104		0		1	0.312	0.174	0.130
Methionine.....g	0.027		0		1	0.081	0.045	0.034
Cystine.....g	0.022		0		1	0.066	0.037	0.028
Phenylalanine.....g	0.076		0		1	0.228	0.127	0.095
Tyrosine.....g	0.064		0		1	0.192	0.107	0.080
Valine.....g	0.096		0		1	0.288	0.160	0.120
Arginine.....g	0.079		0		1	0.237	0.132	0.099
Histidine.....g	0.038		0		1	0.114	0.063	0.048
Alanine.....g	0.053		0		1	0.159	0.089	0.066
Aspartic acid.....g	0.419		0		1	1.257	0.700	0.524
Glutamic acid.....g	0.287		0		1	0.861	0.479	0.359
Glycine.....g	0.051		0		1	0.153	0.085	0.064
Proline.....g	0.062		0		1	0.186	0.104	0.078
Serine.....g	0.075		0		1	0.225	0.125	0.094
Hydroxyproline.....g			0		1			
<b>Others:</b>								
Alcohol, ethyl.....g	0.0		0		7	0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7	0	0	0
Theobromine.....mg	0		0	Z	7	0	0	0

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

**Common Measures:**

**NDB No. 11833**

**Potatoes, boiled, cooked without skin, flesh, with salt**

Measure 1 = 300g: 1 large (3" to 4-1/4" dia.)

Measure 2 = 167g: 1 medium (2-1/4" to 2-1/4" dia.)

Measure 3 = 125g: 1 small (1-3/4" to 2-1/2" dia.)

**Calories Factors: Protein 2.78**

**Fat 8.37**

**Carbohydrate 4.03**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11367

Potatoes, boiled, cooked without skin, flesh, without salt

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv	Source	Measure 1	Measure 2	Measure 3
				Code	Code			
<b>Proximates:</b>								
Water.....g	77.46	1.121	6		1	232.38	129.36	96.83
Energy.....kcal	86		0	NC	4	258	144	108
Energy.....kj	360		0		4	1079	601	450
Protein (N x 6.25).....g	1.71	0.047	6		1	5.13	2.86	2.14
Total lipid (fat).....g	0.10		0		1	0.30	0.17	0.13
Ash.....g	0.72	0.055	6		1	2.16	1.20	0.90
Carbohydrate, by difference.....g	20.01		0	NC	4	60.03	33.42	25.01
Fiber, total dietary.....g	1.8		0		1	5.4	3.0	2.3
Sugars, total.....g	0.85		0	BFSN	4	2.55	1.42	1.06
Sucrose.....g	0.19		0	BFSN	4	0.57	0.32	0.24
Glucose (dextrose).....g	0.37		0	BFSN	4	1.10	0.61	0.46
Fructose.....g	0.30		0	BFSN	4	0.89	0.49	0.37
Lactose.....g	0.00		0	BFSN	4	0.00	0.00	0.00
Maltose.....g	0.00		0	BFSN	4	0.00	0.00	0.00
Galactose.....g	0.00		0	BFSN	4	0.00	0.00	0.00
Starch.....g								
<b>Minerals:</b>								
Calcium, Ca.....mg	8	3.105	6		1	24	13	10
Iron, Fe.....mg	0.31	0.073	6		1	0.93	0.52	0.39
Magnesium, Mg.....mg	20	1.181	6		1	60	33	25
Phosphorus, P.....mg	40	2.023	6		1	120	67	50
Potassium, K.....mg	328		0		1	984	548	410
Sodium, Na.....mg	5	0.668	6		1	15	8	6
Zinc, Zn.....mg	0.27	0.031	6		1	0.81	0.45	0.34
Copper, Cu.....mg	0.167	0.019	6		1	0.501	0.279	0.209
Manganese, Mn.....mg	0.140	0.009	6		1	0.420	0.234	0.175
Selenium, Se.....mcg	0.3		0	BFSN	4	0.9	0.5	0.4
<b>Vitamins:</b>								
Vitamin C, total ascorbic acid.....mg	7.4	0.596	3		1	22.2	12.4	9.3
Thiamin.....mg	0.098	0.006	6		1	0.294	0.164	0.123
Riboflavin.....mg	0.019	0.002	6		1	0.057	0.032	0.024
Niacin.....mg	1.312	0.176	6		1	3.936	2.191	1.640
Pantothenic acid.....mg	0.509		0		1	1.527	0.850	0.636
Vitamin B-6.....mg	0.269	0.006	6		1	0.807	0.449	0.336
Folate, total.....mcg	9	0.525	6		1	27	15	11
Folic acid.....mcg	0		0	Z	7	0	0	0
Folate, food.....mcg	9	0.525	6		1	27	15	11
Folate, DFE.....mcg_DFE	9		0	NC	4	27	15	11
Choline, total.....mg	13.2		0	BFSN	4	39.7	22.1	16.6
Betaine.....mg	0.2		0	BFSN	4	0.6	0.3	0.2
Vitamin B-12.....mcg	0.00		0	Z	7	0.00	0.00	0.00
Vitamin B-12, added.....mcg	0.00		0	Z	7	0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	0		0	NC	4	0	0	0
Retinol.....mcg	0		0	Z	7	0	0	0
Carotene, beta.....mcg	2		0	BFSY	4	5	3	2
Carotene, alpha.....mcg	0		0	BFSY	4	0	0	0
Cryptoxanthin, beta.....mcg	0		0	BFSY	4	0	0	0
Vitamin A, IU.....IU	3		0	NC	4	8	4	3
Lycopene.....mcg	0		0	BFSY	4	0	0	0
Lutein + zeaxanthin.....mcg	9		0	BFSY	4	27	15	11
Vitamin E (alpha-tocopherol).....mg	0.01		0	BFSN	4	0.02	0.01	0.01
Vitamin E, added.....mg	0.00		0	Z	7	0.00	0.00	0.00
Tocopherol, beta.....mg	0.00		0	BFSN	4	0.00	0.00	0.00
Tocopherol, gamma.....mg	0.00		0	BFSN	4	0.00	0.00	0.00
Tocopherol, delta.....mg	0.00		0	BFSN	4	0.00	0.00	0.00
Vitamin D.....IU								
Vitamin K (phylloquinone).....mcg	2.1		0	BFSN	4	6.3	3.5	2.6

NDB No. 11367

Potatoes, boiled, cooked without skin, flesh, without salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.026		0		1		0.078	0.043	0.033
4:0.....g	0.000		0		1		0.000	0.000	0.000
6:0.....g	0.000		0		1		0.000	0.000	0.000
8:0.....g	0.000		0		1		0.000	0.000	0.000
10:0.....g	0.001		0		1		0.003	0.002	0.001
12:0.....g	0.003		0		1		0.009	0.005	0.004
13:0.....g									
14:0.....g	0.001		0		1		0.003	0.002	0.001
15:0.....g									
16:0.....g	0.016		0		1		0.048	0.027	0.020
17:0.....g									
18:0.....g	0.004		0		1		0.012	0.007	0.005
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.002		0		1		0.006	0.003	0.003
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.003	0.002	0.001
17:1.....g									
18:1 undifferentiated.....g	0.001		0		1		0.003	0.002	0.001
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.043		0		1		0.129	0.072	0.054
18:2 undifferentiated.....g	0.032		0		1		0.096	0.053	0.040
18:3 undifferentiated.....g	0.010		0		1		0.030	0.017	0.013
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	0
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.027		0		1		0.081	0.045	0.034
Threonine.....g	0.062		0		1		0.186	0.104	0.078
Isoleucine.....g	0.070		0		1		0.210	0.117	0.088
Leucine.....g	0.103		0		1		0.309	0.172	0.129
Lysine.....g	0.104		0		1		0.312	0.174	0.130
Methionine.....g	0.027		0		1		0.081	0.045	0.034
Cystine.....g	0.022		0		1		0.066	0.037	0.028
Phenylalanine.....g	0.076		0		1		0.228	0.127	0.095
Tyrosine.....g	0.064		0		1		0.192	0.107	0.080
Valine.....g	0.096		0		1		0.288	0.160	0.120
Arginine.....g	0.079		0		1		0.237	0.132	0.099
Histidine.....g	0.038		0		1		0.114	0.063	0.048
Alanine.....g	0.053		0		1		0.159	0.089	0.066
Aspartic acid.....g	0.419		0		1		1.257	0.700	0.524
Glutamic acid.....g	0.287		0		1		0.861	0.479	0.359
Glycine.....g	0.051		0		1		0.153	0.085	0.064
Proline.....g	0.062		0		1		0.186	0.104	0.078
Serine.....g	0.075		0		1		0.225	0.125	0.094
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0

NDB No. 11367

Potatoes, boiled, cooked without skin, flesh, without salt

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

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

**Common Measures:**

Measure 1 = 300g: 1 large (3" to 4-1/4" dia.)

Measure 2 = 167g: 1 medium (2-1/4" to 3-1/4" dia.)

Measure 3 = 125g: 1 small (1-3/4" to 2-1/2" dia.)

**Calories Factors: Protein** 2.78

**Fat** 8.37

**Carbohydrate**4.03

**Food Group:** 11 Vegetables and Vegetable Products  
USDA National Nutrient Database for Standard Reference, Release 21 (2008)



**NDB No. 11376**  
**Potatoes, canned, drained solids**

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u> <u>measures of food</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.001		0		1		0.002	0.000	
15:0.....g									
16:0.....g	0.033		0		1		0.059	0.012	
17:0.....g									
18:0.....g	0.007		0		1		0.013	0.002	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.005		0		1		0.009	0.002	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0		1		0.004	0.001	
17:1.....g									
18:1 undifferentiated.....g	0.002		0		1		0.004	0.001	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.089		0		1		0.160	0.031	
18:2 undifferentiated.....g	0.066		0		1		0.119	0.023	
18:3 undifferentiated.....g	0.021		0		1		0.038	0.007	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0	0	
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.022		0		1		0.040	0.008	
Threonine.....g	0.051		0		1		0.092	0.018	
Isoleucine.....g	0.057		0		1		0.103	0.020	
Leucine.....g	0.085		0		1		0.153	0.030	
Lysine.....g	0.086		0		1		0.155	0.030	
Methionine.....g	0.022		0		1		0.040	0.008	
Cystine.....g	0.018		0		1		0.032	0.006	
Phenylalanine.....g	0.063		0		1		0.113	0.022	
Tyrosine.....g	0.052		0		1		0.094	0.018	
Valine.....g	0.080		0		1		0.144	0.028	
Arginine.....g	0.065		0		1		0.117	0.023	
Histidine.....g	0.031		0		1		0.056	0.011	
Alanine.....g	0.043		0		1		0.077	0.015	
Aspartic acid.....g	0.346		0		1		0.623	0.121	
Glutamic acid.....g	0.237		0		1		0.427	0.083	
Glycine.....g	0.042		0		1		0.076	0.015	
Proline.....g	0.051		0		1		0.092	0.018	
Serine.....g	0.061		0		1		0.110	0.021	
Hydroxyproline.....g									
<b><u>Others:</u></b>									
Alcohol, ethyl.....g	0.0		0	z	7		0.0	0.0	
Caffeine.....mg									
Theobromine.....mg									

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

**Common Measures:**

Measure 1 = 180g: 1 cup  
 Measure 2 = 35g: 1 potato



**NDB No. 11376**

**Potatoes, canned, drained solids**

**Calories Factors: Protein 2.78**

**Fat 8.37**

**Carbohydrate 4.03**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 43311

Potatoes, canned, drained solids, no salt added

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	84.30		1		1		151.74		
Energy.....kcal	62		0	NC	4		111		
Energy.....kj	259		0	NC	4		465		
Protein.....g	1.40		1		1		2.52		
Total lipid (fat).....g	0.20		1		1		0.36		
Ash.....g	0.50		0	BFSN	4		0.90		
Carbohydrate, by difference.....g	13.60		0	NC	4		24.48		
Fiber, total dietary.....g	2.4		1		1		4.3		
Sugars, total.....g	0.59		0	BFSN	4		1.06		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	5		1		1		9		
Iron, Fe.....mg	1.26		1		1		2.27		
Magnesium, Mg.....mg	14		1		1		25		
Phosphorus, P.....mg	28		1		1		50		
Potassium, K.....mg	229		1		1		412		
Sodium, Na.....mg	5		0		4		9		
Zinc, Zn.....mg	0.28		1		1		0.50		
Copper, Cu.....mg	0.057		1		1		0.103		
Manganese, Mn.....mg	0.120		0	BFSN	4		0.217		
Selenium, Se.....mcg	0.9		1	A	1		1.6		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	5.1		1		1		9.2		
Thiamin.....mg	0.070		1		1		0.126		
Riboflavin.....mg	0.010		1		1		0.018		
Niacin.....mg	0.920		1		1		1.656		
Pantothenic acid.....mg	0.245		0	BFSN	4		0.440		
Vitamin B-6.....mg	0.190		1		1		0.342		
Folate, total.....mcg	6		1		1		11		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	6		1		1		11		
Folate, DFE.....mcg_DFE	6		0	NC	4		11		
Choline, total.....mg	9.2		0	BFSN	4		16.6		
Betaine.....mg	0.1		0	BFSN	4		0.2		
Vitamin B-12.....mcg	0.00		0		7		0.00		
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0		
Retinol.....mcg	0		0	Z	7		0		
Carotene, beta.....mcg	1		0	BFSN	4		2		
Carotene, alpha.....mcg	0		0	BFSN	4		0		
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0		
Vitamin A, IU.....IU	2		0	NC	4		3		
Lycopene.....mcg	0		0	BFSN	4		0		
Lutein + zeaxanthin.....mcg	6		0	BFSN	4		11		
Vitamin E (alpha-tocopherol).....mg	0.05		0	O	4		0.09		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	1.5		0	BFSN	4		2.6		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.051		0		4		0.092		
4:0.....g	0.000		0		4		0.000		
6:0.....g	0.000		0		4		0.000		
8:0.....g	0.000		0		4		0.000		
10:0.....g	0.001		0		4		0.002		

NDB No. 43311

Potatoes, canned, drained solids, no salt added

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.007		0		4		0.013		
13:0.....g									
14:0.....g	0.001		0		4		0.002		
15:0.....g									
16:0.....g	0.031		0		4		0.056		
17:0.....g									
18:0.....g	0.007		0		4		0.013		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.005		0		4		0.009		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0		4		0.004		
17:1.....g									
18:1 undifferentiated.....g	0.002		0		4		0.004		
20:1.....g	0.000		0		4		0.000		
22:1 undifferentiated.....g	0.000		0		4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.085		0		4		0.153		
18:2 undifferentiated.....g	0.063		0		4		0.113		
18:3 undifferentiated.....g	0.020		0		4		0.036		
18:4.....g	0.000		0		4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000		
20:5 n-3.....g	0.000		0		4		0.000		
22:5 n-3.....g	0.000		0		4		0.000		
22:6 n-3.....g	0.000		0		4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		7		0		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

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

**Common Measures:**

Measure 1 = 180g: 1 cup

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)



Potatoes, canned, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.001		0		1		0.003	0.005	
15:0.....g									
16:0.....g	0.018		0	BFFN	4		0.054	0.082	
17:0.....g									
18:0.....g	0.004		0	BFFN	4		0.012	0.018	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.002		0	BFFN	4		0.006	0.009	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.003	0.005	
17:1.....g									
18:1 undifferentiated.....g	0.001		0	BFFN	4		0.003	0.005	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.048		0	BFFN	4		0.144	0.218	
18:2 undifferentiated.....g	0.035		0	BFFN	4		0.105	0.159	
18:3 undifferentiated.....g	0.011		0	BFFN	4		0.033	0.050	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.018		0	BFFN	4		0.054	0.082	
Threonine.....g	0.043		0	BFFN	4		0.129	0.195	
Isoleucine.....g	0.048		0	BFFN	4		0.144	0.218	
Leucine.....g	0.072		0	BFFN	4		0.216	0.327	
Lysine.....g	0.073		0	BFFN	4		0.219	0.331	
Methionine.....g	0.019		0	BFFN	4		0.057	0.086	
Cystine.....g	0.015		0	BFFN	4		0.045	0.068	
Phenylalanine.....g	0.054		0	BFFN	4		0.162	0.245	
Tyrosine.....g	0.045		0	BFFN	4		0.135	0.204	
Valine.....g	0.068		0	BFFN	4		0.204	0.309	
Arginine.....g	0.056		0	BFFN	4		0.168	0.254	
Histidine.....g	0.026		0	BFFN	4		0.078	0.118	
Alanine.....g	0.037		0	BFFN	4		0.111	0.168	
Aspartic acid.....g	0.295		0	BFFN	4		0.885	1.339	
Glutamic acid.....g	0.202		0	BFFN	4		0.606	0.917	
Glycine.....g	0.036		0	BFFN	4		0.108	0.163	
Proline.....g	0.043		0	BFFN	4		0.129	0.195	
Serine.....g	0.052		0	BFFN	4		0.156	0.236	
Hydroxyproline.....g									
<b><u>Others:</u></b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg									
Theobromine.....mg									

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

**Common Measures:**

Measure 1 = 300g: 1 cup, whole

**NDB No. 11374**

**Potatoes, canned, solids and liquids**

Measure 2 = 454g: 1 can (303 x 406)

**Calories Factors: Protein 2.78**

**Fat 8.37**

**Carbohydrate 4.03**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11403

Potatoes, french fried, all types, salt added in processing, frozen, home-prepared, oven heated

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	62.48	1.497	7	JA	6		31.24	123.71	
Energy.....kcal	134		0	NC	4		67	266	
Energy.....kj	562		0	NC	4		281	1112	
Protein (N x 6.25).....g	2.66	0.096	6	A	1		1.33	5.27	
Total lipid (fat).....g	5.22	0.604	6	A	1		2.61	10.33	
Ash.....g	1.90	0.153	6	A	1		0.95	3.76	
Carbohydrate, by difference.....g	27.74		0	NC	4		13.87	54.93	
Fiber, total dietary.....g	2.8	0.123	8	JA	6		1.4	5.4	
Sugars, total.....g	0.28	0.030	6	A	1		0.14	0.56	
Sucrose.....g	0.18	0.019	6	A	1		0.09	0.35	
Glucose (dextrose).....g	0.11	0.016	6	A	1		0.05	0.21	
Fructose.....g	0.00	0.000	6	A	1		0.00	0.00	
Lactose.....g	0.00	0.000	6	A	1		0.00	0.00	
Maltose.....g	0.00	0.000	6	A	1		0.00	0.00	
Galactose.....g	0.00	0.000	6	A	1		0.00	0.00	
Starch.....g	20.13	1.546	6	A	1		10.07	39.86	
<b>Minerals:</b>									
Calcium, Ca.....mg	12	0.457	53	JA	6		6	24	
Iron, Fe.....mg	0.74	0.017	54	JA	6		0.37	1.46	
Magnesium, Mg.....mg	26	0.475	54	JA	6		13	51	
Phosphorus, P.....mg	97	2.935	53	JA	6		48	192	
Potassium, K.....mg	451	10.220	54	JA	6		226	893	
Sodium, Na.....mg	388	39.873	6	A	1		194	768	
Zinc, Zn.....mg	0.38	0.009	54	JA	6		0.19	0.76	
Copper, Cu.....mg	0.135	0.007	54	JA	6		0.068	0.268	
Manganese, Mn.....mg	0.210	0.006	54	JA	6		0.105	0.416	
Selenium, Se.....mcg	0.2	0.101	42		1		0.1	0.5	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	13.3	1.650	6	A	1		6.7	26.4	
Thiamin.....mg	0.128	0.005	6	A	1		0.064	0.253	
Riboflavin.....mg	0.031	0.006	6	A	1		0.016	0.062	
Niacin.....mg	2.218	0.053	6	A	1		1.109	4.392	
Pantothenic acid.....mg	0.522	0.018	6	A	1		0.261	1.034	
Vitamin B-6.....mg	0.184	0.010	5	A	1		0.092	0.364	
Folate, total.....mcg	28	2.679	6	A	1		14	56	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	28	2.679	6	A	1		14	56	
Folate, DFE.....mcg_DFE	28		0	NC	4		14	56	
Choline, total.....mg	23.7		0	AS	1		11.8	46.9	
Betaine.....mg	0.7	0.057	3	A	1		0.4	1.4	
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0	0	
Retinol.....mcg	0		0	Z	7		0	0	
Carotene, beta.....mcg	3		0	BFSN	4		1	6	
Carotene, alpha.....mcg	0		0	BFSN	4		0	0	
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0	0	
Vitamin A, IU.....IU	5		0	NC	4		2	9	
Lycopene.....mcg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin.....mcg	16		0	BFSN	4		8	32	
Vitamin E (alpha-tocopherol).....mg	0.11	0.019	6	A	1		0.06	0.23	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg	0.00	0.003	6	A	1		0.00	0.01	
Tocopherol, gamma.....mg	0.36	0.095	6	A	1		0.18	0.71	
Tocopherol, delta.....mg	0.49	0.100	6	A	1		0.25	0.97	
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	2.5	0.291	6	A	1		1.2	4.9	

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	1.029		0	NC	4		0.514	2.037	
4:0.....g	0.000		0	BFSN	4		0.000	0.000	
6:0.....g	0.000		0	BFSN	4		0.000	0.000	
8:0.....g	0.000	0.000	6	A	1		0.000	0.000	
10:0.....g	0.000	0.000	6	A	1		0.000	0.000	
12:0.....g	0.000	0.000	6	A	1		0.000	0.000	
13:0.....g									
14:0.....g	0.000	0.000	6	A	1		0.000	0.000	
15:0.....g	0.000	0.000	6	A	1		0.000	0.000	
16:0.....g	0.548	0.067	6	A	1		0.274	1.085	
17:0.....g	0.001	0.001	6	A	1		0.001	0.003	
18:0.....g	0.445	0.060	6	A	1		0.222	0.881	
20:0.....g	0.018	0.002	6	A	1		0.009	0.035	
22:0.....g	0.016	0.002	6	A	1		0.008	0.033	
24:0.....g									
Fatty acids, total monounsaturated.....g	3.237		0	NC	4		1.618	6.409	
14:1.....g	0.000	0.000	6	A	1		0.000	0.000	
15:1.....g	0.000	0.000	6	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.005	0.001	6	A	1		0.003	0.010	
17:1.....g	0.000	0.000	6	A	1		0.000	0.000	
18:1 undifferentiated.....g	3.224	0.429	6	A	1		1.612	6.383	
20:1.....g	0.008	0.002	6	A	1		0.004	0.015	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.321		0	NC	4		0.160	0.635	
18:2 undifferentiated.....g	0.279	0.027	6	A	1		0.139	0.552	
18:3 undifferentiated.....g	0.021		0	AS	1		0.010	0.041	
18:3 n-3 c,c,c.....g	0.021	0.002	6	A	1		0.010	0.041	
18:3 n-6 c,c,c.....g	0.000	0.000	6	A	1		0.000	0.000	
18:3i.....g									
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c,c.....g	0.000	0.000	6	A	1		0.000	0.000	
20:3 undifferentiated.....g	0.000	0.000	6	A	1		0.000	0.000	
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000	0.000	6	A	1		0.000	0.000	
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g	0.000		0	Z	7		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3.....g	0.000		0	Z	7		0.000	0.000	
22:6 n-3.....g	0.000		0	Z	7		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.024		0	A	1		0.012	0.047	
Threonine.....g	0.092		0	A	1		0.046	0.182	
Isoleucine.....g	0.093		0	A	1		0.047	0.184	
Leucine.....g	0.156		0	A	1		0.078	0.308	
Lysine.....g	0.156		0	A	1		0.078	0.309	
Methionine.....g	0.042		0	A	1		0.021	0.084	
Cystine.....g	0.042		0	A	1		0.021	0.084	
Phenylalanine.....g	0.113		0	A	1		0.057	0.224	
Tyrosine.....g	0.091		0	A	1		0.045	0.179	
Valine.....g	0.147		0	A	1		0.073	0.291	
Arginine.....g	0.153		0	A	1		0.077	0.304	
Histidine.....g	0.054		0	A	1		0.027	0.108	
Alanine.....g	0.108		0	A	1		0.054	0.213	
Aspartic acid.....g	0.589		0	A	1		0.295	1.166	
Glutamic acid.....g	0.474		0	A	1		0.237	0.939	



NDB No. 11403

Potatoes, french fried, all types, salt added in processing, frozen, home-prepared, oven heated

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Glycine.....g	0.087		0	A	1		0.043	0.172	
Proline.....g	0.098		0	A	1		0.049	0.193	
Serine.....g	0.116		0	A	1		0.058	0.230	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0			7	0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

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

**Common Measures:**

Measure 1 = 50g: 10 strips

Measure 2 = 198g: 1 package (9 oz), yields

**Calories Factors: Protein 4**

**Fat 8.8**

**Carbohydrate 2.8**

**Food Group: 11 Vegetables and Vegetable Products**

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11402

Potatoes, french fried, all types, salt added in processing, frozen, unprepared (1)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	66.61	1.058	6	A	1		59.29	169.87	
Energy.....kcal	147		0	NC	4		130	374	
Energy.....kj	613		0	NC	4		546	1563	
Protein (N x 6.25).....g	2.24	0.079	6	A	1		2.00	5.72	
Total lipid (fat).....g	4.66	0.498	6	A	1		4.15	11.88	
Ash.....g	1.68	0.135	6	A	1		1.49	4.27	
Carbohydrate, by difference.....g	24.81		0	NC	4		22.08	63.27	
Fiber, total dietary.....g	1.9	0.119	6	A	1		1.7	5.0	
Sugars, total.....g	0.20	0.020	5	A	1		0.17	0.50	
Sucrose.....g	0.10	0.014	6	A	1		0.09	0.27	
Glucose (dextrose).....g	0.10	0.017	6	A	1		0.09	0.25	
Fructose.....g	0.00	0.000	5	A	1		0.00	0.00	
Lactose.....g	0.00	0.000	6	A	1		0.00	0.00	
Maltose.....g	0.00	0.000	6	A	1		0.00	0.00	
Galactose.....g	0.00	0.000	6	A	1		0.00	0.00	
Starch.....g	17.39	0.304	6	A	1		15.48	44.34	
<b>Minerals:</b>									
Calcium, Ca.....mg	9	0.455	6	A	1		8	24	
Iron, Fe.....mg	0.62	0.034	6	A	1		0.55	1.59	
Magnesium, Mg.....mg	21	0.412	6	A	1		19	54	
Phosphorus, P.....mg	83	5.166	6	A	1		74	212	
Potassium, K.....mg	408	8.280	6	A	1		363	1041	
Sodium, Na.....mg	332	36.211	6	A	1		295	847	
Zinc, Zn.....mg	0.35	0.005	6	A	1		0.31	0.90	
Copper, Cu.....mg	0.093	0.009	6	A	1		0.083	0.237	
Manganese, Mn.....mg	0.158	0.005	6	A	1		0.140	0.402	
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	17.3	2.442	6	A	1		15.4	44.2	
Thiamin.....mg	0.098	0.011	6	A	1		0.087	0.251	
Riboflavin.....mg	0.048	0.011	6	A	1		0.042	0.121	
Niacin.....mg	2.038	0.060	6	A	1		1.814	5.198	
Pantothenic acid.....mg	0.473	0.027	6	A	1		0.421	1.206	
Vitamin B-6.....mg	0.178	0.007	6	A	1		0.158	0.454	
Folate, total.....mcg	35	3.099	6	A	1		31	89	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	35	3.099	6	A	1		31	89	
Folate, DFE.....mcg_DFE	35		0	NC	4		31	89	
Choline, total.....mg	22.3		0	AS	1		19.9	56.9	
Betaine.....mg	0.7		2	A	1		0.6	1.7	
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0	0	
Retinol.....mcg	0		0	Z	7		0	0	
Carotene, beta.....mcg	2		0	BFSN	4		2	6	
Carotene, alpha.....mcg	0		0	BFSN	4		0	0	
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0	0	
Vitamin A, IU.....IU	4		0	NC	4		3	10	
Lycopene.....mcg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin.....mcg	13		0	BFSN	4		12	34	
Vitamin E (alpha-tocopherol).....mg	0.10	0.016	6	A	1		0.09	0.25	
Tocopherol, beta.....mg	0.01	0.003	6	A	1		0.01	0.02	
Tocopherol, gamma.....mg	0.31	0.081	6	A	1		0.27	0.79	
Tocopherol, delta.....mg	0.43	0.080	6	A	1		0.38	1.10	
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	2.2	0.173	6	A	1		2.0	5.6	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	1.005		0	NC	4		0.894	2.562	

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
4:0.....g	0.000		0	BFSN	4		0.000	0.000	
6:0.....g	0.000		0	BFSN	4		0.000	0.000	
8:0.....g	0.000	0.000	6	A	1		0.000	0.000	
10:0.....g	0.000	0.000	6	A	1		0.000	0.000	
12:0.....g	0.000	0.000	6	A	1		0.000	0.000	
13:0.....g									
14:0.....g	0.000	0.000	6	A	1		0.000	0.000	
15:0.....g	0.000	0.000	6	A	1		0.000	0.000	
16:0.....g	0.533	0.057	6	A	1		0.474	1.359	
17:0.....g	0.001	0.001	6	A	1		0.001	0.004	
18:0.....g	0.435	0.051	6	A	1		0.387	1.109	
20:0.....g	0.018	0.002	6	A	1		0.016	0.047	
22:0.....g	0.017	0.001	6	A	1		0.015	0.044	
24:0.....g									
Fatty acids, total monounsaturated.....g	3.164		0	NC	4		2.816	8.068	
14:1.....g	0.000	0.000	6	A	1		0.000	0.000	
15:1.....g	0.000	0.000	6	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.010	0.002	6	A	1		0.009	0.025	
17:1.....g	0.000	0.000	6	A	1		0.000	0.000	
18:1 undifferentiated.....g	3.140	0.365	6	A	1		2.794	8.006	
20:1.....g	0.014	0.001	6	A	1		0.013	0.037	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.303		0	NC	4		0.269	0.772	
18:2 undifferentiated.....g	0.264	0.025	6	A	1		0.235	0.673	
18:3 undifferentiated.....g	0.019		0	AS	1		0.017	0.049	
18:3 n-3 c,c,c.....g	0.019	0.001	6	A	1		0.017	0.049	
18:3 n-6 c,c,c.....g	0.000	0.000	6	A	1		0.000	0.000	
18:3i.....g									
18:4.....g	0.000		0	BFSN	4		0.000	0.000	
20:2 n-6 c,c.....g	0.000	0.000	6	A	1		0.000	0.000	
20:3 undifferentiated.....g	0.000	0.000	6	A	1		0.000	0.000	
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000	0.000	6	A	1		0.000	0.000	
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g	0.000		0	BFSN	4		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3.....g	0.000		0	BFSN	4		0.000	0.000	
22:6 n-3.....g	0.000		0	BFSN	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.020		0	A	1		0.018	0.051	
Threonine.....g	0.078		0	A	1		0.069	0.198	
Isoleucine.....g	0.078		0	A	1		0.070	0.200	
Leucine.....g	0.131		0	A	1		0.117	0.334	
Lysine.....g	0.132		0	A	1		0.117	0.336	
Methionine.....g	0.036		0	A	1		0.032	0.091	
Cystine.....g	0.036		0	A	1		0.032	0.091	
Phenylalanine.....g	0.095		0	A	1		0.085	0.243	
Tyrosine.....g	0.076		0	A	1		0.068	0.194	
Valine.....g	0.124		0	A	1		0.110	0.315	
Arginine.....g	0.129		0	A	1		0.115	0.330	
Histidine.....g	0.046		0	A	1		0.041	0.117	
Alanine.....g	0.091		0	A	1		0.081	0.232	
Aspartic acid.....g	0.496		0	A	1		0.442	1.266	
Glutamic acid.....g	0.400		0	A	1		0.356	1.019	
Glycine.....g	0.073		0	A	1		0.065	0.187	
Proline.....g	0.082		0	A	1		0.073	0.210	

NDB No. 11402

Potatoes, french fried, all types, salt added in processing, frozen, unprepared (1)

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
Serine.....g	0.098		0	A	1	0.087	0.249
Hydroxyproline.....g							
<b>Others:</b>							
Alcohol, ethyl.....g	0.0		0	Z	7	0.0	0.0
Caffeine.....mg							
Theobromine.....mg							

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

**Common Measures:**

Measure 1 = 89g: 10 strip

Measure 2 = 255g: 1 package (9 oz)

**Footnotes:**

1 Primarily retail consumer product

**Calories Factors: Protein 2.8**

**Fat 8.8**

**Carbohydrate 4**

**Food Group:** 11 Vegetables and Vegetable Products  
USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11842

Potatoes, french fried, all types, salt not added in processing, frozen, as purchased (1)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	66.61	1.058	6	A	1		43.30	169.87	
Energy.....kcal	150		0	NC	4		98	383	
Energy.....kj	628		0	NC	4		408	1602	
Protein.....g	2.24	0.079	6	A	1		1.46	5.72	
Total lipid (fat).....g	4.66	0.498	6	A	1		3.03	11.88	
Ash.....g	1.68	0.135	6	A	1		1.09	4.27	
Carbohydrate, by difference.....g	24.81		0	NC	4		16.13	63.27	
Fiber, total dietary.....g	1.9	0.119	6	A	1		1.3	5.0	
Sugars, total.....g	0.20	0.020	5	A	1		0.13	0.50	
Sucrose.....g	0.10	0.014	6	A	1		0.07	0.27	
Glucose (dextrose).....g	0.10	0.017	6	A	1		0.06	0.25	
Fructose.....g	0.00	0.000	5	A	1		0.00	0.00	
Lactose.....g	0.00	0.000	6	A	1		0.00	0.00	
Maltose.....g	0.00	0.000	6	A	1		0.00	0.00	
Galactose.....g	0.00	0.000	6	A	1		0.00	0.00	
Starch.....g	17.39	0.304	6	A	1		11.30	44.34	
<b>Minerals:</b>									
Calcium, Ca.....mg	9	0.455	6	A	1		6	24	
Iron, Fe.....mg	0.62	0.034	6	A	1		0.40	1.59	
Magnesium, Mg.....mg	21	0.412	6	A	1		14	54	
Phosphorus, P.....mg	83	5.166	6	A	1		54	212	
Potassium, K.....mg	408	8.280	6	A	1		265	1041	
Sodium, Na.....mg	23	0.896	211	A	1		15	59	
Zinc, Zn.....mg	0.35	0.005	6	A	1		0.23	0.90	
Copper, Cu.....mg	0.093	0.009	6	A	1		0.060	0.237	
Manganese, Mn.....mg	0.158	0.005	6	A	1		0.103	0.402	
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	17.3	2.442	6	A	1		11.3	44.2	
Thiamin.....mg	0.098	0.011	6	A	1		0.064	0.251	
Riboflavin.....mg	0.048	0.011	6	A	1		0.031	0.121	
Niacin.....mg	2.038	0.060	6	A	1		1.325	5.198	
Pantothenic acid.....mg	0.473	0.027	6	A	1		0.308	1.206	
Vitamin B-6.....mg	0.178	0.007	6	A	1		0.116	0.454	
Folate, total.....mcg	35	3.099	6	A	1		23	89	
Folic acid.....mcg									
Folate, food.....mcg	35	3.099	6	A	1		23	89	
Folate, DFE.....mcg_DFE									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE									
Retinol.....mcg									
Carotene, beta.....mcg									
Carotene, alpha.....mcg									
Cryptoxanthin, beta.....mcg									
Vitamin A, IU.....IU									
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									
Vitamin E (alpha-tocopherol).....mg	0.10	0.016	6	A	1		0.06	0.25	
Tocopherol, beta.....mg	0.01	0.003	6	A	1		0.00	0.02	
Tocopherol, gamma.....mg	0.31	0.081	6	A	1		0.20	0.79	
Tocopherol, delta.....mg	0.43	0.080	6	A	1		0.28	1.10	
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	2.2	0.173	6	A	1		1.4	5.6	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.940		0	NC	4		0.611	2.397	

Potatoes, french fried, all types, salt not added in processing, frozen, as purchased (1)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
4:0.....g									
6:0.....g									
8:0.....g	0.000	0.000	6	A	1		0.000	0.000	
10:0.....g	0.000	0.000	6	A	1		0.000	0.000	
12:0.....g	0.000	0.000	6	A	1		0.000	0.000	
13:0.....g									
14:0.....g	0.000	0.000	6	A	1		0.000	0.000	
15:0.....g	0.000	0.000	6	A	1		0.000	0.000	
16:0.....g	0.498	0.057	6	A	1		0.324	1.271	
17:0.....g	0.001	0.001	6	A	1		0.001	0.003	
18:0.....g	0.407	0.051	6	A	1		0.265	1.038	
20:0.....g	0.017	0.002	6	A	1		0.011	0.044	
22:0.....g	0.016	0.001	6	A	1		0.010	0.041	
24:0.....g									
Fatty acids, total monounsaturated.....g	2.960		0	NC	4		1.924	7.549	
14:1.....g	0.000	0.000	6	A	1		0.000	0.000	
15:1.....g	0.000	0.000	6	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.009	0.002	6	A	1		0.006	0.024	
17:1.....g	0.000	0.000	6	A	1		0.000	0.000	
18:1 undifferentiated.....g	2.938	0.365	6	A	1		1.909	7.491	
20:1.....g	0.013	0.001	6	A	1		0.009	0.034	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.265		0	NC	4		0.172	0.676	
18:2 undifferentiated.....g	0.247	0.025	6	A	1		0.161	0.630	
18:3 undifferentiated.....g	0.018	0.001	6	AS	1		0.012	0.046	
18:3 n-3 c,c,c.....g	0.018	0.001	6	A	1		0.012	0.046	
18:3 n-6 c,c,c.....g	0.000	0.000	6	A	1		0.000	0.000	
18:3i.....g									
18:4.....g									
20:2 n-6 c,c.....g	0.000	0.000	6	A	1		0.000	0.000	
20:3 undifferentiated.....g	0.000	0.000	6	A	1		0.000	0.000	
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000	0.000	6	A	1		0.000	0.000	
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g									
21:5.....g									
22:4.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

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

**Common Measures:**

Measure 1 = 65g: 10 strips

Measure 2 = 255g: 1 package (9 oz)

**Footnotes:**

1 Primarily food service product

**NDB No. 11842**

**Potatoes, french fried, all types, salt not added in processing, frozen, as purchased (1)**

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11841

Potatoes, french fried, all types, salt not added in processing, frozen, oven-heated (1)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	61.51	1.746	6	A	1		45.52		
Energy.....kcal	172		0	NC	4		128		
Energy.....kj	721		0	NC	4		534		
Protein.....g	2.66	0.096	6	A	1		1.97		
Total lipid (fat).....g	5.22	0.604	6	A	1		3.86		
Ash.....g	1.90	0.153	6	A	1		1.40		
Carbohydrate, by difference.....g	28.71		0	NC	4		21.25		
Fiber, total dietary.....g	2.6	0.164	6	A	1		1.9		
Sugars, total.....g	0.28	0.030	6	A	1		0.21		
Sucrose.....g	0.18	0.019	6	A	1		0.13		
Glucose (dextrose).....g	0.11	0.016	6	A	1		0.08		
Fructose.....g	0.00	0.000	6	A	1		0.00		
Lactose.....g	0.00	0.000	6	A	1		0.00		
Maltose.....g	0.00	0.000	6	A	1		0.00		
Galactose.....g	0.00	0.000	6	A	1		0.00		
Starch.....g	20.13	1.546	6	A	1		14.90		
<b>Minerals:</b>									
Calcium, Ca.....mg	12	0.457	53	JA	6		9		
Iron, Fe.....mg	0.74	0.017	54	JA	6		0.54		
Magnesium, Mg.....mg	26	0.475	54	JA	6		19		
Phosphorus, P.....mg	97	2.935	53	JA	6		72		
Potassium, K.....mg	451	10.220	54	JA	6		334		
Sodium, Na.....mg	32	2.587	48		1		24		
Zinc, Zn.....mg	0.38	0.009	54	JA	6		0.28		
Copper, Cu.....mg	0.135	0.007	54	JA	6		0.100		
Manganese, Mn.....mg	0.210	0.006	54	JA	6		0.156		
Selenium, Se.....mcg	0.2	0.101	42		1		0.2		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	13.3	1.650	6	A	1		9.9		
Thiamin.....mg	0.128	0.005	6	A	1		0.095		
Riboflavin.....mg	0.031	0.006	6	A	1		0.023		
Niacin.....mg	2.218	0.053	6	A	1		1.642		
Pantothenic acid.....mg	0.522	0.018	6	A	1		0.386		
Vitamin B-6.....mg	0.184	0.010	5	A	1		0.136		
Folate, total.....mcg	28	2.679	6	A	1		21		
Folic acid.....mcg									
Folate, food.....mcg	28	2.679	6	A	1		21		
Folate, DFE.....mcg_DFE									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg									
Vitamin A, RAE.....mcg_RAE									
Retinol.....mcg									
Carotene, beta.....mcg									
Carotene, alpha.....mcg									
Cryptoxanthin, beta.....mcg									
Vitamin A, IU.....IU									
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									
Vitamin E (alpha-tocopherol).....mg	0.11	0.019	6	A	1		0.09		
Tocopherol, beta.....mg	0.00	0.003	6	A	1		0.00		
Tocopherol, gamma.....mg	0.36	0.095	6	A	1		0.27		
Tocopherol, delta.....mg	0.49	0.100	6	A	1		0.36		
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	2.5	0.291	6	A	1		1.8		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	1.029		0	NC	4		0.761		



Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
4:0.....g									
6:0.....g									
8:0.....g	0.000	0.000	6	A	1		0.000		
10:0.....g	0.000	0.000	6	A	1		0.000		
12:0.....g	0.000	0.000	6	A	1		0.000		
13:0.....g									
14:0.....g	0.000	0.000	6	A	1		0.000		
15:0.....g	0.000	0.000	6	A	1		0.000		
16:0.....g	0.548	0.067	6	A	1		0.406		
17:0.....g	0.001	0.001	6	A	1		0.001		
18:0.....g	0.445	0.060	6	A	1		0.329		
20:0.....g	0.018	0.002	6	A	1		0.013		
22:0.....g	0.016	0.002	6	A	1		0.012		
24:0.....g									
Fatty acids, total monounsaturated.....g	3.237		0	NC	4		2.395		
14:1.....g	0.000	0.000	6	A	1		0.000		
15:1.....g	0.000	0.000	6	A	1		0.000		
16:1 undifferentiated.....g	0.005	0.001	6	A	1		0.004		
17:1.....g	0.000	0.000	6	A	1		0.000		
18:1 undifferentiated.....g	3.224	0.429	6	A	1		2.386		
20:1.....g	0.008	0.002	6	A	1		0.006		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.321		0	NC	4		0.237		
18:2 undifferentiated.....g	0.279	0.027	6	A	1		0.206		
18:3 undifferentiated.....g	0.021		0	AS	1		0.016		
18:3 n-3 c,c,c.....g	0.021	0.002	6	A	1		0.016		
18:3 n-6 c,c,c.....g	0.000	0.000	6	A	1		0.000		
18:3i.....g									
18:4.....g									
20:2 n-6 c,c.....g	0.000	0.000	6	A	1		0.000		
20:3 undifferentiated.....g	0.000	0.000	6	A	1		0.000		
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000	0.000	6	A	1		0.000		
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g									
21:5.....g									
22:4.....g									
22:5 n-3.....g	0.000		0	BFSN	4		0.000		
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

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

**Common Measures:**

Measure 1 = 74g: 10 strip

**Footnotes:**

1 Primarily food service product

Calories Factors: Protein

Fat

Carbohydrate

**NDB No. 11841**

**Potatoes, french fried, all types, salt not added in processing, frozen, oven-heated (1)**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11359

Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, as purchased (1)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	61.08	6.273	4	JA	6		50.08		
Energy.....kcal	174		0	NC	4		142		
Energy.....kj	726		0	NC	4		596		
Protein.....g	2.12		2	A	1		1.74		
Total lipid (fat).....g	5.05		2	A	1		4.14		
Ash.....g	1.83		2	A	1		1.50		
Carbohydrate, by difference.....g	29.92		0	NC	4		24.53		
Fiber, total dietary.....g	2.7	0.762	4	JA	6		2.2		
Sugars, total.....g	0.21		2	A	1		0.18		
Sucrose.....g	0.14		2	A	1		0.12		
Glucose (dextrose).....g	0.07		2	A	1		0.06		
Fructose.....g	0.00		2	A	1		0.00		
Lactose.....g	0.00		2	A	1		0.00		
Maltose.....g	0.00		2	A	1		0.00		
Galactose.....g	0.00		2	A	1		0.00		
Starch.....g	17.71		2	A	1		14.53		
<b>Minerals:</b>									
Calcium, Ca.....mg	9		2	A	1		7		
Iron, Fe.....mg	0.60		2	A	1		0.49		
Magnesium, Mg.....mg	21		2	A	1		18		
Phosphorus, P.....mg	81		2	A	1		67		
Potassium, K.....mg	416		2	A	1		341		
Sodium, Na.....mg	358		2	A	1		293		
Zinc, Zn.....mg	0.34		2	A	1		0.28		
Copper, Cu.....mg	0.077		2	A	1		0.063		
Manganese, Mn.....mg	0.157		2	A	1		0.129		
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	16.1		2	A	1		13.2		
Thiamin.....mg	0.106		2	A	1		0.087		
Riboflavin.....mg	0.037		2	A	1		0.030		
Niacin.....mg	2.140		2	A	1		1.755		
Pantothenic acid.....mg	0.448		2	A	1		0.368		
Vitamin B-6.....mg	0.196		2	A	1		0.161		
Folate, total.....mcg	31		2	A	1		26		
Folic acid.....mcg									
Folate, food.....mcg	31		2	A	1		26		
Folate, DFE.....mcg_DFE									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg									
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0		
Retinol.....mcg									
Carotene, beta.....mcg	3		0	BFSN	4		2		
Carotene, alpha.....mcg	0		0	BFSN	4		0		
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0		
Vitamin A, IU.....IU	5		0	NC	4		4		
Lycopene.....mcg	0		0	BFSN	4		0		
Lutein + zeaxanthin.....mcg	15		0	BFSN	4		13		
Vitamin E (alpha-tocopherol).....mg	0.10		2	A	1		0.09		
Tocopherol, beta.....mg	0.01		2	A	1		0.01		
Tocopherol, gamma.....mg	0.36		2	A	1		0.30		
Tocopherol, delta.....mg	0.47		2	A	1		0.38		
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	2.1		2	A	1		1.8		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.975		0	NC	4		0.800		

Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, as purchased (1)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
4:0.....g	0.000		0	BFSN	4		0.000		
6:0.....g	0.000		0	BFSN	4		0.000		
8:0.....g	0.000		2	A	1		0.000		
10:0.....g	0.000		2	A	1		0.000		
12:0.....g	0.000		2	A	1		0.000		
13:0.....g									
14:0.....g	0.000		2	A	1		0.000		
15:0.....g	0.000		2	A	1		0.000		
16:0.....g	0.516		2	A	1		0.423		
17:0.....g	0.000		2	A	1		0.000		
18:0.....g	0.425		2	A	1		0.349		
20:0.....g	0.018		2	A	1		0.015		
22:0.....g	0.016		2	A	1		0.013		
24:0.....g									
Fatty acids, total monounsaturated.....g	3.102		0	NC	4		2.543		
14:1.....g	0.000		2	A	1		0.000		
15:1.....g	0.000		2	A	1		0.000		
16:1 undifferentiated.....g	0.007		2	A	1		0.006		
17:1.....g	0.000		2	A	1		0.000		
18:1 undifferentiated.....g	3.079		2	A	1		2.525		
20:1.....g	0.015		2	A	1		0.012		
22:1 undifferentiated.....g	0.000		0	BFSN	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.287		0	NC	4		0.235		
18:2 undifferentiated.....g	0.254		2	A	1		0.208		
18:3 undifferentiated.....g	0.016		0	AS	1		0.013		
18:3 n-3 c,c,c.....g	0.016		2	A	1		0.013		
18:3 n-6 c,c,c.....g	0.000		2	A	1		0.000		
18:3i.....g									
18:4.....g	0.000		0	BFSN	4		0.000		
20:2 n-6 c,c.....g	0.000		2	A	1		0.000		
20:3 undifferentiated.....g	0.000		2	A	1		0.000		
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000		2	A	1		0.000		
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g	0.000		0	BFSN	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3.....g	0.000		0	BFSN	4		0.000		
22:6 n-3.....g	0.000		0	BFSN	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.019		0	A	1		0.015		
Threonine.....g	0.074		0	A	1		0.060		
Isoleucine.....g	0.074		0	A	1		0.061		
Leucine.....g	0.124		0	A	1		0.102		
Lysine.....g	0.125		0	A	1		0.102		
Methionine.....g	0.034		0	A	1		0.028		
Cystine.....g	0.034		0	A	1		0.028		
Phenylalanine.....g	0.090		0	A	1		0.074		
Tyrosine.....g	0.072		0	A	1		0.059		
Valine.....g	0.117		0	A	1		0.096		
Arginine.....g	0.122		0	A	1		0.100		
Histidine.....g	0.043		0	A	1		0.036		
Alanine.....g	0.086		0	A	1		0.071		
Aspartic acid.....g	0.470		0	A	1		0.386		
Glutamic acid.....g	0.379		0	A	1		0.311		
Glycine.....g	0.069		0	A	1		0.057		
Proline.....g	0.078		0	A	1		0.064		

NDB No. 11359

Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, as purchased (1)

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Serine.....g	0.093		0	A	1		0.076		
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

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

**Common Measures:**

Measure 1 = 82g: 10 strip

**Footnotes:**

1 Primarily retail consumer product

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11360

Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, oven-heated (1)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	63.07		2	A	1		43.52		
Energy.....kcal	166		0	NC	4		115		
Energy.....kj	695		0	NC	4		480		
Protein.....g	2.51		2	A	1		1.73		
Total lipid (fat).....g	5.13		2	A	1		3.54		
Ash.....g	1.79		2	A	1		1.23		
Carbohydrate, by difference.....g	27.50		0	NC	4		18.97		
Fiber, total dietary.....g	2.3		2	A	1		1.6		
Sugars, total.....g	0.29		2	A	1		0.20		
Sucrose.....g	0.17		2	A	1		0.12		
Glucose (dextrose).....g	0.12		2	A	1		0.08		
Fructose.....g	0.00		2	A	1		0.00		
Lactose.....g	0.00		2	A	1		0.00		
Maltose.....g	0.00		2	A	1		0.00		
Galactose.....g	0.00		2	A	1		0.00		
Starch.....g	19.99		2	A	1		13.79		
<b>Minerals:</b>									
Calcium, Ca.....mg	13	1.010	49	JA	6		9		
Iron, Fe.....mg	0.75	0.044	50	JA	6		0.52		
Magnesium, Mg.....mg	28	1.838	50	JA	6		19		
Phosphorus, P.....mg	97	3.633	49	JA	6		67		
Potassium, K.....mg	471	25.193	50	JA	6		325		
Sodium, Na.....mg	391		2	A	1		270		
Zinc, Zn.....mg	0.40	0.024	50	JA	6		0.28		
Copper, Cu.....mg	0.145	0.017	50	JA	6		0.100		
Manganese, Mn.....mg	0.219	0.015	50	JA	6		0.151		
Selenium, Se.....mcg	0.1	0.070	42		1		0.1		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	11.8		2	A	1		8.2		
Thiamin.....mg	0.122		2	A	1		0.084		
Riboflavin.....mg	0.031		2	A	1		0.021		
Niacin.....mg	2.135		2	A	1		1.473		
Pantothenic acid.....mg	0.491		2	A	1		0.338		
Vitamin B-6.....mg	0.172		2	A	1		0.119		
Folate, total.....mcg	22		2	A	1		15		
Folic acid.....mcg									
Folate, food.....mcg	22		2	A	1		15		
Folate, DFE.....mcg_DFE									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg									
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0		
Retinol.....mcg									
Carotene, beta.....mcg	3		0	BFSN	4		2		
Carotene, alpha.....mcg	0		0	BFSN	4		0		
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0		
Vitamin A, IU.....IU	4		0	NC	4		3		
Lycopene.....mcg	0		0	BFSN	4		0		
Lutein + zeaxanthin.....mcg	15		0	BFSN	4		10		
Vitamin E (alpha-tocopherol).....mg	0.10		2	A	1		0.07		
Tocopherol, beta.....mg	0.01		2	A	1		0.01		
Tocopherol, gamma.....mg	0.39		2	A	1		0.27		
Tocopherol, delta.....mg	0.50		2	A	1		0.35		
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	2.3		2	A	1		1.6		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	1.082		0	NC	4		0.747		

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
4:0.....g	0.000		0	BFSN	4		0.000		
6:0.....g	0.000		0	BFSN	4		0.000		
8:0.....g	0.000		2	A	1		0.000		
10:0.....g	0.000		2	A	1		0.000		
12:0.....g	0.000		2	A	1		0.000		
13:0.....g									
14:0.....g	0.000		2	A	1		0.000		
15:0.....g	0.000		2	A	1		0.000		
16:0.....g	0.574		2	A	1		0.396		
17:0.....g	0.000		2	A	1		0.000		
18:0.....g	0.471		2	A	1		0.325		
20:0.....g	0.019		2	A	1		0.013		
22:0.....g	0.017		2	A	1		0.012		
24:0.....g									
Fatty acids, total monounsaturated.....g	3.446		0	NC	4		2.378		
14:1.....g	0.000		2	A	1		0.000		
15:1.....g	0.000		2	A	1		0.000		
16:1 undifferentiated.....g	0.006		2	A	1		0.004		
17:1.....g	0.000		2	A	1		0.000		
18:1 undifferentiated.....g	3.430		2	A	1		2.367		
20:1.....g	0.010		2	A	1		0.007		
22:1 undifferentiated.....g	0.000		0	BFSN	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.319		0	NC	4		0.220		
18:2 undifferentiated.....g	0.283		2	A	1		0.196		
18:3 undifferentiated.....g	0.018		0	AS	1		0.012		
18:3 n-3 c,c,c.....g	0.018		2	A	1		0.012		
18:3 n-6 c,c,c.....g	0.000		2	A	1		0.000		
18:3i.....g									
18:4.....g	0.000		0	BFSN	4		0.000		
20:2 n-6 c,c.....g	0.000		2	A	1		0.000		
20:3 undifferentiated.....g	0.000		2	A	1		0.000		
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000		2	A	1		0.000		
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g	0.000		0	BFSN	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3.....g	0.000		0	BFSN	4		0.000		
22:6 n-3.....g	0.000		0	BFSN	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.022		0	A	1		0.015		
Threonine.....g	0.087		0	A	1		0.060		
Isoleucine.....g	0.088		0	A	1		0.061		
Leucine.....g	0.147		0	A	1		0.101		
Lysine.....g	0.147		0	A	1		0.102		
Methionine.....g	0.040		0	A	1		0.028		
Cystine.....g	0.040		0	A	1		0.028		
Phenylalanine.....g	0.107		0	A	1		0.074		
Tyrosine.....g	0.085		0	A	1		0.059		
Valine.....g	0.139		0	A	1		0.096		
Arginine.....g	0.145		0	A	1		0.100		
Histidine.....g	0.051		0	A	1		0.035		
Alanine.....g	0.102		0	A	1		0.070		
Aspartic acid.....g	0.556		0	A	1		0.384		
Glutamic acid.....g	0.448		0	A	1		0.309		
Glycine.....g	0.082		0	A	1		0.057		
Proline.....g	0.092		0	A	1		0.064		

NDB No. 11360

Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, oven-heated (1)

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3	
			of Data Points	Deriv Code				Source Code
Serine.....g	0.109		0	A	1	0.075		
Hydroxyproline.....g								
<b>Others:</b>								
Alcohol, ethyl.....g	0.0		0	Z	7	0.0		
Caffeine.....mg	0		0	Z	7	0		
Theobromine.....mg	0		0	Z	7	0		

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

**Common Measures:**

Measure 1 = 69g: 10 strip

**Footnotes:**

1 Primarily retail consumer product

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)



NDB No. 11394

Potatoes, french fried, shoestring, salt added in processing, frozen, as purchased (1)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	63.70		2	A	1		19.11		
Energy.....kcal	167		0	NC	4		50		
Energy.....kj	697		0	NC	4		209		
Protein.....g	2.41		2	A	1		0.72		
Total lipid (fat).....g	5.53		2	A	1		1.66		
Ash.....g	1.58		2	A	1		0.47		
Carbohydrate, by difference.....g	26.78		0	NC	4		8.03		
Fiber, total dietary.....g	2.2		2	A	1		0.7		
Sugars, total.....g	0.20		0	AS	1		0.06		
Sucrose.....g	0.07		2	A	1		0.02		
Glucose (dextrose).....g	0.12		2	A	1		0.04		
Fructose.....g	0.00		1	A	1		0.00		
Lactose.....g	0.00		2	A	1		0.00		
Maltose.....g	0.00		2	A	1		0.00		
Galactose.....g	0.00		2	A	1		0.00		
Starch.....g	17.07		2	A	1		5.12		
<b>Minerals:</b>									
Calcium, Ca.....mg	10		2	A	1		3		
Iron, Fe.....mg	0.61		2	A	1		0.18		
Magnesium, Mg.....mg	21		2	A	1		6		
Phosphorus, P.....mg	90		2	A	1		27		
Potassium, K.....mg	409		2	A	1		123		
Sodium, Na.....mg	322		2	A	1		96		
Zinc, Zn.....mg	0.36		2	A	1		0.11		
Copper, Cu.....mg	0.110		2	A	1		0.033		
Manganese, Mn.....mg	0.155		2	A	1		0.047		
Selenium, Se.....mcg	0.5		0	BFSN	4		0.2		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	17.5		2	A	1		5.3		
Thiamin.....mg	0.090		2	A	1		0.027		
Riboflavin.....mg	0.034		2	A	1		0.010		
Niacin.....mg	1.970		2	A	1		0.591		
Pantothenic acid.....mg	0.498		2	A	1		0.149		
Vitamin B-6.....mg	0.170		2	A	1		0.051		
Folate, total.....mcg	36		2	A	1		11		
Folic acid.....mcg									
Folate, food.....mcg	36		2	A	1		11		
Folate, DFE.....mcg_DFE									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0		
Retinol.....mcg									
Carotene, beta.....mcg	3		0	BFSN	4		1		
Carotene, alpha.....mcg	0		0	BFSN	4		0		
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0		
Vitamin A, IU.....IU	4		0	NC	4		1		
Lycopene.....mcg	0		0	BFSN	4		0		
Lutein + zeaxanthin.....mcg	14		0	BFSN	4		4		
Vitamin E (alpha-tocopherol).....mg	0.12		2	A	1		0.04		
Tocopherol, beta.....mg	0.01		2	A	1		0.00		
Tocopherol, gamma.....mg	0.40		2	A	1		0.12		
Tocopherol, delta.....mg	0.56		2	A	1		0.17		
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	2.6		2	A	1		0.8		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	1.157		0	NC	4		0.347		

Potatoes, french fried, shoestring, salt added in processing, frozen, as purchased (1)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
4:0.....g	0.000		0	BFSN	4		0.000		
6:0.....g	0.000		0	BFSN	4		0.000		
8:0.....g	0.000		2	A	1		0.000		
10:0.....g	0.000		2	A	1		0.000		
12:0.....g	0.000		2	A	1		0.000		
13:0.....g									
14:0.....g	0.000		2	A	1		0.000		
15:0.....g	0.000		2	A	1		0.000		
16:0.....g	0.622		2	A	1		0.187		
17:0.....g	0.000		2	A	1		0.000		
18:0.....g	0.494		2	A	1		0.148		
20:0.....g	0.021		2	A	1		0.006		
22:0.....g	0.019		2	A	1		0.006		
24:0.....g									
Fatty acids, total monounsaturated.....g	3.754		0	NC	4		1.126		
14:1.....g	0.000		2	A	1		0.000		
15:1.....g	0.000		2	A	1		0.000		
16:1 undifferentiated.....g	0.010		2	A	1		0.003		
17:1.....g	0.000		2	A	1		0.000		
18:1 undifferentiated.....g	3.732		2	A	1		1.120		
20:1.....g	0.012		2	A	1		0.004		
22:1 undifferentiated.....g	0.000		0	BFSN	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.307		0	NC	4		0.092		
18:2 undifferentiated.....g	0.286		2	A	1		0.086		
18:3 undifferentiated.....g	0.020		0	AS	1		0.006		
18:3 n-3 c,c,c.....g	0.020		2	A	1		0.006		
18:3 n-6 c,c,c.....g	0.000		2	A	1		0.000		
18:3i.....g									
18:4.....g	0.000		0	BFSN	4		0.000		
20:2 n-6 c,c.....g	0.000		2	A	1		0.000		
20:3 undifferentiated.....g	0.000		2	A	1		0.000		
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000		2	A	1		0.000		
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g	0.000		0	BFSN	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3.....g	0.000		0	BFSN	4		0.000		
22:6 n-3.....g	0.000		0	BFSN	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.021		0	A	1		0.006		
Threonine.....g	0.084		0	A	1		0.025		
Isoleucine.....g	0.084		0	A	1		0.025		
Leucine.....g	0.141		0	A	1		0.042		
Lysine.....g	0.142		0	A	1		0.042		
Methionine.....g	0.038		0	A	1		0.011		
Cystine.....g	0.038		0	A	1		0.012		
Phenylalanine.....g	0.103		0	A	1		0.031		
Tyrosine.....g	0.082		0	A	1		0.025		
Valine.....g	0.133		0	A	1		0.040		
Arginine.....g	0.139		0	A	1		0.042		
Histidine.....g	0.049		0	A	1		0.015		
Alanine.....g	0.098		0	A	1		0.029		
Aspartic acid.....g	0.534		0	A	1		0.160		
Glutamic acid.....g	0.430		0	A	1		0.129		
Glycine.....g	0.079		0	A	1		0.024		
Proline.....g	0.089		0	A	1		0.027		

NDB No. 11394

Potatoes, french fried, shoestring, salt added in processing, frozen, as purchased (1)

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3	
			of Data Points	Deriv Code				Source Code
Serine.....g	0.105		0	A	1	0.032		
Hydroxyproline.....g								
<b>Others:</b>								
Alcohol, ethyl.....g	0.0		0	Z	7	0.0		
Caffeine.....mg	0		0	Z	7	0		
Theobromine.....mg	0		0	Z	7	0		

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

**Common Measures:**

Measure 1 = 30g: 10 strip

**Footnotes:**

1 Primarily retail consumer product

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11395

Potatoes, french fried, shoestring, salt added in processing, frozen, oven-heated (1)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	56.62		2	A	1		11.89		
Energy.....kcal	199		0	NC	4		42		
Energy.....kj	833		0	NC	4		175		
Protein.....g	2.90		2	A	1		0.61		
Total lipid (fat).....g	6.76		2	A	1		1.42		
Ash.....g	2.07		2	A	1		0.43		
Carbohydrate, by difference.....g	31.66		0	NC	4		6.65		
Fiber, total dietary.....g	2.8		2	A	1		0.6		
Sugars, total.....g	0.31		2	A	1		0.06		
Sucrose.....g	0.21		2	A	1		0.04		
Glucose (dextrose).....g	0.10		2	A	1		0.02		
Fructose.....g	0.00		2	A	1		0.00		
Lactose.....g	0.00		2	A	1		0.00		
Maltose.....g	0.00		2	A	1		0.00		
Galactose.....g	0.00		2	A	1		0.00		
Starch.....g	23.15		2	A	1		4.86		
<b>Minerals:</b>									
Calcium, Ca.....mg	12		2	A	1		2		
Iron, Fe.....mg	0.80		2	A	1		0.17		
Magnesium, Mg.....mg	25		2	A	1		5		
Phosphorus, P.....mg	112		2	A	1		24		
Potassium, K.....mg	505		2	A	1		106		
Sodium, Na.....mg	400		2	A	1		84		
Zinc, Zn.....mg	0.43		2	A	1		0.09		
Copper, Cu.....mg	0.114		2	A	1		0.024		
Manganese, Mn.....mg	0.187		2	A	1		0.039		
Selenium, Se.....mcg	0.6		0	BFSN	4		0.1		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	14.2		2	A	1		3.0		
Thiamin.....mg	0.129		2	A	1		0.027		
Riboflavin.....mg	0.034		2	A	1		0.007		
Niacin.....mg	2.280		2	A	1		0.479		
Pantothenic acid.....mg	0.554		2	A	1		0.116		
Vitamin B-6.....mg	0.192		2	A	1		0.040		
Folate, total.....mcg	33		2	A	1		7		
Folic acid.....mcg									
Folate, food.....mcg	33		2	A	1		7		
Folate, DFE.....mcg_DFE									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0		
Retinol.....mcg									
Carotene, beta.....mcg	3		0	BFSN	4		1		
Carotene, alpha.....mcg	0		0	BFSN	4		0		
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0		
Vitamin A, IU.....IU	5		0	NC	4		1		
Lycopene.....mcg	0		0	BFSN	4		0		
Lutein + zeaxanthin.....mcg	17		0	BFSN	4		4		
Vitamin E (alpha-tocopherol).....mg	0.16		2	A	1		0.03		
Tocopherol, beta.....mg	0.01		2	A	1		0.00		
Tocopherol, gamma.....mg	0.49		2	A	1		0.10		
Tocopherol, delta.....mg	0.65		2	A	1		0.14		
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	2.7		2	A	1		0.6		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	1.267		0	NC	4		0.266		

Potatoes, french fried, shoestring, salt added in processing, frozen, oven-heated (1)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
4:0.....g	0.000		0	BFSN	4		0.000		
6:0.....g	0.000		0	BFSN	4		0.000		
8:0.....g	0.000		2	A	1		0.000		
10:0.....g	0.000		2	A	1		0.000		
12:0.....g	0.000		2	A	1		0.000		
13:0.....g									
14:0.....g	0.000		2	A	1		0.000		
15:0.....g	0.000		2	A	1		0.000		
16:0.....g	0.682		2	A	1		0.143		
17:0.....g	0.000		2	A	1		0.000		
18:0.....g	0.543		2	A	1		0.114		
20:0.....g	0.022		2	A	1		0.005		
22:0.....g	0.021		2	A	1		0.004		
24:0.....g									
Fatty acids, total monounsaturated.....g	4.058		0	NC	4		0.852		
14:1.....g	0.000		2	A	1		0.000		
15:1.....g	0.000		2	A	1		0.000		
16:1 undifferentiated.....g	0.007		2	A	1		0.002		
17:1.....g	0.000		2	A	1		0.000		
18:1 undifferentiated.....g	4.042		2	A	1		0.849		
20:1.....g	0.009		2	A	1		0.002		
22:1 undifferentiated.....g	0.000		0	BFSN	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.345		0	NC	4		0.073		
18:2 undifferentiated.....g	0.322		2	A	1		0.068		
18:3 undifferentiated.....g	0.024		0	AS	1		0.005		
18:3 n-3 c,c,c.....g	0.024		2	A	1		0.005		
18:3 n-6 c,c,c.....g	0.000		2	A	1		0.000		
18:3i.....g									
18:4.....g	0.000		0	BFSN	4		0.000		
20:2 n-6 c,c.....g	0.000		2	A	1		0.000		
20:3 undifferentiated.....g	0.000		2	A	1		0.000		
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000		2	A	1		0.000		
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g	0.000		0	BFSN	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3.....g	0.000		0	BFSN	4		0.000		
22:6 n-3.....g	0.000		0	BFSN	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.026		0	A	1		0.005		
Threonine.....g	0.100		0	A	1		0.021		
Isoleucine.....g	0.101		0	A	1		0.021		
Leucine.....g	0.169		0	A	1		0.036		
Lysine.....g	0.170		0	A	1		0.036		
Methionine.....g	0.046		0	A	1		0.010		
Cystine.....g	0.046		0	A	1		0.010		
Phenylalanine.....g	0.123		0	A	1		0.026		
Tyrosine.....g	0.099		0	A	1		0.021		
Valine.....g	0.160		0	A	1		0.034		
Arginine.....g	0.167		0	A	1		0.035		
Histidine.....g	0.059		0	A	1		0.012		
Alanine.....g	0.117		0	A	1		0.025		
Aspartic acid.....g	0.642		0	A	1		0.135		
Glutamic acid.....g	0.517		0	A	1		0.109		
Glycine.....g	0.095		0	A	1		0.020		
Proline.....g	0.106		0	A	1		0.022		

NDB No. 11395

Potatoes, french fried, shoestring, salt added in processing, frozen, oven-heated (1)

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3	
			of Data Points	Deriv Code				Source Code
Serine.....g	0.126		0	A	1	0.027		
Hydroxyproline.....g								
<b>Others:</b>								
Alcohol, ethyl.....g	0.0		0	Z	7	0.0		
Caffeine.....mg	0		0	Z	7	0		
Theobromine.....mg	0		0	Z	7	0		

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

**Common Measures:**

Measure 1 = 21g: 10 strip

**Footnotes:**

1 Primarily retail consumer product

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11411

Potatoes, french fried, steak fries, salt added in processing, frozen, as purchased (1)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	69.29		2	A	1		106.02		
Energy.....kcal	133		0	NC	4		204		
Energy.....kj	558		0	NC	4		854		
Protein.....g	2.19		2	A	1		3.35		
Total lipid (fat).....g	3.39		2	A	1		5.19		
Ash.....g	1.61		2	A	1		2.47		
Carbohydrate, by difference.....g	23.51		0	NC	4		35.97		
Fiber, total dietary.....g	1.9		2	A	1		3.0		
Sugars, total.....g	0.20		2	A	1		0.30		
Sucrose.....g	0.10		2	A	1		0.15		
Glucose (dextrose).....g	0.10		2	A	1		0.15		
Fructose.....g	0.00		2	A	1		0.00		
Lactose.....g	0.00		2	A	1		0.00		
Maltose.....g	0.00		2	A	1		0.00		
Galactose.....g	0.00		2	A	1		0.00		
Starch.....g	17.37		2	A	1		26.58		
<b>Minerals:</b>									
Calcium, Ca.....mg	9		2	A	1		13		
Iron, Fe.....mg	0.65		2	A	1		1.00		
Magnesium, Mg.....mg	21		2	A	1		32		
Phosphorus, P.....mg	78		2	A	1		120		
Potassium, K.....mg	400		2	A	1		611		
Sodium, Na.....mg	317		2	A	1		485		
Zinc, Zn.....mg	0.36		2	A	1		0.55		
Copper, Cu.....mg	0.092		2	A	1		0.140		
Manganese, Mn.....mg	0.161		2	A	1		0.246		
Selenium, Se.....mcg	0.4		0	BFSN	4		0.7		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	18.4		2	A	1		28.2		
Thiamin.....mg	0.098		2	A	1		0.151		
Riboflavin.....mg	0.072		2	A	1		0.109		
Niacin.....mg	2.005		2	A	1		3.068		
Pantothenic acid.....mg	0.473		2	A	1		0.724		
Vitamin B-6.....mg	0.168		2	A	1		0.257		
Folate, total.....mcg	38		2	A	1		57		
Folic acid.....mcg									
Folate, food.....mcg	38		2	A	1		57		
Folate, DFE.....mcg_DFE									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0		
Retinol.....mcg									
Carotene, beta.....mcg	2		0	BFSN	4		3		
Carotene, alpha.....mcg	0		0	BFSN	4		0		
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0		
Vitamin A, IU.....IU	4		0	NC	4		5		
Lycopene.....mcg	0		0	BFSN	4		0		
Lutein + zeaxanthin.....mcg	12		0	BFSN	4		19		
Vitamin E (alpha-tocopherol).....mg	0.08		2	A	1		0.11		
Tocopherol, beta.....mg	0.00		2	A	1		0.00		
Tocopherol, gamma.....mg	0.15		2	A	1		0.24		
Tocopherol, delta.....mg	0.26		2	A	1		0.41		
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	1.8		2	A	1		2.8		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.688		0	NC	4		1.053		

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
4:0.....g	0.000		0	BFSN	4		0.000		
6:0.....g	0.000		0	BFSN	4		0.000		
8:0.....g	0.000		2	A	1		0.000		
10:0.....g	0.000		2	A	1		0.000		
12:0.....g	0.000		2	A	1		0.000		
13:0.....g									
14:0.....g	0.000		2	A	1		0.000		
15:0.....g	0.000		2	A	1		0.000		
16:0.....g	0.357		2	A	1		0.546		
17:0.....g	0.004		2	A	1		0.006		
18:0.....g	0.301		2	A	1		0.461		
20:0.....g	0.013		2	A	1		0.020		
22:0.....g	0.013		2	A	1		0.020		
24:0.....g									
Fatty acids, total monounsaturated.....g	2.025		0	NC	4		3.099		
14:1.....g	0.000		2	A	1		0.000		
15:1.....g	0.000		2	A	1		0.000		
16:1 undifferentiated.....g	0.011		2	A	1		0.017		
17:1.....g	0.000		2	A	1		0.000		
18:1 undifferentiated.....g	2.001		2	A	1		3.062		
20:1.....g	0.013		2	A	1		0.020		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.218		0	NC	4		0.334		
18:2 undifferentiated.....g	0.201		2	A	1		0.307		
18:3 undifferentiated.....g	0.017		0	AS	1		0.027		
18:3 n-3 c,c,c.....g	0.017		2	A	1		0.027		
18:3 n-6 c,c,c.....g	0.000		2	A	1		0.000		
18:3i.....g									
18:4.....g	0.000		0	BFSN	4		0.000		
20:2 n-6 c,c.....g	0.000		2	A	1		0.000		
20:3 undifferentiated.....g	0.000		2	A	1		0.000		
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000		2	A	1		0.000		
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g	0.000		0	BFSN	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3.....g	0.000		0	BFSN	4		0.000		
22:6 n-3.....g	0.000		0	BFSN	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.019		0	A	1		0.030		
Threonine.....g	0.076		0	A	1		0.116		
Isoleucine.....g	0.077		0	A	1		0.117		
Leucine.....g	0.128		0	A	1		0.196		
Lysine.....g	0.129		0	A	1		0.197		
Methionine.....g	0.035		0	A	1		0.053		
Cystine.....g	0.035		0	A	1		0.053		
Phenylalanine.....g	0.093		0	A	1		0.143		
Tyrosine.....g	0.074		0	A	1		0.114		
Valine.....g	0.121		0	A	1		0.185		
Arginine.....g	0.126		0	A	1		0.193		
Histidine.....g	0.045		0	A	1		0.068		
Alanine.....g	0.089		0	A	1		0.136		
Aspartic acid.....g	0.485		0	A	1		0.742		
Glutamic acid.....g	0.390		0	A	1		0.597		
Glycine.....g	0.072		0	A	1		0.109		
Proline.....g	0.080		0	A	1		0.123		



NDB No. 11411

Potatoes, french fried, steak fries, salt added in processing, frozen, as purchased (1)

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3	
			of Data Points	Deriv Code				Source Code
Serine.....g	0.095		0	A	1	0.146		
Hydroxyproline.....g								
<b>Others:</b>								
Alcohol, ethyl.....g	0.0		0	Z	7	0.0		
Caffeine.....mg	0		0	Z	7	0		
Theobromine.....mg	0		0	Z	7	0		

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

**Common Measures:**

Measure 1 = 153g: 10 strip

**Footnotes:**

1 Primarily retail consumer product

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11412

Potatoes, french fried, steak fries, salt added in processing, frozen, oven-heated (1)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	64.85		2	A	1		86.24		
Energy.....kcal	152		0	NC	4		202		
Energy.....kj	636		0	NC	4		846		
Protein.....g	2.57		2	A	1		3.42		
Total lipid (fat).....g	3.76		2	A	1		5.00		
Ash.....g	1.84		2	A	1		2.45		
Carbohydrate, by difference.....g	26.98		0	NC	4		35.88		
Fiber, total dietary.....g	2.6		2	A	1		3.5		
Sugars, total.....g	0.25		2	A	1		0.33		
Sucrose.....g	0.15		2	A	1		0.20		
Glucose (dextrose).....g	0.10		2	A	1		0.13		
Fructose.....g	0.00		2	A	1		0.00		
Lactose.....g	0.00		2	A	1		0.00		
Maltose.....g	0.00		2	A	1		0.00		
Galactose.....g	0.00		2	A	1		0.00		
Starch.....g	17.26		2	A	1		22.96		
<b>Minerals:</b>									
Calcium, Ca.....mg	10		2	A	1		14		
Iron, Fe.....mg	0.64		2	A	1		0.85		
Magnesium, Mg.....mg	23		2	A	1		31		
Phosphorus, P.....mg	90		2	A	1		119		
Potassium, K.....mg	459		2	A	1		610		
Sodium, Na.....mg	373		2	A	1		495		
Zinc, Zn.....mg	0.41		2	A	1		0.54		
Copper, Cu.....mg	0.095		2	A	1		0.127		
Manganese, Mn.....mg	0.189		2	A	1		0.251		
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	14.0		2	A	1		18.6		
Thiamin.....mg	0.132		2	A	1		0.176		
Riboflavin.....mg	0.029		2	A	1		0.039		
Niacin.....mg	2.240		2	A	1		2.979		
Pantothenic acid.....mg	0.522		2	A	1		0.694		
Vitamin B-6.....mg	0.192		1	A	1		0.255		
Folate, total.....mcg	31		2	A	1		41		
Folic acid.....mcg									
Folate, food.....mcg	31		2	A	1		41		
Folate, DFE.....mcg_DFE									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....mcg_RAE									
Retinol.....mcg									
Carotene, beta.....mcg									
Carotene, alpha.....mcg									
Cryptoxanthin, beta.....mcg									
Vitamin A, IU.....IU									
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									
Vitamin E (alpha-tocopherol).....mg	0.08		2	A	1		0.11		
Tocopherol, beta.....mg	0.00		2	A	1		0.00		
Tocopherol, gamma.....mg	0.19		2	A	1		0.25		
Tocopherol, delta.....mg	0.31		2	A	1		0.42		
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	2.3		2	A	1		3.1		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.737		0	NC	4		0.981		

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
4:0.....g									
6:0.....g									
8:0.....g	0.000		2	A	1		0.000		
10:0.....g	0.000		2	A	1		0.000		
12:0.....g	0.000		2	A	1		0.000		
13:0.....g									
14:0.....g	0.000		2	A	1		0.000		
15:0.....g	0.000		2	A	1		0.000		
16:0.....g	0.389		2	A	1		0.517		
17:0.....g	0.004		2	A	1		0.006		
18:0.....g	0.320		2	A	1		0.426		
20:0.....g	0.013		2	A	1		0.017		
22:0.....g	0.011		2	A	1		0.015		
24:0.....g									
Fatty acids, total monounsaturated.....g	2.207		0	NC	4		2.935		
14:1.....g	0.000		2	A	1		0.000		
15:1.....g	0.000		2	A	1		0.000		
16:1 undifferentiated.....g	0.003		2	A	1		0.004		
17:1.....g	0.000		2	A	1		0.000		
18:1 undifferentiated.....g	2.199		2	A	1		2.925		
20:1.....g	0.004		2	A	1		0.006		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.252		0	NC	4		0.336		
18:2 undifferentiated.....g	0.232		2	A	1		0.308		
18:3 undifferentiated.....g	0.021		0	AS	1		0.028		
18:3 n-3 c,c,c.....g	0.021		2	A	1		0.028		
18:3 n-6 c,c,c.....g	0.000		2	A	1		0.000		
18:3i.....g									
18:4.....g									
20:2 n-6 c,c.....g	0.000		2	A	1		0.000		
20:3 undifferentiated.....g	0.000		2	A	1		0.000		
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000		2	A	1		0.000		
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g									
21:5.....g									
22:4.....g									
22:5 n-3.....g	0.000		0	BFSN	4		0.000		
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

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

**Common Measures:**

Measure 1 = 133g: 10 strip

**Footnotes:**

1 Primarily retail consumer product

Calories Factors: Protein

Fat

Carbohydrate

**NDB No. 11412**

**Potatoes, french fried, steak fries, salt added in processing, frozen, oven-heated (1)**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)



NDB No. 11840

Potatoes, frozen, french fried, par fried, cottage-cut, prepared, heated in oven, with salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g									
15:0.....g									
16:0.....g	3.328		0		1		1.664	6.589	
17:0.....g									
18:0.....g	0.566		0		1		0.283	1.121	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	3.328		0		1		1.664	6.589	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	3.328		0		1		1.664	6.589	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.615		0		1		0.308	1.218	
18:2 undifferentiated.....g	0.615		0		1		0.308	1.218	
18:3 undifferentiated.....g									
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.046		0		1		0.023	0.091	
Threonine.....g	0.156		0		1		0.078	0.309	
Isoleucine.....g	0.148		0		1		0.074	0.293	
Leucine.....g	0.207		0		1		0.104	0.410	
Lysine.....g	0.183		0		1		0.092	0.362	
Methionine.....g	0.039		0		1		0.020	0.077	
Cystine.....g	0.021		0		1		0.011	0.042	
Phenylalanine.....g	0.147		0		1		0.074	0.291	
Tyrosine.....g	0.086		0		1		0.043	0.170	
Valine.....g	0.175		0		1		0.088	0.347	
Arginine.....g	0.163		0		1		0.082	0.323	
Histidine.....g	0.058		0		1		0.029	0.115	
Alanine.....g	0.119		0		1		0.060	0.236	
Aspartic acid.....g	0.796		0		1		0.398	1.576	
Glutamic acid.....g	0.537		0		1		0.269	1.063	
Glycine.....g	0.124		0		1		0.062	0.246	
Proline.....g	0.111		0		1		0.056	0.220	
Serine.....g	0.124		0		1		0.062	0.246	
Hydroxyproline.....g									

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

**Common Measures:**

Measure 1 = 50g: 10 strips

Measure 2 = 198g: 1 package (9 oz) yields

**Calories Factors: Protein 2.8**

**Fat 8.8**

**Carbohydrate 4**

**NDB No. 11840**

**Potatoes, frozen, french fried, par fried, cottage-cut, prepared, heated in oven, with salt**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)





NDB No. 11407

Potatoes, frozen, french fried, par fried, cottage-cut, prepared, heated in oven, without salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g									
15:0.....g									
16:0.....g	3.328		0		1		1.664	6.589	
17:0.....g									
18:0.....g	0.566		0		1		0.283	1.121	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	3.328		0		1		1.664	6.589	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	3.328		0		1		1.664	6.589	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.615		0		1		0.308	1.218	
18:2 undifferentiated.....g	0.615		0		1		0.308	1.218	
18:3 undifferentiated.....g									
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.046		0		1		0.023	0.091	
Threonine.....g	0.156		0		1		0.078	0.309	
Isoleucine.....g	0.148		0		1		0.074	0.293	
Leucine.....g	0.207		0		1		0.104	0.410	
Lysine.....g	0.183		0		1		0.092	0.362	
Methionine.....g	0.039		0		1		0.020	0.077	
Cystine.....g	0.021		0		1		0.011	0.042	
Phenylalanine.....g	0.147		0		1		0.074	0.291	
Tyrosine.....g	0.086		0		1		0.043	0.170	
Valine.....g	0.175		0		1		0.088	0.347	
Arginine.....g	0.163		0		1		0.082	0.323	
Histidine.....g	0.058		0		1		0.029	0.115	
Alanine.....g	0.119		0		1		0.060	0.236	
Aspartic acid.....g	0.796		0		1		0.398	1.576	
Glutamic acid.....g	0.537		0		1		0.269	1.063	
Glycine.....g	0.124		0		1		0.062	0.246	
Proline.....g	0.111		0		1		0.056	0.220	
Serine.....g	0.124		0		1		0.062	0.246	
Hydroxyproline.....g									

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

**Common Measures:**

Measure 1 = 50g: 10 strips

Measure 2 = 198g: 1 package (9 oz), yields

**Calories Factors: Protein 2.8**

**Fat 8.8**

**Carbohydrate 4**

**NDB No. 11407**

**Potatoes, frozen, french fried, par fried, cottage-cut, prepared, heated in oven, without salt**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)



NDB No. 11406

Potatoes, frozen, french fried, par fried, cottage-cut, unprepared

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g									
15:0.....g									
16:0.....g	2.345		0		1		1.524	5.980	
17:0.....g									
18:0.....g	0.398		0		1		0.259	1.015	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	2.345		0		1		1.524	5.980	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	2.345		0		1		1.524	5.980	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.433		0		1		0.281	1.104	
18:2 undifferentiated.....g	0.433		0		1		0.281	1.104	
18:3 undifferentiated.....g									
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.033		0		1		0.021	0.084	
Threonine.....g	0.110		0		1		0.072	0.281	
Isoleucine.....g	0.104		0		1		0.068	0.265	
Leucine.....g	0.146		0		1		0.095	0.372	
Lysine.....g	0.128		0		1		0.083	0.326	
Methionine.....g	0.027		0		1		0.018	0.069	
Cystine.....g	0.015		0		1		0.010	0.038	
Phenylalanine.....g	0.103		0		1		0.067	0.263	
Tyrosine.....g	0.061		0		1		0.040	0.156	
Valine.....g	0.123		0		1		0.080	0.314	
Arginine.....g	0.115		0		1		0.075	0.293	
Histidine.....g	0.041		0		1		0.027	0.105	
Alanine.....g	0.084		0		1		0.055	0.214	
Aspartic acid.....g	0.560		0		1		0.364	1.428	
Glutamic acid.....g	0.378		0		1		0.246	0.964	
Glycine.....g	0.087		0		1		0.057	0.222	
Proline.....g	0.078		0		1		0.051	0.199	
Serine.....g	0.087		0		1		0.057	0.222	
Hydroxyproline.....g									

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

**Common Measures:**

Measure 1 = 65g: 10 strips

Measure 2 = 255g: 1 package (9 oz)

**Calories Factors: Protein 2.8**

**Fat 8.8**

**Carbohydrate 4**

**NDB No. 11406**

**Potatoes, frozen, french fried, par fried, cottage-cut, unprepared**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)



Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.076		0		4		0.038	0.150	
15:0.....g									
16:0.....g	3.822		0		4		1.911	7.568	
17:0.....g									
18:0.....g	1.274		0		4		0.637	2.523	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	11.338		0		4		5.669	22.449	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.038		0		4		0.019	0.075	
17:1.....g									
18:1 undifferentiated.....g	11.317		0		4		5.659	22.408	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.405		0		4		0.703	2.782	
18:2 undifferentiated.....g	1.405		0		4		0.703	2.782	
18:3 undifferentiated.....g									
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.048		0		1		0.024	0.095	
Threonine.....g	0.161		0		1		0.081	0.319	
Isoleucine.....g	0.153		0		1		0.077	0.303	
Leucine.....g	0.214		0		1		0.107	0.424	
Lysine.....g	0.188		0		1		0.094	0.372	
Methionine.....g	0.040		0		1		0.020	0.079	
Cystine.....g	0.023		0		1		0.012	0.046	
Phenylalanine.....g	0.152		0		1		0.076	0.301	
Tyrosine.....g	0.089		0		1		0.045	0.176	
Valine.....g	0.180		0		1		0.090	0.356	
Arginine.....g	0.168		0		1		0.084	0.333	
Histidine.....g	0.060		0		1		0.030	0.119	
Alanine.....g	0.122		0		1		0.061	0.242	
Aspartic acid.....g	0.821		0		1		0.411	1.626	
Glutamic acid.....g	0.554		0		1		0.277	1.097	
Glycine.....g	0.128		0		1		0.064	0.253	
Proline.....g	0.114		0		1		0.057	0.226	
Serine.....g	0.128		0		1		0.064	0.253	
Hydroxyproline.....g									

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

**Common Measures:**

Measure 1 = 50g: 10 strips

Measure 2 = 198g: 1 package (9 oz), yields

**Calories Factors: Protein 2.8**

**Fat 8.8**

**Carbohydrate 4**

**NDB No. 11409**

**Potatoes, frozen, french fried, par fried, extruded, prepared, heated in oven, without salt**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)





Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.057		0		1		0.037	0.145	
15:0.....g									
16:0.....g	3.515		0		1		2.285	8.963	
17:0.....g									
18:0.....g	0.972		0		1		0.632	2.479	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	8.659		0		1		5.628	22.080	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.029		0		1		0.019	0.074	
17:1.....g									
18:1 undifferentiated.....g	8.631		0		1		5.610	22.009	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.072		0		1		0.697	2.734	
18:2 undifferentiated.....g	1.072		0		1		0.697	2.734	
18:3 undifferentiated.....g									
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.038		0		1		0.025	0.097	
Threonine.....g	0.129		0		1		0.084	0.329	
Isoleucine.....g	0.122		0		1		0.079	0.311	
Leucine.....g	0.171		0		1		0.111	0.436	
Lysine.....g	0.150		0		1		0.098	0.383	
Methionine.....g	0.032		0		1		0.021	0.082	
Cystine.....g	0.018		0		1		0.012	0.046	
Phenylalanine.....g	0.121		0		1		0.079	0.309	
Tyrosine.....g	0.071		0		1		0.046	0.181	
Valine.....g	0.144		0		1		0.094	0.367	
Arginine.....g	0.134		0		1		0.087	0.342	
Histidine.....g	0.048		0		1		0.031	0.122	
Alanine.....g	0.098		0		1		0.064	0.250	
Aspartic acid.....g	0.656		0		1		0.426	1.673	
Glutamic acid.....g	0.442		0		1		0.287	1.127	
Glycine.....g	0.102		0		1		0.066	0.260	
Proline.....g	0.091		0		1		0.059	0.232	
Serine.....g	0.102		0		1		0.066	0.260	
Hydroxyproline.....g									

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

**Common Measures:**

Measure 1 = 65g: 10 strips

Measure 2 = 255g: 1 package (9 oz)

**Calories Factors: Protein 2.8**

**Fat 8.8**

**Carbohydrate 4**

**NDB No. 11408**

**Potatoes, frozen, french fried, par fried, extruded, unprepared**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)



NDB No. 11837

Potatoes, frozen, whole, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.001		0			1			
15:0.....g									
16:0.....g	0.021		0			1			
17:0.....g									
18:0.....g	0.005		0			1			
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.003		0			1			
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0			1			
17:1.....g									
18:1 undifferentiated.....g	0.001		0			1			
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.056		0			1			
18:2 undifferentiated.....g	0.042		0			1			
18:3 undifferentiated.....g	0.013		0			1			
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z		7			
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.031		0			1			
Threonine.....g	0.072		0			1			
Isoleucine.....g	0.080		0			1			
Leucine.....g	0.119		0			1			
Lysine.....g	0.120		0			1			
Methionine.....g	0.031		0			1			
Cystine.....g	0.025		0			1			
Phenylalanine.....g	0.088		0			1			
Tyrosine.....g	0.073		0			1			
Valine.....g	0.111		0			1			
Arginine.....g	0.091		0			1			
Histidine.....g	0.043		0			1			
Alanine.....g	0.061		0			1			
Aspartic acid.....g	0.483		0			1			
Glutamic acid.....g	0.331		0			1			
Glycine.....g	0.059		0			1			
Proline.....g	0.071		0			1			
Serine.....g	0.086		0			1			
Hydroxyproline.....g									

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

**Common Measures:**

Calories Factors: Protein 2.78

Fat 8.37

Carbohydrate 4.03

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)



NDB No. 11401

Potatoes, frozen, whole, cooked, boiled, drained, w without salt

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.001		0			1			
15:0.....g									
16:0.....g	0.021		0			1			
17:0.....g									
18:0.....g	0.005		0			1			
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.003		0			1			
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0			1			
17:1.....g									
18:1 undifferentiated.....g	0.001		0			1			
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.056		0			1			
18:2 undifferentiated.....g	0.042		0			1			
18:3 undifferentiated.....g	0.013		0			1			
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z		7			
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.031		0			1			
Threonine.....g	0.072		0			1			
Isoleucine.....g	0.080		0			1			
Leucine.....g	0.119		0			1			
Lysine.....g	0.120		0			1			
Methionine.....g	0.031		0			1			
Cystine.....g	0.025		0			1			
Phenylalanine.....g	0.088		0			1			
Tyrosine.....g	0.073		0			1			
Valine.....g	0.111		0			1			
Arginine.....g	0.091		0			1			
Histidine.....g	0.043		0			1			
Alanine.....g	0.061		0			1			
Aspartic acid.....g	0.483		0			1			
Glutamic acid.....g	0.331		0			1			
Glycine.....g	0.059		0			1			
Proline.....g	0.071		0			1			
Serine.....g	0.086		0			1			
Hydroxyproline.....g									

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

**Common Measures:**

**Calories Factors: Protein 2.78**

**Fat 8.37**

**Carbohydrate 4.03**

**Food Group: 11 Vegetables and Vegetable Products**

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11400

Potatoes, frozen, whole, unprepared

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	79.30	0.556	23		1		144.33		
Energy.....kcal	78		0	NC	4		143		
Energy.....kj	328		0	NC	4		597		
Protein (N x 6.25).....g	2.38	0.081	23		1		4.33		
Total lipid (fat).....g	0.16	0.028	21		1		0.29		
Ash.....g	0.69	0.035	23		1		1.26		
Carbohydrate, by difference.....g	17.47		0	NC	4		31.80		
Fiber, total dietary.....g	1.2		0		1		2.2		
Sugars, total.....g	0.78		0	BFSN	4		1.42		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	8	2.640	8		1		15		
Iron, Fe.....mg	1.01	0.101	23		1		1.84		
Magnesium, Mg.....mg	13		2		1		24		
Phosphorus, P.....mg	32		2		1		58		
Potassium, K.....mg	346	37.695	4		1		630		
Sodium, Na.....mg	25	2.666	17		1		46		
Zinc, Zn.....mg	0.30		2		1		0.55		
Copper, Cu.....mg	0.094		2		1		0.171		
Manganese, Mn.....mg	0.223		2		1		0.406		
Selenium, Se.....mcg	0.3		0	BFSN	4		0.5		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	14.2	1.705	22		1		25.8		
Thiamin.....mg	0.154	0.040	23		1		0.280		
Riboflavin.....mg	0.031	0.003	8		1		0.056		
Niacin.....mg	1.680	0.107	23		1		3.058		
Pantothenic acid.....mg	0.374		0		1		0.681		
Vitamin B-6.....mg	0.256		0		1		0.466		
Folate, total.....mcg	13		0		1		23		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	13		0		1		23		
Folate, DFE.....mcg_DFE	13		0	NC	4		23		
Choline, total.....mg	12.2		0	BFSN	4		22.1		
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00		
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0		
Retinol.....mcg	0		0	Z	7		0		
Carotene, beta.....mcg	1		0	BFSN	4		3		
Carotene, alpha.....mcg	0		0	BFSN	4		0		
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0		
Vitamin A, IU.....IU	2		0	NC	4		4		
Lycopene.....mcg	0		0	BFSN	4		0		
Lutein + zeaxanthin.....mcg	8		0	BFSN	4		15		
Vitamin E (alpha-tocopherol).....mg	0.01		0	BFSN	4		0.01		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	1.9		0	BFSN	4		3.5		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.041		0		1		0.075		
4:0.....g	0.000		0		1		0.000		
6:0.....g	0.000		0		1		0.000		
8:0.....g	0.000		0		1		0.000		
10:0.....g	0.001		0		1		0.002		



Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.005		0		1		0.009		
13:0.....g									
14:0.....g	0.001		0		1		0.002		
15:0.....g									
16:0.....g	0.025		0		1		0.046		
17:0.....g									
18:0.....g	0.006		0		1		0.011		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.003		0		1		0.005		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.002		
17:1.....g									
18:1 undifferentiated.....g	0.002		0		1		0.004		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.067		0		1		0.122		
18:2 undifferentiated.....g	0.050		0		1		0.091		
18:3 undifferentiated.....g	0.016		0		1		0.029		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.037		0		1		0.067		
Threonine.....g	0.086		0		1		0.157		
Isoleucine.....g	0.097		0		1		0.177		
Leucine.....g	0.143		0		1		0.260		
Lysine.....g	0.144		0		1		0.262		
Methionine.....g	0.038		0		1		0.069		
Cystine.....g	0.030		0		1		0.055		
Phenylalanine.....g	0.106		0		1		0.193		
Tyrosine.....g	0.088		0		1		0.160		
Valine.....g	0.134		0		1		0.244		
Arginine.....g	0.109		0		1		0.198		
Histidine.....g	0.052		0		1		0.095		
Alanine.....g	0.073		0		1		0.133		
Aspartic acid.....g	0.581		0		1		1.057		
Glutamic acid.....g	0.399		0		1		0.726		
Glycine.....g	0.071		0		1		0.129		
Proline.....g	0.086		0		1		0.157		
Serine.....g	0.103		0		1		0.187		
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

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

**Common Measures:**

**NDB No. 11400**

**Potatoes, frozen, whole, unprepared**

Measure 1 = 182g: 1 cup

**Calories Factors: Protein 2.78**

**Fat 8.37**

**Carbohydrate 4.03**

**Food Group: 11 Vegetables and Vegetable Products**

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11391

Potatoes, hashed brown, frozen, plain, prepared

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	56.10		0		1		16.27	43.76	115.01
Energy.....kcal	218		0	NC	4		63	170	447
Energy.....kj	912		0		4		265	711	1870
Protein (N x 6.25).....g	3.16		0		1		0.92	2.46	6.48
Total lipid (fat).....g	11.50		0		1		3.34	8.97	23.58
Ash.....g	1.14		0		1		0.33	0.89	2.34
Carbohydrate, by difference.....g	28.10		0	NC	4		8.15	21.92	57.61
Fiber, total dietary.....g	2.0		0		4		0.6	1.6	4.1
Sugars, total.....g	1.57		0	BFPN	4		0.46	1.22	3.22
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	15		0		1		4	12	31
Iron, Fe.....mg	1.51		0		1		0.44	1.18	3.10
Magnesium, Mg.....mg	17		0		1		5	13	35
Phosphorus, P.....mg	72		0		1		21	56	148
Potassium, K.....mg	436		0		1		126	340	894
Sodium, Na.....mg	34		0		1		10	27	70
Zinc, Zn.....mg	0.32		0		1		0.09	0.25	0.66
Copper, Cu.....mg	0.152		0		1		0.044	0.119	0.312
Manganese, Mn.....mg	0.223		0		1		0.065	0.174	0.457
Selenium, Se.....mcg	0.3		0	BFPN	4		0.1	0.2	0.6
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	6.3		0		1		1.8	4.9	12.9
Thiamin.....mg	0.111		0		1		0.032	0.087	0.228
Riboflavin.....mg	0.020		0		1		0.006	0.016	0.041
Niacin.....mg	2.421		0		1		0.702	1.888	4.963
Pantothenic acid.....mg	0.446		0		1		0.129	0.348	0.914
Vitamin B-6.....mg	0.126		0		1		0.037	0.098	0.258
Folate, total.....mcg	7		0		4		2	5	13
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg	7		0		4		2	5	13
Folate, DFE.....mcg_DFE	7		0	NC	4		2	5	13
Choline, total.....mg	24.5		0	BFPN	4		7.1	19.1	50.2
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	0		0	AS	1		0	0	0
Retinol.....mcg	0		0	Z	7		0	0	0
Carotene, beta.....mcg	0		0	Z	7		0	0	0
Carotene, alpha.....mcg	0		0	Z	7		0	0	0
Cryptoxanthin, beta.....mcg	0		0	Z	7		0	0	0
Vitamin A, IU.....IU	0		0	AS	1		0	0	0
Lycopene.....mcg	0		0	Z	7		0	0	0
Lutein + zeaxanthin.....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol).....mg	0.19		0	O	4		0.06	0.15	0.39
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	3.9		0	BFPN	4		1.1	3.0	7.9
<b>Lipids:</b>									
Fatty acids, total saturated.....g	4.493		0		1		1.303	3.505	9.211
4:0.....g	0.000		0		1		0.000	0.000	0.000
6:0.....g	0.000		0		1		0.000	0.000	0.000
8:0.....g	0.000		0		1		0.000	0.000	0.000
10:0.....g	0.012		0		1		0.003	0.009	0.025

Potatoes, hashed brown, frozen, plain, prepared

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.027		0		1		0.008	0.021	0.055
13:0.....g									
14:0.....g	0.149		0		1		0.043	0.116	0.305
15:0.....g									
16:0.....g	2.728		0		1		0.791	2.128	5.592
17:0.....g									
18:0.....g	1.541		0		1		0.447	1.202	3.159
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	5.137		0		1		1.490	4.007	10.531
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.308		0		1		0.089	0.240	0.631
17:1.....g									
18:1 undifferentiated.....g	4.692		0		1		1.361	3.660	9.619
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.325		0		1		0.384	1.034	2.716
18:2 undifferentiated.....g	1.198		0		1		0.347	0.934	2.456
18:3 undifferentiated.....g	0.126		0		1		0.037	0.098	0.258
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	0
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.042		0		1		0.012	0.033	0.086
Threonine.....g	0.143		0		1		0.041	0.112	0.293
Isoleucine.....g	0.136		0		1		0.039	0.106	0.279
Leucine.....g	0.190		0		1		0.055	0.148	0.390
Lysine.....g	0.168		0		1		0.049	0.131	0.344
Methionine.....g	0.035		0		1		0.010	0.027	0.072
Cystine.....g	0.020		0		1		0.006	0.016	0.041
Phenylalanine.....g	0.135		0		1		0.039	0.105	0.277
Tyrosine.....g	0.079		0		1		0.023	0.062	0.162
Valine.....g	0.161		0		1		0.047	0.126	0.330
Arginine.....g	0.149		0		1		0.043	0.116	0.305
Histidine.....g	0.053		0		1		0.015	0.041	0.109
Alanine.....g	0.109		0		1		0.032	0.085	0.223
Aspartic acid.....g	0.731		0		1		0.212	0.570	1.499
Glutamic acid.....g	0.493		0		1		0.143	0.385	1.011
Glycine.....g	0.114		0		1		0.033	0.089	0.234
Proline.....g	0.102		0		1		0.030	0.080	0.209
Serine.....g	0.114		0		1		0.033	0.089	0.234
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0

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

**Common Measures:**

**NDB No. 11391**

**Potatoes, hashed brown, frozen, plain, prepared**

Measure 1 = 29g: 1 patty, oval (approx 3" x 1-1/2" x 1/2")

Measure 2 = 78g: .5 cup

Measure 3 = 205g: 1 package yield, 12 oz

**Calories Factors: Protein 2.78**

**Fat 8.37**

**Carbohydrate 4.03**

**Food Group: 11 Vegetables and Vegetable Products**

USDA National Nutrient Database for Standard Reference, Release 21 (2008)



NDB No. 11390

Potatoes, hashed brown, frozen, plain, unprepared

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.004		0		1		0.004	0.014	
15:0.....g									
16:0.....g	0.102		0		1		0.107	0.347	
17:0.....g									
18:0.....g	0.022		0		1		0.023	0.075	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.014		0		1		0.015	0.048	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.005		0		1		0.005	0.017	
17:1.....g									
18:1 undifferentiated.....g	0.007		0		1		0.007	0.024	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.269		0		1		0.282	0.915	
18:2 undifferentiated.....g	0.201		0		1		0.211	0.683	
18:3 undifferentiated.....g	0.064		0		1		0.067	0.218	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg									
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.028		0		1		0.029	0.095	
Threonine.....g	0.094		0		1		0.099	0.320	
Isoleucine.....g	0.089		0		1		0.093	0.303	
Leucine.....g	0.124		0		1		0.130	0.422	
Lysine.....g	0.110		0		1		0.116	0.374	
Methionine.....g	0.023		0		1		0.024	0.078	
Cystine.....g	0.013		0		1		0.014	0.044	
Phenylalanine.....g	0.088		0		1		0.092	0.299	
Tyrosine.....g	0.052		0		1		0.055	0.177	
Valine.....g	0.105		0		1		0.110	0.357	
Arginine.....g	0.098		0		1		0.103	0.333	
Histidine.....g	0.035		0		1		0.037	0.119	
Alanine.....g	0.071		0		1		0.075	0.241	
Aspartic acid.....g	0.478		0		1		0.502	1.625	
Glutamic acid.....g	0.322		0		1		0.338	1.095	
Glycine.....g	0.075		0		1		0.079	0.255	
Proline.....g	0.066		0		1		0.069	0.224	
Serine.....g	0.074		0		1		0.078	0.252	
Hydroxyproline.....g									

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

**Common Measures:**

Measure 1 = 105g: .5 cup

Measure 2 = 340g: 1 package (12 oz)

**Calories Factors: Protein 2.78**

**Fat 8.37**

**Carbohydrate 4.03**

**NDB No. 11390**

**Potatoes, hashed brown, frozen, plain, unprepared**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)





NDB No. 11393

Potatoes, hashed brown, frozen, with butter sauce, prepared

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.444		0		1				
15:0.....g									
16:0.....g	1.581		0		1				
17:0.....g									
18:0.....g	0.751		0		1				
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	3.149		0		1				
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.114		0		1				
17:1.....g									
18:1 undifferentiated.....g	2.965		0		1				
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.814		0		1				
18:2 undifferentiated.....g	1.634		0		1				
18:3 undifferentiated.....g	0.180		0		1				
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	23		0		1				
Phytosterols.....mg									

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

Common Measures:

Calories Factors: Protein 2.78

Fat 8.37

Carbohydrate 4.03

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)



NDB No. 11392

Potatoes, hashed brown, frozen, with butter sauce, unprepared

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.336		0		1		0.571		
15:0.....g									
16:0.....g	1.198		0		1		2.037		
17:0.....g									
18:0.....g	0.569		0		1		0.967		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	2.386		0		1		4.056		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.087		0		1		0.148		
17:1.....g									
18:1 undifferentiated.....g	2.246		0		1		3.818		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.374		0		1		2.336		
18:2 undifferentiated.....g	1.238		0		1		2.105		
18:3 undifferentiated.....g	0.136		0		1		0.231		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg									
Phytosterols.....mg									

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

**Common Measures:**

Measure 1 = 170g: 1 package (6 oz)

**Calories Factors: Protein 2.78**

**Fat 8.37**

**Carbohydrate 4.03**

**Food Group: 11 Vegetables and Vegetable Products**

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11370

Potatoes, hashed brown, home-prepared

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	47.25		0	RC	4		73.70		
Energy.....kcal	265		0	NC	4		414		
Energy.....kj	1109		0	NC	4		1730		
Protein.....g	3.00		0	RC	4		4.68		
Total lipid (fat).....g	12.52		0	RC	4		19.53		
Ash.....g	2.12		0	RC	4		3.31		
Carbohydrate, by difference.....g	35.11		0	RC	4		54.78		
Fiber, total dietary.....g	3.2		0	RC	4		4.9		
Sugars, total.....g	1.49		0	RC	4		2.32		
Sucrose.....g	0.33		0	RC	4		0.52		
Glucose (dextrose).....g	0.64		0	RC	4		1.00		
Fructose.....g	0.52		0	RC	4		0.81		
Lactose.....g	0.00		0	RC	4		0.00		
Maltose.....g	0.00		0	RC	4		0.00		
Galactose.....g	0.00		0	RC	4		0.00		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	14		0	RC	4		22		
Iron, Fe.....mg	0.55		0	RC	4		0.85		
Magnesium, Mg.....mg	35		0	RC	4		55		
Phosphorus, P.....mg	70		0	RC	4		109		
Potassium, K.....mg	576		0	RC	4		898		
Sodium, Na.....mg	342		0	RC	4		533		
Zinc, Zn.....mg	0.47		0	RC	4		0.74		
Copper, Cu.....mg	0.293		0	RC	4		0.458		
Manganese, Mn.....mg	0.247		0	RC	4		0.385		
Selenium, Se.....mcg	0.5		0	RC	4		0.8		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	13.0		0	RC	4		20.3		
Thiamin.....mg	0.172		0	RC	4		0.268		
Riboflavin.....mg	0.033		0	RC	4		0.052		
Niacin.....mg	2.302		0	RC	4		3.592		
Pantothenic acid.....mg	0.893		0	RC	4		1.393		
Vitamin B-6.....mg	0.472		0	RC	4		0.736		
Folate, total.....mcg	16		0	RC	4		24		
Folic acid.....mcg	0		0	RC	4		0		
Folate, food.....mcg	16		0	RC	4		24		
Folate, DFE.....mcg_DFE	16		0	NC	4		24		
Choline, total.....mg	23.2		0	RC	4		36.2		
Betaine.....mg	0.3		0	RC	4		0.5		
Vitamin B-12.....mcg	0.00		0	RC	4		0.00		
Vitamin B-12, added.....mcg	0.00		0	RC	4		0.00		
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0		
Retinol.....mcg	0		0	RC	4		0		
Carotene, beta.....mcg	3		0	RC	4		4		
Carotene, alpha.....mcg	0		0	RC	4		0		
Cryptoxanthin, beta.....mcg	0		0	RC	4		0		
Vitamin A, IU.....IU	5		0	NC	4		7		
Lycopene.....mcg	0		0	RC	4		0		
Lutein + zeaxanthin.....mcg	16		0	RC	4		25		
Vitamin E (alpha-tocopherol).....mg	0.01		0	RC	4		0.02		
Vitamin E, added.....mg	0.00		0	RC	4		0.00		
Tocopherol, beta.....mg	0.00		0	RC	4		0.00		
Tocopherol, gamma.....mg	0.00		0	RC	4		0.00		
Tocopherol, delta.....mg	0.00		0	RC	4		0.00		
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	3.7		0	RC	4		5.7		

NDB No. 11370

Potatoes, hashed brown, home-prepared

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	1.885		0	RC	4		2.940		
4:0.....g	0.000		0	RC	4		0.000		
6:0.....g	0.000		0	RC	4		0.000		
8:0.....g	0.000		0	RC	4		0.000		
10:0.....g	0.002		0	RC	4		0.003		
12:0.....g	0.005		0	RC	4		0.008		
13:0.....g									
14:0.....g	0.014		0	RC	4		0.022		
15:0.....g									
16:0.....g	1.238		0	RC	4		1.931		
17:0.....g									
18:0.....g	0.624		0	RC	4		0.974		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	5.311		0	RC	4		8.285		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.051		0	RC	4		0.080		
17:1.....g									
18:1 undifferentiated.....g	5.248		0	RC	4		8.187		
20:1.....g	0.000		0	RC	4		0.000		
22:1 undifferentiated.....g	0.000		0	RC	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	4.717		0	RC	4		7.358		
18:2 undifferentiated.....g	4.364		0	RC	4		6.808		
18:3 undifferentiated.....g	0.338		0	RC	4		0.528		
18:4.....g	0.000		0	RC	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RC	4		0.000		
20:5 n-3.....g	0.000		0	RC	4		0.000		
22:5 n-3.....g	0.000		0	RC	4		0.000		
22:6 n-3.....g	0.000		0	RC	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	RC	4		0		
Phytosterols.....mg	0		0	RC	4		0		
<b>Amino Acids:</b>									
Tryptophan.....g	0.047		0	RC	4		0.074		
Threonine.....g	0.109		0	RC	4		0.170		
Isoleucine.....g	0.123		0	RC	4		0.192		
Leucine.....g	0.181		0	RC	4		0.282		
Lysine.....g	0.182		0	RC	4		0.285		
Methionine.....g	0.047		0	RC	4		0.074		
Cystine.....g	0.039		0	RC	4		0.060		
Phenylalanine.....g	0.133		0	RC	4		0.208		
Tyrosine.....g	0.112		0	RC	4		0.175		
Valine.....g	0.168		0	RC	4		0.263		
Arginine.....g	0.139		0	RC	4		0.216		
Histidine.....g	0.067		0	RC	4		0.104		
Alanine.....g	0.093		0	RC	4		0.145		
Aspartic acid.....g	0.735		0	RC	4		1.147		
Glutamic acid.....g	0.504		0	RC	4		0.786		
Glycine.....g	0.089		0	RC	4		0.140		
Proline.....g	0.109		0	RC	4		0.170		
Serine.....g	0.132		0	RC	4		0.205		
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	RC	4		0.0		
Caffeine.....mg	0		0	RC	4		0		
Theobromine.....mg	0		0	RC	4		0		

NDB No. 11370

Potatoes, hashed brown, home-prepared

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

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

**Common Measures:**

Measure 1 = 156g: 1 cup

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 11 Vegetables and Vegetable Products  
USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11378

Potatoes, mashed, dehydrated, flakes without milk, dry form

Include USDA Commodity food A200

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	6.58	0.504	27	JA	6		3.95		
Energy.....kcal	354		0	NC	4		212		
Energy.....kj	1480		0	NC	4		888		
Protein (N x 6.25).....g	8.34	0.147	20	JA	6		5.01		
Total lipid (fat).....g	0.41	0.139	16	JA	6		0.25		
Ash.....g	3.50	0.104	15	JA	6		2.10		
Carbohydrate, by difference.....g	81.17		0	NC	4		48.70		
Fiber, total dietary.....g	6.6		1	A	1		4.0		
Sugars, total.....g	3.36		1	A	1		2.02		
Sucrose.....g	0.99		1	A	1		0.59		
Glucose (dextrose).....g	0.89		1	A	1		0.53		
Fructose.....g	0.98		1	A	1		0.59		
Lactose.....g	0.00		1	A	1		0.00		
Maltose.....g	0.50		1	A	1		0.30		
Galactose.....g	0.00		1	A	1		0.00		
Starch.....g	70.60		1	A	1		42.36		
<b>Minerals:</b>									
Calcium, Ca.....mg	27	3.972	16	JA	6		16		
Iron, Fe.....mg	1.21	0.120	24	JA	6		0.72		
Magnesium, Mg.....mg	66	6.054	24	JA	6		39		
Phosphorus, P.....mg	156	14.126	26	JA	6		94		
Potassium, K.....mg	1098	145.314	17	JA	6		659		
Sodium, Na.....mg	104	15.164	17	JA	6		62		
Zinc, Zn.....mg	0.70	0.039	11	JA	6		0.42		
Copper, Cu.....mg	0.161	0.006	10	JA	6		0.096		
Manganese, Mn.....mg	0.161	0.003	6	JA	6		0.097		
Selenium, Se.....mcg	13.4		2	A	1		8.0		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	81.0	15.286	29	JA	6		48.6		
Thiamin.....mg	0.988	0.459	20	JA	6		0.593		
Riboflavin.....mg	0.110	0.012	25	JA	6		0.066		
Niacin.....mg	6.264	0.566	25	JA	6		3.758		
Pantothenic acid.....mg	2.079	0.193	11	JA	6		1.247		
Vitamin B-6.....mg	0.748	0.116	17	JA	6		0.449		
Folate, total.....mcg	46	4.023	4	JA	6		27		
Folic acid.....mcg	0		1	Z	7		0		
Folate, food.....mcg	46	4.023	4	JA	6		27		
Folate, DFE.....mcg_DFE	46		0	NC	4		27		
Choline, total.....mg	54.9		0	BFSN	4		32.9		
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00		
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....mcg_RAE	1		0	NC	4		0		
Retinol.....mcg	0		0	Z	7		0		
Carotene, beta.....mcg	6		0	BFSN	4		4		
Carotene, alpha.....mcg	0		0	BFSN	4		0		
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0		
Vitamin A, IU.....IU	11		0	NC	4		6		
Lycopene.....mcg	0		0	BFSN	4		0		
Lutein + zeaxanthin.....mcg	37		0	BFSN	4		22		
Vitamin E (alpha-tocopherol).....mg	0.03		1	A	1		0.02		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg	0.00		1	A	1		0.00		
Tocopherol, gamma.....mg	0.01		1	A	1		0.01		
Tocopherol, delta.....mg	0.00		1	A	1		0.00		
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	8.7		0	BFSN	4		5.2		



NDB No. 11378

Potatoes, mashed, dehydrated, flakes without milk, dry form

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.169		0	NC	4		0.101		
4:0.....g	0.000		0		1		0.000		
6:0.....g	0.000		0		1		0.000		
8:0.....g	0.000		1	JA	6		0.000		
10:0.....g	0.001		2	JA	6		0.001		
12:0.....g	0.005		2	JA	6		0.003		
13:0.....g									
14:0.....g	0.002		2	JA	6		0.001		
15:0.....g	0.000		1	A	1		0.000		
16:0.....g	0.075		2	JA	6		0.045		
17:0.....g	0.001		1	A	1		0.000		
18:0.....g	0.077		2	JA	6		0.046		
20:0.....g	0.005		1	A	1		0.003		
22:0.....g	0.002		1	A	1		0.001		
24:0.....g									
Fatty acids, total monounsaturated.....g	0.009		0	NC	4		0.005		
14:1.....g	0.000		1	A	1		0.000		
15:1.....g	0.000		1	A	1		0.000		
16:1 undifferentiated.....g	0.001		2	JA	6		0.001		
17:1.....g	0.000		1	A	1		0.000		
18:1 undifferentiated.....g	0.007		2	JA	6		0.004		
20:1.....g	0.000		1	JA	6		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.143		0	NC	4		0.086		
18:2 undifferentiated.....g	0.093		2	JA	6		0.056		
18:3 undifferentiated.....g	0.027		2	JA	6		0.016		
18:3 n-3 c,c,c.....g	0.023		1	A	1		0.014		
18:3 n-6 c,c,c.....g	0.000		1	A	1		0.000		
18:3i.....g									
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g	0.000		1	A	1		0.000		
20:3 undifferentiated.....g	0.000		1	A	1		0.000		
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000		1	JA	6		0.000		
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g	0.000		0		1		0.000		
21:5.....g									
22:4.....g									
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.079		0	A	1		0.047		
Threonine.....g	0.270		0	A	1		0.162		
Isoleucine.....g	0.272		0	A	1		0.163		
Leucine.....g	0.426		0	A	1		0.256		
Lysine.....g	0.456		0	A	1		0.273		
Methionine.....g	0.127		0	A	1		0.076		
Cystine.....g	0.109		0	A	1		0.066		
Phenylalanine.....g	0.494		0	A	1		0.296		
Tyrosine.....g	0.226		0	A	1		0.135		
Valine.....g	0.427		0	A	1		0.256		
Arginine.....g	0.433		0	A	1		0.260		
Histidine.....g	0.151		0	A	1		0.090		
Alanine.....g	0.286		0	A	1		0.172		
Aspartic acid.....g	1.864		0	A	1		1.118		
Glutamic acid.....g	1.423		0	A	1		0.854		

NDB No. 11378

Potatoes, mashed, dehydrated, flakes without milk, dry form

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Glycine.....g	0.243		0	A	1		0.146		
Proline.....g	0.275		0	A	1		0.165		
Serine.....g	0.324		0	A	1		0.194		
Hydroxyproline.....g	0.000		1	A	1		0.000		
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0			7	0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

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

**Common Measures:**

Measure 1 = 60g: 1 cup

**Calories Factors: Protein 2.78**

**Fat 8.37**

**Carbohydrate 4.03**

**Food Group: 11 Vegetables and Vegetable Products**

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11382

Potatoes, mashed, dehydrated, granules with milk, dry form

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	6.30		0		1		12.60		
Energy.....kcal	357		0	NC	4		714		
Energy.....kj	1494		0	NC	4		2988		
Protein (N x 6.29).....g	10.90		0		1		21.80		
Total lipid (fat).....g	1.10		0		1		2.20		
Ash.....g	4.00		0		1		8.00		
Carbohydrate, by difference.....g	77.70		0	NC	4		155.40		
Fiber, total dietary.....g	6.6		0	BFSN	4		13.2		
Sugars, total.....g	3.37		0	BFSN	4		6.74		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	142		0		1		284		
Iron, Fe.....mg	3.50		0		1		7.00		
Magnesium, Mg.....mg	74		0		4		148		
Phosphorus, P.....mg	237		0		1		474		
Potassium, K.....mg	1848		0		1		3696		
Sodium, Na.....mg	82		0		1		164		
Zinc, Zn.....mg	1.20		0		4		2.40		
Copper, Cu.....mg	0.578		0		4		1.156		
Manganese, Mn.....mg	0.488		0		4		0.976		
Selenium, Se.....mcg	26.3		0	BFSN	4		52.6		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	16.0		0		1		32.0		
Thiamin.....mg	0.190		0		1		0.380		
Riboflavin.....mg	0.300		0		1		0.600		
Niacin.....mg	4.200		0		1		8.400		
Pantothenic acid.....mg	1.864		0		4		3.728		
Vitamin B-6.....mg	0.887		0		4		1.774		
Folate, total.....mcg	30		0		4		60		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	30		0		4		60		
Folate, DFE.....mcg_DFE	30		0	NC	4		60		
Choline, total.....mg	55.0		0	BFSN	4		110.1		
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00		
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....mcg_RAE	18		0	NC	4		37		
Retinol.....mcg	17		0	NR	4		35		
Carotene, beta.....mcg	10		0	NR	4		21		
Carotene, alpha.....mcg	0		0	BFSN	4		0		
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0		
Vitamin A, IU.....IU	75		0	NC	4		151		
Lycopene.....mcg	0		0	BFSN	4		0		
Lutein + zeaxanthin.....mcg	37		0	BFSN	4		74		
Vitamin E (alpha-tocopherol).....mg	0.03		0	BFSN	4		0.06		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	8.7		0	BFSN	4		17.4		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.461		0		1		0.922		
4:0.....g	0.015		0		1		0.030		
6:0.....g	0.009		0		1		0.018		
8:0.....g	0.005		0		1		0.010		
10:0.....g	0.016		0		1		0.032		

Potatoes, mashed, dehydrated, granules with milk, dry form

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.035		0		1		0.070		
13:0.....g									
14:0.....g	0.053		0		1		0.106		
15:0.....g									
16:0.....g	0.227		0		1		0.454		
17:0.....g									
18:0.....g	0.080		0		1		0.160		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.152		0		1		0.304		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.016		0		1		0.032		
17:1.....g									
18:1 undifferentiated.....g	0.127		0		1		0.254		
20:1.....g	0.000		0	BFSN	4		0.000		
22:1 undifferentiated.....g	0.000		0	BFSN	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.285		0		1		0.570		
18:2 undifferentiated.....g	0.210		0		1		0.420		
18:3 undifferentiated.....g	0.071		0		1		0.142		
18:4.....g	0.000		0	BFSN	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFSN	4		0.000		
20:5 n-3.....g	0.000		0	BFSN	4		0.000		
22:5 n-3.....g	0.000		0	BFSN	4		0.000		
22:6 n-3.....g	0.000		0	BFSN	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	2		0		1		4		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.098		0		1		0.196		
Threonine.....g	0.481		0		1		0.962		
Isoleucine.....g	0.514		0		1		1.028		
Leucine.....g	0.781		0		1		1.562		
Lysine.....g	0.720		0		1		1.440		
Methionine.....g	0.153		0		1		0.306		
Cystine.....g	0.134		0		1		0.268		
Phenylalanine.....g	0.508		0		1		1.016		
Tyrosine.....g	0.448		0		1		0.896		
Valine.....g	0.657		0		1		1.314		
Arginine.....g	0.509		0		1		1.018		
Histidine.....g	0.253		0		1		0.506		
Alanine.....g	0.392		0		1		0.784		
Aspartic acid.....g	1.978		0		1		3.956		
Glutamic acid.....g	1.913		0		1		3.826		
Glycine.....g	0.352		0		1		0.704		
Proline.....g	0.511		0		1		1.022		
Serine.....g	0.476		0		1		0.952		
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

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

**Common Measures:**

**NDB No. 11382**

**Potatoes, mashed, dehydrated, granules with milk, dry form**

Measure 1 = 200g: 1 cup

**Calories Factors: Protein 3.21**

**Fat 8.82**

**Carbohydrate 4.02**

**Food Group: 11 Vegetables and Vegetable Products**

USDA National Nutrient Database for Standard Reference, Release 21 (2008)



NDB No. 11380

Potatoes, mashed, dehydrated, granules without milk, dry form

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.004		1		1		0.008		
15:0.....g									
16:0.....g	0.091		1		1		0.182		
17:0.....g									
18:0.....g	0.020		1		1		0.040		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.011		0		1		0.022		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.005		1		1		0.010		
17:1.....g									
18:1 undifferentiated.....g	0.006		1		1		0.012		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.238		0		1		0.476		
18:2 undifferentiated.....g	0.180		1		1		0.360		
18:3 undifferentiated.....g	0.057		1		1		0.114		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.084		0		1		0.168		
Threonine.....g	0.366		0		1		0.732		
Isoleucine.....g	0.418		0		1		0.836		
Leucine.....g	0.649		0		1		1.298		
Lysine.....g	0.574		0		1		1.148		
Methionine.....g	0.139		0		1		0.278		
Cystine.....g	0.096		0		1		0.192		
Phenylalanine.....g	0.388		0		1		0.776		
Tyrosine.....g	0.355		0		1		0.710		
Valine.....g	0.513		0		1		1.026		
Arginine.....g	0.363		0		1		0.726		
Histidine.....g	0.200		0		1		0.400		
Alanine.....g	0.295		0		1		0.590		
Aspartic acid.....g	1.272		0		1		2.544		
Glutamic acid.....g	1.522		0		1		3.044		
Glycine.....g	0.243		0		1		0.486		
Proline.....g	0.495		0		1		0.990		
Serine.....g	0.383		0		1		0.766		
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

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

**Common Measures:**

Measure 1 = 200g: 1 cup

**NDB No. 11380**

**Potatoes, mashed, dehydrated, granules without milk, dry form**

**Calories Factors: Protein 2.78**

**Fat 8.37**

**Carbohydrate 4.03**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)



NDB No. 11379

Potatoes, mashed, dehydrated, prepared from flakes without milk, w whole milk and butter added

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	81.25		0	RPI	6		170.62		
Energy.....kcal	97		0	NC	4		203		
Energy.....kj	404		0	NC	4		848		
Protein.....g	1.79		0	RPI	6		3.76		
Total lipid (fat).....g	5.13		0	RPI	6		10.76		
Ash.....g	1.03		0	RPI	6		2.17		
Carbohydrate, by difference.....g	10.81		0	RPI	6		22.69		
Fiber, total dietary.....g	0.8		0	RPI	6		1.7		
Sugars, total.....g	1.61		0	RPI	6		3.39		
Sucrose.....g	0.12		0	RPA	1		0.25		
Glucose (dextrose).....g	0.11		0	RPA	1		0.22		
Fructose.....g	0.12		0	RPA	1		0.25		
Lactose.....g	1.21		0	RPA	1		2.53		
Maltose.....g	0.06		0	RPA	1		0.13		
Galactose.....g	0.00		0	RPA	1		0.00		
Starch.....g	8.49		0	RPA	1		17.84		
<b>Minerals:</b>									
Calcium, Ca.....mg	32		0	RPI	6		68		
Iron, Fe.....mg	0.16		0	RPA	1		0.33		
Magnesium, Mg.....mg	11		0	RPA	1		23		
Phosphorus, P.....mg	41		0	RPI	6		86		
Potassium, K.....mg	166		0	RPI	6		350		
Sodium, Na.....mg	164		0	RPI	6		344		
Zinc, Zn.....mg	0.18		0	RPI	6		0.39		
Copper, Cu.....mg	0.028		0	RPI	6		0.058		
Manganese, Mn.....mg	0.021		0	RPA	1		0.043		
Selenium, Se.....mcg	2.5		0	RPI	6		5.3		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	9.7		0	RPI	6		20.5		
Thiamin.....mg	0.129		0	RPI	6		0.271		
Riboflavin.....mg	0.057		0	RPI	6		0.119		
Niacin.....mg	0.781		0	RPI	6		1.639		
Pantothenic acid.....mg	0.339		0	RPI	6		0.712		
Vitamin B-6.....mg	0.098		0	RPI	6		0.207		
Folate, total.....mcg	7		0	RPI	6		14		
Folic acid.....mcg	0		0	RPI	6		0		
Folate, food.....mcg	7		0	RPI	6		14		
Folate, DFE.....mcg_DFE	7		0	NC	4		14		
Choline, total.....mg	10.9		0	RPI	6		22.9		
Betaine.....mg	0.2		0	RPI	6		0.3		
Vitamin B-12.....mcg	0.11		0	RPI	6		0.23		
Vitamin B-12, added.....mcg	0.00		0	RPI	6		0.00		
Vitamin A, RAE.....mcg_RAE	43		0	NC	4		91		
Retinol.....mcg	42		0	RPI	6		89		
Carotene, beta.....mcg	10		0	RPI	6		22		
Carotene, alpha.....mcg	0		0	RPI	6		0		
Cryptoxanthin, beta.....mcg	0		0	RPI	6		0		
Vitamin A, IU.....IU	158		0	NC	4		332		
Lycopene.....mcg	0		0	RPI	6		0		
Lutein + zeaxanthin.....mcg	4		0	RPI	6		9		
Vitamin E (alpha-tocopherol).....mg	0.14		0	RPI	6		0.30		
Vitamin E, added.....mg	0.00		0	RPI	6		0.00		
Tocopherol, beta.....mg	0.00		0	RPA	1		0.00		
Tocopherol, gamma.....mg	0.00		0	RPA	1		0.01		
Tocopherol, delta.....mg	0.00		0	RPA	1		0.00		
Vitamin D.....IU	12		0	RPI	6		26		
Vitamin K (phylloquinone).....mcg	1.5		0	RPI	6		3.1		

Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	3.191		0	RPI	6		6.701		
4:0.....g	0.189		0	RPI	6		0.398		
6:0.....g	0.124		0	RPI	6		0.261		
8:0.....g	0.081		0	RPI	6		0.169		
10:0.....g	0.152		0	RPI	6		0.320		
12:0.....g	0.156		0	RPI	6		0.328		
13:0.....g	0.000		0	RPA	1		0.000		
14:0.....g	0.465		0	RPI	6		0.977		
15:0.....g	0.000		0	RPA	1		0.000		
16:0.....g	1.358		0	RPI	6		2.851		
17:0.....g	0.030		0	RPA	1		0.063		
18:0.....g	0.627		0	RPI	6		1.316		
20:0.....g	0.008		0	RPA	1		0.017		
22:0.....g	0.000		0	RPA	1		0.001		
24:0.....g	0.000		0	RPA	1		0.000		
Fatty acids, total monounsaturated.....g	1.310		0	RPI	6		2.750		
14:1.....g	0.000		0	RPA	1		0.000		
15:1.....g	0.000		0	RPA	1		0.000		
16:1 undifferentiated.....g	0.051		0	RPI	6		0.108		
17:1.....g	0.000		0	RPA	1		0.000		
18:1 undifferentiated.....g	1.253		0	RPI	6		2.631		
20:1.....g	0.005		0	RPI	6		0.011		
22:1 undifferentiated.....g	0.000		0	RPI	6		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.222		0	RPI	6		0.465		
18:2 undifferentiated.....g	0.184		0	RPI	6		0.387		
18:3 undifferentiated.....g	0.037		0	RPI	6		0.078		
18:4.....g	0.000		0	RPI	6		0.000		
20:2 n-6 c,c.....g	0.000		0	RPA	1		0.000		
20:3 undifferentiated.....g	0.000		0	RPA	1		0.000		
20:4 undifferentiated.....g	0.000		0	RPI	6		0.000		
20:5 n-3.....g	0.000		0	RPI	6		0.000		
22:5 n-3.....g	0.000		0	RPI	6		0.000		
22:6 n-3.....g	0.000		0	RPI	6		0.000		
Fatty acids, total trans.....g	0.175		0	RPI	6		0.368		
Fatty acids, total trans-monoenoic.....g	0.159		0	RPI	6		0.334		
Fatty acids, total trans-polyenoic.....g	0.016		0	RPI	6		0.033		
Cholesterol.....mg	14		0	RPI	6		29		
Phytosterols.....mg	0		0	RPA	1		0		
Stigmasterol.....mg	0		0	RPA	1		0		
Campesterol.....mg	0		0	RPA	1		0		
Beta-sitosterol.....mg	0		0	RPA	1		0		
<b>Amino Acids:</b>									
Tryptophan.....g	0.027		0	RPI	6		0.057		
Threonine.....g	0.067		0	RPI	6		0.141		
Isoleucine.....g	0.073		0	RPI	6		0.154		
Leucine.....g	0.117		0	RPI	6		0.245		
Lysine.....g	0.091		0	RPI	6		0.190		
Methionine.....g	0.034		0	RPI	6		0.071		
Cystine.....g	0.017		0	RPI	6		0.037		
Phenylalanine.....g	0.095		0	RPI	6		0.200		
Tyrosine.....g	0.064		0	RPI	6		0.135		
Valine.....g	0.099		0	RPI	6		0.207		
Arginine.....g	0.071		0	RPI	6		0.149		
Histidine.....g	0.037		0	RPI	6		0.077		
Alanine.....g	0.060		0	RPI	6		0.125		
Aspartic acid.....g	0.282		0	RPI	6		0.592		
Glutamic acid.....g	0.329		0	RPI	6		0.692		
Glycine.....g	0.047		0	RPI	6		0.099		
Proline.....g	0.116		0	RPI	6		0.243		
Serine.....g	0.066		0	RPI	6		0.138		
Hydroxyproline.....g	0.000		0	RPA	1		0.000		

NDB No. 11379

Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added

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Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	RPI	6		0.0		
Caffeine.....mg	0		0	RPI	6		0		
Theobromine.....mg	0		0	RPI	6		0		

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

**Common Measures:**

Measure 1 = 210g: 1 cup

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11383

Potatoes, mashed, dehydrated, prepared from granules with milk, water and margarine added

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	76.01		0	RPI	6		159.62		
Energy.....kcal	116		0	NC	4		244		
Energy.....kj	486		0	NC	4		1021		
Protein.....g	2.19		0	RPI	6		4.59		
Total lipid (fat).....g	4.79		0	RPI	6		10.06		
Ash.....g	0.94		0	RPI	6		1.97		
Carbohydrate, by difference.....g	16.08		0	RPI	6		33.76		
Fiber, total dietary.....g	1.3		0	RPI	6		2.6		
Sugars, total.....g	1.77		0	RPI	6		3.72		
Sucrose.....g	0.00		0	RPA	1		0.00		
Glucose (dextrose).....g	0.00		0	RPA	1		0.00		
Fructose.....g	0.00		0	RPA	1		0.00		
Lactose.....g	1.13		0	RPA	1		2.37		
Maltose.....g	0.00		0	RPA	1		0.00		
Galactose.....g	0.00		0	RPA	1		0.00		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	34		0	RPI	6		72		
Iron, Fe.....mg	0.20		0	RPI	6		0.43		
Magnesium, Mg.....mg	20		0	RPI	6		42		
Phosphorus, P.....mg	64		0	RPI	6		134		
Potassium, K.....mg	157		0	RPI	6		329		
Sodium, Na.....mg	171		0	RPI	6		359		
Zinc, Zn.....mg	0.25		0	RPI	6		0.52		
Copper, Cu.....mg	0.024		0	RPI	6		0.051		
Manganese, Mn.....mg	0.199		0	RPI	6		0.417		
Selenium, Se.....mcg	5.6		0	RPI	6		11.7		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	6.5		0	RPI	6		13.7		
Thiamin.....mg	0.090		0	RPI	6		0.188		
Riboflavin.....mg	0.086		0	RPI	6		0.180		
Niacin.....mg	0.864		0	RPI	6		1.813		
Pantothenic acid.....mg	0.143		0	RPI	6		0.300		
Vitamin B-6.....mg	0.160		0	RPI	6		0.336		
Folate, total.....mcg	8		0	RPI	6		17		
Folic acid.....mcg	0		0	RPI	6		0		
Folate, food.....mcg	8		0	RPI	6		17		
Folate, DFE.....mcg_DFE	8		0	NC	4		17		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg	0.10		0	RPI	6		0.21		
Vitamin B-12, added.....mcg	0.00		0	RPI	6		0.00		
Vitamin A, RAE.....mcg_RAE	47		0	NC	4		98		
Retinol.....mcg	44		0	RPI	6		93		
Carotene, beta.....mcg	33		0	RPI	6		68		
Carotene, alpha.....mcg	0		0	RPI	6		0		
Cryptoxanthin, beta.....mcg	0		0	RPI	6		0		
Vitamin A, IU.....IU	202		0	NC	4		423		
Lycopene.....mcg	0		0	RPI	6		0		
Lutein + zeaxanthin.....mcg	7		0	RPI	6		14		
Vitamin E (alpha-tocopherol).....mg	0.51		0	RPI	6		1.06		
Vitamin E, added.....mg	0.00		0	RPI	6		0.00		
Tocopherol, beta.....mg	0.00		0	RPA	1		0.00		
Tocopherol, gamma.....mg	0.00		0	RPA	1		0.00		
Tocopherol, delta.....mg	0.00		0	RPA	1		0.00		
Vitamin D.....IU	9		0	RPA	1		18		
Vitamin K (phylloquinone).....mcg	6.2		0	RPI	6		13.1		

Potatoes, mashed, dehydrated, prepared from granules with milk, water and margarine added

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	1.210		0	RPI	6		2.541		
4:0.....g	0.016		0	RPA	1		0.034		
6:0.....g	0.016		0	RPA	1		0.034		
8:0.....g	0.016		0	RPA	1		0.034		
10:0.....g	0.017		0	RPA	1		0.035		
12:0.....g	0.020		0	RPA	1		0.042		
13:0.....g	0.000		0	RPA	1		0.000		
14:0.....g	0.074		0	RPA	1		0.156		
15:0.....g	0.000		0	RPA	1		0.000		
16:0.....g	0.676		0	RPA	1		1.420		
17:0.....g	0.000		0	RPA	1		0.000		
18:0.....g	0.375		0	RPA	1		0.787		
20:0.....g	0.000		0	RPA	1		0.000		
22:0.....g	0.000		0	RPA	1		0.000		
24:0.....g	0.000		0	RPA	1		0.000		
Fatty acids, total monounsaturated.....g	1.955		0	RPI	6		4.105		
14:1.....g	0.000		0	RPA	1		0.000		
15:1.....g									
16:1 undifferentiated.....g	0.001		0	RPA	1		0.002		
17:1.....g									
18:1 undifferentiated.....g	1.954		0	RPA	1		4.103		
20:1.....g	0.000		0	RPA	1		0.000		
22:1 undifferentiated.....g	0.000		0	RPA	1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.345		0	RPI	6		2.825		
18:2 undifferentiated.....g	1.265		0	RPA	1		2.656		
18:3 undifferentiated.....g	0.081		0	RPA	1		0.169		
18:4.....g	0.000		0	RPA	1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RPA	1		0.000		
20:5 n-3.....g	0.000		0	RPA	1		0.000		
22:5 n-3.....g	0.000		0	RPA	1		0.000		
22:6 n-3.....g	0.000		0	RPA	1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	2		0	RPI	6		5		
Phytosterols.....mg	13		0	RPI	6		28		
<b>Amino Acids:</b>									
Tryptophan.....g	0.031		0	RPI	6		0.066		
Threonine.....g	0.097		0	RPI	6		0.204		
Isoleucine.....g	0.112		0	RPI	6		0.235		
Leucine.....g	0.176		0	RPI	6		0.369		
Lysine.....g	0.135		0	RPI	6		0.283		
Methionine.....g	0.042		0	RPI	6		0.087		
Cystine.....g	0.021		0	RPI	6		0.044		
Phenylalanine.....g	0.102		0	RPI	6		0.214		
Tyrosine.....g	0.097		0	RPI	6		0.204		
Valine.....g	0.134		0	RPI	6		0.282		
Arginine.....g	0.082		0	RPI	6		0.171		
Histidine.....g	0.052		0	RPI	6		0.110		
Alanine.....g	0.075		0	RPI	6		0.159		
Aspartic acid.....g	0.278		0	RPI	6		0.584		
Glutamic acid.....g	0.416		0	RPI	6		0.874		
Glycine.....g	0.060		0	RPI	6		0.126		
Proline.....g	0.165		0	RPI	6		0.346		
Serine.....g	0.093		0	RPI	6		0.195		
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	RPI	6		0.0		
Caffeine.....mg	0		0	RPI	6		0		
Theobromine.....mg	0		0	RPI	6		0		

NDB No. 11383

Potatoes, mashed, dehydrated, prepared from granules with milk, water and margarine added

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

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

**Common Measures:**

Measure 1 = 210g: 1 cup

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 11 Vegetables and Vegetable Products  
USDA National Nutrient Database for Standard Reference, Release 21 (2008)



Potatoes, mashed, dehydrated, prepared from granules without milk, whole milk and butter added

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.510		0		1		1.071		
15:0.....g									
16:0.....g	1.355		0		1		2.846		
17:0.....g									
18:0.....g	0.624		0		1		1.310		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.405		0		1		2.951		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.115		0		1		0.242		
17:1.....g									
18:1 undifferentiated.....g	1.290		0		1		2.709		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.227		0		1		0.477		
18:2 undifferentiated.....g	0.144		0		1		0.302		
18:3 undifferentiated.....g	0.083		0		1		0.174		
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	14		0		1		29		
Phytosterols.....mg	0		0		1		0		
<b>Amino Acids:</b>									
Tryptophan.....g	0.023		0		1		0.048		
Threonine.....g	0.090		0		1		0.189		
Isoleucine.....g	0.110		0		1		0.231		
Leucine.....g	0.173		0		1		0.363		
Lysine.....g	0.147		0		1		0.309		
Methionine.....g	0.040		0		1		0.084		
Cystine.....g	0.022		0		1		0.046		
Phenylalanine.....g	0.096		0		1		0.202		
Tyrosine.....g	0.091		0		1		0.191		
Valine.....g	0.129		0		1		0.271		
Arginine.....g	0.083		0		1		0.174		
Histidine.....g	0.051		0		1		0.107		
Alanine.....g	0.071		0		1		0.149		
Aspartic acid.....g	0.254		0		1		0.533		
Glutamic acid.....g	0.390		0		1		0.819		
Glycine.....g	0.053		0		1		0.111		
Proline.....g	0.148		0		1		0.311		
Serine.....g	0.099		0		1		0.208		
Hydroxyproline.....g									

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

**Common Measures:**

Measure 1 = 210g: 1 cup

**Calories Factors: Protein 3.21**

**Fat 8.82**

**Carbohydrate 4.02**



**NDB No. 11381**

**Potatoes, mashed, dehydrated, prepared from granules without milk, whole milk and butter added**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11657

Potatoes, mashed, home-prepared, whole milk added (1)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	78.51		0	RA	4		164.87		
Energy.....kcal	83		0	NC	4		174		
Energy.....kj	347		0	NC	4		729		
Protein.....g	1.92		0	RA	4		4.04		
Total lipid (fat).....g	0.57		0	RA	4		1.20		
Ash.....g	1.46		0	RA	4		3.07		
Carbohydrate, by difference.....g	17.53		0	NC	4		36.81		
Fiber, total dietary.....g	1.5		0	RA	4		3.2		
Sugars, total.....g	1.51		0	RA	4		3.16		
Sucrose.....g	0.16		0	RA	4		0.33		
Glucose (dextrose).....g	0.31		0	RA	4		0.65		
Fructose.....g	0.25		0	RA	4		0.52		
Lactose.....g	0.79		0	RA	4		1.66		
Maltose.....g	0.00		0	RA	4		0.00		
Galactose.....g	0.00		0	RA	4		0.00		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	24		0	RA	4		50		
Iron, Fe.....mg	0.27		0	RA	4		0.56		
Magnesium, Mg.....mg	18		0	RA	4		39		
Phosphorus, P.....mg	47		0	RA	4		99		
Potassium, K.....mg	298		0	RA	4		625		
Sodium, Na.....mg	302		0	RA	4		633		
Zinc, Zn.....mg	0.29		0	RA	4		0.61		
Copper, Cu.....mg	0.143		0	RA	4		0.299		
Manganese, Mn.....mg	0.119		0	RA	4		0.250		
Selenium, Se.....mcg	0.8		0	RA	4		1.7		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	6.2		0	RA	4		13.1		
Thiamin.....mg	0.089		0	RA	4		0.187		
Riboflavin.....mg	0.043		0	RA	4		0.091		
Niacin.....mg	1.121		0	RA	4		2.354		
Pantothenic acid.....mg	0.483		0	RA	4		1.015		
Vitamin B-6.....mg	0.232		0	RA	4		0.487		
Folate, total.....mcg	8		0	RA	4		17		
Folic acid.....mcg	0		0	RA	4		0		
Folate, food.....mcg	8		0	RA	4		17		
Folate, DFE.....mcg_DFE	8		0	NC	4		17		
Choline, total.....mg	14.4		0	AS	1		30.2		
Betaine.....mg	0.4		1	A	1		0.9		
Vitamin B-12.....mcg	0.07		0	RA	4		0.14		
Vitamin B-12, added.....mcg	0.00		0	RA	4		0.00		
Vitamin A, RAE.....mcg_RAE	4		0	NC	4		9		
Retinol.....mcg	4		0	RA	4		9		
Carotene, beta.....mcg	2		0	RA	4		4		
Carotene, alpha.....mcg	0		0	RA	4		0		
Cryptoxanthin, beta.....mcg	0		0	RA	4		0		
Vitamin A, IU.....IU	18		0	NC	4		37		
Lycopene.....mcg	0		0	RA	4		0		
Lutein + zeaxanthin.....mcg	8		0	RA	4		16		
Vitamin E (alpha-tocopherol).....mg	0.02		0	RA	4		0.03		
Vitamin E, added.....mg	0.00		0	RA	4		0.00		
Tocopherol, beta.....mg	0.00		0	RA	4		0.00		
Tocopherol, gamma.....mg	0.00		0	RA	4		0.00		
Tocopherol, delta.....mg	0.00		0	RA	4		0.00		
Vitamin D.....IU	6		0	RA	4		13		
Vitamin K (phylloquinone).....mcg	1.8		0	RA	4		3.8		

Potatoes, mashed, home-prepared, whole milk added (1)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.253		0	NC	4		0.532		
4:0.....g	0.009		0	RA	4		0.020		
6:0.....g	0.009		0	RA	4		0.020		
8:0.....g	0.009		0	RA	4		0.020		
10:0.....g	0.010		0	RA	4		0.021		
12:0.....g	0.012		0	RA	4		0.025		
13:0.....g	0.000		0	RA	4		0.000		
14:0.....g	0.038		0	RA	4		0.080		
15:0.....g	0.000		0	RA	4		0.000		
16:0.....g	0.116		0	RA	4		0.244		
17:0.....g	0.000		0	RA	4		0.000		
18:0.....g	0.049		0	RA	4		0.103		
20:0.....g	0.000		0	RA	4		0.000		
22:0.....g	0.000		0	RA	4		0.000		
24:0.....g	0.000		0	RA	4		0.000		
Fatty acids, total monounsaturated.....g	0.104		0	NC	4		0.218		
14:1.....g	0.000		0	RA	4		0.000		
15:1.....g									
16:1 undifferentiated.....g	0.001		0	RA	4		0.002		
17:1.....g									
18:1 undifferentiated.....g	0.103		0	RA	4		0.216		
20:1.....g	0.000		0	RA	4		0.000		
22:1 undifferentiated.....g	0.000		0	RA	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.055		0	NC	4		0.116		
18:2 undifferentiated.....g	0.039		0	RA	4		0.081		
18:3 undifferentiated.....g	0.017		0	RA	4		0.035		
18:4.....g	0.000		0	RA	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RA	4		0.000		
20:5 n-3.....g	0.000		0	RA	4		0.000		
22:5 n-3.....g	0.000		0	RA	4		0.000		
22:6 n-3.....g	0.000		0	RA	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	2		0	RA	4		3		
Phytosterols.....mg	0		0	RA	4		0		
<b>Amino Acids:</b>									
Tryptophan.....g	0.034		0	RA	4		0.071		
Threonine.....g	0.074		0	RA	4		0.155		
Isoleucine.....g	0.084		0	RA	4		0.176		
Leucine.....g	0.127		0	RA	4		0.266		
Lysine.....g	0.109		0	RA	4		0.228		
Methionine.....g	0.034		0	RA	4		0.071		
Cystine.....g	0.021		0	RA	4		0.044		
Phenylalanine.....g	0.086		0	RA	4		0.181		
Tyrosine.....g	0.077		0	RA	4		0.161		
Valine.....g	0.110		0	RA	4		0.230		
Arginine.....g	0.078		0	RA	4		0.163		
Histidine.....g	0.043		0	RA	4		0.091		
Alanine.....g	0.060		0	RA	4		0.126		
Aspartic acid.....g	0.389		0	RA	4		0.816		
Glutamic acid.....g	0.339		0	RA	4		0.712		
Glycine.....g	0.054		0	RA	4		0.114		
Proline.....g	0.104		0	RA	4		0.218		
Serine.....g	0.079		0	RA	4		0.166		
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	RA	4		0.0		
Caffeine.....mg	0		0	RA	4		0		
Theobromine.....mg	0		0	RA	4		0		

NDB No. 11657

Potatoes, mashed, home-prepared, whole milk added (1)

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

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

**Common Measures:**

Measure 1 = 210g: 1 cup

**Footnotes:**

1 Recipe: Potatoes, 84%; whole milk, 15%; and salt, 1%.

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11934

Potatoes, mashed, home-prepared, whole milk and butter added (1)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	75.64		0	RC	4		158.84		
Energy.....kcal	113		0	NC	4		236		
Energy.....kj	471		0	NC	4		989		
Protein.....g	1.87		0	RC	4		3.93		
Total lipid (fat).....g	4.22		0	RC	4		8.86		
Ash.....g	1.50		0	RC	4		3.15		
Carbohydrate, by difference.....g	16.77		0	RC	4		35.23		
Fiber, total dietary.....g	1.5		0	RC	4		3.0		
Sugars, total.....g	1.43		0	RC	4		3.00		
Sucrose.....g	0.15		0	RC	4		0.32		
Glucose (dextrose).....g	0.29		0	RC	4		0.62		
Fructose.....g	0.24		0	RC	4		0.50		
Lactose.....g	0.74		0	RC	4		1.56		
Maltose.....g	0.00		0	RC	4		0.00		
Galactose.....g	0.00		0	RC	4		0.00		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	24		0	RC	4		50		
Iron, Fe.....mg	0.26		0	RC	4		0.54		
Magnesium, Mg.....mg	18		0	RC	4		37		
Phosphorus, P.....mg	46		0	RC	4		97		
Potassium, K.....mg	286		0	RC	4		600		
Sodium, Na.....mg	317		0	RC	4		666		
Zinc, Zn.....mg	0.28		0	RC	4		0.59		
Copper, Cu.....mg	0.136		0	RC	4		0.286		
Manganese, Mn.....mg	0.114		0	RC	4		0.239		
Selenium, Se.....mcg	0.8		0	RC	4		1.7		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	6.0		0	RC	4		12.5		
Thiamin.....mg	0.085		0	RC	4		0.179		
Riboflavin.....mg	0.043		0	RC	4		0.090		
Niacin.....mg	1.075		0	RC	4		2.257		
Pantothenic acid.....mg	0.467		0	RC	4		0.980		
Vitamin B-6.....mg	0.222		0	RC	4		0.467		
Folate, total.....mcg	8		0	RC	4		17		
Folic acid.....mcg	0		0	RC	4		0		
Folate, food.....mcg	8		0	RC	4		17		
Folate, DFE.....mcg_DFE	8		0	NC	4		17		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg	0.07		0	RC	4		0.15		
Vitamin B-12, added.....mcg	0.00		0	RC	4		0.00		
Vitamin A, RAE.....mcg_RAE	35		0	NC	4		74		
Retinol.....mcg	34		0	RC	4		72		
Carotene, beta.....mcg	9		0	RC	4		19		
Carotene, alpha.....mcg	0		0	RC	4		0		
Cryptoxanthin, beta.....mcg	0		0	RC	4		0		
Vitamin A, IU.....IU	130		0	NC	4		273		
Lycopene.....mcg	0		0	RC	4		0		
Lutein + zeaxanthin.....mcg	7		0	RC	4		15		
Vitamin E (alpha-tocopherol).....mg	0.12		0	RC	4		0.25		
Vitamin E, added.....mg	0.00		0	RC	4		0.00		
Tocopherol, beta.....mg	0.00		0	RC	4		0.00		
Tocopherol, gamma.....mg	0.00		0	RC	4		0.00		
Tocopherol, delta.....mg	0.00		0	RC	4		0.00		
Vitamin D.....IU	8		0	RC	4		17		
Vitamin K (phylloquinone).....mcg	2.0		0	RC	4		4.3		



NDB No. 11934

Potatoes, mashed, home-prepared, whole milk and butter added (1)

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	RC	4		0.0		
Caffeine.....mg	0		0	RC	4		0		
Theobromine.....mg	0		0	RC	4		0		

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

**Common Measures:**

Measure 1 = 210g: 1 cup

**Footnotes:**

1 Recipe: Potatoes, 80%; whole milk, 14%; butter, 5%; and salt, 1%.

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11371

Potatoes, mashed, home-prepared, whole milk and margarine added (1)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	75.28		0	RA	4		158.09		
Energy.....kcal	113		0	NC	4		238		
Energy.....kj	474		0	NC	4		995		
Protein.....g	1.97		0	RA	4		4.14		
Total lipid (fat).....g	4.20		0	RA	4		8.82		
Ash.....g	1.65		0	RA	4		3.47		
Carbohydrate, by difference.....g	16.90		0	NC	4		35.49		
Fiber, total dietary.....g	1.5		0	RA	4		3.0		
Sugars, total.....g	1.44		0	RA	4		3.03		
Sucrose.....g	0.16		0	RA	4		0.33		
Glucose (dextrose).....g	0.30		0	RA	4		0.63		
Fructose.....g	0.24		0	RA	4		0.51		
Lactose.....g	0.74		0	RA	4		1.56		
Maltose.....g	0.00		0	RA	4		0.00		
Galactose.....g	0.00		0	RA	4		0.00		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	22		0	RA	4		45		
Iron, Fe.....mg	0.26		0	RA	4		0.55		
Magnesium, Mg.....mg	19		0	RA	4		41		
Phosphorus, P.....mg	49		0	RA	4		104		
Potassium, K.....mg	328		0	RA	4		688		
Sodium, Na.....mg	333		0	RA	4		699		
Zinc, Zn.....mg	0.30		0	RA	4		0.63		
Copper, Cu.....mg	0.153		0	RA	4		0.322		
Manganese, Mn.....mg	0.112		0	RA	4		0.236		
Selenium, Se.....mcg	0.8		0	RA	4		1.6		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	10.5		0	RA	4		22.0		
Thiamin.....mg	0.092		0	RA	4		0.193		
Riboflavin.....mg	0.044		0	RA	4		0.092		
Niacin.....mg	1.176		0	RA	4		2.471		
Pantothenic acid.....mg	0.474		0	RA	4		0.996		
Vitamin B-6.....mg	0.247		0	RA	4		0.518		
Folate, total.....mcg	9		0	RA	4		19		
Folic acid.....mcg	0		0	RA	4		0		
Folate, food.....mcg	9		0	RA	4		19		
Folate, DFE.....mcg_DFE	9		0	NC	4		19		
Choline, total.....mg	13.5		0	RA	4		28.4		
Betaine.....mg									
Vitamin B-12.....mcg	0.07		0	RA	4		0.14		
Vitamin B-12, added.....mcg	0.00		0	RA	4		0.00		
Vitamin A, RAE.....mcg_RAE	41		0	NC	4		87		
Retinol.....mcg	39		0	RA	4		81		
Carotene, beta.....mcg	30		0	RA	4		62		
Carotene, alpha.....mcg	0		0	RA	4		0		
Cryptoxanthin, beta.....mcg	0		0	RA	4		0		
Vitamin A, IU.....IU	179		0	NC	4		375		
Lycopene.....mcg	0		0	RA	4		0		
Lutein + zeaxanthin.....mcg	7		0	RA	4		15		
Vitamin E (alpha-tocopherol).....mg	0.42		0	RA	4		0.89		
Vitamin E, added.....mg	0.00		0	RA	4		0.00		
Tocopherol, beta.....mg	0.02		0	RA	4		0.03		
Tocopherol, gamma.....mg	1.99		0	RA	4		4.17		
Tocopherol, delta.....mg	0.69		0	RA	4		1.46		
Vitamin D.....IU	6		0	RA	4		12		
Vitamin K (phylloquinone).....mcg	6.0		0	RA	4		12.5		



## Potatoes, mashed, home-prepared, whole milk and margarine added (1)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.972		0	RA	4		2.042		
4:0.....g	0.011		0	RA	4		0.022		
6:0.....g	0.011		0	RA	4		0.022		
8:0.....g	0.011		0	RA	4		0.022		
10:0.....g	0.011		0	RA	4		0.024		
12:0.....g	0.013		0	RA	4		0.028		
13:0.....g	0.000		0	RA	4		0.000		
14:0.....g	0.045		0	RA	4		0.094		
15:0.....g	0.001		0	RA	4		0.001		
16:0.....g	0.512		0	RA	4		1.076		
17:0.....g	0.003		0	RA	4		0.006		
18:0.....g	0.335		0	RA	4		0.703		
20:0.....g	0.012		0	RA	4		0.025		
22:0.....g	0.005		0	RA	4		0.010		
24:0.....g	0.004		0	RA	4		0.008		
Fatty acids, total monounsaturated.....g	1.879		0	RA	4		3.947		
14:1.....g	0.000		0	RA	4		0.000		
15:1.....g	0.000		0	RA	4		0.000		
16:1 undifferentiated.....g	0.003		0	RA	4		0.006		
17:1.....g	0.001		0	RA	4		0.002		
18:1 undifferentiated.....g	1.869		0	RA	4		3.926		
20:1.....g	0.006		0	RA	4		0.013		
22:1 undifferentiated.....g	0.000		0	RA	4		0.000		
24:1 c.....g	0.000		0	RA	4		0.000		
Fatty acids, total polyunsaturated.....g	1.164		0	RA	4		2.443		
18:2 undifferentiated.....g	1.052		0	RA	4		2.209		
18:3 undifferentiated.....g	0.111		0	RA	4		0.233		
18:4.....g	0.000		0	RA	4		0.000		
20:2 n-6 c,c.....g	0.000		0	RA	4		0.000		
20:3 undifferentiated.....g	0.000		0	RA	4		0.000		
20:4 undifferentiated.....g	0.000		0	RA	4		0.000		
20:5 n-3.....g	0.000		0	RA	4		0.000		
22:5 n-3.....g	0.000		0	RA	4		0.001		
22:6 n-3.....g	0.000		0	RA	4		0.000		
Fatty acids, total trans.....g	0.675		0	RA	4		1.418		
Cholesterol.....mg	1		0	RA	4		3		
Phytosterols.....mg	19		0	RA	4		39		
Stigmasterol.....mg	2		0	RA	4		3		
Campesterol.....mg	3		0	RA	4		7		
Beta-sitosterol.....mg	12		0	RA	4		26		
<b>Amino Acids:</b>									
Tryptophan.....g	0.034		0	RA	4		0.072		
Threonine.....g	0.077		0	RA	4		0.161		
Isoleucine.....g	0.087		0	RA	4		0.183		
Leucine.....g	0.132		0	RA	4		0.276		
Lysine.....g	0.115		0	RA	4		0.241		
Methionine.....g	0.036		0	RA	4		0.075		
Cystine.....g	0.022		0	RA	4		0.046		
Phenylalanine.....g	0.090		0	RA	4		0.188		
Tyrosine.....g	0.079		0	RA	4		0.166		
Valine.....g	0.114		0	RA	4		0.240		
Arginine.....g	0.081		0	RA	4		0.171		
Histidine.....g	0.045		0	RA	4		0.094		
Alanine.....g	0.062		0	RA	4		0.130		
Aspartic acid.....g	0.405		0	RA	4		0.850		
Glutamic acid.....g	0.353		0	RA	4		0.741		
Glycine.....g	0.057		0	RA	4		0.119		
Proline.....g	0.106		0	RA	4		0.223		
Serine.....g	0.082		0	RA	4		0.173		
Hydroxyproline.....g									
<b>Others:</b>									

NDB No. 11371

Potatoes, mashed, home-prepared, whole milk and margarine added (1)

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Alcohol, ethyl.....g	0.0		0	RA	4		0.0		
Caffeine.....mg	0		0	RA	4		0		
Theobromine.....mg	0		0	RA	4		0		

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

**Common Measures:**

Measure 1 = 210g: 1 cup

**Footnotes:**

1 Recipe: Potatoes, 80%; whole milk, 14%; margarine, 5%; and salt, 1%.

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)



NDB No. 11930

Potatoes, mashed, prepared from flakes, without milk, whole milk and margarine

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.098		0		1		0.206		
15:0.....g									
16:0.....g	0.799		0		1		1.678		
17:0.....g									
18:0.....g	0.444		0		1		0.932		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	2.307		0		1		4.845		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.022		0		1		0.046		
17:1.....g									
18:1 undifferentiated.....g	2.274		0		1		4.775		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.551		0		1		3.257		
18:2 undifferentiated.....g	1.463		0		1		3.072		
18:3 undifferentiated.....g	0.088		0		1		0.185		
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	4		0		1		8		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.019		0		1		0.040		
Threonine.....g	0.085		0		1		0.179		
Isoleucine.....g	0.097		0		1		0.204		
Leucine.....g	0.150		0		1		0.315		
Lysine.....g	0.133		0		1		0.279		
Methionine.....g	0.032		0		1		0.067		
Cystine.....g	0.022		0		1		0.046		
Phenylalanine.....g	0.090		0		1		0.189		
Tyrosine.....g	0.082		0		1		0.172		
Valine.....g	0.119		0		1		0.250		
Arginine.....g	0.084		0		1		0.176		
Histidine.....g	0.046		0		1		0.097		
Alanine.....g	0.068		0		1		0.143		
Aspartic acid.....g	0.294		0		1		0.617		
Glutamic acid.....g	0.352		0		1		0.739		
Glycine.....g	0.056		0		1		0.118		
Proline.....g	0.114		0		1		0.239		
Serine.....g	0.088		0		1		0.185		
Hydroxyproline.....g									

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

**Common Measures:**

Measure 1 = 210g: 1 cup

**Calories Factors: Protein 3.21**

**Fat 8.82**

**Carbohydrate 4.02**

**NDB No. 11930**

**Potatoes, mashed, prepared from flakes, without milk, whole milk and margarine**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)



Potatoes, mashed, prepared from granules, without milk, whole milk and margarine

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.087		0		1		0.183		
15:0.....g									
16:0.....g	0.711		0		1		1.493		
17:0.....g									
18:0.....g	0.398		0		1		0.836		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	2.041		0		1		4.286		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.018		0		1		0.038		
17:1.....g									
18:1 undifferentiated.....g	2.023		0		1		4.248		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.363		0		1		2.862		
18:2 undifferentiated.....g	1.286		0		1		2.701		
18:3 undifferentiated.....g	0.076		0		1		0.160		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	3		0		1		6		
Phytosterols.....mg	14		0		1		29		
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.023		0		1		0.048		
Threonine.....g	0.090		0		1		0.189		
Isoleucine.....g	0.110		0		1		0.231		
Leucine.....g	0.173		0		1		0.363		
Lysine.....g	0.147		0		1		0.309		
Methionine.....g	0.040		0		1		0.084		
Cystine.....g	0.022		0		1		0.046		
Phenylalanine.....g	0.096		0		1		0.202		
Tyrosine.....g	0.091		0		1		0.191		
Valine.....g	0.129		0		1		0.271		
Arginine.....g	0.083		0		1		0.174		
Histidine.....g	0.051		0		1		0.107		
Alanine.....g	0.071		0		1		0.149		
Aspartic acid.....g	0.254		0		1		0.533		
Glutamic acid.....g	0.390		0		1		0.819		
Glycine.....g	0.053		0		1		0.111		
Proline.....g	0.148		0		1		0.311		
Serine.....g	0.099		0		1		0.208		
Hydroxyproline.....g									

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

**Common Measures:**

Measure 1 = 210g: 1 cup

**Calories Factors: Protein 2.78**

**Fat 8.37**

**Carbohydrate 4.03**

**NDB No. 11929**

**Potatoes, mashed, prepared from granules, without milk, whole milk and margarine**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)





NDB No. 11675

Potatoes, microwaved, cooked in skin, flesh and skin, w without salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.001		0		1		0.002		
15:0.....g									
16:0.....g	0.016		0		1		0.032		
17:0.....g									
18:0.....g	0.004		0		1		0.008		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.002		0		1		0.004		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.002		
17:1.....g									
18:1 undifferentiated.....g	0.001		0		1		0.002		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.043		0		1		0.087		
18:2 undifferentiated.....g	0.032		0		1		0.065		
18:3 undifferentiated.....g	0.010		0		1		0.020		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.038		0		1		0.077		
Threonine.....g	0.089		0		1		0.180		
Isoleucine.....g	0.099		0		1		0.200		
Leucine.....g	0.147		0		1		0.297		
Lysine.....g	0.149		0		1		0.301		
Methionine.....g	0.039		0		1		0.079		
Cystine.....g	0.031		0		1		0.063		
Phenylalanine.....g	0.109		0		1		0.220		
Tyrosine.....g	0.091		0		1		0.184		
Valine.....g	0.138		0		1		0.279		
Arginine.....g	0.113		0		1		0.228		
Histidine.....g	0.054		0		1		0.109		
Alanine.....g	0.075		0		1		0.152		
Aspartic acid.....g	0.598		0		1		1.208		
Glutamic acid.....g	0.410		0		1		0.828		
Glycine.....g	0.073		0		1		0.147		
Proline.....g	0.088		0		1		0.178		
Serine.....g	0.106		0		1		0.214		
Hydroxyproline.....g									

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

**Common Measures:**

Measure 1 = 202g: 1 potato (2-3/4" dia by 4-3/4" long)

Calories Factors: Protein 2.78

Fat 8.37

Carbohydrate 4.03

**NDB No. 11675**

**Potatoes, microwaved, cooked in skin, flesh and skin, without salt**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)



NDB No. 11835

Potatoes, microwaved, cooked in skin, flesh, with salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.001		0		1		0.001	0.002	
15:0.....g									
16:0.....g	0.016		0		1		0.012	0.025	
17:0.....g									
18:0.....g	0.004		0		1		0.003	0.006	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.002		0		1		0.002	0.003	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.001	0.002	
17:1.....g									
18:1 undifferentiated.....g	0.001		0		1		0.001	0.002	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.043		0		1		0.034	0.067	
18:2 undifferentiated.....g	0.032		0		1		0.025	0.050	
18:3 undifferentiated.....g	0.010		0		1		0.008	0.016	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.033		0		1		0.026	0.051	
Threonine.....g	0.076		0		1		0.059	0.119	
Isoleucine.....g	0.085		0		1		0.066	0.133	
Leucine.....g	0.126		0		1		0.098	0.197	
Lysine.....g	0.128		0		1		0.100	0.200	
Methionine.....g	0.033		0		1		0.026	0.051	
Cystine.....g	0.027		0		1		0.021	0.042	
Phenylalanine.....g	0.093		0		1		0.073	0.145	
Tyrosine.....g	0.078		0		1		0.061	0.122	
Valine.....g	0.118		0		1		0.092	0.184	
Arginine.....g	0.097		0		1		0.076	0.151	
Histidine.....g	0.046		0		1		0.036	0.072	
Alanine.....g	0.065		0		1		0.051	0.101	
Aspartic acid.....g	0.514		0		1		0.401	0.802	
Glutamic acid.....g	0.352		0		1		0.275	0.549	
Glycine.....g	0.062		0		1		0.048	0.097	
Proline.....g	0.076		0		1		0.059	0.119	
Serine.....g	0.091		0		1		0.071	0.142	
Hydroxyproline.....g									

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

**Common Measures:**

Measure 1 = 78g: .5 cup

Measure 2 = 156g: 1 potato (2-1/3" x 4-3/4")

Calories Factors: Protein 2.78

Fat 8.37

Carbohydrate 4.03

**NDB No. 11835**

**Potatoes, microwaved, cooked in skin, flesh, with salt**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)



NDB No. 11368

Potatoes, microwaved, cooked in skin, flesh, without salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.001		0		1		0.001	0.002	
15:0.....g									
16:0.....g	0.016		0		1		0.012	0.025	
17:0.....g									
18:0.....g	0.004		0		1		0.003	0.006	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.002		0		1		0.002	0.003	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.001	0.002	
17:1.....g									
18:1 undifferentiated.....g	0.001		0		1		0.001	0.002	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.043		0		1		0.034	0.067	
18:2 undifferentiated.....g	0.032		0		1		0.025	0.050	
18:3 undifferentiated.....g	0.010		0		1		0.008	0.016	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.033		0		1		0.026	0.051	
Threonine.....g	0.076		0		1		0.059	0.119	
Isoleucine.....g	0.085		0		1		0.066	0.133	
Leucine.....g	0.126		0		1		0.098	0.197	
Lysine.....g	0.128		0		1		0.100	0.200	
Methionine.....g	0.033		0		1		0.026	0.051	
Cystine.....g	0.027		0		1		0.021	0.042	
Phenylalanine.....g	0.093		0		1		0.073	0.145	
Tyrosine.....g	0.078		0		1		0.061	0.122	
Valine.....g	0.118		0		1		0.092	0.184	
Arginine.....g	0.097		0		1		0.076	0.151	
Histidine.....g	0.046		0		1		0.036	0.072	
Alanine.....g	0.065		0		1		0.051	0.101	
Aspartic acid.....g	0.514		0		1		0.401	0.802	
Glutamic acid.....g	0.352		0		1		0.275	0.549	
Glycine.....g	0.062		0		1		0.048	0.097	
Proline.....g	0.076		0		1		0.059	0.119	
Serine.....g	0.091		0		1		0.071	0.142	
Hydroxyproline.....g									

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

**Common Measures:**

Measure 1 = 78g: .5 cup

Measure 2 = 156g: 1 potato (2-1/3" x 4-3/4")

Calories Factors: Protein 2.78

Fat 8.37

Carbohydrate 4.03



**NDB No. 11368**

**Potatoes, microwaved, cooked in skin, flesh, without salt**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)



NDB No. 11369

Potatoes, microwaved, cooked in skin, skin, without salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.001		0		1		0.001		
15:0.....g									
16:0.....g	0.016		0		1		0.009		
17:0.....g									
18:0.....g	0.004		0		1		0.002		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.002		0		1		0.001		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.001		
17:1.....g									
18:1 undifferentiated.....g	0.001		0		1		0.001		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.043		0		1		0.025		
18:2 undifferentiated.....g	0.032		0		1		0.019		
18:3 undifferentiated.....g	0.010		0		1		0.006		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0		
Phytosterols.....mg									

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

**Common Measures:**

Measure 1 = 58g: 1 skin

**Calories Factors: Protein 2.78**

**Fat 8.37**

**Carbohydrate 4.03**

**Food Group: 11 Vegetables and Vegetable Products**  
 USDA National Nutrient Database for Standard Reference, Release 21 (2008)



NDB No. 11834

Potatoes, microwaved, cooked, in skin, flesh and skin, with salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.001		0		1		0.002		
15:0.....g									
16:0.....g	0.016		0		1		0.032		
17:0.....g									
18:0.....g	0.004		0		1		0.008		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.002		0		1		0.004		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.002		
17:1.....g									
18:1 undifferentiated.....g	0.001		0		1		0.002		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.043		0		1		0.087		
18:2 undifferentiated.....g	0.032		0		1		0.065		
18:3 undifferentiated.....g	0.010		0		1		0.020		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.038		0		1		0.077		
Threonine.....g	0.089		0		1		0.180		
Isoleucine.....g	0.099		0		1		0.200		
Leucine.....g	0.147		0		1		0.297		
Lysine.....g	0.149		0		1		0.301		
Methionine.....g	0.039		0		1		0.079		
Cystine.....g	0.031		0		1		0.063		
Phenylalanine.....g	0.109		0		1		0.220		
Tyrosine.....g	0.091		0		1		0.184		
Valine.....g	0.138		0		1		0.279		
Arginine.....g	0.113		0		1		0.228		
Histidine.....g	0.054		0		1		0.109		
Alanine.....g	0.075		0		1		0.152		
Aspartic acid.....g	0.598		0		1		1.208		
Glutamic acid.....g	0.410		0		1		0.828		
Glycine.....g	0.073		0		1		0.147		
Proline.....g	0.088		0		1		0.178		
Serine.....g	0.106		0		1		0.214		
Hydroxyproline.....g									

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

**Common Measures:**

Measure 1 = 202g: 1 potato (2-1/3" x 4-3/4")

Calories Factors: Protein 2.78

Fat 8.37

Carbohydrate 4.03

**NDB No. 11834**

**Potatoes, microwaved, cooked, in skin, flesh and skin, with salt**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)



NDB No. 11836

Potatoes, microwaved, cooked, in skin, skin with salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.001		0		1		0.001		
15:0.....g									
16:0.....g	0.016		0		1		0.009		
17:0.....g									
18:0.....g	0.004		0		1		0.002		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.002		0		1		0.001		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.001		
17:1.....g									
18:1 undifferentiated.....g	0.001		0		1		0.001		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.043		0		1		0.025		
18:2 undifferentiated.....g	0.032		0		1		0.019		
18:3 undifferentiated.....g	0.010		0		1		0.006		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0		
Phytosterols.....mg									

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

**Common Measures:**

Measure 1 = 58g: 1 skin

**Calories Factors: Protein 2.78**

**Fat 8.37**

**Carbohydrate 4.03**

**Food Group: 11 Vegetables and Vegetable Products**  
 USDA National Nutrient Database for Standard Reference, Release 21 (2008)





Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.053		0			1			
15:0.....g									
16:0.....g	1.864		0			1			
17:0.....g									
18:0.....g	1.390		0			1			
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	5.824		0			1			
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0			1			
17:1.....g									
18:1 undifferentiated.....g	5.822		0			1			
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.474		0			1			
18:2 undifferentiated.....g	3.252		0			1			
18:3 undifferentiated.....g	0.221		0			1			
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z		7			
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.034		0			1			
Threonine.....g	0.080		0			1			
Isoleucine.....g	0.089		0			1			
Leucine.....g	0.131		0			1			
Lysine.....g	0.132		0			1			
Methionine.....g	0.034		0			1			
Cystine.....g	0.030		0			1			
Phenylalanine.....g	0.095		0			1			
Tyrosine.....g	0.079		0			1			
Valine.....g	0.120		0			1			
Arginine.....g	0.111		0			1			
Histidine.....g	0.048		0			1			
Alanine.....g	0.069		0			1			
Aspartic acid.....g	0.513		0			1			
Glutamic acid.....g	0.368		0			1			
Glycine.....g	0.068		0			1			
Proline.....g	0.080		0			1			
Serine.....g	0.095		0			1			
Hydroxyproline.....g									

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

**Common Measures:**

**Calories Factors: Protein 2.7**

**Fat 8.4**

**Carbohydrate4**

**Food Group: 11 Vegetables and Vegetable Products**

USDA National Nutrient Database for Standard Reference, Release 21 (2008)



Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.001		0			1			
15:0.....g									
16:0.....g	0.021		0			1			
17:0.....g									
18:0.....g	0.005		0			1			
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.006		0			1			
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0			1			
17:1.....g									
18:1 undifferentiated.....g	0.004		0			1			
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.061		0			1			
18:2 undifferentiated.....g	0.049		0			1			
18:3 undifferentiated.....g	0.012		0			1			
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg									
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.028		0			1			
Threonine.....g	0.065		0			1			
Isoleucine.....g	0.073		0			1			
Leucine.....g	0.107		0			1			
Lysine.....g	0.108		0			1			
Methionine.....g	0.028		0			1			
Cystine.....g	0.025		0			1			
Phenylalanine.....g	0.078		0			1			
Tyrosine.....g	0.065		0			1			
Valine.....g	0.098		0			1			
Arginine.....g	0.091		0			1			
Histidine.....g	0.039		0			1			
Alanine.....g	0.057		0			1			
Aspartic acid.....g	0.421		0			1			
Glutamic acid.....g	0.302		0			1			
Glycine.....g	0.056		0			1			
Proline.....g	0.066		0			1			
Serine.....g	0.078		0			1			
Hydroxyproline.....g									

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

**Common Measures:**

**Calories Factors: Protein 2.7**

**Fat 8.4**

**Carbohydrate4**

**Food Group: 11 Vegetables and Vegetable Products**



Potatoes, o'brien, home-prepared (1)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.125		0		1		0.243	1.453	
15:0.....g									
16:0.....g	0.365		0		1		0.708	4.241	
17:0.....g									
18:0.....g	0.152		0		1		0.295	1.766	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.347		0		1		0.673	4.032	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.036		0		1		0.070	0.418	
17:1.....g									
18:1 undifferentiated.....g	0.302		0		1		0.586	3.509	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.055		0		1		0.107	0.639	
18:2 undifferentiated.....g	0.037		0		1		0.072	0.430	
18:3 undifferentiated.....g	0.018		0		1		0.035	0.209	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	4		0		1		8	46	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.035		0		1		0.068	0.407	
Threonine.....g	0.089		0		1		0.173	1.034	
Isoleucine.....g	0.110		0		1		0.213	1.278	
Leucine.....g	0.169		0		1		0.328	1.964	
Lysine.....g	0.144		0		1		0.279	1.673	
Methionine.....g	0.043		0		1		0.083	0.500	
Cystine.....g	0.030		0		1		0.058	0.349	
Phenylalanine.....g	0.106		0		1		0.206	1.232	
Tyrosine.....g	0.092		0		1		0.178	1.069	
Valine.....g	0.133		0		1		0.258	1.545	
Arginine.....g	0.109		0		1		0.211	1.267	
Histidine.....g	0.054		0		1		0.105	0.627	
Alanine.....g	0.076		0		1		0.147	0.883	
Aspartic acid.....g	0.376		0		1		0.729	4.369	
Glutamic acid.....g	0.470		0		1		0.912	5.461	
Glycine.....g	0.067		0		1		0.130	0.779	
Proline.....g	0.150		0		1		0.291	1.743	
Serine.....g	0.112		0		1		0.217	1.301	
Hydroxyproline.....g									

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

**Common Measures:**

- Measure 1 = 194g: 1 cup
- Measure 2 = 1162g: 1 recipe yield

**Footnotes:**

1 Recipe: Potatoes, 63%; whole milk, 19%; onions, 8%; green pepper, 7%; bread crumbs, 2%; salt, butter, and black pepper, 1%.

**NDB No. 11671**

**Potatoes, o'brien, home-prepared (1)**

**Calories Factors: Protein 2.7**

**Fat 8.4**

**Carbohydrate4**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)





NDB No. 11362  
Potatoes, raw, skin

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.001		0		1		0.000		
15:0.....g									
16:0.....g	0.016		0		1		0.006		
17:0.....g									
18:0.....g	0.004		0		1		0.002		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.002		0		1		0.001		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.001		0		1		0.000		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.043		0		1		0.016		
18:2 undifferentiated.....g	0.032		0		1		0.012		
18:3 undifferentiated.....g	0.010		0		1		0.004		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0		
Phytosterols.....mg									

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

**Common Measures:**

Measure 1 = 38g: 1 skin

**Calories Factors: Protein 2.78**

**Fat 8.37**

**Carbohydrate 4.03**

**Food Group: 11 Vegetables and Vegetable Products**  
USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11358

Potatoes, red, flesh and skin, baked

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	76.67	0.269	8	A	1		229.24	132.64	105.81
Energy.....kcal	89		0	NC	4		266	154	123
Energy.....kj	372		0	NC	4		1112	643	513
Protein.....g	2.30	0.052	8	A	1		6.87	3.98	3.17
Total lipid (fat).....g	0.15	0.011	8	A	1		0.44	0.25	0.20
Ash.....g	1.29	0.050	8	A	1		3.86	2.23	1.78
Carbohydrate, by difference.....g	19.59		0	NC	4		58.58	33.90	27.04
Fiber, total dietary.....g	1.8	0.098	5	A	1		5.4	3.1	2.5
Sugars, total.....g	1.43		0	AS	1		4.28	2.48	1.98
Sucrose.....g	0.45	0.049	8	A	1		1.34	0.78	0.62
Glucose (dextrose).....g	0.55	0.051	8	A	1		1.63	0.95	0.75
Fructose.....g	0.44	0.054	8	A	1		1.30	0.75	0.60
Lactose.....g	0.00	0.000	8	A	1		0.00	0.00	0.00
Maltose.....g	0.00	0.000	8	A	1		0.00	0.00	0.00
Galactose.....g	0.00	0.000	4	A	1		0.00	0.00	0.00
Starch.....g	15.15	0.327	8	A	1		45.31	26.22	20.91
<b>Minerals:</b>									
Calcium, Ca.....mg	9	0.370	8	A	1		28	16	13
Iron, Fe.....mg	0.70	0.040	8	A	1		2.11	1.22	0.97
Magnesium, Mg.....mg	28	0.657	8	A	1		83	48	38
Phosphorus, P.....mg	72	4.432	8	A	1		214	124	99
Potassium, K.....mg	545	12.798	8	A	1		1630	943	752
Sodium, Na.....mg	12	4.091	8	A	1		35	20	16
Zinc, Zn.....mg	0.40	0.019	8	A	1		1.20	0.70	0.56
Copper, Cu.....mg	0.174	0.010	8	A	1		0.520	0.301	0.240
Manganese, Mn.....mg	0.173	0.009	8	A	1		0.516	0.299	0.238
Selenium, Se.....mcg	0.8	0.256	10	A	1		2.4	1.4	1.1
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	12.6	0.941	8	A	1		37.6	21.8	17.4
Thiamin.....mg	0.072	0.003	8	A	1		0.215	0.124	0.099
Riboflavin.....mg	0.050	0.006	8	A	1		0.150	0.087	0.069
Niacin.....mg	1.595	0.110	8	A	1		4.769	2.759	2.201
Pantothenic acid.....mg	0.341	0.014	8	A	1		1.020	0.590	0.471
Vitamin B-6.....mg	0.212	0.009	8	A	1		0.633	0.366	0.292
Folate, total.....mcg	27	3.684	8	A	1		81	47	38
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg	27	3.684	8	A	1		81	47	38
Folate, DFE.....mcg_DFE	27		0	NC	4		81	47	38
Choline, total.....mg	18.9		0	AS	1		56.4	32.6	26.0
Betaine.....mg	0.2		2	A	1		0.6	0.3	0.3
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	1		0	NC	4		2	1	1
Retinol.....mcg	0		0	Z	7		0	0	0
Carotene, beta.....mcg	6	0.000	7	JO	11		18	11	8
Carotene, alpha.....mcg	0	0.000	7	JO	11		0	0	0
Cryptoxanthin, beta.....mcg	0	0.000	7	JO	11		0	0	0
Vitamin A, IU.....IU	10		0	NC	4		31	18	14
Lycopene.....mcg	0	0.000	7	JO	11		0	0	0
Lutein + zeaxanthin.....mcg	31	2.813	7	JO	11		93	54	43
Vitamin E (alpha-tocopherol).....mg	0.04		0	BFSN	4		0.12	0.07	0.06
Tocopherol, beta.....mg	0.00		0	BFSN	4		0.00	0.00	0.00
Tocopherol, gamma.....mg	0.00		0	BFSN	4		0.00	0.00	0.00
Tocopherol, delta.....mg	0.00		0	BFSN	4		0.00	0.00	0.00
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	2.8	0.421	8	A	1		8.5	4.9	3.9
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.025		0	NC	4		0.075	0.043	0.035

Potatoes, red, flesh and skin, baked

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
4:0.....g	0.000		0		1		0.000	0.000	0.000
6:0.....g	0.000		0		1		0.000	0.000	0.000
8:0.....g	0.000		0		1		0.000	0.000	0.000
10:0.....g	0.001		0		1		0.003	0.002	0.001
12:0.....g	0.003		0		1		0.009	0.005	0.004
13:0.....g									
14:0.....g	0.001		0		1		0.003	0.002	0.001
15:0.....g									
16:0.....g	0.016		0		1		0.048	0.028	0.022
17:0.....g									
18:0.....g	0.004		0		1		0.012	0.007	0.006
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.002		0	NC	4		0.006	0.003	0.003
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.003	0.002	0.001
17:1.....g									
18:1 undifferentiated.....g	0.001		0		1		0.003	0.002	0.001
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.042		0	NC	4		0.126	0.073	0.058
18:2 undifferentiated.....g	0.032		0		1		0.096	0.055	0.044
18:3 undifferentiated.....g	0.010		0		1		0.030	0.017	0.014
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	0
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.024	0.000	4	A	1		0.072	0.042	0.033
Threonine.....g	0.081	0.003	4	A	1		0.243	0.141	0.112
Isoleucine.....g	0.077	0.002	4	A	1		0.230	0.133	0.106
Leucine.....g	0.116	0.004	4	A	1		0.347	0.201	0.160
Lysine.....g	0.121	0.004	4	A	1		0.363	0.210	0.168
Methionine.....g	0.037	0.000	4	A	1		0.111	0.064	0.051
Cystine.....g	0.029	0.001	4	A	1		0.087	0.050	0.040
Phenylalanine.....g	0.161	0.004	4	A	1		0.481	0.278	0.222
Tyrosine.....g	0.062	0.004	4	A	1		0.186	0.108	0.086
Valine.....g	0.117	0.003	4	A	1		0.350	0.202	0.161
Arginine.....g	0.118	0.003	4	A	1		0.352	0.204	0.162
Histidine.....g	0.040	0.002	4	A	1		0.119	0.069	0.055
Alanine.....g	0.072	0.000	4	A	1		0.215	0.124	0.099
Aspartic acid.....g	0.567	0.028	4	A	1		1.695	0.981	0.782
Glutamic acid.....g	0.408	0.020	4	A	1		1.220	0.706	0.563
Glycine.....g	0.066	0.001	4	A	1		0.198	0.115	0.091
Proline.....g	0.077	0.005	4	A	1		0.229	0.133	0.106
Serine.....g	0.087	0.002	4	A	1		0.259	0.150	0.120
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0

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

NDB No. 11358

Potatoes, red, flesh and skin, baked

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

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food, or similar food.

**Common Measures:**

Measure 1 = 299g: 1 potato large (3" to 4-1/4" dia.)

Measure 2 = 173g: 1 potato medium (2-1/4" to 3-1/4" dia.)

Measure 3 = 138g: 1 potato small (1-3/4" to 2-1/2" dia.)

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 11 Vegetables and Vegetable Products  
USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11355

Potatoes, red, flesh and skin, raw

*Solanum tuberosum*

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	80.96	0.633	4	A	1		298.75	172.45	137.64
Energy.....kcal	70		0	NC	4		260	150	120
Energy.....kj	295		0	NC	4		1088	628	501
Protein (N x 6.25).....g	1.89	0.118	4	A	1		6.99	4.03	3.22
Total lipid (fat).....g	0.14	0.004	4	A	1		0.50	0.29	0.23
Ash.....g	1.10	0.081	4	A	1		4.07	2.35	1.88
Carbohydrate, by difference.....g	15.90		0	NC	4		58.69	33.88	27.04
Fiber, total dietary.....g	1.7		2	A	1		6.4	3.7	2.9
Sugars, total.....g	1.00		0	AS	1		3.68	2.12	1.70
Sucrose.....g	0.29	0.015	4	A	1		1.05	0.61	0.49
Glucose (dextrose).....g	0.40	0.057	4	A	1		1.47	0.85	0.67
Fructose.....g	0.31	0.049	4	A	1		1.16	0.67	0.54
Lactose.....g	0.00	0.000	4	A	1		0.00	0.00	0.00
Maltose.....g	0.00	0.000	4	A	1		0.00	0.00	0.00
Galactose.....g	0.00		2	A	1		0.00	0.00	0.00
Starch.....g	13.35	0.092	4	A	1		49.25	28.43	22.69
<b>Minerals:</b>									
Calcium, Ca.....mg	10	1.100	4	A	1		36	21	17
Iron, Fe.....mg	0.73	0.092	4	A	1		2.70	1.56	1.24
Magnesium, Mg.....mg	22	0.799	4	A	1		82	47	38
Phosphorus, P.....mg	61	4.008	4	A	1		226	130	104
Potassium, K.....mg	455	18.173	4	A	1		1679	969	774
Sodium, Na.....mg	6	0.760	73		1		22	13	10
Zinc, Zn.....mg	0.33	0.009	4	A	1		1.23	0.71	0.57
Copper, Cu.....mg	0.134	0.027	4	A	1		0.495	0.286	0.228
Manganese, Mn.....mg	0.141	0.015	4	A	1		0.519	0.300	0.239
Selenium, Se.....mcg	0.5		0	BFSN	4		2.0	1.1	0.9
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	8.6	0.585	4	A	1		31.6	18.3	14.6
Thiamin.....mg	0.081	0.005	4	A	1		0.299	0.173	0.138
Riboflavin.....mg	0.031	0.002	4	A	1		0.114	0.066	0.053
Niacin.....mg	1.149	0.086	4	A	1		4.241	2.448	1.954
Pantothenic acid.....mg	0.279	0.013	4	A	1		1.028	0.594	0.474
Vitamin B-6.....mg	0.170	0.015	4	A	1		0.627	0.362	0.289
Folate, total.....mcg	18	1.532	4	A	1		68	39	31
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg	18	1.532	4	A	1		68	39	31
Folate, DFE.....mcg_DFE	18		0	NC	4		68	39	31
Choline, total.....mg	16.4		0	AS	1		60.4	34.9	27.8
Betaine.....mg	0.2	0.009	3	A	1		0.7	0.4	0.3
Vitamin B-12.....mcg	0.00		0	BFSN	4		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		1	1	1
Retinol.....mcg	0		0	Z	7		0	0	0
Carotene, beta.....mcg	4	0.131	4	JO	11		15	9	7
Carotene, alpha.....mcg	0	0.000	4	JO	11		0	0	0
Cryptoxanthin, beta.....mcg	0	0.000	4	JO	11		0	0	0
Vitamin A, IU.....IU	7		0	NC	4		25	14	11
Lycopene.....mcg	0	0.000	4	JO	11		0	0	0
Lutein + zeaxanthin.....mcg	21	1.061	4	JO	11		76	44	35
Vitamin E (alpha-tocopherol).....mg	0.01		0	BFSN	4		0.02	0.01	0.01
Tocopherol, beta.....mg	0.00		0	BFSN	4		0.00	0.00	0.00
Tocopherol, gamma.....mg	0.00		0	BFSN	4		0.00	0.00	0.00
Tocopherol, delta.....mg	0.00		0	BFSN	4		0.00	0.00	0.00
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	2.9	0.538	4	A	1		10.7	6.2	4.9
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.034		0	NC	4		0.126	0.073	0.058

**NDB No. 11355**  
**Potatoes, red, flesh and skin, raw**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points					
4:0.....g	0.000		0		1	0.000	0.000	0.000
6:0.....g	0.000		0		1	0.000	0.000	0.000
8:0.....g	0.000		0		1	0.000	0.000	0.000
10:0.....g	0.001		0	BFFN	4	0.005	0.003	0.002
12:0.....g	0.004		0	BFFN	4	0.015	0.009	0.007
13:0.....g								
14:0.....g	0.001		0	BFFN	4	0.005	0.003	0.002
15:0.....g								
16:0.....g	0.022		0	BFFN	4	0.080	0.046	0.037
17:0.....g								
18:0.....g	0.005		0	BFFN	4	0.020	0.012	0.009
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	0.003		0	NC	4	0.010	0.006	0.005
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.001		0	BFFN	4	0.005	0.003	0.002
17:1.....g								
18:1 undifferentiated.....g	0.001		0	BFFN	4	0.005	0.003	0.002
20:1.....g								
22:1 undifferentiated.....g	0.000		0		1	0.000	0.000	0.000
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.057		0	NC	4	0.211	0.122	0.097
18:2 undifferentiated.....g	0.044		0	BFFN	4	0.161	0.093	0.074
18:3 undifferentiated.....g	0.014		0	BFFN	4	0.050	0.029	0.023
18:4.....g	0.000		0		1	0.000	0.000	0.000
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0		1	0.000	0.000	0.000
20:5 n-3.....g	0.000		0		1	0.000	0.000	0.000
22:5 n-3.....g	0.000		0		1	0.000	0.000	0.000
22:6 n-3.....g	0.000		0		1	0.000	0.000	0.000
Fatty acids, total trans.....g								
Cholesterol.....mg	0		0	Z	7	0	0	0
Phytosterols.....mg								
<b>Amino Acids:</b>								
Tryptophan.....g	0.017		2	A	1	0.063	0.036	0.029
Threonine.....g	0.060		2	A	1	0.221	0.128	0.102
Isoleucine.....g	0.056		2	A	1	0.208	0.120	0.096
Leucine.....g	0.090		2	A	1	0.330	0.191	0.152
Lysine.....g	0.090		2	A	1	0.332	0.192	0.153
Methionine.....g	0.026		2	A	1	0.098	0.056	0.045
Cystine.....g	0.018		2	A	1	0.068	0.039	0.031
Phenylalanine.....g	0.161		2	A	1	0.596	0.344	0.274
Tyrosine.....g	0.034		2	A	1	0.125	0.072	0.058
Valine.....g	0.089		2	A	1	0.328	0.190	0.151
Arginine.....g	0.088		2	A	1	0.326	0.188	0.150
Histidine.....g	0.029		2	A	1	0.108	0.063	0.050
Alanine.....g	0.058		2	A	1	0.216	0.124	0.099
Aspartic acid.....g	0.412		2	A	1	1.520	0.877	0.700
Glutamic acid.....g	0.266		2	A	1	0.983	0.568	0.453
Glycine.....g	0.052		2	A	1	0.194	0.112	0.089
Proline.....g	0.053		2	A	1	0.197	0.114	0.091
Serine.....g	0.065		2	A	1	0.238	0.137	0.110
Hydroxyproline.....g								
<b>Others:</b>								
Alcohol, ethyl.....g	0.0		0		7	0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7	0	0	0
Theobromine.....mg	0		0	Z	7	0	0	0

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

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

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

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food, or similar food.

**Common Measures:**

- Measure 1 = 369g: 1 potato large (3" to 4-1/4" dia)
- Measure 2 = 213g: 1 potato medium (2-1/4" to 3-1/4" dia)
- Measure 3 = 170g: 1 potato small (1-3/4" to 2-1/4" dia)

**Calories Factors: Protein** 2.78      **Fat** 8.37      **Carbohydrate**4.03

**Food Group:** 11 Vegetables and Vegetable Products  
USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11353

Potatoes, russet, flesh and skin, raw

*Solanum tuberosum*

Includes USDA commodity food A214

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	78.58	0.438	4	A	1		289.96	167.37	133.58
Energy.....kcal	79		0	NC	4		293	169	135
Energy.....kj	332		0	NC	4		1226	708	565
Protein (N x 6.25).....g	2.14	0.034	4	A	1		7.89	4.55	3.63
Total lipid (fat).....g	0.08	0.000	4	A	1		0.29	0.17	0.13
Ash.....g	1.13	0.034	4	A	1		4.18	2.41	1.92
Carbohydrate, by difference.....g	18.07		0	NC	4		66.69	38.50	30.72
Fiber, total dietary.....g	1.3		2	A	1		4.9	2.8	2.2
Sugars, total.....g	0.62		2	A	1		2.28	1.31	1.05
Sucrose.....g	0.13	0.009	4	A	1		0.47	0.27	0.22
Glucose (dextrose).....g	0.25	0.032	4	A	1		0.94	0.54	0.43
Fructose.....g	0.23	0.037	4	A	1		0.87	0.50	0.40
Lactose.....g	0.00	0.000	4	A	1		0.00	0.00	0.00
Maltose.....g	0.00	0.000	4	A	1		0.00	0.00	0.00
Galactose.....g	0.00		2	A	1		0.00	0.00	0.00
Starch.....g	15.86	0.318	4	A	1		58.50	33.77	26.95
<b>Minerals:</b>									
Calcium, Ca.....mg	13	0.503	4	A	1		48	28	22
Iron, Fe.....mg	0.86	0.173	4	A	1		3.18	1.83	1.46
Magnesium, Mg.....mg	23	1.080	4	A	1		86	50	40
Phosphorus, P.....mg	55	3.466	4	A	1		202	116	93
Potassium, K.....mg	417	21.950	4	A	1		1540	889	709
Sodium, Na.....mg	5		2	A	1		17	10	8
Zinc, Zn.....mg	0.29	0.006	4	A	1		1.07	0.62	0.49
Copper, Cu.....mg	0.103	0.003	4	A	1		0.381	0.220	0.175
Manganese, Mn.....mg	0.157	0.023	4	A	1		0.580	0.335	0.267
Selenium, Se.....mcg	0.4		2	A	1		1.4	0.8	0.7
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	5.7	0.931	4	A	1		21.1	12.2	9.7
Thiamin.....mg	0.082	0.008	4	A	1		0.304	0.176	0.140
Riboflavin.....mg	0.033	0.001	4	A	1		0.122	0.070	0.056
Niacin.....mg	1.035	0.051	4	A	1		3.818	2.204	1.759
Pantothenic acid.....mg	0.301	0.008	4	A	1		1.110	0.641	0.511
Vitamin B-6.....mg	0.345	0.024	4	A	1		1.274	0.735	0.587
Folate, total.....mcg	14	0.799	4	A	1		50	29	23
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg	14	0.799	4	A	1		50	29	23
Folate, DFE.....mcg_DFE	14		0	NC	4		50	29	23
Choline, total.....mg	12.6		0	AS	1		46.5	26.8	21.4
Betaine.....mg	0.2		1	A	1		0.7	0.4	0.3
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0	0	0
Retinol.....mcg	0		0	Z	7		0	0	0
Carotene, beta.....mcg	0	0.369	4	JO	11		1	1	1
Carotene, alpha.....mcg	0	0.000	4	JO	11		0	0	0
Cryptoxanthin, beta.....mcg	0	0.000	4	JO	11		0	0	0
Vitamin A, IU.....IU	1		0	NC	4		2	1	1
Lycopene.....mcg	0	0.000	4	JO	11		0	0	0
Lutein + zeaxanthin.....mcg	5	2.578	4		11		18	10	8
Vitamin E (alpha-tocopherol).....mg	0.01		2	A	1		0.03	0.02	0.01
Tocopherol, beta.....mg	0.00		2	A	1		0.00	0.00	0.00
Tocopherol, gamma.....mg	0.00		2	A	1		0.00	0.00	0.00
Tocopherol, delta.....mg	0.00		2	A	1		0.00	0.00	0.00
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	1.8	0.025	4	A	1		6.5	3.8	3.0
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.020		0	NC	4		0.072	0.042	0.033



Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
4:0.....g	0.000		0		1		0.000	0.000	0.000
6:0.....g	0.000		0		1		0.000	0.000	0.000
8:0.....g	0.000		0		1		0.000	0.000	0.000
10:0.....g	0.001		0	BFFN	4		0.003	0.002	0.001
12:0.....g	0.002		0	BFFN	4		0.009	0.005	0.004
13:0.....g									
14:0.....g	0.001		0	BFFN	4		0.003	0.002	0.001
15:0.....g									
16:0.....g	0.012		0	BFFN	4		0.046	0.027	0.021
17:0.....g									
18:0.....g	0.003		0	BFFN	4		0.012	0.007	0.005
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.002		0	NC	4		0.006	0.003	0.003
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0	BFFN	4		0.003	0.002	0.001
17:1.....g									
18:1 undifferentiated.....g	0.001		0	BFFN	4		0.003	0.002	0.001
20:1.....g									
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.035		0	NC	4		0.129	0.075	0.059
18:2 undifferentiated.....g	0.025		0	BFFN	4		0.092	0.053	0.042
18:3 undifferentiated.....g	0.010		59		1		0.037	0.021	0.017
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	0
Phytosterols.....mg	5		0		1		18	11	9
<b>Amino Acids:</b>									
Tryptophan.....g	0.018		2	A	1		0.066	0.038	0.031
Threonine.....g	0.055		2	A	1		0.204	0.118	0.094
Isoleucine.....g	0.058		2	A	1		0.216	0.124	0.099
Leucine.....g	0.086		2	A	1		0.319	0.184	0.147
Lysine.....g	0.101		2	A	1		0.374	0.216	0.172
Methionine.....g	0.031		2	A	1		0.114	0.066	0.053
Cystine.....g	0.021		2	A	1		0.077	0.045	0.036
Phenylalanine.....g	0.180		2	A	1		0.664	0.383	0.306
Tyrosine.....g	0.035		2	A	1		0.129	0.074	0.059
Valine.....g	0.097		2	A	1		0.358	0.207	0.165
Arginine.....g	0.090		2	A	1		0.330	0.191	0.152
Histidine.....g	0.035		2	A	1		0.129	0.074	0.059
Alanine.....g	0.051		2	A	1		0.190	0.110	0.087
Aspartic acid.....g	0.502		2	A	1		1.851	1.068	0.853
Glutamic acid.....g	0.374		2	A	1		1.380	0.797	0.636
Glycine.....g	0.048		2	A	1		0.175	0.101	0.081
Proline.....g	0.057		2	A	1		0.212	0.122	0.098
Serine.....g	0.069		2	A	1		0.256	0.148	0.118
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g									
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0

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

NDB No. 11353

Potatoes, russet, flesh and skin, raw

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

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food, or similar food.

**Common Measures:**

Measure 1 = 369g: 1 potato large (3" to 4-1/4" dia)

Measure 2 = 213g: 1 Potato medium (2-1/4" to 3-1/4" dia)

Measure 3 = 170g: 1 Potato small (1-3/4" to 2-1/4" dia)

**Calories Factors: Protein** 2.78

**Fat** 8.37

**Carbohydrate**4.03

**Food Group:** 11 Vegetables and Vegetable Products  
USDA National Nutrient Database for Standard Reference, Release 21 (2008)



NDB No. 11387

Potatoes, scalloped, dry mix, prepared with water, whole milk and butter

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.423		0		1		1.036	0.580	3.477
15:0.....g									
16:0.....g	1.119		0		1		2.742	1.533	9.198
17:0.....g									
18:0.....g	0.514		0		1		1.259	0.704	4.225
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.213		0		1		2.972	1.662	9.971
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.094		0		1		0.230	0.129	0.773
17:1.....g									
18:1 undifferentiated.....g	1.056		0		1		2.587	1.447	8.680
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.194		0		1		0.475	0.266	1.595
18:2 undifferentiated.....g	0.122		0		1		0.299	0.167	1.003
18:3 undifferentiated.....g	0.071		0		1		0.174	0.097	0.584
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	11		0		4		27	15	90
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg									
Theobromine.....mg									

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

**Common Measures:**

Measure 1 = 245g: 1 cup (unprepared)

Measure 2 = 137g: .167 package (5.5 oz) yields

Measure 3 = 822g: 1 package yield, 5.5 oz

**Calories Factors: Protein 2.78**

**Fat 8.37**

**Carbohydrate 4.03**

**Food Group: 11 Vegetables and Vegetable Products**

USDA National Nutrient Database for Standard Reference, Release 21 (2008)



NDB No. 11386

Potatoes, scalloped, dry mix, unprepared

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.033		0		1		0.051	0.009	
15:0.....g									
16:0.....g	0.745		0		1		1.162	0.194	
17:0.....g									
18:0.....g	0.160		0		1		0.250	0.042	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.100		0		1		0.156	0.026	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.039		0		1		0.061	0.010	
17:1.....g									
18:1 undifferentiated.....g	0.050		0		1		0.078	0.013	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.985		0		1		3.097	0.516	
18:2 undifferentiated.....g	1.482		0		1		2.312	0.385	
18:3 undifferentiated.....g	0.470		0		1		0.733	0.122	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	5		0	RC	4		8	1	
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg									
Theobromine.....mg									

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

**Common Measures:**

Measure 1 = 156g: 1 package (5.5 oz)

Measure 2 = 26g: .167 package (5.5 oz)

**Calories Factors: Protein 2.78**

**Fat 8.37**

**Carbohydrate 4.03**

**Food Group: 11 Vegetables and Vegetable Products**

USDA National Nutrient Database for Standard Reference, Release 21 (2008)



Potatoes, scalloped, home-prepared with butter (1)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.362		0		1		0.887		
15:0.....g									
16:0.....g	0.958		0		1		2.347		
17:0.....g									
18:0.....g	0.440		0		1		1.078		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.039		0		1		2.546		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.080		0		1		0.196		
17:1.....g									
18:1 undifferentiated.....g	0.904		0		1		2.215		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.166		0		1		0.407		
18:2 undifferentiated.....g	0.105		0		1		0.257		
18:3 undifferentiated.....g	0.061		0		1		0.149		
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	12		0		1		29		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.042		0		1		0.103		
Threonine.....g	0.115		0		1		0.282		
Isoleucine.....g	0.144		0		1		0.353		
Leucine.....g	0.225		0		1		0.551		
Lysine.....g	0.192		0		1		0.470		
Methionine.....g	0.058		0		1		0.142		
Cystine.....g	0.034		0		1		0.083		
Phenylalanine.....g	0.135		0		1		0.331		
Tyrosine.....g	0.121		0		1		0.296		
Valine.....g	0.174		0		1		0.426		
Arginine.....g	0.118		0		1		0.289		
Histidine.....g	0.070		0		1		0.172		
Alanine.....g	0.094		0		1		0.230		
Aspartic acid.....g	0.442		0		1		1.083		
Glutamic acid.....g	0.579		0		1		1.419		
Glycine.....g	0.076		0		1		0.186		
Proline.....g	0.202		0		1		0.495		
Serine.....g	0.142		0		1		0.348		
Hydroxyproline.....g									

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

**Common Measures:**

Measure 1 = 245g: 1 cup

**Footnotes:**

1 Recipe: Potatoes, 59%; whole milk, 36%; butter, 2%; flour, 2%; and salt, 1%.



NDB No. 11372

Potatoes, scalloped, home-prepared with butter (1)

Calories Factors: Protein

Fat

Carbohydrate

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)



NDB No. 11844

Potatoes, scalloped, home-prepared with margarine

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.161		0		1		0.394		
15:0.....g									
16:0.....g	0.665		0		1		1.629		
17:0.....g									
18:0.....g	0.335		0		1		0.821		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.352		0		1		3.312		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.038		0		1		0.093		
17:1.....g									
18:1 undifferentiated.....g	1.296		0		1		3.175		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.746		0		1		1.828		
18:2 undifferentiated.....g	0.693		0		1		1.698		
18:3 undifferentiated.....g	0.060		0		1		0.147		
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	6		0		1		15		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.042		0		1		0.103		
Threonine.....g	0.115		0		1		0.282		
Isoleucine.....g	0.144		0		1		0.353		
Leucine.....g	0.225		0		1		0.551		
Lysine.....g	0.192		0		1		0.470		
Methionine.....g	0.058		0		1		0.142		
Cystine.....g	0.034		0		1		0.083		
Phenylalanine.....g	0.135		0		1		0.331		
Tyrosine.....g	0.121		0		1		0.296		
Valine.....g	0.174		0		1		0.426		
Arginine.....g	0.118		0		1		0.289		
Histidine.....g	0.070		0		1		0.172		
Alanine.....g	0.094		0		1		0.230		
Aspartic acid.....g	0.442		0		1		1.083		
Glutamic acid.....g	0.579		0		1		1.419		
Glycine.....g	0.076		0		1		0.186		
Proline.....g	0.202		0		1		0.495		
Serine.....g	0.142		0		1		0.348		
Hydroxyproline.....g									

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

**Common Measures:**

Measure 1 = 245g: 1 cup

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**NDB No. 11844**

**Potatoes, scalloped, home-prepared with margarine**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11357

Potatoes, white, flesh and skin, baked

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	75.43	0.633	5	A	1		225.54	104.10	104.10
Energy.....kcal	94		0	NC	4		281	130	130
Energy.....kj	393		0	NC	4		1176	543	543
Protein.....g	2.10	0.125	5	A	1		6.27	2.89	2.89
Total lipid (fat).....g	0.15	0.007	5	A	1		0.44	0.20	0.20
Ash.....g	1.24	0.065	5	A	1		3.72	1.72	1.72
Carbohydrate, by difference.....g	21.08		0	NC	4		63.02	29.09	29.09
Fiber, total dietary.....g	2.1	0.043	4	A	1		6.2	2.9	2.9
Sugars, total.....g	1.39		0	AS	1		4.17	1.92	1.92
Sucrose.....g	0.40	0.023	5	A	1		1.19	0.55	0.55
Glucose (dextrose).....g	0.63	0.079	5	A	1		1.90	0.87	0.87
Fructose.....g	0.36	0.011	5	A	1		1.08	0.50	0.50
Lactose.....g	0.00	0.000	5	A	1		0.00	0.00	0.00
Maltose.....g	0.00	0.000	5	A	1		0.00	0.00	0.00
Galactose.....g	0.00	0.000	3	A	1		0.00	0.00	0.00
Starch.....g	17.99	0.645	5	A	1		53.78	24.82	24.82
<b>Minerals:</b>									
Calcium, Ca.....mg	10	1.389	5	A	1		29	14	14
Iron, Fe.....mg	0.64	0.056	5	A	1		1.90	0.88	0.88
Magnesium, Mg.....mg	27	1.113	5	A	1		81	37	37
Phosphorus, P.....mg	75	4.167	5	A	1		223	103	103
Potassium, K.....mg	544	34.257	5	A	1		1626	750	750
Sodium, Na.....mg	7	0.532	5	A	1		22	10	10
Zinc, Zn.....mg	0.35	0.034	5	A	1		1.05	0.48	0.48
Copper, Cu.....mg	0.127	0.015	5	A	1		0.378	0.175	0.175
Manganese, Mn.....mg	0.189	0.010	5	A	1		0.564	0.260	0.260
Selenium, Se.....mcg	0.5		0	BFSN	4		1.4	0.7	0.7
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	12.6	0.518	5	A	1		37.8	17.5	17.5
Thiamin.....mg	0.048	0.003	5	A	1		0.143	0.066	0.066
Riboflavin.....mg	0.043	0.006	5	A	1		0.128	0.059	0.059
Niacin.....mg	1.528	0.168	5	A	1		4.569	2.109	2.109
Pantothenic acid.....mg	0.383	0.022	5	A	1		1.145	0.528	0.528
Vitamin B-6.....mg	0.211	0.017	5	A	1		0.631	0.291	0.291
Folate, total.....mcg	38	4.809	5	A	1		113	52	52
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg	38	4.809	5	A	1		113	52	52
Folate, DFE.....mcg_DFE	38		0	NC	4		113	52	52
Choline, total.....mg	14.4		0	AS	1		43.2	19.9	19.9
Betaine.....mg	0.2		2	A	1		0.6	0.3	0.3
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	1		0	NC	4		2	1	1
Retinol.....mcg	0		0	Z	7		0	0	0
Carotene, beta.....mcg	6	0.000	5	JO	11		18	8	8
Carotene, alpha.....mcg	0	0.000	5	JO	11		0	0	0
Cryptoxanthin, beta.....mcg	0	0.000	5	JO	11		0	0	0
Vitamin A, IU.....IU	10		0	NC	4		30	14	14
Lycopene.....mcg	0	0.000	5	JO	11		0	0	0
Lutein + zeaxanthin.....mcg	30	5.099	5	JO	11		90	41	41
Vitamin E (alpha-tocopherol).....mg	0.04		0	BFSN	4		0.13	0.06	0.06
Tocopherol, beta.....mg	0.00		0	BFSN	4		0.00	0.00	0.00
Tocopherol, gamma.....mg	0.00		0	BFSN	4		0.00	0.00	0.00
Tocopherol, delta.....mg	0.00		0	BFSN	4		0.00	0.00	0.00
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	2.7	0.141	6	A	1		8.0	3.7	3.7
<b>Lipids:</b>									

Potatoes, white, flesh and skin, baked

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	0.021		0	NC	4		0.064	0.029	0.029
4:0.....g	0.000		0	BFSN	4		0.000	0.000	0.000
6:0.....g	0.000		0	BFSN	4		0.000	0.000	0.000
8:0.....g	0.000		0	BFSN	4		0.000	0.000	0.000
10:0.....g	0.001		0	BFSN	4		0.003	0.001	0.001
12:0.....g	0.003		0	BFSN	4		0.008	0.004	0.004
13:0.....g									
14:0.....g	0.001		0	BFSN	4		0.003	0.001	0.001
15:0.....g									
16:0.....g	0.014		0	BFSN	4		0.041	0.019	0.019
17:0.....g									
18:0.....g	0.003		0	BFSN	4		0.010	0.005	0.005
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.002		0	NC	4		0.005	0.002	0.002
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0	BFSN	4		0.003	0.001	0.001
17:1.....g									
18:1 undifferentiated.....g	0.001		0	BFSN	4		0.003	0.001	0.001
20:1.....g	0.000		0	BFSN	4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	BFSN	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.036		0	NC	4		0.107	0.049	0.049
18:2 undifferentiated.....g	0.027		0	BFSN	4		0.082	0.038	0.038
18:3 undifferentiated.....g	0.009		0	BFSN	4		0.026	0.012	0.012
18:4.....g	0.000		0	BFSN	4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFSN	4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0	BFSN	4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0	BFSN	4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	BFSN	4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	0
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.024	0.001	4	A	1		0.071	0.033	0.033
Threonine.....g	0.068	0.005	4	A	1		0.205	0.094	0.094
Isoleucine.....g	0.067	0.003	4	A	1		0.200	0.092	0.092
Leucine.....g	0.096	0.008	4	A	1		0.286	0.132	0.132
Lysine.....g	0.107	0.003	4	A	1		0.321	0.148	0.148
Methionine.....g	0.031	0.003	4	A	1		0.093	0.043	0.043
Cystine.....g	0.023	0.001	4	A	1		0.069	0.032	0.032
Phenylalanine.....g	0.147	0.005	4	A	1		0.439	0.203	0.203
Tyrosine.....g	0.050	0.003	4	A	1		0.149	0.069	0.069
Valine.....g	0.101	0.005	4	A	1		0.303	0.140	0.140
Arginine.....g	0.101	0.002	4	A	1		0.300	0.139	0.139
Histidine.....g	0.034	0.003	4	A	1		0.101	0.046	0.046
Alanine.....g	0.065	0.003	4	A	1		0.195	0.090	0.090
Aspartic acid.....g	0.455	0.016	4	A	1		1.360	0.628	0.628
Glutamic acid.....g	0.325	0.009	4	A	1		0.973	0.449	0.449
Glycine.....g	0.058	0.005	4	A	1		0.174	0.080	0.080
Proline.....g	0.060	0.007	4	A	1		0.181	0.083	0.083
Serine.....g	0.074	0.005	4	A	1		0.221	0.102	0.102
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0

NDB No. 11357

Potatoes, white, flesh and skin, baked

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

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

**Common Measures:**

Measure 1 = 299g: 1 potato large (3" to 4-1/4" dia)

Measure 2 = 138g: 1 potato medium (2-1/4" to 3-1/4" dia)

Measure 3 = 138g: 1 potato small (1-3/4" to 2-1/2" dia)

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11354

Potatoes, white, flesh and skin, raw

*Solanum tuberosum*

Includes USDA commodity food A215

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	81.58	1.097	3	A	1		301.02	173.76	138.68
Energy.....kcal	69		0	NC	4		254	146	117
Energy.....kj	288		0	NC	4		1062	613	489
Protein (N x 6.25).....g	1.68	0.077	3	A	1		6.18	3.57	2.85
Total lipid (fat).....g	0.10	0.000	3	A	1		0.36	0.21	0.17
Ash.....g	0.94	0.010	3	A	1		3.48	2.01	1.60
Carbohydrate, by difference.....g	15.71		0	NC	4		57.95	33.45	26.70
Fiber, total dietary.....g	2.4		1	A	1		8.7	5.0	4.0
Sugars, total.....g	1.15		0	AS	1		4.26	2.46	1.96
Sucrose.....g	0.28	0.023	3	A	1		1.04	0.60	0.48
Glucose (dextrose).....g	0.53	0.017	3	A	1		1.95	1.13	0.90
Fructose.....g	0.34	0.013	3	A	1		1.27	0.73	0.58
Lactose.....g	0.00	0.000	3	A	1		0.00	0.00	0.00
Maltose.....g	0.00	0.000	3	A	1		0.00	0.00	0.00
Galactose.....g	0.00		1	A	1		0.00	0.00	0.00
Starch.....g	13.49		0	BFSN	4		49.77	28.73	22.93
<b>Minerals:</b>									
Calcium, Ca.....mg	9	0.100	3	A	1		34	20	16
Iron, Fe.....mg	0.52	0.039	3	A	1		1.93	1.11	0.89
Magnesium, Mg.....mg	21	0.667	3	A	1		78	45	36
Phosphorus, P.....mg	62	0.500	3	A	1		229	132	106
Potassium, K.....mg	407	9.667	3	A	1		1501	866	691
Sodium, Na.....mg	6	0.760	73		1		22	13	10
Zinc, Zn.....mg	0.29	0.009	3	A	1		1.07	0.62	0.49
Copper, Cu.....mg	0.116	0.003	3	A	1		0.429	0.248	0.198
Manganese, Mn.....mg	0.145	0.016	3	A	1		0.534	0.308	0.246
Selenium, Se.....mcg	0.3		0	BFSN	4		1.2	0.7	0.6
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	19.7	0.769	141		1		72.7	42.0	33.5
Thiamin.....mg	0.071	0.002	3	A	1		0.261	0.151	0.120
Riboflavin.....mg	0.034	0.002	3	A	1		0.124	0.072	0.057
Niacin.....mg	1.066		2	A	1		3.933	2.270	1.812
Pantothenic acid.....mg	0.281	0.007	3	A	1		1.038	0.599	0.478
Vitamin B-6.....mg	0.203	0.021	3	A	1		0.748	0.432	0.344
Folate, total.....mcg	18	1.300	3	A	1		67	39	31
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg	18	1.300	3	A	1		67	39	31
Folate, DFE.....mcg_DFE	18		0	NC	4		67	39	31
Choline, total.....mg	11.0		0	AS	1		40.5	23.4	18.7
Betaine.....mg	0.2		2	A	1		0.7	0.4	0.3
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		1	1	1
Retinol.....mcg	0		0	Z	7		0	0	0
Carotene, beta.....mcg	5	0.000	3	JO	11		17	10	8
Carotene, alpha.....mcg	0	0.000	3	JO	11		0	0	0
Cryptoxanthin, beta.....mcg	0	0.000	3	JO	11		0	0	0
Vitamin A, IU.....IU	8		0	NC	4		29	17	13
Lycopene.....mcg	0	0.000	3	JO	11		0	0	0
Lutein + zeaxanthin.....mcg	13		2	JO	11		48	28	22
Vitamin E (alpha-tocopherol).....mg	0.01		0	BFSN	4		0.02	0.01	0.01
Tocopherol, beta.....mg	0.00		0	BFSN	4		0.00	0.00	0.00
Tocopherol, gamma.....mg	0.00		0	BFSN	4		0.00	0.00	0.00
Tocopherol, delta.....mg	0.00		0	BFSN	4		0.00	0.00	0.00
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	1.6	0.100	3	A	1		5.9	3.4	2.7
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.025		0	NC	4		0.091	0.053	0.042



Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
4:0.....g	0.000		0	BFFN	4		0.000	0.000	0.000
6:0.....g	0.000		0	BFFN	4		0.000	0.000	0.000
8:0.....g	0.000		0	BFFN	4		0.000	0.000	0.000
10:0.....g	0.001		0	BFFN	4		0.004	0.002	0.002
12:0.....g	0.003		0	BFFN	4		0.011	0.006	0.005
13:0.....g									
14:0.....g	0.001		0	BFFN	4		0.004	0.002	0.002
15:0.....g									
16:0.....g	0.016		0	BFFN	4		0.058	0.034	0.027
17:0.....g									
18:0.....g	0.004		0	BFFN	4		0.015	0.008	0.007
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.002		0	NC	4		0.007	0.004	0.003
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0	BFFN	4		0.004	0.002	0.002
17:1.....g									
18:1 undifferentiated.....g	0.001		0	BFFN	4		0.004	0.002	0.002
20:1.....g	0.000		0	BFFN	4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.041		0	NC	4		0.153	0.088	0.070
18:2 undifferentiated.....g	0.032		0	BFFN	4		0.117	0.067	0.054
18:3 undifferentiated.....g	0.010		0	BFFN	4		0.036	0.021	0.017
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	0
Phytosterols.....mg	4		0	BFSN	4		16	9	7
<b>Amino Acids:</b>									
Tryptophan.....g	0.016		2	A	1		0.061	0.035	0.028
Threonine.....g	0.055		2	A	1		0.203	0.117	0.093
Isoleucine.....g	0.053		2	A	1		0.196	0.113	0.090
Leucine.....g	0.078		2	A	1		0.289	0.167	0.133
Lysine.....g	0.085		2	A	1		0.315	0.182	0.145
Methionine.....g	0.027		2	A	1		0.101	0.058	0.047
Cystine.....g	0.021		2	A	1		0.079	0.046	0.036
Phenylalanine.....g	0.150		2	A	1		0.553	0.319	0.255
Tyrosine.....g	0.029		2	A	1		0.109	0.063	0.050
Valine.....g	0.084		2	A	1		0.310	0.179	0.143
Arginine.....g	0.083		2	A	1		0.306	0.177	0.141
Histidine.....g	0.028		2	A	1		0.103	0.060	0.048
Alanine.....g	0.055		2	A	1		0.203	0.117	0.093
Aspartic acid.....g	0.362		2	A	1		1.337	0.772	0.616
Glutamic acid.....g	0.256		2	A	1		0.946	0.546	0.436
Glycine.....g	0.049		2	A	1		0.181	0.104	0.083
Proline.....g	0.048		2	A	1		0.177	0.102	0.082
Serine.....g	0.061		2	A	1		0.225	0.130	0.104
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0

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

NDB No. 11354

Potatoes, white, flesh and skin, raw

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

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food, or similar food.

**Common Measures:**

Measure 1 = 369g: 1 potato large (3 to 4-1/4" dia)

Measure 2 = 213g: 1 potato medium (2-1/4" to 3-1/4" dia)

Measure 3 = 170g: 1 potato small (1-3/4" to 2-1/4" dia, raw)

**Calories Factors: Protein** 2.78

**Fat** 8.37

**Carbohydrate**4.03

**Food Group:** 11 Vegetables and Vegetable Products  
USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11417

Pumpkin flowers, cooked, boiled, drained, without salt

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	95.20		1		1		127.57		
Energy.....kcal	15		0	NC	4		20		
Energy.....kj	63		0		4		84		
Protein (N x 6.25).....g	1.09		1		1		1.46		
Total lipid (fat).....g	0.08		1		1		0.11		
Ash.....g	0.33		1		1		0.44		
Carbohydrate, by difference.....g	3.30		0	NC	4		4.42		
Fiber, total dietary.....g	0.9		0		4		1.2		
Sugars, total.....g	2.40		0	O	4		3.22		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	37		0		1		50		
Iron, Fe.....mg	0.88		1		1		1.18		
Magnesium, Mg.....mg	25		1		1		34		
Phosphorus, P.....mg	34		1		1		46		
Potassium, K.....mg	106		1		1		142		
Sodium, Na.....mg	6		1		1		8		
Zinc, Zn.....mg	0.10		0		4		0.13		
Copper, Cu.....mg	0.100		0		4		0.134		
Manganese, Mn.....mg									
Selenium, Se.....mcg	0.7		0	BFSN	4		0.9		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	5.0		0		1		6.7		
Thiamin.....mg	0.018		0		1		0.024		
Riboflavin.....mg	0.032		0		1		0.043		
Niacin.....mg	0.310		0		1		0.415		
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.050		0		4		0.067		
Folate, total.....mcg	41		0		4		55		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	41		0		4		55		
Folate, DFE.....mcg_DFE	41		0	NC	4		55		
Choline, total.....mg	13.4		0	BFSN	4		18.0		
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00		
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....mcg_RAE	87		0	NC	4		116		
Retinol.....mcg	0		0	BNA	4		0		
Carotene, beta.....mcg	1040		0	BNA	4		1394		
Carotene, alpha.....mcg	0		0	BNA	4		0		
Cryptoxanthin, beta.....mcg	0		0	BNA	4		0		
Vitamin A, IU.....IU	1734		0	NC	4		2324		
Lycopene.....mcg	0		0	Z	7		0		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol).....mg	0.04		0	O	4		0.05		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		0	Z	7		0.0		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.041		0		1		0.055		
4:0.....g	0.000		0		1		0.000		
6:0.....g	0.000		0		1		0.000		
8:0.....g	0.000		0		1		0.000		
10:0.....g	0.000		0		1		0.000		

NDB No. 11417

Pumpkin flowers, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.001		0		1		0.001		
13:0.....g									
14:0.....g	0.005		0		1		0.007		
15:0.....g									
16:0.....g	0.029		0		1		0.039		
17:0.....g									
18:0.....g	0.002		0		1		0.003		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.010		0		1		0.013		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.005		0		1		0.007		
17:1.....g									
18:1 undifferentiated.....g	0.005		0		1		0.007		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.004		0		1		0.005		
18:2 undifferentiated.....g	0.002		0		1		0.003		
18:3 undifferentiated.....g	0.002		0		1		0.003		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

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

**Common Measures:**

Measure 1 = 134g: 1 cup

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group: 11 Vegetables and Vegetable Products**

USDA National Nutrient Database for Standard Reference, Release 21 (2008)



NDB No. 11416  
Pumpkin flowers, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.005		0		1		0.002	0.000	
15:0.....g									
16:0.....g	0.026		0		1		0.009	0.001	
17:0.....g									
18:0.....g	0.002		0		1		0.001	0.000	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.009		0		1		0.003	0.000	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.005		0		1		0.002	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.004		0		1		0.001	0.000	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.004		0		1		0.001	0.000	
18:2 undifferentiated.....g	0.002		0		1		0.001	0.000	
18:3 undifferentiated.....g	0.002		0		1		0.001	0.000	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0	0	
Phytosterols.....mg									

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

**Common Measures:**

Measure 1 = 33g: 1 cup

Measure 2 = 2.0g: 1 flower

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group: 11 Vegetables and Vegetable Products**

USDA National Nutrient Database for Standard Reference, Release 21 (2008)



NDB No. 11848

Pumpkin leaves, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.002		0		1		0.001		
13:0.....g									
14:0.....g	0.014		0		1		0.010		
15:0.....g									
16:0.....g	0.080		0		1		0.057		
17:0.....g									
18:0.....g	0.006		0		1		0.004		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.029		0		1		0.021		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.014		0		1		0.010		
17:1.....g									
18:1 undifferentiated.....g	0.014		0		1		0.010		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.012		0		1		0.009		
18:2 undifferentiated.....g	0.005		0		1		0.004		
18:3 undifferentiated.....g	0.006		0		1		0.004		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.035		0		1		0.025		
Threonine.....g	0.135		0		1		0.096		
Isoleucine.....g	0.135		0		1		0.096		
Leucine.....g	0.274		0		1		0.195		
Lysine.....g	0.173		0		1		0.123		
Methionine.....g	0.047		0		1		0.033		
Cystine.....g	0.027		0		1		0.019		
Phenylalanine.....g	0.148		0		1		0.105		
Tyrosine.....g	0.135		0		1		0.096		
Valine.....g	0.157		0		1		0.111		
Arginine.....g	0.187		0		1		0.133		
Histidine.....g	0.044		0		1		0.031		
Alanine.....g									
Aspartic acid.....g									
Glutamic acid.....g									
Glycine.....g									
Proline.....g									
Serine.....g									
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g									
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

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

**Common Measures:**



**NDB No. 11848**

**Pumpkin leaves, cooked, boiled, drained, with salt**

Measure 1 = 71g: 1 cup

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11419

Pumpkin leaves, cooked, boiled, drained, without salt

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	92.51		1		1		65.68		
Energy.....kcal	21		0	NC	4		15		
Energy.....kj	88		0		4		62		
Protein (N x 6.25).....g	2.72		1		1		1.93		
Total lipid (fat).....g	0.22		1		1		0.16		
Ash.....g	1.16		1		1		0.82		
Carbohydrate, by difference.....g	3.39		0	NC	4		2.41		
Fiber, total dietary.....g	2.7		0		4		1.9		
Sugars, total.....g	0.69		0	O	4		0.49		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	43		1		1		31		
Iron, Fe.....mg	3.20		1		1		2.27		
Magnesium, Mg.....mg	38		1		1		27		
Phosphorus, P.....mg	79		1		1		56		
Potassium, K.....mg	438		1		1		311		
Sodium, Na.....mg	8		1		1		6		
Zinc, Zn.....mg	0.20		0		4		0.14		
Copper, Cu.....mg	0.133		0		4		0.094		
Manganese, Mn.....mg	0.355		0		4		0.252		
Selenium, Se.....mcg	0.9		0	CAZN	4		0.6		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	1.0		0		1		0.7		
Thiamin.....mg	0.068		0		1		0.048		
Riboflavin.....mg	0.136		0		1		0.097		
Niacin.....mg	0.850		0		1		0.604		
Pantothenic acid.....mg	0.042		0		4		0.030		
Vitamin B-6.....mg	0.196		0		4		0.139		
Folate, total.....mcg	25		0		4		18		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	25		0		4		18		
Folate, DFE.....mcg_DFE	25		0	NC	4		18		
Choline, total.....mg	21.0		0	CAZN	4		14.9		
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00		
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....mcg_RAE	80		0	NC	4		57		
Retinol.....mcg	0		0	Z	7		0		
Carotene, beta.....mcg	960		0	T	4		682		
Carotene, alpha.....mcg	0		0	Z	7		0		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0		
Vitamin A, IU.....IU	1600		0	NC	4		1136		
Lycopene.....mcg	0		0	Z	7		0		
Lutein + zeaxanthin.....mcg	1747		0	O	4		1240		
Vitamin E (alpha-tocopherol).....mg	0.96		0	O	4		0.68		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	108.0		0	O	4		76.7		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.114		0		1		0.081		
4:0.....g	0.000		0		1		0.000		
6:0.....g	0.000		0		1		0.000		
8:0.....g	0.000		0		1		0.000		
10:0.....g	0.000		0		1		0.000		

NDB No. 11419

Pumpkin leaves, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.002		0		1		0.001		
13:0.....g									
14:0.....g	0.014		0		1		0.010		
15:0.....g									
16:0.....g	0.080		0		1		0.057		
17:0.....g									
18:0.....g	0.006		0		1		0.004		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.029		0		1		0.021		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.014		0		1		0.010		
17:1.....g									
18:1 undifferentiated.....g	0.014		0		1		0.010		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.012		0		1		0.009		
18:2 undifferentiated.....g	0.005		0		1		0.004		
18:3 undifferentiated.....g	0.006		0		1		0.004		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.035		0		1		0.025		
Threonine.....g	0.135		0		1		0.096		
Isoleucine.....g	0.135		0		1		0.096		
Leucine.....g	0.274		0		1		0.195		
Lysine.....g	0.173		0		1		0.123		
Methionine.....g	0.047		0		1		0.033		
Cystine.....g	0.027		0		1		0.019		
Phenylalanine.....g	0.148		0		1		0.105		
Tyrosine.....g	0.135		0		1		0.096		
Valine.....g	0.157		0		1		0.111		
Arginine.....g	0.187		0		1		0.133		
Histidine.....g	0.044		0		1		0.031		
Alanine.....g									
Aspartic acid.....g									
Glutamic acid.....g									
Glycine.....g									
Proline.....g									
Serine.....g									
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

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

**Common Measures:**

**NDB No. 11419**

**Pumpkin leaves, cooked, boiled, drained, without salt**

Measure 1 = 71g: 1 cup

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)



**NDB No. 11418**  
**Pumpkin leaves, raw**

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.026		0		1		0.010		
15:0.....g									
16:0.....g	0.146		0		1		0.057		
17:0.....g									
18:0.....g	0.011		0		1		0.004		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.052		0		1		0.020		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.026		0		1		0.010		
17:1.....g									
18:1 undifferentiated.....g	0.025		0		1		0.010		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.022		0		1		0.009		
18:2 undifferentiated.....g	0.010		0		1		0.004		
18:3 undifferentiated.....g	0.012		0		1		0.005		
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0		
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.041		2		1		0.016		
Threonine.....g	0.156		1		1		0.061		
Isoleucine.....g	0.156		1		1		0.061		
Leucine.....g	0.318		1		1		0.124		
Lysine.....g	0.200		2		1		0.078		
Methionine.....g	0.054		2		1		0.021		
Cystine.....g	0.032		2		1		0.012		
Phenylalanine.....g	0.171		1		1		0.067		
Tyrosine.....g	0.156		1		1		0.061		
Valine.....g	0.181		1		1		0.071		
Arginine.....g	0.217		1		1		0.085		
Histidine.....g	0.050		1		1		0.020		
Alanine.....g									
Aspartic acid.....g									
Glutamic acid.....g									
Glycine.....g									
Proline.....g									
Serine.....g									
Hydroxyproline.....g									

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

**Common Measures:**

Measure 1 = 39g: 1 cup

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**NDB No. 11418**  
**Pumpkin leaves, raw**

**Food Group:** 11 Vegetables and Vegetable Products  
USDA National Nutrient Database for Standard Reference, Release 21 (2008)





NDB No. 11426  
Pumpkin pie mix, canned

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.008		0		1		0.022		
15:0.....g									
16:0.....g	0.046		0		1		0.124		
17:0.....g									
18:0.....g	0.003		0		1		0.008		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.016		0		1		0.043		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.008		0		1		0.022		
17:1.....g									
18:1 undifferentiated.....g	0.008		0		1		0.022		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.007		0		1		0.019		
18:2 undifferentiated.....g	0.003		0		1		0.008		
18:3 undifferentiated.....g	0.004		0		1		0.011		
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.013		0		1		0.035		
Threonine.....g	0.031		0		1		0.084		
Isoleucine.....g	0.034		0		1		0.092		
Leucine.....g	0.050		0		1		0.135		
Lysine.....g	0.059		0		1		0.159		
Methionine.....g	0.012		0		1		0.032		
Cystine.....g	0.003		0		1		0.008		
Phenylalanine.....g	0.035		0		1		0.095		
Tyrosine.....g	0.045		0		1		0.122		
Valine.....g	0.038		0		1		0.103		
Arginine.....g	0.058		0		1		0.157		
Histidine.....g	0.017		0		1		0.046		
Alanine.....g	0.031		0		1		0.084		
Aspartic acid.....g	0.111		0		1		0.300		
Glutamic acid.....g	0.200		0		1		0.540		
Glycine.....g	0.029		0		1		0.078		
Proline.....g	0.028		0		1		0.076		
Serine.....g	0.048		0		1		0.130		
Hydroxyproline.....g									

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

**Common Measures:**

Measure 1 = 270g: 1 cup

**Calories Factors: Protein 2.9**

**Fat 8.4**

**Carbohydrate 3.8**

**NDB No. 11426**  
**Pumpkin pie mix, canned**

**Food Group:** 11 Vegetables and Vegetable Products  
USDA National Nutrient Database for Standard Reference, Release 21 (2008)



**NDB No. 11846**  
**Pumpkin, canned, w with salt**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.003		0		1		0.007		
13:0.....g									
14:0.....g	0.018		0		1		0.044		
15:0.....g									
16:0.....g	0.103		0		1		0.252		
17:0.....g									
18:0.....g	0.008		0		1		0.020		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.037		0		1		0.091		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.018		0		1		0.044		
17:1.....g									
18:1 undifferentiated.....g	0.018		0		1		0.044		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.015		0		1		0.037		
18:2 undifferentiated.....g	0.007		0		1		0.017		
18:3 undifferentiated.....g	0.008		0		1		0.020		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.013		0		1		0.032		
Threonine.....g	0.032		0		1		0.078		
Isoleucine.....g	0.034		0		1		0.083		
Leucine.....g	0.051		0		1		0.125		
Lysine.....g	0.060		0		1		0.147		
Methionine.....g	0.012		0		1		0.029		
Cystine.....g	0.003		0		1		0.007		
Phenylalanine.....g	0.035		0		1		0.086		
Tyrosine.....g	0.046		0		1		0.113		
Valine.....g	0.038		0		1		0.093		
Arginine.....g	0.059		0		1		0.145		
Histidine.....g	0.017		0		1		0.042		
Alanine.....g	0.031		0		1		0.076		
Aspartic acid.....g	0.112		0		1		0.274		
Glutamic acid.....g	0.202		0		1		0.495		
Glycine.....g	0.029		0		1		0.071		
Proline.....g	0.029		0		1		0.071		
Serine.....g	0.048		0		1		0.118		
Hydroxyproline.....g									
<b><u>Others:</u></b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

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

**Common Measures:**

**NDB No. 11846**

**Pumpkin, canned, with salt**

Measure 1 = 245g: 1 cup

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group: 11 Vegetables and Vegetable Products**

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 11424**  
**Pumpkin, canned, w without salt**

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	89.97	0.142	94				220.43		
Energy.....kcal	34		0	NC	4		83		
Energy.....kj	142		0	NC	4		348		
Protein (N x 6.25).....g	1.10	0.048	89		1		2.70		
Total lipid (fat).....g	0.28	0.008	82		1		0.69		
Ash.....g	0.56	0.014	111		1		1.37		
Carbohydrate, by difference.....g	8.09		0	NC	4		19.82		
Fiber, total dietary.....g	2.9		0		4		7.1		
Sugars, total.....g	3.30		0	O	4		8.09		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	26	2.173	111		1		64		
Iron, Fe.....mg	1.39	0.097	106		1		3.41		
Magnesium, Mg.....mg	23	0.483	62		1		56		
Phosphorus, P.....mg	35	0.685	82		1		86		
Potassium, K.....mg	206	7.495	67		1		505		
Sodium, Na.....mg	5	0.204	88		1		12		
Zinc, Zn.....mg	0.17	0.013	15		1		0.42		
Copper, Cu.....mg	0.107	0.006	15		1		0.262		
Manganese, Mn.....mg	0.149		0		4		0.365		
Selenium, Se.....mcg	0.4		0	BFSN	4		1.0		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	4.2	0.148	105		1		10.3		
Thiamin.....mg	0.024	0.001	89		1		0.059		
Riboflavin.....mg	0.054	0.003	89		1		0.132		
Niacin.....mg	0.367	0.016	95		1		0.899		
Pantothenic acid.....mg	0.400		0		1		0.980		
Vitamin B-6.....mg	0.056		0		1		0.137		
Folate, total.....mcg	12	3.034	5		1		30		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	12	3.034	5		1		30		
Folate, DFE.....mcg_DFE	12		0	NC	4		30		
Choline, total.....mg	9.8		0	BFSN	4		24.1		
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00		
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....mcg_RAE	778		0	AS	1		1906		
Retinol.....mcg	0		0	Z	7		0		
Carotene, beta.....mcg	6940	3880.000	5	A	1		17003		
Carotene, alpha.....mcg	4795	2625.000	5	A	1		11748		
Cryptoxanthin, beta.....mcg	0		1	A	1		0		
Vitamin A, IU.....IU	15563		0	AS	1		38128		
Lycopene.....mcg	0		1	A	1		0		
Lutein + zeaxanthin.....mcg	0		1	A	1		0		
Vitamin E (alpha-tocopherol).....mg	1.06		0	NR	4		2.60		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	16.0		0	T	4		39.2		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.146		0		1		0.358		
4:0.....g	0.000		0		1		0.000		
6:0.....g	0.000		0		1		0.000		
8:0.....g	0.000		0		1		0.000		
10:0.....g	0.000		0		1		0.000		

NDB No. 11424  
Pumpkin, canned, w without salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.003		0		1		0.007		
13:0.....g									
14:0.....g	0.018		0		1		0.044		
15:0.....g									
16:0.....g	0.103		0		1		0.252		
17:0.....g									
18:0.....g	0.008		0		1		0.020		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.037		0		1		0.091		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.018		0		1		0.044		
17:1.....g									
18:1 undifferentiated.....g	0.018		0		1		0.044		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.015		0		1		0.037		
18:2 undifferentiated.....g	0.007		0		1		0.017		
18:3 undifferentiated.....g	0.008		0		1		0.020		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.013		0		1		0.032		
Threonine.....g	0.032		0		1		0.078		
Isoleucine.....g	0.034		0		1		0.083		
Leucine.....g	0.051		0		1		0.125		
Lysine.....g	0.060		0		1		0.147		
Methionine.....g	0.012		0		1		0.029		
Cystine.....g	0.003		0		1		0.007		
Phenylalanine.....g	0.035		0		1		0.086		
Tyrosine.....g	0.046		0		1		0.113		
Valine.....g	0.038		0		1		0.093		
Arginine.....g	0.059		0		1		0.145		
Histidine.....g	0.017		0		1		0.042		
Alanine.....g	0.031		0		1		0.076		
Aspartic acid.....g	0.112		0		1		0.274		
Glutamic acid.....g	0.202		0		1		0.495		
Glycine.....g	0.029		0		1		0.071		
Proline.....g	0.029		0		1		0.071		
Serine.....g	0.048		0		1		0.118		
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

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

**Common Measures:**

**NDB No. 11424**

**Pumpkin, canned, without salt**

Measure 1 = 245g: 1 cup

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)





NDB No. 11845

Pumpkin, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.001		0		1		0.002		
13:0.....g									
14:0.....g	0.005		0		1		0.012		
15:0.....g									
16:0.....g	0.026		0		1		0.064		
17:0.....g									
18:0.....g	0.002		0		1		0.005		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.009		0		1		0.022		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.005		0		1		0.012		
17:1.....g									
18:1 undifferentiated.....g	0.005		0		1		0.012		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.004		0		1		0.010		
18:2 undifferentiated.....g	0.002		0		1		0.005		
18:3 undifferentiated.....g	0.002		0		1		0.005		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.009		0		1		0.022		
Threonine.....g	0.021		0		1		0.051		
Isoleucine.....g	0.023		0		1		0.056		
Leucine.....g	0.034		0		1		0.083		
Lysine.....g	0.039		0		1		0.096		
Methionine.....g	0.008		0		1		0.020		
Cystine.....g	0.002		0		1		0.005		
Phenylalanine.....g	0.023		0		1		0.056		
Tyrosine.....g	0.030		0		1		0.074		
Valine.....g	0.025		0		1		0.061		
Arginine.....g	0.039		0		1		0.096		
Histidine.....g	0.011		0		1		0.027		
Alanine.....g	0.020		0		1		0.049		
Aspartic acid.....g	0.074		0		1		0.181		
Glutamic acid.....g	0.133		0		1		0.326		
Glycine.....g	0.019		0		1		0.047		
Proline.....g	0.019		0		1		0.047		
Serine.....g	0.032		0		1		0.078		
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g									
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

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

**Common Measures:**

**NDB No. 11845**

**Pumpkin, cooked, boiled, drained, with salt**

Measure 1 = 245g: 1 cup, mashed

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11423

Pumpkin, cooked, boiled, drained, without salt

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	93.69		0		1		229.54		
Energy.....kcal	20		0	NC	4		49		
Energy.....kj	83		0	NC	4		203		
Protein (N x 6.25).....g	0.72		0		1		1.76		
Total lipid (fat).....g	0.07		0		1		0.17		
Ash.....g	0.62		0		1		1.52		
Carbohydrate, by difference.....g	4.90		0	NC	4		12.01		
Fiber, total dietary.....g	1.1		0		4		2.7		
Sugars, total.....g	1.02		0	BFSN	4		2.50		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	15		0		1		37		
Iron, Fe.....mg	0.57		0		1		1.40		
Magnesium, Mg.....mg	9		0		1		22		
Phosphorus, P.....mg	30		0		1		74		
Potassium, K.....mg	230		0		1		564		
Sodium, Na.....mg	1		0		1		2		
Zinc, Zn.....mg	0.23		0		4		0.56		
Copper, Cu.....mg	0.091		0		4		0.223		
Manganese, Mn.....mg	0.089		0		4		0.218		
Selenium, Se.....mcg	0.2		0	BFSN	4		0.5		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	4.7		0		1		11.5		
Thiamin.....mg	0.031		0		1		0.076		
Riboflavin.....mg	0.078		0		1		0.191		
Niacin.....mg	0.413		0		1		1.012		
Pantothenic acid.....mg	0.201		0		4		0.492		
Vitamin B-6.....mg	0.044		0		4		0.108		
Folate, total.....mcg	9		0		4		21		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	9		0		4		21		
Folate, DFE.....mcg_DFE	9		0	NC	4		21		
Choline, total.....mg	6.2		0	BFSY	4		15.2		
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00		
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....mcg_RAE	250		0	NC	4		612		
Retinol.....mcg	0		0	Z	7		0		
Carotene, beta.....mcg	2096		0	BFSY	4		5135		
Carotene, alpha.....mcg	348		0	BFSY	4		853		
Cryptoxanthin, beta.....mcg	1450		0	BFSY	4		3554		
Vitamin A, IU.....IU	4992		0	NC	4		12230		
Lycopene.....mcg	0		0	BFSY	4		0		
Lutein + zeaxanthin.....mcg	1014		0	BFSY	4		2485		
Vitamin E (alpha-tocopherol).....mg	0.80		0	BFSN	4		1.95		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.8		0	BFSN	4		2.0		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.037		0		1		0.091		
4:0.....g	0.000		0		1		0.000		
6:0.....g	0.000		0		1		0.000		
8:0.....g	0.000		0		1		0.000		
10:0.....g	0.000		0		1		0.000		

NDB No. 11423

Pumpkin, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.001		0		1		0.002		
13:0.....g									
14:0.....g	0.005		0		1		0.012		
15:0.....g									
16:0.....g	0.026		0		1		0.064		
17:0.....g									
18:0.....g	0.002		0		1		0.005		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.009		0		1		0.022		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.005		0		1		0.012		
17:1.....g									
18:1 undifferentiated.....g	0.005		0		1		0.012		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.004		0		1		0.010		
18:2 undifferentiated.....g	0.002		0		1		0.005		
18:3 undifferentiated.....g	0.002		0		1		0.005		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.009		0		1		0.022		
Threonine.....g	0.021		0		1		0.051		
Isoleucine.....g	0.023		0		1		0.056		
Leucine.....g	0.034		0		1		0.083		
Lysine.....g	0.039		0		1		0.096		
Methionine.....g	0.008		0		1		0.020		
Cystine.....g	0.002		0		1		0.005		
Phenylalanine.....g	0.023		0		1		0.056		
Tyrosine.....g	0.030		0		1		0.074		
Valine.....g	0.025		0		1		0.061		
Arginine.....g	0.039		0		1		0.096		
Histidine.....g	0.011		0		1		0.027		
Alanine.....g	0.020		0		1		0.049		
Aspartic acid.....g	0.074		0		1		0.181		
Glutamic acid.....g	0.133		0		1		0.326		
Glycine.....g	0.019		0		1		0.047		
Proline.....g	0.019		0		1		0.047		
Serine.....g	0.032		0		1		0.078		
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

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

**Common Measures:**

**NDB No. 11423**

**Pumpkin, cooked, boiled, drained, without salt**

Measure 1 = 245g: 1 cup, mashed

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)



NDB No. 11847

Pumpkin, flowers, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.001		0		1		0.001		
13:0.....g									
14:0.....g	0.005		0		1		0.007		
15:0.....g									
16:0.....g	0.029		0		1		0.039		
17:0.....g									
18:0.....g	0.002		0		1		0.003		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.010		0		1		0.013		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.005		0		1		0.007		
17:1.....g									
18:1 undifferentiated.....g	0.005		0		1		0.007		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.004		0		1		0.005		
18:2 undifferentiated.....g	0.002		0		1		0.003		
18:3 undifferentiated.....g	0.002		0		1		0.003		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	NR	4		0		
Theobromine.....mg	0		0	Z	7		0		

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

**Common Measures:**

Measure 1 = 134g: 1 cup

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group: 11 Vegetables and Vegetable Products**

USDA National Nutrient Database for Standard Reference, Release 21 (2008)



NDB No. 11422

Pumpkin, raw

*Cucurbita spp.*

Refuse:30% Seeds, rind and stem

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	91.60		0		1		106.26		
Energy.....kcal	26		0	NC	4		30		
Energy.....kj	109		0		4		126		
Protein (N x 6.25).....g	1.00		0		1		1.16		
Total lipid (fat).....g	0.10		0		1		0.12		
Ash.....g	0.80		0		1		0.93		
Carbohydrate, by difference.....g	6.50		0	NC	4		7.54		
Fiber, total dietary.....g	0.5		0		4		0.6		
Sugars, total.....g	1.36		0	BFSN	4		1.58		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	21		0		1		24		
Iron, Fe.....mg	0.80		0		1		0.93		
Magnesium, Mg.....mg	12		0		1		14		
Phosphorus, P.....mg	44		0		1		51		
Potassium, K.....mg	340		0		1		394		
Sodium, Na.....mg	1		0		1		1		
Zinc, Zn.....mg	0.32		0		4		0.37		
Copper, Cu.....mg	0.127		0		4		0.147		
Manganese, Mn.....mg	0.125		0		4		0.145		
Selenium, Se.....mcg	0.3		0	BFSN	4		0.3		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	9.0		0		1		10.4		
Thiamin.....mg	0.050		0		1		0.058		
Riboflavin.....mg	0.110		0		1		0.128		
Niacin.....mg	0.600		0		1		0.696		
Pantothenic acid.....mg	0.298		0		4		0.346		
Vitamin B-6.....mg	0.061		0		4		0.071		
Folate, total.....mcg	16		0		4		19		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	16		0		4		19		
Folate, DFE.....mcg_DFE	16		0	NC	4		19		
Choline, total.....mg	8.2		0	BFSN	4		9.6		
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00		
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....mcg_RAE	369		0	NC	4		428		
Retinol.....mcg	0		0	Z	7		0		
Carotene, beta.....mcg	3100		0	T	4		3596		
Carotene, alpha.....mcg	515		0	BFSN	4		598		
Cryptoxanthin, beta.....mcg	2145		0	BFSN	4		2489		
Vitamin A, IU.....IU	7384		0	NC	4		8565		
Lycopene.....mcg	0		0	Z	7		0		
Lutein + zeaxanthin.....mcg	1500		0	T	4		1740		
Vitamin E (alpha-tocopherol).....mg	1.06		0	O	4		1.23		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	1.1		0	T	4		1.3		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.052		0		1		0.060		
4:0.....g	0.000		0		1		0.000		
6:0.....g	0.000		0		1		0.000		
8:0.....g	0.000		0		1		0.000		
10:0.....g	0.000		0		1		0.000		

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.001		0		1		0.001		
13:0.....g									
14:0.....g	0.006		0		1		0.007		
15:0.....g									
16:0.....g	0.037		0		1		0.043		
17:0.....g									
18:0.....g	0.003		0		1		0.003		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.013		0		1		0.015		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.006		0		1		0.007		
17:1.....g									
18:1 undifferentiated.....g	0.006		0		1		0.007		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.005		0		1		0.006		
18:2 undifferentiated.....g	0.002		0		1		0.002		
18:3 undifferentiated.....g	0.003		0		1		0.003		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg	12		0		1		14		
<b>Amino Acids:</b>									
Tryptophan.....g	0.012		4		1		0.014		
Threonine.....g	0.029		3		1		0.034		
Isoleucine.....g	0.031		3		1		0.036		
Leucine.....g	0.046		3		1		0.053		
Lysine.....g	0.054		4		1		0.063		
Methionine.....g	0.011		10		1		0.013		
Cystine.....g	0.003		8		1		0.003		
Phenylalanine.....g	0.032		3		1		0.037		
Tyrosine.....g	0.042		1		1		0.049		
Valine.....g	0.035		3		1		0.041		
Arginine.....g	0.054		2		1		0.063		
Histidine.....g	0.016		2		1		0.019		
Alanine.....g	0.028		1		1		0.032		
Aspartic acid.....g	0.102		1		1		0.118		
Glutamic acid.....g	0.184		1		1		0.213		
Glycine.....g	0.027		1		1		0.031		
Proline.....g	0.026		1		1		0.030		
Serine.....g	0.044		1		1		0.051		
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

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

**Common Measures:**

**NDB No. 11422**

**Pumpkin, raw**

Measure 1 = 116g: 1 cup (1" cubes)

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11849

Purslane, cooked, boiled, drained, with salt

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	93.52		1		1		107.55		
Energy.....kcal	18		0	NC	4		21		
Energy.....kj	75		0	NC	4		86		
Protein (N x 6.25).....g	1.49		1		1		1.71		
Total lipid (fat).....g	0.19		1		1		0.22		
Ash.....g	1.25		1		1		1.44		
Carbohydrate, by difference.....g	3.55		0	NC	4		4.08		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	78		1		1		90		
Iron, Fe.....mg	0.77		1		1		0.89		
Magnesium, Mg.....mg	67		1		1		77		
Phosphorus, P.....mg	37		1		1		43		
Potassium, K.....mg	488		1		1		561		
Sodium, Na.....mg	280		0		4		322		
Zinc, Zn.....mg	0.17		0		4		0.20		
Copper, Cu.....mg	0.114		0		4		0.131		
Manganese, Mn.....mg	0.307		0		4		0.353		
Selenium, Se.....mcg	0.9		0	CAZN	4		1.0		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	10.5		0		1		12.1		
Thiamin.....mg	0.031		0		1		0.036		
Riboflavin.....mg	0.090		0		1		0.104		
Niacin.....mg	0.460		0		1		0.529		
Pantothenic acid.....mg	0.036		0		4		0.041		
Vitamin B-6.....mg	0.070		0		4		0.081		
Folate, total.....mcg	9		0		4		10		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	9		0		4		10		
Folate, DFE.....mcg_DFE	9		0	NC	4		10		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....mcg_RAE	93		0		1		107		
Retinol.....mcg	0		0	Z	7		0		
Carotene, beta.....mcg									
Carotene, alpha.....mcg									
Cryptoxanthin, beta.....mcg									
Vitamin A, IU.....IU	1852		0		1		2130		
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g									
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									

NDB No. 11849

Purslane, cooked, boiled, drained, with salt

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number of Data Points			Measure 1	Measure 2	Measure 3
			Deriv Code	Source Code	Confidence Code			
Tryptophan.....g	0.016		0		1	0.018		
Threonine.....g	0.050		0		1	0.058		
Isoleucine.....g	0.053		0		1	0.061		
Leucine.....g	0.091		0		1	0.105		
Lysine.....g	0.065		0		1	0.075		
Methionine.....g	0.014		0		1	0.016		
Cystine.....g	0.010		0		1	0.012		
Phenylalanine.....g	0.058		0		1	0.067		
Tyrosine.....g	0.024		0		1	0.028		
Valine.....g	0.072		0		1	0.083		
Arginine.....g	0.057		0		1	0.066		
Histidine.....g	0.023		0		1	0.026		
Alanine.....g	0.057		0		1	0.066		
Aspartic acid.....g	0.077		0		1	0.089		
Glutamic acid.....g	0.219		0		1	0.252		
Glycine.....g	0.046		0		1	0.053		
Proline.....g	0.070		0		1	0.081		
Serine.....g	0.045		0		1	0.052		
Hydroxyproline.....g								

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

**Common Measures:**

Measure 1 = 115g: 1 cup

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group:** 11 Vegetables and Vegetable Products  
 USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11428

Purslane, cooked, boiled, drained, without salt

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	93.52		1		1		107.55	403.07	
Energy.....kcal	18		0	NC	4		21	78	
Energy.....kj	75				4		87	325	
Protein (N x 6.25).....g	1.49		1		1		1.71	6.42	
Total lipid (fat).....g	0.19		1		1		0.22	0.82	
Ash.....g	1.25		1		1		1.44	5.39	
Carbohydrate, by difference.....g	3.55		0	NC	4		4.08	15.30	
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	78		1		1		90	336	
Iron, Fe.....mg	0.77		1		1		0.89	3.32	
Magnesium, Mg.....mg	67		1		1		77	289	
Phosphorus, P.....mg	37		1		1		43	159	
Potassium, K.....mg	488		1		1		561	2103	
Sodium, Na.....mg	44		1		1		51	190	
Zinc, Zn.....mg	0.17		0		4		0.20	0.73	
Copper, Cu.....mg	0.114		0		4		0.131	0.491	
Manganese, Mn.....mg	0.307		0		4		0.353	1.323	
Selenium, Se.....mcg	0.9		0	CAZN	4		1.0	3.9	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	10.5		0		1		12.1	45.3	
Thiamin.....mg	0.031		0		1		0.036	0.134	
Riboflavin.....mg	0.090		0		1		0.104	0.388	
Niacin.....mg	0.460		0		1		0.529	1.983	
Pantothenic acid.....mg	0.036		0		4		0.041	0.155	
Vitamin B-6.....mg	0.070		0		4		0.081	0.302	
Folate, total.....mcg	9		0		4		10	37	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	9		0		4		10	37	
Folate, DFE.....mcg_DFE	9		0	NC	4		10	37	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	93		0		1		106	399	
Retinol.....mcg	0		0	Z	7		0	0	
Carotene, beta.....mcg									
Carotene, alpha.....mcg									
Cryptoxanthin, beta.....mcg									
Vitamin A, IU.....IU	1852		0		1		2130	7982	
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g									
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									

NDB No. 11428

Purslane, cooked, boiled, drained, without salt

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tryptophan.....g	0.016		0		1		0.018	0.069	
Threonine.....g	0.050		0		1		0.058	0.216	
Isoleucine.....g	0.053		0		1		0.061	0.228	
Leucine.....g	0.091		0		1		0.105	0.392	
Lysine.....g	0.065		0		1		0.075	0.280	
Methionine.....g	0.014		0		1		0.016	0.060	
Cystine.....g	0.010		0		1		0.012	0.043	
Phenylalanine.....g	0.058		0		1		0.067	0.250	
Tyrosine.....g	0.024		0		1		0.028	0.103	
Valine.....g	0.072		0		1		0.083	0.310	
Arginine.....g	0.057		0		1		0.066	0.246	
Histidine.....g	0.023		0		1		0.026	0.099	
Alanine.....g	0.057		0		1		0.066	0.246	
Aspartic acid.....g	0.077		0		1		0.089	0.332	
Glutamic acid.....g	0.219		0		1		0.252	0.944	
Glycine.....g	0.046		0		1		0.053	0.198	
Proline.....g	0.070		0		1		0.081	0.302	
Serine.....g	0.045		0		1		0.052	0.194	
Hydroxyproline.....g									

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

**Common Measures:**

Measure 1 = 115g: 1 cup

Measure 2 = 431g: 1 squash

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group: 11 Vegetables and Vegetable Products**  
 USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11427

Purslane, raw

*Portulaca oleracea*

Refuse:24% Tough stems and leaves

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	93.92		1		1		40.39	2.82	
Energy.....kcal	16		0	NC	4		7	0	
Energy.....kj	67		0		4		29	2	
Protein (N x 6.25).....g	1.30		0		1		0.56	0.04	
Total lipid (fat).....g	0.10		0		1		0.04	0.00	
Ash.....g	1.25		0		1		0.54	0.04	
Carbohydrate, by difference.....g	3.43		0	NC	4		1.47	0.10	
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	65		0		1		28	2	
Iron, Fe.....mg	1.99		0		1		0.86	0.06	
Magnesium, Mg.....mg	68		1		1		29	2	
Phosphorus, P.....mg	44		0		1		19	1	
Potassium, K.....mg	494		1		1		212	15	
Sodium, Na.....mg	45		1		1		19	1	
Zinc, Zn.....mg	0.17		0		4		0.07	0.01	
Copper, Cu.....mg	0.113		0		4		0.049	0.003	
Manganese, Mn.....mg	0.303		0		4		0.130	0.009	
Selenium, Se.....mcg	0.9		0	CAZN	4		0.4	0.0	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	21.0		0		1		9.0	0.6	
Thiamin.....mg	0.047		0		1		0.020	0.001	
Riboflavin.....mg	0.112		0		1		0.048	0.003	
Niacin.....mg	0.480		0		1		0.206	0.014	
Pantothenic acid.....mg	0.036		0		4		0.015	0.001	
Vitamin B-6.....mg	0.073		0		4		0.031	0.002	
Folate, total.....mcg	12		0		4		5	0	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	12		0		4		5	0	
Folate, DFE.....mcg_DFE	12		0	NC	4		5	0	
Choline, total.....mg	12.8		0	CAZN	4		5.5	0.4	
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	66		0		1		28	2	
Retinol.....mcg	0		0	Z	7		0	0	
Carotene, beta.....mcg									
Carotene, alpha.....mcg									
Cryptoxanthin, beta.....mcg									
Vitamin A, IU.....IU	1320		0		1		568	40	
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g									
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									



NDB No. 11427

Purslane, raw

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tryptophan.....g	0.014		4		1		0.006	0.000	
Threonine.....g	0.044		3		1		0.019	0.001	
Isoleucine.....g	0.047		3		1		0.020	0.001	
Leucine.....g	0.080		3		1		0.034	0.002	
Lysine.....g	0.057		4		1		0.025	0.002	
Methionine.....g	0.012		4		1		0.005	0.000	
Cystine.....g	0.009		3		1		0.004	0.000	
Phenylalanine.....g	0.051		3		1		0.022	0.002	
Tyrosine.....g	0.021		2		1		0.009	0.001	
Valine.....g	0.063		3		1		0.027	0.002	
Arginine.....g	0.050		3		1		0.022	0.002	
Histidine.....g	0.020		3		1		0.009	0.001	
Alanine.....g	0.050		1		1		0.022	0.002	
Aspartic acid.....g	0.068		1		1		0.029	0.002	
Glutamic acid.....g	0.191		1		1		0.082	0.006	
Glycine.....g	0.040		1		1		0.017	0.001	
Proline.....g	0.061		1		1		0.026	0.002	
Serine.....g	0.039		1		1		0.017	0.001	
Hydroxyproline.....g									

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

**Common Measures:**

Measure 1 = 43g: 1 cup

Measure 2 = 3.0g: 1 plant

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group: 11 Vegetables and Vegetable Products**  
 USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11952  
 Radicchio, raw  
*Cichorium intybus*

Refuse:9% Core and leaf ends

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	93.14		2		1		37.26	7.45	
Energy.....kcal	23		0	NC	4		9	2	
Energy.....kj	96		0		4		38	8	
Protein (N x 6.25).....g	1.43		2		1		0.57	0.11	
Total lipid (fat).....g	0.25		2		1		0.10	0.02	
Ash.....g	0.70		2		1		0.28	0.06	
Carbohydrate, by difference.....g	4.48		0	NC	4		1.79	0.36	
Fiber, total dietary.....g	0.9		0		1		0.4	0.1	
Sugars, total.....g	0.60		0	BFSN	4		0.24	0.05	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	19		2		1		8	2	
Iron, Fe.....mg	0.57		1		1		0.23	0.05	
Magnesium, Mg.....mg	13		2		1		5	1	
Phosphorus, P.....mg	40		2		1		16	3	
Potassium, K.....mg	302		2		1		121	24	
Sodium, Na.....mg	22		2		1		9	2	
Zinc, Zn.....mg	0.62		2		1		0.25	0.05	
Copper, Cu.....mg	0.341		2		1		0.136	0.027	
Manganese, Mn.....mg	0.138		2		1		0.055	0.011	
Selenium, Se.....mcg	0.9		0	CAZN	4		0.4	0.1	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	8.0		2		1		3.2	0.6	
Thiamin.....mg	0.016		2		1		0.006	0.001	
Riboflavin.....mg	0.028		2		1		0.011	0.002	
Niacin.....mg	0.255		2		1		0.102	0.020	
Pantothenic acid.....mg	0.269		2		1		0.108	0.022	
Vitamin B-6.....mg	0.057		2		1		0.023	0.005	
Folate, total.....mcg	60		2		1		24	5	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	60		2		1		24	5	
Folate, DFE.....mcg_DFE	60		0	NC	4		24	5	
Choline, total.....mg	10.9		0	BFSN	4		4.4	0.9	
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	1		0	NC	4		1	0	
Retinol.....mcg	0		0	BNA	4		0	0	
Carotene, beta.....mcg	16		0	BNA	4		6	1	
Carotene, alpha.....mcg	0		0	BNA	4		0	0	
Cryptoxanthin, beta.....mcg	0		0	BNA	4		0	0	
Vitamin A, IU.....IU	27		0	NC	4		11	2	
Lycopene.....mcg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin.....mcg	8832		0	BFSN	4		3533	707	
Vitamin E (alpha-tocopherol).....mg	2.26		0	O	4		0.90	0.18	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	255.2		0	BFSN	4		102.1	20.4	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.060		0		4		0.024	0.005	
4:0.....g	0.000		0		4		0.000	0.000	
6:0.....g	0.000		0		4		0.000	0.000	
8:0.....g	0.000		0		4		0.000	0.000	
10:0.....g	0.000		0		4		0.000	0.000	

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0		4		0.000	0.000	
13:0.....g									
14:0.....g	0.003		0		4		0.001	0.000	
15:0.....g									
16:0.....g	0.052		0		4		0.021	0.004	
17:0.....g									
18:0.....g	0.003		0		4		0.001	0.000	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.010		0		4		0.004	0.001	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.005		0		4		0.002	0.000	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.110		0		4		0.044	0.009	
18:2 undifferentiated.....g	0.093		0		4		0.037	0.007	
18:3 undifferentiated.....g	0.016		0		4		0.006	0.001	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.026		0		1		0.010	0.002	
Threonine.....g	0.040		0		1		0.016	0.003	
Isoleucine.....g	0.085		0		1		0.034	0.007	
Leucine.....g	0.062		0		1		0.025	0.005	
Lysine.....g	0.056		0		1		0.022	0.004	
Methionine.....g	0.008		0		1		0.003	0.001	
Cystine.....g									
Phenylalanine.....g	0.034		0		1		0.014	0.003	
Tyrosine.....g									
Valine.....g	0.065		0		1		0.026	0.005	
Arginine.....g	0.105		0		1		0.042	0.008	
Histidine.....g	0.024		0		1		0.010	0.002	
Alanine.....g									
Aspartic acid.....g									
Glutamic acid.....g									
Glycine.....g									
Proline.....g									
Serine.....g									
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

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

**Common Measures:**

**NDB No. 11952**

**Radicchio, raw**

Measure 1 = 40g: 1 cup, shredded

Measure 2 = 8.0g: 1 leaf

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.84**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)



**NDB No. 11676**  
**Radish seeds, sprouted, raw**

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u>		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
14:0.....g	0.003		0		1		0.001
15:0.....g							
16:0.....g	0.663		0		1		0.252
17:0.....g							
18:0.....g	0.095		0		1		0.036
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	0.419		0		1		0.159
14:1.....g							
15:1.....g							
16:1 undifferentiated.....g	0.007		0		1		0.003
17:1.....g							
18:1 undifferentiated.....g	0.409		0		1		0.155
20:1.....g							
22:1 undifferentiated.....g							
24:1 c.....g							
Fatty acids, total polyunsaturated.....g	1.141		0		1		0.434
18:2 undifferentiated.....g	0.410		0		1		0.156
18:3 undifferentiated.....g	0.722		0		1		0.274
18:4.....g							
20:2 n-6 c,c.....g							
20:3 undifferentiated.....g							
20:4 undifferentiated.....g							
20:5 n-3.....g							
22:5 n-3.....g							
22:6 n-3.....g							
Fatty acids, total trans.....g							
Cholesterol.....mg	0		0	z	7		0
Phytosterols.....mg							

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

**Common Measures:**

Measure 1 = 38g: 1 cup

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.84**

**Food Group: 11 Vegetables and Vegetable Products**  
 USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 43142  
 Radishes, hawaiian style, pickled

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	91.50		1		1		137.25		
Energy.....kcal	28		0	NC	4		42		
Energy.....kj	117		0	NC	4		175		
Protein.....g	1.10		1		1		1.65		
Total lipid (fat).....g	0.30		1		1		0.45		
Ash.....g	1.90		0	O	4		2.85		
Carbohydrate, by difference.....g	5.20		0	NC	4		7.80		
Fiber, total dietary.....g	2.2		0		4		3.3		
Sugars, total.....g	2.00		0	O	4		3.00		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	28		1		1		42		
Iron, Fe.....mg	0.23		1		1		0.35		
Magnesium, Mg.....mg	8		1		1		12		
Phosphorus, P.....mg	31		1		1		47		
Potassium, K.....mg	333		1		1		500		
Sodium, Na.....mg	789		1		1		1184		
Zinc, Zn.....mg	0.22		0		4		0.33		
Copper, Cu.....mg	0.171		0		4		0.257		
Manganese, Mn.....mg	0.057		0	BFSN	4		0.085		
Selenium, Se.....mcg	0.7		0	CAZN	4		1.1		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		1		1		0.0		
Thiamin.....mg	0.020		1		1		0.030		
Riboflavin.....mg	0.030		1		1		0.045		
Niacin.....mg	0.310		1		1		0.465		
Pantothenic acid.....mg	0.195		0	BFSN	4		0.293		
Vitamin B-6.....mg	0.100		0		4		0.150		
Folate, total.....mcg	9		0		4		14		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	9		0		4		14		
Folate, DFE.....mcg_DFE	9		0	NC	4		14		
Choline, total.....mg	11.6		0	BFSN	4		17.4		
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0		7		0.00		
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0		
Retinol.....mcg	0		0	Z	7		0		
Carotene, beta.....mcg	0		0	BFSN	4		0		
Carotene, alpha.....mcg	0		0	BFSN	4		0		
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0		
Vitamin A, IU.....IU	0		0	NC	4		0		
Lycopene.....mcg	0		0	BFSN	4		0		
Lutein + zeaxanthin.....mcg	0		0	BFSN	4		0		
Vitamin E (alpha-tocopherol).....mg	0.00		0	Z	7		0.00		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.5		0	BFSN	4		0.7		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.092		0		4		0.138		
4:0.....g	0.000		0		4		0.000		
6:0.....g	0.000		0		4		0.000		
8:0.....g	0.000		0		4		0.000		
10:0.....g	0.000		0		4		0.000		

NDB No. 43142  
 Radishes, hawaiian style, pickled

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0		4		0.000		
13:0.....g									
14:0.....g	0.000		0		4		0.000		
15:0.....g									
16:0.....g	0.079		0		4		0.119		
17:0.....g									
18:0.....g	0.011		0		4		0.017		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.050		0		4		0.075		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		4		0.002		
17:1.....g									
18:1 undifferentiated.....g	0.049		0		4		0.074		
20:1.....g	0.000		0		4		0.000		
22:1 undifferentiated.....g	0.000		0		4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.135		0		4		0.203		
18:2 undifferentiated.....g	0.049		0		4		0.074		
18:3 undifferentiated.....g	0.086		0		4		0.129		
18:4.....g	0.000		0		4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000		
20:5 n-3.....g	0.000		0		4		0.000		
22:5 n-3.....g	0.000		0		4		0.000		
22:6 n-3.....g	0.000		0		4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		7		0		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

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

**Common Measures:**

Measure 1 = 150g: 1 cup

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)





NDB No. 11850

Radishes, oriental, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g									
13:0.....g									
14:0.....g	0.000		0		1		0.000		
15:0.....g									
16:0.....g	0.063		0		1		0.093		
17:0.....g									
18:0.....g	0.009		0		1		0.013		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.040		0		1		0.059		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.001		
17:1.....g									
18:1 undifferentiated.....g	0.039		0		1		0.057		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.108		0		1		0.159		
18:2 undifferentiated.....g	0.039		0		1		0.057		
18:3 undifferentiated.....g	0.069		0		1		0.101		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.004		0		1		0.006		
Threonine.....g	0.028		0		1		0.041		
Isoleucine.....g	0.029		0		1		0.043		
Leucine.....g	0.035		0		1		0.051		
Lysine.....g	0.033		0		1		0.049		
Methionine.....g	0.006		0		1		0.009		
Cystine.....g	0.005		0		1		0.007		
Phenylalanine.....g	0.022		0		1		0.032		
Tyrosine.....g	0.013		0		1		0.019		
Valine.....g	0.031		0		1		0.046		
Arginine.....g	0.039		0		1		0.057		
Histidine.....g	0.013		0		1		0.019		
Alanine.....g	0.021		0		1		0.031		
Aspartic acid.....g	0.046		0		1		0.068		
Glutamic acid.....g	0.126		0		1		0.185		
Glycine.....g	0.021		0		1		0.031		
Proline.....g	0.017		0		1		0.025		
Serine.....g	0.020		0		1		0.029		
Hydroxyproline.....g									

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

**Common Measures:**

Measure 1 = 147g: 1 cup slices

**NDB No. 11850**

**Radishes, oriental, cooked, boiled, drained, with salt**

**Calories Factors: Protein 2.78**

**Fat 8.37**

**Carbohydrate 3.84**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11431

Radishes, oriental, cooked, boiled, drained, without salt

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	95.04		2		1		139.71		
Energy.....kcal	17		0	NC	4		25		
Energy.....kj	71		0	NC	4		105		
Protein (N x 6.25).....g	0.67		1		1		0.98		
Total lipid (fat).....g	0.24		2		1		0.35		
Ash.....g	0.62		1		1		0.91		
Carbohydrate, by difference.....g	3.43		0	NC	4		5.04		
Fiber, total dietary.....g	1.6		0		4		2.4		
Sugars, total.....g	1.83		0	O	4		2.69		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	17		1		1		25		
Iron, Fe.....mg	0.15		1		1		0.22		
Magnesium, Mg.....mg	9		1		1		13		
Phosphorus, P.....mg	24		1		1		35		
Potassium, K.....mg	285		1		1		419		
Sodium, Na.....mg	13		1		1		19		
Zinc, Zn.....mg	0.13		0		4		0.19		
Copper, Cu.....mg	0.101		0		4		0.148		
Manganese, Mn.....mg	0.033		0		4		0.049		
Selenium, Se.....mcg	0.7		0	CAZN	4		1.0		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	15.1		1		1		22.2		
Thiamin.....mg	0.000		0		1		0.000		
Riboflavin.....mg	0.023		1		1		0.034		
Niacin.....mg	0.150		1		1		0.221		
Pantothenic acid.....mg	0.114		0		4		0.168		
Vitamin B-6.....mg	0.038		0		4		0.056		
Folate, total.....mcg	17		0		4		26		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	17		0		4		26		
Folate, DFE.....mcg_DFE	17		0	NC	4		26		
Choline, total.....mg	6.8		0	BFSN	4		10.0		
Betaine.....mg	0.1		0	BFSN	4		0.1		
Vitamin B-12.....mcg	0.00		0	Z	7		0.00		
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0		
Retinol.....mcg	0		0	Z	7		0		
Carotene, beta.....mcg	0		0	BFSY	4		0		
Carotene, alpha.....mcg	0		0	BFSY	4		0		
Cryptoxanthin, beta.....mcg	0		0	BFSY	4		0		
Vitamin A, IU.....IU	0		0	NC	4		0		
Lycopene.....mcg	0		0	BFSY	4		0		
Lutein + zeaxanthin.....mcg	0		0	BFSY	4		0		
Vitamin E (alpha-tocopherol).....mg	0.00		0	BFSN	4		0.00		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.3		0	BFSN	4		0.4		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.073		0		1		0.107		
4:0.....g	0.000		0		1		0.000		
6:0.....g	0.000		0		1		0.000		
8:0.....g	0.000		0		1		0.000		
10:0.....g	0.000		0		1		0.000		

NDB No. 11431

Radishes, oriental, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0		1		0.000		
13:0.....g									
14:0.....g	0.000		0		1		0.000		
15:0.....g									
16:0.....g	0.063		0		1		0.093		
17:0.....g									
18:0.....g	0.009		0		1		0.013		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.040		0		1		0.059		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.001		
17:1.....g									
18:1 undifferentiated.....g	0.039		0		1		0.057		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.108		0		1		0.159		
18:2 undifferentiated.....g	0.039		0		1		0.057		
18:3 undifferentiated.....g	0.069		0		1		0.101		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.004		0		1		0.006		
Threonine.....g	0.028		0		1		0.041		
Isoleucine.....g	0.029		0		1		0.043		
Leucine.....g	0.035		0		1		0.051		
Lysine.....g	0.033		0		1		0.049		
Methionine.....g	0.006		0		1		0.009		
Cystine.....g	0.005		0		1		0.007		
Phenylalanine.....g	0.022		0		1		0.032		
Tyrosine.....g	0.013		0		1		0.019		
Valine.....g	0.031		0		1		0.046		
Arginine.....g	0.039		0		1		0.057		
Histidine.....g	0.013		0		1		0.019		
Alanine.....g	0.021		0		1		0.031		
Aspartic acid.....g	0.046		0		1		0.068		
Glutamic acid.....g	0.126		0		1		0.185		
Glycine.....g	0.021		0		1		0.031		
Proline.....g	0.017		0		1		0.025		
Serine.....g	0.020		0		1		0.029		
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

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

**Common Measures:**

**NDB No. 11431**

**Radishes, oriental, cooked, boiled, drained, without salt**

Measure 1 = 147g: 1 cup, sliced

**Calories Factors: Protein 2.78**

**Fat 8.37**

**Carbohydrate 3.84**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)



**NDB No. 11432**  
**Radishes, oriental, dried**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.001		0		1		0.001		
15:0.....g									
16:0.....g	0.189		0		1		0.219		
17:0.....g									
18:0.....g	0.027		0		1		0.031		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.119		0		1		0.138		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0		1		0.002		
17:1.....g									
18:1 undifferentiated.....g	0.117		0		1		0.136		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.325		0		1		0.377		
18:2 undifferentiated.....g	0.117		0		1		0.136		
18:3 undifferentiated.....g	0.206		0		1		0.239		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.043		0		1		0.050		
Threonine.....g	0.326		0		1		0.378		
Isoleucine.....g	0.344		0		1		0.399		
Leucine.....g	0.413		0		1		0.479		
Lysine.....g	0.393		0		1		0.456		
Methionine.....g	0.075		0		1		0.087		
Cystine.....g	0.062		0		1		0.072		
Phenylalanine.....g	0.262		0		1		0.304		
Tyrosine.....g	0.150		0		1		0.174		
Valine.....g	0.365		0		1		0.423		
Arginine.....g	0.456		0		1		0.529		
Histidine.....g	0.149		0		1		0.173		
Alanine.....g	0.248		0		1		0.288		
Aspartic acid.....g	0.538		0		1		0.624		
Glutamic acid.....g	1.492		0		1		1.731		
Glycine.....g	0.248		0		1		0.288		
Proline.....g	0.202		0		1		0.234		
Serine.....g	0.240		0		1		0.278		
Hydroxyproline.....g									

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

**Common Measures:**

Measure 1 = 116g: 1 cup

**Calories Factors: Protein 2.78**

**Fat 8.37**

**Carbohydrate 3.84**



**NDB No. 11432**  
**Radishes, oriental, dried**

**Food Group:** 11 Vegetables and Vegetable Products  
USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11430

Radishes, oriental, raw

Raphanus sativus (Longipinratus Group)

Refuse:21% Tops and parings

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	94.62		2		1		319.82		
Energy.....kcal	18		0	NC	4		62		
Energy.....kj	76		0	NC	4		258		
Protein (N x 6.25).....g	0.60		1		1		2.03		
Total lipid (fat).....g	0.10		1		1		0.34		
Ash.....g	0.58		0		1		1.96		
Carbohydrate, by difference.....g	4.10		0	NC	4		13.86		
Fiber, total dietary.....g	1.6		0		4		5.4		
Sugars, total.....g	2.50		0	T	4		8.45		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	27		1		1		91		
Iron, Fe.....mg	0.40		1		1		1.35		
Magnesium, Mg.....mg	16		2		1		54		
Phosphorus, P.....mg	23		2		1		78		
Potassium, K.....mg	227		2		1		767		
Sodium, Na.....mg	21		2		1		71		
Zinc, Zn.....mg	0.15		0		4		0.51		
Copper, Cu.....mg	0.115		0		4		0.389		
Manganese, Mn.....mg	0.038		0		4		0.128		
Selenium, Se.....mcg	0.7		0	CAZN	4		2.4		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	22.0		1		1		74.4		
Thiamin.....mg	0.020		1		1		0.068		
Riboflavin.....mg	0.020		1		1		0.068		
Niacin.....mg	0.200		1		1		0.676		
Pantothenic acid.....mg	0.138		0		4		0.466		
Vitamin B-6.....mg	0.046		0		4		0.155		
Folate, total.....mcg	28		0		4		95		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	28		0		4		95		
Folate, DFE.....mcg_DFE	28		0	NC	4		95		
Choline, total.....mg	7.3		0	BFSN	4		24.8		
Betaine.....mg	0.1		0	BFSN	4		0.4		
Vitamin B-12.....mcg	0.00		0	Z	7		0.00		
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....mcg_RAE	0		0	AS	1		0		
Retinol.....mcg	0		0	Z	7		0		
Carotene, beta.....mcg	0		0	Z	7		0		
Carotene, alpha.....mcg	0		0	Z	7		0		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0		
Vitamin A, IU.....IU	0		0	AS	1		0		
Lycopene.....mcg	0		0	Z	7		0		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol).....mg	0.00		0	O	4		0.00		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.3		0	O	4		1.0		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.030		0		1		0.101		
4:0.....g	0.000		0		1		0.000		
6:0.....g	0.000		0		1		0.000		
8:0.....g	0.000		0		1		0.000		
10:0.....g	0.000		0		1		0.000		

NDB No. 11430  
Radishes, oriental, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0		1		0.000		
13:0.....g									
14:0.....g	0.000		0		1		0.000		
15:0.....g									
16:0.....g	0.026		0		1		0.088		
17:0.....g									
18:0.....g	0.004		0		1		0.014		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.017		0		1		0.057		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.016		0		1		0.054		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.045		0		1		0.152		
18:2 undifferentiated.....g	0.016		0		1		0.054		
18:3 undifferentiated.....g	0.029		0		1		0.098		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.003		0		1		0.010		
Threonine.....g	0.025		0		1		0.085		
Isoleucine.....g	0.026		0		1		0.088		
Leucine.....g	0.031		0		1		0.105		
Lysine.....g	0.030		0		1		0.101		
Methionine.....g	0.006		0		1		0.020		
Cystine.....g	0.005		0		1		0.017		
Phenylalanine.....g	0.020		0		1		0.068		
Tyrosine.....g	0.011		0		1		0.037		
Valine.....g	0.028		0		1		0.095		
Arginine.....g	0.035		0		1		0.118		
Histidine.....g	0.011		0		1		0.037		
Alanine.....g	0.019		0		1		0.064		
Aspartic acid.....g	0.041		0		1		0.139		
Glutamic acid.....g	0.113		0		1		0.382		
Glycine.....g	0.019		0		1		0.064		
Proline.....g	0.015		0		1		0.051		
Serine.....g	0.018		0		1		0.061		
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

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

**Common Measures:**

**NDB No. 11430**

**Radishes, oriental, raw**

Measure 1 = 338g: 1 radish (7" long)

**Calories Factors: Protein 2.78**

**Fat 8.37**

**Carbohydrate 3.84**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11429

Radishes, raw

Raphanus sativus

Refuse:10% Stem ends, rootlets and trimmings

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	95.27	0.227	21	JA	6		110.51	8.57	4.29
Energy.....kcal	16		0	NC	4		18	1	1
Energy.....kj	66		0	NC	4		77	6	3
Protein (N x 6.25).....g	0.68	0.067	19	JO	11		0.78	0.06	0.03
Total lipid (fat).....g	0.10	0.011	14	JA	6		0.12	0.01	0.00
Ash.....g	0.55	0.016	19	JA	6		0.64	0.05	0.02
Carbohydrate, by difference.....g	3.40		0	NC	4		3.95	0.31	0.15
Fiber, total dietary.....g	1.6	0.058	8	A	1		1.9	0.1	0.1
Sugars, total.....g	1.86		0	NC	4		2.16	0.17	0.08
Sucrose.....g	0.10	0.082	10	JA	6		0.12	0.01	0.00
Glucose (dextrose).....g	1.05	0.091	13	JA	6		1.22	0.09	0.05
Fructose.....g	0.71	0.043	13	JA	6		0.82	0.06	0.03
Lactose.....g	0.00	0.000	8	A	1		0.00	0.00	0.00
Maltose.....g	0.00	0.000	8	A	1		0.00	0.00	0.00
Galactose.....g	0.00	0.000	4	A	1		0.00	0.00	0.00
Starch.....g	0.00	0.000	4	A	1		0.00	0.00	0.00
<b>Minerals:</b>									
Calcium, Ca.....mg	25	1.676	26	JA	6		29	2	1
Iron, Fe.....mg	0.34	0.036	24	JA	6		0.39	0.03	0.02
Magnesium, Mg.....mg	10	0.544	25	JA	6		12	1	0
Phosphorus, P.....mg	20	1.629	25	JA	6		24	2	1
Potassium, K.....mg	233	10.944	25	JA	6		271	21	10
Sodium, Na.....mg	39	3.334	30	JA	6		46	4	2
Zinc, Zn.....mg	0.28	0.086	25	JA	6		0.33	0.03	0.01
Copper, Cu.....mg	0.050	0.013	17	JA	6		0.058	0.004	0.002
Manganese, Mn.....mg	0.069	0.015	19	JA	6		0.080	0.006	0.003
Selenium, Se.....mcg	0.6	0.096	4	A	1		0.7	0.1	0.0
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	14.8	1.922	16	JA	6		17.2	1.3	0.7
Thiamin.....mg	0.012	0.002	13	JA	6		0.013	0.001	0.001
Riboflavin.....mg	0.039	0.002	13	JA	6		0.045	0.004	0.002
Niacin.....mg	0.254	0.014	13	JA	6		0.295	0.023	0.011
Pantothenic acid.....mg	0.165	0.068	13	JA	6		0.192	0.015	0.007
Vitamin B-6.....mg	0.071	0.007	19	JA	6		0.083	0.006	0.003
Folate, total.....mcg	25	3.804	19	JA	6		28	2	1
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg	25	3.804	19	JA	6		28	2	1
Folate, DFE.....mcg_DFE	25		0	NC	4		28	2	1
Choline, total.....mg	6.5		0	AS	1		7.5	0.6	0.3
Betaine.....mg	0.1		2	A	1		0.1	0.0	0.0
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	0		0	AS	1		0	0	0
Retinol.....mcg	0		0	Z	7		0	0	0
Carotene, beta.....mcg	4	1.250	4	A	1		5	0	0
Carotene, alpha.....mcg	0	0.000	4	A	1		0	0	0
Cryptoxanthin, beta.....mcg	0	0.000	4	A	1		0	0	0
Vitamin A, IU.....IU	7		0	AS	1		9	1	0
Lycopene.....mcg	0	0.000	4	A	1		0	0	0
Lutein + zeaxanthin.....mcg	10	0.791	4	A	1		11	1	0
Vitamin E (alpha-tocopherol).....mg	0.00	0.004	4	A	1		0.00	0.00	0.00
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg	0.00	0.000	4	A	1		0.00	0.00	0.00
Tocopherol, gamma.....mg	0.00	0.000	4	A	1		0.00	0.00	0.00
Tocopherol, delta.....mg	0.00	0.000	4	A	1		0.00	0.00	0.00
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	1.3	0.174	7	A	1		1.6	0.1	0.1

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.032		0	NC	4		0.037	0.003	0.001
4:0.....g	0.000		0		1		0.000	0.000	0.000
6:0.....g	0.000		0		1		0.000	0.000	0.000
8:0.....g	0.000		0		1		0.000	0.000	0.000
10:0.....g	0.000		0		1		0.000	0.000	0.000
12:0.....g	0.000		0		1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.000		1		1		0.000	0.000	0.000
15:0.....g									
16:0.....g	0.027		1		1		0.032	0.002	0.001
17:0.....g									
18:0.....g	0.004		1		1		0.005	0.000	0.000
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.017		0	NC	4		0.020	0.002	0.001
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		1		1		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.017		1		1		0.020	0.002	0.001
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.048		0	NC	4		0.055	0.004	0.002
18:2 undifferentiated.....g	0.017		1		1		0.020	0.002	0.001
18:3 undifferentiated.....g	0.031		1		1		0.036	0.003	0.001
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	0
Phytosterols.....mg	7		0		1		8	1	0
<b>Amino Acids:</b>									
Tryptophan.....g	0.009		0	JA	6		0.010	0.001	0.000
Threonine.....g	0.023		0	JA	6		0.027	0.002	0.001
Isoleucine.....g	0.020		0	JA	6		0.023	0.002	0.001
Leucine.....g	0.031		0	JA	6		0.036	0.003	0.001
Lysine.....g	0.033		0	JA	6		0.039	0.003	0.001
Methionine.....g	0.010		0	JA	6		0.011	0.001	0.000
Cystine.....g	0.010		0	JA	6		0.012	0.001	0.000
Phenylalanine.....g	0.036		0	JA	6		0.042	0.003	0.002
Tyrosine.....g	0.009		0	JA	6		0.010	0.001	0.000
Valine.....g	0.035		0	JA	6		0.040	0.003	0.002
Arginine.....g	0.038		0	JA	6		0.044	0.003	0.002
Histidine.....g	0.013		0	JA	6		0.015	0.001	0.001
Alanine.....g	0.026		0	JA	6		0.031	0.002	0.001
Aspartic acid.....g	0.064		0	JA	6		0.075	0.006	0.003
Glutamic acid.....g	0.157		0	JA	6		0.182	0.014	0.007
Glycine.....g	0.026		0	JA	6		0.030	0.002	0.001
Proline.....g	0.022		0	JA	6		0.026	0.002	0.001
Serine.....g	0.027		0	JA	6		0.032	0.002	0.001
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0

NDB No. 11429

Radishes, raw

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

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

**Common Measures:**

Measure 1 = 116g: 1 cup slices

Measure 2 = 9.0g: 1 large (1" to 1-1/4" dia)

Measure 3 = 4.5g: 1 medium (3/4" to 1" dia)

**Calories Factors: Protein** 2.78

**Fat** 8.37

**Carbohydrate**3.84

**Food Group:** 11 Vegetables and Vegetable Products  
USDA National Nutrient Database for Standard Reference, Release 21 (2008)





**NDB No. 11637**  
**Radishes, white icicle, raw**

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	measures of food			
						Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.000		1		1		0.000	0.000	
15:0.....g									
16:0.....g	0.026		1		1		0.013	0.004	
17:0.....g									
18:0.....g	0.004		1		1		0.002	0.001	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.016		0		1		0.008	0.003	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		1		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.016		1		1		0.008	0.003	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.045		0		1		0.023	0.008	
18:2 undifferentiated.....g	0.016		1		1		0.008	0.003	
18:3 undifferentiated.....g	0.029		1		1		0.015	0.005	
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0	0	
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.006		0		1		0.003	0.001	
Threonine.....g	0.045		0		1		0.023	0.008	
Isoleucine.....g	0.048		0		1		0.024	0.008	
Leucine.....g	0.058		0		1		0.029	0.010	
Lysine.....g	0.055		0		1		0.028	0.009	
Methionine.....g	0.010		0		1		0.005	0.002	
Cystine.....g	0.009		0		1		0.005	0.002	
Phenylalanine.....g	0.036		0		1		0.018	0.006	
Tyrosine.....g	0.021		0		1		0.011	0.004	
Valine.....g	0.051		0		1		0.026	0.009	
Arginine.....g	0.064		0		1		0.032	0.011	
Histidine.....g	0.021		0		1		0.011	0.004	
Alanine.....g	0.034		0		1		0.017	0.006	
Aspartic acid.....g	0.075		0		1		0.038	0.013	
Glutamic acid.....g	0.208		0		1		0.104	0.035	
Glycine.....g	0.034		0		1		0.017	0.006	
Proline.....g	0.028		0		1		0.014	0.005	
Serine.....g	0.033		0		1		0.017	0.006	
Hydroxyproline.....g									

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

**Common Measures:**

Measure 1 = 50g: .5 cup slices  
 Measure 2 = 17g: 1 radish (7" long)

**Calories Factors: Protein 2.78**

**Fat 8.37**

**Carbohydrate 3.84**

**NDB No. 11637**  
**Radishes, white icicle, raw**

**Food Group:** 11 Vegetables and Vegetable Products  
USDA National Nutrient Database for Standard Reference, Release 21 (2008)



NDB No. 11851

Rutabagas, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g									
13:0.....g									
14:0.....g									
15:0.....g									
16:0.....g	0.026		0		1		0.031		
17:0.....g									
18:0.....g	0.003		0		1		0.004		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.027		0		1		0.032		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.027		0		1		0.032		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.095		0		1		0.114		
18:2 undifferentiated.....g	0.038		0		1		0.046		
18:3 undifferentiated.....g	0.057		0		1		0.068		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.014		0		1		0.017		
Threonine.....g	0.050		0		1		0.060		
Isoleucine.....g	0.053		0		1		0.064		
Leucine.....g	0.041		0		1		0.049		
Lysine.....g	0.042		0		1		0.050		
Methionine.....g	0.010		0		1		0.012		
Cystine.....g	0.012		0		1		0.014		
Phenylalanine.....g	0.034		0		1		0.041		
Tyrosine.....g	0.025		0		1		0.030		
Valine.....g	0.051		0		1		0.061		
Arginine.....g	0.159		0		1		0.191		
Histidine.....g	0.032		0		1		0.038		
Alanine.....g	0.035		0		1		0.042		
Aspartic acid.....g	0.094		0		1		0.113		
Glutamic acid.....g	0.152		0		1		0.182		
Glycine.....g	0.030		0		1		0.036		
Proline.....g									
Serine.....g	0.037		0		1		0.044		
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g									
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

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

**Common Measures:**

**NDB No. 11851**

**Rutabagas, cooked, boiled, drained, with salt**

Measure 1 = 120g: .5 cup, mashed

**Calories Factors: Protein 2.78**

**Fat 8.37**

**Carbohydrate 3.84**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11436

Rutabagas, cooked, boiled, drained, without salt

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	88.88		0		1		151.10	213.31	
Energy.....kcal	39		0	NC	4		66	94	
Energy.....kj	163		0		4		277	392	
Protein (N x 6.25).....g	1.29		0		1		2.19	3.10	
Total lipid (fat).....g	0.22		0		1		0.37	0.53	
Ash.....g	0.87		0		1		1.48	2.09	
Carbohydrate, by difference.....g	8.74		0	NC	4		14.86	20.98	
Fiber, total dietary.....g	1.8		0		4		3.1	4.3	
Sugars, total.....g	6.02		0	BFSN	4		10.24	14.45	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	48		0		1		82	115	
Iron, Fe.....mg	0.53		0		1		0.90	1.27	
Magnesium, Mg.....mg	23		0		1		39	55	
Phosphorus, P.....mg	56		0		1		95	134	
Potassium, K.....mg	326		0		1		554	782	
Sodium, Na.....mg	20		0		1		34	48	
Zinc, Zn.....mg	0.35		0		1		0.60	0.84	
Copper, Cu.....mg	0.041		0		1		0.070	0.098	
Manganese, Mn.....mg	0.174		0		1		0.296	0.418	
Selenium, Se.....mcg	0.7		0	CAZN	4		1.2	1.7	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	18.8		0		1		32.0	45.1	
Thiamin.....mg	0.082		0		1		0.139	0.197	
Riboflavin.....mg	0.041		0		1		0.070	0.098	
Niacin.....mg	0.715		0		1		1.216	1.716	
Pantothenic acid.....mg	0.155		0		1		0.264	0.372	
Vitamin B-6.....mg	0.102		0		1		0.173	0.245	
Folate, total.....mcg	15		0		1		26	36	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	15		0		1		26	36	
Folate, DFE.....mcg_DFE	15		0	NC	4		26	36	
Choline, total.....mg	15.2		0	BFSN	4		25.8	36.4	
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0	0	
Retinol.....mcg	0		0	Z	7		0	0	
Carotene, beta.....mcg	1		0	BFSY	4		2	2	
Carotene, alpha.....mcg	0		0	BFSY	4		0	0	
Cryptoxanthin, beta.....mcg	0		0	BFSY	4		0	0	
Vitamin A, IU.....IU	2		0	NC	4		3	4	
Lycopene.....mcg	0		0	BFSY	4		0	0	
Lutein + zeaxanthin.....mcg	0		0	BFSY	4		0	0	
Vitamin E (alpha-tocopherol).....mg	0.32		0	BFSN	4		0.55	0.77	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.3		0	BFSN	4		0.5	0.8	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.029		0		1		0.049	0.070	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.000		0		1		0.000	0.000	

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0		1		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0		1		0.000	0.000	
15:0.....g									
16:0.....g	0.026		0		1		0.044	0.062	
17:0.....g									
18:0.....g	0.003		0		1		0.005	0.007	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.027		0		1		0.046	0.065	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.027		0		1		0.046	0.065	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.095		0		1		0.162	0.228	
18:2 undifferentiated.....g	0.038		0		1		0.065	0.091	
18:3 undifferentiated.....g	0.057		0		1		0.097	0.137	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.014		0		1		0.024	0.034	
Threonine.....g	0.050		0		1		0.085	0.120	
Isoleucine.....g	0.053		0		1		0.090	0.127	
Leucine.....g	0.041		0		1		0.070	0.098	
Lysine.....g	0.042		0		1		0.071	0.101	
Methionine.....g	0.010		0		1		0.017	0.024	
Cystine.....g	0.012		0		1		0.020	0.029	
Phenylalanine.....g	0.034		0		1		0.058	0.082	
Tyrosine.....g	0.025		0		1		0.043	0.060	
Valine.....g	0.051		0		1		0.087	0.122	
Arginine.....g	0.159		0		1		0.270	0.382	
Histidine.....g	0.032		0		1		0.054	0.077	
Alanine.....g	0.035		0		1		0.060	0.084	
Aspartic acid.....g	0.094		0		1		0.160	0.226	
Glutamic acid.....g	0.152		0		1		0.258	0.365	
Glycine.....g	0.030		0		1		0.051	0.072	
Proline.....g									
Serine.....g	0.037		0		1		0.063	0.089	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

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

**Common Measures:**

**NDB No. 11436**

**Rutabagas, cooked, boiled, drained, without salt**

Measure 1 = 170g: 1 cup, cubes

Measure 2 = 240g: 1 cup, mashed

**Calories Factors: Protein 2.78**

**Fat 8.37**

**Carbohydrate 3.84**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)



NDB No. 11435

Rutabagas, raw

*Brassica napus var. napobrassica*

Refuse:15% Parings

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	89.66	0.534	5		1		125.52	692.18	346.09
Energy.....kcal	36		0	NC	4		50	278	139
Energy.....kj	151		0		4		211	1163	581
Protein (N x 6.25).....g	1.20		1		1		1.68	9.26	4.63
Total lipid (fat).....g	0.20		1		1		0.28	1.54	0.77
Ash.....g	0.81		1		1		1.13	6.25	3.13
Carbohydrate, by difference.....g	8.13		0	NC	4		11.38	62.76	31.38
Fiber, total dietary.....g	2.5		0		1		3.5	19.3	9.7
Sugars, total.....g	5.60		0	T	4		7.84	43.23	21.62
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	47		2		1		66	363	181
Iron, Fe.....mg	0.52		2		1		0.73	4.01	2.01
Magnesium, Mg.....mg	23		2		1		32	178	89
Phosphorus, P.....mg	58		2		1		81	448	224
Potassium, K.....mg	337		2		1		472	2602	1301
Sodium, Na.....mg	20		1		1		28	154	77
Zinc, Zn.....mg	0.34		1		1		0.48	2.62	1.31
Copper, Cu.....mg	0.040		1		1		0.056	0.309	0.154
Manganese, Mn.....mg	0.170		1		1		0.238	1.312	0.656
Selenium, Se.....mcg	0.7		0	CAZN	4		1.0	5.4	2.7
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	25.0		1		1		35.0	193.0	96.5
Thiamin.....mg	0.090		1		1		0.126	0.695	0.347
Riboflavin.....mg	0.040		1		1		0.056	0.309	0.154
Niacin.....mg	0.700		1		1		0.980	5.404	2.702
Pantothenic acid.....mg	0.160		0		1		0.224	1.235	0.618
Vitamin B-6.....mg	0.100		1		1		0.140	0.772	0.386
Folate, total.....mcg	21	2.595	4		1		29	162	81
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg	21	2.595	4		1		29	162	81
Folate, DFE.....mcg_DFE	21		0	NC	4		29	162	81
Choline, total.....mg	14.1		0	BFSN	4		19.8	109.0	54.5
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0	1	0
Retinol.....mcg	0		0	Z	7		0	0	0
Carotene, beta.....mcg	1		0	T	4		1	8	4
Carotene, alpha.....mcg	0		0	T	4		0	0	0
Cryptoxanthin, beta.....mcg	0		0	T	4		0	0	0
Vitamin A, IU.....IU	2		0	NC	4		2	13	6
Lycopene.....mcg	0		0	T	4		0	0	0
Lutein + zeaxanthin.....mcg	0		0	T	4		0	0	0
Vitamin E (alpha-tocopherol).....mg	0.30		0	O	4		0.42	2.32	1.16
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.3		0	O	4		0.4	2.3	1.2
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.027		0		1		0.038	0.208	0.104
4:0.....g	0.000		0		1		0.000	0.000	0.000
6:0.....g	0.000		0		1		0.000	0.000	0.000
8:0.....g	0.000		0		1		0.000	0.000	0.000
10:0.....g	0.000		0		1		0.000	0.000	0.000

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0		1		0.000	0.000	0.000
13:0.....g			0		1		0.000	0.000	0.000
14:0.....g	0.000		0		1		0.000	0.000	0.000
15:0.....g			0		1		0.034	0.185	0.093
16:0.....g	0.024		0		1		0.004	0.023	0.012
17:0.....g	0.003		0		1				
18:0.....g			0		1				
20:0.....g			0		1				
22:0.....g			0		1				
24:0.....g			0		1				
Fatty acids, total monounsaturated.....g	0.025		0		1		0.035	0.193	0.097
14:1.....g			0		1				
15:1.....g			0		1				
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
17:1.....g			0		1		0.035	0.193	0.097
18:1 undifferentiated.....g	0.025		0		1		0.000	0.000	0.000
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g			0		1				
Fatty acids, total polyunsaturated.....g	0.088		0		1		0.123	0.679	0.340
18:2 undifferentiated.....g	0.035		0		1		0.049	0.270	0.135
18:3 undifferentiated.....g	0.053		0		1		0.074	0.409	0.205
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g			0		1		0.000	0.000	0.000
20:3 undifferentiated.....g			0		1		0.000	0.000	0.000
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g			0		7		0	0	0
Cholesterol.....mg	0		0	Z	7		0	0	0
Phytosterols.....mg			0		7		0	0	0
<b>Amino Acids:</b>									
Tryptophan.....g	0.013		0		1		0.018	0.100	0.050
Threonine.....g	0.046		0		1		0.064	0.355	0.178
Isoleucine.....g	0.050		0		1		0.070	0.386	0.193
Leucine.....g	0.038		0		1		0.053	0.293	0.147
Lysine.....g	0.039		0		1		0.055	0.301	0.151
Methionine.....g	0.010		0		1		0.014	0.077	0.039
Cystine.....g	0.011		0		1		0.015	0.085	0.042
Phenylalanine.....g	0.031		0		1		0.043	0.239	0.120
Tyrosine.....g	0.023		0		1		0.032	0.178	0.089
Valine.....g	0.048		0		1		0.067	0.371	0.185
Arginine.....g	0.148		0		1		0.207	1.143	0.571
Histidine.....g	0.030		0		1		0.042	0.232	0.116
Alanine.....g	0.033		0		1		0.046	0.255	0.127
Aspartic acid.....g	0.087		0		1		0.122	0.672	0.336
Glutamic acid.....g	0.142		0		1		0.199	1.096	0.548
Glycine.....g	0.027		0		1		0.038	0.208	0.104
Proline.....g			0		1				
Serine.....g	0.035		0		1		0.049	0.270	0.135
Hydroxyproline.....g			0		1				
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0

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

**Common Measures:**

**NDB No. 11435**

**Rutabagas, raw**

Measure 1 = 140g: 1 cup, cubes

Measure 2 = 772g: 1 large

Measure 3 = 386g: 1 medium

**Calories Factors: Protein 2.78**

**Fat 8.37**

**Carbohydrate 3.84**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)



NDB No. 11437  
Salsify, (vegetable oyster), raw

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

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

**Common Measures:**

Measure 1 = 133g: 1 cup slices

**Calories Factors: Protein 2.78**

**Fat 8.37**

**Carbohydrate 3.84**

**Food Group:** 11 Vegetables and Vegetable Products  
USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11852

Salsify, cooked, boiled, drained, with salt

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	81.00		0		1		109.35		
Energy.....kcal	68		0	NC	4		92		
Energy.....kj	284		0	NC	4		384		
Protein (N x 6.25).....g	2.73		0		1		3.69		
Total lipid (fat).....g	0.17		0		1		0.23		
Ash.....g	0.74		0		1		1.00		
Carbohydrate, by difference.....g	15.36		0	NC	4		20.74		
Fiber, total dietary.....g	3.1		1	A	1		4.2		
Sugars, total.....g	2.90		0	T	4		3.92		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	47		0		1		63		
Iron, Fe.....mg	0.55		0		1		0.74		
Magnesium, Mg.....mg	18		0		1		24		
Phosphorus, P.....mg	56		0		1		76		
Potassium, K.....mg	283		0		1		382		
Sodium, Na.....mg	252		0		4		340		
Zinc, Zn.....mg	0.30		0		4		0.41		
Copper, Cu.....mg	0.070		0		4		0.095		
Manganese, Mn.....mg	0.210		0		4		0.284		
Selenium, Se.....mcg	0.6		0	BFSN	4		0.8		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	4.6		0		1		6.2		
Thiamin.....mg	0.056		0		1		0.076		
Riboflavin.....mg	0.173		0		1		0.234		
Niacin.....mg	0.392		0		1		0.529		
Pantothenic acid.....mg	0.276		0		4		0.373		
Vitamin B-6.....mg	0.218		0		4		0.294		
Folate, total.....mcg	15		0		4		21		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	15		0		4		21		
Folate, DFE.....mcg_DFE	15		0	NC	4		21		
Choline, total.....mg	25.9		0	BFSN	4		35.0		
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00		
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....mcg_RAE	0		0	AS	1		0		
Retinol.....mcg	0		0	Z	7		0		
Carotene, beta.....mcg	0		0	Z	7		0		
Carotene, alpha.....mcg	0		0	Z	7		0		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0		
Vitamin A, IU.....IU	0		0	AS	1		0		
Lycopene.....mcg	0		0	Z	7		0		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol).....mg	0.19		0	O	4		0.26		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.3		0	O	4		0.4		
<b>Lipids:</b>									
Fatty acids, total saturated.....g									
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		

NDB No. 11852

Salsify, cooked, boiled, drained, with salt

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

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

**Common Measures:**

Measure 1 = 135g: 1 cup slices

**Calories Factors: Protein 2.78**

**Fat 8.37**

**Carbohydrate 3.84**

**Food Group: 11 Vegetables and Vegetable Products**

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11438

Salsify, cooked, boiled, drained, without salt

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	81.00		0		1		109.35		
Energy.....kcal	68		0	NC	4		92		
Energy.....kj	284		0	NC	4		384		
Protein (N x 6.25).....g	2.73		0		1		3.69		
Total lipid (fat).....g	0.17		0		1		0.23		
Ash.....g	0.74		0		1		1.00		
Carbohydrate, by difference.....g	15.36		0	NC	4		20.74		
Fiber, total dietary.....g	3.1		0		4		4.2		
Sugars, total.....g	2.90		0	T	4		3.92		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	47		0		1		63		
Iron, Fe.....mg	0.55		0		1		0.74		
Magnesium, Mg.....mg	18		0		1		24		
Phosphorus, P.....mg	56		0		1		76		
Potassium, K.....mg	283		0		1		382		
Sodium, Na.....mg	16		0		1		22		
Zinc, Zn.....mg	0.30		0		4		0.41		
Copper, Cu.....mg	0.070		0		4		0.095		
Manganese, Mn.....mg	0.210		0		4		0.284		
Selenium, Se.....mcg	0.6		0	BFSN	4		0.8		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	4.6		0		1		6.2		
Thiamin.....mg	0.056		0		1		0.076		
Riboflavin.....mg	0.173		0		1		0.234		
Niacin.....mg	0.392		0		1		0.529		
Pantothenic acid.....mg	0.276		0		4		0.373		
Vitamin B-6.....mg	0.218		0		4		0.294		
Folate, total.....mcg	15		0		4		21		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	15		0		4		21		
Folate, DFE.....mcg_DFE	15		0	NC	4		21		
Choline, total.....mg	25.9		0	BFSN	4		35.0		
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00		
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....mcg_RAE	0		0	AS	1		0		
Retinol.....mcg	0		0	Z	7		0		
Carotene, beta.....mcg	0		0	Z	7		0		
Carotene, alpha.....mcg	0		0	Z	7		0		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0		
Vitamin A, IU.....IU	0		0	AS	1		0		
Lycopene.....mcg	0		0	Z	7		0		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol).....mg	0.19		0	O	4		0.26		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.3		0	O	4		0.4		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.041		0		4		0.055		
4:0.....g	0.000		0		4		0.000		
6:0.....g	0.000		0		4		0.000		
8:0.....g	0.000		0		4		0.000		
10:0.....g	0.000		0		4		0.000		



NDB No. 11438

Salsify, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0		4		0.000		
13:0.....g									
14:0.....g	0.003		0		4		0.004		
15:0.....g									
16:0.....g	0.035		0		4		0.047		
17:0.....g									
18:0.....g	0.002		0		4		0.003		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.003		0		4		0.004		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.003		0		4		0.004		
20:1.....g	0.000		0		4		0.000		
22:1 undifferentiated.....g	0.000		0		4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.074		0		4		0.100		
18:2 undifferentiated.....g	0.064		0		4		0.086		
18:3 undifferentiated.....g	0.011		0		4		0.015		
18:4.....g	0.000		0		4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000		
20:5 n-3.....g	0.000		0		4		0.000		
22:5 n-3.....g	0.000		0		4		0.000		
22:6 n-3.....g	0.000		0		4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

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

**Common Measures:**

Measure 1 = 135g: 1 cup, sliced

**Calories Factors: Protein 2.78**

**Fat 8.37**

**Carbohydrate 3.84**

**Food Group: 11 Vegetables and Vegetable Products**

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 43350  
 Sauerkraut, canned, low sodium

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	92.50		1		1		131.35		
Energy.....kcal	22		0	NC	4		31		
Energy.....kj	92		0	NC	4		130		
Protein.....g	0.90		1		1		1.28		
Total lipid (fat).....g	0.10		1		1		0.14		
Ash.....g	2.15		0	BFZN	4		3.05		
Carbohydrate, by difference.....g	4.35		0	NC	4		6.18		
Fiber, total dietary.....g	2.5		0		4		3.6		
Sugars, total.....g	1.78		0	BFZN	4		2.53		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	30		1		1		43		
Iron, Fe.....mg	1.47		1		1		2.09		
Magnesium, Mg.....mg	13		1		1		18		
Phosphorus, P.....mg	20		1		1		28		
Potassium, K.....mg	170		1		1		241		
Sodium, Na.....mg	308		1		1		437		
Zinc, Zn.....mg	0.19		1		1		0.27		
Copper, Cu.....mg	0.096		1		1		0.136		
Manganese, Mn.....mg	0.151		0	BFZN	4		0.214		
Selenium, Se.....mcg	0.6		0	CAZN	4		0.9		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	14.7		1		1		20.9		
Thiamin.....mg	0.020		1		1		0.028		
Riboflavin.....mg	0.020		1		1		0.028		
Niacin.....mg	0.140		1		1		0.199		
Pantothenic acid.....mg	0.093		0	BFZN	4		0.132		
Vitamin B-6.....mg	0.090		1		1		0.128		
Folate, total.....mcg	24		1		1		34		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	24		1		1		34		
Folate, DFE.....mcg_DFE	24		0	NC	4		34		
Choline, total.....mg	10.4		0	BFZN	4		14.8		
Betaine.....mg	0.5		0	BFZN	4		0.7		
Vitamin B-12.....mcg	0.00		0		7		0.00		
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....mcg_RAE	1		0	NC	4		1		
Retinol.....mcg	0		0	Z	7		0		
Carotene, beta.....mcg	8		0	BFZN	4		12		
Carotene, alpha.....mcg	5		0	BFZN	4		7		
Cryptoxanthin, beta.....mcg	0		0	BFZN	4		0		
Vitamin A, IU.....IU	18		0	NC	4		26		
Lycopene.....mcg	0		0	BFZN	4		0		
Lutein + zeaxanthin.....mcg	295		0	BFZN	4		419		
Vitamin E (alpha-tocopherol).....mg	0.14		0	BFZN	4		0.20		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	13.0		0	BFZN	4		18.5		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.026		0	NC	4		0.037		
4:0.....g	0.000		1		1		0.000		
6:0.....g	0.000		1		1		0.000		
8:0.....g	0.001		1		1		0.001		
10:0.....g	0.001		1		1		0.001		

NDB No. 43350  
 Sauerkraut, canned, low sodium

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.001		1		1		0.001		
13:0.....g									
14:0.....g	0.000		1		1		0.000		
15:0.....g									
16:0.....g	0.021		1		1		0.030		
17:0.....g									
18:0.....g	0.002		1		1		0.003		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.010		0	NC	4		0.014		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		1		1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.010		1		1		0.014		
20:1.....g	0.000		1		1		0.000		
22:1 undifferentiated.....g	0.000		1		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.051		0	NC	4		0.072		
18:2 undifferentiated.....g	0.026		1		1		0.037		
18:3 undifferentiated.....g	0.025		1		1		0.036		
18:4.....g	0.000		1		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		1		1		0.000		
20:5 n-3.....g	0.000		1		1		0.000		
22:5 n-3.....g	0.000		1		1		0.000		
22:6 n-3.....g	0.000		1		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		7		0		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

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

**Common Measures:**

Measure 1 = 142g: 1 cup

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11439

Sauerkraut, canned, solids and liquids

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	92.52	0.104	144		1		131.38	218.35	
Energy.....kcal	19		0	NC	4		27	44	
Energy.....kj	78		0	NC	4		111	184	
Protein (N x 6.25).....g	0.91	0.019	154		1		1.29	2.15	
Total lipid (fat).....g	0.14	0.003	146		1		0.20	0.33	
Ash.....g	2.15	0.025	173		1		3.05	5.07	
Carbohydrate, by difference.....g	4.28		0	NC	4		6.08	10.10	
Fiber, total dietary.....g	2.9		2		1		4.0	6.7	
Sugars, total.....g	1.78		0	O	4		2.53	4.20	
Sucrose.....g									
Glucose (dextrose).....g	0.14		1		1		0.20	0.33	
Fructose.....g	0.04		1		1		0.06	0.09	
Lactose.....g									
Maltose.....g									
Galactose.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	30	0.547	180		1		43	71	
Iron, Fe.....mg	1.47	0.093	173		1		2.09	3.47	
Magnesium, Mg.....mg	13	0.426	138		1		18	31	
Phosphorus, P.....mg	20	0.545	142		1		28	47	
Potassium, K.....mg	170	3.913	136		1		241	401	
Sodium, Na.....mg	661	8.530	167		1		939	1560	
Zinc, Zn.....mg	0.19	0.010	17		1		0.27	0.45	
Copper, Cu.....mg	0.096	0.013	17		1		0.136	0.227	
Manganese, Mn.....mg	0.151		0		4		0.214	0.356	
Selenium, Se.....mcg	0.6		0	CAZN	4		0.9	1.4	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	14.7	0.883	184		1		20.9	34.7	
Thiamin.....mg	0.021	0.000	124		1		0.030	0.050	
Riboflavin.....mg	0.022	0.001	151		1		0.031	0.052	
Niacin.....mg	0.143	0.006	152		1		0.203	0.337	
Pantothenic acid.....mg	0.093		0		1		0.132	0.219	
Vitamin B-6.....mg	0.130		0		1		0.185	0.307	
Folate, total.....mcg	24		0		4		34	56	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	24		0		4		34	56	
Folate, DFE.....mcg_DFE	24		0	NC	4		34	56	
Choline, total.....mg	10.4		0	AS	1		14.8	24.5	
Betaine.....mg	0.5		2	A	1		0.7	1.1	
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	1		0	NC	4		1	2	
Retinol.....mcg	0		0	Z	7		0	0	
Carotene, beta.....mcg	8		0	O	4		12	20	
Carotene, alpha.....mcg	5		0	O	4		7	11	
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0	0	
Vitamin A, IU.....IU	18		0	NC	4		26	42	
Lycopene.....mcg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin.....mcg	295		0	BFSN	4		419	697	
Vitamin E (alpha-tocopherol).....mg	0.14		0	BFSN	4		0.20	0.34	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	13.0		1		1		18.5	30.7	

Sauerkraut, canned, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Deriv		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Points	Code					
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.034		0	NC	4		0.049	0.081	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.001		1		1		0.002	0.003	
10:0.....g	0.001		1		1		0.002	0.003	
12:0.....g	0.001		1		1		0.002	0.003	
13:0.....g									
14:0.....g	0.000		1		1		0.000	0.000	
15:0.....g									
16:0.....g	0.028		1		1		0.039	0.065	
17:0.....g									
18:0.....g	0.003		1		1		0.004	0.006	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.013		0	NC	4		0.019	0.031	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		1		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.013		1		1		0.019	0.031	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.067		0	NC	4		0.096	0.159	
18:2 undifferentiated.....g	0.034		1		1		0.049	0.081	
18:3 undifferentiated.....g	0.033		1		1		0.047	0.078	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		1		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.008		0	NR	4		0.011	0.018	
Threonine.....g	0.025		0	NR	4		0.035	0.059	
Isoleucine.....g	0.021		0	NR	4		0.030	0.051	
Leucine.....g	0.029		0	NR	4		0.042	0.069	
Lysine.....g	0.031		0	NR	4		0.044	0.073	
Methionine.....g	0.009		0	NR	4		0.012	0.020	
Cystine.....g	0.008		0	NR	4		0.011	0.018	
Phenylalanine.....g	0.023		0	NR	4		0.032	0.053	
Tyrosine.....g	0.014		0	NR	4		0.019	0.032	
Valine.....g	0.030		0	NR	4		0.043	0.071	
Arginine.....g	0.053		0	NR	4		0.075	0.125	
Histidine.....g	0.016		0	NR	4		0.022	0.037	
Alanine.....g	0.030		0	NR	4		0.043	0.071	
Aspartic acid.....g	0.087		0	NR	4		0.123	0.204	
Glutamic acid.....g	0.209		0	NR	4		0.296	0.493	
Glycine.....g	0.021		0	NR	4		0.030	0.051	
Proline.....g	0.034		0	NR	4		0.048	0.080	
Serine.....g	0.037		0	NR	4		0.053	0.088	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

NDB No. 11439

Sauerkraut, canned, solids and liquids

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

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

**Common Measures:**

Measure 1 = 142g: 1 cup

Measure 2 = 236g: 1 cup, undrained

**Calories Factors: Protein** 2.44

**Fat** 8.37

**Carbohydrate**3.57

**Food Group:** 11 Vegetables and Vegetable Products  
USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 11663**  
**Seaweed, agar, dried**

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	8.68		2						1
Energy.....kcal	306		0	NC					4
Energy.....kj	1282		0	NC					4
Protein (N x 6.25).....g	6.21		2						1
Total lipid (fat).....g	0.30		0						1
Ash.....g	3.93		2						1
Carbohydrate, by difference.....g	80.88		0	NC					4
Fiber, total dietary.....g	7.7		0						4
Sugars, total.....g	2.97		0	BFSN					4
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	625		2						1
Iron, Fe.....mg	21.40		2						1
Magnesium, Mg.....mg	770		0						1
Phosphorus, P.....mg	52		2						1
Potassium, K.....mg	1125		0						1
Sodium, Na.....mg	102	71.614	3						1
Zinc, Zn.....mg	5.80		0						4
Copper, Cu.....mg	0.610		0						4
Manganese, Mn.....mg	4.300		0						1
Selenium, Se.....mcg	7.4		0	BFSN					4
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0						1
Thiamin.....mg	0.010		0						1
Riboflavin.....mg	0.222		0						1
Niacin.....mg	0.202		0						1
Pantothenic acid.....mg	3.018		0						4
Vitamin B-6.....mg	0.303		0						4
Folate, total.....mcg	580		0						4
Folic acid.....mcg	0		0	Z					7
Folate, food.....mcg	580		0						4
Folate, DFE.....mcg_DFE	580		0	NC					4
Choline, total.....mg	63.3		0	BFSN					4
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z					7
Vitamin B-12, added.....mcg	0.00		0	Z					7
Vitamin A, RAE.....mcg_RAE	0		0	AS					1
Retinol.....mcg	0		0	Z					7
Carotene, beta.....mcg	0		0	Z					7
Carotene, alpha.....mcg	0		0	Z					7
Cryptoxanthin, beta.....mcg	0		0	Z					7
Vitamin A, IU.....IU	0		0	AS					1
Lycopene.....mcg	0		0	Z					7
Lutein + zeaxanthin.....mcg	0		0	Z					7
Vitamin E (alpha-tocopherol).....mg	5.00		0	O					4
Vitamin E, added.....mg	0.00		0	Z					7
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	24.4		0	BFSN					4
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.061		0						1
4:0.....g	0.000		0						1
6:0.....g	0.000		0						1
8:0.....g	0.000		0						1
10:0.....g	0.000		0						1

NDB No. 11663  
Seaweed, agar, dried

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0			1			
13:0.....g									
14:0.....g	0.003		0			1			
15:0.....g									
16:0.....g	0.055		0			1			
17:0.....g									
18:0.....g	0.003		0			1			
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.027		0			1			
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.009		0			1			
17:1.....g									
18:1 undifferentiated.....g	0.009		0			1			
20:1.....g	0.009		0			1			
22:1 undifferentiated.....g	0.000		0			1			
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.102		0			1			
18:2 undifferentiated.....g	0.004		0			1			
18:3 undifferentiated.....g	0.001		0			1			
18:4.....g	0.000		0			1			
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.010		0			1			
20:5 n-3.....g	0.087		0			1			
22:5 n-3.....g	0.000		0			1			
22:6 n-3.....g	0.000		0			1			
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z		7			
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0			7			
Caffeine.....mg	0		0	Z		7			
Theobromine.....mg	0		0	Z		7			

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

**Common Measures:**

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group: 11 Vegetables and Vegetable Products**

USDA National Nutrient Database for Standard Reference, Release 21 (2008)



NDB No. 11442  
 Seaweed, agar, raw  
*Eucheuma spp.*

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	91.32		2		1		9.13		
Energy.....kcal	26		0	NC	4		3		
Energy.....kj	109		0		4		11		
Protein (N x 6.25).....g	0.54	0.196	3		1		0.05		
Total lipid (fat).....g	0.03		0		1		0.00		
Ash.....g	1.36	0.831	3		1		0.14		
Carbohydrate, by difference.....g	6.75		0	NC	4		0.68		
Fiber, total dietary.....g	0.5		0		4		0.1		
Sugars, total.....g	0.28		0	BFSN	4		0.03		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	54		2		1		5		
Iron, Fe.....mg	1.86		2		1		0.19		
Magnesium, Mg.....mg	67		0		1		7		
Phosphorus, P.....mg	5		2		1		1		
Potassium, K.....mg	226		2		1		23		
Sodium, Na.....mg	9	6.218	3		1		1		
Zinc, Zn.....mg	0.58		0		4		0.06		
Copper, Cu.....mg	0.061		0		4		0.006		
Manganese, Mn.....mg	0.373		0		1		0.037		
Selenium, Se.....mcg	0.7		0	CAZN	4		0.1		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0		
Thiamin.....mg	0.005		0		1		0.001		
Riboflavin.....mg	0.022		0		1		0.002		
Niacin.....mg	0.055		0		1		0.006		
Pantothenic acid.....mg	0.302		0		4		0.030		
Vitamin B-6.....mg	0.032		0		4		0.003		
Folate, total.....mcg	85		0		4		8		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	85		0		4		8		
Folate, DFE.....mcg_DFE	85		0	NC	4		8		
Choline, total.....mg	6.0		0	BFSN	4		0.6		
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00		
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....mcg_RAE	0		0	AS	1		0		
Retinol.....mcg	0		0	Z	7		0		
Carotene, beta.....mcg	0		0	Z	7		0		
Carotene, alpha.....mcg	0		0	Z	7		0		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0		
Vitamin A, IU.....IU	0		0	AS	1		0		
Lycopene.....mcg	0		0	Z	7		0		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol).....mg	0.87		0	O	4		0.09		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	2.3		0	BFSN	4		0.2		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.006		0		1		0.001		
4:0.....g	0.000		0		1		0.000		
6:0.....g	0.000		0		1		0.000		
8:0.....g	0.000		0		1		0.000		
10:0.....g	0.000		0		1		0.000		

NDB No. 11442  
Seaweed, agar, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0		1		0.000		
13:0.....g									
14:0.....g	0.000		0		1		0.000		
15:0.....g									
16:0.....g	0.005		0		1		0.001		
17:0.....g									
18:0.....g	0.000		0		1		0.000		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.003		0		1		0.000		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.001		0		1		0.000		
20:1.....g	0.001		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.010		0		1		0.001		
18:2 undifferentiated.....g	0.000		0		1		0.000		
18:3 undifferentiated.....g	0.000		0		1		0.000		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.001		0		1		0.000		
20:5 n-3.....g	0.008		0		1		0.001		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

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

**Common Measures:**

Measure 1 = 10.0g: 2 tbsp (1/8 cup)

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group: 11 Vegetables and Vegetable Products**

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11444  
 Seaweed, irishmoss, raw  
*Chondrus crispus*

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	81.34	4.123	5		1		8.13		
Energy.....kcal	49		0	NC	4		5		
Energy.....kj	205		0		4		21		
Protein (N x 6.25).....g	1.51	0.260	4		1		0.15		
Total lipid (fat).....g	0.16		2		1		0.02		
Ash.....g	4.70	0.143	6		1		0.47		
Carbohydrate, by difference.....g	12.29		0	NC	4		1.23		
Fiber, total dietary.....g	1.3		0		4		0.1		
Sugars, total.....g	0.61		0	BFSN	4		0.06		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	72		2		1		7		
Iron, Fe.....mg	8.90		0		1		0.89		
Magnesium, Mg.....mg	144		0		4		14		
Phosphorus, P.....mg	157		0		1		16		
Potassium, K.....mg	63		0		1		6		
Sodium, Na.....mg	67		0		1		7		
Zinc, Zn.....mg	1.95		2		1		0.20		
Copper, Cu.....mg	0.149		0		1		0.015		
Manganese, Mn.....mg	0.370		0		1		0.037		
Selenium, Se.....mcg	0.7		0	CAZN	4		0.1		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	3.0		0		4		0.3		
Thiamin.....mg	0.015		0		1		0.002		
Riboflavin.....mg	0.466		0		1		0.047		
Niacin.....mg	0.593		0		1		0.059		
Pantothenic acid.....mg	0.176		0		1		0.018		
Vitamin B-6.....mg	0.069		0		4		0.007		
Folate, total.....mcg	182		0		4		18		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	182		0		4		18		
Folate, DFE.....mcg_DFE	182		0	NC	4		18		
Choline, total.....mg	12.9		0	BFSN	4		1.3		
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00		
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....mcg_RAE	6		0	NC	4		1		
Retinol.....mcg	0		0	Z	7		0		
Carotene, beta.....mcg	71		0	O	4		7		
Carotene, alpha.....mcg	0		0	Z	7		0		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0		
Vitamin A, IU.....IU	118		0	NC	4		12		
Lycopene.....mcg	0		0	Z	7		0		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol).....mg	0.87		0	O	4		0.09		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	5.0		0	BFSN	4		0.5		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.033		0		1		0.003		
4:0.....g	0.000		0		1		0.000		
6:0.....g	0.000		0		1		0.000		
8:0.....g	0.000		0		1		0.000		
10:0.....g	0.000		0		1		0.000		

NDB No. 11444  
 Seaweed, irishmoss, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0		1		0.000		
13:0.....g									
14:0.....g	0.002		0		1		0.000		
15:0.....g									
16:0.....g	0.029		0		1		0.003		
17:0.....g									
18:0.....g	0.001		0		1		0.000		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.015		0		1		0.002		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.005		0		1		0.001		
17:1.....g									
18:1 undifferentiated.....g	0.005		0		1		0.001		
20:1.....g	0.005		0		1		0.001		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.055		0		1		0.006		
18:2 undifferentiated.....g	0.002		0		1		0.000		
18:3 undifferentiated.....g	0.001		0		1		0.000		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.005		0		1		0.001		
20:5 n-3.....g	0.046		0		1		0.005		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

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

**Common Measures:**

Measure 1 = 10.0g: 2 tbsp (1/8 cup)

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group: 11 Vegetables and Vegetable Products**

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11445  
 Seaweed, kelp, raw  
*Laminaria spp.*

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	81.58	1.750	8		1		8.16		
Energy.....kcal	43		0	NC	4		4		
Energy.....kj	180		0		4		18		
Protein (N x 6.25).....g	1.68	0.185	3		1		0.17		
Total lipid (fat).....g	0.56		2		1		0.06		
Ash.....g	6.61	0.620	9		1		0.66		
Carbohydrate, by difference.....g	9.57		0	NC	4		0.96		
Fiber, total dietary.....g	1.3		0		4		0.1		
Sugars, total.....g	0.60		0	T	4		0.06		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	168	20.086	6		1		17		
Iron, Fe.....mg	2.85	1.350	6		1		0.29		
Magnesium, Mg.....mg	121	6.813	3		1		12		
Phosphorus, P.....mg	42		0		1		4		
Potassium, K.....mg	89		0		1		9		
Sodium, Na.....mg	233	149.706	3		1		23		
Zinc, Zn.....mg	1.23	0.174	5		1		0.12		
Copper, Cu.....mg	0.130	0.028	8		1		0.013		
Manganese, Mn.....mg	0.200	0.000	5		1		0.020		
Selenium, Se.....mcg	0.7		0	CAZN	4		0.1		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	3.0		0		4		0.3		
Thiamin.....mg	0.050		2		1		0.005		
Riboflavin.....mg	0.150		2		1		0.015		
Niacin.....mg	0.470		2		1		0.047		
Pantothenic acid.....mg	0.642		0		4		0.064		
Vitamin B-6.....mg	0.002		0		4		0.000		
Folate, total.....mcg	180		0		1		18		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	180		0		1		18		
Folate, DFE.....mcg_DFE	180		0	NC	4		18		
Choline, total.....mg	12.8		0	CAZN	4		1.3		
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00		
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....mcg_RAE	6		0	NC	4		1		
Retinol.....mcg	0		0	Z	7		0		
Carotene, beta.....mcg	70		0	O	4		7		
Carotene, alpha.....mcg	0		0	Z	7		0		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0		
Vitamin A, IU.....IU	116		0	NC	4		12		
Lycopene.....mcg	0		0	Z	7		0		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol).....mg	0.87		0	O	4		0.09		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	66.0		0	T	4		6.6		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.247		0		1		0.025		
4:0.....g	0.000		0		1		0.000		
6:0.....g	0.000		0		1		0.000		
8:0.....g	0.000		0		1		0.000		
10:0.....g	0.000		0		1		0.000		

NDB No. 11445  
Seaweed, kelp, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0		1		0.000		
13:0.....g									
14:0.....g	0.031		0		1		0.003		
15:0.....g									
16:0.....g	0.110		0		1		0.011		
17:0.....g									
18:0.....g	0.086		0		1		0.009		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.098		0		1		0.010		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.004		0		1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.086		0		1		0.009		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.047		0		1		0.005		
18:2 undifferentiated.....g	0.020		0		1		0.002		
18:3 undifferentiated.....g	0.004		0		1		0.000		
18:4.....g	0.004		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.012		0		1		0.001		
20:5 n-3.....g	0.004		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.048		2		1		0.005		
Threonine.....g	0.055		2		1		0.006		
Isoleucine.....g	0.076		2		1		0.008		
Leucine.....g	0.083		2		1		0.008		
Lysine.....g	0.082		2		1		0.008		
Methionine.....g	0.025		1		1		0.003		
Cystine.....g	0.098		1		1		0.010		
Phenylalanine.....g	0.043		2		1		0.004		
Tyrosine.....g	0.026		1		1		0.003		
Valine.....g	0.072		2		1		0.007		
Arginine.....g	0.065		1		1		0.007		
Histidine.....g	0.024		1		1		0.002		
Alanine.....g	0.122		1		1		0.012		
Aspartic acid.....g	0.125		1		1		0.013		
Glutamic acid.....g	0.268		1		1		0.027		
Glycine.....g	0.100		1		1		0.010		
Proline.....g	0.073		1		1		0.007		
Serine.....g	0.098		1		1		0.010		
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

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

**Common Measures:**

**NDB No. 11445**  
**Seaweed, kelp, raw**

Measure 1 = 10.0g: 2 tbsp (1/8 cup)

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11446  
 Seaweed, laver, raw  
*Porphyra laciniata*

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	85.03	2.302	7		1		22.11	8.50	
Energy.....kcal	35		0	NC	4		9	4	
Energy.....kj	146		0		4		38	15	
Protein (N x 6.25).....g	5.81		0		1		1.51	0.58	
Total lipid (fat).....g	0.28		0		1		0.07	0.03	
Ash.....g	3.77	1.485	5		1		0.98	0.38	
Carbohydrate, by difference.....g	5.11		0	NC	4		1.33	0.51	
Fiber, total dietary.....g	0.3		0		4		0.1	0.0	
Sugars, total.....g	0.49		0	BFSN	4		0.13	0.05	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	70	13.288	3		1		18	7	
Iron, Fe.....mg	1.80		0		1		0.47	0.18	
Magnesium, Mg.....mg	2		0		1		1	0	
Phosphorus, P.....mg	58		2		1		15	6	
Potassium, K.....mg	356		2		1		93	36	
Sodium, Na.....mg	48	18.290	3		1		12	5	
Zinc, Zn.....mg	1.05		0		1		0.27	0.11	
Copper, Cu.....mg	0.264	0.162	4		1		0.069	0.026	
Manganese, Mn.....mg	0.988		0		1		0.257	0.099	
Selenium, Se.....mcg	0.7		0	CAZN	4		0.2	0.1	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	39.0		2		1		10.1	3.9	
Thiamin.....mg	0.098		2		1		0.025	0.010	
Riboflavin.....mg	0.446	0.070	4		1		0.116	0.045	
Niacin.....mg	1.470		0		1		0.382	0.147	
Pantothenic acid.....mg	0.521		0		4		0.135	0.052	
Vitamin B-6.....mg	0.159		0		1		0.041	0.016	
Folate, total.....mcg	146		0		4		38	15	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	146		0		4		38	15	
Folate, DFE.....mcg_DFE	146		0	NC	4		38	15	
Choline, total.....mg	10.4		0	BFSN	4		2.7	1.0	
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	260		0	NC	4		68	26	
Retinol.....mcg	0		0	Z	7		0	0	
Carotene, beta.....mcg	3121		0	O	4		812	312	
Carotene, alpha.....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0	0	
Vitamin A, IU.....IU	5202		0	NC	4		1353	520	
Lycopene.....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg	1.00		0	O	4		0.26	0.10	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	4.0		0	T	4		1.0	0.4	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.061		0		1		0.016	0.006	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.000		0		1		0.000	0.000	



NDB No. 11446  
Seaweed, laver, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0		1		0.000	0.000	
13:0.....g									
14:0.....g	0.003		0		1		0.001	0.000	
15:0.....g									
16:0.....g	0.050		0		1		0.013	0.005	
17:0.....g									
18:0.....g	0.003		0		1		0.001	0.000	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.025		0		1		0.007	0.003	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.008		0		1		0.002	0.001	
17:1.....g									
18:1 undifferentiated.....g	0.008		0		1		0.002	0.001	
20:1.....g	0.009		0		1		0.002	0.001	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.110		0		1		0.029	0.011	
18:2 undifferentiated.....g	0.004		0		1		0.001	0.000	
18:3 undifferentiated.....g	0.001		0		1		0.000	0.000	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.009		0		1		0.002	0.001	
20:5 n-3.....g	0.080		0		1		0.021	0.008	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.043		2		1		0.011	0.004	
Threonine.....g	0.232		2		1		0.060	0.023	
Isoleucine.....g	0.259		2		1		0.067	0.026	
Leucine.....g	0.501		2		1		0.130	0.050	
Lysine.....g	0.222		3		1		0.058	0.022	
Methionine.....g	0.145		2		1		0.038	0.015	
Cystine.....g	0.100		2		1		0.026	0.010	
Phenylalanine.....g	0.273		2		1		0.071	0.027	
Tyrosine.....g	0.254		2		1		0.066	0.025	
Valine.....g	0.402		2		1		0.105	0.040	
Arginine.....g	0.285		2		1		0.074	0.029	
Histidine.....g	0.140		2		1		0.036	0.014	
Alanine.....g	0.651		2		1		0.169	0.065	
Aspartic acid.....g	0.567		2		1		0.147	0.057	
Glutamic acid.....g	0.547		2		1		0.142	0.055	
Glycine.....g	0.363		2		1		0.094	0.036	
Proline.....g	0.251		2		1		0.065	0.025	
Serine.....g	0.299		2		1		0.078	0.030	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

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

**Common Measures:**

**NDB No. 11446**

**Seaweed, laver, raw**

Measure 1 = 26g: 10 sheets

Measure 2 = 10.0g: 2 tbsp (1/8 cup)

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 11667**  
**Seaweed, spirulina, dried**

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	4.68		2		1		5.24	0.33	
Energy.....kcal	290		0	NC	4		325	20	
Energy.....kj	1213		0		4		1359	85	
Protein (N x 6.25).....g	57.47		2		1		64.37	4.02	
Total lipid (fat).....g	7.72		2		1		8.65	0.54	
Ash.....g	6.23		2		1		6.98	0.44	
Carbohydrate, by difference.....g	23.90		0	NC	4		26.77	1.67	
Fiber, total dietary.....g	3.6		0		4		4.0	0.3	
Sugars, total.....g	3.10		0	BFSN	4		3.48	0.22	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	120		0		4		134	8	
Iron, Fe.....mg	28.50		2		1		31.92	2.00	
Magnesium, Mg.....mg	195		2		1		218	14	
Phosphorus, P.....mg	118		0		1		132	8	
Potassium, K.....mg	1363		0		1		1527	95	
Sodium, Na.....mg	1048		0		1		1174	73	
Zinc, Zn.....mg	2.00		0		4		2.24	0.14	
Copper, Cu.....mg	6.100		0		4		6.832	0.427	
Manganese, Mn.....mg	1.900		0		4		2.128	0.133	
Selenium, Se.....mcg	7.2		0	BFSN	4		8.1	0.5	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	10.1		0		1		11.3	0.7	
Thiamin.....mg	2.380		0		1		2.666	0.167	
Riboflavin.....mg	3.670		0		1		4.110	0.257	
Niacin.....mg	12.820		0		1		14.358	0.897	
Pantothenic acid.....mg	3.480		0		1		3.898	0.244	
Vitamin B-6.....mg	0.364		0		1		0.408	0.025	
Folate, total.....mcg	94		0		4		105	7	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	94		0		4		105	7	
Folate, DFE.....mcg_DFE	94		0	NC	4		105	7	
Choline, total.....mg	66.0		0	BFSN	4		74.0	4.6	
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	29		0	NC	4		32	2	
Retinol.....mcg	0		0	Z	7		0	0	
Carotene, beta.....mcg	342		0	O	4		383	24	
Carotene, alpha.....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0	0	
Vitamin A, IU.....IU	570		0	NC	4		638	40	
Lycopene.....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg	5.00		0	O	4		5.60	0.35	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	25.5		0	BFSN	4		28.5	1.8	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	2.650		0		1		2.968	0.186	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.000		0		1		0.000	0.000	

**NDB No. 11667**  
**Seaweed, spirulina, dried**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0		1		0.000	0.000	
13:0.....g									
14:0.....g	0.075		0		1		0.084	0.005	
15:0.....g									
16:0.....g	2.496		0		1		2.796	0.175	
17:0.....g									
18:0.....g	0.077		0		1		0.086	0.005	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.675		0		1		0.756	0.047	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.328		0		1		0.367	0.023	
17:1.....g									
18:1 undifferentiated.....g	0.347		0		1		0.389	0.024	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.080		0		1		2.330	0.146	
18:2 undifferentiated.....g	1.254		0		1		1.404	0.088	
18:3 undifferentiated.....g	0.823		0		1		0.922	0.058	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.929		0		1		1.040	0.065	
Threonine.....g	2.970		0		1		3.326	0.208	
Isoleucine.....g	3.209		0		1		3.594	0.225	
Leucine.....g	4.947		0		1		5.541	0.346	
Lysine.....g	3.025		0		1		3.388	0.212	
Methionine.....g	1.149		0		1		1.287	0.080	
Cystine.....g	0.662		0		1		0.741	0.046	
Phenylalanine.....g	2.777		0		1		3.110	0.194	
Tyrosine.....g	2.584		0		1		2.894	0.181	
Valine.....g	3.512		0		1		3.933	0.246	
Arginine.....g	4.147		0		1		4.645	0.290	
Histidine.....g	1.085		0		1		1.215	0.076	
Alanine.....g	4.515		0		1		5.057	0.316	
Aspartic acid.....g	5.793		0		1		6.488	0.406	
Glutamic acid.....g	8.386		0		1		9.392	0.587	
Glycine.....g	3.099		0		1		3.471	0.217	
Proline.....g	2.382		0		1		2.668	0.167	
Serine.....g	2.998		0		1		3.358	0.210	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

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

**Common Measures:**

**NDB No. 11667**

**Seaweed, spirulina, dried**

Measure 1 = 112g: 1 cup

Measure 2 = 7.0g: 1 tablespoon

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)



NDB No. 11666  
 Seaweed, spirulina, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.004		0			1			
15:0.....g									
16:0.....g	0.127		0			1			
17:0.....g									
18:0.....g	0.004		0			1			
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.034		0			1			
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.017		0			1			
17:1.....g									
18:1 undifferentiated.....g	0.018		0			1			
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.106		0			1			
18:2 undifferentiated.....g	0.064		0			1			
18:3 undifferentiated.....g	0.042		0			1			
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z		7			
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.096		8			1			
Threonine.....g	0.306		9			1			
Isoleucine.....g	0.331		9			1			
Leucine.....g	0.509		9			1			
Lysine.....g	0.312		9			1			
Methionine.....g	0.118		9			1			
Cystine.....g	0.068		7			1			
Phenylalanine.....g	0.286		9			1			
Tyrosine.....g	0.266		9			1			
Valine.....g	0.362		8			1			
Arginine.....g	0.427		8			1			
Histidine.....g	0.112		8			1			
Alanine.....g	0.465		8			1			
Aspartic acid.....g	0.597		8			1			
Glutamic acid.....g	0.864		8			1			
Glycine.....g	0.319		8			1			
Proline.....g	0.245		8			1			
Serine.....g	0.309		8			1			
Hydroxyproline.....g									

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

**Common Measures:**

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11669  
 Seaweed, wakame, raw  
 Undaria spp.

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	79.99	2.635	4		1		8.00		
Energy.....kcal	45		0	NC	4		5		
Energy.....kj	188		0		4		19		
Protein (N x 6.25).....g	3.03	0.202	3		1		0.30		
Total lipid (fat).....g	0.64		0		1		0.06		
Ash.....g	7.20	0.925	4		1		0.72		
Carbohydrate, by difference.....g	9.14		0	NC	4		0.91		
Fiber, total dietary.....g	0.5		0		4		0.1		
Sugars, total.....g	0.65		0	BFSN	4		0.07		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	150		2		1		15		
Iron, Fe.....mg	2.18		2		1		0.22		
Magnesium, Mg.....mg	107		0		1		11		
Phosphorus, P.....mg	80		0		1		8		
Potassium, K.....mg	50		0		1		5		
Sodium, Na.....mg	872		2		1		87		
Zinc, Zn.....mg	0.38		0		1		0.04		
Copper, Cu.....mg	0.284	0.170	4		1		0.028		
Manganese, Mn.....mg	1.400		0		1		0.140		
Selenium, Se.....mcg	0.7		0	CAZN	4		0.1		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	3.0		0		1		0.3		
Thiamin.....mg	0.060		0		1		0.006		
Riboflavin.....mg	0.230		0		1		0.023		
Niacin.....mg	1.600		0		1		0.160		
Pantothenic acid.....mg	0.697		0		4		0.070		
Vitamin B-6.....mg	0.002		0		4		0.000		
Folate, total.....mcg	196		0		4		20		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	196		0		4		20		
Folate, DFE.....mcg_DFE	196		0	NC	4		20		
Choline, total.....mg	13.9		0	BFSN	4		1.4		
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00		
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....mcg_RAE	18		0	NC	4		2		
Retinol.....mcg	0		0	Z	7		0		
Carotene, beta.....mcg	216		0	O	4		22		
Carotene, alpha.....mcg	0		0	Z	7		0		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0		
Vitamin A, IU.....IU	360		0	NC	4		36		
Lycopene.....mcg	0		0	Z	7		0		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol).....mg	1.00		0	O	4		0.10		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	5.3		0	BFSN	4		0.5		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.130		0		1		0.013		
4:0.....g	0.000		0		1		0.000		
6:0.....g	0.000		0		1		0.000		
8:0.....g	0.000		0		1		0.000		
10:0.....g	0.000		0		1		0.000		



NDB No. 11669  
Seaweed, wakame, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0		1		0.000		
13:0.....g									
14:0.....g	0.007		0		1		0.001		
15:0.....g									
16:0.....g	0.117		0		1		0.012		
17:0.....g									
18:0.....g	0.006		0		1		0.001		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.058		0		1		0.006		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.019		0		1		0.002		
17:1.....g									
18:1 undifferentiated.....g	0.020		0		1		0.002		
20:1.....g	0.020		0		1		0.002		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.218		0		1		0.022		
18:2 undifferentiated.....g	0.010		0		1		0.001		
18:3 undifferentiated.....g	0.002		0		1		0.000		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.021		0		1		0.002		
20:5 n-3.....g	0.186		0		1		0.019		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.035		1		1		0.004		
Threonine.....g	0.165		1		1		0.017		
Isoleucine.....g	0.087		1		1		0.009		
Leucine.....g	0.257		1		1		0.026		
Lysine.....g	0.112		1		1		0.011		
Methionine.....g	0.063		1		1		0.006		
Cystine.....g	0.028		1		1		0.003		
Phenylalanine.....g	0.112		1		1		0.011		
Tyrosine.....g	0.049		1		1		0.005		
Valine.....g	0.209		1		1		0.021		
Arginine.....g	0.092		1		1		0.009		
Histidine.....g	0.015		1		1		0.002		
Alanine.....g	0.136		1		1		0.014		
Aspartic acid.....g	0.179		1		1		0.018		
Glutamic acid.....g	0.199		1		1		0.020		
Glycine.....g	0.112		1		1		0.011		
Proline.....g	0.092		1		1		0.009		
Serine.....g	0.078		1		1		0.008		
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

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

**Common Measures:**

**NDB No. 11669**

**Seaweed, wakame, raw**

Measure 1 = 10.0g: 2 tbsp (1/8 cup)

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11922

Sesbania flower, cooked, steamed, with salt

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	93.30		1		1		97.03		
Energy.....kcal	21		0	NC	4		22		
Energy.....kj	90		0	NC	4		93		
Protein (N x 6.25).....g	1.14		1		1		1.19		
Total lipid (fat).....g	0.05		1		1		0.05		
Ash.....g	0.41		0	O	4		0.43		
Carbohydrate, by difference.....g	5.10		0	NC	4		5.30		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	22		1		1		23		
Iron, Fe.....mg	0.56		1		1		0.58		
Magnesium, Mg.....mg	12		1		1		12		
Phosphorus, P.....mg	21		1		1		22		
Potassium, K.....mg	107		1		1		111		
Sodium, Na.....mg	247		0		4		257		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg	0.7		0	BFSN	4		0.7		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	37.0		0		1		38.5		
Thiamin.....mg	0.048		0		1		0.050		
Riboflavin.....mg	0.043		0		1		0.045		
Niacin.....mg	0.250		0		1		0.260		
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg	57		0		4		59		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	57		0		4		59		
Folate, DFE.....mcg_DFE	57		0	NC	4		59		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....mcg_RAE	0		0	AS	1		0		
Retinol.....mcg	0		0	Z	7		0		
Carotene, beta.....mcg									
Carotene, alpha.....mcg									
Cryptoxanthin, beta.....mcg									
Vitamin A, IU.....IU	0		0	AS	1		0		
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g									
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									

NDB No. 11922

Sesbania flower, cooked, steamed, with salt

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3	
			of Data Points	Deriv Code				Source Code
Tryptophan.....g	0.017		0		1	0.018		
Threonine.....g	0.051		0		1	0.053		
Isoleucine.....g	0.061		0		1	0.063		
Leucine.....g	0.095		0		1	0.099		
Lysine.....g	0.057		0		1	0.059		
Methionine.....g	0.014		0		1	0.015		
Cystine.....g	0.011		0		1	0.011		
Phenylalanine.....g	0.062		0		1	0.064		
Tyrosine.....g								
Valine.....g	0.069		0		1	0.072		
Arginine.....g	0.062		0		1	0.064		
Histidine.....g	0.023		0		1	0.024		
Alanine.....g								
Aspartic acid.....g								
Glutamic acid.....g								
Glycine.....g								
Proline.....g								
Serine.....g								
Hydroxyproline.....g								

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

**Common Measures:**

Measure 1 = 104g: 1 cup

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group: 11 Vegetables and Vegetable Products**

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11448

Sesbania flower, cooked, steamed, without salt

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	93.30		1		1		97.03		
Energy.....kcal	22		0	NC	4		23		
Energy.....kj	92				4		96		
Protein (N x 6.25).....g	1.14		1		1		1.19		
Total lipid (fat).....g	0.05		1		1		0.05		
Ash.....g	0.28		1		1		0.29		
Carbohydrate, by difference.....g	5.23		0	NC	4		5.44		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	22		1		1		23		
Iron, Fe.....mg	0.56		1		1		0.58		
Magnesium, Mg.....mg	12		1		1		12		
Phosphorus, P.....mg	21		1		1		22		
Potassium, K.....mg	107		1		1		111		
Sodium, Na.....mg	11		1		1		11		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg	0.7		0	BFSN	4		0.7		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	37.0		0		1		38.5		
Thiamin.....mg	0.048		0		1		0.050		
Riboflavin.....mg	0.043		0		1		0.045		
Niacin.....mg	0.250		0		1		0.260		
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg	57		0		4		59		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	57		0		4		59		
Folate, DFE.....mcg_DFE	57		0	NC	4		59		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....mcg_RAE	0		0		1		0		
Retinol.....mcg	0		0	Z	7		0		
Carotene, beta.....mcg									
Carotene, alpha.....mcg									
Cryptoxanthin, beta.....mcg									
Vitamin A, IU.....IU	0		0		1		0		
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g									
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									

NDB No. 11448

Sesbania flower, cooked, steamed, without salt

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3	
			of Data Points	Deriv Code				Source Code
Tryptophan.....g	0.017		0		1	0.018		
Threonine.....g	0.051		0		1	0.053		
Isoleucine.....g	0.061		0		1	0.063		
Leucine.....g	0.095		0		1	0.099		
Lysine.....g	0.057		0		1	0.059		
Methionine.....g	0.014		0		1	0.015		
Cystine.....g	0.011		0		1	0.011		
Phenylalanine.....g	0.062		0		1	0.064		
Tyrosine.....g								
Valine.....g	0.069		0		1	0.072		
Arginine.....g	0.062		0		1	0.064		
Histidine.....g	0.023		0		1	0.024		
Alanine.....g								
Aspartic acid.....g								
Glutamic acid.....g								
Glycine.....g								
Proline.....g								
Serine.....g								
Hydroxyproline.....g								

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

**Common Measures:**

Measure 1 = 104g: 1 cup

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group: 11 Vegetables and Vegetable Products**

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11447  
**Sesbania flower, raw**  
*Sesbania spp.*

Refuse:15% Stems, pistil and calyx

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	91.58		1		1		2.75	18.32	
Energy.....kcal	27		0	NC	4		1	5	
Energy.....kj	113				4		3	23	
Protein (N x 6.25).....g	1.28		1		1		0.04	0.26	
Total lipid (fat).....g	0.04		1		1		0.00	0.01	
Ash.....g	0.38		1		1		0.01	0.08	
Carbohydrate, by difference.....g	6.73		0	NC	4		0.20	1.35	
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	19		1		1		1	4	
Iron, Fe.....mg	0.84		1		1		0.03	0.17	
Magnesium, Mg.....mg	12		1		1		0	2	
Phosphorus, P.....mg	30		1		1		1	6	
Potassium, K.....mg	184		1		1		6	37	
Sodium, Na.....mg	15		1		1		0	3	
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg	0.9		0	CAZN	4		0.0	0.2	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	73.0		0		1		2.2	14.6	
Thiamin.....mg	0.083		0		1		0.002	0.017	
Riboflavin.....mg	0.081		0		1		0.002	0.016	
Niacin.....mg	0.430		0		1		0.013	0.086	
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg	102		0		4		3	20	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	102		0		4		3	20	
Folate, DFE.....mcg_DFE	102		0	NC	4		3	20	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	0		0		1		0	0	
Retinol.....mcg	0		0	Z	7		0	0	
Carotene, beta.....mcg									
Carotene, alpha.....mcg									
Cryptoxanthin, beta.....mcg									
Vitamin A, IU.....IU	0		0		1		0	0	
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g									
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									

NDB No. 11447  
 Sesbania flower, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tryptophan.....g	0.019		2		1		0.001	0.004	
Threonine.....g	0.057		2		1		0.002	0.011	
Isoleucine.....g	0.068		2		1		0.002	0.014	
Leucine.....g	0.106		2		1		0.003	0.021	
Lysine.....g	0.064		2		1		0.002	0.013	
Methionine.....g	0.016		2		1		0.000	0.003	
Cystine.....g	0.013		2		1		0.000	0.003	
Phenylalanine.....g	0.070		2		1		0.002	0.014	
Tyrosine.....g									
Valine.....g	0.078		2		1		0.002	0.016	
Arginine.....g	0.070		2		1		0.002	0.014	
Histidine.....g	0.026		2		1		0.001	0.005	
Alanine.....g									
Aspartic acid.....g									
Glutamic acid.....g									
Glycine.....g									
Proline.....g									
Serine.....g									
Hydroxyproline.....g									

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

**Common Measures:**

Measure 1 = 3.0g: 1 flower

Measure 2 = 20g: 1 cup flowers

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group:** 11 Vegetables and Vegetable Products  
 USDA National Nutrient Database for Standard Reference, Release 21 (2008)





**NDB No. 11640**  
**Shallots, freeze-dried**

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	measures of food			
						Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.002		0		1		0.000	0.000	
15:0.....g									
16:0.....g	0.075		0		1		0.001	0.003	
17:0.....g									
18:0.....g	0.007		0		1		0.000	0.000	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.070		0		1		0.001	0.003	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.070		0		1		0.001	0.003	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.196		0		1		0.002	0.007	
18:2 undifferentiated.....g	0.185		0		1		0.002	0.007	
18:3 undifferentiated.....g	0.010		0		1		0.000	0.000	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.138		0		1		0.001	0.005	
Threonine.....g	0.482		0		1		0.004	0.017	
Isoleucine.....g	0.522		0		1		0.005	0.019	
Leucine.....g	0.734		0		1		0.007	0.026	
Lysine.....g	0.614		0		1		0.006	0.022	
Methionine.....g	0.134		0		1		0.001	0.005	
Cystine.....g									
Phenylalanine.....g	0.396		0		1		0.004	0.014	
Tyrosine.....g	0.356		0		1		0.003	0.013	
Valine.....g	0.543		0		1		0.005	0.020	
Arginine.....g	0.890		0		1		0.008	0.032	
Histidine.....g	0.213		0		1		0.002	0.008	
Alanine.....g	0.555		0		1		0.005	0.020	
Aspartic acid.....g	1.138		0		1		0.010	0.041	
Glutamic acid.....g	2.545		0		1		0.023	0.092	
Glycine.....g	0.610		0		1		0.005	0.022	
Proline.....g	0.813		0		1		0.007	0.029	
Serine.....g	0.555		0		1		0.005	0.020	
Hydroxyproline.....g									

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

**Common Measures:**

Measure 1 = 0.9g: 1 tbsp

Measure 2 = 3.6g: .25 cup

**Calories Factors: Protein 2.78**

**Fat 8.37**

**Carbohydrate 3.84**

**NDB No. 11640**  
**Shallots, freeze-dried**

**Food Group:** 11 Vegetables and Vegetable Products  
USDA National Nutrient Database for Standard Reference, Release 21 (2008)



Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.000		0		1		0.000		
15:0.....g									
16:0.....g	0.015		0		1		0.002		
17:0.....g									
18:0.....g	0.001		0		1		0.000		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.014		0		1		0.001		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.014		0		1		0.001		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.039		0		1		0.004		
18:2 undifferentiated.....g	0.037		0		1		0.004		
18:3 undifferentiated.....g	0.002		0		1		0.000		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg	5		0		1		1		
<b>Amino Acids:</b>									
Tryptophan.....g	0.028		0		1		0.003		
Threonine.....g	0.098		0		1		0.010		
Isoleucine.....g	0.106		0		1		0.011		
Leucine.....g	0.149		0		1		0.015		
Lysine.....g	0.125		0		1		0.013		
Methionine.....g	0.027		0		1		0.003		
Cystine.....g									
Phenylalanine.....g	0.081		0		1		0.008		
Tyrosine.....g	0.072		0		1		0.007		
Valine.....g	0.110		0		1		0.011		
Arginine.....g	0.181		0		1		0.018		
Histidine.....g	0.043		0		1		0.004		
Alanine.....g	0.113		0		1		0.011		
Aspartic acid.....g	0.231		0		1		0.023		
Glutamic acid.....g	0.517		0		1		0.052		
Glycine.....g	0.124		0		1		0.012		
Proline.....g	0.165		0		1		0.017		
Serine.....g	0.113		0		1		0.011		
Hydroxyproline.....g									

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

**Common Measures:**

Measure 1 = 10.0g: 1 tbsp chopped

**Calories Factors: Protein 2.78**

**Fat 8.37**

**Carbohydrate 3.84**

NDB No. 11677  
Shallots, raw

**Food Group:** 11 Vegetables and Vegetable Products  
USDA National Nutrient Database for Standard Reference, Release 21 (2008)



NDB No. 11853

Soybeans, green, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.005		1		1		0.009		
15:0.....g									
16:0.....g	0.537		1		1		0.967		
17:0.....g									
18:0.....g	0.198		1		1		0.356		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.209		0		1		2.176		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.010		1		1		0.018		
17:1.....g									
18:1 undifferentiated.....g	1.188		1		1		2.138		
20:1.....g	0.010		1		1		0.018		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.011		0		1		5.420		
18:2 undifferentiated.....g	2.657		1		1		4.783		
18:3 undifferentiated.....g	0.354		1		1		0.637		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg	50		1		1		90		
<b>Amino Acids:</b>									
Tryptophan.....g	0.150		0		1		0.270		
Threonine.....g	0.492		0		1		0.886		
Isoleucine.....g	0.543		0		1		0.977		
Leucine.....g	0.883		0		1		1.589		
Lysine.....g	0.739		0		1		1.330		
Methionine.....g	0.150		0		1		0.270		
Cystine.....g	0.113		0		1		0.203		
Phenylalanine.....g	0.559		0		1		1.006		
Tyrosine.....g	0.443		0		1		0.797		
Valine.....g	0.549		0		1		0.988		
Arginine.....g	0.994		0		1		1.789		
Histidine.....g	0.332		0		1		0.598		
Alanine.....g	0.555		0		1		0.999		
Aspartic acid.....g	1.439		0		1		2.590		
Glutamic acid.....g	2.320		0		1		4.176		
Glycine.....g	0.514		0		1		0.925		
Proline.....g	0.579		0		1		1.042		
Serine.....g	0.688		0		1		1.238		
Hydroxyproline.....g									

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

**Common Measures:**

Measure 1 = 180g: 1 cup

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**



**NDB No. 11853**

**Soybeans, green, cooked, boiled, drained, with salt**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)



NDB No. 11451

Soybeans, green, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.005		1		1		0.009		
15:0.....g									
16:0.....g	0.537		1		1		0.967		
17:0.....g									
18:0.....g	0.198		1		1		0.356		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.209		0		1		2.176		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.010		1		1		0.018		
17:1.....g									
18:1 undifferentiated.....g	1.188		1		1		2.138		
20:1.....g	0.010		1		1		0.018		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.011		0		1		5.420		
18:2 undifferentiated.....g	2.657		1		1		4.783		
18:3 undifferentiated.....g	0.354		1		1		0.637		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg	50		1		1		90		
<b>Amino Acids:</b>									
Tryptophan.....g	0.150		0		1		0.270		
Threonine.....g	0.492		0		1		0.886		
Isoleucine.....g	0.543		0		1		0.977		
Leucine.....g	0.883		0		1		1.589		
Lysine.....g	0.739		0		1		1.330		
Methionine.....g	0.150		0		1		0.270		
Cystine.....g	0.113		0		1		0.203		
Phenylalanine.....g	0.559		0		1		1.006		
Tyrosine.....g	0.443		0		1		0.797		
Valine.....g	0.549		0		1		0.988		
Arginine.....g	0.994		0		1		1.789		
Histidine.....g	0.332		0		1		0.598		
Alanine.....g	0.555		0		1		0.999		
Aspartic acid.....g	1.439		0		1		2.590		
Glutamic acid.....g	2.320		0		1		4.176		
Glycine.....g	0.514		0		1		0.925		
Proline.....g	0.579		0		1		1.042		
Serine.....g	0.688		0		1		1.238		
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg									
Theobromine.....mg									

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

**Common Measures:**

Measure 1 = 180g: 1 cup

**NDB No. 11451**

**Soybeans, green, cooked, boiled, drained, without salt**

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group: 11 Vegetables and Vegetable Products**

USDA National Nutrient Database for Standard Reference, Release 21 (2008)



**NDB No. 11450**  
**Soybeans, green, raw**

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.006		1		1		0.015		
15:0.....g									
16:0.....g	0.570		1		1		1.459		
17:0.....g									
18:0.....g	0.210		1		1		0.538		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.284		0		1		3.287		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.011		1		1		0.028		
17:1.....g									
18:1 undifferentiated.....g	1.262		1		1		3.231		
20:1.....g	0.011		1		1		0.028		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.200		0		1		8.192		
18:2 undifferentiated.....g	2.823		1		1		7.227		
18:3 undifferentiated.....g	0.376		1		1		0.963		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg	50		1		1		128		
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.157		0		1		0.402		
Threonine.....g	0.516		0		1		1.321		
Isoleucine.....g	0.570		0		1		1.459		
Leucine.....g	0.926		0		1		2.371		
Lysine.....g	0.775		0		1		1.984		
Methionine.....g	0.157		0		1		0.402		
Cystine.....g	0.118		0		1		0.302		
Phenylalanine.....g	0.586		0		1		1.500		
Tyrosine.....g	0.464		0		1		1.188		
Valine.....g	0.576		0		1		1.475		
Arginine.....g	1.042		0		1		2.668		
Histidine.....g	0.348		0		1		0.891		
Alanine.....g	0.582		0		1		1.490		
Aspartic acid.....g	1.508		0		1		3.860		
Glutamic acid.....g	2.433		0		1		6.228		
Glycine.....g	0.539		0		1		1.380		
Proline.....g	0.607		0		1		1.554		
Serine.....g	0.721		0		1		1.846		
Hydroxyproline.....g									
<b><u>Others:</u></b>									
Alcohol, ethyl.....g									
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

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

**Common Measures:**

Measure 1 = 256g: 1 cup

**NDB No. 11450**  
**Soybeans, green, raw**

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11453

Soybeans, mature seeds, sprouted, cooked, steamed

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	79.45	3.802	3		1		74.68		
Energy.....kcal	81		0	NC	4		76		
Energy.....kj	339		0		4		319		
Protein (N x 6.25).....g	8.47	7.513	3		1		7.96		
Total lipid (fat).....g	4.45	0.956	3		1		4.18		
Ash.....g	1.10	0.183	3		1		1.03		
Carbohydrate, by difference.....g	6.53		0	NC	4		6.14		
Fiber, total dietary.....g	0.8		0		4		0.8		
Sugars, total.....g	0.52		0	BFSN	4		0.49		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	59	9.655	3		1		55		
Iron, Fe.....mg	1.31	0.176	3		1		1.23		
Magnesium, Mg.....mg	60	5.700	3		1		56		
Phosphorus, P.....mg	135	28.726	3		1		127		
Potassium, K.....mg	355	41.590	3		1		334		
Sodium, Na.....mg	10		1		1		9		
Zinc, Zn.....mg	1.04		2		1		0.98		
Copper, Cu.....mg	0.330		2		1		0.310		
Manganese, Mn.....mg	0.710		1		1		0.667		
Selenium, Se.....mcg	0.6		0	CAZN	4		0.6		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	8.3		2		1		7.8		
Thiamin.....mg	0.205		2		1		0.193		
Riboflavin.....mg	0.053		2		1		0.050		
Niacin.....mg	1.092		2		1		1.026		
Pantothenic acid.....mg	0.743		2		1		0.698		
Vitamin B-6.....mg	0.105		1		1		0.099		
Folate, total.....mcg	80		1		1		75		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	80		1		1		75		
Folate, DFE.....mcg_DFE	80		0	NC	4		75		
Choline, total.....mg	41.2		0	BFSN	4		38.7		
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00		
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....mcg_RAE	2		0	NC	4		2		
Retinol.....mcg	0		0	Z	7		0		
Carotene, beta.....mcg	12		0	BFSN	4		11		
Carotene, alpha.....mcg	12		0	BFSN	4		11		
Cryptoxanthin, beta.....mcg	12		0	BFSN	4		11		
Vitamin A, IU.....IU	40		0	NC	4		38		
Lycopene.....mcg	0		0	BFSN	4		0		
Lutein + zeaxanthin.....mcg	0		0	BFSN	4		0		
Vitamin E (alpha-tocopherol).....mg	0.21		0	BFSN	4		0.20		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	70.6		0	BFSN	4		66.4		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.617		0		1		0.580		
4:0.....g	0.000		0		1		0.000		
6:0.....g	0.000		0		1		0.000		
8:0.....g	0.000		0		1		0.000		
10:0.....g	0.000		0		1		0.000		



Soybeans, mature seeds, sprouted, cooked, steamed

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0		1		0.000		
13:0.....g									
14:0.....g	0.004		1		1		0.004		
15:0.....g									
16:0.....g	0.448		1		1		0.421		
17:0.....g									
18:0.....g	0.165		1		1		0.155		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.009		0		1		0.948		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.009		1		1		0.008		
17:1.....g									
18:1 undifferentiated.....g	0.991		1		1		0.932		
20:1.....g	0.009		1		1		0.008		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.513		0		1		2.362		
18:2 undifferentiated.....g	2.217		1		1		2.084		
18:3 undifferentiated.....g	0.296		1		1		0.278		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.103		0		1		0.097		
Threonine.....g	0.325		0		1		0.306		
Isoleucine.....g	0.375		0		1		0.353		
Leucine.....g	0.607		0		1		0.571		
Lysine.....g	0.486		0		1		0.457		
Methionine.....g	0.089		0		1		0.084		
Cystine.....g	0.102		0		1		0.096		
Phenylalanine.....g	0.415		0		1		0.390		
Tyrosine.....g	0.309		0		1		0.290		
Valine.....g	0.401		0		1		0.377		
Arginine.....g	0.585		0		1		0.550		
Histidine.....g	0.225		0		1		0.212		
Alanine.....g	0.355		0		1		0.334		
Aspartic acid.....g	1.148		0		1		1.079		
Glutamic acid.....g	1.272		0		1		1.196		
Glycine.....g	0.325		0		1		0.306		
Proline.....g	0.436		0		1		0.410		
Serine.....g	0.421		0		1		0.396		
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

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

**Common Measures:**

**NDB No. 11453**

**Soybeans, mature seeds, sprouted, cooked, steamed**

Measure 1 = 94g: 1 cup

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group: 11 Vegetables and Vegetable Products**

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11923

Soybeans, mature seeds, sprouted, cooked, steamed, with salt

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv	Source	Confidence Code	Measure 1	Measure 2	Measure 3
				Code	Code				
<b>Proximates:</b>									
Water.....g	79.45	3.802	3			1	74.68		
Energy.....kcal	81		0	NC		4	76		
Energy.....kj	340		0	NC		4	319		
Protein (N x 6.25).....g	8.47	7.513	3			1	7.96		
Total lipid (fat).....g	4.45	0.956	3			1	4.18		
Ash.....g	1.10	0.183	3			1	1.03		
Carbohydrate, by difference.....g	6.53		0	NC		4	6.14		
Fiber, total dietary.....g	0.8		0			4	0.8		
Sugars, total.....g	0.43		0	BFZN		4	0.40		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	59	9.655	3			1	55		
Iron, Fe.....mg	1.31	0.176	3			1	1.23		
Magnesium, Mg.....mg	60	5.700	3			1	56		
Phosphorus, P.....mg	135	28.726	3			1	127		
Potassium, K.....mg	355	41.590	3			1	334		
Sodium, Na.....mg	246		0			4	231		
Zinc, Zn.....mg	1.04		2			1	0.98		
Copper, Cu.....mg	0.330		2			1	0.310		
Manganese, Mn.....mg	0.710		1			1	0.667		
Selenium, Se.....mcg	0.6		0	CAZN		4	0.6		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	8.3		2			1	7.8		
Thiamin.....mg	0.205		2			1	0.193		
Riboflavin.....mg	0.053		2			1	0.050		
Niacin.....mg	1.092		2			1	1.026		
Pantothenic acid.....mg	0.743		2			1	0.698		
Vitamin B-6.....mg	0.105		1			1	0.099		
Folate, total.....mcg	80		1			1	75		
Folic acid.....mcg	0		0	Z		7	0		
Folate, food.....mcg	80		1			1	75		
Folate, DFE.....mcg_DFE	80		0	NC		4	75		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z		7	0.00		
Vitamin B-12, added.....mcg	0.00		0	Z		7	0.00		
Vitamin A, RAE.....mcg_RAE	2		0	NC		4	2		
Retinol.....mcg	0		0	Z		7	0		
Carotene, beta.....mcg	12		0	BFZN		4	11		
Carotene, alpha.....mcg	12		0	BFZN		4	11		
Cryptoxanthin, beta.....mcg	12		0	BFZN		4	11		
Vitamin A, IU.....IU	40		0	NC		4	38		
Lycopene.....mcg	0		0	BFZN		4	0		
Lutein + zeaxanthin.....mcg	0		0	BFZN		4	0		
Vitamin E (alpha-tocopherol).....mg	0.21		0	BFZN		4	0.20		
Vitamin E, added.....mg	0.00		0	Z		7	0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	33.0		0	BFZN		4	31.0		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.617		0			1	0.580		
4:0.....g	0.000		0	BFZN		4	0.000		
6:0.....g	0.000		0	BFZN		4	0.000		
8:0.....g	0.000		0	BFZN		4	0.000		
10:0.....g	0.000		0	BFZN		4	0.000		

Soybeans, mature seeds, sprouted, cooked, steamed, with salt

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0	BFZN	4		0.000		
13:0.....g									
14:0.....g	0.004		1		1		0.004		
15:0.....g									
16:0.....g	0.448		1		1		0.421		
17:0.....g									
18:0.....g	0.165		1		1		0.155		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.009		0		1		0.948		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.009		1		1		0.008		
17:1.....g									
18:1 undifferentiated.....g	0.991		1		1		0.932		
20:1.....g	0.009		1		1		0.008		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.513		0		1		2.362		
18:2 undifferentiated.....g	2.217		1		1		2.084		
18:3 undifferentiated.....g	0.296		1		1		0.278		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.103		0		1		0.097		
Threonine.....g	0.325		0		1		0.306		
Isoleucine.....g	0.375		0		1		0.353		
Leucine.....g	0.607		0		1		0.571		
Lysine.....g	0.486		0		1		0.457		
Methionine.....g	0.089		0		1		0.084		
Cystine.....g	0.102		0		1		0.096		
Phenylalanine.....g	0.415		0		1		0.390		
Tyrosine.....g	0.309		0		1		0.290		
Valine.....g	0.401		0		1		0.377		
Arginine.....g	0.585		0		1		0.550		
Histidine.....g	0.225		0		1		0.212		
Alanine.....g	0.355		0		1		0.334		
Aspartic acid.....g	1.148		0		1		1.079		
Glutamic acid.....g	1.272		0		1		1.196		
Glycine.....g	0.325		0		1		0.306		
Proline.....g	0.436		0		1		0.410		
Serine.....g	0.421		0		1		0.396		
Hydroxyproline.....g									
<b><u>Others:</u></b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

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

**Common Measures:**

**NDB No. 11923**

**Soybeans, mature seeds, sprouted, cooked, steamed, with salt**

Measure 1 = 94g: 1 cup

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group: 11 Vegetables and Vegetable Products**

USDA National Nutrient Database for Standard Reference, Release 21 (2008)



Soybeans, mature seeds, sprouted, cooked, stir-fried

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.007		1		1				
15:0.....g									
16:0.....g	0.714		1		1				
17:0.....g									
18:0.....g	0.264		1		1				
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.609		0		1				
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.014		1		1				
17:1.....g									
18:1 undifferentiated.....g	1.581		1		1				
20:1.....g	0.014		1		1				
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	4.009		0		1				
18:2 undifferentiated.....g	3.537		1		1				
18:3 undifferentiated.....g	0.472		1		1				
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7				
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.159		0		1				
Threonine.....g	0.503		0		1				
Isoleucine.....g	0.581		0		1				
Leucine.....g	0.939		0		1				
Lysine.....g	0.752		0		1				
Methionine.....g	0.138		0		1				
Cystine.....g	0.157		0		1				
Phenylalanine.....g	0.641		0		1				
Tyrosine.....g	0.478		0		1				
Valine.....g	0.620		0		1				
Arginine.....g	0.905		0		1				
Histidine.....g	0.348		0		1				
Alanine.....g	0.549		0		1				
Aspartic acid.....g	1.775		0		1				
Glutamic acid.....g	1.968		0		1				
Glycine.....g	0.503		0		1				
Proline.....g	0.675		0		1				
Serine.....g	0.652		0		1				
Hydroxyproline.....g									

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

**Common Measures:**

**Calories Factors: Protein** 2.44

**Fat** 8.37

**Carbohydrate**3.57

**Food Group:** 11 Vegetables and Vegetable Products

NDB No. 11924

Soybeans, mature seeds, sprouted, cooked, stir-fried, with salt

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	67.20		1						
Energy.....kcal	125		0	NC					
Energy.....kj	523		0	NC					
Protein (N x 6.25).....g	13.10		1						
Total lipid (fat).....g	7.10		0						
Ash.....g	3.20		1						
Carbohydrate, by difference.....g	9.40		0	NC					
Fiber, total dietary.....g	0.8		0	BFZN					
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	82		1						
Iron, Fe.....mg	0.40		1						
Magnesium, Mg.....mg	96		0						
Phosphorus, P.....mg	216		0						
Potassium, K.....mg	567		0						
Sodium, Na.....mg	250		0						
Zinc, Zn.....mg	2.10		1						
Copper, Cu.....mg	0.527		0						
Manganese, Mn.....mg	1.133		0						
Selenium, Se.....mcg	0.6		0	CAZN					
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	12.0		1						
Thiamin.....mg	0.420		1						
Riboflavin.....mg	0.190		1						
Niacin.....mg	1.100		1						
Pantothenic acid.....mg	1.186		0						
Vitamin B-6.....mg	0.168		0						
Folate, total.....mcg	127		0						
Folic acid.....mcg	0		0	Z					
Folate, food.....mcg	127		0						
Folate, DFE.....mcg_DFE	127		0	NC					
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z					
Vitamin A, RAE.....mcg_RAE	1		0						
Retinol.....mcg	0		0	Z					
Carotene, beta.....mcg									
Carotene, alpha.....mcg									
Cryptoxanthin, beta.....mcg									
Vitamin A, IU.....IU	17		0						
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g									
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z					
Phytosterols.....mg									
<b>Amino Acids:</b>									



NDB No. 11924

Soybeans, mature seeds, sprouted, cooked, stir-fried, with salt

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
Tryptophan.....g	0.300		0		1		
Threonine.....g	0.759		0		1		
Isoleucine.....g	0.654		0		1		
Leucine.....g	1.100		0		1		
Lysine.....g	0.916		0		1		
Methionine.....g	0.147		0		1		
Cystine.....g	0.069		0		1		
Phenylalanine.....g	0.524		0		1		
Tyrosine.....g	0.432		0		1		
Valine.....g	0.734		0		1		
Arginine.....g	0.629		0		1		
Histidine.....g	0.352		0		1		
Alanine.....g	0.614		0		1		
Aspartic acid.....g	1.899		0		1		
Glutamic acid.....g	1.859		0		1		
Glycine.....g	0.509		0		1		
Proline.....g							
Serine.....g	0.981		0		1		
Hydroxyproline.....g							

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

**Common Measures:**

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group: 11 Vegetables and Vegetable Products**

USDA National Nutrient Database for Standard Reference, Release 21 (2008)



NDB No. 11452

Soybeans, mature seeds, sprouted, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.007		1		1		0.002	0.001	
15:0.....g									
16:0.....g	0.674		1		1		0.236	0.067	
17:0.....g									
18:0.....g	0.249		1		1		0.087	0.025	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.518		0		1		0.531	0.152	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.013		1		1		0.005	0.001	
17:1.....g									
18:1 undifferentiated.....g	1.492		1		1		0.522	0.149	
20:1.....g	0.013		1		1		0.005	0.001	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.783		0		1		1.324	0.378	
18:2 undifferentiated.....g	3.338		1		1		1.168	0.334	
18:3 undifferentiated.....g	0.445		1		1		0.156	0.045	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.159		0		1		0.056	0.016	
Threonine.....g	0.503		0		1		0.176	0.050	
Isoleucine.....g	0.580		0		1		0.203	0.058	
Leucine.....g	0.938		0		1		0.328	0.094	
Lysine.....g	0.752		0		1		0.263	0.075	
Methionine.....g	0.138		0		1		0.048	0.014	
Cystine.....g	0.157		0		1		0.055	0.016	
Phenylalanine.....g	0.641		0		1		0.224	0.064	
Tyrosine.....g	0.477		0		1		0.167	0.048	
Valine.....g	0.620		0		1		0.217	0.062	
Arginine.....g	0.905		0		1		0.317	0.091	
Histidine.....g	0.348		0		1		0.122	0.035	
Alanine.....g	0.549		0		1		0.192	0.055	
Aspartic acid.....g	1.774		0		1		0.621	0.177	
Glutamic acid.....g	1.966		0		1		0.688	0.197	
Glycine.....g	0.503		0		1		0.176	0.050	
Proline.....g	0.674		0		1		0.236	0.067	
Serine.....g	0.651		0		1		0.228	0.065	
Hydroxyproline.....g									

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

**Common Measures:**

Measure 1 = 35g: .5 cup

Measure 2 = 10.0g: 10 sprouts

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**NDB No. 11452**

**Soybeans, mature seeds, sprouted, raw**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11658  
Spinach souffle

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	70.79		0	RA	4		96.27	575.51	
Energy.....kcal	171		0	NC	4		233	1394	
Energy.....kj	718		0	NC	4		976	5833	
Protein.....g	7.91		0	RA	4		10.76	64.35	
Total lipid (fat).....g	12.95		0	RA	4		17.61	105.27	
Ash.....g	2.52		0	RA	4		3.43	20.52	
Carbohydrate, by difference.....g	5.82		0	NC	4		7.92	47.35	
Fiber, total dietary.....g	0.7		0	RA	4		0.9	5.5	
Sugars, total.....g	1.85		0	RA	4		2.51	15.03	
Sucrose.....g	0.06		0	RA	4		0.09	0.52	
Glucose (dextrose).....g	0.08		0	RA	4		0.12	0.69	
Fructose.....g	0.05		0	RA	4		0.07	0.43	
Lactose.....g	1.57		0	RA	4		2.13	12.76	
Maltose.....g	0.03		0	RA	4		0.05	0.28	
Galactose.....g	0.04		0	RA	4		0.06	0.33	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	165		0	RA	4		224	1339	
Iron, Fe.....mg	1.19		0	RA	4		1.62	9.70	
Magnesium, Mg.....mg	30		0	RA	4		41	242	
Phosphorus, P.....mg	141		0	RA	4		192	1145	
Potassium, K.....mg	234		0	RA	4		318	1903	
Sodium, Na.....mg	566		0	RA	4		769	4599	
Zinc, Zn.....mg	0.86		0	RA	4		1.17	6.98	
Copper, Cu.....mg	0.055		0	RA	4		0.075	0.451	
Manganese, Mn.....mg	0.269		0	RA	4		0.366	2.187	
Selenium, Se.....mcg	11.1		0	RA	4		15.1	90.1	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	7.3		0	RA	4		9.9	59.4	
Thiamin.....mg	0.081		0	RA	4		0.110	0.659	
Riboflavin.....mg	0.267		0	RA	4		0.363	2.171	
Niacin.....mg	0.484		0	RA	4		0.658	3.936	
Pantothenic acid.....mg	0.435		0	RA	4		0.591	3.535	
Vitamin B-6.....mg	0.098		0	RA	4		0.133	0.797	
Folate, total.....mcg	73		0	RA	4		99	591	
Folic acid.....mcg	6		0	RA	4		8	50	
Folate, food.....mcg	67		0	RA	4		90	541	
Folate, DFE.....mcg_DFE	77		0	NC	4		105	626	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg	0.39		0	RA	4		0.54	3.21	
Vitamin B-12, added.....mcg	0.00		0	RA	4		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	239		0	NC	4		325	1944	
Retinol.....mcg	115		0	RA	4		156	931	
Carotene, beta.....mcg	1493		0	RA	4		2030	12135	
Carotene, alpha.....mcg	3		0	RA	4		4	22	
Cryptoxanthin, beta.....mcg	2		0	RA	4		3	19	
Vitamin A, IU.....IU	2874		0	NC	4		3908	23364	
Lycopene.....mcg	0		0	RA	4		0	0	
Lutein + zeaxanthin.....mcg	3249		0	RA	4		4418	26413	
Vitamin E (alpha-tocopherol).....mg	0.93		0	RA	4		1.26	7.54	
Vitamin E, added.....mg	0.00		0	RA	4		0.00	0.00	
Tocopherol, beta.....mg	0.01		0	RA	4		0.01	0.05	
Tocopherol, gamma.....mg	0.16		0	RA	4		0.21	1.28	
Tocopherol, delta.....mg	0.00		0	RA	4		0.01	0.04	
Vitamin D.....IU	25		0	RA	4		34	201	
Vitamin K (phylloquinone).....mcg	126.5		0	RA	4		172.1	1028.7	



NDB No. 11658  
Spinach souffle

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	RA	4		0.0	0.0	
Caffeine.....mg	0		0	RA	4		0	0	
Theobromine.....mg	0		0	RA	4		0	0	

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

**Common Measures:**

Measure 1 = 136g: 1 cup  
Measure 2 = 813g: 1 recipe yield

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 11 Vegetables and Vegetable Products  
USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 11461**  
**Spinach, canned, drained solids**

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	91.78	0.226	11		1		196.41		
Energy.....kcal	23		0	NC	4		49		
Energy.....kj	96		0		4		206		
Protein (N x 6.25).....g	2.81	0.093	11		1		6.01		
Total lipid (fat).....g	0.50	0.078	11		1		1.07		
Ash.....g	1.51	0.052	11		1		3.23		
Carbohydrate, by difference.....g	3.40		0	NC	4		7.28		
Fiber, total dietary.....g	2.4		0		4		5.1		
Sugars, total.....g	0.40		0	BFSN	4		0.86		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	127	4.487	6		1		272		
Iron, Fe.....mg	2.30	0.291	12		1		4.92		
Magnesium, Mg.....mg	76	3.113	6		1		163		
Phosphorus, P.....mg	44	1.096	6		1		94		
Potassium, K.....mg	346	13.831	6		1		740		
Sodium, Na.....mg	27	6.201	6		1		58		
Zinc, Zn.....mg	0.46	0.043	11		1		0.98		
Copper, Cu.....mg	0.180	0.029	11		1		0.385		
Manganese, Mn.....mg	0.597	0.067	10		1		1.278		
Selenium, Se.....mcg	1.4		0	BFSN	4		3.0		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	14.3	1.251	6		1		30.6		
Thiamin.....mg	0.016	0.000	6		1		0.034		
Riboflavin.....mg	0.138	0.003	6		1		0.295		
Niacin.....mg	0.388	0.014	6		1		0.830		
Pantothenic acid.....mg	0.047	0.002	6		1		0.101		
Vitamin B-6.....mg	0.100	0.006	6		1		0.214		
Folate, total.....mcg	98		0		1		209		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	98		0		1		209		
Folate, DFE.....mcg_DFE	98		0	NC	4		209		
Choline, total.....mg	18.4		0	BFSN	4		39.4		
Betaine.....mg	539.6		0	BFSN	4		1154.6		
Vitamin B-12.....mcg	0.00		0	Z	7		0.00		
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....mcg_RAE	490		0	NC	4		1049		
Retinol.....mcg	0		0	Z	7		0		
Carotene, beta.....mcg	5881		0	BFSN	4		12584		
Carotene, alpha.....mcg	0		0	BFSN	4		0		
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0		
Vitamin A, IU.....IU	9801		0	NC	4		20974		
Lycopene.....mcg	0		0	BFSN	4		0		
Lutein + zeaxanthin.....mcg	10575		0	BFSN	4		22630		
Vitamin E (alpha-tocopherol).....mg	1.94		0	BFSN	4		4.16		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	461.6		0	BFSN	4		987.9		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.081		0	NC	4		0.173		
4:0.....g	0.000		0		1		0.000		
6:0.....g	0.000		0		1		0.000		
8:0.....g	0.000		0		1		0.000		
10:0.....g	0.000		0		1		0.000		



**NDB No. 11461**  
**Spinach, canned, drained solids**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0		1		0.000		
13:0.....g									
14:0.....g	0.012		0		1		0.025		
15:0.....g									
16:0.....g	0.064		0		1		0.136		
17:0.....g									
18:0.....g	0.005		0		1		0.012		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.013		0	NC	4		0.028		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.006		0		1		0.014		
17:1.....g									
18:1 undifferentiated.....g	0.006		0		1		0.014		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.211		0	NC	4		0.452		
18:2 undifferentiated.....g	0.033		0		1		0.071		
18:3 undifferentiated.....g	0.178		0		1		0.381		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.038		0		1		0.081		
Threonine.....g	0.120		0		1		0.257		
Isoleucine.....g	0.144		0		1		0.308		
Leucine.....g	0.219		0		1		0.469		
Lysine.....g	0.172		0		1		0.368		
Methionine.....g	0.052		0		1		0.111		
Cystine.....g	0.034		0		1		0.073		
Phenylalanine.....g	0.127		0		1		0.272		
Tyrosine.....g	0.106		0		1		0.227		
Valine.....g	0.158		0		1		0.338		
Arginine.....g	0.159		0		1		0.340		
Histidine.....g	0.062		0		1		0.133		
Alanine.....g	0.139		0		1		0.297		
Aspartic acid.....g	0.236		0		1		0.505		
Glutamic acid.....g	0.338		0		1		0.723		
Glycine.....g	0.132		0		1		0.282		
Proline.....g	0.110		0		1		0.235		
Serine.....g	0.102		0		1		0.218		
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

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

**Common Measures:**

**NDB No. 11461**

**Spinach, canned, drained solids**

Measure 1 = 214g: 1 cup

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)



NDB No. 11855

Spinach, canned, no salt added, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.008		0		1		0.019		
15:0.....g									
16:0.....g	0.044		0		1		0.103		
17:0.....g									
18:0.....g	0.004		0		1		0.009		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.010		0		1		0.023		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.005		0		1		0.012		
17:1.....g									
18:1 undifferentiated.....g	0.005		0		1		0.012		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.155		0		1		0.363		
18:2 undifferentiated.....g	0.023		0		1		0.054		
18:3 undifferentiated.....g	0.122		0		1		0.285		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.028		0		1		0.066		
Threonine.....g	0.090		0		1		0.211		
Isoleucine.....g	0.108		0		1		0.253		
Leucine.....g	0.164		0		1		0.384		
Lysine.....g	0.129		0		1		0.302		
Methionine.....g	0.039		0		1		0.091		
Cystine.....g	0.025		0		1		0.059		
Phenylalanine.....g	0.095		0		1		0.222		
Tyrosine.....g	0.080		0		1		0.187		
Valine.....g	0.119		0		1		0.278		
Arginine.....g	0.119		0		1		0.278		
Histidine.....g	0.047		0		1		0.110		
Alanine.....g	0.104		0		1		0.243		
Aspartic acid.....g	0.177		0		1		0.414		
Glutamic acid.....g	0.253		0		1		0.592		
Glycine.....g	0.099		0		1		0.232		
Proline.....g	0.082		0		1		0.192		
Serine.....g	0.076		0		1		0.178		
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg									
Theobromine.....mg									

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

**Common Measures:**

Measure 1 = 234g: 1 cup

**NDB No. 11855**

**Spinach, canned, no salt added, solids and liquids**

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)



Spinach, canned, regular pack, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.008		0		1		0.019		
15:0.....g									
16:0.....g	0.044		0		1		0.103		
17:0.....g									
18:0.....g	0.004		0		1		0.009		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.010		0		1		0.023		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.005		0		1		0.012		
17:1.....g									
18:1 undifferentiated.....g	0.005		0		1		0.012		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.155		0		1		0.363		
18:2 undifferentiated.....g	0.023		0		1		0.054		
18:3 undifferentiated.....g	0.122		0		1		0.285		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.028		0		1		0.066		
Threonine.....g	0.090		0		1		0.211		
Isoleucine.....g	0.108		0		1		0.253		
Leucine.....g	0.164		0		1		0.384		
Lysine.....g	0.129		0		1		0.302		
Methionine.....g	0.039		0		1		0.091		
Cystine.....g	0.025		0		1		0.059		
Phenylalanine.....g	0.095		0		1		0.222		
Tyrosine.....g	0.080		0		1		0.187		
Valine.....g	0.119		0		1		0.278		
Arginine.....g	0.119		0		1		0.278		
Histidine.....g	0.047		0		1		0.110		
Alanine.....g	0.104		0		1		0.243		
Aspartic acid.....g	0.177		0		1		0.414		
Glutamic acid.....g	0.253		0		1		0.592		
Glycine.....g	0.099		0		1		0.232		
Proline.....g	0.082		0		1		0.192		
Serine.....g	0.076		0		1		0.178		
Hydroxyproline.....g									
<b><u>Others:</u></b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg									
Theobromine.....mg									

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

**Common Measures:**

Measure 1 = 234g: 1 cup

**NDB No. 11459**

**Spinach, canned, regular pack, solids and liquids**

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)





NDB No. 11854

Spinach, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g									
13:0.....g									
14:0.....g	0.006		0		1		0.012		
15:0.....g									
16:0.....g	0.033		0		1		0.060		
17:0.....g									
18:0.....g	0.003		0		1		0.006		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.006		0	NC	4		0.012		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.003		0		1		0.006		
17:1.....g									
18:1 undifferentiated.....g	0.003		0		1		0.006		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.109		0	NC	4		0.196		
18:2 undifferentiated.....g	0.017		0		1		0.031		
18:3 undifferentiated.....g	0.092		0		1		0.165		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.040		0		1		0.072		
Threonine.....g	0.127		0		1		0.229		
Isoleucine.....g	0.152		0		1		0.274		
Leucine.....g	0.231		0		1		0.416		
Lysine.....g	0.182		0		1		0.328		
Methionine.....g	0.055		0		1		0.099		
Cystine.....g	0.035		0		1		0.063		
Phenylalanine.....g	0.134		0		1		0.241		
Tyrosine.....g	0.113		0		1		0.203		
Valine.....g	0.168		0		1		0.302		
Arginine.....g	0.168		0		1		0.302		
Histidine.....g	0.066		0		1		0.119		
Alanine.....g	0.147		0		1		0.265		
Aspartic acid.....g	0.250		0		1		0.450		
Glutamic acid.....g	0.357		0		1		0.643		
Glycine.....g	0.140		0		1		0.252		
Proline.....g	0.116		0		1		0.209		
Serine.....g	0.107		0		1		0.193		
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

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

**Common Measures:**

**NDB No. 11854**

**Spinach, cooked, boiled, drained, with salt**

Measure 1 = 180g: 1 cup

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11458

Spinach, cooked, boiled, drained, without salt

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	91.21	0.222	19		1		164.18		
Energy.....kcal	23		0	NC	4		41		
Energy.....kj	96		0		4		173		
Protein (N x 6.25).....g	2.97	0.158	16		1		5.35		
Total lipid (fat).....g	0.26	0.045	16		1		0.47		
Ash.....g	1.81	0.097	16		1		3.26		
Carbohydrate, by difference.....g	3.75		0	NC	4		6.75		
Fiber, total dietary.....g	2.4		0		1		4.3		
Sugars, total.....g	0.43		0	BFSN	4		0.78		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	136	3.285	12		1		245		
Iron, Fe.....mg	3.57	0.996	12		1		6.43		
Magnesium, Mg.....mg	87	4.795	12		1		157		
Phosphorus, P.....mg	56	2.198	12		1		101		
Potassium, K.....mg	466	18.532	12		1		839		
Sodium, Na.....mg	70	4.351	8		1		126		
Zinc, Zn.....mg	0.76	0.044	16		1		1.37		
Copper, Cu.....mg	0.174	0.012	16		1		0.313		
Manganese, Mn.....mg	0.935	0.061	15		1		1.683		
Selenium, Se.....mcg	1.5	0.300	5	A	1		2.7		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	9.8	1.545	12		1		17.6		
Thiamin.....mg	0.095	0.004	12		1		0.171		
Riboflavin.....mg	0.236	0.007	12		1		0.425		
Niacin.....mg	0.490	0.032	12		1		0.882		
Pantothenic acid.....mg	0.145	0.008	12		1		0.261		
Vitamin B-6.....mg	0.242	0.006	12		1		0.436		
Folate, total.....mcg	146	13.229	3		1		262		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	146	13.229	3		1		262		
Folate, DFE.....mcg_DFE	146		0	NC	4		262		
Choline, total.....mg	19.7		0	BFSN	4		35.5		
Betaine.....mg	577.0		0	BFSN	4		1038.5		
Vitamin B-12.....mcg	0.00		0	Z	7		0.00		
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....mcg_RAE	524		0	AS	1		943		
Retinol.....mcg	0		0	Z	7		0		
Carotene, beta.....mcg	6288	1002.379	28	A	1		11319		
Carotene, alpha.....mcg	0	0.000	4	A	1		0		
Cryptoxanthin, beta.....mcg	0	0.000	4	A	1		0		
Vitamin A, IU.....IU	10481		0	AS	1		18865		
Lycopene.....mcg	0	0.000	4	A	1		0		
Lutein + zeaxanthin.....mcg	11308	2650.977	24	A	1		20354		
Vitamin E (alpha-tocopherol).....mg	2.08		0	BFSN	4		3.74		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	493.6		0	BFSN	4		888.6		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.043		0	NC	4		0.078		
4:0.....g	0.000		0		1		0.000		
6:0.....g	0.000		0		1		0.000		
8:0.....g	0.000		0		1		0.000		
10:0.....g	0.000		0		1		0.000		

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0		1		0.000		
13:0.....g									
14:0.....g	0.006		0		1		0.012		
15:0.....g									
16:0.....g	0.033		0		1		0.060		
17:0.....g									
18:0.....g	0.003		0		1		0.006		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.006		0	NC	4		0.012		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.003		0		1		0.006		
17:1.....g									
18:1 undifferentiated.....g	0.003		0		1		0.006		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.109		0	NC	4		0.196		
18:2 undifferentiated.....g	0.017		0		1		0.031		
18:3 undifferentiated.....g	0.092		0		1		0.165		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.040		0		1		0.072		
Threonine.....g	0.127		0		1		0.229		
Isoleucine.....g	0.152		0		1		0.274		
Leucine.....g	0.231		0		1		0.416		
Lysine.....g	0.182		0		1		0.328		
Methionine.....g	0.055		0		1		0.099		
Cystine.....g	0.035		0		1		0.063		
Phenylalanine.....g	0.134		0		1		0.241		
Tyrosine.....g	0.113		0		1		0.203		
Valine.....g	0.168		0		1		0.302		
Arginine.....g	0.168		0		1		0.302		
Histidine.....g	0.066		0		1		0.119		
Alanine.....g	0.147		0		1		0.265		
Aspartic acid.....g	0.250		0		1		0.450		
Glutamic acid.....g	0.357		0		1		0.643		
Glycine.....g	0.140		0		1		0.252		
Proline.....g	0.116		0		1		0.209		
Serine.....g	0.107		0		1		0.193		
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

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

**Common Measures:**

**NDB No. 11458**

**Spinach, cooked, boiled, drained, without salt**

Measure 1 = 180g: 1 cup

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11856

Spinach, frozen, chopped or leaf, cooked, boiled, drained, with salt

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	88.94	0.191	6	A	1		195.67	84.49	
Energy.....kcal	34		0	NC	4		75	32	
Energy.....kj	143		0	NC	4		314	136	
Protein (N x 6.25).....g	4.01	0.061	6	A	1		8.81	3.81	
Total lipid (fat).....g	0.87	0.215	6	A	1		1.90	0.82	
Ash.....g	1.39	0.075	6	A	1		3.06	1.32	
Carbohydrate, by difference.....g	4.80		0	NC	4		10.55	4.56	
Fiber, total dietary.....g	3.7	0.183	6	A	1		8.1	3.5	
Sugars, total.....g	0.51	0.122	6	A	1		1.11	0.48	
Sucrose.....g	0.21	0.038	6	A	1		0.47	0.20	
Glucose (dextrose).....g	0.20	0.033	6	A	1		0.44	0.19	
Fructose.....g	0.09	0.059	6	A	1		0.21	0.09	
Lactose.....g	0.00	0.000	6	A	1		0.00	0.00	
Maltose.....g	0.00	0.000	6	A	1		0.00	0.00	
Galactose.....g	0.00	0.000	6	A	1		0.00	0.00	
Starch.....g	0.00	0.000	6	A	1		0.00	0.00	
<b>Minerals:</b>									
Calcium, Ca.....mg	153	6.024	6	A	1		336	145	
Iron, Fe.....mg	1.96	0.064	6	A	1		4.32	1.86	
Magnesium, Mg.....mg	82	6.920	6	A	1		180	78	
Phosphorus, P.....mg	50	2.231	6	A	1		110	48	
Potassium, K.....mg	302	20.365	6	A	1		664	287	
Sodium, Na.....mg	322		0		4		708	306	
Zinc, Zn.....mg	0.49	0.049	6	A	1		1.09	0.47	
Copper, Cu.....mg	0.161	0.013	6	A	1		0.354	0.153	
Manganese, Mn.....mg	0.717	0.038	6	A	1		1.578	0.681	
Selenium, Se.....mcg	5.5	0.065	4	A	1		12.2	5.3	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	2.2	0.525	6	A	1		4.8	2.1	
Thiamin.....mg	0.078	0.006	6	A	1		0.171	0.074	
Riboflavin.....mg	0.176	0.007	6	A	1		0.388	0.168	
Niacin.....mg	0.439	0.035	5	A	1		0.966	0.417	
Pantothenic acid.....mg	0.075	0.000	4	A	1		0.164	0.071	
Vitamin B-6.....mg	0.136	0.006	6	A	1		0.299	0.129	
Folate, total.....mcg	121	3.890	6	A	1		266	115	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	121	3.890	6	A	1		266	115	
Folate, DFE.....mcg_DFE	121		0	NC	4		266	115	
Choline, total.....mg	24.8		0	AS	1		54.5	23.5	
Betaine.....mg	112.0		2	A	1		246.3	106.4	
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	603		0	NC	4		1327	573	
Retinol.....mcg	0		0	Z	7		0	0	
Carotene, beta.....mcg	7237		0	BFSN	4		15921	6875	
Carotene, alpha.....mcg	0		0	BFSN	4		0	0	
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0	0	
Vitamin A, IU.....IU	12061		0	NC	4		26535	11458	
Lycopene.....mcg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin.....mcg	15690		0	BFSN	4		34518	14905	
Vitamin E (alpha-tocopherol).....mg	3.54	0.111	3	A	1		7.80	3.37	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg	0.01	0.001	3	A	1		0.02	0.01	
Tocopherol, gamma.....mg	0.17	0.007	3	A	1		0.37	0.16	
Tocopherol, delta.....mg	0.00	0.000	3	A	1		0.00	0.00	
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	540.7	4.236	3	A	1		1189.5	513.7	

NDB No. 11856

Spinach, frozen, chopped or leaf, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g									
4:0.....g	0.000	0.000	4	A	1		0.000	0.000	
6:0.....g	0.000	0.000	4	A	1		0.000	0.000	
8:0.....g	0.000	0.000	4	A	1		0.000	0.000	
10:0.....g	0.000	0.000	4	A	1		0.000	0.000	
12:0.....g	0.000	0.000	4	A	1		0.000	0.000	
13:0.....g									
14:0.....g	0.000	0.000	4	A	1		0.000	0.000	
15:0.....g	0.000	0.000	4	A	1		0.000	0.000	
16:0.....g	0.036	0.036	4	A	1		0.080	0.034	
17:0.....g	0.000	0.000	4	A	1		0.000	0.000	
18:0.....g	0.000	0.000	4	A	1		0.000	0.000	
20:0.....g	0.000	0.000	4	A	1		0.000	0.000	
22:0.....g	0.000	0.000	4	A	1		0.000	0.000	
24:0.....g	0.000	0.000	4	A	1		0.000	0.000	
Fatty acids, total monounsaturated.....g									
14:1.....g	0.000	0.000	4	A	1		0.000	0.000	
15:1.....g									
16:1 undifferentiated.....g	0.000	0.000	4	A	1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.000	0.000	4	A	1		0.000	0.000	
20:1.....g	0.000	0.000	4	A	1		0.000	0.000	
22:1 undifferentiated.....g	0.000	0.000	4	A	1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g									
18:2 undifferentiated.....g	0.000	0.000	4	A	1		0.000	0.000	
18:3 undifferentiated.....g	0.086	0.053	4	A	1		0.189	0.081	
18:4.....g	0.000	0.000	4	A	1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000	0.000	4	A	1		0.000	0.000	
20:5 n-3.....g	0.000	0.000	4	A	1		0.000	0.000	
22:5 n-3.....g	0.000	0.000	4	A	1		0.000	0.000	
22:6 n-3.....g	0.000	0.000	4	A	1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.101		0	A	1		0.223	0.096	
Threonine.....g	0.220		0	A	1		0.485	0.209	
Isoleucine.....g	0.128		0	A	1		0.282	0.122	
Leucine.....g	0.205		0	A	1		0.452	0.195	
Lysine.....g	0.256		0	A	1		0.562	0.243	
Methionine.....g	0.053		0	A	1		0.117	0.051	
Cystine.....g	0.029		0	A	1		0.064	0.028	
Phenylalanine.....g	0.211		0	A	1		0.464	0.200	
Tyrosine.....g	0.219		0	A	1		0.481	0.208	
Valine.....g	0.181		0	A	1		0.399	0.172	
Arginine.....g	0.489		0	A	1		1.077	0.465	
Histidine.....g	0.049		0	A	1		0.109	0.047	
Alanine.....g	0.222		0	A	1		0.488	0.211	
Aspartic acid.....g	0.436		0	A	1		0.960	0.415	
Glutamic acid.....g	0.516		0	A	1		1.136	0.490	
Glycine.....g	0.225		0	A	1		0.495	0.214	
Proline.....g	0.201		0	A	1		0.443	0.191	
Serine.....g	0.173		0	A	1		0.381	0.164	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g									
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	



NDB No. 11856

Spinach, frozen, chopped or leaf, cooked, boiled, drained, with salt

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

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

**Common Measures:**

Measure 1 = 220g: 1 package (10 oz) yields

Measure 2 = 95g: .5 cup

**Calories Factors: Protein** 2.44

**Fat** 8.37

**Carbohydrate**3.57

**Food Group:** 11 Vegetables and Vegetable Products  
USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11464

Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	88.94	0.191	6	A	1		195.67	84.49	
Energy.....kcal	34		0	NC	4		75	32	
Energy.....kj	143		0	NC	4		314	136	
Protein (N x 6.25).....g	4.01	0.061	6	A	1		8.81	3.81	
Total lipid (fat).....g	0.87	0.215	6	A	1		1.90	0.82	
Ash.....g	1.39	0.075	6	A	1		3.06	1.32	
Carbohydrate, by difference.....g	4.80		0	NC	4		10.55	4.56	
Fiber, total dietary.....g	3.7	0.183	6	A	1		8.1	3.5	
Sugars, total.....g	0.51	0.122	6	A	1		1.11	0.48	
Sucrose.....g	0.21	0.038	6	A	1		0.47	0.20	
Glucose (dextrose).....g	0.20	0.033	6	A	1		0.44	0.19	
Fructose.....g	0.09	0.059	6	A	1		0.21	0.09	
Lactose.....g	0.00	0.000	6	A	1		0.00	0.00	
Maltose.....g	0.00	0.000	6	A	1		0.00	0.00	
Galactose.....g	0.00	0.000	6	A	1		0.00	0.00	
Starch.....g	0.00	0.000	6	A	1		0.00	0.00	
<b>Minerals:</b>									
Calcium, Ca.....mg	153	6.024	6	A	1		336	145	
Iron, Fe.....mg	1.96	0.064	6	A	1		4.32	1.86	
Magnesium, Mg.....mg	82	6.920	6	A	1		180	78	
Phosphorus, P.....mg	50	2.231	6	A	1		110	48	
Potassium, K.....mg	302	20.365	6	A	1		664	287	
Sodium, Na.....mg	97	7.670	6	A	1		212	92	
Zinc, Zn.....mg	0.49	0.049	6	A	1		1.09	0.47	
Copper, Cu.....mg	0.161	0.013	6	A	1		0.354	0.153	
Manganese, Mn.....mg	0.717	0.038	6	A	1		1.578	0.681	
Selenium, Se.....mcg	5.5	0.065	4	A	1		12.2	5.3	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	2.2	0.525	6	A	1		4.8	2.1	
Thiamin.....mg	0.078	0.006	6	A	1		0.171	0.074	
Riboflavin.....mg	0.176	0.007	6	A	1		0.388	0.168	
Niacin.....mg	0.439	0.035	5	A	1		0.966	0.417	
Pantothenic acid.....mg	0.075	0.000	4	A	1		0.164	0.071	
Vitamin B-6.....mg	0.136	0.006	6	A	1		0.299	0.129	
Folate, total.....mcg	121	3.890	6	A	1		266	115	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	121	3.890	6	A	1		266	115	
Folate, DFE.....mcg_DFE	121		0	NC	4		266	115	
Choline, total.....mg	24.8		0	AS	1		54.5	23.5	
Betaine.....mg	112.0		2	A	1		246.3	106.4	
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	603		0	NC	4		1327	573	
Retinol.....mcg	0		0	Z	7		0	0	
Carotene, beta.....mcg	7237		0	BFSN	4		15921	6875	
Carotene, alpha.....mcg	0		0	BFSN	4		0	0	
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0	0	
Vitamin A, IU.....IU	12061		0	NC	4		26535	11458	
Lycopene.....mcg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin.....mcg	15690		0	BFSN	4		34518	14905	
Vitamin E (alpha-tocopherol).....mg	3.54	0.111	3	A	1		7.80	3.37	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg	0.01	0.001	3	A	1		0.02	0.01	
Tocopherol, gamma.....mg	0.17	0.007	3	A	1		0.37	0.16	
Tocopherol, delta.....mg	0.00	0.000	3	A	1		0.00	0.00	
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	540.7	4.236	3	A	1		1189.5	513.7	

NDB No. 11464

Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.157		0	NC	4		0.345	0.149	
4:0.....g	0.000	0.000	4	A	1		0.000	0.000	
6:0.....g	0.000	0.000	4	A	1		0.000	0.000	
8:0.....g	0.000	0.000	4	A	1		0.000	0.000	
10:0.....g	0.000	0.000	4	A	1		0.000	0.000	
12:0.....g	0.000	0.000	4	A	1		0.000	0.000	
13:0.....g									
14:0.....g	0.000	0.000	4	A	1		0.000	0.000	
15:0.....g	0.000	0.000	4	A	1		0.000	0.000	
16:0.....g	0.157	0.036	4	A	1		0.345	0.149	
17:0.....g	0.000	0.000	4	A	1		0.000	0.000	
18:0.....g	0.000	0.000	4	A	1		0.000	0.000	
20:0.....g	0.000	0.000	4	A	1		0.000	0.000	
22:0.....g	0.000	0.000	4	A	1		0.000	0.000	
24:0.....g	0.000	0.000	4	A	1		0.000	0.000	
Fatty acids, total monounsaturated.....g	0.000		0	NC	4		0.000	0.000	
14:1.....g	0.000	0.000	4	A	1		0.000	0.000	
15:1.....g									
16:1 undifferentiated.....g	0.000	0.000	4	A	1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.000	0.000	4	A	1		0.000	0.000	
20:1.....g	0.000	0.000	4	A	1		0.000	0.000	
22:1 undifferentiated.....g	0.000	0.000	4	A	1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.371		0	NC	4		0.816	0.352	
18:2 undifferentiated.....g	0.000	0.000	4	A	1		0.000	0.000	
18:3 undifferentiated.....g	0.371	0.053	4	A	1		0.816	0.352	
18:4.....g	0.000	0.000	4	A	1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000	0.000	4	A	1		0.000	0.000	
20:5 n-3.....g	0.000	0.000	4	A	1		0.000	0.000	
22:5 n-3.....g	0.000	0.000	4	A	1		0.000	0.000	
22:6 n-3.....g	0.000	0.000	4	A	1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.101		0	A	1		0.223	0.096	
Threonine.....g	0.220		0	A	1		0.485	0.209	
Isoleucine.....g	0.128		0	A	1		0.282	0.122	
Leucine.....g	0.205		0	A	1		0.452	0.195	
Lysine.....g	0.256		0	A	1		0.562	0.243	
Methionine.....g	0.053		0	A	1		0.117	0.051	
Cystine.....g	0.029		0	A	1		0.064	0.028	
Phenylalanine.....g	0.211		0	A	1		0.464	0.200	
Tyrosine.....g	0.219		0	A	1		0.481	0.208	
Valine.....g	0.181		0	A	1		0.399	0.172	
Arginine.....g	0.489		0	A	1		1.077	0.465	
Histidine.....g	0.049		0	A	1		0.109	0.047	
Alanine.....g	0.222		0	A	1		0.488	0.211	
Aspartic acid.....g	0.436		0	A	1		0.960	0.415	
Glutamic acid.....g	0.516		0	A	1		1.136	0.490	
Glycine.....g	0.225		0	A	1		0.495	0.214	
Proline.....g	0.201		0	A	1		0.443	0.191	
Serine.....g	0.173		0	A	1		0.381	0.164	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

NDB No. 11464

Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt

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

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

**Common Measures:**

Measure 1 = 220g: 1 package (10 oz) yields

Measure 2 = 95g: .5 cup

**Calories Factors: Protein** 2.44

**Fat** 8.37

**Carbohydrate**3.57

**Food Group:** 11 Vegetables and Vegetable Products  
USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11463

Spinach, frozen, chopped or leaf, unprepared

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	90.17	0.117	11	A	1		140.66	256.07	
Energy.....kcal	29		0	NC	4		45	81	
Energy.....kj	120		0	NC	4		187	340	
Protein.....g	3.63	0.066	11	A	1		5.66	10.30	
Total lipid (fat).....g	0.57	0.083	11	A	1		0.88	1.61	
Ash.....g	1.43	0.016	11	A	1		2.24	4.07	
Carbohydrate, by difference.....g	4.21		0	NC	4		6.56	11.95	
Fiber, total dietary.....g	2.9	0.130	11	A	1		4.5	8.2	
Sugars, total.....g	0.65	0.046	11	A	1		1.01	1.84	
Sucrose.....g	0.24	0.019	11	A	1		0.37	0.67	
Glucose (dextrose).....g	0.24	0.020	11	A	1		0.37	0.67	
Fructose.....g	0.18	0.028	11	A	1		0.28	0.50	
Lactose.....g	0.00	0.000	11	A	1		0.00	0.00	
Maltose.....g	0.00	0.000	11	A	1		0.00	0.00	
Galactose.....g	0.00	0.000	11	A	1		0.00	0.00	
Starch.....g	0.00	0.000	11	A	1		0.00	0.00	
<b>Minerals:</b>									
Calcium, Ca.....mg	129	4.176	11	A	1		202	368	
Iron, Fe.....mg	1.89	0.071	11	A	1		2.95	5.36	
Magnesium, Mg.....mg	75	2.107	11	A	1		117	214	
Phosphorus, P.....mg	49	0.644	11	A	1		77	140	
Potassium, K.....mg	346	7.867	11	A	1		540	984	
Sodium, Na.....mg	74	8.386	25		1		115	210	
Zinc, Zn.....mg	0.56	0.031	11	A	1		0.88	1.60	
Copper, Cu.....mg	0.144	0.006	11	A	1		0.225	0.410	
Manganese, Mn.....mg	0.704	0.017	11	A	1		1.098	1.999	
Selenium, Se.....mcg	6.0	0.025	4	A	1		9.4	17.0	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	5.5	0.691	11	A	1		8.6	15.6	
Thiamin.....mg	0.094	0.005	5	A	1		0.146	0.266	
Riboflavin.....mg	0.224	0.002	5	A	1		0.350	0.637	
Niacin.....mg	0.507	0.002	5	A	1		0.791	1.439	
Pantothenic acid.....mg	0.094	0.000	5	A	1		0.146	0.267	
Vitamin B-6.....mg	0.172	0.003	5	A	1		0.268	0.488	
Folate, total.....mcg	145	8.325	11	A	1		227	413	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	145	8.325	11	A	1		227	413	
Folate, DFE.....mcg_DFE	145		0	NC	4		227	413	
Choline, total.....mg	22.1	1.250	3	AS	1		34.5	62.7	
Betaine.....mg	117.4	8.072	3	A	1		183.1	333.4	
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	586		0	NC	4		915	1665	
Retinol.....mcg	0		0	Z	7		0	0	
Carotene, beta.....mcg	7035		0	BFSN	4		10975	19980	
Carotene, alpha.....mcg	0		0	BFSN	4		0	0	
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0	0	
Vitamin A, IU.....IU	11726		0	NC	4		18292	33301	
Lycopene.....mcg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin.....mcg	12651		0	BFSN	4		19736	35930	
Vitamin E (alpha-tocopherol).....mg	2.90		2	A	1		4.52	8.24	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg	0.01		2	A	1		0.01	0.02	
Tocopherol, gamma.....mg	0.14		2	A	1		0.22	0.40	
Tocopherol, delta.....mg	0.00		2	A	1		0.01	0.01	
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	372.0	30.457	4	A	1		580.3	1056.4	

NDB No. 11463

Spinach, frozen, chopped or leaf, unprepared

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	measures of food		
							Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.041		0	NC	4		0.063	0.115	
4:0.....g	0.000	0.000	5	A	1		0.000	0.000	
6:0.....g	0.000	0.000	5	A	1		0.000	0.000	
8:0.....g	0.000	0.000	5	A	1		0.000	0.000	
10:0.....g	0.000	0.000	5	A	1		0.000	0.000	
12:0.....g	0.000	0.000	5	A	1		0.000	0.000	
13:0.....g									
14:0.....g	0.000	0.000	5	A	1		0.000	0.000	
15:0.....g	0.000	0.000	5	A	1		0.000	0.000	
16:0.....g	0.041	0.000	5	A	1		0.063	0.115	
17:0.....g	0.000	0.000	5	A	1		0.000	0.000	
18:0.....g	0.000	0.000	5	A	1		0.000	0.000	
20:0.....g	0.000	0.000	5	A	1		0.000	0.000	
22:0.....g	0.000	0.000	5	A	1		0.000	0.000	
24:0.....g	0.000	0.000	5	A	1		0.000	0.000	
Fatty acids, total monounsaturated.....g	0.000		0	NC	4		0.000	0.000	
14:1.....g	0.000	0.000	5	A	1		0.000	0.000	
15:1.....g									
16:1 undifferentiated.....g	0.000	0.000	5	A	1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.000	0.000	5	A	1		0.000	0.000	
20:1.....g	0.000	0.000	5	A	1		0.000	0.000	
22:1 undifferentiated.....g	0.000	0.000	5	A	1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.082		0	NC	4		0.127	0.232	
18:2 undifferentiated.....g	0.000	0.000	5	A	1		0.000	0.000	
18:3 undifferentiated.....g	0.082	0.029	5	A	1		0.127	0.232	
18:4.....g	0.000	0.000	5	A	1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000	0.000	5	A	1		0.000	0.000	
20:5 n-3.....g	0.000	0.000	5	A	1		0.000	0.000	
22:5 n-3.....g	0.000	0.000	5	A	1		0.000	0.000	
22:6 n-3.....g	0.000	0.000	5	A	1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.100		0	A	1		0.156	0.283	
Threonine.....g	0.217		0	A	1		0.338	0.616	
Isoleucine.....g	0.126		0	A	1		0.196	0.357	
Leucine.....g	0.202		0	A	1		0.315	0.574	
Lysine.....g	0.251		0	A	1		0.392	0.714	
Methionine.....g	0.052		0	A	1		0.082	0.149	
Cystine.....g	0.029		0	A	1		0.045	0.081	
Phenylalanine.....g	0.207		0	A	1		0.323	0.589	
Tyrosine.....g	0.215		0	A	1		0.335	0.611	
Valine.....g	0.178		0	A	1		0.278	0.506	
Arginine.....g	0.481		0	A	1		0.751	1.366	
Histidine.....g	0.049		0	A	1		0.076	0.138	
Alanine.....g	0.218		0	A	1		0.340	0.619	
Aspartic acid.....g	0.429		0	A	1		0.670	1.219	
Glutamic acid.....g	0.508		0	A	1		0.792	1.442	
Glycine.....g	0.221		0	A	1		0.345	0.628	
Proline.....g	0.198		0	A	1		0.309	0.562	
Serine.....g	0.170		0	A	1		0.265	0.483	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

NDB No. 11463

Spinach, frozen, chopped or leaf, unprepared

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

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

**Common Measures:**

Measure 1 = 156g: 1 cup

Measure 2 = 284g: 1 package (10 oz)

**Calories Factors: Protein** 2.44

**Fat** 8.37

**Carbohydrate**3.57

**Food Group:** 11 Vegetables and Vegetable Products  
USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11457

Spinach, raw

*Spinacia oleracea*

Refuse:28% Large stems and roots

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	91.40		1	JO	11		27.42	310.76	9.14
Energy.....kcal	23		0	NC	4		7	79	2
Energy.....kj	97		0	NC	4		29	330	10
Protein (N x 6.25).....g	2.86	0.112	9		1		0.86	9.72	0.29
Total lipid (fat).....g	0.39	0.032	7		1		0.12	1.32	0.04
Ash.....g	1.72	0.035	8		1		0.52	5.85	0.17
Carbohydrate, by difference.....g	3.63		0	NC	4		1.09	12.34	0.36
Fiber, total dietary.....g	2.2		1		1		0.7	7.5	0.2
Sugars, total.....g	0.42		0	NC	4		0.13	1.43	0.04
Sucrose.....g	0.07	0.036	8		1		0.02	0.23	0.01
Glucose (dextrose).....g	0.11	0.032	8		1		0.03	0.36	0.01
Fructose.....g	0.15	0.070	8		1		0.04	0.50	0.01
Lactose.....g	0.00		1		1		0.00	0.00	0.00
Maltose.....g	0.00		1		1		0.00	0.00	0.00
Galactose.....g	0.10		1		1		0.03	0.34	0.01
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	99	4.996	9		1		30	337	10
Iron, Fe.....mg	2.71	0.522	10		1		0.81	9.21	0.27
Magnesium, Mg.....mg	79	4.794	7		1		24	269	8
Phosphorus, P.....mg	49	3.479	7		1		15	167	5
Potassium, K.....mg	558	28.703	10		1		167	1897	56
Sodium, Na.....mg	79	10.835	10		1		24	269	8
Zinc, Zn.....mg	0.53	0.039	7		1		0.16	1.80	0.05
Copper, Cu.....mg	0.130	0.007	7		1		0.039	0.442	0.013
Manganese, Mn.....mg	0.897	0.048	6		1		0.269	3.050	0.090
Selenium, Se.....mcg	1.0	0.335	5	A	1		0.3	3.4	0.1
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	28.1	4.129	7		1		8.4	95.5	2.8
Thiamin.....mg	0.078	0.008	9		1		0.023	0.265	0.008
Riboflavin.....mg	0.189	0.008	9		1		0.057	0.643	0.019
Niacin.....mg	0.724	0.032	9		1		0.217	2.462	0.072
Pantothenic acid.....mg	0.065	0.008	6		1		0.020	0.221	0.007
Vitamin B-6.....mg	0.195	0.008	6		1		0.059	0.663	0.020
Folate, total.....mcg	194	35.597	6		1		58	661	19
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg	194	35.597	6		1		58	661	19
Folate, DFE.....mcg_DFE	194		0	NC	4		58	661	19
Choline, total.....mg	18.0		0	BFSN	4		5.4	61.2	1.8
Betaine.....mg	550.4		0	BFSN	4		165.1	1871.3	55.0
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	469		0	AS	1		141	1594	47
Retinol.....mcg	0		0	Z	7		0	0	0
Carotene, beta.....mcg	5626	766.716	5	A	1		1688	19130	563
Carotene, alpha.....mcg	0	0.000	4	A	1		0	0	0
Cryptoxanthin, beta.....mcg	0	0.000	4	A	1		0	0	0
Vitamin A, IU.....IU	9377		0	AS	1		2813	31883	938
Lycopene.....mcg	0	0.000	7	A	1		0	0	0
Lutein + zeaxanthin.....mcg	12198	1930.873	7	A	1		3659	41474	1220
Vitamin E (alpha-tocopherol).....mg	2.03	0.152	7		1		0.61	6.91	0.20
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg	0.00	0.000	7		1		0.00	0.00	0.00
Tocopherol, gamma.....mg	0.18	0.036	7		1		0.05	0.61	0.02
Tocopherol, delta.....mg	0.00	0.000	7		1		0.00	0.00	0.00
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	482.9		1		1		144.9	1641.9	48.3



Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.063		0	NC	4		0.019	0.213	0.006
4:0.....g	0.000		0		1		0.000	0.000	0.000
6:0.....g	0.000		0		1		0.000	0.000	0.000
8:0.....g	0.000		0		1		0.000	0.000	0.000
10:0.....g	0.000		0		1		0.000	0.000	0.000
12:0.....g	0.000		0		1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.010		1		1		0.003	0.033	0.001
15:0.....g									
16:0.....g	0.049		1		1		0.015	0.168	0.005
17:0.....g									
18:0.....g	0.004		1		1		0.001	0.012	0.000
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.010		0	NC	4		0.003	0.033	0.001
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.005		1		1		0.001	0.016	0.000
17:1.....g									
18:1 undifferentiated.....g	0.005		1		1		0.001	0.016	0.000
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.165		0	NC	4		0.049	0.560	0.016
18:2 undifferentiated.....g	0.026		1		1		0.008	0.090	0.003
18:3 undifferentiated.....g	0.138		1		1		0.042	0.470	0.014
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	0
Phytosterols.....mg	9		0		1		3	31	1
<b>Amino Acids:</b>									
Tryptophan.....g	0.039		19		1		0.012	0.133	0.004
Threonine.....g	0.122		19		1		0.037	0.415	0.012
Isoleucine.....g	0.147		19		1		0.044	0.500	0.015
Leucine.....g	0.223		19		1		0.067	0.758	0.022
Lysine.....g	0.174		23		1		0.052	0.592	0.017
Methionine.....g	0.053		23		1		0.016	0.180	0.005
Cystine.....g	0.035		8		1		0.011	0.119	0.004
Phenylalanine.....g	0.129		19		1		0.039	0.439	0.013
Tyrosine.....g	0.108		8		1		0.032	0.367	0.011
Valine.....g	0.161		19		1		0.048	0.547	0.016
Arginine.....g	0.162		18		1		0.049	0.551	0.016
Histidine.....g	0.064		18		1		0.019	0.218	0.006
Alanine.....g	0.142		7		1		0.043	0.483	0.014
Aspartic acid.....g	0.240		7		1		0.072	0.816	0.024
Glutamic acid.....g	0.343		7		1		0.103	1.166	0.034
Glycine.....g	0.134		7		1		0.040	0.456	0.013
Proline.....g	0.112		6		1		0.034	0.381	0.011
Serine.....g	0.104		7		1		0.031	0.354	0.010
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0

NDB No. 11457

Spinach, raw

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

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

**Common Measures:**

Measure 1 = 30g: 1 cup

Measure 2 = 340g: 1 bunch

Measure 3 = 10.0g: 1 leaf

**Calories Factors: Protein** 2.44

**Fat** 8.37

**Carbohydrate**3.57

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)



NDB No. 11857

Squash, summer, all varieties, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.001		0			1	0.002		
13:0.....g									
14:0.....g	0.001		0			1	0.002		
15:0.....g									
16:0.....g	0.056		0			1	0.101		
17:0.....g									
18:0.....g	0.006		0			1	0.011		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.023		0			1	0.041		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0			1	0.002		
17:1.....g									
18:1 undifferentiated.....g	0.021		0			1	0.038		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.131		0			1	0.236		
18:2 undifferentiated.....g	0.049		0			1	0.088		
18:3 undifferentiated.....g	0.082		0			1	0.148		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z		7	0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.008		0			1	0.014		
Threonine.....g	0.022		0			1	0.040		
Isoleucine.....g	0.033		0			1	0.059		
Leucine.....g	0.053		0			1	0.095		
Lysine.....g	0.050		0			1	0.090		
Methionine.....g	0.013		0			1	0.023		
Cystine.....g	0.010		0			1	0.018		
Phenylalanine.....g	0.032		0			1	0.058		
Tyrosine.....g	0.024		0			1	0.043		
Valine.....g	0.041		0			1	0.074		
Arginine.....g	0.038		0			1	0.068		
Histidine.....g	0.020		0			1	0.036		
Alanine.....g	0.048		0			1	0.086		
Aspartic acid.....g	0.111		0			1	0.200		
Glutamic acid.....g	0.097		0			1	0.175		
Glycine.....g	0.034		0			1	0.061		
Proline.....g	0.028		0			1	0.050		
Serine.....g	0.037		0			1	0.067		
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g									
Caffeine.....mg	0		0	Z		7	0		
Theobromine.....mg	0		0	Z		7	0		

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

**Common Measures:**

**NDB No. 11857**

**Squash, summer, all varieties, cooked, boiled, drained, with salt**

Measure 1 = 180g: 1 cup slices

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group: 11 Vegetables and Vegetable Products**

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11642

Squash, summer, all varieties, cooked, boiled, drained, without salt

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	93.70	0.122	6		1		168.66		
Energy.....kcal	20		0	NC	4		36		
Energy.....kj	84		0		4		151		
Protein (N x 6.25).....g	0.91	0.075	6		1		1.64		
Total lipid (fat).....g	0.31	0.022	6		1		0.56		
Ash.....g	0.77	0.024	6		1		1.39		
Carbohydrate, by difference.....g	4.31		0	NC	4		7.76		
Fiber, total dietary.....g	1.4		0		1		2.5		
Sugars, total.....g	2.59		0	BFSN	4		4.66		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	27	1.248	6		1		49		
Iron, Fe.....mg	0.36	0.036	6		1		0.65		
Magnesium, Mg.....mg	24	0.500	6		1		43		
Phosphorus, P.....mg	39	1.908	6		1		70		
Potassium, K.....mg	192	5.618	6		1		346		
Sodium, Na.....mg	1	0.335	6		1		2		
Zinc, Zn.....mg	0.39	0.012	6		1		0.70		
Copper, Cu.....mg	0.103	0.006	6		1		0.185		
Manganese, Mn.....mg	0.213	0.011	6		1		0.383		
Selenium, Se.....mcg	0.2		0	BFSN	4		0.4		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	5.5	0.775	6		1		9.9		
Thiamin.....mg	0.044	0.003	9		1		0.079		
Riboflavin.....mg	0.041	0.004	9		1		0.074		
Niacin.....mg	0.513	0.044	6		1		0.923		
Pantothenic acid.....mg	0.137	0.003	6		1		0.247		
Vitamin B-6.....mg	0.065	0.008	9		1		0.117		
Folate, total.....mcg	20	3.726	3		1		36		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	20	3.726	3		1		36		
Folate, DFE.....mcg_DFE	20		0	NC	4		36		
Choline, total.....mg	7.9		0	BFSY	4		14.1		
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00		
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....mcg_RAE	11		0	NC	4		19		
Retinol.....mcg	0		0	Z	7		0		
Carotene, beta.....mcg	127		0	BFSY	4		229		
Carotene, alpha.....mcg	0		0	BFSY	4		0		
Cryptoxanthin, beta.....mcg	0		0	BFSY	4		0		
Vitamin A, IU.....IU	212		0	NC	4		381		
Lycopene.....mcg	0		0	BFSY	4		0		
Lutein + zeaxanthin.....mcg	2249		0	BFSY	4		4047		
Vitamin E (alpha-tocopherol).....mg	0.14		0	BFSN	4		0.25		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	3.5		0	BFSN	4		6.3		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.064		0		1		0.115		
4:0.....g	0.000		0		1		0.000		
6:0.....g	0.000		0		1		0.000		
8:0.....g	0.000		0		1		0.000		
10:0.....g	0.000		0		1		0.000		

NDB No. 11642

Squash, summer, all varieties, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.001		0		1		0.002		
13:0.....g									
14:0.....g	0.001		0		1		0.002		
15:0.....g									
16:0.....g	0.056		0		1		0.101		
17:0.....g									
18:0.....g	0.006		0		1		0.011		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.023		0		1		0.041		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.002		
17:1.....g									
18:1 undifferentiated.....g	0.021		0		1		0.038		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.131		0		1		0.236		
18:2 undifferentiated.....g	0.049		0		1		0.088		
18:3 undifferentiated.....g	0.082		0		1		0.148		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.008		0		1		0.014		
Threonine.....g	0.022		0		1		0.040		
Isoleucine.....g	0.033		0		1		0.059		
Leucine.....g	0.053		0		1		0.095		
Lysine.....g	0.050		0		1		0.090		
Methionine.....g	0.013		0		1		0.023		
Cystine.....g	0.010		0		1		0.018		
Phenylalanine.....g	0.032		0		1		0.058		
Tyrosine.....g	0.024		0		1		0.043		
Valine.....g	0.041		0		1		0.074		
Arginine.....g	0.038		0		1		0.068		
Histidine.....g	0.020		0		1		0.036		
Alanine.....g	0.048		0		1		0.086		
Aspartic acid.....g	0.111		0		1		0.200		
Glutamic acid.....g	0.097		0		1		0.175		
Glycine.....g	0.034		0		1		0.061		
Proline.....g	0.028		0		1		0.050		
Serine.....g	0.037		0		1		0.067		
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

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

**Common Measures:**

**NDB No. 11642**

**Squash, summer, all varieties, cooked, boiled, drained, without salt**

Measure 1 = 180g: 1 cup, sliced

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)



NDB No. 11641

Squash, summer, all varieties, raw

Cucurbita spp.

Refuse:5% Ends

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv	Source	Confidence Code	Measure 1	Measure 2	Measure 3
				Code	Code				
<b>Proximates:</b>									
Water.....g	94.64	0.094	14				106.94	305.69	185.50
Energy.....kcal	16		0	NC		4	19	53	32
Energy.....kj	69		0	NC		4	78	222	135
Protein (N x 6.25).....g	1.21	0.060	6			1	1.36	3.90	2.36
Total lipid (fat).....g	0.18	0.067	3			1	0.20	0.58	0.35
Ash.....g	0.62	0.023	5			1	0.70	2.00	1.21
Carbohydrate, by difference.....g	3.35		0	NC		4	3.79	10.83	6.57
Fiber, total dietary.....g	1.1	0.078	8			1	1.2	3.5	2.1
Sugars, total.....g	2.20		0	T		4	2.49	7.11	4.31
Sucrose.....g	0.03	0.025	4			1	0.03	0.10	0.06
Glucose (dextrose).....g	0.75	0.075	4			1	0.84	2.41	1.46
Fructose.....g	0.95	0.075	4			1	1.07	3.07	1.86
Lactose.....g									
Maltose.....g									
Galactose.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	15	0.771	6			1	17	49	30
Iron, Fe.....mg	0.35	0.010	6			1	0.39	1.12	0.68
Magnesium, Mg.....mg	17	0.433	6			1	19	55	33
Phosphorus, P.....mg	38	0.742	6			1	43	122	74
Potassium, K.....mg	262	10.837	6			1	296	847	514
Sodium, Na.....mg	2		16			1	2	6	4
Zinc, Zn.....mg	0.29	0.012	6			1	0.33	0.94	0.57
Copper, Cu.....mg	0.051	0.001	6			1	0.057	0.163	0.099
Manganese, Mn.....mg	0.175	0.023	6			1	0.197	0.564	0.342
Selenium, Se.....mcg	0.2		0	BFSN		4	0.2	0.6	0.4
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	17.0	0.756	5			1	19.2	54.9	33.3
Thiamin.....mg	0.048	0.002	6			1	0.054	0.155	0.094
Riboflavin.....mg	0.142	0.092	6			1	0.160	0.457	0.277
Niacin.....mg	0.487	0.027	6			1	0.550	1.574	0.955
Pantothenic acid.....mg	0.155	0.016	6			1	0.176	0.502	0.304
Vitamin B-6.....mg	0.218	0.145	5			1	0.247	0.705	0.428
Folate, total.....mcg	29	2.088	6			1	33	94	57
Folic acid.....mcg	0		0	Z		7	0	0	0
Folate, food.....mcg	29	2.088	6			1	33	94	57
Folate, DFE.....mcg_DFE	29		0	NC		4	33	94	57
Choline, total.....mg	6.7		0	BFSN		4	7.6	21.6	13.1
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z		7	0.00	0.00	0.00
Vitamin B-12, added.....mcg	0.00		0	Z		7	0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	10		0	NC		4	11	32	20
Retinol.....mcg	0		0	Z		7	0	0	0
Carotene, beta.....mcg	120	1.203	7	JA		6	136	388	235
Carotene, alpha.....mcg	0		1	A		1	0	0	0
Cryptoxanthin, beta.....mcg	0		1	A		1	0	0	0
Vitamin A, IU.....IU	200		0	NC		4	226	646	392
Lycopene.....mcg	0		1	A		1	0	0	0
Lutein + zeaxanthin.....mcg	2125		1	A		1	2401	6864	4165
Vitamin E (alpha-tocopherol).....mg	0.12		0	O		4	0.14	0.39	0.24
Vitamin E, added.....mg	0.00		0	Z		7	0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	3.0		0	T		4	3.4	9.7	5.9

NDB No. 11641

Squash, summer, all varieties, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common			
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3	
			of Data Points	Deriv Code				Source Code
<b>Lipids:</b>								
Fatty acids, total saturated.....g	0.044		0		1	0.050	0.142	0.086
4:0.....g	0.000		0		1	0.000	0.000	0.000
6:0.....g	0.000		0		1	0.000	0.000	0.000
8:0.....g	0.000		0		1	0.000	0.000	0.000
10:0.....g	0.000		0		1	0.000	0.000	0.000
12:0.....g	0.001		0		1	0.001	0.003	0.002
13:0.....g								
14:0.....g	0.001		0		1	0.001	0.003	0.002
15:0.....g								
16:0.....g	0.038		0		1	0.043	0.123	0.074
17:0.....g								
18:0.....g	0.004		0		1	0.005	0.013	0.008
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	0.016		0		1	0.018	0.052	0.031
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.001		0		1	0.001	0.003	0.002
17:1.....g								
18:1 undifferentiated.....g	0.014		0		1	0.016	0.045	0.027
20:1.....g	0.000		0		1	0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1	0.000	0.000	0.000
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.089		0		1	0.101	0.287	0.174
18:2 undifferentiated.....g	0.033		0		1	0.037	0.107	0.065
18:3 undifferentiated.....g	0.056		0		1	0.063	0.181	0.110
18:4.....g	0.000		0		1	0.000	0.000	0.000
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0		1	0.000	0.000	0.000
20:5 n-3.....g	0.000		0		1	0.000	0.000	0.000
22:5 n-3.....g	0.000		0		1	0.000	0.000	0.000
22:6 n-3.....g	0.000		0		1	0.000	0.000	0.000
Fatty acids, total trans.....g								
Cholesterol.....mg	0		0	Z	7	0	0	0
Phytosterols.....mg								
<b>Amino Acids:</b>								
Tryptophan.....g	0.011		1		1	0.012	0.036	0.022
Threonine.....g	0.028		1		1	0.032	0.090	0.055
Isoleucine.....g	0.042		1		1	0.047	0.136	0.082
Leucine.....g	0.069		1		1	0.078	0.223	0.135
Lysine.....g	0.065		1		1	0.073	0.210	0.127
Methionine.....g	0.017		1		1	0.019	0.055	0.033
Cystine.....g	0.012		1		1	0.014	0.039	0.024
Phenylalanine.....g	0.041		1		1	0.046	0.132	0.080
Tyrosine.....g	0.031		1		1	0.035	0.100	0.061
Valine.....g	0.053		1		1	0.060	0.171	0.104
Arginine.....g	0.050		1		1	0.057	0.162	0.098
Histidine.....g	0.025		1		1	0.028	0.081	0.049
Alanine.....g	0.062		1		1	0.070	0.200	0.122
Aspartic acid.....g	0.144		1		1	0.163	0.465	0.282
Glutamic acid.....g	0.126		1		1	0.142	0.407	0.247
Glycine.....g	0.044		1		1	0.050	0.142	0.086
Proline.....g	0.037		1		1	0.042	0.120	0.073
Serine.....g	0.048		1		1	0.054	0.155	0.094
Hydroxyproline.....g								
<b>Others:</b>								
Alcohol, ethyl.....g	0.0		0		7	0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7	0	0	0
Theobromine.....mg	0		0	Z	7	0	0	0

NDB No. 11641

Squash, summer, all varieties, raw

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

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

**Common Measures:**

Measure 1 = 113g: 1 cup, sliced

Measure 2 = 323g: 1 large

Measure 3 = 196g: 1 medium

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11471

Squash, summer, crookneck and straightneck, canned, drained, solid, without salt

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	96.04	0.041	6		1		201.68	230.50	207.45
Energy.....kcal	13		0	NC	4		27	31	28
Energy.....kj	54		0		4		114	131	117
Protein (N x 6.25).....g	0.61	0.031	6		1		1.28	1.46	1.32
Total lipid (fat).....g	0.07	0.004	6		1		0.15	0.17	0.15
Ash.....g	0.32	0.011	6		1		0.67	0.77	0.69
Carbohydrate, by difference.....g	2.96		0	NC	4		6.22	7.10	6.39
Fiber, total dietary.....g	1.4		0		4		2.9	3.4	3.0
Sugars, total.....g	1.19		0	BFSN	4		2.50	2.85	2.57
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	12	0.143	6		1		25	29	26
Iron, Fe.....mg	0.71	0.032	6		1		1.49	1.70	1.53
Magnesium, Mg.....mg	13	0.417	6		1		27	31	28
Phosphorus, P.....mg	21	0.757	6		1		44	50	45
Potassium, K.....mg	96	5.241	6		1		202	230	207
Sodium, Na.....mg	5	0.151	6		1		11	12	11
Zinc, Zn.....mg	0.29	0.007	6		1		0.61	0.70	0.63
Copper, Cu.....mg	0.080	0.006	6		1		0.168	0.192	0.173
Manganese, Mn.....mg	0.097	0.004	6		1		0.204	0.233	0.210
Selenium, Se.....mcg	0.2		0	BFSN	4		0.4	0.5	0.4
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	2.7	0.242	6		1		5.7	6.5	5.8
Thiamin.....mg	0.016	0.000	6		1		0.034	0.038	0.035
Riboflavin.....mg	0.027	0.000	6		1		0.057	0.065	0.058
Niacin.....mg	0.418	0.025	6		1		0.878	1.003	0.903
Pantothenic acid.....mg	0.048	0.001	6		1		0.101	0.115	0.104
Vitamin B-6.....mg	0.042	0.001	6		1		0.088	0.101	0.091
Folate, total.....mcg	10	0.698	6		1		22	25	22
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg	10	0.698	6		1		22	25	22
Folate, DFE.....mcg_DFE	10		0	NC	4		22	25	22
Choline, total.....mg	4.9		0	BFSY	4		10.4	11.9	10.7
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	5		0	NC	4		11	12	11
Retinol.....mcg	0		0	Z	7		0	0	0
Carotene, beta.....mcg	61		0	BFSN	4		129	147	133
Carotene, alpha.....mcg	0		0	BFSN	4		0	0	0
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0	0	0
Vitamin A, IU.....IU	102		0	NC	4		215	246	221
Lycopene.....mcg	0		0	BFSN	4		0	0	0
Lutein + zeaxanthin.....mcg	198		0	BFSN	4		416	475	428
Vitamin E (alpha-tocopherol).....mg	0.12		0	O	4		0.25	0.29	0.26
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	2.8		0	BFSN	4		5.8	6.6	6.0
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.015		0		1		0.032	0.036	0.032
4:0.....g	0.000		0		1		0.000	0.000	0.000
6:0.....g	0.000		0		1		0.000	0.000	0.000
8:0.....g	0.000		0		1		0.000	0.000	0.000
10:0.....g	0.000		0		1		0.000	0.000	0.000

Squash, summer, crookneck and straightneck, canned, drained, solid, without salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0		1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.000		0		1		0.000	0.000	0.000
15:0.....g									
16:0.....g	0.013		0		1		0.027	0.031	0.028
17:0.....g									
18:0.....g	0.001		0		1		0.002	0.002	0.002
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.005		0		1		0.011	0.012	0.011
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.005		0		1		0.011	0.012	0.011
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.031		0		1		0.065	0.074	0.067
18:2 undifferentiated.....g	0.011		0		1		0.023	0.026	0.024
18:3 undifferentiated.....g	0.019		0		1		0.040	0.046	0.041
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	0
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.005		0		1		0.011	0.012	0.011
Threonine.....g	0.015		0		1		0.032	0.036	0.032
Isoleucine.....g	0.022		0		1		0.046	0.053	0.048
Leucine.....g	0.036		0		1		0.076	0.086	0.078
Lysine.....g	0.034		0		1		0.071	0.082	0.073
Methionine.....g	0.009		0		1		0.019	0.022	0.019
Cystine.....g	0.006		0		1		0.013	0.014	0.013
Phenylalanine.....g	0.022		0		1		0.046	0.053	0.048
Tyrosine.....g	0.016		0		1		0.034	0.038	0.035
Valine.....g	0.028		0		1		0.059	0.067	0.060
Arginine.....g	0.026		0		1		0.055	0.062	0.056
Histidine.....g	0.013		0		1		0.027	0.031	0.028
Alanine.....g	0.032		0		1		0.067	0.077	0.069
Aspartic acid.....g	0.075		0		1		0.158	0.180	0.162
Glutamic acid.....g	0.066		0		1		0.139	0.158	0.143
Glycine.....g	0.023		0		1		0.048	0.055	0.050
Proline.....g	0.019		0		1		0.040	0.046	0.041
Serine.....g	0.025		0		1		0.053	0.060	0.054
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0

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

**Common Measures:**

**NDB No. 11471**

**Squash, summer, crookneck and straightneck, canned, drained, solid, without salt**

Measure 1 = 210g: 1 cup, diced

Measure 2 = 240g: 1 cup, mashed

Measure 3 = 216g: 1 cup slices

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11858

Squash, summer, crookneck and straightneck, cooked, boiled, drained, with salt

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	93.70	0.122	6		1		168.66		
Energy.....kcal	20		0	NC	4		36		
Energy.....kj	84		0		4		151		
Protein (N x 6.25).....g	0.91	0.075	6		1		1.64		
Total lipid (fat).....g	0.31	0.022	6		1		0.56		
Ash.....g	0.77	0.024	6		1		1.39		
Carbohydrate, by difference.....g	4.31		0	NC	4		7.76		
Fiber, total dietary.....g	1.4		1		1		2.5		
Sugars, total.....g	1.89		0	NC	4		3.40		
Sucrose.....g	0.09	0.041	3		1		0.17		
Glucose (dextrose).....g	0.86	0.133	4		1		1.55		
Fructose.....g	0.94	0.174	4		1		1.68		
Lactose.....g	0.00		0	Z	7		0.00		
Maltose.....g	0.00		0	Z	7		0.00		
Galactose.....g	0.00		0	Z	7		0.00		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	22	1.038	27	JA	6		40		
Iron, Fe.....mg	0.37	0.024	28	JA	6		0.67		
Magnesium, Mg.....mg	15	0.655	28	JA	6		28		
Phosphorus, P.....mg	29	1.199	27	JA	6		52		
Potassium, K.....mg	170	9.579	28	JA	6		307		
Sodium, Na.....mg	0	0.091	28	JA	6		1		
Zinc, Zn.....mg	0.22	0.013	28	JA	6		0.40		
Copper, Cu.....mg	0.063	0.004	28	JA	6		0.114		
Manganese, Mn.....mg	0.155	0.007	28	JA	6		0.279		
Selenium, Se.....mcg	0.2	0.171	18	JA	6		0.4		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	5.5	0.775	6		1		9.9		
Thiamin.....mg	0.049	0.002	6		1		0.088		
Riboflavin.....mg	0.049	0.003	6		1		0.088		
Niacin.....mg	0.513	0.044	6		1		0.923		
Pantothenic acid.....mg	0.137	0.003	6		1		0.247		
Vitamin B-6.....mg	0.094	0.006	6		1		0.169		
Folate, total.....mcg	20	3.726	3		1		36		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	20	3.726	3		1		36		
Folate, DFE.....mcg_DFE	20		0	NC	4		36		
Choline, total.....mg	7.9		0	BFZN	4		14.1		
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00		
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....mcg_RAE	8		0	NC	4		15		
Retinol.....mcg	0		0	Z	7		0		
Carotene, beta.....mcg	98		0	BFSN	4		176		
Carotene, alpha.....mcg	0		0	BFSN	4		0		
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0		
Vitamin A, IU.....IU	163		0	NC	4		293		
Lycopene.....mcg	0		0	BFSN	4		0		
Lutein + zeaxanthin.....mcg	315		0	BFSN	4		567		
Vitamin E (alpha-tocopherol).....mg	0.12		0	BFZN	4		0.22		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	4.4		1		1		7.9		

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.064		0		1		0.115		
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g	0.001		0		1		0.002		
13:0.....g									
14:0.....g	0.001		0		1		0.002		
15:0.....g									
16:0.....g	0.056		0		1		0.101		
17:0.....g									
18:0.....g	0.006		0		1		0.011		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.023		0		1		0.041		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.002		
17:1.....g									
18:1 undifferentiated.....g	0.021		0		1		0.038		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.131		0		1		0.236		
18:2 undifferentiated.....g	0.049		0		1		0.088		
18:3 undifferentiated.....g	0.082		0		1		0.148		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.008		0		1		0.014		
Threonine.....g	0.022		0		1		0.040		
Isoleucine.....g	0.033		0		1		0.059		
Leucine.....g	0.053		0		1		0.095		
Lysine.....g	0.050		0		1		0.090		
Methionine.....g	0.013		0		1		0.023		
Cystine.....g	0.010		0		1		0.018		
Phenylalanine.....g	0.032		0		1		0.058		
Tyrosine.....g	0.024		0		1		0.043		
Valine.....g	0.041		0		1		0.074		
Arginine.....g	0.038		0		1		0.068		
Histidine.....g	0.020		0		1		0.036		
Alanine.....g	0.048		0		1		0.086		
Aspartic acid.....g	0.111		0		1		0.200		
Glutamic acid.....g	0.097		0		1		0.175		
Glycine.....g	0.034		0		1		0.061		
Proline.....g	0.028		0		1		0.050		
Serine.....g	0.037		0		1		0.067		
Hydroxyproline.....g									

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



**NDB No.** 11858

**Squash, summer, crookneck and straightneck, cooked, boiled, drained, with salt**

**Common Measures:**

Measure 1 = 180g: 1 cup slices

**Calories Factors: Protein** 2.44

**Fat** 8.37

**Carbohydrate**3.57

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11468

Squash, summer, crookneck and straightneck, cooked, boiled, drained, without salt

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv	Source	Confidence Code	Measure 1	Measure 2	Measure 3
				Code	Code				
<b>Proximates:</b>									
Water.....g	93.70	0.122	6		1		168.66	84.33	
Energy.....kcal	20		0	NC	4		36	18	
Energy.....kj	84		0		4		151	75	
Protein (N x 6.25).....g	0.91	0.075	6		1		1.64	0.82	
Total lipid (fat).....g	0.31	0.022	6		1		0.56	0.28	
Ash.....g	0.77	0.024	6		1		1.39	0.69	
Carbohydrate, by difference.....g	4.31		0	NC	4		7.76	3.88	
Fiber, total dietary.....g	1.4		1		1		2.5	1.3	
Sugars, total.....g	1.89		0	NC	4		3.40	1.70	
Sucrose.....g	0.09	0.041	3		1		0.17	0.08	
Glucose (dextrose).....g	0.86	0.133	4		1		1.55	0.78	
Fructose.....g	0.94	0.174	4		1		1.68	0.84	
Lactose.....g	0.00		0	Z	7		0.00	0.00	
Maltose.....g	0.00		0	Z	7		0.00	0.00	
Galactose.....g	0.00		0	Z	7		0.00	0.00	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	22	1.038	27	JA	6		40	20	
Iron, Fe.....mg	0.37	0.024	28	JA	6		0.67	0.33	
Magnesium, Mg.....mg	15	0.655	28	JA	6		28	14	
Phosphorus, P.....mg	29	1.199	27	JA	6		52	26	
Potassium, K.....mg	170	9.579	28	JA	6		307	153	
Sodium, Na.....mg	0	0.091	28	JA	6		1	0	
Zinc, Zn.....mg	0.22	0.013	28	JA	6		0.40	0.20	
Copper, Cu.....mg	0.063	0.004	28	JA	6		0.114	0.057	
Manganese, Mn.....mg	0.155	0.007	28	JA	6		0.279	0.139	
Selenium, Se.....mcg	0.2	0.171	18	JA	6		0.4	0.2	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	5.5	0.775	6		1		9.9	5.0	
Thiamin.....mg	0.049	0.002	6		1		0.088	0.044	
Riboflavin.....mg	0.049	0.003	6		1		0.088	0.044	
Niacin.....mg	0.513	0.044	6		1		0.923	0.462	
Pantothenic acid.....mg	0.137	0.003	6		1		0.247	0.123	
Vitamin B-6.....mg	0.094	0.006	6		1		0.169	0.085	
Folate, total.....mcg	20	3.726	3		1		36	18	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	20	3.726	3		1		36	18	
Folate, DFE.....mcg_DFE	20		0	NC	4		36	18	
Choline, total.....mg	7.9		0	BFSY	4		14.1	7.1	
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	8		0	NC	4		15	7	
Retinol.....mcg	0		0	Z	7		0	0	
Carotene, beta.....mcg	98		0	BFSN	4		176	88	
Carotene, alpha.....mcg	0		0	BFSN	4		0	0	
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0	0	
Vitamin A, IU.....IU	163		0	NC	4		293	147	
Lycopene.....mcg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin.....mcg	315		0	BFSN	4		567	284	
Vitamin E (alpha-tocopherol).....mg	0.12		0	O	4		0.22	0.11	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	4.4		1		1		7.9	4.0	

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Deriv		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Points	Code					
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.064		0		1		0.115	0.058	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.000		0		1		0.000	0.000	
12:0.....g	0.001		0		1		0.002	0.001	
13:0.....g									
14:0.....g	0.001		0		1		0.002	0.001	
15:0.....g									
16:0.....g	0.056		0		1		0.101	0.050	
17:0.....g									
18:0.....g	0.006		0		1		0.011	0.005	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.023		0		1		0.041	0.021	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.002	0.001	
17:1.....g									
18:1 undifferentiated.....g	0.021		0		1		0.038	0.019	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.131		0		1		0.236	0.118	
18:2 undifferentiated.....g	0.049		0		1		0.088	0.044	
18:3 undifferentiated.....g	0.082		0		1		0.148	0.074	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.008		0		1		0.014	0.007	
Threonine.....g	0.022		0		1		0.040	0.020	
Isoleucine.....g	0.033		0		1		0.059	0.030	
Leucine.....g	0.053		0		1		0.095	0.048	
Lysine.....g	0.050		0		1		0.090	0.045	
Methionine.....g	0.013		0		1		0.023	0.012	
Cystine.....g	0.010		0		1		0.018	0.009	
Phenylalanine.....g	0.032		0		1		0.058	0.029	
Tyrosine.....g	0.024		0		1		0.043	0.022	
Valine.....g	0.041		0		1		0.074	0.037	
Arginine.....g	0.038		0		1		0.068	0.034	
Histidine.....g	0.020		0		1		0.036	0.018	
Alanine.....g	0.048		0		1		0.086	0.043	
Aspartic acid.....g	0.111		0		1		0.200	0.100	
Glutamic acid.....g	0.097		0		1		0.175	0.087	
Glycine.....g	0.034		0		1		0.061	0.031	
Proline.....g	0.028		0		1		0.050	0.025	
Serine.....g	0.037		0		1		0.067	0.033	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

NDB No. 11468

Squash, summer, crookneck and straightneck, cooked, boiled, drained, without salt

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

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

**Common Measures:**

Measure 1 = 180g: 1 cup, sliced

Measure 2 = 90g: .5 cup slices

**Calories Factors: Protein** 2.44

**Fat** 8.37

**Carbohydrate**3.57

**Food Group:** 11 Vegetables and Vegetable Products  
USDA National Nutrient Database for Standard Reference, Release 21 (2008)



Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.001		0		1		0.002		
13:0.....g									
14:0.....g	0.001		0		1		0.002		
15:0.....g									
16:0.....g	0.035		0		1		0.067		
17:0.....g									
18:0.....g	0.004		0		1		0.008		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.015		0		1		0.029		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.002		
17:1.....g									
18:1 undifferentiated.....g	0.014		0		1		0.027		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.082		0		1		0.157		
18:2 undifferentiated.....g	0.031		0		1		0.060		
18:3 undifferentiated.....g	0.051		0		1		0.098		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.011		0		1		0.021		
Threonine.....g	0.031		0		1		0.060		
Isoleucine.....g	0.046		0		1		0.088		
Leucine.....g	0.075		0		1		0.144		
Lysine.....g	0.071		0		1		0.136		
Methionine.....g	0.018		0		1		0.035		
Cystine.....g	0.014		0		1		0.027		
Phenylalanine.....g	0.045		0		1		0.086		
Tyrosine.....g	0.034		0		1		0.065		
Valine.....g	0.058		0		1		0.111		
Arginine.....g	0.054		0		1		0.104		
Histidine.....g	0.028		0		1		0.054		
Alanine.....g	0.067		0		1		0.129		
Aspartic acid.....g	0.157		0		1		0.301		
Glutamic acid.....g	0.138		0		1		0.265		
Glycine.....g	0.048		0		1		0.092		
Proline.....g	0.040		0		1		0.077		
Serine.....g	0.052		0		1		0.100		
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g									
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

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

**Common Measures:**

**NDB No. 11859**

**Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, with salt**

Measure 1 = 192g: 1 cup slices

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group: 11 Vegetables and Vegetable Products**

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11474

Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, without salt

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	92.24	0.062	6		1		177.10		
Energy.....kcal	25		0	NC	4		48		
Energy.....kj	105		0		4		201		
Protein (N x 6.25).....g	1.28	0.031	6		1		2.46		
Total lipid (fat).....g	0.20	0.014	6		1		0.38		
Ash.....g	0.74	0.006	6		1		1.42		
Carbohydrate, by difference.....g	5.54		0	NC	4		10.64		
Fiber, total dietary.....g	1.4		0		4		2.7		
Sugars, total.....g	2.33		0	BFSN	4		4.47		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	20	1.221	6		1		38		
Iron, Fe.....mg	0.52	0.025	6		1		1.00		
Magnesium, Mg.....mg	27	0.590	6		1		52		
Phosphorus, P.....mg	41	1.026	6		1		79		
Potassium, K.....mg	253	6.386	6		1		486		
Sodium, Na.....mg	6	0.314	6		1		12		
Zinc, Zn.....mg	0.34	0.009	6		1		0.65		
Copper, Cu.....mg	0.073	0.010	6		1		0.140		
Manganese, Mn.....mg	0.263	0.021	6		1		0.505		
Selenium, Se.....mcg	0.3		0	BFSN	4		0.6		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	6.8		0		1		13.1		
Thiamin.....mg	0.036	0.002	6		1		0.069		
Riboflavin.....mg	0.047	0.001	6		1		0.090		
Niacin.....mg	0.440	0.027	6		1		0.845		
Pantothenic acid.....mg	0.102	0.006	6		1		0.196		
Vitamin B-6.....mg	0.099	0.004	6		1		0.190		
Folate, total.....mcg	13	1.079	6		1		24		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	13	1.079	6		1		24		
Folate, DFE.....mcg_DFE	13		0	NC	4		24		
Choline, total.....mg	9.7		0	BFSN	4		18.6		
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00		
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....mcg_RAE	10		0	NC	4		19		
Retinol.....mcg	0		0	Z	7		0		
Carotene, beta.....mcg	120		0	BFSN	4		231		
Carotene, alpha.....mcg	0		0	BFSN	4		0		
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0		
Vitamin A, IU.....IU	201		0	NC	4		385		
Lycopene.....mcg	0		0	BFSN	4		0		
Lutein + zeaxanthin.....mcg	388		0	BFSN	4		745		
Vitamin E (alpha-tocopherol).....mg	0.15		0	BFSN	4		0.28		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	5.4		0	BFSN	4		10.4		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.040		0		1		0.077		
4:0.....g	0.000		0		1		0.000		
6:0.....g	0.000		0		1		0.000		
8:0.....g	0.000		0		1		0.000		
10:0.....g	0.000		0		1		0.000		



Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.001		0		1		0.002		
13:0.....g									
14:0.....g	0.001		0		1		0.002		
15:0.....g									
16:0.....g	0.035		0		1		0.067		
17:0.....g									
18:0.....g	0.004		0		1		0.008		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.015		0		1		0.029		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.002		
17:1.....g									
18:1 undifferentiated.....g	0.014		0		1		0.027		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.082		0		1		0.157		
18:2 undifferentiated.....g	0.031		0		1		0.060		
18:3 undifferentiated.....g	0.051		0		1		0.098		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.011		0		1		0.021		
Threonine.....g	0.031		0		1		0.060		
Isoleucine.....g	0.046		0		1		0.088		
Leucine.....g	0.075		0		1		0.144		
Lysine.....g	0.071		0		1		0.136		
Methionine.....g	0.018		0		1		0.035		
Cystine.....g	0.014		0		1		0.027		
Phenylalanine.....g	0.045		0		1		0.086		
Tyrosine.....g	0.034		0		1		0.065		
Valine.....g	0.058		0		1		0.111		
Arginine.....g	0.054		0		1		0.104		
Histidine.....g	0.028		0		1		0.054		
Alanine.....g	0.067		0		1		0.129		
Aspartic acid.....g	0.157		0		1		0.301		
Glutamic acid.....g	0.138		0		1		0.265		
Glycine.....g	0.048		0		1		0.092		
Proline.....g	0.040		0		1		0.077		
Serine.....g	0.052		0		1		0.100		
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

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

**Common Measures:**

**NDB No. 11474**

**Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, without salt**

Measure 1 = 192g: 1 cup slices

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group: 11 Vegetables and Vegetable Products**

USDA National Nutrient Database for Standard Reference, Release 21 (2008)



Squash, summer, crookneck and straightneck, frozen, unprepared

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.000		0		1		0.000		
15:0.....g									
16:0.....g	0.025		0		1		0.033		
17:0.....g									
18:0.....g	0.003		0		1		0.004		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.011		0		1		0.014		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.001		
17:1.....g									
18:1 undifferentiated.....g	0.010		0		1		0.013		
20:1.....g	0.000		0	BFFN	4		0.000		
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.060		0		1		0.078		
18:2 undifferentiated.....g	0.022		0		1		0.029		
18:3 undifferentiated.....g	0.037		0		1		0.048		
18:4.....g	0.000		0	BFFN	4		0.000		
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFFN	4		0.000		
20:5 n-3.....g	0.000		0	BFFN	4		0.000		
22:5 n-3.....g	0.000		0	BFFN	4		0.000		
22:6 n-3.....g	0.000		0	BFFN	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.007		0		1		0.009		
Threonine.....g	0.020		0		1		0.026		
Isoleucine.....g	0.030		0		1		0.039		
Leucine.....g	0.048		0		1		0.062		
Lysine.....g	0.046		0		1		0.060		
Methionine.....g	0.012		0		1		0.016		
Cystine.....g	0.009		0		1		0.012		
Phenylalanine.....g	0.029		0		1		0.038		
Tyrosine.....g	0.022		0		1		0.029		
Valine.....g	0.037		0		1		0.048		
Arginine.....g	0.035		0		1		0.046		
Histidine.....g	0.018		0		1		0.023		
Alanine.....g	0.043		0		1		0.056		
Aspartic acid.....g	0.101		0		1		0.131		
Glutamic acid.....g	0.089		0		1		0.116		
Glycine.....g	0.031		0		1		0.040		
Proline.....g	0.026		0		1		0.034		
Serine.....g	0.034		0		1		0.044		
Hydroxyproline.....g									
<b><u>Others:</u></b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg									
Theobromine.....mg									

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

**Common Measures:**

Measure 1 = 130g: 1 cup slices

**NDB No. 11473**

**Squash, summer, crookneck and straightneck, frozen, unprepared**

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)



Squash, summer, crookneck and straightneck, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.001		0		1		0.001		
15:0.....g									
16:0.....g	0.043		0		1		0.056		
17:0.....g									
18:0.....g	0.005		0		1		0.007		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.018		0		1		0.023		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.001		
17:1.....g									
18:1 undifferentiated.....g	0.017		0		1		0.022		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.100		0		1		0.130		
18:2 undifferentiated.....g	0.038		0		1		0.049		
18:3 undifferentiated.....g	0.062		0		1		0.081		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.008		0		1		0.010		
Threonine.....g	0.023		0		1		0.030		
Isoleucine.....g	0.034		0		1		0.044		
Leucine.....g	0.055		0		1		0.072		
Lysine.....g	0.052		0		1		0.068		
Methionine.....g	0.014		0		1		0.018		
Cystine.....g	0.010		0		1		0.013		
Phenylalanine.....g	0.033		0		1		0.043		
Tyrosine.....g	0.025		0		1		0.033		
Valine.....g	0.042		0		1		0.055		
Arginine.....g	0.040		0		1		0.052		
Histidine.....g	0.020		0		1		0.026		
Alanine.....g	0.049		0		1		0.064		
Aspartic acid.....g	0.115		0		1		0.150		
Glutamic acid.....g	0.101		0		1		0.131		
Glycine.....g	0.035		0		1		0.046		
Proline.....g	0.029		0		1		0.038		
Serine.....g	0.038		0		1		0.049		
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g									
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

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

**Common Measures:**

Measure 1 = 130g: 1 cup, sliced

**NDB No. 11467**

**Squash, summer, crookneck and straightneck, raw**

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)





NDB No. 11860

Squash, summer, scallop, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.001		0		1		0.001	0.001	
13:0.....g									
14:0.....g	0.001		0		1		0.001	0.001	
15:0.....g									
16:0.....g	0.031		0		1		0.028	0.037	
17:0.....g									
18:0.....g	0.003		0		1		0.003	0.004	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.013		0		1		0.012	0.016	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.001	0.001	
17:1.....g									
18:1 undifferentiated.....g	0.012		0		1		0.011	0.014	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.072		0		1		0.065	0.086	
18:2 undifferentiated.....g	0.027		0		1		0.024	0.032	
18:3 undifferentiated.....g	0.045		0		1		0.041	0.054	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.009		0		1		0.008	0.011	
Threonine.....g	0.025		0		1		0.023	0.030	
Isoleucine.....g	0.037		0		1		0.033	0.044	
Leucine.....g	0.061		0		1		0.055	0.073	
Lysine.....g	0.057		0		1		0.051	0.068	
Methionine.....g	0.015		0		1		0.014	0.018	
Cystine.....g	0.011		0		1		0.010	0.013	
Phenylalanine.....g	0.036		0		1		0.032	0.043	
Tyrosine.....g	0.028		0		1		0.025	0.034	
Valine.....g	0.047		0		1		0.042	0.056	
Arginine.....g	0.044		0		1		0.040	0.053	
Histidine.....g	0.022		0		1		0.020	0.026	
Alanine.....g	0.054		0		1		0.049	0.065	
Aspartic acid.....g	0.126		0		1		0.113	0.151	
Glutamic acid.....g	0.111		0		1		0.100	0.133	
Glycine.....g	0.039		0		1		0.035	0.047	
Proline.....g	0.032		0		1		0.029	0.038	
Serine.....g	0.042		0		1		0.038	0.050	
Hydroxyproline.....g									

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

**Common Measures:**

Measure 1 = 90g: .5 cup slices

Measure 2 = 120g: .5 cup, mashed

**NDB No. 11860**

**Squash, summer, scallop, cooked, boiled, drained, with salt**

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group: 11 Vegetables and Vegetable Products**

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11476

Squash, summer, scallop, cooked, boiled, drained, without salt

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	95.00		0		1		228.00	171.00	
Energy.....kcal	16		0	NC	4		38	29	
Energy.....kj	67		0		4		161	120	
Protein (N x 6.25).....g	1.03		0		1		2.47	1.85	
Total lipid (fat).....g	0.17		0		1		0.41	0.31	
Ash.....g	0.50		0		1		1.20	0.90	
Carbohydrate, by difference.....g	3.30		0	NC	4		7.92	5.94	
Fiber, total dietary.....g	1.9		0		4		4.6	3.4	
Sugars, total.....g	1.50		0	BFSN	4		3.60	2.70	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	15		0		1		36	27	
Iron, Fe.....mg	0.33		0		1		0.79	0.59	
Magnesium, Mg.....mg	19		0		1		46	34	
Phosphorus, P.....mg	28		0		1		67	50	
Potassium, K.....mg	140		0		1		336	252	
Sodium, Na.....mg	1		0		1		2	2	
Zinc, Zn.....mg	0.24		0		1		0.58	0.43	
Copper, Cu.....mg	0.083		0		1		0.199	0.149	
Manganese, Mn.....mg	0.128		0		1		0.307	0.230	
Selenium, Se.....mcg	0.2		0	BFSN	4		0.5	0.4	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	10.8		0		1		25.9	19.4	
Thiamin.....mg	0.051		0		1		0.122	0.092	
Riboflavin.....mg	0.025		0		1		0.060	0.045	
Niacin.....mg	0.464		0		1		1.114	0.835	
Pantothenic acid.....mg	0.079		0		1		0.190	0.142	
Vitamin B-6.....mg	0.085		0		1		0.204	0.153	
Folate, total.....mcg	21		0		1		50	37	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	21		0		1		50	37	
Folate, DFE.....mcg_DFE	21		0	NC	4		50	37	
Choline, total.....mg	6.2		0	BFSN	4		15.0	11.2	
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	4		0	NC	4		10	8	
Retinol.....mcg	0		0	BNA	4		0	0	
Carotene, beta.....mcg	51		0	BNA	4		122	92	
Carotene, alpha.....mcg	0		0	BNA	4		0	0	
Cryptoxanthin, beta.....mcg	0		0	BNA	4		0	0	
Vitamin A, IU.....IU	85		0	NC	4		204	153	
Lycopene.....mcg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin.....mcg	250		0	BFSN	4		600	450	
Vitamin E (alpha-tocopherol).....mg	0.12		0	O	4		0.29	0.22	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	3.5		0	BFSN	4		8.4	6.3	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.035		0		1		0.084	0.063	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.000		0		1		0.000	0.000	

Squash, summer, scallop, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.001		0		1		0.002	0.002	
13:0.....g									
14:0.....g	0.001		0		1		0.002	0.002	
15:0.....g									
16:0.....g	0.031		0		1		0.074	0.056	
17:0.....g									
18:0.....g	0.003		0		1		0.007	0.005	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.013		0		1		0.031	0.023	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.002	0.002	
17:1.....g									
18:1 undifferentiated.....g	0.012		0		1		0.029	0.022	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.072		0		1		0.173	0.130	
18:2 undifferentiated.....g	0.027		0		1		0.065	0.049	
18:3 undifferentiated.....g	0.045		0		1		0.108	0.081	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.009		0		1		0.022	0.016	
Threonine.....g	0.025		0		1		0.060	0.045	
Isoleucine.....g	0.037		0		1		0.089	0.067	
Leucine.....g	0.061		0		1		0.146	0.110	
Lysine.....g	0.057		0		1		0.137	0.103	
Methionine.....g	0.015		0		1		0.036	0.027	
Cystine.....g	0.011		0		1		0.026	0.020	
Phenylalanine.....g	0.036		0		1		0.086	0.065	
Tyrosine.....g	0.028		0		1		0.067	0.050	
Valine.....g	0.047		0		1		0.113	0.085	
Arginine.....g	0.044		0		1		0.106	0.079	
Histidine.....g	0.022		0		1		0.053	0.040	
Alanine.....g	0.054		0		1		0.130	0.097	
Aspartic acid.....g	0.126		0		1		0.302	0.227	
Glutamic acid.....g	0.111		0		1		0.266	0.200	
Glycine.....g	0.039		0		1		0.094	0.070	
Proline.....g	0.032		0		1		0.077	0.058	
Serine.....g	0.042		0		1		0.101	0.076	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

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

**Common Measures:**

**NDB No. 11476**

**Squash, summer, scallop, cooked, boiled, drained, without salt**

Measure 1 = 240g: 1 cup, mashed

Measure 2 = 180g: 1 cup, sliced

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)



NDB No. 11475  
Squash, summer, scallop, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.001		0		1		0.001		
15:0.....g									
16:0.....g	0.036		0		1		0.047		
17:0.....g									
18:0.....g	0.004		0		1		0.005		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.015		0		1		0.020		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.001		
17:1.....g									
18:1 undifferentiated.....g	0.014		0		1		0.018		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.084		0		1		0.109		
18:2 undifferentiated.....g	0.031		0		1		0.040		
18:3 undifferentiated.....g	0.052		0		1		0.068		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.011		0		1		0.014		
Threonine.....g	0.029		0		1		0.038		
Isoleucine.....g	0.043		0		1		0.056		
Leucine.....g	0.070		0		1		0.091		
Lysine.....g	0.067		0		1		0.087		
Methionine.....g	0.017		0		1		0.022		
Cystine.....g	0.013		0		1		0.017		
Phenylalanine.....g	0.042		0		1		0.055		
Tyrosine.....g	0.032		0		1		0.042		
Valine.....g	0.054		0		1		0.070		
Arginine.....g	0.051		0		1		0.066		
Histidine.....g	0.026		0		1		0.034		
Alanine.....g	0.063		0		1		0.082		
Aspartic acid.....g	0.147		0		1		0.191		
Glutamic acid.....g	0.129		0		1		0.168		
Glycine.....g	0.045		0		1		0.059		
Proline.....g	0.038		0		1		0.049		
Serine.....g	0.049		0		1		0.064		
Hydroxyproline.....g									

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

**Common Measures:**

Measure 1 = 130g: 1 cup slices

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**



**NDB No. 11475**  
**Squash, summer, scallop, raw**

**Food Group:** 11 Vegetables and Vegetable Products  
USDA National Nutrient Database for Standard Reference, Release 21 (2008)



NDB No. 11861

Squash, summer, zucchini, includes skin, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0		1		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0		1		0.000	0.000	
15:0.....g									
16:0.....g	0.009		0		1		0.008	0.011	
17:0.....g									
18:0.....g	0.001		0		1		0.001	0.001	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.004		0	NC	4		0.004	0.005	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.004		0		1		0.004	0.005	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.021		0	NC	4		0.019	0.025	
18:2 undifferentiated.....g	0.008		0		1		0.007	0.010	
18:3 undifferentiated.....g	0.013		0		1		0.012	0.016	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.006		0		1		0.005	0.007	
Threonine.....g	0.015		0		1		0.014	0.018	
Isoleucine.....g	0.023		0		1		0.021	0.028	
Leucine.....g	0.037		0		1		0.033	0.044	
Lysine.....g	0.035		0		1		0.032	0.042	
Methionine.....g	0.009		0		1		0.008	0.011	
Cystine.....g	0.007		0		1		0.006	0.008	
Phenylalanine.....g	0.022		0		1		0.020	0.026	
Tyrosine.....g	0.017		0		1		0.015	0.020	
Valine.....g	0.029		0		1		0.026	0.035	
Arginine.....g	0.027		0		1		0.024	0.032	
Histidine.....g	0.014		0		1		0.013	0.017	
Alanine.....g	0.033		0		1		0.030	0.040	
Aspartic acid.....g	0.078		0		1		0.070	0.094	
Glutamic acid.....g	0.068		0		1		0.061	0.082	
Glycine.....g	0.024		0		1		0.022	0.029	
Proline.....g	0.020		0		1		0.018	0.024	
Serine.....g	0.026		0		1		0.023	0.031	
Hydroxyproline.....g									

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

**Common Measures:**

Measure 1 = 90g: .5 cup slices

Measure 2 = 120g: .5 cup, mashed

**NDB No. 11861**

**Squash, summer, zucchini, includes skin, cooked, boiled, drained, with salt**

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group: 11 Vegetables and Vegetable Products**

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11478

Squash, summer, zucchini, includes skin, cooked, boiled, drained, without salt

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	94.74		1		1		170.53	113.69	
Energy.....kcal	16		0	NC	4		29	19	
Energy.....kj	67		0		4		120	80	
Protein (N x 6.25).....g	0.64		1		1		1.15	0.77	
Total lipid (fat).....g	0.05		1		1		0.09	0.06	
Ash.....g	0.64		1		1		1.15	0.77	
Carbohydrate, by difference.....g	3.93		0	NC	4		7.07	4.72	
Fiber, total dietary.....g	1.4		0		4		2.5	1.7	
Sugars, total.....g	1.69		0	BFSN	4		3.05	2.03	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	13		1		1		23	16	
Iron, Fe.....mg	0.35		1		1		0.63	0.42	
Magnesium, Mg.....mg	22		1		1		40	26	
Phosphorus, P.....mg	40		1		1		72	48	
Potassium, K.....mg	253		1		1		455	304	
Sodium, Na.....mg	3		1		1		5	4	
Zinc, Zn.....mg	0.18		1		1		0.32	0.22	
Copper, Cu.....mg	0.086		0		1		0.155	0.103	
Manganese, Mn.....mg	0.178		0		1		0.320	0.214	
Selenium, Se.....mcg	0.2		0	BFSN	4		0.4	0.2	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	4.6		0		1		8.3	5.5	
Thiamin.....mg	0.041		0		1		0.074	0.049	
Riboflavin.....mg	0.041		0		1		0.074	0.049	
Niacin.....mg	0.428		0		1		0.770	0.514	
Pantothenic acid.....mg	0.114		0		1		0.205	0.137	
Vitamin B-6.....mg	0.078		0		1		0.140	0.094	
Folate, total.....mcg	17		0		1		30	20	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	17		0		1		30	20	
Folate, DFE.....mcg_DFE	17		0	NC	4		30	20	
Choline, total.....mg	9.4		0	AS	1		16.9	11.2	
Betaine.....mg	0.3		1	A	1		0.5	0.3	
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	56		0	NC	4		100	67	
Retinol.....mcg	0		0	Z	7		0	0	
Carotene, beta.....mcg	670		3	A	1		1206	804	
Carotene, alpha.....mcg	0		0	BFSY	4		0	0	
Cryptoxanthin, beta.....mcg	0		0	BFSY	4		0	0	
Vitamin A, IU.....IU	1117		0	NC	4		2010	1340	
Lycopene.....mcg	0		0	BFSY	4		0	0	
Lutein + zeaxanthin.....mcg	1150	650.000	6	A	1		2070	1380	
Vitamin E (alpha-tocopherol).....mg	0.12		0	O	4		0.22	0.14	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	4.2		2		1		7.6	5.0	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.010		0		1		0.018	0.012	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.000		0		1		0.000	0.000	

NDB No. 11478

Squash, summer, zucchini, includes skin, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0		1		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0		1		0.000	0.000	
15:0.....g									
16:0.....g	0.009		0		1		0.016	0.011	
17:0.....g									
18:0.....g	0.001		0		1		0.002	0.001	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.004		0		1		0.007	0.005	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.004		0		1		0.007	0.005	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.021		0		1		0.038	0.025	
18:2 undifferentiated.....g	0.008		0		1		0.014	0.010	
18:3 undifferentiated.....g	0.013		0		1		0.023	0.016	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.006		0		1		0.011	0.007	
Threonine.....g	0.015		0		1		0.027	0.018	
Isoleucine.....g	0.023		0		1		0.041	0.028	
Leucine.....g	0.037		0		1		0.067	0.044	
Lysine.....g	0.035		0		1		0.063	0.042	
Methionine.....g	0.009		0		1		0.016	0.011	
Cystine.....g	0.007		0		1		0.013	0.008	
Phenylalanine.....g	0.022		0		1		0.040	0.026	
Tyrosine.....g	0.017		0		1		0.031	0.020	
Valine.....g	0.029		0		1		0.052	0.035	
Arginine.....g	0.027		0		1		0.049	0.032	
Histidine.....g	0.014		0		1		0.025	0.017	
Alanine.....g	0.033		0		1		0.059	0.040	
Aspartic acid.....g	0.078		0		1		0.140	0.094	
Glutamic acid.....g	0.068		0		1		0.122	0.082	
Glycine.....g	0.024		0		1		0.043	0.029	
Proline.....g	0.020		0		1		0.036	0.024	
Serine.....g	0.026		0		1		0.047	0.031	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

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

**Common Measures:**

**NDB No. 11478**

**Squash, summer, zucchini, includes skin, cooked, boiled, drained, without salt**

Measure 1 = 180g: 1 cup, sliced

Measure 2 = 120g: .5 cup, mashed

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group: 11 Vegetables and Vegetable Products**

USDA National Nutrient Database for Standard Reference, Release 21 (2008)





NDB No. 11862

Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.001		0		1		0.002		
13:0.....g									
14:0.....g	0.000		0		1		0.000		
15:0.....g									
16:0.....g	0.024		0		1		0.054		
17:0.....g									
18:0.....g	0.003		0		1		0.007		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.010		0		1		0.022		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.002		
17:1.....g									
18:1 undifferentiated.....g	0.009		0		1		0.020		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.055		0		1		0.123		
18:2 undifferentiated.....g	0.021		0		1		0.047		
18:3 undifferentiated.....g	0.034		0		1		0.076		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0		
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.010		0		1		0.022		
Threonine.....g	0.028		0		1		0.062		
Isoleucine.....g	0.041		0		1		0.091		
Leucine.....g	0.067		0		1		0.149		
Lysine.....g	0.064		0		1		0.143		
Methionine.....g	0.016		0		1		0.036		
Cystine.....g	0.012		0		1		0.027		
Phenylalanine.....g	0.040		0		1		0.089		
Tyrosine.....g	0.031		0		1		0.069		
Valine.....g	0.052		0		1		0.116		
Arginine.....g	0.048		0		1		0.107		
Histidine.....g	0.025		0		1		0.056		
Alanine.....g	0.060		0		1		0.134		
Aspartic acid.....g	0.140		0		1		0.312		
Glutamic acid.....g	0.123		0		1		0.274		
Glycine.....g	0.043		0		1		0.096		
Proline.....g	0.036		0		1		0.080		
Serine.....g	0.047		0		1		0.105		
Hydroxyproline.....g									

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

**Common Measures:**

Measure 1 = 223g: 1 cup

**NDB No. 11862**

**Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, with salt**

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group: 11 Vegetables and Vegetable Products**

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11480

Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, without salt

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	94.74		0		1		211.27		
Energy.....kcal	17		0	NC	4		38		
Energy.....kj	71		0		4		159		
Protein (N x 6.25).....g	1.15		0		1		2.56		
Total lipid (fat).....g	0.13		0		1		0.29		
Ash.....g	0.42		0		1		0.94		
Carbohydrate, by difference.....g	3.56		0	NC	4		7.94		
Fiber, total dietary.....g	1.3		0		4		2.9		
Sugars, total.....g	1.69		0	BFSN	4		3.78		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	17		0		1		38		
Iron, Fe.....mg	0.48		0		1		1.07		
Magnesium, Mg.....mg	13		0		1		29		
Phosphorus, P.....mg	25		0		1		56		
Potassium, K.....mg	194		0		1		433		
Sodium, Na.....mg	2		0		1		4		
Zinc, Zn.....mg	0.20		0		1		0.45		
Copper, Cu.....mg	0.047		0		1		0.105		
Manganese, Mn.....mg	0.230		0		1		0.513		
Selenium, Se.....mcg	0.2		0	BFSN	4		0.4		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	3.7		0		1		8.3		
Thiamin.....mg	0.041		0		1		0.091		
Riboflavin.....mg	0.040		0		1		0.089		
Niacin.....mg	0.386		0		1		0.861		
Pantothenic acid.....mg	0.265		0		1		0.591		
Vitamin B-6.....mg	0.045		0		1		0.100		
Folate, total.....mcg	8		0		1		17		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	8		0		1		17		
Folate, DFE.....mcg_DFE	8		0	NC	4		17		
Choline, total.....mg	9.4		0	BFSY	4		20.9		
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00		
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....mcg_RAE	9		0	NC	4		20		
Retinol.....mcg	0		0	Z	7		0		
Carotene, beta.....mcg	106		0	BFSY	4		236		
Carotene, alpha.....mcg	0		0	BFSY	4		0		
Cryptoxanthin, beta.....mcg	0		0	BFSY	4		0		
Vitamin A, IU.....IU	177		0	NC	4		394		
Lycopene.....mcg	0		0	BFSY	4		0		
Lutein + zeaxanthin.....mcg	1877		0	BFSY	4		4186		
Vitamin E (alpha-tocopherol).....mg	0.12		0	BFSN	4		0.26		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	4.2		0	BFSN	4		9.4		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.027		0		1		0.060		
4:0.....g	0.000		0		1		0.000		
6:0.....g	0.000		0		1		0.000		
8:0.....g	0.000		0		1		0.000		
10:0.....g	0.000		0		1		0.000		

NDB No. 11480

Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.001		0		1		0.002		
13:0.....g									
14:0.....g	0.000		0		1		0.000		
15:0.....g									
16:0.....g	0.024		0		1		0.054		
17:0.....g									
18:0.....g	0.003		0		1		0.007		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.010		0		1		0.022		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.002		
17:1.....g									
18:1 undifferentiated.....g	0.009		0		1		0.020		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.055		0		1		0.123		
18:2 undifferentiated.....g	0.021		0		1		0.047		
18:3 undifferentiated.....g	0.034		0		1		0.076		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.010		0		1		0.022		
Threonine.....g	0.028		0		1		0.062		
Isoleucine.....g	0.041		0		1		0.091		
Leucine.....g	0.067		0		1		0.149		
Lysine.....g	0.064		0		1		0.143		
Methionine.....g	0.016		0		1		0.036		
Cystine.....g	0.012		0		1		0.027		
Phenylalanine.....g	0.040		0		1		0.089		
Tyrosine.....g	0.031		0		1		0.069		
Valine.....g	0.052		0		1		0.116		
Arginine.....g	0.048		0		1		0.107		
Histidine.....g	0.025		0		1		0.056		
Alanine.....g	0.060		0		1		0.134		
Aspartic acid.....g	0.140		0		1		0.312		
Glutamic acid.....g	0.123		0		1		0.274		
Glycine.....g	0.043		0		1		0.096		
Proline.....g	0.036		0		1		0.080		
Serine.....g	0.047		0		1		0.105		
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

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

**Common Measures:**

**NDB No. 11480**

**Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, without salt**

Measure 1 = 223g: 1 cup

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)



Squash, summer, zucchini, includes skin, frozen, unprepared

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.000		0		1		0.000	0.000	
15:0.....g									
16:0.....g	0.024		0		1		0.068	0.327	
17:0.....g									
18:0.....g	0.003		0		1		0.009	0.041	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.010		0		1		0.028	0.136	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.003	0.014	
17:1.....g									
18:1 undifferentiated.....g	0.009		0		1		0.026	0.122	
20:1.....g	0.000		0	BFFN	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.056		0		1		0.159	0.762	
18:2 undifferentiated.....g	0.021		0		1		0.060	0.286	
18:3 undifferentiated.....g	0.035		0		1		0.099	0.476	
18:4.....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
20:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.010		0		1		0.028	0.136	
Threonine.....g	0.028		0		1		0.080	0.381	
Isoleucine.....g	0.042		0		1		0.119	0.572	
Leucine.....g	0.068		0		1		0.193	0.925	
Lysine.....g	0.064		0		1		0.182	0.871	
Methionine.....g	0.017		0		1		0.048	0.231	
Cystine.....g	0.012		0		1		0.034	0.163	
Phenylalanine.....g	0.041		0		1		0.116	0.558	
Tyrosine.....g	0.031		0		1		0.088	0.422	
Valine.....g	0.052		0		1		0.148	0.708	
Arginine.....g	0.049		0		1		0.139	0.667	
Histidine.....g	0.025		0		1		0.071	0.340	
Alanine.....g	0.061		0		1		0.173	0.830	
Aspartic acid.....g	0.141		0		1		0.400	1.919	
Glutamic acid.....g	0.124		0		1		0.352	1.688	
Glycine.....g	0.044		0		1		0.125	0.599	
Proline.....g	0.036		0		1		0.102	0.490	
Serine.....g	0.047		0		1		0.133	0.640	
Hydroxyproline.....g									
<b><u>Others:</u></b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg									
Theobromine.....mg									

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

**Common Measures:**

Measure 1 = 284g: 1 package (10 oz)

**NDB No. 11479**

**Squash, summer, zucchini, includes skin, frozen, unprepared**

Measure 2 = 1361g: 1 package (3 lb)

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group: 11 Vegetables and Vegetable Products**

USDA National Nutrient Database for Standard Reference, Release 21 (2008)



NDB No. 11477

Squash, summer, zucchini, includes skin, raw

Cucurbita spp.

Refuse:5% Ends

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv	Source	Confidence Code	Measure 1	Measure 2	Measure 3
				Code	Code				
<b>Proximates:</b>									
Water.....g	94.64	0.094	14				117.36	106.94	305.69
Energy.....kcal	16		0	NC		4	20	19	53
Energy.....kj	69		0	NC		4	85	78	222
Protein (N x 6.25).....g	1.21	0.060	6			1	1.50	1.36	3.90
Total lipid (fat).....g	0.18	0.067	3			1	0.22	0.20	0.58
Ash.....g	0.62	0.023	5			1	0.77	0.70	2.00
Carbohydrate, by difference.....g	3.35		0	NC		4	4.16	3.79	10.83
Fiber, total dietary.....g	1.1	0.078	8			1	1.3	1.2	3.5
Sugars, total.....g	1.73		0	NC		4	2.14	1.95	5.57
Sucrose.....g	0.03	0.025	4			1	0.04	0.03	0.10
Glucose (dextrose).....g	0.75	0.075	4			1	0.92	0.84	2.41
Fructose.....g	0.95	0.075	4			1	1.18	1.07	3.07
Lactose.....g	0.00		0	T		4	0.00	0.00	0.00
Maltose.....g	0.00		0	T		4	0.00	0.00	0.00
Galactose.....g	0.00		0	T		4	0.00	0.00	0.00
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	15	0.771	6			1	19	17	49
Iron, Fe.....mg	0.35	0.010	6			1	0.43	0.39	1.12
Magnesium, Mg.....mg	17	0.433	6			1	21	19	55
Phosphorus, P.....mg	38	0.742	6			1	47	43	122
Potassium, K.....mg	262	10.837	6			1	325	296	847
Sodium, Na.....mg	10	8.750	6			1	12	11	31
Zinc, Zn.....mg	0.29	0.012	6			1	0.36	0.33	0.94
Copper, Cu.....mg	0.051	0.001	6			1	0.063	0.057	0.163
Manganese, Mn.....mg	0.175	0.023	6			1	0.216	0.197	0.564
Selenium, Se.....mcg	0.2		0	BFSN		4	0.2	0.2	0.6
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	17.0	0.756	5			1	21.1	19.2	54.9
Thiamin.....mg	0.048	0.002	6			1	0.060	0.054	0.155
Riboflavin.....mg	0.142	0.092	6			1	0.175	0.160	0.457
Niacin.....mg	0.487	0.027	6			1	0.604	0.550	1.574
Pantothenic acid.....mg	0.155	0.016	6			1	0.193	0.176	0.502
Vitamin B-6.....mg	0.218	0.145	5			1	0.271	0.247	0.705
Folate, total.....mcg	29	2.088	6			1	36	33	94
Folic acid.....mcg	0		0	Z		7	0	0	0
Folate, food.....mcg	29	2.088	6			1	36	33	94
Folate, DFE.....mcg_DFE	29		0	NC		4	36	33	94
Choline, total.....mg	9.5		0	BFSN		4	11.8	10.8	30.8
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z		7	0.00	0.00	0.00
Vitamin B-12, added.....mcg	0.00		0	Z		7	0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	10		0	NC		4	12	11	32
Retinol.....mcg	0		0	Z		7	0	0	0
Carotene, beta.....mcg	120	1.203	7	JA		6	149	136	388
Carotene, alpha.....mcg	0		1	A		1	0	0	0
Cryptoxanthin, beta.....mcg	0		1	A		1	0	0	0
Vitamin A, IU.....IU	200		0	NC		4	248	226	646
Lycopene.....mcg	0		1	A		1	0	0	0
Lutein + zeaxanthin.....mcg	2125		1	A		1	2635	2401	6864
Vitamin E (alpha-tocopherol).....mg	0.12		0	O		4	0.15	0.14	0.39
Vitamin E, added.....mg	0.00		0	Z		7	0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	4.3		0	BFSN		4	5.3	4.8	13.8

NDB No. 11477

Squash, summer, zucchini, includes skin, raw

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.037		0	NC	4		0.046	0.042	0.120
4:0.....g	0.000		0		1		0.000	0.000	0.000
6:0.....g	0.000		0		1		0.000	0.000	0.000
8:0.....g	0.000		0		1		0.000	0.000	0.000
10:0.....g	0.000		0		1		0.000	0.000	0.000
12:0.....g	0.001		0		1		0.002	0.001	0.004
13:0.....g									
14:0.....g	0.000		0		1		0.000	0.000	0.000
15:0.....g									
16:0.....g	0.032		0		1		0.040	0.036	0.103
17:0.....g									
18:0.....g	0.004		0		1		0.005	0.004	0.012
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.014		0	NC	4		0.017	0.016	0.045
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.002	0.001	0.004
17:1.....g									
18:1 undifferentiated.....g	0.013		0		1		0.016	0.014	0.041
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.076		0	NC	4		0.094	0.085	0.244
18:2 undifferentiated.....g	0.028		0		1		0.035	0.032	0.091
18:3 undifferentiated.....g	0.047		0		1		0.059	0.054	0.153
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	0
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.010		0	DA	1		0.013	0.012	0.034
Threonine.....g	0.029		0	DA	1		0.036	0.033	0.094
Isoleucine.....g	0.044		0	DA	1		0.054	0.049	0.141
Leucine.....g	0.071		0	DA	1		0.088	0.080	0.228
Lysine.....g	0.067		0	DA	1		0.083	0.075	0.215
Methionine.....g	0.018		0	DA	1		0.022	0.020	0.057
Cystine.....g	0.012		0	DA	1		0.015	0.014	0.040
Phenylalanine.....g	0.043		0	DA	1		0.053	0.048	0.138
Tyrosine.....g	0.032		0	DA	1		0.040	0.036	0.104
Valine.....g	0.054		0	DA	1		0.067	0.061	0.175
Arginine.....g	0.051		0	DA	1		0.063	0.058	0.165
Histidine.....g	0.026		0	DA	1		0.032	0.029	0.084
Alanine.....g	0.063		0	DA	1		0.079	0.072	0.205
Aspartic acid.....g	0.147		0	DA	1		0.182	0.166	0.474
Glutamic acid.....g	0.129		0	DA	1		0.160	0.146	0.417
Glycine.....g	0.046		0	DA	1		0.057	0.052	0.148
Proline.....g	0.037		0	DA	1		0.046	0.042	0.121
Serine.....g	0.049		0	DA	1		0.061	0.055	0.158
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0

NDB No. 11477

Squash, summer, zucchini, includes skin, raw

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

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

**Common Measures:**

Measure 1 = 124g: 1 cup, chopped

Measure 2 = 113g: 1 cup, sliced

Measure 3 = 323g: 1 large

**Calories Factors: Protein** 2.44

**Fat** 8.37

**Carbohydrate**3.57

**Food Group:** 11 Vegetables and Vegetable Products  
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NDB No. 11481

Squash, summer, zucchini, italian style, canned

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.000		0		1		0.000		
15:0.....g									
16:0.....g	0.020		0		1		0.045		
17:0.....g									
18:0.....g	0.002		0		1		0.005		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.008		0		1		0.018		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.008		0		1		0.018		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.047		0		1		0.107		
18:2 undifferentiated.....g	0.017		0		1		0.039		
18:3 undifferentiated.....g	0.029		0		1		0.066		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.009		0		1		0.020		
Threonine.....g	0.025		0		1		0.057		
Isoleucine.....g	0.037		0		1		0.084		
Leucine.....g	0.060		0		1		0.136		
Lysine.....g	0.057		0		1		0.129		
Methionine.....g	0.015		0		1		0.034		
Cystine.....g	0.011		0		1		0.025		
Phenylalanine.....g	0.036		0		1		0.082		
Tyrosine.....g	0.027		0		1		0.061		
Valine.....g	0.046		0		1		0.104		
Arginine.....g	0.043		0		1		0.098		
Histidine.....g	0.022		0		1		0.050		
Alanine.....g	0.054		0		1		0.123		
Aspartic acid.....g	0.125		0		1		0.284		
Glutamic acid.....g	0.110		0		1		0.250		
Glycine.....g	0.039		0		1		0.089		
Proline.....g	0.032		0		1		0.073		
Serine.....g	0.042		0		1		0.095		
Hydroxyproline.....g									

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

**Common Measures:**

Measure 1 = 227g: 1 cup

**Calories Factors: Protein 2.5**

**Fat 8.4**

**Carbohydrate 3.7**

**NDB No. 11481**

**Squash, summer, zucchini, italian style, canned**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)



NDB No. 11864

Squash, winter, acorn, cooked, baked, with salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.000		0		1		0.000		
15:0.....g									
16:0.....g	0.025		0		1		0.051		
17:0.....g									
18:0.....g	0.003		0		1		0.006		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.010		0		1		0.021		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.002		
17:1.....g									
18:1 undifferentiated.....g	0.009		0		1		0.018		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.059		0		1		0.121		
18:2 undifferentiated.....g	0.022		0		1		0.045		
18:3 undifferentiated.....g	0.037		0		1		0.076		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.016		0		1		0.033		
Threonine.....g	0.033		0		1		0.068		
Isoleucine.....g	0.044		0		1		0.090		
Leucine.....g	0.064		0		1		0.131		
Lysine.....g	0.041		0		1		0.084		
Methionine.....g	0.014		0		1		0.029		
Cystine.....g	0.010		0		1		0.021		
Phenylalanine.....g	0.044		0		1		0.090		
Tyrosine.....g	0.038		0		1		0.078		
Valine.....g	0.048		0		1		0.098		
Arginine.....g	0.062		0		1		0.127		
Histidine.....g	0.021		0		1		0.043		
Alanine.....g	0.047		0		1		0.096		
Aspartic acid.....g	0.120		0		1		0.246		
Glutamic acid.....g	0.196		0		1		0.402		
Glycine.....g	0.041		0		1		0.084		
Proline.....g	0.040		0		1		0.082		
Serine.....g	0.044		0		1		0.090		
Hydroxyproline.....g									

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

**Common Measures:**

Measure 1 = 205g: 1 cup, cubes

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**



**NDB No. 11864**

**Squash, winter, acorn, cooked, baked, with salt**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)



NDB No. 11483

Squash, winter, acorn, cooked, baked, without salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.000		0		1		0.000		
15:0.....g									
16:0.....g	0.025		0		1		0.051		
17:0.....g									
18:0.....g	0.003		0		1		0.006		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.010		0		1		0.021		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.002		
17:1.....g									
18:1 undifferentiated.....g	0.009		0		1		0.018		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.059		0		1		0.121		
18:2 undifferentiated.....g	0.022		0		1		0.045		
18:3 undifferentiated.....g	0.037		0		1		0.076		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.016		0		1		0.033		
Threonine.....g	0.033		0		1		0.068		
Isoleucine.....g	0.044		0		1		0.090		
Leucine.....g	0.064		0		1		0.131		
Lysine.....g	0.041		0		1		0.084		
Methionine.....g	0.014		0		1		0.029		
Cystine.....g	0.010		0		1		0.021		
Phenylalanine.....g	0.044		0		1		0.090		
Tyrosine.....g	0.038		0		1		0.078		
Valine.....g	0.048		0		1		0.098		
Arginine.....g	0.062		0		1		0.127		
Histidine.....g	0.021		0		1		0.043		
Alanine.....g	0.047		0		1		0.096		
Aspartic acid.....g	0.120		0		1		0.246		
Glutamic acid.....g	0.196		0		1		0.402		
Glycine.....g	0.041		0		1		0.084		
Proline.....g	0.040		0		1		0.082		
Serine.....g	0.044		0		1		0.090		
Hydroxyproline.....g									

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

**Common Measures:**

Measure 1 = 205g: 1 cup, cubes

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**NDB No. 11483**

**Squash, winter, acorn, cooked, baked, without salt**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)



NDB No. 11865

Squash, winter, acorn, cooked, boiled, mashed, with salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.000		0		1		0.000		
15:0.....g									
16:0.....g	0.015		0		1		0.037		
17:0.....g									
18:0.....g	0.002		0		1		0.005		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.006		0		1		0.015		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.006		0		1		0.015		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.035		0		1		0.086		
18:2 undifferentiated.....g	0.013		0		1		0.032		
18:3 undifferentiated.....g	0.022		0		1		0.054		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.010		0		1		0.025		
Threonine.....g	0.020		0		1		0.049		
Isoleucine.....g	0.026		0		1		0.064		
Leucine.....g	0.038		0		1		0.093		
Lysine.....g	0.025		0		1		0.061		
Methionine.....g	0.008		0		1		0.020		
Cystine.....g	0.006		0		1		0.015		
Phenylalanine.....g	0.026		0		1		0.064		
Tyrosine.....g	0.023		0		1		0.056		
Valine.....g	0.029		0		1		0.071		
Arginine.....g	0.037		0		1		0.091		
Histidine.....g	0.013		0		1		0.032		
Alanine.....g	0.028		0		1		0.069		
Aspartic acid.....g	0.072		0		1		0.176		
Glutamic acid.....g	0.118		0		1		0.289		
Glycine.....g	0.025		0		1		0.061		
Proline.....g	0.024		0		1		0.059		
Serine.....g	0.026		0		1		0.064		
Hydroxyproline.....g									

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

**Common Measures:**

Measure 1 = 245g: 1 cup, mashed

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

**NDB No. 11865**

**Squash, winter, acorn, cooked, boiled, mashed, with salt**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)





NDB No. 11484

Squash, winter, acorn, cooked, boiled, mashed, w without salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.000		0		1		0.000		
15:0.....g									
16:0.....g	0.015		0		1		0.037		
17:0.....g									
18:0.....g	0.002		0		1		0.005		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.006		0		1		0.015		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.006		0		1		0.015		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.035		0		1		0.086		
18:2 undifferentiated.....g	0.013		0		1		0.032		
18:3 undifferentiated.....g	0.022		0		1		0.054		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.010		0		1		0.025		
Threonine.....g	0.020		0		1		0.049		
Isoleucine.....g	0.026		0		1		0.064		
Leucine.....g	0.038		0		1		0.093		
Lysine.....g	0.025		0		1		0.061		
Methionine.....g	0.008		0		1		0.020		
Cystine.....g	0.006		0		1		0.015		
Phenylalanine.....g	0.026		0		1		0.064		
Tyrosine.....g	0.023		0		1		0.056		
Valine.....g	0.029		0		1		0.071		
Arginine.....g	0.037		0		1		0.091		
Histidine.....g	0.013		0		1		0.032		
Alanine.....g	0.028		0		1		0.069		
Aspartic acid.....g	0.072		0		1		0.176		
Glutamic acid.....g	0.118		0		1		0.289		
Glycine.....g	0.025		0		1		0.061		
Proline.....g	0.024		0		1		0.059		
Serine.....g	0.026		0		1		0.064		
Hydroxyproline.....g									

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

**Common Measures:**

Measure 1 = 245g: 1 cup, mashed

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**NDB No. 11484**

**Squash, winter, acorn, cooked, boiled, mashed, without salt**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)



**NDB No. 11482**  
**Squash, winter, acorn, raw**

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	measures of food			
						Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.000		0		1		0.000	0.000	
15:0.....g									
16:0.....g	0.018		0		1		0.025	0.078	
17:0.....g									
18:0.....g	0.002		0		1		0.003	0.009	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.007		0		1		0.010	0.030	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.007		0		1		0.010	0.030	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.042		0		1		0.059	0.181	
18:2 undifferentiated.....g	0.016		0		1		0.022	0.069	
18:3 undifferentiated.....g	0.026		0		1		0.036	0.112	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0	0	
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.011		0		1		0.015	0.047	
Threonine.....g	0.024		0		1		0.034	0.103	
Isoleucine.....g	0.031		0		1		0.043	0.134	
Leucine.....g	0.045		0		1		0.063	0.194	
Lysine.....g	0.029		0		1		0.041	0.125	
Methionine.....g	0.010		0		1		0.014	0.043	
Cystine.....g	0.007		0		1		0.010	0.030	
Phenylalanine.....g	0.031		0		1		0.043	0.134	
Tyrosine.....g	0.027		0		1		0.038	0.116	
Valine.....g	0.034		0		1		0.048	0.147	
Arginine.....g	0.044		0		1		0.062	0.190	
Histidine.....g	0.015		0		1		0.021	0.065	
Alanine.....g	0.033		0		1		0.046	0.142	
Aspartic acid.....g	0.086		0		1		0.120	0.371	
Glutamic acid.....g	0.140		0		1		0.196	0.603	
Glycine.....g	0.029		0		1		0.041	0.125	
Proline.....g	0.028		0		1		0.039	0.121	
Serine.....g	0.031		0		1		0.043	0.134	
Hydroxyproline.....g									

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

**Common Measures:**

Measure 1 = 140g: 1 cup, cubes

Measure 2 = 431g: 1 squash (4 inch dia)

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**NDB No. 11482**  
**Squash, winter, acorn, raw**

**Food Group:** 11 Vegetables and Vegetable Products  
USDA National Nutrient Database for Standard Reference, Release 21 (2008)



NDB No. 11863

Squash, winter, all varieties, cooked, baked, with salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.003		0		1		0.006		
13:0.....g									
14:0.....g	0.002		0		1		0.004		
15:0.....g									
16:0.....g	0.112		0		1		0.230		
17:0.....g									
18:0.....g	0.013		0		1		0.027		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.047		0		1		0.096		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.003		0		1		0.006		
17:1.....g									
18:1 undifferentiated.....g	0.043		0		1		0.088		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.265		0		1		0.543		
18:2 undifferentiated.....g	0.099		0		1		0.203		
18:3 undifferentiated.....g	0.165		0		1		0.338		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.013		0		1		0.027		
Threonine.....g	0.027		0		1		0.055		
Isoleucine.....g	0.035		0		1		0.072		
Leucine.....g	0.050		0		1		0.103		
Lysine.....g	0.033		0		1		0.068		
Methionine.....g	0.011		0		1		0.023		
Cystine.....g	0.008		0		1		0.016		
Phenylalanine.....g	0.035		0		1		0.072		
Tyrosine.....g	0.030		0		1		0.062		
Valine.....g	0.038		0		1		0.078		
Arginine.....g	0.049		0		1		0.100		
Histidine.....g	0.017		0		1		0.035		
Alanine.....g	0.037		0		1		0.076		
Aspartic acid.....g	0.095		0		1		0.195		
Glutamic acid.....g	0.155		0		1		0.318		
Glycine.....g	0.033		0		1		0.068		
Proline.....g	0.032		0		1		0.066		
Serine.....g	0.035		0		1		0.072		
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

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

**Common Measures:**

**NDB No. 11863**

**Squash, winter, all varieties, cooked, baked, with salt**

Measure 1 = 205g: 1 cup, cubes

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)



NDB No. 11644

Squash, winter, all varieties, cooked, baked, without salt

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	89.21	0.394	11		1		182.89		
Energy.....kcal	37		0	NC	4		75		
Energy.....kj	154		0	NC	4		315		
Protein (N x 6.25).....g	0.89	0.073	9		1		1.83		
Total lipid (fat).....g	0.35	0.116	10		1		0.72		
Ash.....g	0.69	0.051	10		1		1.41		
Carbohydrate, by difference.....g	8.85		0	NC	4		18.15		
Fiber, total dietary.....g	2.8		0		1		5.7		
Sugars, total.....g	3.30		0	T	4		6.77		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	22	4.505	3		1		45		
Iron, Fe.....mg	0.44	0.076	10		1		0.89		
Magnesium, Mg.....mg	13	2.712	3		1		26		
Phosphorus, P.....mg	19	0.408	3		1		40		
Potassium, K.....mg	241	98.528	3		1		493		
Sodium, Na.....mg	1		2		1		3		
Zinc, Zn.....mg	0.22	0.028	9		1		0.46		
Copper, Cu.....mg	0.082	0.016	9		1		0.168		
Manganese, Mn.....mg	0.187	0.023	9		1		0.383		
Selenium, Se.....mcg	0.4		0	BFSN	4		0.8		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	9.6		0		1		19.7		
Thiamin.....mg	0.016		2		1		0.033		
Riboflavin.....mg	0.067		2		1		0.136		
Niacin.....mg	0.495		2		1		1.015		
Pantothenic acid.....mg	0.234		2		1		0.479		
Vitamin B-6.....mg	0.161		2		1		0.329		
Folate, total.....mcg	20		2		1		41		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	20		2		1		41		
Folate, DFE.....mcg_DFE	20		0	NC	4		41		
Choline, total.....mg	10.6		0	AS	1		21.7		
Betaine.....mg	0.2		1	A	1		0.4		
Vitamin B-12.....mcg	0.00		0	Z	7		0.00		
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....mcg_RAE	261		0	AS	1		535		
Retinol.....mcg	0		0	Z	7		0		
Carotene, beta.....mcg	2793	661.606	12	A	1		5725		
Carotene, alpha.....mcg	682	298.288	8	A	1		1399		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0		
Vitamin A, IU.....IU	5223		0	AS	1		10707		
Lycopene.....mcg	0		0	Z	7		0		
Lutein + zeaxanthin.....mcg	1415	785.000	7	A	1		2901		
Vitamin E (alpha-tocopherol).....mg	0.12		0	O	4		0.25		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	4.4		0	O	4		9.0		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.072		0	NC	4		0.148		
4:0.....g	0.000		0		1		0.000		
6:0.....g	0.000		0		1		0.000		
8:0.....g	0.000		0		1		0.000		
10:0.....g	0.000		0		1		0.000		

NDB No. 11644

Squash, winter, all varieties, cooked, baked, without salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.002		0		1		0.003		
13:0.....g									
14:0.....g	0.001		0		1		0.002		
15:0.....g									
16:0.....g	0.062		0		1		0.128		
17:0.....g									
18:0.....g	0.007		0		1		0.015		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.026		0	NC	4		0.052		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0		1		0.003		
17:1.....g									
18:1 undifferentiated.....g	0.024		0		1		0.049		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.147		0	NC	4		0.301		
18:2 undifferentiated.....g	0.055		0		1		0.113		
18:3 undifferentiated.....g	0.092		0		1		0.188		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.013		0		1		0.027		
Threonine.....g	0.027		0		1		0.055		
Isoleucine.....g	0.035		0		1		0.072		
Leucine.....g	0.050		0		1		0.103		
Lysine.....g	0.033		0		1		0.068		
Methionine.....g	0.011		0		1		0.023		
Cystine.....g	0.008		0		1		0.016		
Phenylalanine.....g	0.035		0		1		0.072		
Tyrosine.....g	0.030		0		1		0.062		
Valine.....g	0.038		0		1		0.078		
Arginine.....g	0.049		0		1		0.100		
Histidine.....g	0.017		0		1		0.035		
Alanine.....g	0.037		0		1		0.076		
Aspartic acid.....g	0.095		0		1		0.195		
Glutamic acid.....g	0.155		0		1		0.318		
Glycine.....g	0.033		0		1		0.068		
Proline.....g	0.032		0		1		0.066		
Serine.....g	0.035		0		1		0.072		
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

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

**Common Measures:**

**NDB No. 11644**

**Squash, winter, all varieties, cooked, baked, without salt**

Measure 1 = 205g: 1 cup, cubes

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11643  
 Squash, winter, all varieties, raw  
*Cucurbita spp.*

Refuse:29% Seeds, rind and stem

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	89.76	0.763	13				104.12		
Energy.....kcal	34		0	NC	4		40		
Energy.....kj	143		0	NC	4		166		
Protein (N x 6.25).....g	0.95	0.105	5		1		1.10		
Total lipid (fat).....g	0.13	0.010	5		1		0.16		
Ash.....g	0.57	0.027	5		1		0.66		
Carbohydrate, by difference.....g	8.59		0	NC	4		9.96		
Fiber, total dietary.....g	1.5		0		1		1.7		
Sugars, total.....g	2.20		0	T	4		2.55		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	28	2.299	5		1		33		
Iron, Fe.....mg	0.58	0.069	5		1		0.68		
Magnesium, Mg.....mg	14	2.145	5		1		17		
Phosphorus, P.....mg	23	2.885	4		1		26		
Potassium, K.....mg	350		10		1		406		
Sodium, Na.....mg	4		9		1		5		
Zinc, Zn.....mg	0.21	0.019	3		1		0.25		
Copper, Cu.....mg	0.071	0.009	4		1		0.083		
Manganese, Mn.....mg	0.163	0.035	3		1		0.189		
Selenium, Se.....mcg	0.4		0	BFSN	4		0.5		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	12.3		4		1		14.3		
Thiamin.....mg	0.030	0.007	5		1		0.035		
Riboflavin.....mg	0.062	0.002	5		1		0.072		
Niacin.....mg	0.500	0.053	5		1		0.580		
Pantothenic acid.....mg	0.188	0.023	3		1		0.218		
Vitamin B-6.....mg	0.156	0.006	3		1		0.181		
Folate, total.....mcg	24	1.650	9		1		28		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	24	1.650	9		1		28		
Folate, DFE.....mcg_DFE	24		0	NC	4		28		
Choline, total.....mg	10.0		0	BFSY	4		11.6		
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00		
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....mcg_RAE	68		0	AS	1		79		
Retinol.....mcg	0		0	Z	7		0		
Carotene, beta.....mcg	820	0.000	6	A	1		951		
Carotene, alpha.....mcg	0		2	A	1		0		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0		
Vitamin A, IU.....IU	1367		0	AS	1		1585		
Lycopene.....mcg	0		0	Z	7		0		
Lutein + zeaxanthin.....mcg	38		0	T	4		44		
Vitamin E (alpha-tocopherol).....mg	0.12		0	O	4		0.14		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	1.1		0	T	4		1.3		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.027		0	NC	4		0.032		
4:0.....g	0.000		0		1		0.000		
6:0.....g	0.000		0		1		0.000		
8:0.....g	0.000		0		1		0.000		
10:0.....g	0.000		0		1		0.000		

NDB No. 11643  
Squash, winter, all varieties, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.001		3		1		0.001		
13:0.....g									
14:0.....g	0.001		3		1		0.001		
15:0.....g									
16:0.....g	0.024		3		1		0.028		
17:0.....g									
18:0.....g	0.002		3		1		0.003		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.010		0	NC	4		0.012		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		3		1		0.001		
17:1.....g									
18:1 undifferentiated.....g	0.010		3		1		0.011		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.056		0	NC	4		0.065		
18:2 undifferentiated.....g	0.021		3		1		0.024		
18:3 undifferentiated.....g	0.035		3		1		0.041		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.021		2		1		0.024		
Threonine.....g	0.043		2		1		0.050		
Isoleucine.....g	0.057		2		1		0.066		
Leucine.....g	0.082		2		1		0.095		
Lysine.....g	0.053		2		1		0.061		
Methionine.....g	0.018		2		1		0.021		
Cystine.....g	0.013		2		1		0.015		
Phenylalanine.....g	0.057		2		1		0.066		
Tyrosine.....g	0.049		2		1		0.057		
Valine.....g	0.062		2		1		0.072		
Arginine.....g	0.081		2		1		0.094		
Histidine.....g	0.027		2		1		0.031		
Alanine.....g	0.061		2		1		0.071		
Aspartic acid.....g	0.156		2		1		0.181		
Glutamic acid.....g	0.254		2		1		0.295		
Glycine.....g	0.053		2		1		0.061		
Proline.....g	0.052		2		1		0.060		
Serine.....g	0.057		2		1		0.066		
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

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

**Common Measures:**

**NDB No. 11643**

**Squash, winter, all varieties, raw**

Measure 1 = 116g: 1 cup, cubes

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)



NDB No. 11866

Squash, winter, butternut, cooked, baked, with salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0		1		0.000		
13:0.....g									
14:0.....g	0.000		0		1		0.000		
15:0.....g									
16:0.....g	0.016		0		1		0.033		
17:0.....g									
18:0.....g	0.002		0		1		0.004		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.007		0		1		0.014		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.007		0		1		0.014		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.038		0		1		0.078		
18:2 undifferentiated.....g	0.014		0		1		0.029		
18:3 undifferentiated.....g	0.024		0		1		0.049		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.013		0		1		0.027		
Threonine.....g	0.027		0		1		0.055		
Isoleucine.....g	0.035		0		1		0.072		
Leucine.....g	0.051		0		1		0.105		
Lysine.....g	0.033		0		1		0.068		
Methionine.....g	0.011		0		1		0.023		
Cystine.....g	0.008		0		1		0.016		
Phenylalanine.....g	0.035		0		1		0.072		
Tyrosine.....g	0.030		0		1		0.062		
Valine.....g	0.039		0		1		0.080		
Arginine.....g	0.050		0		1		0.103		
Histidine.....g	0.017		0		1		0.035		
Alanine.....g	0.038		0		1		0.078		
Aspartic acid.....g	0.097		0		1		0.199		
Glutamic acid.....g	0.157		0		1		0.322		
Glycine.....g	0.033		0		1		0.068		
Proline.....g	0.032		0		1		0.066		
Serine.....g	0.035		0		1		0.072		
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

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

**Common Measures:**



**NDB No. 11866**

**Squash, winter, butternut, cooked, baked, with salt**

Measure 1 = 205g: 1 cup, cubes

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)



NDB No. 11486

Squash, winter, butternut, cooked, baked, without salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.000		0		1		0.000		
15:0.....g									
16:0.....g	0.016		0		1		0.033		
17:0.....g									
18:0.....g	0.002		0		1		0.004		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.007		0		1		0.014		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.007		0		1		0.014		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.038		0		1		0.078		
18:2 undifferentiated.....g	0.014		0		1		0.029		
18:3 undifferentiated.....g	0.024		0		1		0.049		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.013		0		1		0.027		
Threonine.....g	0.027		0		1		0.055		
Isoleucine.....g	0.035		0		1		0.072		
Leucine.....g	0.051		0		1		0.105		
Lysine.....g	0.033		0		1		0.068		
Methionine.....g	0.011		0		1		0.023		
Cystine.....g	0.008		0		1		0.016		
Phenylalanine.....g	0.035		0		1		0.072		
Tyrosine.....g	0.030		0		1		0.062		
Valine.....g	0.039		0		1		0.080		
Arginine.....g	0.050		0		1		0.103		
Histidine.....g	0.017		0		1		0.035		
Alanine.....g	0.038		0		1		0.078		
Aspartic acid.....g	0.097		0		1		0.199		
Glutamic acid.....g	0.157		0		1		0.322		
Glycine.....g	0.033		0		1		0.068		
Proline.....g	0.032		0		1		0.066		
Serine.....g	0.035		0		1		0.072		
Hydroxyproline.....g									

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

**Common Measures:**

Measure 1 = 205g: 1 cup, cubes

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**NDB No. 11486**

**Squash, winter, butternut, cooked, baked, without salt**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)



NDB No. 11867

Squash, winter, butternut, frozen, cooked, boiled, with salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.000		0		1		0.000		
15:0.....g									
16:0.....g	0.012		0		1		0.029		
17:0.....g									
18:0.....g	0.001		0		1		0.002		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.005		0		1		0.012		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.005		0		1		0.012		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.029		0		1		0.070		
18:2 undifferentiated.....g	0.011		0		1		0.026		
18:3 undifferentiated.....g	0.018		0		1		0.043		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.017		0		1		0.041		
Threonine.....g	0.037		0		1		0.089		
Isoleucine.....g	0.048		0		1		0.115		
Leucine.....g	0.070		0		1		0.168		
Lysine.....g	0.045		0		1		0.108		
Methionine.....g	0.015		0		1		0.036		
Cystine.....g	0.011		0		1		0.026		
Phenylalanine.....g	0.048		0		1		0.115		
Tyrosine.....g	0.041		0		1		0.098		
Valine.....g	0.053		0		1		0.127		
Arginine.....g	0.068		0		1		0.163		
Histidine.....g	0.023		0		1		0.055		
Alanine.....g	0.051		0		1		0.122		
Aspartic acid.....g	0.132		0		1		0.317		
Glutamic acid.....g	0.214		0		1		0.514		
Glycine.....g	0.045		0		1		0.108		
Proline.....g	0.044		0		1		0.106		
Serine.....g	0.048		0		1		0.115		
Hydroxyproline.....g									

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

**Common Measures:**

Measure 1 = 240g: 1 cup, mashed

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**NDB No. 11867**

**Squash, winter, butternut, frozen, cooked, boiled, with salt**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)





NDB No. 11488

Squash, winter, butternut, frozen, cooked, boiled, without salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.000		0		1		0.000		
15:0.....g									
16:0.....g	0.012		0		1		0.029		
17:0.....g									
18:0.....g	0.001		0		1		0.002		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.005		0		1		0.012		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.005		0		1		0.012		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.029		0		1		0.070		
18:2 undifferentiated.....g	0.011		0		1		0.026		
18:3 undifferentiated.....g	0.018		0		1		0.043		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.017		0		1		0.041		
Threonine.....g	0.037		0		1		0.089		
Isoleucine.....g	0.048		0		1		0.115		
Leucine.....g	0.070		0		1		0.168		
Lysine.....g	0.045		0		1		0.108		
Methionine.....g	0.015		0		1		0.036		
Cystine.....g	0.011		0		1		0.026		
Phenylalanine.....g	0.048		0		1		0.115		
Tyrosine.....g	0.041		0		1		0.098		
Valine.....g	0.053		0		1		0.127		
Arginine.....g	0.068		0		1		0.163		
Histidine.....g	0.023		0		1		0.055		
Alanine.....g	0.051		0		1		0.122		
Aspartic acid.....g	0.132		0		1		0.317		
Glutamic acid.....g	0.214		0		1		0.514		
Glycine.....g	0.045		0		1		0.108		
Proline.....g	0.044		0		1		0.106		
Serine.....g	0.048		0		1		0.115		
Hydroxyproline.....g									

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

**Common Measures:**

Measure 1 = 240g: 1 cup, mashed

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**NDB No. 11488**

**Squash, winter, butternut, frozen, cooked, boiled, without salt**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)



Squash, winter, butternut, frozen, unprepared

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.000		0		1		0.000	0.000	
15:0.....g									
16:0.....g	0.018		0		1		0.061	0.327	
17:0.....g									
18:0.....g	0.002		0		1		0.007	0.036	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.007		0		1		0.024	0.127	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.007		0		1		0.024	0.127	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.042		0		1		0.143	0.762	
18:2 undifferentiated.....g	0.016		0		1		0.054	0.290	
18:3 undifferentiated.....g	0.026		0		1		0.088	0.472	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.025		0		1		0.085	0.454	
Threonine.....g	0.053		0		1		0.180	0.961	
Isoleucine.....g	0.069		0		1		0.235	1.252	
Leucine.....g	0.100		0		1		0.340	1.814	
Lysine.....g	0.065		0		1		0.221	1.179	
Methionine.....g	0.022		0		1		0.075	0.399	
Cystine.....g	0.015		0		1		0.051	0.272	
Phenylalanine.....g	0.069		0		1		0.235	1.252	
Tyrosine.....g	0.059		0		1		0.201	1.070	
Valine.....g	0.076		0		1		0.258	1.379	
Arginine.....g	0.098		0		1		0.333	1.778	
Histidine.....g	0.033		0		1		0.112	0.599	
Alanine.....g	0.074		0		1		0.252	1.342	
Aspartic acid.....g	0.189		0		1		0.643	3.428	
Glutamic acid.....g	0.308		0		1		1.047	5.587	
Glycine.....g	0.065		0		1		0.221	1.179	
Proline.....g	0.063		0		1		0.214	1.143	
Serine.....g	0.069		0		1		0.235	1.252	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

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

**Common Measures:**

Measure 1 = 340g: 1 package (12 oz)

**NDB No. 11487**

**Squash, winter, butternut, frozen, unprepared**

Measure 2 = 1814g: 1 package (4 lb)

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11485

Squash, winter, butternut, raw

*Cucurbita moschata*

Refuse:16% Seeds, rind and trimmings

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	86.41	1.623	5		1		120.97		
Energy.....kcal	45		0	NC	4		63		
Energy.....kj	188		0	NC	4		264		
Protein (N x 6.25).....g	1.00		1		1		1.40		
Total lipid (fat).....g	0.10		1		1		0.14		
Ash.....g	0.80		0		1		1.12		
Carbohydrate, by difference.....g	11.69		0	NC	4		16.37		
Fiber, total dietary.....g	2.0		0	BFSN	4		2.8		
Sugars, total.....g	2.20		0	T	4		3.08		
Sucrose.....g	0.22		0	T	4		0.31		
Glucose (dextrose).....g	0.99		0	T	4		1.39		
Fructose.....g	0.99		0	T	4		1.39		
Lactose.....g	0.00		0	Z	7		0.00		
Maltose.....g	0.00		0	Z	7		0.00		
Galactose.....g	0.00		0	Z	7		0.00		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	48		1		1		67		
Iron, Fe.....mg	0.70		1		1		0.98		
Magnesium, Mg.....mg	34		1		1		48		
Phosphorus, P.....mg	33		1		1		46		
Potassium, K.....mg	352		2		1		493		
Sodium, Na.....mg	4		1		1		6		
Zinc, Zn.....mg	0.15		0		1		0.21		
Copper, Cu.....mg	0.072		0		1		0.101		
Manganese, Mn.....mg	0.202		0		4		0.283		
Selenium, Se.....mcg	0.5		0	BFSN	4		0.7		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	21.0		1		1		29.4		
Thiamin.....mg	0.100		1		1		0.140		
Riboflavin.....mg	0.020		1		1		0.028		
Niacin.....mg	1.200		1		1		1.680		
Pantothenic acid.....mg	0.400		0		1		0.560		
Vitamin B-6.....mg	0.154		0		1		0.216		
Folate, total.....mcg	27	5.163	3		1		37		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	27	5.163	3		1		37		
Folate, DFE.....mcg_DFE	27		0	NC	4		37		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....mcg_RAE	532		0	NC	4		744		
Retinol.....mcg	0		0	Z	7		0		
Carotene, beta.....mcg	4226	2125.514	9	A	1		5916		
Carotene, alpha.....mcg	834	101.500	8	A	1		1167		
Cryptoxanthin, beta.....mcg	3471		0	T	4		4859		
Vitamin A, IU.....IU	10630		0	NC	4		14883		
Lycopene.....mcg	0		0	Z	7		0		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol).....mg	1.44		0	BFSN	4		2.01		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	1.1		1		1		1.5		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.021		0		1		0.029		

NDB No. 11485  
Squash, winter, butternut, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Deriv Code	Points					
4:0.....g	0.000		0	BFSN	4		0.000		
6:0.....g	0.000		0	BFSN	4		0.000		
8:0.....g	0.000		0	BFSN	4		0.000		
10:0.....g	0.000		0	BFSN	4		0.000		
12:0.....g	0.000		0		1		0.000		
13:0.....g									
14:0.....g	0.000		0		1		0.000		
15:0.....g									
16:0.....g	0.018		0		1		0.025		
17:0.....g									
18:0.....g	0.002		0		1		0.003		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.007		0		1		0.010		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.007		0		1		0.010		
20:1.....g	0.000		0	BFSN	4		0.000		
22:1 undifferentiated.....g	0.000		0	BFSN	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.042		0		1		0.059		
18:2 undifferentiated.....g	0.016		0		1		0.022		
18:3 undifferentiated.....g	0.026		0		1		0.036		
18:4.....g	0.000		0	BFSN	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFSN	4		0.000		
20:5 n-3.....g	0.000		0	BFSN	4		0.000		
22:5 n-3.....g	0.000		0	BFSN	4		0.000		
22:6 n-3.....g	0.000		0	BFSN	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.014		0		1		0.020		
Threonine.....g	0.030		0		1		0.042		
Isoleucine.....g	0.039		0		1		0.055		
Leucine.....g	0.057		0		1		0.080		
Lysine.....g	0.037		0		1		0.052		
Methionine.....g	0.012		0		1		0.017		
Cystine.....g	0.009		0		1		0.013		
Phenylalanine.....g	0.039		0		1		0.055		
Tyrosine.....g	0.034		0		1		0.048		
Valine.....g	0.043		0		1		0.060		
Arginine.....g	0.056		0		1		0.078		
Histidine.....g	0.019		0		1		0.027		
Alanine.....g	0.042		0		1		0.059		
Aspartic acid.....g	0.107		0		1		0.150		
Glutamic acid.....g	0.175		0		1		0.245		
Glycine.....g	0.037		0		1		0.052		
Proline.....g	0.036		0		1		0.050		
Serine.....g	0.039		0		1		0.055		
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

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

NDB No. 11485  
Squash, winter, butternut, raw

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

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food, or similar food.

**Common Measures:**

Measure 1 = 140g: 1 cup, cubes

**Calories Factors: Protein** 2.44

**Fat** 8.37

**Carbohydrate**3.57

**Food Group:** 11 Vegetables and Vegetable Products  
USDA National Nutrient Database for Standard Reference, Release 21 (2008)





NDB No. 11868

Squash, winter, hubbard, cooked, baked, with salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.002		0		1		0.004		
15:0.....g									
16:0.....g	0.110		0		1		0.226		
17:0.....g									
18:0.....g	0.012		0		1		0.025		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.046		0		1		0.094		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.003		0		1		0.006		
17:1.....g									
18:1 undifferentiated.....g	0.042		0		1		0.086		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.260		0		1		0.533		
18:2 undifferentiated.....g	0.097		0		1		0.199		
18:3 undifferentiated.....g	0.162		0		1		0.332		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.021		0		1		0.043		
Threonine.....g	0.044		0		1		0.090		
Isoleucine.....g	0.058		0		1		0.119		
Leucine.....g	0.084		0		1		0.172		
Lysine.....g	0.055		0		1		0.113		
Methionine.....g	0.018		0		1		0.037		
Cystine.....g	0.013		0		1		0.027		
Phenylalanine.....g	0.058		0		1		0.119		
Tyrosine.....g	0.050		0		1		0.103		
Valine.....g	0.064		0		1		0.131		
Arginine.....g	0.082		0		1		0.168		
Histidine.....g	0.028		0		1		0.057		
Alanine.....g	0.062		0		1		0.127		
Aspartic acid.....g	0.159		0		1		0.326		
Glutamic acid.....g	0.259		0		1		0.531		
Glycine.....g	0.055		0		1		0.113		
Proline.....g	0.053		0		1		0.109		
Serine.....g	0.058		0		1		0.119		
Hydroxyproline.....g									

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

**Common Measures:**

Measure 1 = 205g: 1 cup, cubes

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**NDB No. 11868**

**Squash, winter, hubbard, cooked, baked, with salt**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)



NDB No. 11490

Squash, winter, hubbard, cooked, baked, without salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.002		0		1		0.004		
15:0.....g									
16:0.....g	0.110		0		1		0.226		
17:0.....g									
18:0.....g	0.012		0		1		0.025		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.046		0		1		0.094		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.003		0		1		0.006		
17:1.....g									
18:1 undifferentiated.....g	0.042		0		1		0.086		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.260		0		1		0.533		
18:2 undifferentiated.....g	0.097		0		1		0.199		
18:3 undifferentiated.....g	0.162		0		1		0.332		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.021		0		1		0.043		
Threonine.....g	0.044		0		1		0.090		
Isoleucine.....g	0.058		0		1		0.119		
Leucine.....g	0.084		0		1		0.172		
Lysine.....g	0.055		0		1		0.113		
Methionine.....g	0.018		0		1		0.037		
Cystine.....g	0.013		0		1		0.027		
Phenylalanine.....g	0.058		0		1		0.119		
Tyrosine.....g	0.050		0		1		0.103		
Valine.....g	0.064		0		1		0.131		
Arginine.....g	0.082		0		1		0.168		
Histidine.....g	0.028		0		1		0.057		
Alanine.....g	0.062		0		1		0.127		
Aspartic acid.....g	0.159		0		1		0.326		
Glutamic acid.....g	0.259		0		1		0.531		
Glycine.....g	0.055		0		1		0.113		
Proline.....g	0.053		0		1		0.109		
Serine.....g	0.058		0		1		0.119		
Hydroxyproline.....g									

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

**Common Measures:**

Measure 1 = 205g: 1 cup, cubes

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**NDB No. 11490**

**Squash, winter, hubbard, cooked, baked, without salt**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)



NDB No. 11869

Squash, winter, hubbard, cooked, boiled, mashed, with salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.002		0		1		0.005		
13:0.....g									
14:0.....g	0.001		0		1		0.002		
15:0.....g									
16:0.....g	0.066		0		1		0.156		
17:0.....g									
18:0.....g	0.007		0		1		0.017		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.028		0		1		0.066		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0		1		0.005		
17:1.....g									
18:1 undifferentiated.....g	0.025		0		1		0.059		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.156		0		1		0.368		
18:2 undifferentiated.....g	0.058		0		1		0.137		
18:3 undifferentiated.....g	0.097		0		1		0.229		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.021		0		1		0.050		
Threonine.....g	0.044		0		1		0.104		
Isoleucine.....g	0.058		0		1		0.137		
Leucine.....g	0.084		0		1		0.198		
Lysine.....g	0.055		0		1		0.130		
Methionine.....g	0.018		0		1		0.042		
Cystine.....g	0.013		0		1		0.031		
Phenylalanine.....g	0.058		0		1		0.137		
Tyrosine.....g	0.050		0		1		0.118		
Valine.....g	0.064		0		1		0.151		
Arginine.....g	0.082		0		1		0.194		
Histidine.....g	0.028		0		1		0.066		
Alanine.....g	0.062		0		1		0.146		
Aspartic acid.....g	0.159		0		1		0.375		
Glutamic acid.....g	0.259		0		1		0.611		
Glycine.....g	0.055		0		1		0.130		
Proline.....g	0.053		0		1		0.125		
Serine.....g	0.058		0		1		0.137		
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

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

**Common Measures:**



**NDB No. 11869**

**Squash, winter, hubbard, cooked, boiled, mashed, with salt**

Measure 1 = 236g: 1 cup, mashed

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group: 11 Vegetables and Vegetable Products**

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11491

Squash, winter, hubbard, cooked, boiled, mashed, w without salt

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	91.10		0		1		215.00		
Energy.....kcal	30		0	NC	4		70		
Energy.....kj	125		0	NC	4		294		
Protein (N x 6.25).....g	1.48		0		1		3.49		
Total lipid (fat).....g	0.37		0		1		0.87		
Ash.....g	0.59		0		1		1.39		
Carbohydrate, by difference.....g	6.46		0	NC	4		15.25		
Fiber, total dietary.....g	2.9		0		4		6.8		
Sugars, total.....g	2.93		0	BFSN	4		6.91		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	10		0		1		24		
Iron, Fe.....mg	0.28		0		1		0.66		
Magnesium, Mg.....mg	13		0		1		31		
Phosphorus, P.....mg	14		0		1		33		
Potassium, K.....mg	214		0		1		505		
Sodium, Na.....mg	5		0		1		12		
Zinc, Zn.....mg	0.10		0		1		0.24		
Copper, Cu.....mg	0.047		0		1		0.111		
Manganese, Mn.....mg	0.126		0		4		0.297		
Selenium, Se.....mcg	0.3		0	BFSN	4		0.7		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	6.5		0		1		15.3		
Thiamin.....mg	0.042		0		1		0.099		
Riboflavin.....mg	0.028		0		1		0.066		
Niacin.....mg	0.334		0		1		0.788		
Pantothenic acid.....mg	0.297		0		1		0.701		
Vitamin B-6.....mg	0.103		0		1		0.243		
Folate, total.....mcg	10		0		1		23		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	10		0		1		23		
Folate, DFE.....mcg_DFE	10		0	NC	4		23		
Choline, total.....mg	8.7		0	BFSN	4		20.6		
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00		
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....mcg_RAE	200		0	NC	4		473		
Retinol.....mcg	0		0	BNA	4		0		
Carotene, beta.....mcg	2139		0	BNA	4		5047		
Carotene, alpha.....mcg	529		0	BNA	4		1248		
Cryptoxanthin, beta.....mcg	0		0	BNA	4		0		
Vitamin A, IU.....IU	4005		0	NC	4		9452		
Lycopene.....mcg	0		0	BFSN	4		0		
Lutein + zeaxanthin.....mcg	0		0	BFSN	4		0		
Vitamin E (alpha-tocopherol).....mg	0.12		0	O	4		0.28		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	1.0		0	BFSN	4		2.3		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.076		0		1		0.179		
4:0.....g	0.000		0		1		0.000		
6:0.....g	0.000		0		1		0.000		
8:0.....g	0.000		0		1		0.000		
10:0.....g	0.000		0		1		0.000		

NDB No. 11491

Squash, winter, hubbard, cooked, boiled, mashed, without salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.002		0		1		0.005		
13:0.....g									
14:0.....g	0.001		0		1		0.002		
15:0.....g									
16:0.....g	0.066		0		1		0.156		
17:0.....g									
18:0.....g	0.007		0		1		0.017		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.028		0		1		0.066		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0		1		0.005		
17:1.....g									
18:1 undifferentiated.....g	0.025		0		1		0.059		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.156		0		1		0.368		
18:2 undifferentiated.....g	0.058		0		1		0.137		
18:3 undifferentiated.....g	0.097		0		1		0.229		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.021		0		1		0.050		
Threonine.....g	0.044		0		1		0.104		
Isoleucine.....g	0.058		0		1		0.137		
Leucine.....g	0.084		0		1		0.198		
Lysine.....g	0.055		0		1		0.130		
Methionine.....g	0.018		0		1		0.042		
Cystine.....g	0.013		0		1		0.031		
Phenylalanine.....g	0.058		0		1		0.137		
Tyrosine.....g	0.050		0		1		0.118		
Valine.....g	0.064		0		1		0.151		
Arginine.....g	0.082		0		1		0.194		
Histidine.....g	0.028		0		1		0.066		
Alanine.....g	0.062		0		1		0.146		
Aspartic acid.....g	0.159		0		1		0.375		
Glutamic acid.....g	0.259		0		1		0.611		
Glycine.....g	0.055		0		1		0.130		
Proline.....g	0.053		0		1		0.125		
Serine.....g	0.058		0		1		0.137		
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

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

**Common Measures:**

**NDB No. 11491**

**Squash, winter, hubbard, cooked, boiled, mashed, without salt**

Measure 1 = 236g: 1 cup, mashed

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group: 11 Vegetables and Vegetable Products**

USDA National Nutrient Database for Standard Reference, Release 21 (2008)



NDB No. 11489  
Squash, winter, hubbard, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.002		0		1		0.002		
15:0.....g									
16:0.....g	0.089		0		1		0.104		
17:0.....g									
18:0.....g	0.010		0		1		0.012		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.036		0	NC	4		0.042		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0		1		0.002		
17:1.....g									
18:1 undifferentiated.....g	0.034		0		1		0.040		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.211		0	NC	4		0.244		
18:2 undifferentiated.....g	0.079		0		1		0.092		
18:3 undifferentiated.....g	0.131		0		1		0.152		
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.028		0		1		0.032		
Threonine.....g	0.060		0		1		0.070		
Isoleucine.....g	0.078		0		1		0.090		
Leucine.....g	0.114		0		1		0.132		
Lysine.....g	0.074		0		1		0.086		
Methionine.....g	0.025		0		1		0.029		
Cystine.....g	0.017		0		1		0.020		
Phenylalanine.....g	0.078		0		1		0.090		
Tyrosine.....g	0.067		0		1		0.078		
Valine.....g	0.086		0		1		0.100		
Arginine.....g	0.111		0		1		0.129		
Histidine.....g	0.037		0		1		0.043		
Alanine.....g	0.084		0		1		0.097		
Aspartic acid.....g	0.215		0		1		0.249		
Glutamic acid.....g	0.350		0		1		0.406		
Glycine.....g	0.074		0		1		0.086		
Proline.....g	0.071		0		1		0.082		
Serine.....g	0.078		0		1		0.090		
Hydroxyproline.....g									

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

**Common Measures:**

Measure 1 = 116g: 1 cup, cubes

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**NDB No. 11489**  
**Squash, winter, hubbard, raw**

**Food Group:** 11 Vegetables and Vegetable Products  
USDA National Nutrient Database for Standard Reference, Release 21 (2008)





NDB No. 11870

Squash, winter, spaghetti, cooked, boiled, drained, or baked, with salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.001		0		1		0.002		
13:0.....g									
14:0.....g	0.001		0		1		0.002		
15:0.....g									
16:0.....g	0.053		0		1		0.082		
17:0.....g									
18:0.....g	0.006		0		1		0.009		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.022		0		1		0.034		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.002		
17:1.....g									
18:1 undifferentiated.....g	0.018		0		1		0.028		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.126		0		1		0.195		
18:2 undifferentiated.....g	0.047		0		1		0.073		
18:3 undifferentiated.....g	0.078		0		1		0.121		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.009		0		1		0.014		
Threonine.....g	0.018		0		1		0.028		
Isoleucine.....g	0.024		0		1		0.037		
Leucine.....g	0.034		0		1		0.053		
Lysine.....g	0.022		0		1		0.034		
Methionine.....g	0.007		0		1		0.011		
Cystine.....g	0.005		0		1		0.008		
Phenylalanine.....g	0.024		0		1		0.037		
Tyrosine.....g	0.020		0		1		0.031		
Valine.....g	0.026		0		1		0.040		
Arginine.....g	0.033		0		1		0.051		
Histidine.....g	0.011		0		1		0.017		
Alanine.....g	0.025		0		1		0.039		
Aspartic acid.....g	0.064		0		1		0.099		
Glutamic acid.....g	0.105		0		1		0.163		
Glycine.....g	0.022		0		1		0.034		
Proline.....g	0.021		0		1		0.033		
Serine.....g	0.024		0		1		0.037		
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

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

**Common Measures:**

**NDB No. 11870**

**Squash, winter, spaghetti, cooked, boiled, drained, or baked, with salt**

Measure 1 = 155g: 1 cup

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group: 11 Vegetables and Vegetable Products**

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11493

Squash, winter, spaghetti, cooked, boiled, drained, or baked, without salt

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	92.30	1.520	3		1		143.07		
Energy.....kcal	27		0	NC	4		42		
Energy.....kj	113		0		4		175		
Protein (N x 6.25).....g	0.66	0.040	3		1		1.02		
Total lipid (fat).....g	0.26	0.040	3		1		0.40		
Ash.....g	0.32	0.050	3		1		0.50		
Carbohydrate, by difference.....g	6.46		0	NC	4		10.01		
Fiber, total dietary.....g	1.4		0		4		2.2		
Sugars, total.....g	2.53		0	BFSN	4		3.93		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	21	2.500	3		1		33		
Iron, Fe.....mg	0.34	0.031	3		1		0.53		
Magnesium, Mg.....mg	11	1.980	3		1		17		
Phosphorus, P.....mg	14	1.480	3		1		22		
Potassium, K.....mg	117	11.400	3		1		181		
Sodium, Na.....mg	18	1.190	3		1		28		
Zinc, Zn.....mg	0.20	0.028	3		1		0.31		
Copper, Cu.....mg	0.035	0.009	3		1		0.054		
Manganese, Mn.....mg	0.109		0		4		0.169		
Selenium, Se.....mcg	0.3		0	BFSN	4		0.5		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	3.5	2.530	3		1		5.4		
Thiamin.....mg	0.038	0.006	3		1		0.059		
Riboflavin.....mg	0.022	0.001	3		1		0.034		
Niacin.....mg	0.810	0.020	3		1		1.256		
Pantothenic acid.....mg	0.355	0.003	3		1		0.550		
Vitamin B-6.....mg	0.099	0.008	3		1		0.153		
Folate, total.....mcg	8	2.000	3		1		12		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	8	2.000	3		1		12		
Folate, DFE.....mcg_DFE	8		0	NC	4		12		
Choline, total.....mg	7.5		0	BFSN	4		11.7		
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00		
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....mcg_RAE	6		0	NC	4		9		
Retinol.....mcg	0		0	BNA	4		0		
Carotene, beta.....mcg	59		0	BNA	4		91		
Carotene, alpha.....mcg	15		0	BNA	4		23		
Cryptoxanthin, beta.....mcg	0		0	BNA	4		0		
Vitamin A, IU.....IU	110		0	NC	4		171		
Lycopene.....mcg	0		0	BFSN	4		0		
Lutein + zeaxanthin.....mcg	0		0	BFSN	4		0		
Vitamin E (alpha-tocopherol).....mg	0.12		0	O	4		0.19		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.8		0	BFSN	4		1.3		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.062		0		1		0.096		
4:0.....g	0.000		0		1		0.000		
6:0.....g	0.000		0		1		0.000		
8:0.....g	0.000		0		1		0.000		
10:0.....g	0.000		0		1		0.000		

NDB No. 11493

Squash, winter, spaghetti, cooked, boiled, drained, or baked, without salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.001		0		1		0.002		
13:0.....g									
14:0.....g	0.001		0		1		0.002		
15:0.....g									
16:0.....g	0.053		0		1		0.082		
17:0.....g									
18:0.....g	0.006		0		1		0.009		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.022		0		1		0.034		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.002		
17:1.....g									
18:1 undifferentiated.....g	0.018		0		1		0.028		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.126		0		1		0.195		
18:2 undifferentiated.....g	0.047		0		1		0.073		
18:3 undifferentiated.....g	0.078		0		1		0.121		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.009		0		1		0.014		
Threonine.....g	0.018		0		1		0.028		
Isoleucine.....g	0.024		0		1		0.037		
Leucine.....g	0.034		0		1		0.053		
Lysine.....g	0.022		0		1		0.034		
Methionine.....g	0.007		0		1		0.011		
Cystine.....g	0.005		0		1		0.008		
Phenylalanine.....g	0.024		0		1		0.037		
Tyrosine.....g	0.020		0		1		0.031		
Valine.....g	0.026		0		1		0.040		
Arginine.....g	0.033		0		1		0.051		
Histidine.....g	0.011		0		1		0.017		
Alanine.....g	0.025		0		1		0.039		
Aspartic acid.....g	0.064		0		1		0.099		
Glutamic acid.....g	0.105		0		1		0.163		
Glycine.....g	0.022		0		1		0.034		
Proline.....g	0.021		0		1		0.033		
Serine.....g	0.024		0		1		0.037		
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

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

**Common Measures:**

**NDB No. 11493**

**Squash, winter, spaghetti, cooked, boiled, drained, or baked, without salt**

Measure 1 = 155g: 1 cup

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group: 11 Vegetables and Vegetable Products**

USDA National Nutrient Database for Standard Reference, Release 21 (2008)



NDB No. 11492  
Squash, winter, spaghetti, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.002		0		1		0.002		
15:0.....g									
16:0.....g	0.101		0		1		0.102		
17:0.....g									
18:0.....g	0.011		0		1		0.011		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.042		0		1		0.042		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0		1		0.002		
17:1.....g									
18:1 undifferentiated.....g	0.039		0		1		0.039		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.239		0		1		0.241		
18:2 undifferentiated.....g	0.090		0		1		0.091		
18:3 undifferentiated.....g	0.149		0		1		0.150		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.009		0		1		0.009		
Threonine.....g	0.018		0		1		0.018		
Isoleucine.....g	0.024		0		1		0.024		
Leucine.....g	0.034		0		1		0.034		
Lysine.....g	0.022		0		1		0.022		
Methionine.....g	0.007		0		1		0.007		
Cystine.....g	0.005		0		1		0.005		
Phenylalanine.....g	0.024		0		1		0.024		
Tyrosine.....g	0.020		0		1		0.020		
Valine.....g	0.026		0		1		0.026		
Arginine.....g	0.033		0		1		0.033		
Histidine.....g	0.011		0		1		0.011		
Alanine.....g	0.025		0		1		0.025		
Aspartic acid.....g	0.064		0		1		0.065		
Glutamic acid.....g	0.105		0		1		0.106		
Glycine.....g	0.022		0		1		0.022		
Proline.....g	0.021		0		1		0.021		
Serine.....g	0.024		0		1		0.024		
Hydroxyproline.....g									

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

**Common Measures:**

Measure 1 = 101g: 1 cup, cubes

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**NDB No. 11492**  
**Squash, winter, spaghetti, raw**

**Food Group:** 11 Vegetables and Vegetable Products  
USDA National Nutrient Database for Standard Reference, Release 21 (2008)





NDB No. 11953  
Squash, zucchini, baby, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g									
15:0.....g									
16:0.....g	0.071		1		1		0.011	0.008	
17:0.....g									
18:0.....g	0.009		1		1		0.001	0.001	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.031		0		4		0.005	0.003	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.003		1		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.029		1		1		0.005	0.003	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.169		0		4		0.027	0.019	
18:2 undifferentiated.....g	0.063		1		1		0.010	0.007	
18:3 undifferentiated.....g	0.106		1		1		0.017	0.012	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.024		0		1		0.004	0.003	
Threonine.....g	0.066		0		1		0.011	0.007	
Isoleucine.....g	0.098		0		1		0.016	0.011	
Leucine.....g	0.159		0		1		0.025	0.017	
Lysine.....g	0.151		0		1		0.024	0.017	
Methionine.....g	0.039		0		1		0.006	0.004	
Cystine.....g	0.029		0		1		0.005	0.003	
Phenylalanine.....g	0.096		0		1		0.015	0.011	
Tyrosine.....g	0.073		0		1		0.012	0.008	
Valine.....g	0.123		0		1		0.020	0.014	
Arginine.....g	0.115		0		1		0.018	0.013	
Histidine.....g	0.059		0		1		0.009	0.006	
Alanine.....g	0.142		0		1		0.023	0.016	
Aspartic acid.....g	0.332		0		1		0.053	0.037	
Glutamic acid.....g	0.291		0		1		0.047	0.032	
Glycine.....g	0.103		0		1		0.016	0.011	
Proline.....g	0.085		0		1		0.014	0.009	
Serine.....g	0.111		0		1		0.018	0.012	
Hydroxyproline.....g									

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

**Common Measures:**

Measure 1 = 16g: 1 large

Measure 2 = 11.0g: 1 medium

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

**NDB No. 11953**  
**Squash, zucchini, baby, raw**

**Food Group:** 11 Vegetables and Vegetable Products  
USDA National Nutrient Database for Standard Reference, Release 21 (2008)



Succotash, (corn and limas), canned, with cream style corn

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.001		0		1		0.003		
15:0.....g									
16:0.....g	0.092		0		1		0.245		
17:0.....g									
18:0.....g	0.009		0		1		0.024		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.105		0		1		0.279		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.105		0		1		0.279		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.260		0		1		0.692		
18:2 undifferentiated.....g	0.219		0		1		0.583		
18:3 undifferentiated.....g	0.041		0		1		0.109		
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.030		0		1		0.080		
Threonine.....g	0.110		0		1		0.293		
Isoleucine.....g	0.149		0		1		0.396		
Leucine.....g	0.232		0		1		0.617		
Lysine.....g	0.154		0		1		0.410		
Methionine.....g	0.035		0		1		0.093		
Cystine.....g	0.029		0		1		0.077		
Phenylalanine.....g	0.127		0		1		0.338		
Tyrosine.....g	0.090		0		1		0.239		
Valine.....g	0.160		0		1		0.426		
Arginine.....g	0.154		0		1		0.410		
Histidine.....g	0.084		0		1		0.223		
Alanine.....g	0.145		0		1		0.386		
Aspartic acid.....g	0.257		0		1		0.684		
Glutamic acid.....g	0.398		0		1		1.059		
Glycine.....g	0.105		0		1		0.279		
Proline.....g	0.103		0		1		0.274		
Serine.....g	0.152		0		1		0.404		
Hydroxyproline.....g									

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

**Common Measures:**

Measure 1 = 266g: 1 cup

**Calories Factors: Protein 2.72**

**Fat 8.37**

**Carbohydrate 3.71**

**NDB No. 11497**

**Succotash, (corn and limas), canned, with cream style corn**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)



Succotash, (corn and limas), canned, with whole kernel corn, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.001		0		1		0.003		
15:0.....g									
16:0.....g	0.083		0		1		0.212		
17:0.....g									
18:0.....g	0.008		0		1		0.020		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.096		0		1		0.245		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	BFFN	4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.096		0		1		0.245		
20:1.....g	0.000		0	BFFN	4		0.000		
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.236		0		1		0.602		
18:2 undifferentiated.....g	0.200		0		1		0.510		
18:3 undifferentiated.....g	0.037		0		1		0.094		
18:4.....g	0.000		0	BFFN	4		0.000		
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFFN	4		0.000		
20:5 n-3.....g	0.000		0	BFFN	4		0.000		
22:5 n-3.....g	0.000		0	BFFN	4		0.000		
22:6 n-3.....g	0.000		0	BFFN	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.029		0		1		0.074		
Threonine.....g	0.108		0		1		0.275		
Isoleucine.....g	0.147		0		1		0.375		
Leucine.....g	0.229		0		1		0.584		
Lysine.....g	0.152		0		1		0.388		
Methionine.....g	0.035		0		1		0.089		
Cystine.....g	0.028		0		1		0.071		
Phenylalanine.....g	0.126		0		1		0.321		
Tyrosine.....g	0.089		0		1		0.227		
Valine.....g	0.158		0		1		0.403		
Arginine.....g	0.152		0		1		0.388		
Histidine.....g	0.083		0		1		0.212		
Alanine.....g	0.143		0		1		0.365		
Aspartic acid.....g	0.253		0		1		0.645		
Glutamic acid.....g	0.392		0		1		1.000		
Glycine.....g	0.104		0		1		0.265		
Proline.....g	0.102		0		1		0.260		
Serine.....g	0.150		0		1		0.383		
Hydroxyproline.....g									
<b><u>Others:</u></b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg									
Theobromine.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 255g: 1 cup



**NDB No. 11499**

**Succotash, (corn and limas), canned, with whole kernel corn, solids and liquids**

**Calories Factors: Protein 2.72**

**Fat 8.37**

**Carbohydrate 3.71**

**Food Group: 11 Vegetables and Vegetable Products**

USDA National Nutrient Database for Standard Reference, Release 21 (2008)



NDB No. 11871

Succotash, (corn and limas), cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.001		0		1		0.002		
15:0.....g									
16:0.....g	0.134		0		1		0.257		
17:0.....g									
18:0.....g	0.013		0		1		0.025		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.155		0		1		0.298		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.155		0		1		0.298		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.381		0		1		0.732		
18:2 undifferentiated.....g	0.321		0		1		0.616		
18:3 undifferentiated.....g	0.060		0		1		0.115		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.057		0		1		0.109		
Threonine.....g	0.211		0		1		0.405		
Isoleucine.....g	0.286		0		1		0.549		
Leucine.....g	0.446		0		1		0.856		
Lysine.....g	0.297		0		1		0.570		
Methionine.....g	0.068		0		1		0.131		
Cystine.....g	0.055		0		1		0.106		
Phenylalanine.....g	0.245		0		1		0.470		
Tyrosine.....g	0.173		0		1		0.332		
Valine.....g	0.308		0		1		0.591		
Arginine.....g	0.296		0		1		0.568		
Histidine.....g	0.161		0		1		0.309		
Alanine.....g	0.279		0		1		0.536		
Aspartic acid.....g	0.493		0		1		0.947		
Glutamic acid.....g	0.764		0		1		1.467		
Glycine.....g	0.202		0		1		0.388		
Proline.....g	0.198		0		1		0.380		
Serine.....g	0.292		0		1		0.561		
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 192g: 1 cup

**Calories Factors: Protein 2.72**

**Fat 8.37**

**Carbohydrate 3.71**

**NDB No. 11871**

**Succotash, (corn and limas), cooked, boiled, drained, with salt**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)



NDB No. 11496

Succotash, (corn and limas), cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.001		0		1		0.002		
15:0.....g									
16:0.....g	0.134		0		1		0.257		
17:0.....g									
18:0.....g	0.013		0		1		0.025		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.155		0		1		0.298		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.155		0		1		0.298		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.381		0		1		0.732		
18:2 undifferentiated.....g	0.321		0		1		0.616		
18:3 undifferentiated.....g	0.060		0		1		0.115		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.057		0		1		0.109		
Threonine.....g	0.211		0		1		0.405		
Isoleucine.....g	0.286		0		1		0.549		
Leucine.....g	0.446		0		1		0.856		
Lysine.....g	0.297		0		1		0.570		
Methionine.....g	0.068		0		1		0.131		
Cystine.....g	0.055		0		1		0.106		
Phenylalanine.....g	0.245		0		1		0.470		
Tyrosine.....g	0.173		0		1		0.332		
Valine.....g	0.308		0		1		0.591		
Arginine.....g	0.296		0		1		0.568		
Histidine.....g	0.161		0		1		0.309		
Alanine.....g	0.279		0		1		0.536		
Aspartic acid.....g	0.493		0		1		0.947		
Glutamic acid.....g	0.764		0		1		1.467		
Glycine.....g	0.202		0		1		0.388		
Proline.....g	0.198		0		1		0.380		
Serine.....g	0.292		0		1		0.561		
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 192g: 1 cup

Calories Factors: Protein 2.72

Fat 8.37

Carbohydrate 3.71

**NDB No. 11496**

**Succotash, (corn and limas), cooked, boiled, drained, without salt**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)





NDB No. 11872

Succotash, (corn and limas), frozen, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g									
13:0.....g									
14:0.....g	0.001		0		1		0.002		
15:0.....g									
16:0.....g	0.151		0		1		0.257		
17:0.....g									
18:0.....g	0.015		0		1		0.026		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.173		0		1		0.294		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.173		0		1		0.294		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.427		0		1		0.726		
18:2 undifferentiated.....g	0.361		0		1		0.614		
18:3 undifferentiated.....g	0.067		0		1		0.114		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.048		0		1		0.082		
Threonine.....g	0.179		0		1		0.304		
Isoleucine.....g	0.243		0		1		0.413		
Leucine.....g	0.379		0		1		0.644		
Lysine.....g	0.252		0		1		0.428		
Methionine.....g	0.058		0		1		0.099		
Cystine.....g	0.047		0		1		0.080		
Phenylalanine.....g	0.208		0		1		0.354		
Tyrosine.....g	0.147		0		1		0.250		
Valine.....g	0.262		0		1		0.445		
Arginine.....g	0.251		0		1		0.427		
Histidine.....g	0.137		0		1		0.233		
Alanine.....g	0.237		0		1		0.403		
Aspartic acid.....g	0.419		0		1		0.712		
Glutamic acid.....g	0.649		0		1		1.103		
Glycine.....g	0.172		0		1		0.292		
Proline.....g	0.168		0		1		0.286		
Serine.....g	0.248		0		1		0.422		
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 170g: 1 cup

**NDB No. 11872**

**Succotash, (corn and limas), frozen, cooked, boiled, drained, with salt**

**Calories Factors: Protein 2.72**

**Fat 8.37**

**Carbohydrate 3.71**

**Food Group: 11 Vegetables and Vegetable Products**

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11502

Succotash, (corn and limas), frozen, cooked, boiled, drained, without salt

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	74.10		0		1		125.97		
Energy.....kcal	93		0	NC	4		158		
Energy.....kj	389		0		4		661		
Protein (N x 6.25).....g	4.31		0		1		7.33		
Total lipid (fat).....g	0.89		0		1		1.51		
Ash.....g	0.75		0		1		1.28		
Carbohydrate, by difference.....g	19.95		0	NC	4		33.92		
Fiber, total dietary.....g	4.1		0		4		7.0		
Sugars, total.....g	2.21		0	RA	4		3.75		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	15		0		1		26		
Iron, Fe.....mg	0.89		0		1		1.51		
Magnesium, Mg.....mg	23		0		1		39		
Phosphorus, P.....mg	70		0		1		119		
Potassium, K.....mg	265		0		1		451		
Sodium, Na.....mg	45		0		1		77		
Zinc, Zn.....mg	0.45		0		1		0.77		
Copper, Cu.....mg	0.060		0		1		0.102		
Manganese, Mn.....mg	0.280		0		1		0.476		
Selenium, Se.....mcg	0.6		0	RA	4		1.0		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	5.9		0		1		10.0		
Thiamin.....mg	0.074		0		1		0.126		
Riboflavin.....mg	0.068		0		1		0.116		
Niacin.....mg	1.306		0		1		2.220		
Pantothenic acid.....mg	0.232		0		1		0.394		
Vitamin B-6.....mg	0.095		0		1		0.162		
Folate, total.....mcg	33		0		1		56		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	33		0		1		56		
Folate, DFE.....mcg_DFE	33		0	NC	4		56		
Choline, total.....mg	29.1		0	RA	4		49.5		
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00		
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....mcg_RAE	10		0	NC	4		17		
Retinol.....mcg	0		0	Z	7		0		
Carotene, beta.....mcg	82		0	RA	4		139		
Carotene, alpha.....mcg	9		0	RA	4		15		
Cryptoxanthin, beta.....mcg	61		0	RA	4		103		
Vitamin A, IU.....IU	194		0	NC	4		330		
Lycopene.....mcg	0		0	RA	4		0		
Lutein + zeaxanthin.....mcg	342		0	RA	4		581		
Vitamin E (alpha-tocopherol).....mg	0.18		0	RA	4		0.31		
Vitamin E, added.....mg	0.00		0	RA	4		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	2.7		0	RA	4		4.6		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.166		0		1		0.282		
4:0.....g	0.000		0		1		0.000		
6:0.....g	0.000		0		1		0.000		
8:0.....g	0.000		0		1		0.000		
10:0.....g	0.000		0		1		0.000		

Succotash, (corn and limas), frozen, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0		1		0.000		
13:0.....g									
14:0.....g	0.001		0		1		0.002		
15:0.....g									
16:0.....g	0.151		0		1		0.257		
17:0.....g									
18:0.....g	0.015		0		1		0.026		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.173		0		1		0.294		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.173		0		1		0.294		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.427		0		1		0.726		
18:2 undifferentiated.....g	0.361		0		1		0.614		
18:3 undifferentiated.....g	0.067		0		1		0.114		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.048		0		1		0.082		
Threonine.....g	0.179		0		1		0.304		
Isoleucine.....g	0.243		0		1		0.413		
Leucine.....g	0.379		0		1		0.644		
Lysine.....g	0.252		0		1		0.428		
Methionine.....g	0.058		0		1		0.099		
Cystine.....g	0.047		0		1		0.080		
Phenylalanine.....g	0.208		0		1		0.354		
Tyrosine.....g	0.147		0		1		0.250		
Valine.....g	0.262		0		1		0.445		
Arginine.....g	0.251		0		1		0.427		
Histidine.....g	0.137		0		1		0.233		
Alanine.....g	0.237		0		1		0.403		
Aspartic acid.....g	0.419		0		1		0.712		
Glutamic acid.....g	0.649		0		1		1.103		
Glycine.....g	0.172		0		1		0.292		
Proline.....g	0.168		0		1		0.286		
Serine.....g	0.248		0		1		0.422		
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

**NDB No. 11502**

**Succotash, (corn and limas), frozen, cooked, boiled, drained, without salt**

Measure 1 = 170g: 1 cup

**Calories Factors: Protein 2.72**

**Fat 8.37**

**Carbohydrate 3.71**

**Food Group: 11 Vegetables and Vegetable Products**

USDA National Nutrient Database for Standard Reference, Release 21 (2008)



NDB No. 11501

Succotash, (corn and limas), frozen, unprepared

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.001		0		1		0.002	0.003	
15:0.....g									
16:0.....g	0.151		0		1		0.236	0.429	
17:0.....g									
18:0.....g	0.015		0		1		0.023	0.043	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.173		0		1		0.270	0.491	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.173		0		1		0.270	0.491	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.427		0		1		0.666	1.213	
18:2 undifferentiated.....g	0.361		0		1		0.563	1.025	
18:3 undifferentiated.....g	0.067		0		1		0.105	0.190	
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.048		0		1		0.075	0.136	
Threonine.....g	0.179		0		1		0.279	0.508	
Isoleucine.....g	0.243		0		1		0.379	0.690	
Leucine.....g	0.379		0		1		0.591	1.076	
Lysine.....g	0.252		0		1		0.393	0.716	
Methionine.....g	0.058		0		1		0.090	0.165	
Cystine.....g	0.047		0		1		0.073	0.133	
Phenylalanine.....g	0.208		0		1		0.324	0.591	
Tyrosine.....g	0.147		0		1		0.229	0.417	
Valine.....g	0.262		0		1		0.409	0.744	
Arginine.....g	0.251		0		1		0.392	0.713	
Histidine.....g	0.137		0		1		0.214	0.389	
Alanine.....g	0.237		0		1		0.370	0.673	
Aspartic acid.....g	0.419		0		1		0.654	1.190	
Glutamic acid.....g	0.649		0		1		1.012	1.843	
Glycine.....g	0.172		0		1		0.268	0.488	
Proline.....g	0.168		0		1		0.262	0.477	
Serine.....g	0.248		0		1		0.387	0.704	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 156g: 1 cup  
 Measure 2 = 284g: 1 package (10 oz)

**Calories Factors: Protein 2.72      Fat 8.37      Carbohydrate 3.71**

**NDB No. 11501**

**Succotash, (corn and limas), frozen, unprepared**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)





**NDB No. 11495**  
**Succotash, (corn and limas), raw**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.001		0			1			
15:0.....g									
16:0.....g	0.172		0			1			
17:0.....g									
18:0.....g	0.017		0			1			
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.198		0			1			
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.198		0			1			
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.489		0			1			
18:2 undifferentiated.....g	0.412		0			1			
18:3 undifferentiated.....g	0.076		0			1			
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z		7			
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.056		0			1			
Threonine.....g	0.209		0			1			
Isoleucine.....g	0.284		0			1			
Leucine.....g	0.443		0			1			
Lysine.....g	0.295		0			1			
Methionine.....g	0.068		0			1			
Cystine.....g	0.055		0			1			
Phenylalanine.....g	0.243		0			1			
Tyrosine.....g	0.171		0			1			
Valine.....g	0.306		0			1			
Arginine.....g	0.294		0			1			
Histidine.....g	0.160		0			1			
Alanine.....g	0.277		0			1			
Aspartic acid.....g	0.489		0			1			
Glutamic acid.....g	0.758		0			1			
Glycine.....g	0.200		0			1			
Proline.....g	0.196		0			1			
Serine.....g	0.290		0			1			
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	z		7			
Caffeine.....mg									
Theobromine.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

**NDB No. 11495**

**Succotash, (corn and limas), raw**

**Calories Factors: Protein 2.72**

**Fat 8.37**

**Carbohydrate 3.71**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11503

Swamp cabbage, (skunk cabbage), raw

*Ipomoea aquatica*

Refuse:23% Tough stems

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	92.47		2		1		51.78	12.02	
Energy.....kcal	19		0	NC	4		11	2	
Energy.....kj	79				4		45	10	
Protein (N x 6.25).....g	2.60		1		1		1.46	0.34	
Total lipid (fat).....g	0.20		1		1		0.11	0.03	
Ash.....g	1.60		0		1		0.90	0.21	
Carbohydrate, by difference.....g	3.14		0	NC	4		1.76	0.41	
Fiber, total dietary.....g	2.1		0		4		1.2	0.3	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	77		2		1		43	10	
Iron, Fe.....mg	1.67		2		1		0.94	0.22	
Magnesium, Mg.....mg	71		2		1		40	9	
Phosphorus, P.....mg	39		2		1		22	5	
Potassium, K.....mg	312		2		1		175	41	
Sodium, Na.....mg	113		0		1		63	15	
Zinc, Zn.....mg	0.18		0		4		0.10	0.02	
Copper, Cu.....mg	0.023		0		4		0.013	0.003	
Manganese, Mn.....mg	0.160		0		4		0.090	0.021	
Selenium, Se.....mcg	0.9		0	CAZN	4		0.5	0.1	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	55.0		1		1		30.8	7.2	
Thiamin.....mg	0.030		1		1		0.017	0.004	
Riboflavin.....mg	0.100		1		1		0.056	0.013	
Niacin.....mg	0.900		1		1		0.504	0.117	
Pantothenic acid.....mg	0.141		0		4		0.079	0.018	
Vitamin B-6.....mg	0.096		0		4		0.054	0.012	
Folate, total.....mcg	57		0		4		32	7	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	57		0		4		32	7	
Folate, DFE.....mcg_DFE	57		0	NC	4		32	7	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	315		1		1		176	41	
Retinol.....mcg	0		0	Z	7		0	0	
Carotene, beta.....mcg									
Carotene, alpha.....mcg									
Cryptoxanthin, beta.....mcg									
Vitamin A, IU.....IU	6300		1		1		3528	819	
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g									
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									

NDB No. 11503

Swamp cabbage, (skunk cabbage), raw

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tryptophan.....g			1				0.078	0.018	
Threonine.....g	0.140		1				0.058	0.014	
Isoleucine.....g	0.104		1				0.082	0.019	
Leucine.....g	0.146		1				0.061	0.014	
Lysine.....g	0.109		1				0.025	0.006	
Methionine.....g	0.044		1				0.016	0.004	
Cystine.....g	0.028		1				0.071	0.017	
Phenylalanine.....g	0.127		1				0.045	0.010	
Tyrosine.....g	0.080		1				0.076	0.018	
Valine.....g	0.135		1				0.083	0.019	
Arginine.....g	0.148		1				0.026	0.006	
Histidine.....g	0.047		1				0.061	0.014	
Alanine.....g	0.109		1				0.364	0.085	
Aspartic acid.....g	0.650		1				0.141	0.033	
Glutamic acid.....g	0.252		1				0.055	0.013	
Glycine.....g	0.099		1				0.049	0.011	
Proline.....g	0.088		1				0.068	0.016	
Serine.....g	0.122		1						
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 56g: 1 cup, chopped

Measure 2 = 13.0g: 1 shoot

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group: 11 Vegetables and Vegetable Products**  
 USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11873

Swamp cabbage, cooked, boiled, drained, with salt

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	92.93		1		1		91.07		
Energy.....kcal	20		0	NC	4		20		
Energy.....kj	84				4		82		
Protein (N x 6.25).....g	2.08		1		1		2.04		
Total lipid (fat).....g	0.24		1		1		0.24		
Ash.....g	1.05		1		1		1.03		
Carbohydrate, by difference.....g	3.71		0	NC	4		3.64		
Fiber, total dietary.....g	1.9		0	BFZN	4		1.9		
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	54		1		1		53		
Iron, Fe.....mg	1.32		1		1		1.29		
Magnesium, Mg.....mg	30		1		1		29		
Phosphorus, P.....mg	42		1		1		41		
Potassium, K.....mg	284		1		1		278		
Sodium, Na.....mg	358		0		4		351		
Zinc, Zn.....mg	0.16		0		4		0.16		
Copper, Cu.....mg	0.021		0		4		0.021		
Manganese, Mn.....mg	0.143		0		4		0.140		
Selenium, Se.....mcg	0.9		0	CAZN	4		0.9		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	16.0		0		1		15.7		
Thiamin.....mg	0.050		0		1		0.049		
Riboflavin.....mg	0.080		0		1		0.078		
Niacin.....mg	0.500		0		1		0.490		
Pantothenic acid.....mg	0.126		0		4		0.123		
Vitamin B-6.....mg	0.081		0		4		0.079		
Folate, total.....mcg	35		0		4		34		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	35		0		4		34		
Folate, DFE.....mcg_DFE	35		0	NC	4		34		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....mcg_RAE	260		0		1		255		
Retinol.....mcg	0		0	Z	7		0		
Carotene, beta.....mcg									
Carotene, alpha.....mcg									
Cryptoxanthin, beta.....mcg									
Vitamin A, IU.....IU	5200		0		1		5096		
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g									
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									

NDB No. 11873

Swamp cabbage, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tryptophan.....g									
Threonine.....g	0.112		0		1		0.110		
Isoleucine.....g	0.083		0		1		0.081		
Leucine.....g	0.116		0		1		0.114		
Lysine.....g	0.087		0		1		0.085		
Methionine.....g	0.035		0		1		0.034		
Cystine.....g	0.023		0		1		0.023		
Phenylalanine.....g	0.102		0		1		0.100		
Tyrosine.....g	0.064		0		1		0.063		
Valine.....g	0.108		0		1		0.106		
Arginine.....g	0.118		0		1		0.116		
Histidine.....g	0.037		0		1		0.036		
Alanine.....g	0.087		0		1		0.085		
Aspartic acid.....g	0.519		0		1		0.509		
Glutamic acid.....g	0.201		0		1		0.197		
Glycine.....g	0.079		0		1		0.077		
Proline.....g	0.070		0		1		0.069		
Serine.....g	0.097		0		1		0.095		
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 98g: 1 cup, chopped

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group: 11 Vegetables and Vegetable Products**

USDA National Nutrient Database for Standard Reference, Release 21 (2008)





NDB No. 11504

Swamp cabbage, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.006		0		4		0.006		
15:0.....g									
16:0.....g	0.029		0		4		0.028		
17:0.....g									
18:0.....g	0.003		0		4		0.003		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.007		0		4		0.007		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.003		0		4		0.003		
17:1.....g									
18:1 undifferentiated.....g	0.003		0		4		0.003		
20:1.....g	0.000		0		4		0.000		
22:1 undifferentiated.....g	0.000		0		4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.100		0		4		0.098		
18:2 undifferentiated.....g	0.015		0		4		0.015		
18:3 undifferentiated.....g	0.079		0		4		0.077		
18:4.....g	0.000		0		4		0.000		
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000		
20:5 n-3.....g	0.000		0		4		0.000		
22:5 n-3.....g	0.000		0		4		0.000		
22:6 n-3.....g	0.000		0		4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g									
Threonine.....g	0.112		0		1		0.110		
Isoleucine.....g	0.083		0		1		0.081		
Leucine.....g	0.116		0		1		0.114		
Lysine.....g	0.087		0		1		0.085		
Methionine.....g	0.035		0		1		0.034		
Cystine.....g	0.023		0		1		0.023		
Phenylalanine.....g	0.102		0		1		0.100		
Tyrosine.....g	0.064		0		1		0.063		
Valine.....g	0.108		0		1		0.106		
Arginine.....g	0.118		0		1		0.116		
Histidine.....g	0.037		0		1		0.036		
Alanine.....g	0.087		0		1		0.085		
Aspartic acid.....g	0.519		0		1		0.509		
Glutamic acid.....g	0.201		0		1		0.197		
Glycine.....g	0.079		0		1		0.077		
Proline.....g	0.070		0		1		0.069		
Serine.....g	0.097		0		1		0.095		
Hydroxyproline.....g									
<b><u>Others:</u></b>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg									
Theobromine.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 98g: 1 cup, chopped

**NDB No. 11504**

**Swamp cabbage, cooked, boiled, drained, without salt**

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)



NDB No. 11874

Sweet potato leaves, cooked, steamed, with salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g									
13:0.....g									
14:0.....g									
15:0.....g									
16:0.....g	0.059		0		1		0.038		
17:0.....g									
18:0.....g	0.006		0		1		0.004		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.012		0		1		0.008		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.012		0		1		0.008		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.134		0		1		0.086		
18:2 undifferentiated.....g	0.113		0		1		0.072		
18:3 undifferentiated.....g	0.021		0		1		0.013		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.020		0		1		0.013		
Threonine.....g									
Isoleucine.....g									
Leucine.....g									
Lysine.....g	0.132		0		1		0.084		
Methionine.....g	0.050		0		1		0.032		
Cystine.....g	0.027		0		1		0.017		
Phenylalanine.....g									
Tyrosine.....g									
Valine.....g									
Arginine.....g									
Histidine.....g									
Alanine.....g									
Aspartic acid.....g									
Glutamic acid.....g									
Glycine.....g									
Proline.....g									
Serine.....g									
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

**NDB No. 11874**

**Sweet potato leaves, cooked, steamed, with salt**

Measure 1 = 64g: 1 cup

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group: 11 Vegetables and Vegetable Products**

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11506

Sweet potato leaves, cooked, steamed, without salt

Sweetpotato leaves

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	88.71		1		1		56.77		
Energy.....kcal	34		0	NC	4		22		
Energy.....kj	142		0		4		91		
Protein (N x 6.25).....g	2.32		1		1		1.48		
Total lipid (fat).....g	0.30		1		1		0.19		
Ash.....g	1.35		1		1		0.86		
Carbohydrate, by difference.....g	7.32		0	NC	4		4.68		
Fiber, total dietary.....g	1.9		0		4		1.2		
Sugars, total.....g	5.42		0	O	4		3.47		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	24		0		1		15		
Iron, Fe.....mg	0.60		0		1		0.38		
Magnesium, Mg.....mg	61		1		1		39		
Phosphorus, P.....mg	60		0		1		38		
Potassium, K.....mg	477		1		1		305		
Sodium, Na.....mg	13		1		1		8		
Zinc, Zn.....mg	0.26		0		4		0.17		
Copper, Cu.....mg	0.033		0		4		0.021		
Manganese, Mn.....mg	0.229		0		4		0.147		
Selenium, Se.....mcg	0.9		0	CAZN	4		0.6		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	1.5		0		1		1.0		
Thiamin.....mg	0.112		0		1		0.072		
Riboflavin.....mg	0.267		0		1		0.171		
Niacin.....mg	1.003		0		1		0.642		
Pantothenic acid.....mg	0.200		0		4		0.128		
Vitamin B-6.....mg	0.160		0		4		0.102		
Folate, total.....mcg	49		0		4		31		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	49		0		4		31		
Folate, DFE.....mcg_DFE	49		0	NC	4		31		
Choline, total.....mg	21.0		0	CAZN	4		13.4		
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00		
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....mcg_RAE	46		0	NC	4		29		
Retinol.....mcg	0		0	BNA	4		0		
Carotene, beta.....mcg	550		0	BNA	4		352		
Carotene, alpha.....mcg	0		0	BNA	4		0		
Cryptoxanthin, beta.....mcg	0		0	BNA	4		0		
Vitamin A, IU.....IU	916		0	NC	4		586		
Lycopene.....mcg	0		0	Z	7		0		
Lutein + zeaxanthin.....mcg	2633		0	BFSN	4		1685		
Vitamin E (alpha-tocopherol).....mg	0.96		0	O	4		0.61		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	108.6		0	O	4		69.5		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.065		0		1		0.042		
4:0.....g	0.000		0		1		0.000		
6:0.....g	0.000		0		1		0.000		
8:0.....g	0.000		0		1		0.000		
10:0.....g	0.000		0		1		0.000		

Sweet potato leaves, cooked, steamed, without salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0		1		0.000		
13:0.....g									
14:0.....g	0.000		0		1		0.000		
15:0.....g									
16:0.....g	0.059		0		1		0.038		
17:0.....g									
18:0.....g	0.006		0		1		0.004		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.012		0		1		0.008		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.012		0		1		0.008		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.134		0		1		0.086		
18:2 undifferentiated.....g	0.113		0		1		0.072		
18:3 undifferentiated.....g	0.021		0		1		0.013		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.020		0		1		0.013		
Threonine.....g									
Isoleucine.....g									
Leucine.....g									
Lysine.....g	0.132		0		1		0.084		
Methionine.....g	0.050		0		1		0.032		
Cystine.....g	0.027		0		1		0.017		
Phenylalanine.....g									
Tyrosine.....g									
Valine.....g									
Arginine.....g									
Histidine.....g									
Alanine.....g									
Aspartic acid.....g									
Glutamic acid.....g									
Glycine.....g									
Proline.....g									
Serine.....g									
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

**NDB No. 11506**

**Sweet potato leaves, cooked, steamed, without salt**

Measure 1 = 64g: 1 cup

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group: 11 Vegetables and Vegetable Products**

USDA National Nutrient Database for Standard Reference, Release 21 (2008)





**NDB No. 11505**  
**Sweet potato leaves, raw**

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u> <u>measures of food</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g									
15:0.....g									
16:0.....g	0.059		0		1		0.021	0.009	
17:0.....g									
18:0.....g	0.006		0		1		0.002	0.001	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.012		0		1		0.004	0.002	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.012		0		1		0.004	0.002	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.134		0		1		0.047	0.021	
18:2 undifferentiated.....g	0.113		0		1		0.040	0.018	
18:3 undifferentiated.....g	0.021		0		1		0.007	0.003	
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.035		1		1		0.012	0.006	
Threonine.....g									
Isoleucine.....g									
Leucine.....g									
Lysine.....g	0.228		1		1		0.080	0.036	
Methionine.....g	0.086		1		1		0.030	0.014	
Cystine.....g	0.047		1		1		0.016	0.008	
Phenylalanine.....g									
Tyrosine.....g									
Valine.....g									
Arginine.....g									
Histidine.....g									
Alanine.....g									
Aspartic acid.....g									
Glutamic acid.....g									
Glycine.....g									
Proline.....g									
Serine.....g									
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 35g: 1 cup, chopped

Measure 2 = 16g: 1 leaf (12-1/4" long)

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**NDB No. 11505**  
**Sweet potato leaves, raw**

**Food Group:** 11 Vegetables and Vegetable Products  
USDA National Nutrient Database for Standard Reference, Release 21 (2008)



**NDB No. 11514**  
**Sweet potato, canned, mashed**

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g									
15:0.....g									
16:0.....g	0.037		0		1		0.094	0.182	
17:0.....g									
18:0.....g	0.004		0		1		0.010	0.019	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.008		0	NC	4		0.019	0.037	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.008		0		1		0.019	0.037	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.084		0	NC	4		0.214	0.416	
18:2 undifferentiated.....g	0.071		0		1		0.180	0.351	
18:3 undifferentiated.....g	0.013		0		1		0.034	0.065	
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.024		0		1		0.061	0.119	
Threonine.....g	0.098		0		1		0.250	0.486	
Isoleucine.....g	0.099		0		1		0.252	0.491	
Leucine.....g	0.145		0		1		0.370	0.719	
Lysine.....g	0.097		0		1		0.247	0.481	
Methionine.....g	0.049		0		1		0.125	0.243	
Cystine.....g	0.016		0		1		0.041	0.079	
Phenylalanine.....g	0.119		0		1		0.303	0.590	
Tyrosine.....g	0.081		0		1		0.207	0.402	
Valine.....g	0.129		0		1		0.329	0.640	
Arginine.....g	0.092		0		1		0.235	0.456	
Histidine.....g	0.037		0		1		0.094	0.184	
Alanine.....g	0.108		0		1		0.275	0.536	
Aspartic acid.....g	0.338		0		1		0.862	1.676	
Glutamic acid.....g	0.194		0		1		0.495	0.962	
Glycine.....g	0.089		0		1		0.227	0.441	
Proline.....g	0.087		0		1		0.222	0.432	
Serine.....g	0.102		0		1		0.260	0.506	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 255g: 1 cup

Measure 2 = 496g: 1 can (404 x 307)

**NDB No. 11514**  
**Sweet potato, canned, mashed**

**Calories Factors: Protein 2.78**

**Fat 8.37**

**Carbohydrate 4.03**

**Food Group:** 11 Vegetables and Vegetable Products  
USDA National Nutrient Database for Standard Reference, Release 21 (2008)



NDB No. 11647

Sweet potato, canned, syrup pack, drained solids

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g									
15:0.....g									
16:0.....g	0.062		0		1		0.122		
17:0.....g									
18:0.....g	0.007		0		1		0.014		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.012		0		1		0.024		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.012		0		1		0.024		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.141		0		1		0.276		
18:2 undifferentiated.....g	0.119		0		1		0.233		
18:3 undifferentiated.....g	0.022		0		1		0.043		
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.016		0		1		0.031		
Threonine.....g	0.064		0		1		0.125		
Isoleucine.....g	0.064		0		1		0.125		
Leucine.....g	0.094		0		1		0.184		
Lysine.....g	0.063		0		1		0.123		
Methionine.....g	0.032		0		1		0.063		
Cystine.....g	0.010		0		1		0.020		
Phenylalanine.....g	0.077		0		1		0.151		
Tyrosine.....g	0.053		0		1		0.104		
Valine.....g	0.084		0		1		0.165		
Arginine.....g	0.060		0		1		0.118		
Histidine.....g	0.024		0		1		0.047		
Alanine.....g	0.070		0		1		0.137		
Aspartic acid.....g	0.220		0		1		0.431		
Glutamic acid.....g	0.126		0		1		0.247		
Glycine.....g	0.058		0		1		0.114		
Proline.....g	0.056		0		1		0.110		
Serine.....g	0.066		0		1		0.129		
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 196g: 1 cup



**NDB No. 11647**

**Sweet potato, canned, syrup pack, drained solids**

**Calories Factors: Protein 2.78**

**Fat 8.37**

**Carbohydrate 4.03**

**Food Group: 11 Vegetables and Vegetable Products**

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11645

Sweet potato, canned, syrup pack, solids and liquids

Sweetpotato

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	77.39	0.586	26		1		176.45	493.75	
Energy.....kcal	89		0	NC	4		203	568	
Energy.....kj	372		0		4		849	2376	
Protein (N x 6.25).....g	0.98	0.038	26		1		2.23	6.25	
Total lipid (fat).....g	0.20	0.000	16		1		0.46	1.28	
Ash.....g	0.50	0.012	26		1		1.14	3.19	
Carbohydrate, by difference.....g	20.93		0	NC	4		47.72	133.53	
Fiber, total dietary.....g	2.5		0		4		5.7	16.0	
Sugars, total.....g	15.40		0	T	4		35.11	98.25	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	15	0.782	36		1		34	96	
Iron, Fe.....mg	0.80	0.059	36		1		1.82	5.10	
Magnesium, Mg.....mg	13	0.503	36		1		30	83	
Phosphorus, P.....mg	27	1.235	36		1		62	172	
Potassium, K.....mg	185	4.275	27		1		422	1180	
Sodium, Na.....mg	44	2.243	29		1		100	281	
Zinc, Zn.....mg	0.19	0.011	36		1		0.43	1.21	
Copper, Cu.....mg	0.124	0.013	36		1		0.283	0.791	
Manganese, Mn.....mg	0.507	0.051	36		1		1.156	3.235	
Selenium, Se.....mcg	0.7		0	BFSN	4		1.6	4.5	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	10.5	0.674	25		1		23.9	67.0	
Thiamin.....mg	0.024	0.001	25		1		0.055	0.153	
Riboflavin.....mg	0.046	0.003	24		1		0.105	0.293	
Niacin.....mg	0.456	0.016	25		1		1.040	2.909	
Pantothenic acid.....mg	0.330		0		1		0.752	2.105	
Vitamin B-6.....mg	0.051		0		1		0.116	0.325	
Folate, total.....mcg	7		0		4		15	41	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	7		0		4		15	41	
Folate, DFE.....mcg_DFE	7		0	NC	4		15	41	
Choline, total.....mg	12.2		0	BFSN	4		27.9	78.1	
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	377		0	NC	4		858	2402	
Retinol.....mcg	0		0	Z	7		0	0	
Carotene, beta.....mcg	4518		0	BFSN	4		10301	28825	
Carotene, alpha.....mcg	0		0	BFSN	4		0	0	
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0	0	
Vitamin A, IU.....IU	7530		0	NC	4		17169	48042	
Lycopene.....mcg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin.....mcg	0		0	BFSN	4		0	0	
Vitamin E (alpha-tocopherol).....mg	0.94		0	BFSN	4		2.15	6.03	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	2.1		0	BFSN	4		4.8	13.5	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.041		0	NC	4		0.092	0.259	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.000		0		1		0.000	0.000	

Sweet potato, canned, syrup pack, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0		1		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0		1		0.000	0.000	
15:0.....g									
16:0.....g	0.037		0		1		0.084	0.235	
17:0.....g									
18:0.....g	0.004		0		1		0.009	0.024	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.008		0	NC	4		0.017	0.048	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.008		0		1		0.017	0.048	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.084		0	NC	4		0.191	0.535	
18:2 undifferentiated.....g	0.071		0		1		0.161	0.451	
18:3 undifferentiated.....g	0.013		0		1		0.030	0.084	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.020		0	NR	4		0.045	0.125	
Threonine.....g	0.052		0	NR	4		0.119	0.332	
Isoleucine.....g	0.034		0	NR	4		0.078	0.217	
Leucine.....g	0.057		0	NR	4		0.131	0.366	
Lysine.....g	0.041		0	NR	4		0.094	0.262	
Methionine.....g	0.018		0	NR	4		0.041	0.115	
Cystine.....g	0.013		0	NR	4		0.031	0.086	
Phenylalanine.....g	0.056		0	NR	4		0.127	0.356	
Tyrosine.....g	0.021		0	NR	4		0.049	0.137	
Valine.....g	0.054		0	NR	4		0.122	0.341	
Arginine.....g	0.034		0	NR	4		0.078	0.220	
Histidine.....g	0.019		0	NR	4		0.044	0.123	
Alanine.....g	0.048		0	NR	4		0.110	0.307	
Aspartic acid.....g	0.238		0	NR	4		0.544	1.521	
Glutamic acid.....g	0.097		0	NR	4		0.220	0.616	
Glycine.....g	0.039		0	NR	4		0.090	0.252	
Proline.....g	0.033		0	NR	4		0.075	0.209	
Serine.....g	0.055		0	NR	4		0.126	0.352	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

**NDB No. 11645**

**Sweet potato, canned, syrup pack, solids and liquids**

Measure 1 = 228g: 1 cup

Measure 2 = 638g: 1 can (404 x 307)

**Calories Factors: Protein 2.78**

**Fat 8.37**

**Carbohydrate 4.03**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11512

Sweet potato, canned, vacuum pack

Sweetpotato

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	76.03	0.510	8		1		193.88	152.06	
Energy.....kcal	91		0	NC	4		233	183	
Energy.....kj	382		0	NC	4		975	765	
Protein (N x 6.25).....g	1.65	0.065	8		1		4.21	3.30	
Total lipid (fat).....g	0.20	0.000	8		1		0.51	0.40	
Ash.....g	1.00	0.050	8		1		2.55	2.00	
Carbohydrate, by difference.....g	21.12		0	NC	4		53.86	42.24	
Fiber, total dietary.....g	1.8		0		4		4.6	3.6	
Sugars, total.....g	5.00		0	BFSN	4		12.74	10.00	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	22	0.339	8		1		56	44	
Iron, Fe.....mg	0.89	0.141	8		1		2.27	1.78	
Magnesium, Mg.....mg	22	0.306	8		1		56	44	
Phosphorus, P.....mg	49	0.553	8		1		125	98	
Potassium, K.....mg	312	10.222	8		1		796	624	
Sodium, Na.....mg	53	7.531	8		1		135	106	
Zinc, Zn.....mg	0.18	0.010	8		1		0.46	0.36	
Copper, Cu.....mg	0.139	0.012	8		1		0.354	0.278	
Manganese, Mn.....mg	0.455	0.028	8		1		1.160	0.910	
Selenium, Se.....mcg	0.7	0.225	4	A	1		1.8	1.4	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	26.4	2.485	8		1		67.3	52.8	
Thiamin.....mg	0.037	0.004	8		1		0.094	0.074	
Riboflavin.....mg	0.057	0.005	8		1		0.145	0.114	
Niacin.....mg	0.741	0.026	8		1		1.890	1.482	
Pantothenic acid.....mg	0.523		0		1		1.334	1.046	
Vitamin B-6.....mg	0.190		0		1		0.485	0.380	
Folate, total.....mcg	17		0		1		42	33	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	17		0		1		42	33	
Folate, DFE.....mcg_DFE	17		0	NC	4		42	33	
Choline, total.....mg	13.0		0	BFSN	4		33.1	26.0	
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	399		0	NC	4		1018	798	
Retinol.....mcg	0		0	Z	7		0	0	
Carotene, beta.....mcg	4790		0	O	4		12215	9580	
Carotene, alpha.....mcg	0		0	BFSN	4		0	0	
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0	0	
Vitamin A, IU.....IU	7983		0	NC	4		20357	15967	
Lycopene.....mcg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin.....mcg	0		0	BFSN	4		0	0	
Vitamin E (alpha-tocopherol).....mg	1.00		0	BFSN	4		2.55	2.00	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	2.2		0	BFSN	4		5.7	4.5	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.041		0	NC	4		0.103	0.081	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.000		0		1		0.000	0.000	

## Sweet potato, canned, vacuum pack

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0		1		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0		1		0.000	0.000	
15:0.....g									
16:0.....g	0.037		0		1		0.094	0.074	
17:0.....g									
18:0.....g	0.004		0		1		0.010	0.008	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.008		0	NC	4		0.019	0.015	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.008		0		1		0.019	0.015	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.084		0	NC	4		0.214	0.168	
18:2 undifferentiated.....g	0.071		0		1		0.180	0.141	
18:3 undifferentiated.....g	0.013		0		1		0.034	0.026	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.033		0	NR	4		0.084	0.066	
Threonine.....g	0.088		0	NR	4		0.223	0.175	
Isoleucine.....g	0.057		0	NR	4		0.146	0.115	
Leucine.....g	0.097		0	NR	4		0.247	0.193	
Lysine.....g	0.069		0	NR	4		0.177	0.139	
Methionine.....g	0.030		0	NR	4		0.077	0.060	
Cystine.....g	0.023		0	NR	4		0.058	0.045	
Phenylalanine.....g	0.094		0	NR	4		0.239	0.188	
Tyrosine.....g	0.036		0	NR	4		0.092	0.072	
Valine.....g	0.090		0	NR	4		0.230	0.180	
Arginine.....g	0.058		0	NR	4		0.148	0.116	
Histidine.....g	0.032		0	NR	4		0.083	0.065	
Alanine.....g	0.081		0	NR	4		0.206	0.162	
Aspartic acid.....g	0.401		0	NR	4		1.024	0.803	
Glutamic acid.....g	0.162		0	NR	4		0.414	0.325	
Glycine.....g	0.066		0	NR	4		0.169	0.133	
Proline.....g	0.055		0	NR	4		0.141	0.110	
Serine.....g	0.093		0	NR	4		0.237	0.186	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

**NDB No. 11512**

**Sweet potato, canned, vacuum pack**

Measure 1 = 255g: 1 cup, mashed

Measure 2 = 200g: 1 cup pieces

**Calories Factors: Protein 2.78**

**Fat 8.37**

**Carbohydrate 4.03**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)





NDB No. 11875

Sweet potato, cooked, baked in skin, with salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin K (phyloquinone).....mcg	2.3	0.467	3	JO	11		2.7	2.3	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.052		0	NC	4		0.059	0.052	
4:0.....g									
6:0.....g									
8:0.....g	0.000		2	A	1		0.000	0.000	
10:0.....g	0.000		2	A	1		0.000	0.000	
12:0.....g	0.000		2	A	1		0.000	0.000	
13:0.....g									
14:0.....g	0.000		2	A	1		0.000	0.000	
15:0.....g	0.000		2	A	1		0.000	0.000	
16:0.....g	0.050		2	A	1		0.057	0.050	
17:0.....g	0.000		2	A	1		0.000	0.000	
18:0.....g	0.002		2	A	1		0.002	0.002	
20:0.....g	0.000		2	A	1		0.000	0.000	
22:0.....g	0.000		2	A	1		0.000	0.000	
24:0.....g	0.000		2	A	1		0.000	0.000	
Fatty acids, total monounsaturated.....g	0.002		0	NC	4		0.002	0.002	
14:1.....g	0.000		2	A	1		0.000	0.000	
15:1.....g	0.000		2	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.000		2	A	1		0.000	0.000	
17:1.....g	0.000		2	A	1		0.000	0.000	
18:1 undifferentiated.....g	0.002		2	A	1		0.002	0.002	
20:1.....g	0.000		2	A	1		0.000	0.000	
22:1 undifferentiated.....g	0.000		2	A	1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.092		0	NC	4		0.104	0.092	
18:2 undifferentiated.....g	0.090		2	A	1		0.103	0.090	
18:3 undifferentiated.....g	0.006		2	A	1		0.007	0.006	
18:4.....g	0.000		2	A	1		0.000	0.000	
20:2 n-6 c,c.....g	0.000		2	A	1		0.000	0.000	
20:3 undifferentiated.....g	0.000		2	A	1		0.000	0.000	
20:4 undifferentiated.....g	0.000		2	A	1		0.000	0.000	
20:5 n-3.....g	0.000		2	A	1		0.000	0.000	
22:5 n-3.....g	0.000		2	A	1		0.000	0.000	
22:6 n-3.....g	0.000		2	A	1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.040		0	A	1		0.046	0.040	
Threonine.....g	0.107		0	A	1		0.121	0.107	
Isoleucine.....g	0.070		0	A	1		0.079	0.070	
Leucine.....g	0.118		0	A	1		0.134	0.118	
Lysine.....g	0.084		0	A	1		0.096	0.084	
Methionine.....g	0.037		0	A	1		0.042	0.037	
Cystine.....g	0.028		0	A	1		0.031	0.028	
Phenylalanine.....g	0.114		0	A	1		0.130	0.114	
Tyrosine.....g	0.044		0	A	1		0.050	0.044	
Valine.....g	0.110		0	A	1		0.125	0.110	
Arginine.....g	0.070		0	A	1		0.080	0.070	
Histidine.....g	0.039		0	A	1		0.045	0.039	
Alanine.....g	0.099		0	A	1		0.112	0.099	
Aspartic acid.....g	0.488		0	A	1		0.557	0.488	
Glutamic acid.....g	0.198		0	A	1		0.225	0.198	
Glycine.....g	0.081		0	A	1		0.092	0.081	
Proline.....g	0.067		0	A	1		0.076	0.067	
Serine.....g	0.113		0	A	1		0.129	0.113	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	

NDB No. 11875

Sweet potato, cooked, baked in skin, with salt

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Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 114g: 1 medium (2" dia, 5" long, raw)

Measure 2 = 100g: .5 cup, mashed

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11508

Sweet potato, cooked, baked in skin, without salt

Sweetpotato

Refuse:22% Skin

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	75.78	2.487	8	JO	11		151.56	136.41	86.39
Energy.....kcal	90		0	NC	4		181	163	103
Energy.....kj	378		0	NC	4		755	680	431
Protein (N x 6.25).....g	2.01	0.169	4	A	1		4.01	3.61	2.29
Total lipid (fat).....g	0.15	0.009	5	JO	11		0.30	0.27	0.17
Ash.....g	1.35	0.093	4	A	1		2.71	2.44	1.54
Carbohydrate, by difference.....g	20.71		0	NC	4		41.41	37.27	23.61
Fiber, total dietary.....g	3.3	0.160	4	A	1		6.6	6.0	3.8
Sugars, total.....g	6.48		0	NC	4		12.96	11.66	7.39
Sucrose.....g	2.28	0.352	12	JA	6		4.57	4.11	2.60
Glucose (dextrose).....g	0.57	0.126	12	JA	6		1.14	1.02	0.65
Fructose.....g	0.50	0.107	12	JA	6		1.01	0.91	0.57
Lactose.....g	0.00	0.000	4	A	1		0.00	0.00	0.00
Maltose.....g	3.12		0	BFSN	4		6.25	5.62	3.56
Galactose.....g	0.00		0	Z	7		0.00	0.00	0.00
Starch.....g	7.05	2.607	4	A	1		14.10	12.69	8.04
<b>Minerals:</b>									
Calcium, Ca.....mg	38	2.126	67	JA	6		76	68	43
Iron, Fe.....mg	0.69	0.031	68	JA	6		1.38	1.24	0.79
Magnesium, Mg.....mg	27	0.775	68	JA	6		53	48	30
Phosphorus, P.....mg	54	1.517	67	JA	6		108	97	62
Potassium, K.....mg	475	9.306	68	JA	6		950	855	542
Sodium, Na.....mg	36	3.770	68	JA	6		72	65	41
Zinc, Zn.....mg	0.32	0.013	68	JA	6		0.63	0.57	0.36
Copper, Cu.....mg	0.161	0.007	68	JA	6		0.323	0.290	0.184
Manganese, Mn.....mg	0.497	0.038	68	JA	6		0.994	0.895	0.567
Selenium, Se.....mcg	0.2	0.114	58	JO	11		0.4	0.3	0.2
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	19.6	8.543	4	A	1		39.2	35.3	22.3
Thiamin.....mg	0.107	0.018	3	A	1		0.215	0.193	0.122
Riboflavin.....mg	0.106	0.005	4	A	1		0.212	0.191	0.121
Niacin.....mg	1.487	0.284	4	A	1		2.975	2.677	1.696
Pantothenic acid.....mg	0.884	0.130	4	A	1		1.767	1.591	1.007
Vitamin B-6.....mg	0.286	0.056	4	A	1		0.573	0.516	0.327
Folate, total.....mcg	6	2.319	4	A	1		11	10	6
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg	6	2.319	4	A	1		11	10	6
Folate, DFE.....mcg_DFE	6		0	NC	4		11	10	6
Choline, total.....mg	13.1		0	AS	1		26.2	23.6	14.9
Betaine.....mg	34.6		2	A	1		69.2	62.3	39.5
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	961		0	NC	4		1922	1730	1095
Retinol.....mcg	0		0	Z	7		0	0	0
Carotene, beta.....mcg	11509		0	BFSN	4		23019	20717	13121
Carotene, alpha.....mcg	43		0	BFSN	4		87	78	49
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0	0	0
Vitamin A, IU.....IU	19218		0	NC	4		38437	34593	21909
Lycopene.....mcg	0		0	BFSN	4		0	0	0
Lutein + zeaxanthin.....mcg	0		0	BFSN	4		0	0	0
Vitamin E (alpha-tocopherol).....mg	0.71	0.453	3	JO	11		1.41	1.27	0.81
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg	0.00	0.005	3	JO	11		0.01	0.01	0.01
Tocopherol, gamma.....mg	0.01	0.000	3	JO	11		0.03	0.02	0.02
Tocopherol, delta.....mg	0.00	0.000	3	JO	11		0.00	0.00	0.00
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	2.3	0.467	3	JO	11		4.7	4.2	2.7

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.034		0	NC	4		0.069	0.062	0.039
4:0.....g	0.000		0		1		0.000	0.000	0.000
6:0.....g	0.000		0		1		0.000	0.000	0.000
8:0.....g	0.000		2	A	1		0.000	0.000	0.000
10:0.....g	0.000		2	A	1		0.000	0.000	0.000
12:0.....g	0.000		2	A	1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.000		2	A	1		0.000	0.000	0.000
15:0.....g	0.000		2	A	1		0.000	0.000	0.000
16:0.....g	0.033		2	A	1		0.066	0.060	0.038
17:0.....g	0.000		2	A	1		0.000	0.000	0.000
18:0.....g	0.001		2	A	1		0.002	0.002	0.001
20:0.....g	0.000		2	A	1		0.000	0.000	0.000
22:0.....g	0.000		2	A	1		0.000	0.000	0.000
24:0.....g	0.000		2	A	1		0.000	0.000	0.000
Fatty acids, total monounsaturated.....g	0.001		0	NC	4		0.002	0.002	0.001
14:1.....g	0.000		2	A	1		0.000	0.000	0.000
15:1.....g	0.000		2	A	1		0.000	0.000	0.000
16:1 undifferentiated.....g	0.000		2	A	1		0.000	0.000	0.000
17:1.....g	0.000		2	A	1		0.000	0.000	0.000
18:1 undifferentiated.....g	0.001		2	A	1		0.002	0.002	0.001
20:1.....g	0.000		2	A	1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		2	A	1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.064		0	NC	4		0.127	0.114	0.073
18:2 undifferentiated.....g	0.060		2	A	1		0.119	0.108	0.068
18:3 undifferentiated.....g	0.004		2	A	1		0.008	0.007	0.004
18:4.....g	0.000		2	A	1		0.000	0.000	0.000
20:2 n-6 c,c.....g	0.000		2	A	1		0.000	0.000	0.000
20:3 undifferentiated.....g	0.000		2	A	1		0.000	0.000	0.000
20:4 undifferentiated.....g	0.000		2	A	1		0.000	0.000	0.000
20:5 n-3.....g	0.000		2	A	1		0.000	0.000	0.000
22:5 n-3.....g	0.000		2	A	1		0.000	0.000	0.000
22:6 n-3.....g	0.000		2	A	1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	0
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.040		0	A	1		0.080	0.072	0.046
Threonine.....g	0.107		0	A	1		0.213	0.192	0.121
Isoleucine.....g	0.070		0	A	1		0.139	0.125	0.079
Leucine.....g	0.118		0	A	1		0.235	0.212	0.134
Lysine.....g	0.084		0	A	1		0.169	0.152	0.096
Methionine.....g	0.037		0	A	1		0.074	0.066	0.042
Cystine.....g	0.028		0	A	1		0.055	0.050	0.031
Phenylalanine.....g	0.114		0	A	1		0.228	0.206	0.130
Tyrosine.....g	0.044		0	A	1		0.088	0.079	0.050
Valine.....g	0.110		0	A	1		0.219	0.197	0.125
Arginine.....g	0.070		0	A	1		0.141	0.127	0.080
Histidine.....g	0.039		0	A	1		0.079	0.071	0.045
Alanine.....g	0.099		0	A	1		0.197	0.177	0.112
Aspartic acid.....g	0.488		0	A	1		0.977	0.879	0.557
Glutamic acid.....g	0.198		0	A	1		0.395	0.356	0.225
Glycine.....g	0.081		0	A	1		0.162	0.145	0.092
Proline.....g	0.067		0	A	1		0.134	0.121	0.076
Serine.....g	0.113		0	A	1		0.226	0.204	0.129
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0

NDB No. 11508

Sweet potato, cooked, baked in skin, without salt

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Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 200g: 1 cup

Measure 2 = 180g: 1 large

Measure 3 = 114g: 1 medium (2" dia, 5" long, raw)

**Calories Factors: Protein** 2.78

**Fat** 8.37

**Carbohydrate**4.03

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11510

Sweet potato, cooked, boiled, without skin

Sweetpotato

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	80.13	2.204	4	A	1		262.82	120.99	
Energy.....kcal	76		0	NC	4		251	115	
Energy.....kj	320		0	NC	4		1049	483	
Protein (N x 6.25).....g	1.37	0.096	4	A	1		4.51	2.08	
Total lipid (fat).....g	0.14	0.053	4	A	1		0.46	0.21	
Ash.....g	0.63	0.049	4	A	1		2.08	0.96	
Carbohydrate, by difference.....g	17.72		0	NC	4		58.13	26.76	
Fiber, total dietary.....g	2.5	0.100	4	A	1		8.2	3.8	
Sugars, total.....g	5.74		0	AS	1		18.82	8.66	
Sucrose.....g	1.43	0.119	4	A	1		4.70	2.16	
Glucose (dextrose).....g	0.54	0.189	4	A	1		1.77	0.81	
Fructose.....g	0.43	0.142	4	A	1		1.40	0.64	
Lactose.....g	0.00	0.000	4	A	1		0.00	0.00	
Maltose.....g	3.34	0.790	4	A	1		10.96	5.04	
Galactose.....g	0.00		0	Z	7		0.00	0.00	
Starch.....g	5.22	1.612	4	A	1		17.14	7.89	
<b>Minerals:</b>									
Calcium, Ca.....mg	27	6.688	4	A	1		89	41	
Iron, Fe.....mg	0.72	0.062	4	A	1		2.36	1.08	
Magnesium, Mg.....mg	18	2.161	4	A	1		58	27	
Phosphorus, P.....mg	32	5.352	4	A	1		106	49	
Potassium, K.....mg	230	25.437	4	A	1		755	348	
Sodium, Na.....mg	27	5.331	4	A	1		88	41	
Zinc, Zn.....mg	0.20	0.005	4	A	1		0.66	0.31	
Copper, Cu.....mg	0.094	0.011	4	A	1		0.308	0.142	
Manganese, Mn.....mg	0.266	0.064	4	A	1		0.874	0.402	
Selenium, Se.....mcg	0.2		2	A	1		0.6	0.3	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	12.8	3.000	4	A	1		42.1	19.4	
Thiamin.....mg	0.056	0.004	4	A	1		0.182	0.084	
Riboflavin.....mg	0.047	0.004	4	A	1		0.154	0.071	
Niacin.....mg	0.538	0.036	4	A	1		1.766	0.813	
Pantothenic acid.....mg	0.581	0.028	4	A	1		1.907	0.878	
Vitamin B-6.....mg	0.165	0.025	4	A	1		0.541	0.249	
Folate, total.....mcg	6	2.549	4	A	1		20	9	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	6	2.549	4	A	1		20	9	
Folate, DFE.....mcg_DFE	6		0	NC	4		20	9	
Choline, total.....mg	10.8		0	BFSN	4		35.3	16.2	
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	787		0	AS	1		2581	1188	
Retinol.....mcg	0		0	Z	7		0	0	
Carotene, beta.....mcg	9444	804.100	10	A	1		30976	14260	
Carotene, alpha.....mcg	0		1	A	1		0	0	
Cryptoxanthin, beta.....mcg	0		1	A	1		0	0	
Vitamin A, IU.....IU	15740		0	AS	1		51627	23767	
Lycopene.....mcg	0		1	A	1		0	0	
Lutein + zeaxanthin.....mcg	0		1	A	1		0	0	
Vitamin E (alpha-tocopherol).....mg	0.94		2	A	1		3.08	1.42	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg	0.01		2	A	1		0.05	0.02	
Tocopherol, gamma.....mg	0.00		2	A	1		0.00	0.00	
Tocopherol, delta.....mg	0.00		2	A	1		0.00	0.00	
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	2.1		2	A	1		6.9	3.2	

NDB No. 11510

Sweet potato, cooked, boiled, without skin

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.031		0	NC	4		0.100	0.046	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		2	A	1		0.000	0.000	
10:0.....g	0.000		2	A	1		0.000	0.000	
12:0.....g	0.000		2	A	1		0.000	0.000	
13:0.....g									
14:0.....g	0.000		2	A	1		0.000	0.000	
15:0.....g	0.000		2	A	1		0.000	0.000	
16:0.....g	0.031		2	A	1		0.100	0.046	
17:0.....g	0.000		2	A	1		0.000	0.000	
18:0.....g	0.000		2	A	1		0.000	0.000	
20:0.....g	0.000		2	A	1		0.000	0.000	
22:0.....g	0.000		2	A	1		0.000	0.000	
24:0.....g	0.000		2	A	1		0.000	0.000	
Fatty acids, total monounsaturated.....g	0.000		0	NC	4		0.000	0.000	
14:1.....g	0.000		2	A	1		0.000	0.000	
15:1.....g	0.000		2	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.000		2	A	1		0.000	0.000	
17:1.....g	0.000		2	A	1		0.000	0.000	
18:1 undifferentiated.....g	0.000		2	A	1		0.000	0.000	
20:1.....g	0.000		2	A	1		0.000	0.000	
22:1 undifferentiated.....g	0.000		2	A	1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.061		0	NC	4		0.201	0.092	
18:2 undifferentiated.....g	0.061		2	A	1		0.201	0.092	
18:3 undifferentiated.....g	0.000		2	A	1		0.000	0.000	
18:4.....g	0.000		2	A	1		0.000	0.000	
20:2 n-6 c,c.....g	0.000		2	A	1		0.000	0.000	
20:3 undifferentiated.....g	0.000		2	A	1		0.000	0.000	
20:4 undifferentiated.....g	0.000		2	A	1		0.000	0.000	
20:5 n-3.....g	0.000		2	A	1		0.000	0.000	
22:5 n-3.....g	0.000		2	A	1		0.000	0.000	
22:6 n-3.....g	0.000		2	A	1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.028		0	A	1		0.090	0.042	
Threonine.....g	0.073		0	A	1		0.239	0.110	
Isoleucine.....g	0.048		0	A	1		0.157	0.072	
Leucine.....g	0.081		0	A	1		0.264	0.122	
Lysine.....g	0.058		0	A	1		0.189	0.087	
Methionine.....g	0.025		0	A	1		0.083	0.038	
Cystine.....g	0.019		0	A	1		0.062	0.029	
Phenylalanine.....g	0.078		0	A	1		0.257	0.118	
Tyrosine.....g	0.030		0	A	1		0.099	0.046	
Valine.....g	0.075		0	A	1		0.246	0.113	
Arginine.....g	0.048		0	A	1		0.158	0.073	
Histidine.....g	0.027		0	A	1		0.089	0.041	
Alanine.....g	0.067		0	A	1		0.221	0.102	
Aspartic acid.....g	0.335		0	A	1		1.097	0.505	
Glutamic acid.....g	0.135		0	A	1		0.444	0.204	
Glycine.....g	0.055		0	A	1		0.182	0.084	
Proline.....g	0.046		0	A	1		0.151	0.069	
Serine.....g	0.077		0	A	1		0.254	0.117	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

NDB No. 11510

Sweet potato, cooked, boiled, without skin

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Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 328g: 1 cup, mashed

Measure 2 = 151g: 1 medium

**Calories Factors: Protein** 2.78

**Fat** 8.37

**Carbohydrate**4.03

**Food Group:** 11 Vegetables and Vegetable Products  
USDA National Nutrient Database for Standard Reference, Release 21 (2008)



NDB No. 11876

Sweet potato, cooked, boiled, without skin, with salt

Sweetpotato

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	80.13	2.204	4	A	1		262.82	120.99	
Energy.....kcal	76		0	NC	4		251	115	
Energy.....kj	320		0	NC	4		1049	483	
Protein (N x 6.25).....g	1.37	0.096	4	A	1		4.51	2.08	
Total lipid (fat).....g	0.14	0.053	4	A	1		0.46	0.21	
Ash.....g	0.63	0.049	4	A	1		2.08	0.96	
Carbohydrate, by difference.....g	17.72		0	NC	4		58.13	26.76	
Fiber, total dietary.....g	2.5	0.100	4	A	1		8.2	3.8	
Sugars, total.....g	5.74		0	AS	1		18.82	8.66	
Sucrose.....g	1.43	0.119	4	A	1		4.70	2.16	
Glucose (dextrose).....g	0.54	0.189	4	A	1		1.77	0.81	
Fructose.....g	0.43	0.142	4	A	1		1.40	0.64	
Lactose.....g	0.00	0.000	4	A	1		0.00	0.00	
Maltose.....g	3.34	0.790	4	A	1		10.96	5.04	
Galactose.....g	0.00		0	Z	7		0.00	0.00	
Starch.....g	5.22	1.612	4	A	1		17.14	7.89	
<b>Minerals:</b>									
Calcium, Ca.....mg	27	6.688	4	A	1		89	41	
Iron, Fe.....mg	0.72	0.062	4	A	1		2.36	1.08	
Magnesium, Mg.....mg	18	2.161	4	A	1		58	27	
Phosphorus, P.....mg	32	5.352	4	A	1		106	49	
Potassium, K.....mg	230	25.437	4	A	1		755	348	
Sodium, Na.....mg	27	5.331	4	A	1		88	41	
Zinc, Zn.....mg	0.20	0.005	4	A	1		0.66	0.31	
Copper, Cu.....mg	0.094	0.011	4	A	1		0.308	0.142	
Manganese, Mn.....mg	0.266	0.064	4	A	1		0.874	0.402	
Selenium, Se.....mcg	0.2		2	A	1		0.6	0.3	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	12.8	3.000	4	A	1		42.1	19.4	
Thiamin.....mg	0.056	0.004	4	A	1		0.182	0.084	
Riboflavin.....mg	0.047	0.004	4	A	1		0.154	0.071	
Niacin.....mg	0.538	0.036	4	A	1		1.766	0.813	
Pantothenic acid.....mg	0.581	0.028	4	A	1		1.907	0.878	
Vitamin B-6.....mg	0.165	0.025	4	A	1		0.541	0.249	
Folate, total.....mcg	6	2.549	4	A	1		20	9	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	6	2.549	4	A	1		20	9	
Folate, DFE.....mcg_DFE	6		0	NC	4		20	9	
Choline, total.....mg	10.8		0	BFSN	4		35.3	16.2	
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	787		0	AS	1		2581	1188	
Retinol.....mcg	0		0	Z	7		0	0	
Carotene, beta.....mcg	9444	804.100	10	A	1		30976	14260	
Carotene, alpha.....mcg	0		1	A	1		0	0	
Cryptoxanthin, beta.....mcg	0		1	A	1		0	0	
Vitamin A, IU.....IU	15740		0	AS	1		51627	23767	
Lycopene.....mcg	0		1	A	1		0	0	
Lutein + zeaxanthin.....mcg	0		1	A	1		0	0	
Vitamin E (alpha-tocopherol).....mg	0.94		2	A	1		3.08	1.42	
Tocopherol, beta.....mg	0.01		2	A	1		0.05	0.02	
Tocopherol, gamma.....mg	0.00		2	A	1		0.00	0.00	
Tocopherol, delta.....mg	0.00		2	A	1		0.00	0.00	
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	2.1		2	A	1		6.9	3.2	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.031		0	NC	4		0.100	0.046	

Sweet potato, cooked, boiled, without skin, with salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
4:0.....g	0.000		0	Z	7		0.000	0.000	
6:0.....g	0.000		0	Z	7		0.000	0.000	
8:0.....g	0.000		2	A	1		0.000	0.000	
10:0.....g	0.000		2	A	1		0.000	0.000	
12:0.....g	0.000		2	A	1		0.000	0.000	
13:0.....g									
14:0.....g	0.000		2	A	1		0.000	0.000	
15:0.....g	0.000		2	A	1		0.000	0.000	
16:0.....g	0.031		2	A	1		0.100	0.046	
17:0.....g	0.000		2	A	1		0.000	0.000	
18:0.....g	0.000		2	A	1		0.000	0.000	
20:0.....g	0.000		2	A	1		0.000	0.000	
22:0.....g	0.000		2	A	1		0.000	0.000	
24:0.....g	0.000		2	A	1		0.000	0.000	
Fatty acids, total monounsaturated.....g	0.000		0	NC	4		0.000	0.000	
14:1.....g	0.000		2	A	1		0.000	0.000	
15:1.....g	0.000		2	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.000		2	A	1		0.000	0.000	
17:1.....g	0.000		2	A	1		0.000	0.000	
18:1 undifferentiated.....g	0.000		2	A	1		0.000	0.000	
20:1.....g	0.000		2	A	1		0.000	0.000	
22:1 undifferentiated.....g	0.000		2	A	1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.061		0	NC	4		0.201	0.092	
18:2 undifferentiated.....g	0.061		2	A	1		0.201	0.092	
18:3 undifferentiated.....g	0.000		2	A	1		0.000	0.000	
18:4.....g	0.000		2	A	1		0.000	0.000	
20:2 n-6 c,c.....g	0.000		2	A	1		0.000	0.000	
20:3 undifferentiated.....g	0.000		2	A	1		0.000	0.000	
20:4 undifferentiated.....g	0.000		2	A	1		0.000	0.000	
20:5 n-3.....g	0.000		2	A	1		0.000	0.000	
22:5 n-3.....g	0.000		2	A	1		0.000	0.000	
22:6 n-3.....g	0.000		2	A	1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.020		0		1		0.066	0.030	
Threonine.....g	0.082		0		1		0.269	0.124	
Isoleucine.....g	0.082		0		1		0.269	0.124	
Leucine.....g	0.121		0		1		0.397	0.183	
Lysine.....g	0.081		0		1		0.266	0.122	
Methionine.....g	0.041		0		1		0.134	0.062	
Cystine.....g	0.013		0		1		0.043	0.020	
Phenylalanine.....g	0.099		0		1		0.325	0.149	
Tyrosine.....g	0.068		0		1		0.223	0.103	
Valine.....g	0.108		0		1		0.354	0.163	
Arginine.....g	0.077		0		1		0.253	0.116	
Histidine.....g	0.031		0		1		0.102	0.047	
Alanine.....g	0.090		0		1		0.295	0.136	
Aspartic acid.....g	0.282		0		1		0.925	0.426	
Glutamic acid.....g	0.161		0		1		0.528	0.243	
Glycine.....g	0.074		0		1		0.243	0.112	
Proline.....g	0.072		0		1		0.236	0.109	
Serine.....g	0.085		0		1		0.279	0.128	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same

NDB No. 11876

Sweet potato, cooked, boiled, without skin, with salt

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Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number	Source	Measure 1	Measure 2	Measure 3
			of Data Points	Confidence Code			

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food, or similar food.

**Common Measures:**

Measure 1 = 328g: 1 cup, mashed

Measure 2 = 151g: 1 medium

**Calories Factors: Protein** 2.78

**Fat** 8.37

**Carbohydrate**4.03

**Food Group:** 11 Vegetables and Vegetable Products  
USDA National Nutrient Database for Standard Reference, Release 21 (2008)



NDB No. 11659

Sweet potato, cooked, candied, home-prepared

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.216		0		1		0.227		
15:0.....g									
16:0.....g	0.580		0		1		0.609		
17:0.....g									
18:0.....g	0.263		0		1		0.276		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.627		0		1		0.658		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.048		0		1		0.050		
17:1.....g									
18:1 undifferentiated.....g	0.547		0		1		0.574		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.147		0		1		0.154		
18:2 undifferentiated.....g	0.076		0		1		0.080		
18:3 undifferentiated.....g	0.074		0		1		0.078		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	8		0		1		8		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.011		0		1		0.012		
Threonine.....g	0.043		0		1		0.045		
Isoleucine.....g	0.044		0		1		0.046		
Leucine.....g	0.065		0		1		0.068		
Lysine.....g	0.044		0		1		0.046		
Methionine.....g	0.021		0		1		0.022		
Cystine.....g	0.007		0		1		0.007		
Phenylalanine.....g	0.052		0		1		0.055		
Tyrosine.....g	0.036		0		1		0.038		
Valine.....g	0.057		0		1		0.060		
Arginine.....g	0.040		0		1		0.042		
Histidine.....g	0.017		0		1		0.018		
Alanine.....g	0.047		0		1		0.049		
Aspartic acid.....g	0.146		0		1		0.153		
Glutamic acid.....g	0.089		0		1		0.093		
Glycine.....g	0.039		0		1		0.041		
Proline.....g	0.040		0		1		0.042		
Serine.....g	0.045		0		1		0.047		
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 105g: 1 piece (2-1/2" x 2" dia)

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**NDB No. 11659**

**Sweet potato, cooked, candied, home-prepared**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)



NDB No. 11877

Sweet potato, frozen, cooked, baked, w with salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g									
15:0.....g									
16:0.....g	0.024		0		1		0.042		
17:0.....g									
18:0.....g	0.003		0		1		0.005		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.005		0		1		0.009		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.005		0		1		0.009		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.053		0		1		0.093		
18:2 undifferentiated.....g	0.045		0		1		0.079		
18:3 undifferentiated.....g	0.008		0		1		0.014		
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.021		0		1		0.037		
Threonine.....g	0.085		0		1		0.150		
Isoleucine.....g	0.086		0		1		0.151		
Leucine.....g	0.126		0		1		0.222		
Lysine.....g	0.084		0		1		0.148		
Methionine.....g	0.042		0		1		0.074		
Cystine.....g	0.014		0		1		0.025		
Phenylalanine.....g	0.103		0		1		0.181		
Tyrosine.....g	0.070		0		1		0.123		
Valine.....g	0.112		0		1		0.197		
Arginine.....g	0.080		0		1		0.141		
Histidine.....g	0.032		0		1		0.056		
Alanine.....g	0.094		0		1		0.165		
Aspartic acid.....g	0.293		0		1		0.516		
Glutamic acid.....g	0.168		0		1		0.296		
Glycine.....g	0.078		0		1		0.137		
Proline.....g	0.075		0		1		0.132		
Serine.....g	0.089		0		1		0.157		
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 176g: 1 cup, cubes

**Calories Factors: Protein 2.78**

**Fat 8.37**

**Carbohydrate 4.03**



**NDB No. 11877**

**Sweet potato, frozen, cooked, baked, with salt**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)



NDB No. 11517

Sweet potato, frozen, cooked, baked, w without salt

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g									
15:0.....g									
16:0.....g	0.022		0		1		0.039		
17:0.....g									
18:0.....g	0.003		0		1		0.005		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.005		0	NC	4		0.008		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.005		0		1		0.008		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.049		0	NC	4		0.087		
18:2 undifferentiated.....g	0.042		0		1		0.074		
18:3 undifferentiated.....g	0.007		0		1		0.013		
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.021		0		1		0.037		
Threonine.....g	0.085		0		1		0.150		
Isoleucine.....g	0.086		0		1		0.151		
Leucine.....g	0.126		0		1		0.222		
Lysine.....g	0.084		0		1		0.148		
Methionine.....g	0.042		0		1		0.074		
Cystine.....g	0.014		0		1		0.025		
Phenylalanine.....g	0.103		0		1		0.181		
Tyrosine.....g	0.070		0		1		0.123		
Valine.....g	0.112		0		1		0.197		
Arginine.....g	0.080		0		1		0.141		
Histidine.....g	0.032		0		1		0.056		
Alanine.....g	0.094		0		1		0.165		
Aspartic acid.....g	0.293		0		1		0.516		
Glutamic acid.....g	0.168		0		1		0.296		
Glycine.....g	0.078		0		1		0.137		
Proline.....g	0.075		0		1		0.132		
Serine.....g	0.089		0		1		0.157		
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 176g: 1 cup, cubes

**NDB No. 11517**

**Sweet potato, frozen, cooked, baked, without salt**

**Calories Factors: Protein 2.78**

**Fat 8.37**

**Carbohydrate 4.03**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)



**NDB No. 11516**  
**Sweet potato, frozen, unprepared**

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g									
15:0.....g									
16:0.....g	0.035		0		1		0.062		
17:0.....g									
18:0.....g	0.004		0		1		0.007		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.007		0		1		0.012		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.007		0		1		0.012		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.080		0		1		0.141		
18:2 undifferentiated.....g	0.067		0		1		0.118		
18:3 undifferentiated.....g	0.013		0		1		0.023		
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0		
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.021		0		1		0.037		
Threonine.....g	0.085		0		1		0.150		
Isoleucine.....g	0.085		0		1		0.150		
Leucine.....g	0.125		0		1		0.220		
Lysine.....g	0.084		0		1		0.148		
Methionine.....g	0.042		0		1		0.074		
Cystine.....g	0.014		0		1		0.025		
Phenylalanine.....g	0.102		0		1		0.180		
Tyrosine.....g	0.070		0		1		0.123		
Valine.....g	0.112		0		1		0.197		
Arginine.....g	0.079		0		1		0.139		
Histidine.....g	0.032		0		1		0.056		
Alanine.....g	0.093		0		1		0.164		
Aspartic acid.....g	0.292		0		1		0.514		
Glutamic acid.....g	0.167		0		1		0.294		
Glycine.....g	0.077		0		1		0.136		
Proline.....g	0.075		0		1		0.132		
Serine.....g	0.088		0		1		0.155		
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 176g: 1 cup, cubes

**Calories Factors: Protein 2.78**

**Fat 8.37**

**Carbohydrate 4.03**

**NDB No. 11516**  
**Sweet potato, frozen, unprepared**

**Food Group:** 11 Vegetables and Vegetable Products  
USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11507

Sweet potato, raw, unprepared

*Ipomoea batatas*

Includes USDA commodity food A230, Sweetpotato

Refuse:28% Parings and trimmings

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	77.28	0.650	7	JA	6		102.78	100.46	
Energy.....kcal	86		0	NC	4		114	112	
Energy.....kj	359		0	NC	4		478	467	
Protein (N x 6.25).....g	1.57	0.145	4	A	1		2.09	2.04	
Total lipid (fat).....g	0.05	0.033	4	A	1		0.07	0.06	
Ash.....g	0.99	0.056	4	A	1		1.31	1.28	
Carbohydrate, by difference.....g	20.12		0	NC	4		26.76	26.15	
Fiber, total dietary.....g	3.0		1		1		4.0	3.9	
Sugars, total.....g	4.18		0	NC	4		5.56	5.44	
Sucrose.....g	2.52	0.126	6	JA	6		3.35	3.28	
Glucose (dextrose).....g	0.96	0.269	6	JA	6		1.28	1.25	
Fructose.....g	0.70	0.171	6	JA	6		0.93	0.91	
Lactose.....g	0.00	0.000	4	A	1		0.00	0.00	
Maltose.....g	0.00	0.000	4	A	1		0.00	0.00	
Galactose.....g	0.00		0	Z	7		0.00	0.00	
Starch.....g	12.65	2.709	4	A	1		16.82	16.44	
<b>Minerals:</b>									
Calcium, Ca.....mg	30	4.632	3	A	1		41	40	
Iron, Fe.....mg	0.61	0.070	3	A	1		0.81	0.80	
Magnesium, Mg.....mg	25	3.180	3	A	1		33	32	
Phosphorus, P.....mg	47	7.413	3	A	1		62	61	
Potassium, K.....mg	337	27.552	3	A	1		448	438	
Sodium, Na.....mg	55	26.394	3	A	1		73	72	
Zinc, Zn.....mg	0.30	0.033	3	A	1		0.40	0.39	
Copper, Cu.....mg	0.151	0.015	3	A	1		0.201	0.196	
Manganese, Mn.....mg	0.258	0.052	3	A	1		0.343	0.335	
Selenium, Se.....mcg	0.6		1	A	1		0.8	0.8	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	2.4	1.038	4	A	1		3.2	3.1	
Thiamin.....mg	0.078	0.007	4	A	1		0.104	0.102	
Riboflavin.....mg	0.061	0.005	4	A	1		0.081	0.079	
Niacin.....mg	0.557	0.076	4	A	1		0.741	0.724	
Pantothenic acid.....mg	0.800	0.152	4	A	1		1.064	1.040	
Vitamin B-6.....mg	0.209	0.014	4	A	1		0.279	0.272	
Folate, total.....mcg	11	1.685	4	A	1		14	14	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	11	1.685	4	A	1		14	14	
Folate, DFE.....mcg_DFE	11		0	NC	4		14	14	
Choline, total.....mg	12.3		0	BFSN	4		16.4	16.0	
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	709		0	AS	1		943	922	
Retinol.....mcg	0		0	Z	7		0	0	
Carotene, beta.....mcg	8509	224.125	43	A	1		11317	11061	
Carotene, alpha.....mcg	7	3.110	41	A	1		10	9	
Cryptoxanthin, beta.....mcg	0	0.000	38	A	1		0	0	
Vitamin A, IU.....IU	14187		0	AS	1		18869	18443	
Lycopene.....mcg	0	0.000	5	A	1		0	0	
Lutein + zeaxanthin.....mcg	0		1	A	1		0	0	
Vitamin E (alpha-tocopherol).....mg	0.26		2	A	1		0.35	0.34	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg	0.01		2	A	1		0.01	0.01	
Tocopherol, gamma.....mg	0.00		2	A	1		0.00	0.00	
Tocopherol, delta.....mg	0.00		2	A	1		0.00	0.00	
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	1.8		2	A	1		2.3	2.3	



NDB No. 11507  
Sweet potato, raw, unprepared

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.018		0	NC	4		0.024	0.024	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		2	A	1		0.000	0.000	
10:0.....g	0.000		2	A	1		0.000	0.000	
12:0.....g	0.000		2	A	1		0.000	0.000	
13:0.....g									
14:0.....g	0.000		2	A	1		0.000	0.000	
15:0.....g	0.000		2	A	1		0.000	0.000	
16:0.....g	0.018		2	A	1		0.023	0.023	
17:0.....g	0.000		2	A	1		0.000	0.000	
18:0.....g	0.001		2	A	1		0.001	0.001	
20:0.....g	0.000		2	A	1		0.000	0.000	
22:0.....g	0.000		2	A	1		0.000	0.000	
24:0.....g	0.000		2	A	1		0.000	0.000	
Fatty acids, total monounsaturated.....g	0.001		0	NC	4		0.001	0.001	
14:1.....g	0.000		2	A	1		0.000	0.000	
15:1.....g	0.000		2	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.000		2	A	1		0.000	0.000	
17:1.....g	0.000		2	A	1		0.000	0.000	
18:1 undifferentiated.....g	0.001		2	A	1		0.001	0.001	
20:1.....g	0.000		2	A	1		0.000	0.000	
22:1 undifferentiated.....g	0.000		2	A	1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.014		0	NC	4		0.019	0.018	
18:2 undifferentiated.....g	0.013		2	A	1		0.018	0.017	
18:3 undifferentiated.....g	0.001		2	A	1		0.001	0.001	
18:4.....g	0.000		2	A	1		0.000	0.000	
20:2 n-6 c,c.....g	0.000		2	A	1		0.000	0.000	
20:3 undifferentiated.....g	0.000		2	A	1		0.000	0.000	
20:4 undifferentiated.....g	0.000		2	A	1		0.000	0.000	
20:5 n-3.....g	0.000		2	A	1		0.000	0.000	
22:5 n-3.....g	0.000		2	A	1		0.000	0.000	
22:6 n-3.....g	0.000		2	A	1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg	12		0		1		16	16	
<b>Amino Acids:</b>									
Tryptophan.....g	0.031		0	A	1		0.042	0.041	
Threonine.....g	0.083		0	A	1		0.111	0.108	
Isoleucine.....g	0.055		0	A	1		0.073	0.071	
Leucine.....g	0.092		0	A	1		0.122	0.120	
Lysine.....g	0.066		0	A	1		0.088	0.086	
Methionine.....g	0.029		0	A	1		0.038	0.037	
Cystine.....g	0.022		0	A	1		0.029	0.028	
Phenylalanine.....g	0.089		0	A	1		0.119	0.116	
Tyrosine.....g	0.034		0	A	1		0.046	0.045	
Valine.....g	0.086		0	A	1		0.114	0.111	
Arginine.....g	0.055		0	A	1		0.073	0.072	
Histidine.....g	0.031		0	A	1		0.041	0.040	
Alanine.....g	0.077		0	A	1		0.102	0.100	
Aspartic acid.....g	0.382		0	A	1		0.508	0.497	
Glutamic acid.....g	0.155		0	A	1		0.206	0.201	
Glycine.....g	0.063		0	A	1		0.084	0.082	
Proline.....g	0.052		0	A	1		0.070	0.068	
Serine.....g	0.088		0	A	1		0.118	0.115	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

NDB No. 11507  
Sweet potato, raw, unprepared

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Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 133g: 1 cup, cubes

Measure 2 = 130g: 1 sweetpotato, 5" long

**Calories Factors: Protein** 2.78

**Fat** 8.37

**Carbohydrate**4.03

**Food Group:** 11 Vegetables and Vegetable Products  
USDA National Nutrient Database for Standard Reference, Release 21 (2008)



NDB No. 11521

Taro leaves, cooked, steamed, w without salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g									
15:0.....g									
16:0.....g	0.072		0		1		0.104		
17:0.....g									
18:0.....g	0.011		0		1		0.016		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.033		0		1		0.048		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.033		0		1		0.048		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.168		0		1		0.244		
18:2 undifferentiated.....g	0.117		0		1		0.170		
18:3 undifferentiated.....g	0.051		0		1		0.074		
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.026		0		1		0.038		
Threonine.....g	0.091		0		1		0.132		
Isoleucine.....g	0.142		0		1		0.206		
Leucine.....g	0.214		0		1		0.310		
Lysine.....g	0.134		0		1		0.194		
Methionine.....g	0.043		0		1		0.062		
Cystine.....g	0.035		0		1		0.051		
Phenylalanine.....g	0.107		0		1		0.155		
Tyrosine.....g	0.097		0		1		0.141		
Valine.....g	0.140		0		1		0.203		
Arginine.....g	0.120		0		1		0.174		
Histidine.....g	0.062		0		1		0.090		
Alanine.....g									
Aspartic acid.....g									
Glutamic acid.....g									
Glycine.....g									
Proline.....g									
Serine.....g									
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 145g: 1 cup

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**NDB No. 11521**

**Taro leaves, cooked, steamed, without salt**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11520  
 Taro leaves, raw  
*Colocasia esculenta*

Refuse:40% Stem, midrib and tough leaves

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	85.66		2		1		23.98	8.57	
Energy.....kcal	42		0	NC	4		12	4	
Energy.....kj	177		0	NC	4		50	18	
Protein (N x 6.25).....g	4.98		1		1		1.39	0.50	
Total lipid (fat).....g	0.74		1		1		0.21	0.07	
Ash.....g	1.92		1		1		0.54	0.19	
Carbohydrate, by difference.....g	6.70		0	NC	4		1.88	0.67	
Fiber, total dietary.....g	3.7		0		4		1.0	0.4	
Sugars, total.....g	3.01		0	O	4		0.84	0.30	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	107		1		1		30	11	
Iron, Fe.....mg	2.25		1		1		0.63	0.23	
Magnesium, Mg.....mg	45		1		1		13	5	
Phosphorus, P.....mg	60		1		1		17	6	
Potassium, K.....mg	648		0		1		181	65	
Sodium, Na.....mg	3		0		1		1	0	
Zinc, Zn.....mg	0.41		0		4		0.11	0.04	
Copper, Cu.....mg	0.270		0		4		0.076	0.027	
Manganese, Mn.....mg	0.714		0		4		0.200	0.071	
Selenium, Se.....mcg	0.9		0	CAZN	4		0.3	0.1	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	52.0		0		1		14.6	5.2	
Thiamin.....mg	0.209		0		1		0.059	0.021	
Riboflavin.....mg	0.456		0		1		0.128	0.046	
Niacin.....mg	1.513		0		1		0.424	0.151	
Pantothenic acid.....mg	0.084		0		4		0.024	0.008	
Vitamin B-6.....mg	0.146		0		4		0.041	0.015	
Folate, total.....mcg	126		0		4		35	13	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	126		0		4		35	13	
Folate, DFE.....mcg_DFE	126		0	NC	4		35	13	
Choline, total.....mg	12.8		0	CAZN	4		3.6	1.3	
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	241		0	NC	4		68	24	
Retinol.....mcg	0		0	BNA	4		0	0	
Carotene, beta.....mcg	2895		0	BNA	4		811	290	
Carotene, alpha.....mcg	0		0	BNA	4		0	0	
Cryptoxanthin, beta.....mcg	0		0	BNA	4		0	0	
Vitamin A, IU.....IU	4825		0	NC	4		1351	483	
Lycopene.....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin.....mcg	1932		0	O	4		541	193	
Vitamin E (alpha-tocopherol).....mg	2.02		0	O	4		0.56	0.20	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	108.6		0	O	4		30.4	10.9	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.151		0		1		0.042	0.015	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.000		0		1		0.000	0.000	

NDB No. 11520  
Taro leaves, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0		1		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0		1		0.000	0.000	
15:0.....g									
16:0.....g	0.131		0		1		0.037	0.013	
17:0.....g									
18:0.....g	0.020		0		1		0.006	0.002	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.060		0		1		0.017	0.006	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.060		0		1		0.017	0.006	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.307		0		1		0.086	0.031	
18:2 undifferentiated.....g	0.214		0		1		0.060	0.021	
18:3 undifferentiated.....g	0.093		0		1		0.026	0.009	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.048		3		1		0.013	0.005	
Threonine.....g	0.167		2		1		0.047	0.017	
Isoleucine.....g	0.260		2		1		0.073	0.026	
Leucine.....g	0.392		2		1		0.110	0.039	
Lysine.....g	0.246		3		1		0.069	0.025	
Methionine.....g	0.079		3		1		0.022	0.008	
Cystine.....g	0.064		2		1		0.018	0.006	
Phenylalanine.....g	0.195		2		1		0.055	0.020	
Tyrosine.....g	0.178		1		1		0.050	0.018	
Valine.....g	0.256		2		1		0.072	0.026	
Arginine.....g	0.220		2		1		0.062	0.022	
Histidine.....g	0.114		2		1		0.032	0.011	
Alanine.....g									
Aspartic acid.....g									
Glutamic acid.....g									
Glycine.....g									
Proline.....g									
Serine.....g									
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

**NDB No. 11520**

**Taro leaves, raw**

Measure 1 = 28g: 1 cup

Measure 2 = 10.0g: 1 leaf (11" x 6-1/2")

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)





NDB No. 11523

Taro shoots, cooked, without salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g									
15:0.....g									
16:0.....g	0.014		0		1		0.020		
17:0.....g									
18:0.....g	0.002		0		1		0.003		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.006		0		1		0.008		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.006		0		1		0.008		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.033		0		1		0.046		
18:2 undifferentiated.....g	0.023		0		1		0.032		
18:3 undifferentiated.....g	0.010		0		1		0.014		
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0		
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 140g: 1 cup slices

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group:** 11 Vegetables and Vegetable Products  
 USDA National Nutrient Database for Standard Reference, Release 21 (2008)



**NDB No. 11522**  
**Taro shoots, raw**

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g									
15:0.....g									
16:0.....g	0.016		0		1		0.007	0.013	
17:0.....g									
18:0.....g	0.002		0		1		0.001	0.002	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.007		0		1		0.003	0.006	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.007		0		1		0.003	0.006	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.037		0		1		0.016	0.031	
18:2 undifferentiated.....g	0.026		0		1		0.011	0.022	
18:3 undifferentiated.....g	0.011		0		1		0.005	0.009	
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0	0	
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 43g: .5 cup slices  
 Measure 2 = 83g: 1 shoot

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group: 11 Vegetables and Vegetable Products**  
 USDA National Nutrient Database for Standard Reference, Release 21 (2008)



NDB No. 11878  
Taro, cooked, with salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g									
13:0.....g									
14:0.....g									
15:0.....g									
16:0.....g	0.019		0		1		0.025		
17:0.....g									
18:0.....g	0.003		0		1		0.004		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.009		0		1		0.012		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.009		0		1		0.012		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.046		0		1		0.061		
18:2 undifferentiated.....g	0.032		0		1		0.042		
18:3 undifferentiated.....g	0.014		0		1		0.018		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.008		0		1		0.011		
Threonine.....g	0.024		0		1		0.032		
Isoleucine.....g	0.019		0		1		0.025		
Leucine.....g	0.038		0		1		0.050		
Lysine.....g	0.023		0		1		0.030		
Methionine.....g	0.007		0		1		0.009		
Cystine.....g	0.011		0		1		0.015		
Phenylalanine.....g	0.028		0		1		0.037		
Tyrosine.....g	0.019		0		1		0.025		
Valine.....g	0.028		0		1		0.037		
Arginine.....g	0.036		0		1		0.048		
Histidine.....g	0.012		0		1		0.016		
Alanine.....g	0.025		0		1		0.033		
Aspartic acid.....g	0.066		0		1		0.087		
Glutamic acid.....g	0.060		0		1		0.079		
Glycine.....g	0.026		0		1		0.034		
Proline.....g	0.021		0		1		0.028		
Serine.....g	0.032		0		1		0.042		
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

**NDB No. 11878**

**Taro, cooked, with salt**

Measure 1 = 132g: 1 cup slices

**Calories Factors: Protein 2.78**

**Fat 8.37**

**Carbohydrate 4.03**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 11519**  
**Taro, cooked, without salt**

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	63.80		1		1		84.22		
Energy.....kcal	142		0	NC	4		187		
Energy.....kj	594		0		4		784		
Protein (N x 6.25).....g	0.52		1		1		0.69		
Total lipid (fat).....g	0.11		1		1		0.15		
Ash.....g	0.97		1		1		1.28		
Carbohydrate, by difference.....g	34.60		0	NC	4		45.67		
Fiber, total dietary.....g	5.1		0		4		6.7		
Sugars, total.....g	0.49		0	BFSN	4		0.65		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	18		1		1		24		
Iron, Fe.....mg	0.72		1		1		0.95		
Magnesium, Mg.....mg	30		1		1		40		
Phosphorus, P.....mg	76		1		1		100		
Potassium, K.....mg	484		1		1		639		
Sodium, Na.....mg	15		1		1		20		
Zinc, Zn.....mg	0.27		0		4		0.36		
Copper, Cu.....mg	0.201		0		4		0.265		
Manganese, Mn.....mg	0.449		0		4		0.593		
Selenium, Se.....mcg	0.9		0	BFSN	4		1.2		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	5.0		0		1		6.6		
Thiamin.....mg	0.107		0		1		0.141		
Riboflavin.....mg	0.028		0		1		0.037		
Niacin.....mg	0.510		0		1		0.673		
Pantothenic acid.....mg	0.336		0		4		0.444		
Vitamin B-6.....mg	0.331		0		4		0.437		
Folate, total.....mcg	19		0		4		25		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	19		0		4		25		
Folate, DFE.....mcg_DFE	19		0	NC	4		25		
Choline, total.....mg	21.3		0	BFSN	4		28.1		
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00		
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....mcg_RAE	4		0	NC	4		6		
Retinol.....mcg	0		0	Z	7		0		
Carotene, beta.....mcg	39		0	BFSY	4		52		
Carotene, alpha.....mcg	0		0	BFSY	4		0		
Cryptoxanthin, beta.....mcg	22		0	BFSY	4		29		
Vitamin A, IU.....IU	84		0	NC	4		111		
Lycopene.....mcg	0		0	BFSY	4		0		
Lutein + zeaxanthin.....mcg	0		0	BFSY	4		0		
Vitamin E (alpha-tocopherol).....mg	2.93		0	BFSN	4		3.87		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	1.2		0	BFSN	4		1.6		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.023		0		1		0.030		
4:0.....g	0.000		0		1		0.000		
6:0.....g	0.000		0		1		0.000		
8:0.....g	0.000		0		1		0.000		
10:0.....g	0.000		0		1		0.000		



**NDB No. 11519**  
**Taro, cooked, without salt**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0		1		0.000		
13:0.....g									
14:0.....g	0.000		0		1		0.000		
15:0.....g									
16:0.....g	0.019		0		1		0.025		
17:0.....g									
18:0.....g	0.003		0		1		0.004		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.009		0		1		0.012		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.009		0		1		0.012		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.046		0		1		0.061		
18:2 undifferentiated.....g	0.032		0		1		0.042		
18:3 undifferentiated.....g	0.014		0		1		0.018		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.008		0		1		0.011		
Threonine.....g	0.024		0		1		0.032		
Isoleucine.....g	0.019		0		1		0.025		
Leucine.....g	0.038		0		1		0.050		
Lysine.....g	0.023		0		1		0.030		
Methionine.....g	0.007		0		1		0.009		
Cystine.....g	0.011		0		1		0.015		
Phenylalanine.....g	0.028		0		1		0.037		
Tyrosine.....g	0.019		0		1		0.025		
Valine.....g	0.028		0		1		0.037		
Arginine.....g	0.036		0		1		0.048		
Histidine.....g	0.012		0		1		0.016		
Alanine.....g	0.025		0		1		0.033		
Aspartic acid.....g	0.066		0		1		0.087		
Glutamic acid.....g	0.060		0		1		0.079		
Glycine.....g	0.026		0		1		0.034		
Proline.....g	0.021		0		1		0.028		
Serine.....g	0.032		0		1		0.042		
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

**NDB No. 11519**

**Taro, cooked, without salt**

Measure 1 = 132g: 1 cup, sliced

**Calories Factors: Protein 2.78**

**Fat 8.37**

**Carbohydrate 4.03**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)



NDB No. 11879

Taro, leaves, cooked, steamed, with salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g									
15:0.....g									
16:0.....g	0.072		0		1		0.104		
17:0.....g									
18:0.....g	0.011		0		1		0.016		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.033		0		1		0.048		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.033		0		1		0.048		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.168		0		1		0.244		
18:2 undifferentiated.....g	0.117		0		1		0.170		
18:3 undifferentiated.....g	0.051		0		1		0.074		
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.026		0		1		0.038		
Threonine.....g	0.091		0		1		0.132		
Isoleucine.....g	0.142		0		1		0.206		
Leucine.....g	0.214		0		1		0.310		
Lysine.....g	0.134		0		1		0.194		
Methionine.....g	0.043		0		1		0.062		
Cystine.....g	0.035		0		1		0.051		
Phenylalanine.....g	0.107		0		1		0.155		
Tyrosine.....g	0.097		0		1		0.141		
Valine.....g	0.140		0		1		0.203		
Arginine.....g	0.120		0		1		0.174		
Histidine.....g	0.062		0		1		0.090		
Alanine.....g									
Aspartic acid.....g									
Glutamic acid.....g									
Glycine.....g									
Proline.....g									
Serine.....g									
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 145g: 1 cup

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**NDB No. 11879**

**Taro, leaves, cooked, steamed, with salt**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11518  
 Taro, raw  
*Colocasia esculenta*

Refuse:14% Ends and skin

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	70.64	4.587	8		1		73.47		
Energy.....kcal	112		0	NC	4		116		
Energy.....kj	469		0		4		487		
Protein (N x 6.25).....g	1.50		2		1		1.56		
Total lipid (fat).....g	0.20		2		1		0.21		
Ash.....g	1.20		0		1		1.25		
Carbohydrate, by difference.....g	26.46		0	NC	4		27.52		
Fiber, total dietary.....g	4.1		0		4		4.3		
Sugars, total.....g	0.40		0	O	4		0.42		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	43		2		1		45		
Iron, Fe.....mg	0.55		2		1		0.57		
Magnesium, Mg.....mg	33	6.583	3		1		34		
Phosphorus, P.....mg	84		2		1		87		
Potassium, K.....mg	591	47.946	5		1		615		
Sodium, Na.....mg	11	3.098	8		1		11		
Zinc, Zn.....mg	0.23		0		4		0.24		
Copper, Cu.....mg	0.172		0		4		0.179		
Manganese, Mn.....mg	0.383		0		4		0.398		
Selenium, Se.....mcg	0.7		0	CAZN	4		0.7		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	4.5		2		1		4.7		
Thiamin.....mg	0.095		2		1		0.099		
Riboflavin.....mg	0.025		2		1		0.026		
Niacin.....mg	0.600		2		1		0.624		
Pantothenic acid.....mg	0.303		0		4		0.315		
Vitamin B-6.....mg	0.283		0		4		0.294		
Folate, total.....mcg	22		0		4		23		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	22		0		4		23		
Folate, DFE.....mcg_DFE	22		0	NC	4		23		
Choline, total.....mg	17.3		0	BFSN	4		18.0		
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00		
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....mcg_RAE	4		0	NC	4		4		
Retinol.....mcg	0		0	Z	7		0		
Carotene, beta.....mcg	35		0	T	4		37		
Carotene, alpha.....mcg	0		0	T	4		0		
Cryptoxanthin, beta.....mcg	20		0	T	4		21		
Vitamin A, IU.....IU	76		0	NC	4		79		
Lycopene.....mcg	0		0	Z	7		0		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol).....mg	2.38		0	O	4		2.48		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	1.0		0	O	4		1.0		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.041		0		1		0.043		
4:0.....g	0.000		0		1		0.000		
6:0.....g	0.000		0		1		0.000		
8:0.....g	0.000		0		1		0.000		
10:0.....g	0.000		0		1		0.000		

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0		1		0.000		
13:0.....g									
14:0.....g	0.000		0		1		0.000		
15:0.....g									
16:0.....g	0.035		0		1		0.036		
17:0.....g									
18:0.....g	0.006		0		1		0.006		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.016		0		1		0.017		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.016		0		1		0.017		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.083		0		1		0.086		
18:2 undifferentiated.....g	0.058		0		1		0.060		
18:3 undifferentiated.....g	0.025		0		1		0.026		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg	19		0		1		20		
<b>Amino Acids:</b>									
Tryptophan.....g	0.023		8		1		0.024		
Threonine.....g	0.069		9		1		0.072		
Isoleucine.....g	0.054		9		1		0.056		
Leucine.....g	0.111		9		1		0.115		
Lysine.....g	0.067		11		1		0.070		
Methionine.....g	0.020		11		1		0.021		
Cystine.....g	0.032		4		1		0.033		
Phenylalanine.....g	0.082		9		1		0.085		
Tyrosine.....g	0.055		9		1		0.057		
Valine.....g	0.082		9		1		0.085		
Arginine.....g	0.103		9		1		0.107		
Histidine.....g	0.034		9		1		0.035		
Alanine.....g	0.073		8		1		0.076		
Aspartic acid.....g	0.192		8		1		0.200		
Glutamic acid.....g	0.174		8		1		0.181		
Glycine.....g	0.074		8		1		0.077		
Proline.....g	0.060		8		1		0.062		
Serine.....g	0.092		8		1		0.096		
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

#### Common Measures:

**NDB No. 11518**

**Taro, raw**

Measure 1 = 104g: 1 cup, sliced

**Calories Factors: Protein 2.78**

**Fat 8.37**

**Carbohydrate 4.03**

**Food Group: 11 Vegetables and Vegetable Products**

USDA National Nutrient Database for Standard Reference, Release 21 (2008)





NDB No. 11880

Taro, shoots, cooked, with salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g									
15:0.....g									
16:0.....g	0.014		0		1		0.020		
17:0.....g									
18:0.....g	0.002		0		1		0.003		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.006		0		1		0.008		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.006		0		1		0.008		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.033		0		1		0.046		
18:2 undifferentiated.....g	0.023		0		1		0.032		
18:3 undifferentiated.....g	0.010		0		1		0.014		
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0		
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 140g: 1 cup slices

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group: 11 Vegetables and Vegetable Products**  
 USDA National Nutrient Database for Standard Reference, Release 21 (2008)



NDB No. 11881

Taro, tahitian, cooked, with salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g									
15:0.....g									
16:0.....g	0.120		0		1		0.164		
17:0.....g									
18:0.....g	0.019		0		1		0.026		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.055		0		1		0.075		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.055		0		1		0.075		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.282		0		1		0.386		
18:2 undifferentiated.....g	0.196		0		1		0.269		
18:3 undifferentiated.....g	0.085		0		1		0.116		
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0		
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 137g: 1 cup slices

**Calories Factors: Protein 2.78**

**Fat 8.37**

**Carbohydrate 3.84**

**Food Group: 11 Vegetables and Vegetable Products**

USDA National Nutrient Database for Standard Reference, Release 21 (2008)



NDB No. 11526

Taro, tahitian, cooked, without salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g									
15:0.....g									
16:0.....g	0.120		0		1		0.164		
17:0.....g									
18:0.....g	0.019		0		1		0.026		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.055		0		1		0.075		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.055		0		1		0.075		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.282		0		1		0.386		
18:2 undifferentiated.....g	0.196		0		1		0.269		
18:3 undifferentiated.....g	0.085		0		1		0.116		
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0		
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 137g: 1 cup slices

**Calories Factors: Protein 2.78**

**Fat 8.37**

**Carbohydrate 3.84**

**Food Group: 11 Vegetables and Vegetable Products**

USDA National Nutrient Database for Standard Reference, Release 21 (2008)



NDB No. 11525  
Taro, tahitian, raw

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g									
15:0.....g									
16:0.....g	0.171		0		1		0.214		
17:0.....g									
18:0.....g	0.027		0		1		0.034		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.078		0		1		0.098		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.078		0		1		0.098		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.400		0		1		0.500		
18:2 undifferentiated.....g	0.279		0		1		0.349		
18:3 undifferentiated.....g	0.121		0		1		0.151		
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0		
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 125g: 1 cup slices

**Calories Factors: Protein 2.78**

**Fat 8.37**

**Carbohydrate 4.03**

**Food Group:** 11 Vegetables and Vegetable Products  
USDA National Nutrient Database for Standard Reference, Release 21 (2008)



NDB No. 11954

Tomatillos, raw

*Physalis ixocarpa*

Refuse:

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	91.63		2		1		31.15	60.48	
Energy.....kcal	32		0	NC	4		11	21	
Energy.....kj	133		0	NC	4		45	88	
Protein (N x 6.25).....g	0.96		2		1		0.33	0.63	
Total lipid (fat).....g	1.02		2		1		0.35	0.67	
Ash.....g	0.55		2		1		0.19	0.36	
Carbohydrate, by difference.....g	5.84		0	NC	4		1.99	3.85	
Fiber, total dietary.....g	1.9		0		1		0.6	1.3	
Sugars, total.....g	3.93		0	O	4		1.34	2.59	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	7		2		1		2	5	
Iron, Fe.....mg	0.62		1		1		0.21	0.41	
Magnesium, Mg.....mg	20		2		1		7	13	
Phosphorus, P.....mg	39		2		1		13	26	
Potassium, K.....mg	268		2		1		91	177	
Sodium, Na.....mg	1		2		1		0	1	
Zinc, Zn.....mg	0.22		2		1		0.07	0.15	
Copper, Cu.....mg	0.079		2		1		0.027	0.052	
Manganese, Mn.....mg	0.153		2		1		0.052	0.101	
Selenium, Se.....mcg	0.5		0	BFSN	4		0.2	0.3	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	11.7		2		1		4.0	7.7	
Thiamin.....mg	0.044		2		1		0.015	0.029	
Riboflavin.....mg	0.035		2		1		0.012	0.023	
Niacin.....mg	1.850		2		1		0.629	1.221	
Pantothenic acid.....mg	0.150		2		1		0.051	0.099	
Vitamin B-6.....mg	0.056		2		1		0.019	0.037	
Folate, total.....mcg	7		2		1		2	5	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	7		2		1		2	5	
Folate, DFE.....mcg_DFE	7		0	NC	4		2	5	
Choline, total.....mg	7.6		0	BFSN	4		2.6	5.0	
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	6		0	NC	4		2	4	
Retinol.....mcg	0		0	BNA	4		0	0	
Carotene, beta.....mcg	63		0	BNA	4		22	42	
Carotene, alpha.....mcg	10		0	BNA	4		3	7	
Cryptoxanthin, beta.....mcg	0		0	BNA	4		0	0	
Vitamin A, IU.....IU	114		0	NC	4		39	75	
Lycopene.....mcg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin.....mcg	467		0	BFSN	4		159	309	
Vitamin E (alpha-tocopherol).....mg	0.38		0	O	4		0.13	0.25	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	10.1		0	BFSN	4		3.4	6.7	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.139		0		1		0.047	0.092	
4:0.....g	0.000		0		4		0.000	0.000	
6:0.....g	0.000		0		4		0.000	0.000	
8:0.....g	0.000		0		4		0.000	0.000	
10:0.....g	0.000		0		4		0.000	0.000	

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0		4		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0		4		0.000	0.000	
15:0.....g									
16:0.....g	0.102		0		4		0.035	0.067	
17:0.....g									
18:0.....g	0.040		0		4		0.014	0.026	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.155		0		1		0.053	0.102	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.006		0		4		0.002	0.004	
17:1.....g									
18:1 undifferentiated.....g	0.152		0		4		0.052	0.100	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.417		0		1		0.142	0.275	
18:2 undifferentiated.....g	0.402		0		4		0.137	0.265	
18:3 undifferentiated.....g	0.016		0		4		0.005	0.011	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 34g: 1 medium

Measure 2 = 66g: .5 cup, chopped or diced

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group: 11 Vegetables and Vegetable Products**  
USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 43365

Tomato and vegetable juice, low sodium

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	93.50		1		1		226.27	28.24	
Energy.....kcal	22		0	NC	4		52	7	
Energy.....kj	91		0	NC	4		219	27	
Protein.....g	0.60		1		1		1.45	0.18	
Total lipid (fat).....g	0.10		1		1		0.24	0.03	
Ash.....g	1.21		0	BFSN	4		2.93	0.37	
Carbohydrate, by difference.....g	4.59		0	NC	4		11.11	1.39	
Fiber, total dietary.....g	0.8		0		4		1.9	0.2	
Sugars, total.....g	3.80		0	O	4		9.20	1.15	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	11		1		1		27	3	
Iron, Fe.....mg	0.42		1		1		1.02	0.13	
Magnesium, Mg.....mg	11		1		1		27	3	
Phosphorus, P.....mg	17		1		1		41	5	
Potassium, K.....mg	193		1		1		467	58	
Sodium, Na.....mg	70		1	MC	9		169	21	
Zinc, Zn.....mg	0.20		1		1		0.48	0.06	
Copper, Cu.....mg	0.200		1		1		0.484	0.060	
Manganese, Mn.....mg									
Selenium, Se.....mcg	0.5		0	BFSN	4		1.2	0.2	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	27.7		1		1		67.0	8.4	
Thiamin.....mg	0.040		1		1		0.097	0.012	
Riboflavin.....mg	0.030		1		1		0.073	0.009	
Niacin.....mg	0.730		1		1		1.767	0.220	
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.140		1		1		0.339	0.042	
Folate, total.....mcg	21		0		4		51	6	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	21		0		4		51	6	
Folate, DFE.....mcg_DFE	21		0	NC	4		51	6	
Choline, total.....mg	7.2		0	BFZN	4		17.4	2.2	
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0		7		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	78		0	NC	4		189	24	
Retinol.....mcg	0		0	Z	7		0	0	
Carotene, beta.....mcg	830		0	BFZN	4		2009	251	
Carotene, alpha.....mcg	210		0	BFZN	4		508	63	
Cryptoxanthin, beta.....mcg	0		0	BFZN	4		0	0	
Vitamin A, IU.....IU	1558		0	NC	4		3771	471	
Lycopene.....mcg	9660		0	BFZN	4		23377	2917	
Lutein + zeaxanthin.....mcg	80		0	BFZN	4		194	24	
Vitamin E (alpha-tocopherol).....mg	0.32		1	O	4		0.77	0.10	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	5.3		0	BFZN	4		12.8	1.6	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.014		0		4		0.034	0.004	
4:0.....g	0.000		0		4		0.000	0.000	
6:0.....g	0.000		0		4		0.000	0.000	
8:0.....g	0.000		0		4		0.000	0.000	
10:0.....g	0.000		0		4		0.000	0.000	

NDB No. 43365

Tomato and vegetable juice, low sodium

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0		4		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0		4		0.000	0.000	
15:0.....g									
16:0.....g	0.010		0		4		0.024	0.003	
17:0.....g									
18:0.....g	0.003		0		4		0.007	0.001	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.016		0		4		0.039	0.005	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.016		0		4		0.039	0.005	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.042		0		4		0.102	0.013	
18:2 undifferentiated.....g	0.040		0		4		0.097	0.012	
18:3 undifferentiated.....g	0.001		0		4		0.002	0.000	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		7		0	0	
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 242g: 1 cup

Measure 2 = 30.2g: 1 fl oz

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11540

Tomato juice, canned, with salt added

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
				Code	Code				
<b>Proximates:</b>									
Water.....g	93.90	0.139	170		1		228.18	170.90	
Energy.....kcal	17		0	NC	4		42	32	
Energy.....kj	73		0	NC	4		177	133	
Protein (N x 6.25).....g	0.76	0.010	161		1		1.85	1.38	
Total lipid (fat).....g	0.05	0.003	6		1		0.12	0.09	
Ash.....g	1.05	0.009	184		1		2.55	1.91	
Carbohydrate, by difference.....g	4.24		0	NC	4		10.31	7.72	
Fiber, total dietary.....g	0.4		2		1		1.0	0.7	
Sugars, total.....g	3.56		1		1		8.65	6.48	
Sucrose.....g	0.25		1		1		0.61	0.46	
Glucose (dextrose).....g	1.35	0.119	9		1		3.28	2.46	
Fructose.....g	1.54	0.043	9		1		3.74	2.80	
Lactose.....g									
Maltose.....g	0.00		0	Z	7		0.00	0.00	
Galactose.....g	0.00		0	Z	7		0.00	0.00	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	10	0.172	65	JA	6		23	17	
Iron, Fe.....mg	0.43	0.025	66	JA	6		1.05	0.79	
Magnesium, Mg.....mg	11	0.189	66	JA	6		27	20	
Phosphorus, P.....mg	18	0.333	65	JA	6		45	34	
Potassium, K.....mg	229	3.663	66	JA	6		556	417	
Sodium, Na.....mg	269	6.868	66	JA	6		654	490	
Zinc, Zn.....mg	0.15	0.005	66	JA	6		0.35	0.26	
Copper, Cu.....mg	0.061	0.002	66	JA	6		0.148	0.111	
Manganese, Mn.....mg	0.070	0.001	66	JA	6		0.170	0.127	
Selenium, Se.....mcg	0.3	0.168	5	JA	6		0.6	0.5	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	18.3	0.607	244		1		44.5	33.3	
Thiamin.....mg	0.047	0.003	155		1		0.114	0.086	
Riboflavin.....mg	0.031	0.002	154		1		0.075	0.056	
Niacin.....mg	0.673	0.056	149		1		1.635	1.225	
Pantothenic acid.....mg	0.250		0		1		0.608	0.455	
Vitamin B-6.....mg	0.111		0		1		0.270	0.202	
Folate, total.....mcg	20	0.640	3		1		48	36	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	20	0.640	3		1		48	36	
Folate, DFE.....mcg_DFE	20		0	NC	4		48	36	
Choline, total.....mg	6.8		0	BFSN	4		16.5	12.3	
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	23		0	AS	1		55	41	
Retinol.....mcg	0		0	Z	7		0	0	
Carotene, beta.....mcg	270		6	A	1		656	491	
Carotene, alpha.....mcg	0		6	A	1		0	0	
Cryptoxanthin, beta.....mcg	0		6	A	1		0	0	
Vitamin A, IU.....IU	450		0	AS	1		1094	819	
Lycopene.....mcg	9037		18	A	1		21960	16448	
Lutein + zeaxanthin.....mcg	60		6	A	1		146	109	
Vitamin E (alpha-tocopherol).....mg	0.32	0.011	6		1		0.77	0.58	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg	0.01		6		1		0.02	0.01	
Tocopherol, gamma.....mg	0.02	0.003	6		1		0.04	0.03	
Tocopherol, delta.....mg	0.00		6		1		0.00	0.00	
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	2.3		1		1		5.6	4.2	

NDB No. 11540

Tomato juice, canned, with salt added

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
<b>Lipids:</b>							
Fatty acids, total saturated.....g	0.008		0		1	0.019	0.015
4:0.....g	0.000		0		1	0.000	0.000
6:0.....g	0.000		0		1	0.000	0.000
8:0.....g	0.000		0		1	0.000	0.000
10:0.....g	0.000		0		1	0.000	0.000
12:0.....g	0.000		0		1	0.000	0.000
13:0.....g							
14:0.....g	0.000		0		1	0.000	0.000
15:0.....g							
16:0.....g	0.006		0		1	0.015	0.011
17:0.....g							
18:0.....g	0.002		0		1	0.005	0.004
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	0.009		0		1	0.022	0.016
14:1.....g							
15:1.....g							
16:1 undifferentiated.....g	0.000		0		1	0.000	0.000
17:1.....g							
18:1 undifferentiated.....g	0.009		0		1	0.022	0.016
20:1.....g	0.000		0		1	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1	0.000	0.000
24:1 c.....g							
Fatty acids, total polyunsaturated.....g	0.024		0		1	0.058	0.044
18:2 undifferentiated.....g	0.023		0		1	0.056	0.042
18:3 undifferentiated.....g	0.001		0		1	0.002	0.002
18:4.....g	0.000		0		1	0.000	0.000
20:2 n-6 c,c.....g							
20:3 undifferentiated.....g							
20:4 undifferentiated.....g	0.000		0		1	0.000	0.000
20:5 n-3.....g	0.000		0		1	0.000	0.000
22:5 n-3.....g	0.000		0		1	0.000	0.000
22:6 n-3.....g	0.000		0		1	0.000	0.000
Fatty acids, total trans.....g							
Cholesterol.....mg	0		0	Z	7	0	0
Phytosterols.....mg							
<b>Amino Acids:</b>							
Tryptophan.....g	0.005		1		1	0.012	0.009
Threonine.....g	0.017		4		1	0.041	0.031
Isoleucine.....g	0.015		4		1	0.036	0.027
Leucine.....g	0.021		4		1	0.051	0.038
Lysine.....g	0.022		8		1	0.053	0.040
Methionine.....g	0.004		2		1	0.010	0.007
Cystine.....g	0.004		1		1	0.010	0.007
Phenylalanine.....g	0.016		4		1	0.039	0.029
Tyrosine.....g	0.010		4		1	0.024	0.018
Valine.....g	0.015		4		1	0.036	0.027
Arginine.....g	0.015		4		1	0.036	0.027
Histidine.....g	0.012		4		1	0.029	0.022
Alanine.....g	0.024		4		1	0.058	0.044
Aspartic acid.....g	0.095		4		1	0.231	0.173
Glutamic acid.....g	0.303		4		1	0.736	0.551
Glycine.....g	0.012		4		1	0.029	0.022
Proline.....g	0.017		4		1	0.041	0.031
Serine.....g	0.018		4		1	0.044	0.033
Hydroxyproline.....g							
<b>Others:</b>							
Alcohol, ethyl.....g	0.0		0		7	0.0	0.0
Caffeine.....mg	0		0	Z	7	0	0
Theobromine.....mg	0		0	Z	7	0	0

NDB No. 11540

Tomato juice, canned, with salt added

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Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 243g: 1 cup

Measure 2 = 182g: 6 fl oz

**Calories Factors: Protein** 2.44

**Fat** 8.37

**Carbohydrate**3.57

**Food Group:** 11 Vegetables and Vegetable Products  
USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11886

Tomato juice, canned, without salt added

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv	Source	Confidence Code	Measure 1	Measure 2	Measure 3
				Code	Code				
<b>Proximates:</b>									
Water.....g	93.90	0.139	170			1	228.18	28.55	170.90
Energy.....kcal	17		0	NC		4	42	5	32
Energy.....kj	73		0	NC		4	177	22	133
Protein (N x 6.25).....g	0.76	0.010	161			1	1.85	0.23	1.38
Total lipid (fat).....g	0.05	0.003	6			1	0.12	0.01	0.09
Ash.....g	1.05	0.009	184			1	2.55	0.32	1.91
Carbohydrate, by difference.....g	4.24		0	NC		4	10.31	1.29	7.72
Fiber, total dietary.....g	0.4		2			1	1.0	0.1	0.7
Sugars, total.....g	3.56		1			1	8.65	1.08	6.48
Sucrose.....g	0.25		1			1	0.61	0.08	0.46
Glucose (dextrose).....g	1.35	0.119	9			1	3.28	0.41	2.46
Fructose.....g	1.54	0.043	9			1	3.74	0.47	2.80
Lactose.....g									
Maltose.....g									
Galactose.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	10	0.172	65	JA		6	23	3	17
Iron, Fe.....mg	0.43	0.025	66	JA		6	1.05	0.13	0.79
Magnesium, Mg.....mg	11	0.189	66	JA		6	27	3	20
Phosphorus, P.....mg	18	0.333	65	JA		6	45	6	34
Potassium, K.....mg	229	3.663	66	JA		6	556	70	417
Sodium, Na.....mg	10		0			1	24	3	18
Zinc, Zn.....mg	0.15	0.005	66	JA		6	0.35	0.04	0.26
Copper, Cu.....mg	0.061	0.002	66	JA		6	0.148	0.019	0.111
Manganese, Mn.....mg	0.070	0.001	66	JA		6	0.170	0.021	0.127
Selenium, Se.....mcg	0.3	0.168	5	JA		6	0.6	0.1	0.5
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	18.3	0.607	244			1	44.5	5.6	33.3
Thiamin.....mg	0.047	0.003	155			1	0.114	0.014	0.086
Riboflavin.....mg	0.031	0.002	154			1	0.075	0.009	0.056
Niacin.....mg	0.673	0.056	149			1	1.635	0.205	1.225
Pantothenic acid.....mg	0.250		0			1	0.608	0.076	0.455
Vitamin B-6.....mg	0.111		0			1	0.270	0.034	0.202
Folate, total.....mcg	20	0.640	3			1	48	6	36
Folic acid.....mcg	0		0	Z		7	0	0	0
Folate, food.....mcg	20	0.640	3			1	48	6	36
Folate, DFE.....mcg_DFE	20		0	NC		4	48	6	36
Choline, total.....mg	6.8		0	BFSN		4	16.5	2.1	12.3
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z		7	0.00	0.00	0.00
Vitamin B-12, added.....mcg	0.00		0	Z		7	0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	23		0	AS		1	55	7	41
Retinol.....mcg	0		0	Z		7	0	0	0
Carotene, beta.....mcg	270		6	A		1	656	82	491
Carotene, alpha.....mcg	0		6	A		1	0	0	0
Cryptoxanthin, beta.....mcg	0		6	A		1	0	0	0
Vitamin A, IU.....IU	450		0	AS		1	1094	137	819
Lycopene.....mcg	9037		18	A		1	21960	2747	16448
Lutein + zeaxanthin.....mcg	60		6	A		1	146	18	109
Vitamin E (alpha-tocopherol).....mg	0.32	0.011	6			1	0.77	0.10	0.58
Vitamin E, added.....mg	0.00		0	Z		7	0.00	0.00	0.00
Tocopherol, beta.....mg	0.01		6			1	0.02	0.00	0.01
Tocopherol, gamma.....mg	0.02	0.003	6			1	0.04	0.01	0.03
Tocopherol, delta.....mg	0.00		6			1	0.00	0.00	0.00
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	2.3		1			1	5.6	0.7	4.2



NDB No. 11886

Tomato juice, canned, without salt added

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common				
	Mean	Std. Error	Number		measures of food				
			of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.008		0		1		0.019	0.002	0.015
4:0.....g	0.000		0		1		0.000	0.000	0.000
6:0.....g	0.000		0		1		0.000	0.000	0.000
8:0.....g	0.000		0		1		0.000	0.000	0.000
10:0.....g	0.000		0		1		0.000	0.000	0.000
12:0.....g	0.000		0		1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.000		0		1		0.000	0.000	0.000
15:0.....g									
16:0.....g	0.006		0		1		0.015	0.002	0.011
17:0.....g									
18:0.....g	0.002		0		1		0.005	0.001	0.004
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.009		0		1		0.022	0.003	0.016
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.009		0		1		0.022	0.003	0.016
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.024		0		1		0.058	0.007	0.044
18:2 undifferentiated.....g	0.023		0		1		0.056	0.007	0.042
18:3 undifferentiated.....g	0.001		0		1		0.002	0.000	0.002
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	0
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.005		1		1		0.012	0.002	0.009
Threonine.....g	0.017		4		1		0.041	0.005	0.031
Isoleucine.....g	0.015		4		1		0.036	0.005	0.027
Leucine.....g	0.021		4		1		0.051	0.006	0.038
Lysine.....g	0.022		8		1		0.053	0.007	0.040
Methionine.....g	0.004		2		1		0.010	0.001	0.007
Cystine.....g	0.004		1		1		0.010	0.001	0.007
Phenylalanine.....g	0.016		4		1		0.039	0.005	0.029
Tyrosine.....g	0.010		4		1		0.024	0.003	0.018
Valine.....g	0.015		4		1		0.036	0.005	0.027
Arginine.....g	0.015		4		1		0.036	0.005	0.027
Histidine.....g	0.012		4		1		0.029	0.004	0.022
Alanine.....g	0.024		4		1		0.058	0.007	0.044
Aspartic acid.....g	0.095		4		1		0.231	0.029	0.173
Glutamic acid.....g	0.303		4		1		0.736	0.092	0.551
Glycine.....g	0.012		4		1		0.029	0.004	0.022
Proline.....g	0.017		4		1		0.041	0.005	0.031
Serine.....g	0.018		4		1		0.044	0.005	0.033
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0

NDB No. 11886

Tomato juice, canned, without salt added

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Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 243g: 1 cup

Measure 2 = 30.4g: 1 fl oz

Measure 3 = 182g: 6 fl oz

**Calories Factors: Protein** 2.44

**Fat** 8.37

**Carbohydrate**3.57

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)



NDB No. 11548  
Tomato powder

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g									
13:0.....g									
14:0.....g	0.000		0			1			
15:0.....g									
16:0.....g	0.044		0			1			
17:0.....g									
18:0.....g	0.016		0			1			
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.066		0			1			
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0			1			
17:1.....g									
18:1 undifferentiated.....g	0.065		0			1			
20:1.....g	0.001		0			1			
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.179		0			1			
18:2 undifferentiated.....g	0.171		0			1			
18:3 undifferentiated.....g	0.007		0			1			
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z		7			
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.089		0			1			
Threonine.....g	0.295		0			1			
Isoleucine.....g	0.250		0			1			
Leucine.....g	0.359		0			1			
Lysine.....g	0.370		0			1			
Methionine.....g	0.066		0			1			
Cystine.....g	0.076		0			1			
Phenylalanine.....g	0.273		0			1			
Tyrosine.....g	0.173		0			1			
Valine.....g	0.264		0			1			
Arginine.....g	0.258		0			1			
Histidine.....g	0.204		0			1			
Alanine.....g	0.405		0			1			
Aspartic acid.....g	1.617		0			1			
Glutamic acid.....g	5.163		0			1			
Glycine.....g	0.213		0			1			
Proline.....g	0.283		0			1			
Serine.....g	0.308		0			1			
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	z		7			
Caffeine.....mg									
Theobromine.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

**NDB No. 11548**  
**Tomato powder**

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group:** 11 Vegetables and Vegetable Products  
USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11887

Tomato products, canned, paste, with salt added

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	73.50	0.255	46	JO	11		96.29	124.95	
Energy.....kcal	82		0	NC	4		107	139	
Energy.....kj	343		0	NC	4		449	583	
Protein (N x 6.25).....g	4.32	0.066	33	JO	11		5.66	7.35	
Total lipid (fat).....g	0.47	0.017	33	JA	6		0.61	0.79	
Ash.....g	2.80	0.065	33	JA	6		3.66	4.76	
Carbohydrate, by difference.....g	18.91		0	NC	4		24.77	32.15	
Fiber, total dietary.....g	4.1	0.083	31	JA	6		5.4	7.0	
Sugars, total.....g	12.18		0	AS	1		15.96	20.71	
Sucrose.....g	0.30	0.015	3	A	1		0.39	0.51	
Glucose (dextrose).....g	5.75	0.109	3	A	1		7.54	9.78	
Fructose.....g	5.85	0.076	3	A	1		7.66	9.94	
Lactose.....g	0.00		0	Z	7		0.00	0.00	
Maltose.....g	0.28		1	A	1		0.37	0.48	
Galactose.....g	0.00		0	Z	7		0.00	0.00	
Starch.....g	0.22	0.035	3	A	1		0.29	0.37	
<b>Minerals:</b>									
Calcium, Ca.....mg	36	1.620	30	JA	6		47	61	
Iron, Fe.....mg	2.98	0.314	32	JA	6		3.91	5.07	
Magnesium, Mg.....mg	42	2.242	6	A	1		55	71	
Phosphorus, P.....mg	83	2.875	6	A	1		109	142	
Potassium, K.....mg	1014	15.200	16	JA	6		1328	1723	
Sodium, Na.....mg	790		0		1		1035	1343	
Zinc, Zn.....mg	0.63	0.042	6	A	1		0.82	1.07	
Copper, Cu.....mg	0.365	0.047	5	A	1		0.478	0.621	
Manganese, Mn.....mg	0.302	0.012	6	A	1		0.396	0.514	
Selenium, Se.....mcg	5.3	0.882	3	A	1		7.0	9.1	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	21.9	1.567	41	JA	6		28.6	37.2	
Thiamin.....mg	0.060	0.007	6	A	1		0.078	0.101	
Riboflavin.....mg	0.153	0.003	6	A	1		0.201	0.261	
Niacin.....mg	3.076	0.055	6	A	1		4.029	5.229	
Pantothenic acid.....mg	0.142		2	A	1		0.186	0.241	
Vitamin B-6.....mg	0.216	0.010	6	A	1		0.283	0.367	
Folate, total.....mcg	12	0.344	6	A	1		16	20	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	12	0.344	6	A	1		16	20	
Folate, DFE.....mcg_DFE	12		0	NC	4		16	20	
Choline, total.....mg	38.5		0	BFSN	4		50.5	65.5	
Betaine.....mg	0.4		0	BFSN	4		0.5	0.6	
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	76		0	NC	4		100	130	
Retinol.....mcg	0		0	Z	7		0	0	
Carotene, beta.....mcg	901	45.881	9	JO	11		1180	1531	
Carotene, alpha.....mcg	29	28.571	7	JO	11		37	49	
Cryptoxanthin, beta.....mcg	0	0.000	6	JO	11		0	0	
Vitamin A, IU.....IU	1525		0	NC	4		1997	2592	
Lycopene.....mcg	28764	556.449	13	JO	11		37681	48899	
Lutein + zeaxanthin.....mcg	0	0.000	6	JO	11		0	0	
Vitamin E (alpha-tocopherol).....mg	4.30		2		1		5.63	7.31	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg	0.00		2		1		0.00	0.00	
Tocopherol, gamma.....mg	0.52		2		1		0.68	0.88	
Tocopherol, delta.....mg	0.00		2		1		0.00	0.00	
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	11.4	1.033	3		1		15.0	19.4	

NDB No. 11887

Tomato products, canned, paste, with salt added

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.100		0	NC	4		0.130	0.169	
4:0.....g	0.000		0	BFFN	4		0.000	0.000	
6:0.....g	0.000		0	BFFN	4		0.000	0.000	
8:0.....g	0.000		0	BFFN	4		0.000	0.000	
10:0.....g	0.000		0	BFFN	4		0.000	0.000	
12:0.....g	0.000		0	BFFN	4		0.000	0.000	
13:0.....g									
14:0.....g	0.001		0	BFFN	4		0.001	0.001	
15:0.....g									
16:0.....g	0.083		2	A	1		0.109	0.141	
17:0.....g									
18:0.....g	0.016		0	BFFN	4		0.021	0.027	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.067		0	NC	4		0.088	0.115	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0	BFFN	4		0.003	0.004	
17:1.....g									
18:1 undifferentiated.....g	0.064		0	BFFN	4		0.084	0.109	
20:1.....g	0.001		0	BFFN	4		0.001	0.001	
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.159		0	NC	4		0.209	0.271	
18:2 undifferentiated.....g	0.152	0.010	3	A	1		0.199	0.259	
18:3 undifferentiated.....g	0.007		0	BFFN	4		0.009	0.012	
18:4.....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
20:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.025		0	BFFN	4		0.033	0.043	
Threonine.....g	0.103		2	A	1		0.134	0.174	
Isoleucine.....g	0.071		0	BFFN	4		0.093	0.121	
Leucine.....g	0.112	0.003	3	A	1		0.146	0.190	
Lysine.....g	0.123	0.010	3	A	1		0.162	0.210	
Methionine.....g	0.018		0	BFFN	4		0.024	0.031	
Cystine.....g	0.021		0	BFFN	4		0.028	0.036	
Phenylalanine.....g	0.121	0.003	3	A	1		0.159	0.206	
Tyrosine.....g	0.050		0	BFFN	4		0.066	0.085	
Valine.....g	0.075		0	BFFN	4		0.098	0.128	
Arginine.....g	0.074		0	BFFN	4		0.097	0.126	
Histidine.....g	0.058		0	BFFN	4		0.076	0.099	
Alanine.....g	0.195	0.003	3	A	1		0.255	0.332	
Aspartic acid.....g	0.697	0.010	3	A	1		0.913	1.185	
Glutamic acid.....g	1.896	0.029	3	A	1		2.483	3.223	
Glycine.....g	0.060		0	BFFN	4		0.079	0.102	
Proline.....g	0.081		0	BFFN	4		0.106	0.138	
Serine.....g	0.109	0.001	3	A	1		0.143	0.185	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

NDB No. 11887

Tomato products, canned, paste, with salt added

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Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 131g: .5 cup

Measure 2 = 170g: 1 can (6 oz)

**Calories Factors: Protein** 2.44

**Fat** 8.37

**Carbohydrate**3.57

**Food Group:** 11 Vegetables and Vegetable Products  
USDA National Nutrient Database for Standard Reference, Release 21 (2008)



NDB No. 11546

Tomato products, canned, paste, without salt added

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv	Source	Confidence Code	Measure 1	Measure 2	Measure 3
				Code	Code				
<b>Proximates:</b>									
Water.....g	73.50	0.255	46	JO	11		192.58	11.76	124.95
Energy.....kcal	82		0	NC	4		215	13	139
Energy.....kj	343		0	NC	4		898	55	583
Protein (N x 6.25).....g	4.32	0.066	33	JO	11		11.33	0.69	7.35
Total lipid (fat).....g	0.47	0.017	33	JA	6		1.22	0.07	0.79
Ash.....g	2.80	0.065	33	JA	6		7.33	0.45	4.76
Carbohydrate, by difference.....g	18.91		0	NC	4		49.55	3.03	32.15
Fiber, total dietary.....g	4.1	0.083	31	JA	6		10.8	0.7	7.0
Sugars, total.....g	12.18		0	AS	1		31.92	1.95	20.71
Sucrose.....g	0.30	0.015	3	A	1		0.78	0.05	0.51
Glucose (dextrose).....g	5.75	0.109	3	A	1		15.08	0.92	9.78
Fructose.....g	5.85	0.076	3	A	1		15.32	0.94	9.94
Lactose.....g	0.00		0	Z	7		0.00	0.00	0.00
Maltose.....g	0.28		1	A	1		0.74	0.04	0.48
Galactose.....g	0.00		0	Z	7		0.00	0.00	0.00
Starch.....g	0.22	0.035	3	A	1		0.58	0.04	0.37
<b>Minerals:</b>									
Calcium, Ca.....mg	36	1.620	30	JA	6		94	6	61
Iron, Fe.....mg	2.98	0.314	32	JA	6		7.81	0.48	5.07
Magnesium, Mg.....mg	42	2.242	6	A	1		110	7	71
Phosphorus, P.....mg	83	2.875	6	A	1		218	13	142
Potassium, K.....mg	1014	15.200	16	JA	6		2656	162	1723
Sodium, Na.....mg	98	13.602	33	JA	6		258	16	167
Zinc, Zn.....mg	0.63	0.042	6	A	1		1.64	0.10	1.07
Copper, Cu.....mg	0.365	0.047	5	A	1		0.957	0.058	0.621
Manganese, Mn.....mg	0.302	0.012	6	A	1		0.792	0.048	0.514
Selenium, Se.....mcg	5.3	0.882	3	A	1		14.0	0.9	9.1
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	21.9	1.567	41	JA	6		57.3	3.5	37.2
Thiamin.....mg	0.060	0.007	6	A	1		0.156	0.010	0.101
Riboflavin.....mg	0.153	0.003	6	A	1		0.402	0.025	0.261
Niacin.....mg	3.076	0.055	6	A	1		8.058	0.492	5.229
Pantothenic acid.....mg	0.142		2	A	1		0.372	0.023	0.241
Vitamin B-6.....mg	0.216	0.010	6	A	1		0.566	0.035	0.367
Folate, total.....mcg	12	0.344	6	A	1		31	2	20
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg	12	0.344	6	A	1		31	2	20
Folate, DFE.....mcg_DFE	12		0	NC	4		31	2	20
Choline, total.....mg	38.5		0	AS	1		101.0	6.2	65.5
Betaine.....mg	0.4		1	A	1		1.0	0.1	0.6
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	76		0	NC	4		200	12	130
Retinol.....mcg	0		0	Z	7		0	0	0
Carotene, beta.....mcg	901	45.881	9	JO	11		2359	144	1531
Carotene, alpha.....mcg	29	28.571	7	JO	11		75	5	49
Cryptoxanthin, beta.....mcg	0	0.000	6	JO	11		0	0	0
Vitamin A, IU.....IU	1525		0	NC	4		3995	244	2592
Lycopene.....mcg	28764	556.449	13	JO	11		75362	4602	48899
Lutein + zeaxanthin.....mcg	0	0.000	6	JO	11		0	0	0
Vitamin E (alpha-tocopherol).....mg	4.30		2	A	1		11.27	0.69	7.31
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg	0.00		2	A	1		0.00	0.00	0.00
Tocopherol, gamma.....mg	0.52		2	A	1		1.36	0.08	0.88
Tocopherol, delta.....mg	0.00		2	A	1		0.00	0.00	0.00
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	11.4	1.033	3	A	1		30.0	1.8	19.4

Tomato products, canned, paste, without salt added

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.100		0	NC	4		0.262	0.016	0.170
4:0.....g	0.000		0	BFFN	4		0.000	0.000	0.000
6:0.....g	0.000		0	BFFN	4		0.000	0.000	0.000
8:0.....g	0.000		0	BFFN	4		0.000	0.000	0.000
10:0.....g	0.000		0	BFFN	4		0.000	0.000	0.000
12:0.....g	0.000		0	BFFN	4		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.001		0	BFFN	4		0.002	0.000	0.001
15:0.....g									
16:0.....g	0.083		2	A	1		0.218	0.013	0.141
17:0.....g									
18:0.....g	0.016		0	BFFN	4		0.042	0.003	0.027
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.067		0	NC	4		0.175	0.011	0.114
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0	BFFN	4		0.004	0.000	0.003
17:1.....g									
18:1 undifferentiated.....g	0.064		0	BFFN	4		0.169	0.010	0.110
20:1.....g	0.001		0	BFFN	4		0.002	0.000	0.001
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.160		0	NC	4		0.418	0.026	0.271
18:2 undifferentiated.....g	0.152	0.010	3	A	1		0.399	0.024	0.259
18:3 undifferentiated.....g	0.007		0	BFFN	4		0.019	0.001	0.012
18:4.....g	0.000		0	BFFN	4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	BFFN	4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	0
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.031		0	JO	11		0.082	0.005	0.053
Threonine.....g	0.133		0	JO	11		0.350	0.021	0.227
Isoleucine.....g	0.089		0	JO	11		0.232	0.014	0.151
Leucine.....g	0.124		0	JO	11		0.324	0.020	0.210
Lysine.....g	0.134		0	JO	11		0.352	0.022	0.229
Methionine.....g	0.027		0	JO	11		0.072	0.004	0.047
Cystine.....g	0.046		0	JO	11		0.120	0.007	0.078
Phenylalanine.....g	0.328		0	JO	11		0.859	0.052	0.558
Tyrosine.....g	0.066		0	JO	11		0.173	0.011	0.112
Valine.....g	0.088		0	JO	11		0.232	0.014	0.150
Arginine.....g	0.102		0	JO	11		0.267	0.016	0.173
Histidine.....g	0.071		0	JO	11		0.186	0.011	0.121
Alanine.....g	0.133		0	JO	11		0.348	0.021	0.226
Aspartic acid.....g	0.661		0	JO	11		1.731	0.106	1.123
Glutamic acid.....g	2.110		0	JO	11		5.529	0.338	3.587
Glycine.....g	0.095		0	JO	11		0.249	0.015	0.162
Proline.....g	0.075		0	JO	11		0.196	0.012	0.127
Serine.....g	0.126		0	JO	11		0.331	0.020	0.215
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0

NDB No. 11546

Tomato products, canned, paste, without salt added

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Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 262g: 1 cup

Measure 2 = 16g: 1 tbsp

Measure 3 = 170g: 1 can (6 oz)

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11888

Tomato products, canned, puree, with salt added

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	87.88	0.278	48	JA	6		219.71	722.40	
Energy.....kcal	38		0	NC	4		95	311	
Energy.....kj	158		0	NC	4		396	1301	
Protein (N x 6.25).....g	1.65	0.068	36	JO	11		4.11	13.53	
Total lipid (fat).....g	0.21	0.027	36	JA	6		0.52	1.72	
Ash.....g	1.28	0.050	36	JA	6		3.21	10.54	
Carbohydrate, by difference.....g	8.98		0	NC	4		22.45	73.81	
Fiber, total dietary.....g	1.9	0.060	33	JA	6		4.8	15.8	
Sugars, total.....g	4.83		0	NC	4		12.07	39.70	
Sucrose.....g	0.00		0	BFSN	4		0.00	0.00	
Glucose (dextrose).....g	2.45	0.055	3	A	1		6.13	20.14	
Fructose.....g	2.38	0.054	3	A	1		5.95	19.56	
Lactose.....g	0.00		0	BFSN	4		0.00	0.00	
Maltose.....g	0.00		0	BFSN	4		0.00	0.00	
Galactose.....g	0.00		0	BFSN	4		0.00	0.00	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	18	0.788	36	JA	6		46	151	
Iron, Fe.....mg	1.78	0.174	35	JA	6		4.44	14.61	
Magnesium, Mg.....mg	23	0.614	6	A	1		57	187	
Phosphorus, P.....mg	40	0.770	6	A	1		101	333	
Potassium, K.....mg	439	15.821	27	JA	6		1098	3609	
Sodium, Na.....mg	399		0		1		998	3280	
Zinc, Zn.....mg	0.36	0.010	6	A	1		0.91	2.99	
Copper, Cu.....mg	0.287	0.037	6	A	1		0.718	2.359	
Manganese, Mn.....mg	0.169	0.012	6	A	1		0.423	1.390	
Selenium, Se.....mcg	0.7		0	BFSN	4		1.8	5.8	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	10.6	0.741	48	JA	6		26.6	87.5	
Thiamin.....mg	0.025	0.001	6	A	1		0.063	0.207	
Riboflavin.....mg	0.080	0.002	6	A	1		0.200	0.656	
Niacin.....mg	1.466	0.034	6	A	1		3.665	12.051	
Pantothenic acid.....mg	0.440		0		1		1.100	3.617	
Vitamin B-6.....mg	0.126	0.004	6	A	1		0.314	1.033	
Folate, total.....mcg	11		0		4		28	90	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	11		0		4		28	90	
Folate, DFE.....mcg_DFE	11		0	NC	4		28	90	
Choline, total.....mg	17.6		0	BFSN	4		44.1	144.9	
Betaine.....mg	0.2		0	BFSN	4		0.4	1.4	
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	26		0	AS	1		64	210	
Retinol.....mcg	0		0	Z	7		0	0	
Carotene, beta.....mcg	306	10.055	6	A	1		765	2517	
Carotene, alpha.....mcg	0	0.000	6	A	1		0	0	
Cryptoxanthin, beta.....mcg	0	0.000	6	A	1		0	0	
Vitamin A, IU.....IU	510		0	AS	1		1276	4194	
Lycopene.....mcg	21754	604.893	6	A	1		54385	178817	
Lutein + zeaxanthin.....mcg	0	0.000	6	A	1		0	0	
Vitamin E (alpha-tocopherol).....mg	1.97		0	BFSN	4		4.92	16.16	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg	0.00		0	BFSN	4		0.00	0.00	
Tocopherol, gamma.....mg	0.24		0	BFSN	4		0.59	1.95	
Tocopherol, delta.....mg	0.00		0	BFSN	4		0.00	0.00	
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	3.4	0.200	3	A	1		8.5	27.9	

Tomato products, canned, puree, with salt added

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.029		0	NC	4		0.072	0.236	
4:0.....g	0.000		0	BFFN	4		0.000	0.000	
6:0.....g	0.000		0	BFFN	4		0.000	0.000	
8:0.....g	0.000		0	BFFN	4		0.000	0.000	
10:0.....g	0.000		0	BFFN	4		0.000	0.000	
12:0.....g	0.000		0	BFFN	4		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0	BFFN	4		0.000	0.000	
15:0.....g									
16:0.....g	0.022		0	BFFN	4		0.055	0.180	
17:0.....g									
18:0.....g	0.007		0	BFFN	4		0.017	0.056	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.031		0	NC	4		0.079	0.258	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.031		0	BFFN	4		0.079	0.258	
20:1.....g	0.000		0	BFFN	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.086		0	NC	4		0.215	0.708	
18:2 undifferentiated.....g	0.082		0	BFFN	4		0.205	0.674	
18:3 undifferentiated.....g	0.004		0	BFFN	4		0.010	0.034	
18:4.....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
20:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.011		0	BFFN	4		0.028	0.090	
Threonine.....g	0.038		0	BFFN	4		0.095	0.312	
Isoleucine.....g	0.032		0	BFFN	4		0.080	0.263	
Leucine.....g	0.047		0	BFFN	4		0.118	0.386	
Lysine.....g	0.049		0	BFFN	4		0.123	0.403	
Methionine.....g	0.009		0	BFFN	4		0.023	0.074	
Cystine.....g	0.010		0	BFFN	4		0.025	0.082	
Phenylalanine.....g	0.035		0	BFFN	4		0.088	0.288	
Tyrosine.....g	0.022		0	BFFN	4		0.055	0.181	
Valine.....g	0.034		0	BFFN	4		0.085	0.279	
Arginine.....g	0.033		0	BFFN	4		0.083	0.271	
Histidine.....g	0.026		0	BFFN	4		0.065	0.214	
Alanine.....g	0.053		0	BFFN	4		0.133	0.436	
Aspartic acid.....g	0.277	0.011	3	A	1		0.693	2.277	
Glutamic acid.....g	0.812	0.043	3	A	1		2.031	6.677	
Glycine.....g	0.028		0	BFFN	4		0.070	0.230	
Proline.....g	0.037		0	BFFN	4		0.093	0.304	
Serine.....g	0.040		0	BFFN	4		0.100	0.329	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

NDB No. 11888

Tomato products, canned, puree, with salt added

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Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 250g: 1 cup

Measure 2 = 822g: 1 can (29 oz) (401 x 411)

**Calories Factors: Protein** 2.44

**Fat** 8.37

**Carbohydrate** 3.57

**Food Group:** 11 Vegetables and Vegetable Products  
USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11547

Tomato products, canned, puree, without salt added

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	87.88	0.278	48	JA	6		219.71	722.40	
Energy.....kcal	38		0	NC	4		95	311	
Energy.....kj	158		0	NC	4		396	1301	
Protein (N x 6.25).....g	1.65	0.068	36	JO	11		4.11	13.53	
Total lipid (fat).....g	0.21	0.027	36	JA	6		0.52	1.72	
Ash.....g	1.28	0.050	36	JA	6		3.21	10.54	
Carbohydrate, by difference.....g	8.98		0	NC	4		22.45	73.81	
Fiber, total dietary.....g	1.9	0.060	33	JA	6		4.8	15.8	
Sugars, total.....g	4.83		0	AS	1		12.07	39.70	
Sucrose.....g	0.00		0	Z	7		0.00	0.00	
Glucose (dextrose).....g	2.45	0.055	3	A	1		6.13	20.14	
Fructose.....g	2.38	0.054	3	A	1		5.95	19.56	
Lactose.....g	0.00		0	Z	7		0.00	0.00	
Maltose.....g	0.00		0	Z	7		0.00	0.00	
Galactose.....g	0.00		0	Z	7		0.00	0.00	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	18	0.788	36	JA	6		46	151	
Iron, Fe.....mg	1.78	0.174	35	JA	6		4.44	14.61	
Magnesium, Mg.....mg	23	0.614	6	A	1		57	187	
Phosphorus, P.....mg	40	0.770	6	A	1		101	333	
Potassium, K.....mg	439	15.821	27	JA	6		1098	3609	
Sodium, Na.....mg	28	2.044	32	JA	6		71	232	
Zinc, Zn.....mg	0.36	0.010	6	A	1		0.91	2.99	
Copper, Cu.....mg	0.287	0.037	6	A	1		0.718	2.359	
Manganese, Mn.....mg	0.169	0.012	6	A	1		0.423	1.390	
Selenium, Se.....mcg	0.7		0	BFSN	4		1.8	5.8	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	10.6	0.741	48	JA	6		26.6	87.5	
Thiamin.....mg	0.025	0.001	6	A	1		0.063	0.207	
Riboflavin.....mg	0.080	0.002	6	A	1		0.200	0.656	
Niacin.....mg	1.466	0.034	6	A	1		3.665	12.051	
Pantothenic acid.....mg	0.440		0		1		1.100	3.617	
Vitamin B-6.....mg	0.126	0.004	6	A	1		0.314	1.033	
Folate, total.....mcg	11		0		4		28	90	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	11		0		4		28	90	
Folate, DFE.....mcg_DFE	11		0	NC	4		28	90	
Choline, total.....mg	17.6		0	BFSN	4		44.1	144.9	
Betaine.....mg	0.2		0	BFSN	4		0.4	1.4	
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	26		0	AS	1		64	210	
Retinol.....mcg	0		0	Z	7		0	0	
Carotene, beta.....mcg	306	10.055	6	A	1		765	2517	
Carotene, alpha.....mcg	0	0.000	6	A	1		0	0	
Cryptoxanthin, beta.....mcg	0	0.000	6	A	1		0	0	
Vitamin A, IU.....IU	510		0	AS	1		1276	4194	
Lycopene.....mcg	21754	604.893	6	A	1		54385	178817	
Lutein + zeaxanthin.....mcg	0	0.000	6	A	1		0	0	
Vitamin E (alpha-tocopherol).....mg	1.97		0	BFSN	4		4.92	16.16	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg	0.00		0	BFSN	4		0.00	0.00	
Tocopherol, gamma.....mg	0.24		0	BFSN	4		0.59	1.95	
Tocopherol, delta.....mg	0.00		0	BFSN	4		0.00	0.00	
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	3.4	0.200	3	A	1		8.5	27.9	

NDB No. 11547

Tomato products, canned, puree, without salt added

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.029		0	NC	4		0.072	0.236	
4:0.....g	0.000		0	BFFN	4		0.000	0.000	
6:0.....g	0.000		0	BFFN	4		0.000	0.000	
8:0.....g	0.000		0	BFFN	4		0.000	0.000	
10:0.....g	0.000		0	BFFN	4		0.000	0.000	
12:0.....g	0.000		0	BFFN	4		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0	BFFN	4		0.000	0.000	
15:0.....g									
16:0.....g	0.022		0	BFFN	4		0.055	0.180	
17:0.....g									
18:0.....g	0.007		0	BFFN	4		0.017	0.056	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.031		0	NC	4		0.079	0.258	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.031		0	BFFN	4		0.079	0.258	
20:1.....g	0.000		0	BFFN	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.086		0	NC	4		0.215	0.708	
18:2 undifferentiated.....g	0.082		0	BFFN	4		0.205	0.674	
18:3 undifferentiated.....g	0.004		0	BFFN	4		0.010	0.034	
18:4.....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
20:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.011		0	DI	4		0.027	0.088	
Threonine.....g	0.037		0	DI	4		0.093	0.304	
Isoleucine.....g	0.031		0	DI	4		0.078	0.256	
Leucine.....g	0.046		0	DI	4		0.114	0.376	
Lysine.....g	0.048		0	DI	4		0.119	0.392	
Methionine.....g	0.009		0	DI	4		0.022	0.072	
Cystine.....g	0.010		0	DI	4		0.024	0.080	
Phenylalanine.....g	0.034		0	DI	4		0.085	0.280	
Tyrosine.....g	0.021		0	DI	4		0.054	0.176	
Valine.....g	0.033		0	DI	4		0.083	0.272	
Arginine.....g	0.032		0	DI	4		0.080	0.264	
Histidine.....g	0.025		0	DI	4		0.063	0.208	
Alanine.....g	0.052		0	DI	4		0.129	0.424	
Aspartic acid.....g	0.206		0	DI	4		0.516	1.697	
Glutamic acid.....g	0.658		0	DI	4		1.646	5.411	
Glycine.....g	0.027		0	DI	4		0.068	0.224	
Proline.....g	0.036		0	DI	4		0.090	0.296	
Serine.....g	0.039		0	DI	4		0.097	0.320	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	



NDB No. 11547

Tomato products, canned, puree, without salt added

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Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 250g: 1 cup

Measure 2 = 822g: 1 can (29 oz) (401 x 411)

**Calories Factors: Protein** 2.44

**Fat** 8.37

**Carbohydrate** 3.57

**Food Group:** 11 Vegetables and Vegetable Products  
USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11549  
Tomato products, canned, sauce

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	91.12	0.237	14	JO	11		223.25		
Energy.....kcal	24		0	NC	4		59		
Energy.....kj	100		0	NC	4		245		
Protein (N x 6.25).....g	1.32	0.017	6	A	1		3.24		
Total lipid (fat).....g	0.18	0.009	12	JO	11		0.44		
Ash.....g	2.00	0.070	6	A	1		4.90		
Carbohydrate, by difference.....g	5.38		0	NC	4		13.18		
Fiber, total dietary.....g	1.5	0.058	3	A	1		3.7		
Sugars, total.....g	4.25		0	AS	1		10.42		
Sucrose.....g	0.26		2	A	1		0.65		
Glucose (dextrose).....g	2.33	0.136	3	A	1		5.70		
Fructose.....g	1.66	0.018	3	A	1		4.08		
Lactose.....g	0.00		0	Z	7		0.00		
Maltose.....g	0.00		0	Z	7		0.00		
Galactose.....g	0.00		0	Z	7		0.00		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	13	0.219	53	JA	6		32		
Iron, Fe.....mg	1.02	0.082	52	JA	6		2.50		
Magnesium, Mg.....mg	16	0.207	54	JA	6		39		
Phosphorus, P.....mg	26	0.427	53	JA	6		64		
Potassium, K.....mg	331	4.729	54	JA	6		812		
Sodium, Na.....mg	524	8.691	54	JA	6		1284		
Zinc, Zn.....mg	0.20	0.004	54	JA	6		0.49		
Copper, Cu.....mg	0.117	0.005	51	JA	6		0.286		
Manganese, Mn.....mg	0.107	0.002	53	JA	6		0.261		
Selenium, Se.....mcg	0.2	0.058	39		1		0.4		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	7.0	0.522	5	A	1		17.0		
Thiamin.....mg	0.024	0.002	6	A	1		0.058		
Riboflavin.....mg	0.066	0.003	6	A	1		0.162		
Niacin.....mg	0.975	0.035	6	A	1		2.388		
Pantothenic acid.....mg	0.309		1		1		0.757		
Vitamin B-6.....mg	0.097	0.003	6	A	1		0.238		
Folate, total.....mcg	11		0	BFSN	4		27		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	11		0	BFSN	4		27		
Folate, DFE.....mcg_DFE	11		0	NC	4		27		
Choline, total.....mg	9.9		0	AS	1		24.2		
Betaine.....mg	0.8		1	A	1		2.0		
Vitamin B-12.....mcg	0.00		0	Z	7		0.00		
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....mcg_RAE	22		0	AS	1		53		
Retinol.....mcg	0		0	Z	7		0		
Carotene, beta.....mcg	259	15.030	8	A	1		633		
Carotene, alpha.....mcg	0	0.000	8	A	1		0		
Cryptoxanthin, beta.....mcg	3	0.287	8	A	1		7		
Vitamin A, IU.....IU	433		0	AS	1		1062		
Lycopene.....mcg	13979	351.098	8	A	1		34249		
Lutein + zeaxanthin.....mcg	23	4.816	8	A	1		56		
Vitamin E (alpha-tocopherol).....mg	1.42	0.049	8	A	1		3.48		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg	0.02	0.002	8	A	1		0.06		
Tocopherol, gamma.....mg	0.10	0.015	8	A	1		0.24		
Tocopherol, delta.....mg	0.00	0.000	8	A	1		0.00		
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	2.8	0.200	3	A	1		6.9		

NDB No. 11549

Tomato products, canned, sauce

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.025		0	NC	4		0.061		
4:0.....g	0.000		0		1		0.000		
6:0.....g	0.000		0		1		0.000		
8:0.....g	0.000		0		1		0.000		
10:0.....g	0.000		0		1		0.000		
12:0.....g	0.000		0		1		0.000		
13:0.....g									
14:0.....g	0.000		0		1		0.000		
15:0.....g									
16:0.....g	0.018		0		1		0.045		
17:0.....g									
18:0.....g	0.007		0		1		0.016		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.027		0	NC	4		0.067		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.003		
17:1.....g									
18:1 undifferentiated.....g	0.026		0		1		0.064		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.073		0	NC	4		0.178		
18:2 undifferentiated.....g	0.069		0		1		0.170		
18:3 undifferentiated.....g	0.003		0		1		0.008		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.010		0	A	1		0.024		
Threonine.....g	0.041		0	A	1		0.100		
Isoleucine.....g	0.027		0	A	1		0.066		
Leucine.....g	0.038		0	A	1		0.093		
Lysine.....g	0.041		0	A	1		0.101		
Methionine.....g	0.008		0	A	1		0.021		
Cystine.....g	0.014		0	A	1		0.034		
Phenylalanine.....g	0.100		0	A	1		0.246		
Tyrosine.....g	0.020		0	A	1		0.050		
Valine.....g	0.027		0	A	1		0.066		
Arginine.....g	0.031		0	A	1		0.076		
Histidine.....g	0.022		0	A	1		0.053		
Alanine.....g	0.041		0	A	1		0.099		
Aspartic acid.....g	0.202		0	A	1		0.495		
Glutamic acid.....g	0.645		0	A	1		1.580		
Glycine.....g	0.029		0	A	1		0.071		
Proline.....g	0.023		0	A	1		0.056		
Serine.....g	0.039		0	A	1		0.095		
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

NDB No. 11549

Tomato products, canned, sauce

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Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 245g: 1 cup

**Calories Factors: Protein** 2.44

**Fat** 8.37

**Carbohydrate**3.57

**Food Group:** 11 Vegetables and Vegetable Products  
USDA National Nutrient Database for Standard Reference, Release 21 (2008)



NDB No. 11649

Tomato products, canned, sauce, spanish style

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.000		0		1		0.000	0.000	
15:0.....g									
16:0.....g	0.027		0		1		0.066	0.115	
17:0.....g									
18:0.....g	0.010		0		1		0.024	0.043	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.040		0		1		0.098	0.170	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.002	0.004	
17:1.....g									
18:1 undifferentiated.....g	0.039		0		1		0.095	0.166	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.108		0		1		0.264	0.459	
18:2 undifferentiated.....g	0.103		0		1		0.251	0.438	
18:3 undifferentiated.....g	0.004		0		1		0.010	0.017	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.010		0		1		0.024	0.043	
Threonine.....g	0.033		0		1		0.081	0.140	
Isoleucine.....g	0.028		0		1		0.068	0.119	
Leucine.....g	0.040		0		1		0.098	0.170	
Lysine.....g	0.041		0		1		0.100	0.174	
Methionine.....g	0.007		0		1		0.017	0.030	
Cystine.....g	0.009		0		1		0.022	0.038	
Phenylalanine.....g	0.030		0		1		0.073	0.128	
Tyrosine.....g	0.019		0		1		0.046	0.081	
Valine.....g	0.029		0		1		0.071	0.123	
Arginine.....g	0.029		0		1		0.071	0.123	
Histidine.....g	0.023		0		1		0.056	0.098	
Alanine.....g	0.045		0		1		0.110	0.191	
Aspartic acid.....g	0.180		0		1		0.439	0.765	
Glutamic acid.....g	0.575		0		1		1.403	2.444	
Glycine.....g	0.024		0		1		0.059	0.102	
Proline.....g	0.032		0		1		0.078	0.136	
Serine.....g	0.034		0		1		0.083	0.145	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 244g: 1 cup

Measure 2 = 425g: 1 can, 15 oz (303 x 406)

**Calories Factors: Protein 2.64**

**Fat 8.37**

**Carbohydrate 3.7**

**NDB No. 11649**

**Tomato products, canned, sauce, spanish style**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)





NDB No. 11555

Tomato products, canned, sauce, with herbs and cheese

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.048		0		1		0.059	0.204	
15:0.....g									
16:0.....g	0.456		0		1		0.556	1.938	
17:0.....g									
18:0.....g	0.080		0		1		0.098	0.340	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.380		0		1		0.464	1.615	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.023		0		1		0.028	0.098	
17:1.....g									
18:1 undifferentiated.....g	0.351		0		1		0.428	1.492	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.825		0		1		1.007	3.506	
18:2 undifferentiated.....g	0.814		0		1		0.993	3.460	
18:3 undifferentiated.....g	0.008		0		1		0.010	0.034	
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	3		0		4		4	13	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.021		0		1		0.026	0.089	
Threonine.....g	0.059		0		1		0.072	0.251	
Isoleucine.....g	0.070		0		1		0.085	0.298	
Leucine.....g	0.113		0		1		0.138	0.480	
Lysine.....g	0.111		0		1		0.135	0.472	
Methionine.....g	0.028		0		1		0.034	0.119	
Cystine.....g	0.016		0		1		0.020	0.068	
Phenylalanine.....g	0.070		0		1		0.085	0.298	
Tyrosine.....g	0.060		0		1		0.073	0.255	
Valine.....g	0.082		0		1		0.100	0.349	
Arginine.....g	0.089		0		1		0.109	0.378	
Histidine.....g	0.050		0		1		0.061	0.213	
Alanine.....g	0.063		0		1		0.077	0.268	
Aspartic acid.....g	0.201		0		1		0.245	0.854	
Glutamic acid.....g	0.639		0		1		0.780	2.716	
Glycine.....g	0.043		0		1		0.052	0.183	
Proline.....g	0.113		0		1		0.138	0.480	
Serine.....g	0.076		0		1		0.093	0.323	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 122g: .5 cup

Measure 2 = 425g: 1 can, 15 oz (303 x 406)

**Calories Factors: Protein 3**

**Fat 8.8**

**Carbohydrate 3.5**

**NDB No. 11555**

**Tomato products, canned, sauce, with herbs and cheese**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11551

Tomato products, canned, sauce, with mushrooms

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	87.97	0.125	70		1		215.53		
Energy.....kcal	35		0	NC	4		86		
Energy.....kj	146		0		4		359		
Protein (N x 6.25).....g	1.45	0.023	70		1		3.55		
Total lipid (fat).....g	0.13	0.003	69		1		0.32		
Ash.....g	2.02	0.015	70		1		4.95		
Carbohydrate, by difference.....g	8.43		0	NC	4		20.65		
Fiber, total dietary.....g	1.5		0		4		3.7		
Sugars, total.....g	5.77		0	BFSN	4		14.12		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	13	0.307	66		1		32		
Iron, Fe.....mg	0.89	0.024	66		1		2.18		
Magnesium, Mg.....mg	19	0.335	32		1		47		
Phosphorus, P.....mg	32	0.714	32		1		78		
Potassium, K.....mg	380	7.850	32		1		931		
Sodium, Na.....mg	452	8.339	32		1		1107		
Zinc, Zn.....mg	0.21	0.005	32		1		0.51		
Copper, Cu.....mg	0.199	0.012	32		1		0.488		
Manganese, Mn.....mg	0.188		0		4		0.461		
Selenium, Se.....mcg	0.2		0	BFSN	4		0.5		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	12.4	0.475	73		1		30.4		
Thiamin.....mg	0.072	0.001	70		1		0.176		
Riboflavin.....mg	0.108	0.011	70		1		0.265		
Niacin.....mg	1.265	0.025	70		1		3.099		
Pantothenic acid.....mg	0.367		0		4		0.899		
Vitamin B-6.....mg	0.133		0		4		0.326		
Folate, total.....mcg	9		0		4		23		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	9		0		4		23		
Folate, DFE.....mcg_DFE	9		0	NC	4		23		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00		
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....mcg_RAE	48		0	NC	4		117		
Retinol.....mcg	0		0	BNA	4		0		
Carotene, beta.....mcg	570		0	BNA	4		1396		
Carotene, alpha.....mcg	0		0	BNA	4		0		
Cryptoxanthin, beta.....mcg	6		0	BNA	4		16		
Vitamin A, IU.....IU	955		0	NC	4		2340		
Lycopene.....mcg	18942		0	BFSN	4		46409		
Lutein + zeaxanthin.....mcg	31		0	BFSN	4		76		
Vitamin E (alpha-tocopherol).....mg	1.92		0	BFSN	4		4.71		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	3.8		0	BFSN	4		9.4		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.017		0		1		0.042		
4:0.....g	0.000		0	BFSN	4		0.000		
6:0.....g	0.000		0	BFSN	4		0.000		
8:0.....g	0.000		0	BFSN	4		0.000		
10:0.....g	0.000		0		1		0.000		

NDB No. 11551

Tomato products, canned, sauce, with mushrooms

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.001		0		1		0.002		
13:0.....g									
14:0.....g	0.000		0		1		0.000		
15:0.....g									
16:0.....g	0.010		0		1		0.025		
17:0.....g									
18:0.....g	0.004		0		1		0.010		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.010		0		1		0.025		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0		1		0.005		
17:1.....g									
18:1 undifferentiated.....g	0.010		0		1		0.025		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0	BFSN	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.050		0		1		0.123		
18:2 undifferentiated.....g	0.048		0		1		0.118		
18:3 undifferentiated.....g	0.001		0		1		0.002		
18:4.....g	0.000		0	BFSN	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFSN	4		0.000		
20:5 n-3.....g	0.000		0	BFSN	4		0.000		
22:5 n-3.....g	0.000		0	BFSN	4		0.000		
22:6 n-3.....g	0.000		0	BFSN	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.017		0		1		0.042		
Threonine.....g	0.043		0		1		0.105		
Isoleucine.....g	0.037		0		1		0.091		
Leucine.....g	0.055		0		1		0.135		
Lysine.....g	0.074		0		1		0.181		
Methionine.....g	0.014		0		1		0.034		
Cystine.....g	0.007		0		1		0.017		
Phenylalanine.....g	0.039		0		1		0.096		
Tyrosine.....g	0.023		0		1		0.056		
Valine.....g	0.041		0		1		0.100		
Arginine.....g	0.042		0		1		0.103		
Histidine.....g	0.028		0		1		0.069		
Alanine.....g	0.065		0		1		0.159		
Aspartic acid.....g	0.169		0		1		0.414		
Glutamic acid.....g	0.486		0		1		1.191		
Glycine.....g	0.036		0		1		0.088		
Proline.....g	0.053		0		1		0.130		
Serine.....g	0.044		0		1		0.108		
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

**NDB No. 11551**

**Tomato products, canned, sauce, with mushrooms**

Measure 1 = 245g: 1 cup

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group: 11 Vegetables and Vegetable Products**

USDA National Nutrient Database for Standard Reference, Release 21 (2008)



NDB No. 11553

Tomato products, canned, sauce, with onions

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.001		0		1		0.002		
15:0.....g									
16:0.....g	0.024		0		1		0.059		
17:0.....g									
18:0.....g	0.005		0		1		0.012		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.028		0		1		0.069		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.028		0		1		0.069		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.077		0		1		0.189		
18:2 undifferentiated.....g	0.074		0		1		0.181		
18:3 undifferentiated.....g	0.004		0		1		0.010		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.016		0		1		0.039		
Threonine.....g	0.037		0		1		0.091		
Isoleucine.....g	0.042		0		1		0.103		
Leucine.....g	0.049		0		1		0.120		
Lysine.....g	0.059		0		1		0.145		
Methionine.....g	0.010		0		1		0.025		
Cystine.....g	0.018		0		1		0.044		
Phenylalanine.....g	0.036		0		1		0.088		
Tyrosine.....g	0.029		0		1		0.071		
Valine.....g	0.034		0		1		0.083		
Arginine.....g	0.114		0		1		0.279		
Histidine.....g	0.025		0		1		0.061		
Alanine.....g	0.046		0		1		0.113		
Aspartic acid.....g	0.145		0		1		0.355		
Glutamic acid.....g	0.454		0		1		1.112		
Glycine.....g	0.044		0		1		0.108		
Proline.....g	0.041		0		1		0.100		
Serine.....g	0.041		0		1		0.100		
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 245g: 1 cup

**Calories Factors: Protein 2.6**

**Fat 8.4**

**Carbohydrate 3.7**

**NDB No. 11553**

**Tomato products, canned, sauce, with onions**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)



NDB No. 11557

Tomato products, canned, sauce, with onions, green peppers, and celery

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	88.28	0.143	28		1		220.70	362.83	
Energy.....kcal	41		0	NC	4		102	168	
Energy.....kj	171		0	NC	4		428	704	
Protein (N x 6.25).....g	0.94	0.108	27		1		2.35	3.86	
Total lipid (fat).....g	0.74	0.151	24		1		1.85	3.04	
Ash.....g	1.27	0.025	28		1		3.18	5.22	
Carbohydrate, by difference.....g	8.77		0	NC	4		21.93	36.04	
Fiber, total dietary.....g	1.4		0		4		3.5	5.8	
Sugars, total.....g	7.36		0	O	4		18.40	30.25	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	13	0.434	28		1		33	53	
Iron, Fe.....mg	0.76	0.054	22		1		1.90	3.12	
Magnesium, Mg.....mg	21		0		4		53	86	
Phosphorus, P.....mg	38		0		4		95	156	
Potassium, K.....mg	398		0		4		995	1636	
Sodium, Na.....mg	546		0		4		1365	2244	
Zinc, Zn.....mg	0.28		0		4		0.70	1.15	
Copper, Cu.....mg	0.198		0		4		0.495	0.814	
Manganese, Mn.....mg	0.244		0		4		0.610	1.003	
Selenium, Se.....mcg	0.6		0	BFSN	4		1.5	2.5	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	13.2	0.776	28		1		33.0	54.3	
Thiamin.....mg	0.067	0.002	28		1		0.168	0.275	
Riboflavin.....mg	0.120	0.018	28		1		0.300	0.493	
Niacin.....mg	1.095	0.032	28		1		2.738	4.500	
Pantothenic acid.....mg	0.221		0		4		0.553	0.908	
Vitamin B-6.....mg	0.194		0		4		0.485	0.797	
Folate, total.....mcg	14		0		4		35	58	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	14		0		4		35	58	
Folate, DFE.....mcg_DFE	14		0	NC	4		35	58	
Choline, total.....mg	13.0		0	BFSN	4		32.5	53.5	
Betaine.....mg	1.1		0	BFSN	4		2.7	4.4	
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	41		0	NC	4		101	166	
Retinol.....mcg	0		0	BNA	4		0	0	
Carotene, beta.....mcg	483		0	BNA	4		1208	1986	
Carotene, alpha.....mcg	0		0	BNA	4		0	0	
Cryptoxanthin, beta.....mcg	6		0	BNA	4		14	23	
Vitamin A, IU.....IU	810		0	NC	4		2025	3329	
Lycopene.....mcg	18454		0	BFSN	4		46136	75847	
Lutein + zeaxanthin.....mcg	30		0	BFSN	4		76	124	
Vitamin E (alpha-tocopherol).....mg	1.18		0	O	4		2.95	4.85	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	3.7		0	BFSN	4		9.4	15.4	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.133		0		1		0.333	0.547	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.000		0		1		0.000	0.000	

Tomato products, canned, sauce, with onions, green peppers, and celery

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0		1		0.000	0.000	
13:0.....g									
14:0.....g	0.003		0		1		0.008	0.012	
15:0.....g									
16:0.....g	0.108		0		1		0.270	0.444	
17:0.....g									
18:0.....g	0.020		0		1		0.050	0.082	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.102		0		1		0.255	0.419	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.003		0		1		0.008	0.012	
17:1.....g									
18:1 undifferentiated.....g	0.099		0		1		0.248	0.407	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.337		0		1		0.843	1.385	
18:2 undifferentiated.....g	0.321		0		1		0.803	1.319	
18:3 undifferentiated.....g	0.016		0		1		0.040	0.066	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.008		0		1		0.020	0.033	
Threonine.....g	0.022		0		1		0.055	0.090	
Isoleucine.....g	0.021		0		1		0.053	0.086	
Leucine.....g	0.028		0		1		0.070	0.115	
Lysine.....g	0.030		0		1		0.075	0.123	
Methionine.....g	0.005		0		1		0.013	0.021	
Cystine.....g	0.007		0		1		0.018	0.029	
Phenylalanine.....g	0.021		0		1		0.053	0.086	
Tyrosine.....g	0.014		0		1		0.035	0.058	
Valine.....g	0.020		0		1		0.050	0.082	
Arginine.....g	0.037		0		1		0.093	0.152	
Histidine.....g	0.015		0		1		0.038	0.062	
Alanine.....g	0.029		0		1		0.073	0.119	
Aspartic acid.....g	0.108		0		1		0.270	0.444	
Glutamic acid.....g	0.336		0		1		0.840	1.381	
Glycine.....g	0.020		0		1		0.050	0.082	
Proline.....g	0.022		0		1		0.055	0.090	
Serine.....g	0.024		0		1		0.060	0.099	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

**NDB No. 11557**

**Tomato products, canned, sauce, with onions, green peppers, and celery**

Measure 1 = 250g: 1 cup

Measure 2 = 411g: 1 can, 15 oz (303 x 406)

**Calories Factors: Protein 2.4**

**Fat 8.4**

**Carbohydrate 3.7**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)



NDB No. 11559

Tomato products, canned, sauce, with tomato tidbits

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.000		0		1		0.000	0.000	
15:0.....g									
16:0.....g	0.039		0		1		0.095	0.166	
17:0.....g									
18:0.....g	0.014		0		1		0.034	0.060	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.058		0		1		0.142	0.247	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.002	0.004	
17:1.....g									
18:1 undifferentiated.....g	0.057		0		1		0.139	0.242	
20:1.....g	0.001		0		1		0.002	0.004	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.157		0		1		0.383	0.667	
18:2 undifferentiated.....g	0.150		0		1		0.366	0.638	
18:3 undifferentiated.....g	0.006		0		1		0.015	0.026	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.009		0		1		0.022	0.038	
Threonine.....g	0.030		0		1		0.073	0.128	
Isoleucine.....g	0.026		0		1		0.063	0.111	
Leucine.....g	0.037		0		1		0.090	0.157	
Lysine.....g	0.038		0		1		0.093	0.162	
Methionine.....g	0.007		0		1		0.017	0.030	
Cystine.....g	0.008		0		1		0.020	0.034	
Phenylalanine.....g	0.028		0		1		0.068	0.119	
Tyrosine.....g	0.018		0		1		0.044	0.077	
Valine.....g	0.027		0		1		0.066	0.115	
Arginine.....g	0.027		0		1		0.066	0.115	
Histidine.....g	0.021		0		1		0.051	0.089	
Alanine.....g	0.042		0		1		0.102	0.179	
Aspartic acid.....g	0.166		0		1		0.405	0.706	
Glutamic acid.....g	0.530		0		1		1.293	2.253	
Glycine.....g	0.022		0		1		0.054	0.094	
Proline.....g	0.029		0		1		0.071	0.123	
Serine.....g	0.032		0		1		0.078	0.136	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 244g: 1 cup

Measure 2 = 425g: 1 can, 15 oz (303 x 406)

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

**NDB No. 11559**

**Tomato products, canned, sauce, with tomato tidbits**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 43217  
Tomato sauce, no salt added

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	89.10		1		1		217.40		
Energy.....kcal	42		0	NC	4		102		
Energy.....kj	175		0	NC	4		427		
Protein.....g	1.30		1		1		3.17		
Total lipid (fat).....g	0.20		1		1		0.49		
Ash.....g	0.69		0	O	4		1.68		
Carbohydrate, by difference.....g	8.71		0	NC	4		21.25		
Fiber, total dietary.....g	1.5		1		1		3.7		
Sugars, total.....g	5.22		0	BFSN	4		12.75		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	14		1		1		34		
Iron, Fe.....mg	0.77		1		1		1.88		
Magnesium, Mg.....mg	19		1		1		46		
Phosphorus, P.....mg	32		1		1		78		
Potassium, K.....mg	371		1		1		905		
Sodium, Na.....mg	11		1		1		27		
Zinc, Zn.....mg	0.25		1		1		0.61		
Copper, Cu.....mg	0.196		1		1		0.478		
Manganese, Mn.....mg	0.131		0	BFSN	4		0.319		
Selenium, Se.....mcg	0.6	0.110	6	A	1		1.5		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	13.1		1		1		32.0		
Thiamin.....mg	0.070		1		1		0.171		
Riboflavin.....mg	0.060		1		1		0.146		
Niacin.....mg	1.150		1		1		2.806		
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.160		1		1		0.390		
Folate, total.....mcg	9		1		1		22		
Folic acid.....mcg	0		0	BFSN	4		0		
Folate, food.....mcg	9		1		1		22		
Folate, DFE.....mcg_DFE	9		0	NC	4		22		
Choline, total.....mg	12.1		0	BFSN	4		29.5		
Betaine.....mg	1.0		0	BFSN	4		2.4		
Vitamin B-12.....mcg	0.00		0		7		0.00		
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....mcg_RAE	27		0	NC	4		65		
Retinol.....mcg	0		0	BFSN	4		0		
Carotene, beta.....mcg	317		0	BFSN	4		775		
Carotene, alpha.....mcg	0		0	BFSN	4		0		
Cryptoxanthin, beta.....mcg	4		0	BFSN	4		9		
Vitamin A, IU.....IU	532		0	NC	4		1298		
Lycopene.....mcg	17163		0	BFSN	4		41878		
Lutein + zeaxanthin.....mcg	28		0	BFSN	4		69		
Vitamin E (alpha-tocopherol).....mg	1.74		0	BFSN	4		4.25		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	3.5		0	BFSN	4		8.5		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.028		0		4		0.068		
4:0.....g	0.000		0		4		0.000		
6:0.....g	0.000		0		4		0.000		
8:0.....g	0.000		0		4		0.000		
10:0.....g	0.000		0		4		0.000		

NDB No. 43217  
 Tomato sauce, no salt added

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0		4		0.000		
13:0.....g									
14:0.....g	0.000		0		4		0.000		
15:0.....g									
16:0.....g	0.020		0		4		0.049		
17:0.....g									
18:0.....g	0.007		0		4		0.017		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.029		0		4		0.071		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		4		0.002		
17:1.....g									
18:1 undifferentiated.....g	0.028		0		4		0.068		
20:1.....g	0.000		0		4		0.000		
22:1 undifferentiated.....g	0.000		0		4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.079		0		4		0.193		
18:2 undifferentiated.....g	0.075		0		4		0.183		
18:3 undifferentiated.....g	0.004		0		4		0.010		
18:4.....g	0.000		0		4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000		
20:5 n-3.....g	0.000		0		4		0.000		
22:5 n-3.....g	0.000		0		4		0.000		
22:6 n-3.....g	0.000		0		4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		7		0		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 244g: 1 cup

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)





**NDB No. 11693**  
**Tomatoes, crushed, canned**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.000		0	BFSN	4				
15:0.....g									
16:0.....g	0.027		0	BFSN	4				
17:0.....g									
18:0.....g	0.010		0	BFSN	4				
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.043		0	BFSN	4				
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0	BFSN	4				
17:1.....g									
18:1 undifferentiated.....g	0.041		0	BFSN	4				
20:1.....g	0.000		0	BFSN	4				
22:1 undifferentiated.....g	0.000		0	BFSN	4				
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.113		0	BFSN	4				
18:2 undifferentiated.....g	0.108		0	BFSN	4				
18:3 undifferentiated.....g	0.005		0	BFSN	4				
18:4.....g	0.000		0	BFSN	4				
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFSN	4				
20:5 n-3.....g	0.000		0	BFSN	4				
22:5 n-3.....g	0.000		0	BFSN	4				
22:6 n-3.....g	0.000		0	BFSN	4				
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7				
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.012		0	BFSN	4				
Threonine.....g	0.040		0	BFSN	4				
Isoleucine.....g	0.037		0	BFSN	4				
Leucine.....g	0.057		0	BFSN	4				
Lysine.....g	0.057		0	BFSN	4				
Methionine.....g	0.013		0	BFSN	4				
Cystine.....g	0.020		0	BFSN	4				
Phenylalanine.....g	0.040		0	BFSN	4				
Tyrosine.....g	0.027		0	BFSN	4				
Valine.....g	0.040		0	BFSN	4				
Arginine.....g	0.038		0	BFSN	4				
Histidine.....g	0.023		0	BFSN	4				
Alanine.....g	0.045		0	BFSN	4				
Aspartic acid.....g	0.215		0	BFSN	4				
Glutamic acid.....g	0.570		0	BFSN	4				
Glycine.....g	0.038		0	BFSN	4				
Proline.....g	0.030		0	BFSN	4				
Serine.....g	0.042		0	BFSN	4				
Hydroxyproline.....g									
<b><u>Others:</u></b>									
Alcohol, ethyl.....g	0.0		0	Z	7				
Caffeine.....mg									
Theobromine.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

**NDB No. 11693**  
**Tomatoes, crushed, canned**

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group:** 11 Vegetables and Vegetable Products  
USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 11527**  
**Tomatoes, green, raw**  
*Lycopersicon esculentum*

Refuse:9% Core and stem ends

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	93.00		0		1		167.40	169.26	114.39
Energy.....kcal	23		0	NC	4		41	42	28
Energy.....kj	95		0	NC	4		172	174	117
Protein (N x 6.25).....g	1.20		0		1		2.16	2.18	1.48
Total lipid (fat).....g	0.20		0		1		0.36	0.36	0.25
Ash.....g	0.50		0		1		0.90	0.91	0.62
Carbohydrate, by difference.....g	5.10		0	NC	4		9.18	9.28	6.27
Fiber, total dietary.....g	1.1		0		4		2.0	2.0	1.4
Sugars, total.....g	4.00		0	O	4		7.20	7.28	4.92
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	13		0		1		23	24	16
Iron, Fe.....mg	0.51	0.030	9		1		0.92	0.93	0.63
Magnesium, Mg.....mg	10	0.500	9		1		18	18	12
Phosphorus, P.....mg	28	1.833	9		1		50	51	34
Potassium, K.....mg	204	7.000	9		1		367	371	251
Sodium, Na.....mg	13	1.300	9		1		23	24	16
Zinc, Zn.....mg	0.07	0.010	9		1		0.13	0.13	0.09
Copper, Cu.....mg	0.090	0.007	9		1		0.162	0.164	0.111
Manganese, Mn.....mg	0.100	0.010	9		1		0.180	0.182	0.123
Selenium, Se.....mcg	0.4		0	BFZN	4		0.7	0.7	0.5
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	23.4	0.076	8		1		42.1	42.6	28.8
Thiamin.....mg	0.060		0		1		0.108	0.109	0.074
Riboflavin.....mg	0.040		0		1		0.072	0.073	0.049
Niacin.....mg	0.500		0		1		0.900	0.910	0.615
Pantothenic acid.....mg	0.500		0		1		0.900	0.910	0.615
Vitamin B-6.....mg	0.081		0		4		0.146	0.147	0.100
Folate, total.....mcg	9		0		4		16	16	11
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg	9		0		4		16	16	11
Folate, DFE.....mcg_DFE	9		0	NC	4		16	16	11
Choline, total.....mg	8.6		0	BFSN	4		15.4	15.6	10.5
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	32		0	NC	4		58	58	39
Retinol.....mcg	0		0	BNA	4		0	0	0
Carotene, beta.....mcg	346		0	BNA	4		623	630	426
Carotene, alpha.....mcg	78		0	BNA	4		141	142	96
Cryptoxanthin, beta.....mcg	0		0	BNA	4		0	0	0
Vitamin A, IU.....IU	642		0	NC	4		1156	1168	790
Lycopene.....mcg	0		0	Z	7		0	0	0
Lutein + zeaxanthin.....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol).....mg	0.38		0	O	4		0.68	0.69	0.47
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	10.1		0	BFSN	4		18.1	18.3	12.4
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.028		0		1		0.050	0.051	0.034
4:0.....g	0.000		0		1		0.000	0.000	0.000
6:0.....g	0.000		0		1		0.000	0.000	0.000
8:0.....g	0.000		0		1		0.000	0.000	0.000
10:0.....g	0.000		0		1		0.000	0.000	0.000

**NDB No. 11527**  
**Tomatoes, green, raw**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0		1		0.000	0.000	0.000
13:0.....g			0		1		0.000	0.000	0.000
14:0.....g	0.000		0		1		0.000	0.000	0.000
15:0.....g			0		1		0.036	0.036	0.025
16:0.....g	0.020		0		1		0.013	0.013	0.009
17:0.....g	0.007		0		1				
18:0.....g			0		1				
20:0.....g			0		1				
22:0.....g			0		1				
24:0.....g			0		1				
Fatty acids, total monounsaturated.....g	0.030		0		1		0.054	0.055	0.037
14:1.....g			0		1				
15:1.....g			0		1				
16:1 undifferentiated.....g	0.001		0		1		0.002	0.002	0.001
17:1.....g			0		1				
18:1 undifferentiated.....g	0.029		0		1		0.052	0.053	0.036
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g			0		1				
Fatty acids, total polyunsaturated.....g	0.081		0		1		0.146	0.147	0.100
18:2 undifferentiated.....g	0.078		0		1		0.140	0.142	0.096
18:3 undifferentiated.....g	0.003		0		1		0.005	0.005	0.004
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g			0		1				
20:3 undifferentiated.....g			0		1				
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g			0		7				
Cholesterol.....mg	0		0	Z	7		0	0	0
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.009		9		1		0.016	0.016	0.011
Threonine.....g	0.030		13		1		0.054	0.055	0.037
Isoleucine.....g	0.029		14		1		0.052	0.053	0.036
Leucine.....g	0.044		14		1		0.079	0.080	0.054
Lysine.....g	0.044		19		1		0.079	0.080	0.054
Methionine.....g	0.010		15		1		0.018	0.018	0.012
Cystine.....g	0.016		4		1		0.029	0.029	0.020
Phenylalanine.....g	0.031		14		1		0.056	0.056	0.038
Tyrosine.....g	0.021		12		1		0.038	0.038	0.026
Valine.....g	0.031		14		1		0.056	0.056	0.038
Arginine.....g	0.029		13		1		0.052	0.053	0.036
Histidine.....g	0.018		13		1		0.032	0.033	0.022
Alanine.....g	0.034		12		1		0.061	0.062	0.042
Aspartic acid.....g	0.166		12		1		0.299	0.302	0.204
Glutamic acid.....g	0.442		12		1		0.796	0.804	0.544
Glycine.....g	0.030		12		1		0.054	0.055	0.037
Proline.....g	0.023		12		1		0.041	0.042	0.028
Serine.....g	0.032		12		1		0.058	0.058	0.039
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

**NDB No. 11527**

**Tomatoes, green, raw**

Measure 1 = 180g: 1 cup

Measure 2 = 182g: 1 large

Measure 3 = 123g: 1 medium

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)



**NDB No. 11695**  
**Tomatoes, orange, raw**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.000		0	BFFN	4		0.000	0.000	
15:0.....g									
16:0.....g	0.019		0	BFFN	4		0.030	0.021	
17:0.....g									
18:0.....g	0.007		0	BFFN	4		0.011	0.008	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.028		0	BFFN	4		0.044	0.031	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0	BFFN	4		0.002	0.001	
17:1.....g									
18:1 undifferentiated.....g	0.028		0	BFFN	4		0.044	0.031	
20:1.....g	0.000		0	BFFN	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.076		0	BFFN	4		0.120	0.084	
18:2 undifferentiated.....g	0.073		0	BFFN	4		0.115	0.081	
18:3 undifferentiated.....g	0.003		0	BFFN	4		0.005	0.003	
18:4.....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
20:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg	4		0	BFFN	4		6	4	
<b>Amino Acids:</b>									
Tryptophan.....g	0.008		0	BFFN	4		0.013	0.009	
Threonine.....g	0.029		0	BFFN	4		0.046	0.032	
Isoleucine.....g	0.027		0	BFFN	4		0.043	0.030	
Leucine.....g	0.042		0	BFFN	4		0.066	0.047	
Lysine.....g	0.042		0	BFFN	4		0.066	0.047	
Methionine.....g	0.010		0	BFFN	4		0.016	0.011	
Cystine.....g	0.015		0	BFFN	4		0.024	0.017	
Phenylalanine.....g	0.030		0	BFFN	4		0.047	0.033	
Tyrosine.....g	0.020		0	BFFN	4		0.032	0.022	
Valine.....g	0.030		0	BFFN	4		0.047	0.033	
Arginine.....g	0.029		0	BFFN	4		0.046	0.032	
Histidine.....g	0.018		0	BFFN	4		0.028	0.020	
Alanine.....g	0.033		0	BFFN	4		0.052	0.037	
Aspartic acid.....g	0.161		0	BFFN	4		0.254	0.179	
Glutamic acid.....g	0.427		0	BFFN	4		0.675	0.474	
Glycine.....g	0.029		0	BFFN	4		0.046	0.032	
Proline.....g	0.022		0	BFFN	4		0.035	0.024	
Serine.....g	0.031		0	BFFN	4		0.049	0.034	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 158g: 1 cup, chopped

Measure 2 = 111g: 1 tomato

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**



**NDB No. 11695**  
**Tomatoes, orange, raw**

**Food Group:** 11 Vegetables and Vegetable Products  
USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11531

Tomatoes, red, ripe, canned, packed in tomato juice

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv	Source	Measure 1	Measure 2	Measure 3
				Code	Code			
<b>Proximates:</b>								
Water.....g	94.28	0.103	57	JA	6	226.26	14.14	179.12
Energy.....kcal	17		0	NC	4	41	3	33
Energy.....kj	72		0	NC	4	173	11	137
Protein (N x 6.25).....g	0.78	0.041	53	JO	11	1.88	0.12	1.49
Total lipid (fat).....g	0.13	0.010	59	JO	11	0.31	0.02	0.24
Ash.....g	0.81	0.028	52	JA	6	1.95	0.12	1.55
Carbohydrate, by difference.....g	4.00		0	NC	4	9.59	0.60	7.59
Fiber, total dietary.....g	1.0	0.047	48	JA	6	2.4	0.1	1.9
Sugars, total.....g	2.38		0	NC	4	5.72	0.36	4.53
Sucrose.....g	0.01	0.000	4	JA	6	0.03	0.00	0.02
Glucose (dextrose).....g	1.10	0.105	6	JA	6	2.65	0.17	2.09
Fructose.....g	1.27	0.103	6	JA	6	3.05	0.19	2.41
Lactose.....g	0.00	0.000	3	A	1	0.00	0.00	0.00
Maltose.....g	0.00	0.000	3	A	1	0.00	0.00	0.00
Galactose.....g	0.00	0.000	3	A	1	0.00	0.00	0.00
Starch.....g								
<b>Minerals:</b>								
Calcium, Ca.....mg	31	1.269	91		1	75	5	59
Iron, Fe.....mg	0.97	0.088	93		1	2.34	0.15	1.85
Magnesium, Mg.....mg	11	0.241	46		1	27	2	21
Phosphorus, P.....mg	19	0.453	45		1	45	3	35
Potassium, K.....mg	188	6.007	63		1	452	28	358
Sodium, Na.....mg	143	5.225	78	A	1	343	21	272
Zinc, Zn.....mg	0.14	0.005	46		1	0.33	0.02	0.27
Copper, Cu.....mg	0.069	0.002	46		1	0.167	0.010	0.132
Manganese, Mn.....mg	0.077	0.002	46		1	0.186	0.012	0.147
Selenium, Se.....mcg	0.1	0.036	39		1	0.1	0.0	0.1
<b>Vitamins:</b>								
Vitamin C, total ascorbic acid.....mg	9.3	0.513	51	JA	6	22.3	1.4	17.6
Thiamin.....mg	0.045	0.001	385		1	0.108	0.007	0.086
Riboflavin.....mg	0.055	0.004	4	A	1	0.133	0.008	0.105
Niacin.....mg	0.712	0.004	4	A	1	1.709	0.107	1.353
Pantothenic acid.....mg	0.118	0.005	3	A	1	0.284	0.018	0.225
Vitamin B-6.....mg	0.111	0.003	3	A	1	0.265	0.017	0.210
Folate, total.....mcg	8		0		4	19	1	15
Folic acid.....mcg	0		0	Z	7	0	0	0
Folate, food.....mcg	8		0		4	19	1	15
Folate, DFE.....mcg_DFE	8		0	NC	4	19	1	15
Choline, total.....mg	7.0		0	BFSY	4	16.8	1.1	13.3
Betaine.....mg								
Vitamin B-12.....mcg	0.00		0	Z	7	0.00	0.00	0.00
Vitamin B-12, added.....mcg	0.00		0	Z	7	0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	6		0	NC	4	14	1	11
Retinol.....mcg	0		0	Z	7	0	0	0
Carotene, beta.....mcg	70		2	A	1	168	10	133
Carotene, alpha.....mcg	0		0	BFSY	4	0	0	0
Cryptoxanthin, beta.....mcg	0		0	BFSY	4	0	0	0
Vitamin A, IU.....IU	117		0	NC	4	280	17	221
Lycopene.....mcg	2767		0	BFSY	4	6642	415	5258
Lutein + zeaxanthin.....mcg	86		0	BFSY	4	205	13	163
Vitamin E (alpha-tocopherol).....mg	0.68	0.037	9	JO	11	1.62	0.10	1.29
Vitamin E, added.....mg	0.00		0	Z	7	0.00	0.00	0.00
Tocopherol, beta.....mg	0.01	0.002	9	JO	11	0.03	0.00	0.02
Tocopherol, gamma.....mg	0.05	0.004	9	JO	11	0.12	0.01	0.09
Tocopherol, delta.....mg	0.00	0.000	9	JO	11	0.00	0.00	0.00
Vitamin D.....IU								
Vitamin K (phylloquinone).....mcg	2.9		0	BFSN	4	6.9	0.4	5.5

NDB No. 11531

Tomatoes, red, ripe, canned, packed in tomato juice

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.018		0	NC	4		0.042	0.003	0.034
4:0.....g	0.000		0	BFFN	4		0.000	0.000	0.000
6:0.....g	0.000		0	BFFN	4		0.000	0.000	0.000
8:0.....g	0.000		0	BFFN	4		0.000	0.000	0.000
10:0.....g	0.000		0	BFFN	4		0.000	0.000	0.000
12:0.....g	0.000		0	BFFN	4		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.000		0	BFFN	4		0.000	0.000	0.000
15:0.....g									
16:0.....g	0.013		0	BFFN	4		0.031	0.002	0.024
17:0.....g									
18:0.....g	0.005		0	BFFN	4		0.012	0.001	0.009
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.021		0	NC	4		0.049	0.003	0.039
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0	BFFN	4		0.002	0.000	0.002
17:1.....g									
18:1 undifferentiated.....g	0.020		0	BFFN	4		0.047	0.003	0.037
20:1.....g	0.000		0	BFFN	4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.052		0	NC	4		0.125	0.008	0.099
18:2 undifferentiated.....g	0.050		0	BFFN	4		0.120	0.008	0.095
18:3 undifferentiated.....g	0.002		0	BFFN	4		0.005	0.000	0.004
18:4.....g	0.000		0	BFFN	4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	BFFN	4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	0
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.008		0	JA	6		0.020	0.001	0.016
Threonine.....g	0.044		0	JA	6		0.105	0.007	0.083
Isoleucine.....g	0.023		0	JA	6		0.056	0.004	0.044
Leucine.....g	0.029		0	JA	6		0.069	0.004	0.055
Lysine.....g	0.029		0	JA	6		0.071	0.004	0.056
Methionine.....g	0.008		0	JA	6		0.020	0.001	0.016
Cystine.....g	0.008		0	JA	6		0.020	0.001	0.016
Phenylalanine.....g	0.029		0	JA	6		0.070	0.004	0.055
Tyrosine.....g	0.019		0	JA	6		0.046	0.003	0.037
Valine.....g	0.017		0	JA	6		0.040	0.003	0.032
Arginine.....g	0.024		0	JA	6		0.058	0.004	0.046
Histidine.....g	0.016		0	JA	6		0.039	0.002	0.031
Alanine.....g	0.034		0	JA	6		0.081	0.005	0.064
Aspartic acid.....g	0.162		0	JA	6		0.389	0.024	0.308
Glutamic acid.....g	0.476		0	JA	6		1.144	0.071	0.905
Glycine.....g	0.020		0	JA	6		0.048	0.003	0.038
Proline.....g	0.016		0	JA	6		0.038	0.002	0.030
Serine.....g	0.025		0	JA	6		0.061	0.004	0.048
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0

NDB No. 11531

Tomatoes, red, ripe, canned, packed in tomato juice

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Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 240g: 1 cup

Measure 2 = 15.0g: 1 tbsp

Measure 3 = 190g: 1 can

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11885

Tomatoes, red, ripe, canned, packed in tomato juice, no salt added

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv	Source	Measure 1	Measure 2	Measure 3
				Code	Code			
<b>Proximates:</b>								
Water.....g	94.28	0.103	57	JA	6	226.26	14.14	179.12
Energy.....kcal	17		0	NC	4	41	3	33
Energy.....kj	72		0	NC	4	173	11	137
Protein (N x 6.25).....g	0.78	0.041	53	JO	11	1.88	0.12	1.49
Total lipid (fat).....g	0.13	0.010	59	JO	11	0.31	0.02	0.24
Ash.....g	0.81	0.028	52	JA	6	1.95	0.12	1.55
Carbohydrate, by difference.....g	4.00		0	NC	4	9.59	0.60	7.59
Fiber, total dietary.....g	1.0	0.047	48	JA	6	2.4	0.1	1.9
Sugars, total.....g	2.38		0	NC	4	5.72	0.36	4.53
Sucrose.....g	0.01	0.000	4	JA	6	0.03	0.00	0.02
Glucose (dextrose).....g	1.10	0.105	6	JA	6	2.65	0.17	2.09
Fructose.....g	1.27	0.103	6	JA	6	3.05	0.19	2.41
Lactose.....g	0.00	0.000	3	A	1	0.00	0.00	0.00
Maltose.....g	0.00	0.000	3	A	1	0.00	0.00	0.00
Galactose.....g	0.00	0.000	3	A	1	0.00	0.00	0.00
Starch.....g								
<b>Minerals:</b>								
Calcium, Ca.....mg	31	1.269	91		1	75	5	59
Iron, Fe.....mg	0.97	0.088	93		1	2.34	0.15	1.85
Magnesium, Mg.....mg	11	0.241	46		1	27	2	21
Phosphorus, P.....mg	19	0.453	45		1	45	3	35
Potassium, K.....mg	188	6.007	63		1	452	28	358
Sodium, Na.....mg	10	1.984	9	A	1	24	2	19
Zinc, Zn.....mg	0.14	0.005	46		1	0.33	0.02	0.27
Copper, Cu.....mg	0.069	0.002	46		1	0.167	0.010	0.132
Manganese, Mn.....mg	0.077	0.002	46		1	0.186	0.012	0.147
Selenium, Se.....mcg	0.1	0.036	39		1	0.1	0.0	0.1
<b>Vitamins:</b>								
Vitamin C, total ascorbic acid.....mg	9.3	0.513	51	JA	6	22.3	1.4	17.6
Thiamin.....mg	0.045	0.001	385		1	0.108	0.007	0.086
Riboflavin.....mg	0.055	0.004	4	A	1	0.133	0.008	0.105
Niacin.....mg	0.712	0.004	4	A	1	1.709	0.107	1.353
Pantothenic acid.....mg	0.118	0.005	3	A	1	0.284	0.018	0.225
Vitamin B-6.....mg	0.111	0.003	3	A	1	0.265	0.017	0.210
Folate, total.....mcg	8		0		4	19	1	15
Folic acid.....mcg	0		0	Z	7	0	0	0
Folate, food.....mcg	8		0		4	19	1	15
Folate, DFE.....mcg_DFE	8		0	NC	4	19	1	15
Choline, total.....mg	7.0		0	BFSN	4	16.8	1.1	13.3
Betaine.....mg								
Vitamin B-12.....mcg	0.00		0	Z	7	0.00	0.00	0.00
Vitamin B-12, added.....mcg	0.00		0	Z	7	0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	6		0	NC	4	14	1	11
Retinol.....mcg	0		0	Z	7	0	0	0
Carotene, beta.....mcg	70		2	A	1	168	10	133
Carotene, alpha.....mcg	0		0	BFSN	4	0	0	0
Cryptoxanthin, beta.....mcg	0		0	BFSN	4	0	0	0
Vitamin A, IU.....IU	117		0	NC	4	280	17	221
Lycopene.....mcg	2767		0	BFSN	4	6642	415	5258
Lutein + zeaxanthin.....mcg	86		0	BFSN	4	205	13	163
Vitamin E (alpha-tocopherol).....mg	0.68	0.037	9	JO	11	1.62	0.10	1.29
Vitamin E, added.....mg	0.00		0	Z	7	0.00	0.00	0.00
Tocopherol, beta.....mg	0.01	0.002	9	JO	11	0.03	0.00	0.02
Tocopherol, gamma.....mg	0.05	0.004	9	JO	11	0.12	0.01	0.09
Tocopherol, delta.....mg	0.00	0.000	9	JO	11	0.00	0.00	0.00
Vitamin D.....IU								
Vitamin K (phylloquinone).....mcg	2.9		0	BFSN	4	6.9	0.4	5.5

NDB No. 11885

Tomatoes, red, ripe, canned, packed in tomato juice, no salt added

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.018		0	NC	4		0.042	0.003	0.034
4:0.....g	0.000		0	BFFN	4		0.000	0.000	0.000
6:0.....g	0.000		0	BFFN	4		0.000	0.000	0.000
8:0.....g	0.000		0	BFFN	4		0.000	0.000	0.000
10:0.....g	0.000		0	BFFN	4		0.000	0.000	0.000
12:0.....g	0.000		0	BFFN	4		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.000		0	BFFN	4		0.000	0.000	0.000
15:0.....g									
16:0.....g	0.013		0	BFFN	4		0.031	0.002	0.024
17:0.....g									
18:0.....g	0.005		0	BFFN	4		0.012	0.001	0.009
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.021		0	NC	4		0.049	0.003	0.039
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0	BFFN	4		0.002	0.000	0.002
17:1.....g									
18:1 undifferentiated.....g	0.020		0	BFFN	4		0.047	0.003	0.037
20:1.....g	0.000		0	BFFN	4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.052		0	NC	4		0.125	0.008	0.099
18:2 undifferentiated.....g	0.050		0	BFFN	4		0.120	0.008	0.095
18:3 undifferentiated.....g	0.002		0	BFFN	4		0.005	0.000	0.004
18:4.....g	0.000		0	BFFN	4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	BFFN	4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	0
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.008		0	JA	6		0.020	0.001	0.016
Threonine.....g	0.044		0	JA	6		0.105	0.007	0.083
Isoleucine.....g	0.023		0	JA	6		0.056	0.004	0.044
Leucine.....g	0.029		0	JA	6		0.069	0.004	0.055
Lysine.....g	0.029		0	JA	6		0.071	0.004	0.056
Methionine.....g	0.008		0	JA	6		0.020	0.001	0.016
Cystine.....g	0.008		0	JA	6		0.020	0.001	0.016
Phenylalanine.....g	0.029		0	JA	6		0.070	0.004	0.055
Tyrosine.....g	0.019		0	JA	6		0.046	0.003	0.037
Valine.....g	0.017		0	JA	6		0.040	0.003	0.032
Arginine.....g	0.024		0	JA	6		0.058	0.004	0.046
Histidine.....g	0.016		0	JA	6		0.039	0.002	0.031
Alanine.....g	0.034		0	JA	6		0.081	0.005	0.064
Aspartic acid.....g	0.162		0	JA	6		0.389	0.024	0.308
Glutamic acid.....g	0.476		0	JA	6		1.144	0.071	0.905
Glycine.....g	0.020		0	JA	6		0.048	0.003	0.038
Proline.....g	0.016		0	JA	6		0.038	0.002	0.030
Serine.....g	0.025		0	JA	6		0.061	0.004	0.048
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0

NDB No. 11885

Tomatoes, red, ripe, canned, packed in tomato juice, no salt added

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Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 240g: 1 cup

Measure 2 = 15.0g: 1 tbsp

Measure 3 = 190g: 1 can

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11533

Tomatoes, red, ripe, canned, stewed

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	91.54	0.176	42	JO	11		233.44		
Energy.....kcal	26		0	NC	4		66		
Energy.....kj	108		0	NC	4		276		
Protein (N x 6.25).....g	0.91	0.043	40		1		2.31		
Total lipid (fat).....g	0.19	0.011	40		1		0.48		
Ash.....g	1.17	0.047	40		1		2.99		
Carbohydrate, by difference.....g	6.19		0	NC	4		15.78		
Fiber, total dietary.....g	1.0	0.044	39		1		2.5		
Sugars, total.....g	3.52		0	NC	4		8.98		
Sucrose.....g	0.02		0	BFSN	4		0.05		
Glucose (dextrose).....g	1.63		0	BFSN	4		4.15		
Fructose.....g	1.88		0	BFSN	4		4.78		
Lactose.....g	0.00		0	BFSN	4		0.00		
Maltose.....g	0.00		0	BFSN	4		0.00		
Galactose.....g	0.00		0	BFSN	4		0.00		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	34	2.259	40		1		86		
Iron, Fe.....mg	1.33	0.122	40		1		3.40		
Magnesium, Mg.....mg	12	0.121	90		1		31		
Phosphorus, P.....mg	20	0.211	88		1		51		
Potassium, K.....mg	207	13.236	10		1		529		
Sodium, Na.....mg	221	10.814	38		1		564		
Zinc, Zn.....mg	0.17	0.005	27		1		0.43		
Copper, Cu.....mg	0.112	0.005	27		1		0.286		
Manganese, Mn.....mg	0.059		0		4		0.150		
Selenium, Se.....mcg	0.6		0	BFSN	4		1.5		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	7.9	0.550	40		1		20.1		
Thiamin.....mg	0.046	0.001	233		1		0.117		
Riboflavin.....mg	0.035	0.001	233		1		0.089		
Niacin.....mg	0.714	0.010	227		1		1.821		
Pantothenic acid.....mg	0.114		0		4		0.291		
Vitamin B-6.....mg	0.017		0		4		0.043		
Folate, total.....mcg	5		0		4		14		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	5		0		4		14		
Folate, DFE.....mcg_DFE	5		0	NC	4		14		
Choline, total.....mg	10.4		0	BFSN	4		26.4		
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00		
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....mcg_RAE	9		0	NC	4		22		
Retinol.....mcg	0		0	Z	7		0		
Carotene, beta.....mcg	103		0	BFSN	4		263		
Carotene, alpha.....mcg	0		0	BFSN	4		0		
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0		
Vitamin A, IU.....IU	172		0	NC	4		439		
Lycopene.....mcg	4088		0	BFSN	4		10425		
Lutein + zeaxanthin.....mcg	126		0	BFSN	4		322		
Vitamin E (alpha-tocopherol).....mg	0.83		2	A	1		2.10		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg	0.00		2	A	1		0.00		
Tocopherol, gamma.....mg	0.20		2	A	1		0.50		
Tocopherol, delta.....mg	0.00		2	A	1		0.00		
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	2.4		2	A	1		6.0		



Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.026		0	NC	4		0.067		
4:0.....g	0.000		0	BFFN	4		0.000		
6:0.....g	0.000		0	BFFN	4		0.000		
8:0.....g	0.000		0	BFFN	4		0.000		
10:0.....g	0.000		0	BFFN	4		0.000		
12:0.....g	0.000		0	BFFN	4		0.000		
13:0.....g									
14:0.....g	0.000		0	BFFN	4		0.000		
15:0.....g									
16:0.....g	0.019		0	BFFN	4		0.048		
17:0.....g									
18:0.....g	0.007		0	BFFN	4		0.019		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.029		0	NC	4		0.074		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	BFFN	4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.029		0	BFFN	4		0.074		
20:1.....g	0.000		0	BFFN	4		0.000		
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.077		0	NC	4		0.197		
18:2 undifferentiated.....g	0.074		0	BFFN	4		0.190		
18:3 undifferentiated.....g	0.003		0	BFFN	4		0.007		
18:4.....g	0.000		0	BFFN	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFFN	4		0.000		
20:5 n-3.....g	0.000		0	BFFN	4		0.000		
22:5 n-3.....g	0.000		0	BFFN	4		0.000		
22:6 n-3.....g	0.000		0	BFFN	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.007		0	BFFN	4		0.018		
Threonine.....g	0.023		0	BFFN	4		0.059		
Isoleucine.....g	0.022		0	BFFN	4		0.056		
Leucine.....g	0.035		0	BFFN	4		0.089		
Lysine.....g	0.035		0	BFFN	4		0.089		
Methionine.....g	0.008		0	BFFN	4		0.020		
Cystine.....g	0.012		0	BFFN	4		0.031		
Phenylalanine.....g	0.025		0	BFFN	4		0.064		
Tyrosine.....g	0.016		0	BFFN	4		0.041		
Valine.....g	0.025		0	BFFN	4		0.064		
Arginine.....g	0.022		0	BFFN	4		0.056		
Histidine.....g	0.014		0	BFFN	4		0.036		
Alanine.....g	0.027		0	BFFN	4		0.069		
Aspartic acid.....g	0.131		0	BFFN	4		0.334		
Glutamic acid.....g	0.348		0	BFFN	4		0.887		
Glycine.....g	0.023		0	BFFN	4		0.059		
Proline.....g	0.017		0	BFFN	4		0.043		
Serine.....g	0.026		0	BFFN	4		0.066		
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	BFSN	4		0		
Theobromine.....mg	0		0	BFSN	4		0		

NDB No. 11533

Tomatoes, red, ripe, canned, stewed

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Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 255g: 1 cup

**Calories Factors: Protein** 2.44

**Fat** 8.37

**Carbohydrate**3.57

**Food Group:** 11 Vegetables and Vegetable Products  
USDA National Nutrient Database for Standard Reference, Release 21 (2008)



NDB No. 11537

Tomatoes, red, ripe, canned, with green chilies

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.000		0		1		0.000		
15:0.....g									
16:0.....g	0.008		0		1		0.019		
17:0.....g									
18:0.....g	0.003		0		1		0.007		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.011		0		1		0.027		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.011		0		1		0.027		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.030		0		1		0.072		
18:2 undifferentiated.....g	0.029		0		1		0.070		
18:3 undifferentiated.....g	0.001		0		1		0.002		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0		
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 241g: 1 cup

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group: 11 Vegetables and Vegetable Products**

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11530  
Tomatoes, red, ripe, cooked

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	94.34	0.205	4	A	1		226.42	232.08	
Energy.....kcal	18		0	NC	4		42	43	
Energy.....kj	73		0	NC	4		176	180	
Protein (N x 6.25).....g	0.95	0.052	4	A	1		2.27	2.33	
Total lipid (fat).....g	0.11	0.023	4	A	1		0.26	0.26	
Ash.....g	0.60	0.025	4	A	1		1.43	1.47	
Carbohydrate, by difference.....g	4.01		0	NC	4		9.62	9.86	
Fiber, total dietary.....g	0.7	0.048	4	A	1		1.7	1.8	
Sugars, total.....g	2.49		0	AS	1		5.98	6.13	
Sucrose.....g	0.00	0.000	4	A	1		0.00	0.00	
Glucose (dextrose).....g	1.18	0.061	4	A	1		2.83	2.90	
Fructose.....g	1.31	0.048	4	A	1		3.15	3.23	
Lactose.....g	0.00	0.000	4	A	1		0.00	0.00	
Maltose.....g	0.00	0.000	4	A	1		0.00	0.00	
Galactose.....g	0.00		0	Z	7		0.00	0.00	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	11	1.545	4	A	1		25	26	
Iron, Fe.....mg	0.68	0.122	4	A	1		1.63	1.67	
Magnesium, Mg.....mg	9	0.203	4	A	1		22	23	
Phosphorus, P.....mg	28	1.313	4	A	1		68	70	
Potassium, K.....mg	218	12.030	4	A	1		524	537	
Sodium, Na.....mg	11		0		1		26	27	
Zinc, Zn.....mg	0.14	0.020	4	A	1		0.34	0.35	
Copper, Cu.....mg	0.075	0.000	4	A	1		0.179	0.183	
Manganese, Mn.....mg	0.105	0.014	4	A	1		0.252	0.259	
Selenium, Se.....mcg	0.5		0	BFSN	4		1.2	1.2	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	22.8		0		1		54.7	56.1	
Thiamin.....mg	0.036	0.002	4	A	1		0.087	0.089	
Riboflavin.....mg	0.022	0.001	4	A	1		0.054	0.055	
Niacin.....mg	0.532	0.039	4	A	1		1.276	1.308	
Pantothenic acid.....mg	0.129	0.051	4	A	1		0.311	0.318	
Vitamin B-6.....mg	0.079	0.005	4	A	1		0.191	0.196	
Folate, total.....mcg	13		0		1		31	32	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	13		0		1		31	32	
Folate, DFE.....mcg_DFE	13		0	NC	4		31	32	
Choline, total.....mg	6.9		0	BFSY	4		16.6	17.0	
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	24		0	AS	1		59	60	
Retinol.....mcg	0		0	Z	7		0	0	
Carotene, beta.....mcg	293	34.216	8	A	1		704	722	
Carotene, alpha.....mcg	0	0.000	8	A	1		0	0	
Cryptoxanthin, beta.....mcg	0	0.000	8	A	1		0	0	
Vitamin A, IU.....IU	489		0	AS	1		1174	1203	
Lycopene.....mcg	3041	379.205	8	A	1		7298	7480	
Lutein + zeaxanthin.....mcg	94	14.377	8	A	1		226	231	
Vitamin E (alpha-tocopherol).....mg	0.56	0.027	4	A	1		1.35	1.38	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg	0.01	0.000	4	A	1		0.04	0.04	
Tocopherol, gamma.....mg	0.21	0.019	4	A	1		0.51	0.52	
Tocopherol, delta.....mg	0.01	0.004	4	A	1		0.03	0.03	
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	2.8	0.218	4	A	1		6.8	7.0	

**NDB No. 11530**  
**Tomatoes, red, ripe, cooked**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common			
	Mean	Std. Error	Number		measures of food			
			of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2
<b>Lipids:</b>								
Fatty acids, total saturated.....g	0.015		0	NC	4		0.036	0.036
4:0.....g	0.000		0		1		0.000	0.000
6:0.....g	0.000		0		1		0.000	0.000
8:0.....g	0.000		0		1		0.000	0.000
10:0.....g	0.000		0		1		0.000	0.000
12:0.....g	0.000		0		1		0.000	0.000
13:0.....g								
14:0.....g	0.000		0		1		0.000	0.000
15:0.....g								
16:0.....g	0.011		0		1		0.026	0.026
17:0.....g								
18:0.....g	0.004		0		1		0.010	0.010
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	0.016		0	NC	4		0.039	0.040
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.001		0		1		0.001	0.001
17:1.....g								
18:1 undifferentiated.....g	0.016		0		1		0.038	0.039
20:1.....g	0.000		0		1		0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.044		0	NC	4		0.105	0.108
18:2 undifferentiated.....g	0.042		0		1		0.102	0.104
18:3 undifferentiated.....g	0.002		0		1		0.004	0.004
18:4.....g	0.000		0		1		0.000	0.000
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000
20:5 n-3.....g	0.000		0		1		0.000	0.000
22:5 n-3.....g	0.000		0		1		0.000	0.000
22:6 n-3.....g	0.000		0		1		0.000	0.000
Fatty acids, total trans.....g								
Cholesterol.....mg	0		0	Z	7		0	0
Phytosterols.....mg	9		0		1		22	22
<b>Amino Acids:</b>								
Tryptophan.....g	0.008		0		1		0.019	0.020
Threonine.....g	0.027		0		1		0.065	0.066
Isoleucine.....g	0.026		0		1		0.062	0.064
Leucine.....g	0.039		0		1		0.094	0.096
Lysine.....g	0.039		0		1		0.094	0.096
Methionine.....g	0.009		0		1		0.022	0.022
Cystine.....g	0.014		0		1		0.034	0.034
Phenylalanine.....g	0.028		0		1		0.067	0.069
Tyrosine.....g	0.018		0		1		0.043	0.044
Valine.....g	0.027		0		1		0.065	0.066
Arginine.....g	0.026		0		1		0.062	0.064
Histidine.....g	0.016		0		1		0.038	0.039
Alanine.....g	0.030		0		1		0.072	0.074
Aspartic acid.....g	0.148		0		1		0.355	0.364
Glutamic acid.....g	0.393		0		1		0.943	0.967
Glycine.....g	0.026		0		1		0.062	0.064
Proline.....g	0.020		0		1		0.048	0.049
Serine.....g	0.028		0		1		0.067	0.069
Hydroxyproline.....g								
<b>Others:</b>								
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0
Theobromine.....mg	0		0	Z	7		0	0

NDB No. 11530  
Tomatoes, red, ripe, cooked

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Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 240g: 1 cup

Measure 2 = 246g: 2 medium

**Calories Factors: Protein** 2.44

**Fat** 8.37

**Carbohydrate**3.57

**Food Group:** 11 Vegetables and Vegetable Products  
USDA National Nutrient Database for Standard Reference, Release 21 (2008)





NDB No. 11660

Tomatoes, red, ripe, cooked, stewed

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.007		0		1		0.007	0.042	
15:0.....g									
16:0.....g	0.327		0		1		0.330	1.975	
17:0.....g									
18:0.....g	0.186		0		1		0.188	1.123	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.048		0		1		1.058	6.330	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0		1		0.002	0.012	
17:1.....g									
18:1 undifferentiated.....g	1.046		0		1		1.056	6.318	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.878		0		1		0.887	5.303	
18:2 undifferentiated.....g	0.839		0		1		0.847	5.068	
18:3 undifferentiated.....g	0.038		0		1		0.038	0.230	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg	14		0		1		14	85	
<b>Amino Acids:</b>									
Tryptophan.....g	0.019		0		1		0.019	0.115	
Threonine.....g	0.054		0		1		0.055	0.326	
Isoleucine.....g	0.064		0		1		0.065	0.387	
Leucine.....g	0.106		0		1		0.107	0.640	
Lysine.....g	0.062		0		1		0.063	0.374	
Methionine.....g	0.024		0		1		0.024	0.145	
Cystine.....g	0.029		0		1		0.029	0.175	
Phenylalanine.....g	0.075		0		1		0.076	0.453	
Tyrosine.....g	0.041		0		1		0.041	0.248	
Valine.....g	0.075		0		1		0.076	0.453	
Arginine.....g	0.067		0		1		0.068	0.405	
Histidine.....g	0.036		0		1		0.036	0.217	
Alanine.....g	0.063		0		1		0.064	0.381	
Aspartic acid.....g	0.174		0		1		0.176	1.051	
Glutamic acid.....g	0.643		0		1		0.649	3.884	
Glycine.....g	0.063		0		1		0.064	0.381	
Proline.....g	0.130		0		1		0.131	0.785	
Serine.....g	0.077		0		1		0.078	0.465	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg									
Theobromine.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 101g: 1 cup

**NDB No. 11660**

**Tomatoes, red, ripe, cooked, stewed**

Measure 2 = 604g: 1 recipe yield

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11884

Tomatoes, red, ripe, cooked, with salt

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	94.34	0.205	4	A	1		226.42	113.21	114.15
Energy.....kcal	18		0	NC	4		42	21	21
Energy.....kj	73		0	NC	4		176	88	89
Protein (N x 6.25).....g	0.95	0.052	4	A	1		2.27	1.14	1.15
Total lipid (fat).....g	0.11	0.023	4	A	1		0.26	0.13	0.13
Ash.....g	0.60	0.025	4	A	1		1.43	0.72	0.72
Carbohydrate, by difference.....g	4.01		0	NC	4		9.62	4.81	4.85
Fiber, total dietary.....g	0.7	0.048	4	A	1		1.7	0.9	0.9
Sugars, total.....g	2.49		0	AS	1		5.98	2.99	3.01
Sucrose.....g	0.00	0.000	4	A	1		0.00	0.00	0.00
Glucose (dextrose).....g	1.18	0.061	4	A	1		2.83	1.41	1.42
Fructose.....g	1.31	0.048	4	A	1		3.15	1.57	1.59
Lactose.....g	0.00	0.000	4	A	1		0.00	0.00	0.00
Maltose.....g	0.00	0.000	4	A	1		0.00	0.00	0.00
Galactose.....g	0.00		0	Z	7		0.00	0.00	0.00
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	11	1.545	4	A	1		25	13	13
Iron, Fe.....mg	0.68	0.122	4	A	1		1.63	0.82	0.82
Magnesium, Mg.....mg	9	0.203	4	A	1		22	11	11
Phosphorus, P.....mg	28	1.313	4	A	1		68	34	34
Potassium, K.....mg	218	12.030	4	A	1		524	262	264
Sodium, Na.....mg	247		0		1		593	296	299
Zinc, Zn.....mg	0.14	0.020	4	A	1		0.34	0.17	0.17
Copper, Cu.....mg	0.075	0.000	4	A	1		0.179	0.089	0.090
Manganese, Mn.....mg	0.105	0.014	4	A	1		0.252	0.126	0.127
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	22.8		0		1		54.7	27.4	27.6
Thiamin.....mg	0.036	0.002	4	A	1		0.087	0.043	0.044
Riboflavin.....mg	0.022	0.001	4	A	1		0.054	0.027	0.027
Niacin.....mg	0.532	0.039	4	A	1		1.276	0.638	0.643
Pantothenic acid.....mg	0.129	0.051	4	A	1		0.311	0.155	0.157
Vitamin B-6.....mg	0.079	0.005	4	A	1		0.191	0.095	0.096
Folate, total.....mcg	13		0		1		31	16	16
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg	13		0		1		31	16	16
Folate, DFE.....mcg_DFE	13		0	NC	4		31	16	16
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	24		0	AS	1		59	29	30
Retinol.....mcg	0		0	Z	7		0	0	0
Carotene, beta.....mcg	293	34.216	8	A	1		704	352	355
Carotene, alpha.....mcg	0	0.000	8	A	1		0	0	0
Cryptoxanthin, beta.....mcg	0	0.000	8	A	1		0	0	0
Vitamin A, IU.....IU	489		0	AS	1		1174	587	592
Lycopene.....mcg	3041	379.205	8	A	1		7298	3649	3679
Lutein + zeaxanthin.....mcg	94	14.377	8	A	1		226	113	114
Vitamin E (alpha-tocopherol).....mg	0.56	0.027	4	A	1		1.35	0.67	0.68
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg	0.01	0.000	4	A	1		0.04	0.02	0.02
Tocopherol, gamma.....mg	0.21	0.019	4	A	1		0.51	0.25	0.26
Tocopherol, delta.....mg	0.01	0.004	4	A	1		0.03	0.01	0.01
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	2.8	0.218	4	A	1		6.8	3.4	3.4

NDB No. 11884

Tomatoes, red, ripe, cooked, with salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.015		0	NC	4		0.036	0.018	0.018
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g	0.000		0		1		0.000	0.000	0.000
15:0.....g									
16:0.....g	0.011		0		1		0.026	0.013	0.013
17:0.....g									
18:0.....g	0.004		0		1		0.010	0.005	0.005
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.016		0	NC	4		0.039	0.020	0.020
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.001	0.001	0.001
17:1.....g									
18:1 undifferentiated.....g	0.016		0		1		0.038	0.019	0.019
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.044		0	NC	4		0.105	0.053	0.053
18:2 undifferentiated.....g	0.042		0		1		0.102	0.051	0.051
18:3 undifferentiated.....g	0.002		0		1		0.004	0.002	0.002
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	0
Phytosterols.....mg	9		0		1		22	11	11
<b>Amino Acids:</b>									
Tryptophan.....g	0.008		0		1		0.019	0.010	0.010
Threonine.....g	0.027		0		1		0.065	0.032	0.033
Isoleucine.....g	0.026		0		1		0.062	0.031	0.031
Leucine.....g	0.039		0		1		0.094	0.047	0.047
Lysine.....g	0.039		0		1		0.094	0.047	0.047
Methionine.....g	0.009		0		1		0.022	0.011	0.011
Cystine.....g	0.014		0		1		0.034	0.017	0.017
Phenylalanine.....g	0.028		0		1		0.067	0.034	0.034
Tyrosine.....g	0.018		0		1		0.043	0.022	0.022
Valine.....g	0.027		0		1		0.065	0.032	0.033
Arginine.....g	0.026		0		1		0.062	0.031	0.031
Histidine.....g	0.016		0		1		0.038	0.019	0.019
Alanine.....g	0.030		0		1		0.072	0.036	0.036
Aspartic acid.....g	0.148		0		1		0.355	0.178	0.179
Glutamic acid.....g	0.393		0		1		0.943	0.472	0.476
Glycine.....g	0.026		0		1		0.062	0.031	0.031
Proline.....g	0.020		0		1		0.048	0.024	0.024
Serine.....g	0.028		0		1		0.067	0.034	0.034
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g									
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0

NDB No. 11884

Tomatoes, red, ripe, cooked, with salt

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Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 240g: 1 cup

Measure 2 = 120g: .5 cup

Measure 3 = 121g: 1 NLEA serving

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11529

Tomatoes, red, ripe, raw, year round average

*Lycopersicon esculentum*

Includes USDA commodity food A238, A233

Refuse:9% Core and stem ends

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	94.50	0.159	33	JO	11		140.80	170.09	58.59
Energy.....kcal	18		0	NC	4		27	32	11
Energy.....kj	75		0	NC	4		111	134	46
Protein (N x 6.25).....g	0.88	0.039	19	JO	11		1.32	1.59	0.55
Total lipid (fat).....g	0.20	0.034	26	JO	11		0.30	0.37	0.13
Ash.....g	0.50	0.018	19	JA	6		0.75	0.90	0.31
Carbohydrate, by difference.....g	3.92		0	NC	4		5.83	7.05	2.43
Fiber, total dietary.....g	1.2	0.234	5	JA	6		1.8	2.2	0.8
Sugars, total.....g	2.63		0	NC	4		3.91	4.73	1.63
Sucrose.....g	0.00	0.002	12	JA	6		0.00	0.00	0.00
Glucose (dextrose).....g	1.25	0.135	16	JA	6		1.86	2.25	0.77
Fructose.....g	1.37	0.073	17	JA	6		2.05	2.47	0.85
Lactose.....g	0.00	0.000	9	JA	6		0.00	0.00	0.00
Maltose.....g	0.00	0.000	9	JA	6		0.00	0.00	0.00
Galactose.....g	0.00	0.000	4	A	1		0.00	0.00	0.00
Starch.....g	0.00	0.000	4	A	1		0.00	0.00	0.00
<b>Minerals:</b>									
Calcium, Ca.....mg	10	0.291	69	JA	6		15	18	6
Iron, Fe.....mg	0.27	0.015	70	JA	6		0.41	0.49	0.17
Magnesium, Mg.....mg	11	0.198	70	JA	6		16	20	7
Phosphorus, P.....mg	24	0.534	69	JA	6		36	43	15
Potassium, K.....mg	237	5.318	67	JA	6		353	426	147
Sodium, Na.....mg	5	0.565	66	JA	6		7	8	3
Zinc, Zn.....mg	0.17	0.036	70	JA	6		0.25	0.30	0.10
Copper, Cu.....mg	0.059	0.002	70	JA	6		0.088	0.106	0.036
Manganese, Mn.....mg	0.114	0.013	70	JA	6		0.170	0.205	0.071
Selenium, Se.....mcg	0.0	0.011	36	JA	6		0.0	0.0	0.0
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	12.7	1.142	19	JA	6		18.9	22.8	7.9
Thiamin.....mg	0.037	0.004	19	JA	6		0.055	0.067	0.023
Riboflavin.....mg	0.019	0.001	19	JA	6		0.029	0.035	0.012
Niacin.....mg	0.594	0.032	19	JA	6		0.886	1.070	0.368
Pantothenic acid.....mg	0.089	0.014	11	JA	6		0.132	0.160	0.055
Vitamin B-6.....mg	0.080	0.003	19	JA	6		0.119	0.144	0.050
Folate, total.....mcg	15	2.252	19	JA	6		22	27	9
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg	15	2.252	19	JA	6		22	27	9
Folate, DFE.....mcg_DFE	15		0	NC	4		22	27	9
Choline, total.....mg	6.7		0	AS	1		10.0	12.1	4.2
Betaine.....mg	0.1		2	A	1		0.1	0.1	0.0
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	42		0	AS	1		62	75	26
Retinol.....mcg	0		0	Z	7		0	0	0
Carotene, beta.....mcg	449	2.491	70	A	1		670	809	279
Carotene, alpha.....mcg	101	101.455	66	A	1		151	183	63
Cryptoxanthin, beta.....mcg	0	0.000	10	A	1		0	0	0
Vitamin A, IU.....IU	833		0	AS	1		1242	1500	517
Lycopene.....mcg	2573	54.368	13	A	1		3833	4631	1595
Lutein + zeaxanthin.....mcg	123	4.493	10	A	1		183	221	76
Vitamin E (alpha-tocopherol).....mg	0.54	0.070	16	JO	11		0.80	0.97	0.33
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg	0.01	0.002	16	JO	11		0.01	0.01	0.00
Tocopherol, gamma.....mg	0.12	0.016	16	JO	11		0.18	0.22	0.08
Tocopherol, delta.....mg	0.00	0.002	16	JO	11		0.01	0.01	0.00
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	7.9	4.743	15	JO	11		11.8	14.2	4.9

NDB No. 11529

Tomatoes, red, ripe, raw, year round average

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	measures of food		
							Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.028		0	NC	4		0.042	0.051	0.018
4:0.....g	0.000		0		1		0.000	0.000	0.000
6:0.....g	0.000		0		1		0.000	0.000	0.000
8:0.....g	0.000		0		1		0.000	0.000	0.000
10:0.....g	0.000		0		1		0.000	0.000	0.000
12:0.....g	0.000		0		1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.000		1		1		0.000	0.000	0.000
15:0.....g									
16:0.....g	0.020		1		1		0.030	0.036	0.013
17:0.....g									
18:0.....g	0.008		1		1		0.012	0.014	0.005
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.031		0	NC	4		0.047	0.056	0.019
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		1		1		0.002	0.002	0.001
17:1.....g									
18:1 undifferentiated.....g	0.030		1		1		0.045	0.054	0.019
20:1.....g	0.000		1		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.083		0	NC	4		0.123	0.149	0.051
18:2 undifferentiated.....g	0.080		1		1		0.119	0.144	0.049
18:3 undifferentiated.....g	0.003		1		1		0.005	0.006	0.002
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	0
Phytosterols.....mg	7		1		1		10	13	4
<b>Amino Acids:</b>									
Tryptophan.....g	0.006		0	JA	6		0.010	0.012	0.004
Threonine.....g	0.027		0	JA	6		0.041	0.049	0.017
Isoleucine.....g	0.018		0	JA	6		0.027	0.033	0.011
Leucine.....g	0.025		0	JA	6		0.038	0.045	0.016
Lysine.....g	0.027		0	JA	6		0.041	0.049	0.017
Methionine.....g	0.006		0	JA	6		0.008	0.010	0.003
Cystine.....g	0.009		0	JA	6		0.014	0.017	0.006
Phenylalanine.....g	0.067		0	JA	6		0.100	0.121	0.042
Tyrosine.....g	0.014		0	JA	6		0.020	0.024	0.008
Valine.....g	0.018		0	JA	6		0.027	0.033	0.011
Arginine.....g	0.021		0	JA	6		0.031	0.037	0.013
Histidine.....g	0.014		0	JA	6		0.022	0.026	0.009
Alanine.....g	0.027		0	JA	6		0.040	0.049	0.017
Aspartic acid.....g	0.135		0	JA	6		0.201	0.243	0.084
Glutamic acid.....g	0.431		0	JA	6		0.642	0.776	0.267
Glycine.....g	0.019		0	JA	6		0.029	0.035	0.012
Proline.....g	0.015		0	JA	6		0.023	0.028	0.009
Serine.....g	0.026		0	JA	6		0.038	0.047	0.016
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0

NDB No. 11529

Tomatoes, red, ripe, raw, year round average

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Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 149g: 1 cup cherry tomatoes

Measure 2 = 180g: 1 cup, chopped or sliced

Measure 3 = 62g: 1 Italian tomato

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)



NDB No. 11955  
Tomatoes, sun-dried

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	14.56		1		1		7.86	0.29	
Energy.....kcal	258		0	NC	4		139	5	
Energy.....kj	1079		0		4		583	22	
Protein (N x 6.25).....g	14.11		1		1		7.62	0.28	
Total lipid (fat).....g	2.97		1		1		1.60	0.06	
Ash.....g	12.60		1		1		6.80	0.25	
Carbohydrate, by difference.....g	55.76		0	NC	4		30.11	1.12	
Fiber, total dietary.....g	12.3		0		1		6.6	0.2	
Sugars, total.....g	37.59		0	BFSN	4		20.30	0.75	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	110		1		1		59	2	
Iron, Fe.....mg	9.09		1		1		4.91	0.18	
Magnesium, Mg.....mg	194		1		1		105	4	
Phosphorus, P.....mg	356		1		1		192	7	
Potassium, K.....mg	3427		1		1		1851	69	
Sodium, Na.....mg	2095		1		1		1131	42	
Zinc, Zn.....mg	1.99		1		1		1.07	0.04	
Copper, Cu.....mg	1.423		1		1		0.768	0.028	
Manganese, Mn.....mg	1.846		1		1		0.997	0.037	
Selenium, Se.....mcg	5.5		0	BFSN	4		3.0	0.1	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	39.2		1		1		21.2	0.8	
Thiamin.....mg	0.528		1		1		0.285	0.011	
Riboflavin.....mg	0.489		1		1		0.264	0.010	
Niacin.....mg	9.050		1		1		4.887	0.181	
Pantothenic acid.....mg	2.087		1		1		1.127	0.042	
Vitamin B-6.....mg	0.332		1		1		0.179	0.007	
Folate, total.....mcg	68		1		1		37	1	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	68		1		1		37	1	
Folate, DFE.....mcg_DFE	68		0	NC	4		37	1	
Choline, total.....mg	104.6		0	BFSN	4		56.5	2.1	
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	44		0	NC	4		24	1	
Retinol.....mcg	0		0	BNA	4		0	0	
Carotene, beta.....mcg	524		0	BNA	4		283	10	
Carotene, alpha.....mcg	0		0	BNA	4		0	0	
Cryptoxanthin, beta.....mcg	0		0	BNA	4		0	0	
Vitamin A, IU.....IU	874		0	NC	4		472	17	
Lycopene.....mcg	45902		0	BFSN	4		24787	918	
Lutein + zeaxanthin.....mcg	1419		0	BFSN	4		766	28	
Vitamin E (alpha-tocopherol).....mg	0.01		0	O	4		0.01	0.00	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	43.0		0	BFSN	4		23.2	0.9	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.426		0		1		0.230	0.009	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.000		0		1		0.000	0.000	

**NDB No. 11955**  
**Tomatoes, sun-dried**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0		1		0.000	0.000	
13:0.....g									
14:0.....g	0.004		1		1		0.002	0.000	
15:0.....g									
16:0.....g	0.326		1		1		0.176	0.007	
17:0.....g									
18:0.....g	0.096		1		1		0.052	0.002	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.487		0		1		0.263	0.010	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.011		1		1		0.006	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.476		1		1		0.257	0.010	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.115		0		1		0.602	0.022	
18:2 undifferentiated.....g	1.104		1		1		0.596	0.022	
18:3 undifferentiated.....g	0.011		1		1		0.006	0.000	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.104		0		1		0.056	0.002	
Threonine.....g	0.357		0		1		0.193	0.007	
Isoleucine.....g	0.339		0		1		0.183	0.007	
Leucine.....g	0.517		0		1		0.279	0.010	
Lysine.....g	0.519		0		1		0.280	0.010	
Methionine.....g	0.122		0		1		0.066	0.002	
Cystine.....g	0.183		0		1		0.099	0.004	
Phenylalanine.....g	0.366		0		1		0.198	0.007	
Tyrosine.....g	0.242		0		1		0.131	0.005	
Valine.....g	0.361		0		1		0.195	0.007	
Arginine.....g	0.343		0		1		0.185	0.007	
Histidine.....g	0.214		0		1		0.116	0.004	
Alanine.....g	0.402		0		1		0.217	0.008	
Aspartic acid.....g	1.957		0		1		1.057	0.039	
Glutamic acid.....g	5.202		0		1		2.809	0.104	
Glycine.....g	0.348		0		1		0.188	0.007	
Proline.....g	0.266		0		1		0.144	0.005	
Serine.....g	0.375		0		1		0.203	0.008	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

**NDB No. 11955**

**Tomatoes, sun-dried**

Measure 1 = 54g: 1 cup

Measure 2 = 2.0g: 1 piece

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)



NDB No. 11956

Tomatoes, sun-dried, packed in oil, drained

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.005		1		1		0.006	0.000	
15:0.....g									
16:0.....g	1.548		1		1		1.703	0.046	
17:0.....g									
18:0.....g	0.340		1		1		0.374	0.010	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	8.663		0		1		9.529	0.260	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.100		1		1		0.110	0.003	
17:1.....g									
18:1 undifferentiated.....g	8.530		1		1		9.383	0.256	
20:1.....g	0.033		1		1		0.036	0.001	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.060		0		1		2.266	0.062	
18:2 undifferentiated.....g	1.982		1		1		2.180	0.059	
18:3 undifferentiated.....g	0.078		1		1		0.086	0.002	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.037		0		1		0.041	0.001	
Threonine.....g	0.128		0		1		0.141	0.004	
Isoleucine.....g	0.121		0		1		0.133	0.004	
Leucine.....g	0.185		0		1		0.204	0.006	
Lysine.....g	0.186		0		1		0.205	0.006	
Methionine.....g	0.044		0		1		0.048	0.001	
Cystine.....g	0.066		0		1		0.073	0.002	
Phenylalanine.....g	0.131		0		1		0.144	0.004	
Tyrosine.....g	0.087		0		1		0.096	0.003	
Valine.....g	0.130		0		1		0.143	0.004	
Arginine.....g	0.123		0		1		0.135	0.004	
Histidine.....g	0.077		0		1		0.085	0.002	
Alanine.....g	0.144		0		1		0.158	0.004	
Aspartic acid.....g	0.702		0		1		0.772	0.021	
Glutamic acid.....g	1.865		0		1		2.052	0.056	
Glycine.....g	0.125		0		1		0.138	0.004	
Proline.....g	0.096		0		1		0.106	0.003	
Serine.....g	0.134		0		1		0.147	0.004	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 110g: 1 cup

Measure 2 = 3.0g: 1 piece

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

**NDB No. 11956**

**Tomatoes, sun-dried, packed in oil, drained**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)



**NDB No. 11696**  
**Tomatoes, yellow, raw**

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g									
15:0.....g									
16:0.....g	0.027		0	BFFN	4	0.038	0.057		
17:0.....g									
18:0.....g	0.010		0	BFFN	4	0.014	0.021		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.040		0	BFFN	4	0.056	0.085		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0	BFFN	4	0.003	0.004		
17:1.....g									
18:1 undifferentiated.....g	0.039		0	BFFN	4	0.054	0.083		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.108		0	BFFN	4	0.150	0.229		
18:2 undifferentiated.....g	0.104		0	BFFN	4	0.145	0.220		
18:3 undifferentiated.....g	0.004		0	BFFN	4	0.006	0.008		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7	0	0		
Phytosterols.....mg	6		0	BFFN	4	8	13		
<b>Amino Acids:</b>									
Tryptophan.....g	0.007		0	BFFN	4	0.010	0.015		
Threonine.....g	0.024		0	BFFN	4	0.033	0.051		
Isoleucine.....g	0.023		0	BFFN	4	0.032	0.049		
Leucine.....g	0.036		0	BFFN	4	0.050	0.076		
Lysine.....g	0.036		0	BFFN	4	0.050	0.076		
Methionine.....g	0.008		0	BFFN	4	0.011	0.017		
Cystine.....g	0.013		0	BFFN	4	0.018	0.028		
Phenylalanine.....g	0.025		0	BFFN	4	0.035	0.053		
Tyrosine.....g	0.017		0	BFFN	4	0.024	0.036		
Valine.....g	0.025		0	BFFN	4	0.035	0.053		
Arginine.....g	0.024		0	BFFN	4	0.033	0.051		
Histidine.....g	0.015		0	BFFN	4	0.021	0.032		
Alanine.....g	0.028		0	BFFN	4	0.039	0.059		
Aspartic acid.....g	0.135		0	BFFN	4	0.188	0.286		
Glutamic acid.....g	0.359		0	BFFN	4	0.499	0.761		
Glycine.....g	0.024		0	BFFN	4	0.033	0.051		
Proline.....g	0.018		0	BFFN	4	0.025	0.038		
Serine.....g	0.026		0	BFFN	4	0.036	0.055		
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 139g: 1 cup, chopped

Measure 2 = 212g: 1 tomato

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**



**NDB No. 11696**  
**Tomatoes, yellow, raw**

**Food Group:** 11 Vegetables and Vegetable Products  
USDA National Nutrient Database for Standard Reference, Release 21 (2008)



NDB No. 11928  
Tree fern, cooked, with salt

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Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 31g: 1 frond (6-1/2" long)

Measure 2 = 71g: .5 cup, chopped or diced

**Calories Factors: Protein** 2.44

**Fat** 8.37

**Carbohydrate**3.57

**Food Group:** 11 Vegetables and Vegetable Products  
USDA National Nutrient Database for Standard Reference, Release 21 (2008)



NDB No. 11563  
 Tree fern, cooked, without salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.000		0		4		0.000	0.000	
15:0.....g									
16:0.....g	0.008		0		4		0.006	0.002	
17:0.....g									
18:0.....g	0.000		0		4		0.000	0.000	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.005		0		4		0.004	0.002	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.005		0		4		0.004	0.002	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.034		0		4		0.024	0.011	
18:2 undifferentiated.....g	0.014		0		4		0.010	0.004	
18:3 undifferentiated.....g	0.018		0		4		0.013	0.006	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg									
Theobromine.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 71g: .5 cup, chopped  
 Measure 2 = 31g: 1 frond (6-1/2" long)

**Calories Factors: Protein 2.44                      Fat 8.37                      Carbohydrate 3.57**

**Food Group:** 11 Vegetables and Vegetable Products  
 USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11893

Turnip greens and turnips, frozen, cooked, boiled, drained, with salt

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	91.04		0	RA	4		148.40	78.29	
Energy.....kcal	34		0	NC	4		56	30	
Energy.....kj	144		0	NC	4		234	124	
Protein (N x 6.25).....g	2.99		0	RA	4		4.87	2.57	
Total lipid (fat).....g	0.38		0	RA	4		0.63	0.33	
Ash.....g	0.85		0	RA	4		1.39	0.73	
Carbohydrate, by difference.....g	4.74		0	NC	4		7.72	4.07	
Fiber, total dietary.....g	3.1		0	RA	4		5.1	2.7	
Sugars, total.....g	0.95		0	RA	4		1.56	0.82	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	128		0	RA	4		209	110	
Iron, Fe.....mg	1.75		0	RA	4		2.85	1.50	
Magnesium, Mg.....mg	24		0	RA	4		38	20	
Phosphorus, P.....mg	32		0	RA	4		53	28	
Potassium, K.....mg	216		0	RA	4		351	185	
Sodium, Na.....mg	255		0	RA	4		416	219	
Zinc, Zn.....mg	0.37		0	RA	4		0.60	0.32	
Copper, Cu.....mg	0.133		0	RA	4		0.216	0.114	
Manganese, Mn.....mg	0.400		0	RA	4		0.652	0.344	
Selenium, Se.....mcg	1.1		0	RA	4		1.8	0.9	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	18.2		0	RA	4		29.7	15.7	
Thiamin.....mg	0.050		0	RA	4		0.082	0.043	
Riboflavin.....mg	0.065		0	RA	4		0.106	0.056	
Niacin.....mg	0.486		0	RA	4		0.793	0.418	
Pantothenic acid.....mg	0.083		0	RA	4		0.136	0.072	
Vitamin B-6.....mg	0.067		0	RA	4		0.109	0.058	
Folate, total.....mcg	33		0	RA	4		54	28	
Folic acid.....mcg	0		0	RA	4		0	0	
Folate, food.....mcg	33		0	RA	4		54	28	
Folate, DFE.....mcg_DFE	33		0	NC	4		54	28	
Choline, total.....mg	2.1		0	RA	4		3.5	1.8	
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	RA	4		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	RA	4		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	431		0	NC	4		702	370	
Retinol.....mcg	0		0	RA	4		0	0	
Carotene, beta.....mcg	5167		0	RA	4		8422	4444	
Carotene, alpha.....mcg	0		0	RA	4		0	0	
Cryptoxanthin, beta.....mcg	0		0	RA	4		0	0	
Vitamin A, IU.....IU	8612		0	NC	4		14037	7406	
Lycopene.....mcg	0		0	RA	4		0	0	
Lutein + zeaxanthin.....mcg	9532		0	RA	4		15538	8198	
Vitamin E (alpha-tocopherol).....mg	2.13		0	RA	4		3.47	1.83	
Vitamin E, added.....mg	0.00		0	RA	4		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	415.1		0	RA	4		676.7	357.0	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.085		0	RA	4		0.139	0.073	
4:0.....g									
6:0.....g									
8:0.....g	0.002		0	RA	4		0.003	0.001	
10:0.....g	0.002		0	RA	4		0.003	0.001	

Turnip greens and turnips, frozen, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.002		0	RA	4		0.003	0.001	
13:0.....g									
14:0.....g	0.003		0	RA	4		0.005	0.003	
15:0.....g									
16:0.....g	0.065		0	RA	4		0.107	0.056	
17:0.....g									
18:0.....g	0.012		0	RA	4		0.019	0.010	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.024		0	RA	4		0.040	0.021	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.016		0	RA	4		0.026	0.014	
17:1.....g									
18:1 undifferentiated.....g	0.008		0	RA	4		0.013	0.007	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.160		0	RA	4		0.261	0.138	
18:2 undifferentiated.....g	0.046		0	RA	4		0.076	0.040	
18:3 undifferentiated.....g	0.114		0	RA	4		0.186	0.098	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	RA	4		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.049		0	RA	4		0.081	0.042	
Threonine.....g	0.156		0	RA	4		0.254	0.134	
Isoleucine.....g	0.151		0	RA	4		0.246	0.130	
Leucine.....g	0.257		0	RA	4		0.419	0.221	
Lysine.....g	0.187		0	RA	4		0.304	0.160	
Methionine.....g	0.065		0	RA	4		0.105	0.056	
Cystine.....g	0.032		0	RA	4		0.052	0.028	
Phenylalanine.....g	0.171		0	RA	4		0.278	0.147	
Tyrosine.....g	0.109		0	RA	4		0.177	0.093	
Valine.....g	0.193		0	RA	4		0.314	0.166	
Arginine.....g	0.176		0	RA	4		0.287	0.152	
Histidine.....g	0.070		0	RA	4		0.113	0.060	
Alanine.....g	0.195		0	RA	4		0.318	0.168	
Aspartic acid.....g	0.304		0	RA	4		0.496	0.261	
Glutamic acid.....g	0.410		0	RA	4		0.668	0.352	
Glycine.....g	0.169		0	RA	4		0.276	0.146	
Proline.....g	0.135		0	RA	4		0.221	0.116	
Serine.....g	0.119		0	RA	4		0.195	0.103	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g									
Caffeine.....mg	0		0	RA	4		0	0	
Theobromine.....mg	0		0	RA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

**NDB No. 11893**

**Turnip greens and turnips, frozen, cooked, boiled, drained, with salt**

Measure 1 = 163g: 1 cup

Measure 2 = 86g: .5 cup

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)



NDB No. 11577

Turnip greens and turnips, frozen, cooked, boiled, drained, w without salt

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	91.04		0	RA	4		148.40		
Energy.....kcal	35		0	NC	4		57		
Energy.....kj	146		0	NC	4		237		
Protein (N x 6.25).....g	2.99		0	RA	4		4.87		
Total lipid (fat).....g	0.38		0	RA	4		0.63		
Ash.....g	0.74		0	RA	4		1.20		
Carbohydrate, by difference.....g	4.85		0	RA	4		7.91		
Fiber, total dietary.....g	3.1		0	RA	4		5.1		
Sugars, total.....g	1.07		0	RA	4		1.75		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	128		0	RA	4		209		
Iron, Fe.....mg	1.75		0	RA	4		2.85		
Magnesium, Mg.....mg	24		0	RA	4		38		
Phosphorus, P.....mg	32		0	RA	4		53		
Potassium, K.....mg	216		0	RA	4		351		
Sodium, Na.....mg	19		0	RA	4		31		
Zinc, Zn.....mg	0.37		0	RA	4		0.60		
Copper, Cu.....mg	0.133		0	RA	4		0.216		
Manganese, Mn.....mg	0.400		0	RA	4		0.652		
Selenium, Se.....mcg	1.1		0	RA	4		1.8		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	18.2		0	RA	4		29.7		
Thiamin.....mg	0.050		0	RA	4		0.082		
Riboflavin.....mg	0.065		0	RA	4		0.106		
Niacin.....mg	0.486		0	RA	4		0.793		
Pantothenic acid.....mg	0.083		0	RA	4		0.136		
Vitamin B-6.....mg	0.067		0	RA	4		0.109		
Folate, total.....mcg	33		0	RA	4		54		
Folic acid.....mcg	0		0	RA	4		0		
Folate, food.....mcg	33		0	RA	4		54		
Folate, DFE.....mcg_DFE	33		0	NC	4		54		
Choline, total.....mg	2.1		0	RA	4		3.5		
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	RA	4		0.00		
Vitamin B-12, added.....mcg	0.00		0	RA	4		0.00		
Vitamin A, RAE.....mcg_RAE	431		0	NC	4		702		
Retinol.....mcg	0		0	RA	4		0		
Carotene, beta.....mcg	5167		0	RA	4		8422		
Carotene, alpha.....mcg	0		0	RA	4		0		
Cryptoxanthin, beta.....mcg	0		0	RA	4		0		
Vitamin A, IU.....IU	8612		0	NC	4		14037		
Lycopene.....mcg	0		0	RA	4		0		
Lutein + zeaxanthin.....mcg	9532		0	RA	4		15538		
Vitamin E (alpha-tocopherol).....mg	2.13		0	RA	4		3.47		
Vitamin E, added.....mg	0.00		0	RA	4		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	415.1		0	RA	4		676.7		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.085		0	RA	4		0.139		
4:0.....g	0.000		0	RA	4		0.000		
6:0.....g	0.000		0	RA	4		0.000		
8:0.....g	0.002		0	RA	4		0.003		
10:0.....g	0.002		0	RA	4		0.003		

## Turnip greens and turnips, frozen, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.002		0	RA	4		0.003		
13:0.....g									
14:0.....g	0.003		0	RA	4		0.005		
15:0.....g									
16:0.....g	0.065		0	RA	4		0.107		
17:0.....g									
18:0.....g	0.012		0	RA	4		0.019		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.024		0	RA	4		0.040		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.016		0	RA	4		0.026		
17:1.....g									
18:1 undifferentiated.....g	0.008		0	RA	4		0.013		
20:1.....g	0.000		0	RA	4		0.000		
22:1 undifferentiated.....g	0.000		0	RA	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.160		0	RA	4		0.261		
18:2 undifferentiated.....g	0.046		0	RA	4		0.076		
18:3 undifferentiated.....g	0.114		0	RA	4		0.186		
18:4.....g	0.000		0	RA	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RA	4		0.000		
20:5 n-3.....g	0.000		0	RA	4		0.000		
22:5 n-3.....g	0.000		0	RA	4		0.000		
22:6 n-3.....g	0.000		0	RA	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	RA	4		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.049		0	RA	4		0.081		
Threonine.....g	0.156		0	RA	4		0.254		
Isoleucine.....g	0.151		0	RA	4		0.246		
Leucine.....g	0.257		0	RA	4		0.419		
Lysine.....g	0.187		0	RA	4		0.304		
Methionine.....g	0.065		0	RA	4		0.105		
Cystine.....g	0.032		0	RA	4		0.052		
Phenylalanine.....g	0.171		0	RA	4		0.278		
Tyrosine.....g	0.109		0	RA	4		0.177		
Valine.....g	0.193		0	RA	4		0.314		
Arginine.....g	0.176		0	RA	4		0.287		
Histidine.....g	0.070		0	RA	4		0.113		
Alanine.....g	0.195		0	RA	4		0.318		
Aspartic acid.....g	0.304		0	RA	4		0.496		
Glutamic acid.....g	0.410		0	RA	4		0.668		
Glycine.....g	0.169		0	RA	4		0.276		
Proline.....g	0.135		0	RA	4		0.221		
Serine.....g	0.119		0	RA	4		0.195		
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	RA	4		0.0		
Caffeine.....mg	0		0	RA	4		0		
Theobromine.....mg	0		0	RA	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

**NDB No. 11577**

**Turnip greens and turnips, frozen, cooked, boiled, drained, without salt**

Measure 1 = 163g: 1 cup

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)



Turnip greens and turnips, frozen, unprepared

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.001		0		1		0.003	0.014	
15:0.....g									
16:0.....g	0.026		0		1		0.074	0.354	
17:0.....g									
18:0.....g	0.004		0		1		0.011	0.054	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.012		0		1		0.034	0.163	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.005		0		1		0.014	0.068	
17:1.....g									
18:1 undifferentiated.....g	0.007		0		1		0.020	0.095	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.088		0		1		0.250	1.198	
18:2 undifferentiated.....g	0.023		0		1		0.065	0.313	
18:3 undifferentiated.....g	0.065		0		1		0.185	0.885	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.037		0		1		0.105	0.504	
Threonine.....g	0.115		0		1		0.327	1.565	
Isoleucine.....g	0.119		0		1		0.338	1.620	
Leucine.....g	0.185		0		1		0.525	2.518	
Lysine.....g	0.141		0		1		0.400	1.919	
Methionine.....g	0.048		0		1		0.136	0.653	
Cystine.....g	0.024		0		1		0.068	0.327	
Phenylalanine.....g	0.121		0		1		0.344	1.647	
Tyrosine.....g	0.078		0		1		0.222	1.062	
Valine.....g	0.142		0		1		0.403	1.933	
Arginine.....g	0.128		0		1		0.364	1.742	
Histidine.....g	0.053		0		1		0.151	0.721	
Alanine.....g	0.147		0		1		0.417	2.001	
Aspartic acid.....g	0.234		0		1		0.665	3.185	
Glutamic acid.....g	0.341		0		1		0.968	4.641	
Glycine.....g	0.124		0		1		0.352	1.688	
Proline.....g	0.103		0		1		0.293	1.402	
Serine.....g	0.094		0		1		0.267	1.279	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 284g: 1 package (10 oz)

Measure 2 = 1361g: 1 package (3 lb)

**Calories Factors: Protein 2.78**

**Fat 8.37**

**Carbohydrate 3.84**

**NDB No. 11576**

**Turnip greens and turnips, frozen, unprepared**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 43387

Turnip greens, canned, no salt added

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	94.69		1		1		136.35		
Energy.....kcal	19		0	NC	4		28		
Energy.....kj	81		0	NC	4		117		
Protein.....g	1.36		1		1		1.96		
Total lipid (fat).....g	0.30		1		1		0.43		
Ash.....g	0.84		0	BFSN	4		1.21		
Carbohydrate, by difference.....g	2.81		0	NC	4		4.05		
Fiber, total dietary.....g	1.3		0		4		1.9		
Sugars, total.....g	0.42		0	BFSN	4		0.60		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	118		1		1		170		
Iron, Fe.....mg	1.51		1		1		2.17		
Magnesium, Mg.....mg	20		1		1		29		
Phosphorus, P.....mg	21		1		1		30		
Potassium, K.....mg	141		1		1		203		
Sodium, Na.....mg	29		1		1		42		
Zinc, Zn.....mg	0.23		1		1		0.33		
Copper, Cu.....mg	0.083		1		1		0.120		
Manganese, Mn.....mg	0.263		0	BFSN	4		0.379		
Selenium, Se.....mcg	0.7		0	BFSN	4		1.0		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	15.5		1		1		22.3		
Thiamin.....mg	0.010		1		1		0.014		
Riboflavin.....mg	0.060		1		1		0.086		
Niacin.....mg	0.360		1		1		0.518		
Pantothenic acid.....mg	0.214		0	BFSN	4		0.308		
Vitamin B-6.....mg	0.040		1		1		0.058		
Folate, total.....mcg	92		0	BFSN	4		133		
Folic acid.....mcg	0		0	BFSN	4		0		
Folate, food.....mcg	92		0	BFSN	4		133		
Folate, DFE.....mcg_DFE	92		0	NC	4		133		
Choline, total.....mg	0.3		0	BFSN	4		0.4		
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0		7		0.00		
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....mcg_RAE	298		0	NC	4		429		
Retinol.....mcg	0		0	BFSN	4		0		
Carotene, beta.....mcg	3573		0	BFSN	4		5144		
Carotene, alpha.....mcg	0		0	BFSN	4		0		
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0		
Vitamin A, IU.....IU	5954		0	NC	4		8574		
Lycopene.....mcg	0		0	BFSN	4		0		
Lutein + zeaxanthin.....mcg	6591		0	BFSN	4		9491		
Vitamin E (alpha-tocopherol).....mg	1.47		0	BFSN	4		2.12		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	287.0		0	BFSN	4		413.3		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.070		0		1		0.101		
4:0.....g	0.000		0		4		0.000		
6:0.....g	0.000		0		4		0.000		
8:0.....g	0.001		0		4		0.001		
10:0.....g	0.002		0		4		0.003		

NDB No. 43387

Turnip greens, canned, no salt added

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.002		0		4		0.003		
13:0.....g									
14:0.....g	0.003		0		4		0.004		
15:0.....g									
16:0.....g	0.054		0		4		0.078		
17:0.....g									
18:0.....g	0.010		0		4		0.014		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.020		0		1		0.029		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.014		0		4		0.020		
17:1.....g									
18:1 undifferentiated.....g	0.005		0		4		0.007		
20:1.....g	0.000		0		4		0.000		
22:1 undifferentiated.....g	0.000		0		4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.120		0		1		0.173		
18:2 undifferentiated.....g	0.036		0		4		0.052		
18:3 undifferentiated.....g	0.084		0		4		0.121		
18:4.....g	0.000		0		4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000		
20:5 n-3.....g	0.000		0		4		0.000		
22:5 n-3.....g	0.000		0		4		0.000		
22:6 n-3.....g	0.000		0		4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		7		0		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 144g: 1 cup

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)





NDB No. 11570

Turnip greens, canned, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.003		0		1		0.004	0.013	
15:0.....g									
16:0.....g	0.054		0		1		0.063	0.230	
17:0.....g									
18:0.....g	0.010		0		1		0.012	0.043	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.020		0		1		0.023	0.085	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.014		0		1		0.016	0.060	
17:1.....g									
18:1 undifferentiated.....g	0.005		0		1		0.006	0.021	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.120		0		1		0.140	0.510	
18:2 undifferentiated.....g	0.036		0		1		0.042	0.153	
18:3 undifferentiated.....g	0.084		0		1		0.098	0.357	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.023		0		1		0.027	0.098	
Threonine.....g	0.074		0		1		0.087	0.315	
Isoleucine.....g	0.070		0		1		0.082	0.298	
Leucine.....g	0.124		0		1		0.145	0.527	
Lysine.....g	0.088		0		1		0.103	0.374	
Methionine.....g	0.031		0		1		0.036	0.132	
Cystine.....g	0.015		0		1		0.018	0.064	
Phenylalanine.....g	0.083		0		1		0.097	0.353	
Tyrosine.....g	0.053		0		1		0.062	0.225	
Valine.....g	0.092		0		1		0.108	0.391	
Arginine.....g	0.085		0		1		0.099	0.361	
Histidine.....g	0.033		0		1		0.039	0.140	
Alanine.....g	0.093		0		1		0.109	0.395	
Aspartic acid.....g	0.143		0		1		0.167	0.608	
Glutamic acid.....g	0.185		0		1		0.216	0.786	
Glycine.....g	0.081		0		1		0.095	0.344	
Proline.....g	0.064		0		1		0.075	0.272	
Serine.....g	0.055		0		1		0.064	0.234	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 117g: .5 cup

Measure 2 = 425g: 1 can, 15 oz (303 x 406)

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

**NDB No. 11570**

**Turnip greens, canned, solids and liquids**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11891

Turnip greens, cooked, boiled, drained, with salt

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	93.20		0		1		134.21		
Energy.....kcal	20		0	NC	4		29		
Energy.....kj	85		0	NC	4		122		
Protein (N x 6.25).....g	1.14		0		1		1.64		
Total lipid (fat).....g	0.23		0		1		0.33		
Ash.....g	1.07		0		1		1.54		
Carbohydrate, by difference.....g	4.36		0	NC	4		6.28		
Fiber, total dietary.....g	3.5		0		4		5.0		
Sugars, total.....g	0.53		0	BFSN	4		0.77		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	137		0		1		197		
Iron, Fe.....mg	0.80		0		1		1.15		
Magnesium, Mg.....mg	22		0		1		32		
Phosphorus, P.....mg	29		0		1		42		
Potassium, K.....mg	203		0		1		292		
Sodium, Na.....mg	265		0		4		382		
Zinc, Zn.....mg	0.14		0		1		0.20		
Copper, Cu.....mg	0.253		0		1		0.364		
Manganese, Mn.....mg	0.337		0		1		0.485		
Selenium, Se.....mcg	0.9		0	BFSN	4		1.3		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	27.4		0		1		39.5		
Thiamin.....mg	0.045		0		1		0.065		
Riboflavin.....mg	0.072		0		1		0.104		
Niacin.....mg	0.411		0		1		0.592		
Pantothenic acid.....mg	0.274		0		1		0.395		
Vitamin B-6.....mg	0.180		0		1		0.259		
Folate, total.....mcg	118		0		1		170		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	118		0		1		170		
Folate, DFE.....mcg_DFE	118		0	NC	4		170		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00		
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....mcg_RAE	381		0	AS	1		549		
Retinol.....mcg	0		0	Z	7		0		
Carotene, beta.....mcg	4575		2	A	1		6588		
Carotene, alpha.....mcg	0		2	A	1		0		
Cryptoxanthin, beta.....mcg	0		2	A	1		0		
Vitamin A, IU.....IU	7625		0	AS	1		10980		
Lycopene.....mcg	0		2	A	1		0		
Lutein + zeaxanthin.....mcg	8440		2	A	1		12154		
Vitamin E (alpha-tocopherol).....mg	1.88		0	BFSN	4		2.71		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	367.6		0	BFSN	4		529.3		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.053		0		1		0.076		
4:0.....g									
6:0.....g									
8:0.....g	0.001		0		1		0.001		
10:0.....g	0.001		0		1		0.001		

NDB No. 11891

Turnip greens, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.001		0		1		0.001		
13:0.....g									
14:0.....g	0.002		0		1		0.003		
15:0.....g									
16:0.....g	0.041		0		1		0.059		
17:0.....g									
18:0.....g	0.007		0		1		0.010		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.015		0		1		0.022		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.011		0		1		0.016		
17:1.....g									
18:1 undifferentiated.....g	0.004		0		1		0.006		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.091		0		1		0.131		
18:2 undifferentiated.....g	0.028		0		1		0.040		
18:3 undifferentiated.....g	0.064		0		1		0.092		
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.020		0		1		0.029		
Threonine.....g	0.063		0		1		0.091		
Isoleucine.....g	0.059		0		1		0.085		
Leucine.....g	0.105		0		1		0.151		
Lysine.....g	0.074		0		1		0.107		
Methionine.....g	0.026		0		1		0.037		
Cystine.....g	0.013		0		1		0.019		
Phenylalanine.....g	0.070		0		1		0.101		
Tyrosine.....g	0.044		0		1		0.063		
Valine.....g	0.078		0		1		0.112		
Arginine.....g	0.072		0		1		0.104		
Histidine.....g	0.028		0		1		0.040		
Alanine.....g	0.078		0		1		0.112		
Aspartic acid.....g	0.121		0		1		0.174		
Glutamic acid.....g	0.156		0		1		0.225		
Glycine.....g	0.069		0		1		0.099		
Proline.....g	0.054		0		1		0.078		
Serine.....g	0.047		0		1		0.068		
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g									
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

**NDB No. 11891**

**Turnip greens, cooked, boiled, drained, with salt**

Measure 1 = 144g: 1 cup, chopped

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11569

Turnip greens, cooked, boiled, drained, without salt

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	93.20		0		1		134.21		
Energy.....kcal	20		0	NC	4		29		
Energy.....kj	84		0		4		120		
Protein (N x 6.25).....g	1.14		0		1		1.64		
Total lipid (fat).....g	0.23		0		1		0.33		
Ash.....g	1.07		0		1		1.54		
Carbohydrate, by difference.....g	4.36		0	NC	4		6.28		
Fiber, total dietary.....g	3.5		0		4		5.0		
Sugars, total.....g	0.53		0	BFSN	4		0.77		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	137		0		1		197		
Iron, Fe.....mg	0.80		0		1		1.15		
Magnesium, Mg.....mg	22		0		1		32		
Phosphorus, P.....mg	29		0		1		42		
Potassium, K.....mg	203		0		1		292		
Sodium, Na.....mg	29		0		1		42		
Zinc, Zn.....mg	0.14		0		1		0.20		
Copper, Cu.....mg	0.253		0		1		0.364		
Manganese, Mn.....mg	0.337		0		1		0.485		
Selenium, Se.....mcg	0.9		0	BFSN	4		1.3		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	27.4		0		1		39.5		
Thiamin.....mg	0.045		0		1		0.065		
Riboflavin.....mg	0.072		0		1		0.104		
Niacin.....mg	0.411		0		1		0.592		
Pantothenic acid.....mg	0.274		0		1		0.395		
Vitamin B-6.....mg	0.180		0		1		0.259		
Folate, total.....mcg	118		0		1		170		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	118		0		1		170		
Folate, DFE.....mcg_DFE	118		0	NC	4		170		
Choline, total.....mg	0.3		0	BFSN	4		0.5		
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00		
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....mcg_RAE	381		0	AS	1		549		
Retinol.....mcg	0		0	Z	7		0		
Carotene, beta.....mcg	4575		2	A	1		6588		
Carotene, alpha.....mcg	0		2	A	1		0		
Cryptoxanthin, beta.....mcg	0		2	A	1		0		
Vitamin A, IU.....IU	7625		0	AS	1		10980		
Lycopene.....mcg	0		2	A	1		0		
Lutein + zeaxanthin.....mcg	8440		2	A	1		12154		
Vitamin E (alpha-tocopherol).....mg	1.88		0	BFSN	4		2.71		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	367.6		0	BFSN	4		529.3		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.053		0		1		0.076		
4:0.....g	0.000		0		1		0.000		
6:0.....g	0.000		0		1		0.000		
8:0.....g	0.001		0		1		0.001		
10:0.....g	0.001		0		1		0.001		

NDB No. 11569

Turnip greens, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.001		0		1		0.001		
13:0.....g									
14:0.....g	0.002		0		1		0.003		
15:0.....g									
16:0.....g	0.041		0		1		0.059		
17:0.....g									
18:0.....g	0.007		0		1		0.010		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.015		0		1		0.022		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.011		0		1		0.016		
17:1.....g									
18:1 undifferentiated.....g	0.004		0		1		0.006		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.091		0		1		0.131		
18:2 undifferentiated.....g	0.028		0		1		0.040		
18:3 undifferentiated.....g	0.064		0		1		0.092		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.020		0		1		0.029		
Threonine.....g	0.063		0		1		0.091		
Isoleucine.....g	0.059		0		1		0.085		
Leucine.....g	0.105		0		1		0.151		
Lysine.....g	0.074		0		1		0.107		
Methionine.....g	0.026		0		1		0.037		
Cystine.....g	0.013		0		1		0.019		
Phenylalanine.....g	0.070		0		1		0.101		
Tyrosine.....g	0.044		0		1		0.063		
Valine.....g	0.078		0		1		0.112		
Arginine.....g	0.072		0		1		0.104		
Histidine.....g	0.028		0		1		0.040		
Alanine.....g	0.078		0		1		0.112		
Aspartic acid.....g	0.121		0		1		0.174		
Glutamic acid.....g	0.156		0		1		0.225		
Glycine.....g	0.069		0		1		0.099		
Proline.....g	0.054		0		1		0.078		
Serine.....g	0.047		0		1		0.068		
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**



**NDB No. 11569**

**Turnip greens, cooked, boiled, drained, without salt**

Measure 1 = 144g: 1 cup, chopped

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group: 11 Vegetables and Vegetable Products**

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11892

Turnip greens, frozen, cooked, boiled, drained, with salt

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	90.40		0		1		198.88	74.13	
Energy.....kcal	29		0	NC	4		65	24	
Energy.....kj	123		0	NC	4		271	101	
Protein (N x 6.25).....g	3.35		0		1		7.37	2.75	
Total lipid (fat).....g	0.42		0		1		0.92	0.34	
Ash.....g	0.85		0		1		1.87	0.70	
Carbohydrate, by difference.....g	4.98		0	NC	4		10.96	4.08	
Fiber, total dietary.....g	3.4		0		4		7.5	2.8	
Sugars, total.....g	0.75		0	BFSN	4		1.66	0.62	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	152		0		1		334	125	
Iron, Fe.....mg	1.94		0		1		4.27	1.59	
Magnesium, Mg.....mg	26		0		1		57	21	
Phosphorus, P.....mg	34		0		1		75	28	
Potassium, K.....mg	224		0		1		493	184	
Sodium, Na.....mg	251		0		4		552	206	
Zinc, Zn.....mg	0.41		1		1		0.90	0.34	
Copper, Cu.....mg	0.150		1		1		0.330	0.123	
Manganese, Mn.....mg	0.475		0		1		1.045	0.390	
Selenium, Se.....mcg	1.2		0	BFSN	4		2.6	1.0	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	21.8		0		1		48.0	17.9	
Thiamin.....mg	0.054		1		1		0.119	0.044	
Riboflavin.....mg	0.074		1		1		0.163	0.061	
Niacin.....mg	0.468		0		1		1.030	0.384	
Pantothenic acid.....mg	0.069		0		1		0.152	0.057	
Vitamin B-6.....mg	0.067		1		1		0.147	0.055	
Folate, total.....mcg	39	6.132	3		1		87	32	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	39	6.132	3		1		87	32	
Folate, DFE.....mcg_DFE	39		0	NC	4		87	32	
Choline, total.....mg	0.5		0	BFSN	4		1.0	0.4	
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	538		0	NC	4		1184	441	
Retinol.....mcg	0		0	Z	7		0	0	
Carotene, beta.....mcg	6459		0	BFSN	4		14209	5296	
Carotene, alpha.....mcg	0		0	BFSN	4		0	0	
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0	0	
Vitamin A, IU.....IU	10765		0	NC	4		23682	8827	
Lycopene.....mcg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin.....mcg	11915		0	BFSN	4		26214	9771	
Vitamin E (alpha-tocopherol).....mg	2.66		0	BFSN	4		5.85	2.18	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	518.9		0	BFSN	4		1141.6	425.5	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.099		0		1		0.218	0.081	
4:0.....g									
6:0.....g									
8:0.....g	0.002		0		1		0.004	0.002	
10:0.....g	0.002		0		1		0.004	0.002	

NDB No. 11892

Turnip greens, frozen, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Deriv		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Points	Code					
12:0.....g	0.002		0		1		0.004	0.002	
13:0.....g									
14:0.....g	0.004		0		1		0.009	0.003	
15:0.....g									
16:0.....g	0.076		0		1		0.167	0.062	
17:0.....g									
18:0.....g	0.014		0		1		0.031	0.011	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.028		0		1		0.062	0.023	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.020		0		1		0.044	0.016	
17:1.....g									
18:1 undifferentiated.....g	0.007		0		1		0.015	0.006	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.170		0		1		0.374	0.139	
18:2 undifferentiated.....g	0.051		0		1		0.112	0.042	
18:3 undifferentiated.....g	0.119		0		1		0.262	0.098	
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.058		0		1		0.128	0.048	
Threonine.....g	0.184		0		1		0.405	0.151	
Isoleucine.....g	0.173		0		1		0.381	0.142	
Leucine.....g	0.307		0		1		0.675	0.252	
Lysine.....g	0.218		0		1		0.480	0.179	
Methionine.....g	0.076		0		1		0.167	0.062	
Cystine.....g	0.038		0		1		0.084	0.031	
Phenylalanine.....g	0.206		0		1		0.453	0.169	
Tyrosine.....g	0.130		0		1		0.286	0.107	
Valine.....g	0.228		0		1		0.502	0.187	
Arginine.....g	0.210		0		1		0.462	0.172	
Histidine.....g	0.081		0		1		0.178	0.066	
Alanine.....g	0.229		0		1		0.504	0.188	
Aspartic acid.....g	0.353		0		1		0.777	0.289	
Glutamic acid.....g	0.457		0		1		1.005	0.375	
Glycine.....g	0.201		0		1		0.442	0.165	
Proline.....g	0.158		0		1		0.348	0.130	
Serine.....g	0.137		0		1		0.301	0.112	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g									
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

**NDB No. 11892**

**Turnip greens, frozen, cooked, boiled, drained, with salt**

Measure 1 = 220g: 1 package (10 oz) yields

Measure 2 = 82g: .5 cup

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group: 11 Vegetables and Vegetable Products**

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11575

Turnip greens, frozen, cooked, boiled, drained, without salt

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	90.40		0		1		148.26	198.88	
Energy.....kcal	29		0	NC	4		48	65	
Energy.....kj	123		0	NC	4		202	271	
Protein (N x 6.25).....g	3.35		0		1		5.49	7.37	
Total lipid (fat).....g	0.42		0		1		0.69	0.92	
Ash.....g	0.85		0		1		1.39	1.87	
Carbohydrate, by difference.....g	4.98		0	NC	4		8.17	10.96	
Fiber, total dietary.....g	3.4		0		4		5.6	7.5	
Sugars, total.....g	0.75		0	BFSN	4		1.23	1.66	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	152		0		1		249	334	
Iron, Fe.....mg	1.94		0		1		3.18	4.27	
Magnesium, Mg.....mg	26		0		1		43	57	
Phosphorus, P.....mg	34		0		1		56	75	
Potassium, K.....mg	224		0		1		367	493	
Sodium, Na.....mg	15		0		1		25	33	
Zinc, Zn.....mg	0.41		1		1		0.67	0.90	
Copper, Cu.....mg	0.150		1		1		0.246	0.330	
Manganese, Mn.....mg	0.475		0		1		0.779	1.045	
Selenium, Se.....mcg	1.2		0	BFSN	4		2.0	2.6	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	21.8		0		1		35.8	48.0	
Thiamin.....mg	0.054		1		1		0.089	0.119	
Riboflavin.....mg	0.074		1		1		0.121	0.163	
Niacin.....mg	0.468		0		1		0.768	1.030	
Pantothenic acid.....mg	0.069		0		1		0.113	0.152	
Vitamin B-6.....mg	0.067		1		1		0.110	0.147	
Folate, total.....mcg	39	6.132	3		1		65	87	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	39	6.132	3		1		65	87	
Folate, DFE.....mcg_DFE	39		0	NC	4		65	87	
Choline, total.....mg	0.5		0	BFSN	4		0.8	1.0	
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	538		0	NC	4		883	1184	
Retinol.....mcg	0		0	Z	7		0	0	
Carotene, beta.....mcg	6459		0	BFSN	4		10592	14209	
Carotene, alpha.....mcg	0		0	BFSN	4		0	0	
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0	0	
Vitamin A, IU.....IU	10765		0	NC	4		17654	23682	
Lycopene.....mcg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin.....mcg	11915		0	BFSN	4		19541	26214	
Vitamin E (alpha-tocopherol).....mg	2.66		0	BFSN	4		4.36	5.85	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	518.9		0	BFSN	4		851.0	1141.6	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.099		0		1		0.162	0.218	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.002		0		1		0.003	0.004	
10:0.....g	0.002		0		1		0.003	0.004	

NDB No. 11575

Turnip greens, frozen, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.002		0		1		0.003	0.004	
13:0.....g									
14:0.....g	0.004		0		1		0.007	0.009	
15:0.....g									
16:0.....g	0.076		0		1		0.125	0.167	
17:0.....g									
18:0.....g	0.014		0		1		0.023	0.031	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.028		0		1		0.046	0.062	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.020		0		1		0.033	0.044	
17:1.....g									
18:1 undifferentiated.....g	0.007		0		1		0.011	0.015	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.170		0		1		0.279	0.374	
18:2 undifferentiated.....g	0.051		0		1		0.084	0.112	
18:3 undifferentiated.....g	0.119		0		1		0.195	0.262	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.058		0		1		0.095	0.128	
Threonine.....g	0.184		0		1		0.302	0.405	
Isoleucine.....g	0.173		0		1		0.284	0.381	
Leucine.....g	0.307		0		1		0.503	0.675	
Lysine.....g	0.218		0		1		0.358	0.480	
Methionine.....g	0.076		0		1		0.125	0.167	
Cystine.....g	0.038		0		1		0.062	0.084	
Phenylalanine.....g	0.206		0		1		0.338	0.453	
Tyrosine.....g	0.130		0		1		0.213	0.286	
Valine.....g	0.228		0		1		0.374	0.502	
Arginine.....g	0.210		0		1		0.344	0.462	
Histidine.....g	0.081		0		1		0.133	0.178	
Alanine.....g	0.229		0		1		0.376	0.504	
Aspartic acid.....g	0.353		0		1		0.579	0.777	
Glutamic acid.....g	0.457		0		1		0.749	1.005	
Glycine.....g	0.201		0		1		0.330	0.442	
Proline.....g	0.158		0		1		0.259	0.348	
Serine.....g	0.137		0		1		0.225	0.301	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

**NDB No. 11575**

**Turnip greens, frozen, cooked, boiled, drained, without salt**

Measure 1 = 164g: 1 cup

Measure 2 = 220g: 1 package (10 oz) yields

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)





## Turnip greens, frozen, unprepared

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.003		0		1		0.002	0.009	
15:0.....g									
16:0.....g	0.056		0		1		0.046	0.159	
17:0.....g									
18:0.....g	0.010		0		1		0.008	0.028	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.020		0		1		0.016	0.057	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.015		0		1		0.012	0.043	
17:1.....g									
18:1 undifferentiated.....g	0.005		0		1		0.004	0.014	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.125		0		1		0.103	0.355	
18:2 undifferentiated.....g	0.038		0		1		0.031	0.108	
18:3 undifferentiated.....g	0.087		0		1		0.071	0.247	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.043		0		1		0.035	0.122	
Threonine.....g	0.135		0		1		0.111	0.383	
Isoleucine.....g	0.128		0		1		0.105	0.364	
Leucine.....g	0.226		0		1		0.185	0.642	
Lysine.....g	0.161		0		1		0.132	0.457	
Methionine.....g	0.056		0		1		0.046	0.159	
Cystine.....g	0.028		0		1		0.023	0.080	
Phenylalanine.....g	0.152		0		1		0.125	0.432	
Tyrosine.....g	0.096		0		1		0.079	0.273	
Valine.....g	0.168		0		1		0.138	0.477	
Arginine.....g	0.154		0		1		0.126	0.437	
Histidine.....g	0.060		0		1		0.049	0.170	
Alanine.....g	0.169		0		1		0.139	0.480	
Aspartic acid.....g	0.260		0		1		0.213	0.738	
Glutamic acid.....g	0.337		0		1		0.276	0.957	
Glycine.....g	0.148		0		1		0.121	0.420	
Proline.....g	0.116		0		1		0.095	0.329	
Serine.....g	0.101		0		1		0.083	0.287	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg									
Theobromine.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 82g: .5 cup, chopped or diced

**NDB No. 11574**

**Turnip greens, frozen, unprepared**

Measure 2 = 284g: 1 package (10 oz)

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11568

Turnip greens, raw

*Brassica rapa (Rapifera Group)*

Refuse:30% Root crown, tough stems and discarded leaves

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	89.67	0.467	3	JO	11		49.32		
Energy.....kcal	32		0	NC	4		17		
Energy.....kj	132		0	NC	4		73		
Protein (N x 6.25).....g	1.50		1		1		0.83		
Total lipid (fat).....g	0.30		1		1		0.17		
Ash.....g	1.40		0		1		0.77		
Carbohydrate, by difference.....g	7.13		0	NC	4		3.92		
Fiber, total dietary.....g	3.2		0		4		1.8		
Sugars, total.....g	0.81		1		1		0.45		
Sucrose.....g									
Glucose (dextrose).....g	0.52		1		1		0.29		
Fructose.....g	0.29		1		1		0.16		
Lactose.....g									
Maltose.....g									
Galactose.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	190		1		1		105		
Iron, Fe.....mg	1.10		1		1		0.61		
Magnesium, Mg.....mg	31		1		1		17		
Phosphorus, P.....mg	42		1		1		23		
Potassium, K.....mg	296	20.476	5		1		163		
Sodium, Na.....mg	40	8.549	5		1		22		
Zinc, Zn.....mg	0.19		0		1		0.10		
Copper, Cu.....mg	0.350		1		1		0.193		
Manganese, Mn.....mg	0.466		0		1		0.256		
Selenium, Se.....mcg	1.2		0	BFSN	4		0.7		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	60.0		1		1		33.0		
Thiamin.....mg	0.070		1		1		0.039		
Riboflavin.....mg	0.100		1		1		0.055		
Niacin.....mg	0.600		1		1		0.330		
Pantothenic acid.....mg	0.380		0		1		0.209		
Vitamin B-6.....mg	0.263		0		1		0.145		
Folate, total.....mcg	194	4.220	3		1		107		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	194	4.220	3		1		107		
Folate, DFE.....mcg_DFE	194		0	NC	4		107		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....mcg_RAE	579		0	NC	4		319		
Retinol.....mcg	0		0	Z	7		0		
Carotene, beta.....mcg	6952		0	BFSN	4		3824		
Carotene, alpha.....mcg	0		0	BFSN	4		0		
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0		
Vitamin A, IU.....IU	11587		0	NC	4		6373		
Lycopene.....mcg	0		0	BFSN	4		0		
Lutein + zeaxanthin.....mcg	12825		0	BFSN	4		7054		
Vitamin E (alpha-tocopherol).....mg	2.86		2		1		1.57		
Tocopherol, beta.....mg	0.00		2		1		0.00		
Tocopherol, gamma.....mg	0.16		2		1		0.09		
Tocopherol, delta.....mg	0.00		2		1		0.00		
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	251.0		0	T	4		138.1		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.070		0		1		0.039		

NDB No. 11568  
Turnip greens, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points		Measure 1	Measure 2	Measure 3
			Deriv Code	Source Code			
4:0.....g	0.000		0		1		0.000
6:0.....g	0.000		0		1		0.000
8:0.....g	0.001		1		1		0.001
10:0.....g	0.002		1		1		0.001
12:0.....g	0.002		1		1		0.001
13:0.....g							
14:0.....g	0.003		1		1		0.002
15:0.....g							
16:0.....g	0.054		1		1		0.030
17:0.....g							
18:0.....g	0.010		1		1		0.005
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	0.020		0		1		0.011
14:1.....g							
15:1.....g							
16:1 undifferentiated.....g	0.014		1		1		0.008
17:1.....g							
18:1 undifferentiated.....g	0.005		1		1		0.003
20:1.....g	0.000		0		1		0.000
22:1 undifferentiated.....g	0.000		0		1		0.000
24:1 c.....g							
Fatty acids, total polyunsaturated.....g	0.120		0		1		0.066
18:2 undifferentiated.....g	0.036		1		1		0.020
18:3 undifferentiated.....g	0.084		1		1		0.046
18:4.....g	0.000		0		1		0.000
20:2 n-6 c,c.....g							
20:3 undifferentiated.....g							
20:4 undifferentiated.....g	0.000		0		1		0.000
20:5 n-3.....g	0.000		0		1		0.000
22:5 n-3.....g	0.000		0		1		0.000
22:6 n-3.....g	0.000		0		1		0.000
Fatty acids, total trans.....g							
Cholesterol.....mg	0		0	Z	7		0
Phytosterols.....mg	12		0		1		7
<b>Amino Acids:</b>							
Tryptophan.....g	0.026		7		1		0.014
Threonine.....g	0.082		5		1		0.045
Isoleucine.....g	0.078		5		1		0.043
Leucine.....g	0.137		5		1		0.075
Lysine.....g	0.098		5		1		0.054
Methionine.....g	0.034		5		1		0.019
Cystine.....g	0.017		7		1		0.009
Phenylalanine.....g	0.092		5		1		0.051
Tyrosine.....g	0.058		5		1		0.032
Valine.....g	0.102		5		1		0.056
Arginine.....g	0.094		5		1		0.052
Histidine.....g	0.036		5		1		0.020
Alanine.....g	0.103		5		1		0.057
Aspartic acid.....g	0.158		5		1		0.087
Glutamic acid.....g	0.204		5		1		0.112
Glycine.....g	0.090		5		1		0.050
Proline.....g	0.071		5		1		0.039
Serine.....g	0.061		5		1		0.034
Hydroxyproline.....g							
<b>Others:</b>							
Alcohol, ethyl.....g	0.0		0	Z	7		0.0
Caffeine.....mg	0		0	Z	7		0
Theobromine.....mg	0		0	Z	7		0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same

NDB No. 11568  
Turnip greens, raw

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Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

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food, or similar food.

**Common Measures:**

Measure 1 = 55g: 1 cup, chopped

**Calories Factors: Protein** 2.44

**Fat** 8.37

**Carbohydrate**3.57

**Food Group:** 11 Vegetables and Vegetable Products  
USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11889

Turnips, cooked, boiled, drained, with salt

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	93.60		0		1		146.02	215.28	
Energy.....kcal	22		0	NC	4		34	51	
Energy.....kj	92		0	NC	4		144	212	
Protein (N x 6.25).....g	0.71		0		1		1.11	1.63	
Total lipid (fat).....g	0.08		0		1		0.12	0.18	
Ash.....g	0.55		0		1		0.86	1.27	
Carbohydrate, by difference.....g	5.06		0	NC	4		7.89	11.64	
Fiber, total dietary.....g	2.0		0		4		3.1	4.6	
Sugars, total.....g	2.99		0	BFZN	4		4.67	6.88	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	22		0		1		34	51	
Iron, Fe.....mg	0.22		0		1		0.34	0.51	
Magnesium, Mg.....mg	8		0		1		12	18	
Phosphorus, P.....mg	19		0		1		30	44	
Potassium, K.....mg	135		0		1		211	311	
Sodium, Na.....mg	286		0		4		446	658	
Zinc, Zn.....mg	0.20		0		4		0.31	0.46	
Copper, Cu.....mg	0.064		0		4		0.100	0.147	
Manganese, Mn.....mg	0.100		0		4		0.156	0.230	
Selenium, Se.....mcg	0.6		0	BFSN	4		0.9	1.4	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	11.6		0		1		18.1	26.7	
Thiamin.....mg	0.027		0		1		0.042	0.062	
Riboflavin.....mg	0.023		0		1		0.036	0.053	
Niacin.....mg	0.299		0		1		0.466	0.688	
Pantothenic acid.....mg	0.142		0		1		0.222	0.327	
Vitamin B-6.....mg	0.067		0		1		0.105	0.154	
Folate, total.....mcg	9		0		1		14	21	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	9		0		1		14	21	
Folate, DFE.....mcg_DFE	9		0	NC	4		14	21	
Choline, total.....mg	8.7		0	BFZN	4		13.6	20.1	
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0	0	
Retinol.....mcg	0		0	Z	7		0	0	
Carotene, beta.....mcg	0		0	BFZN	4		0	0	
Carotene, alpha.....mcg	0		0	BFZN	4		0	0	
Cryptoxanthin, beta.....mcg	0		0	BFZN	4		0	0	
Vitamin A, IU.....IU	0		0	NC	4		0	0	
Lycopene.....mcg	0		0	BFZN	4		0	0	
Lutein + zeaxanthin.....mcg	0		0	BFZN	4		0	0	
Vitamin E (alpha-tocopherol).....mg	0.02		0	BFZN	4		0.04	0.05	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.1		0	BFZN	4		0.1	0.1	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.008		0		1		0.012	0.018	
4:0.....g	0.000		0	BFZN	4		0.000	0.000	
6:0.....g	0.000		0	BFZN	4		0.000	0.000	
8:0.....g	0.000		0	BFZN	4		0.000	0.000	
10:0.....g	0.000		0	BFZN	4		0.000	0.000	

Turnips, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0	BFZN	4		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0	BFZN	4		0.000	0.000	
15:0.....g									
16:0.....g	0.008		0		1		0.012	0.018	
17:0.....g									
18:0.....g	0.001		0		1		0.002	0.002	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.005		0		1		0.008	0.012	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.004		0		1		0.006	0.009	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.042		0		1		0.066	0.097	
18:2 undifferentiated.....g	0.009		0		1		0.014	0.021	
18:3 undifferentiated.....g	0.032		0		1		0.050	0.074	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.007		0		1		0.011	0.016	
Threonine.....g	0.020		0		1		0.031	0.046	
Isoleucine.....g	0.029		0		1		0.045	0.067	
Leucine.....g	0.026		0		1		0.041	0.060	
Lysine.....g	0.028		0		1		0.044	0.064	
Methionine.....g	0.009		0		1		0.014	0.021	
Cystine.....g	0.004		0		1		0.006	0.009	
Phenylalanine.....g	0.014		0		1		0.022	0.032	
Tyrosine.....g	0.011		0		1		0.017	0.025	
Valine.....g	0.023		0		1		0.036	0.053	
Arginine.....g	0.019		0		1		0.030	0.044	
Histidine.....g	0.011		0		1		0.017	0.025	
Alanine.....g	0.027		0		1		0.042	0.062	
Aspartic acid.....g	0.050		0		1		0.078	0.115	
Glutamic acid.....g	0.102		0		1		0.159	0.235	
Glycine.....g	0.019		0		1		0.030	0.044	
Proline.....g	0.021		0		1		0.033	0.048	
Serine.....g	0.023		0		1		0.036	0.053	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

**NDB No. 11889**

**Turnips, cooked, boiled, drained, with salt**

Measure 1 = 156g: 1 cup, cubes

Measure 2 = 230g: 1 cup, mashed

**Calories Factors: Protein 2.78**

**Fat 8.37**

**Carbohydrate 3.84**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)



NDB No. 11565

Turnips, cooked, boiled, drained, without salt

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	93.60		0		1		146.02	215.28	
Energy.....kcal	22		0	NC	4		34	51	
Energy.....kj	92		0	NC	4		144	212	
Protein (N x 6.25).....g	0.71		0		1		1.11	1.63	
Total lipid (fat).....g	0.08		0		1		0.12	0.18	
Ash.....g	0.55		0		1		0.86	1.27	
Carbohydrate, by difference.....g	5.06		0	NC	4		7.89	11.64	
Fiber, total dietary.....g	2.0		0		1		3.1	4.6	
Sugars, total.....g	2.99		0	BFSN	4		4.67	6.88	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	33	1.257	18	A	1		52	76	
Iron, Fe.....mg	0.18	0.008	18	A	1		0.28	0.41	
Magnesium, Mg.....mg	9	0.394	18	A	1		13	20	
Phosphorus, P.....mg	26	1.561	18	A	1		41	60	
Potassium, K.....mg	177	6.695	18	A	1		276	406	
Sodium, Na.....mg	16	3.591	18	A	1		25	36	
Zinc, Zn.....mg	0.12	0.009	18	A	1		0.19	0.29	
Copper, Cu.....mg	0.002	0.002	18	A	1		0.003	0.004	
Manganese, Mn.....mg	0.071	0.005	18	A	1		0.111	0.163	
Selenium, Se.....mcg	0.2	0.111	18	A	1		0.3	0.4	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	11.6		0		1		18.1	26.7	
Thiamin.....mg	0.027		0		1		0.042	0.062	
Riboflavin.....mg	0.023		0		1		0.036	0.053	
Niacin.....mg	0.299		0		1		0.466	0.688	
Pantothenic acid.....mg	0.142		0		1		0.222	0.327	
Vitamin B-6.....mg	0.067		0		1		0.105	0.154	
Folate, total.....mcg	9		0		1		14	21	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	9		0		1		14	21	
Folate, DFE.....mcg_DFE	9		0	NC	4		14	21	
Choline, total.....mg	8.7		0	BFSN	4		13.6	20.1	
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0	0	
Retinol.....mcg	0		0	Z	7		0	0	
Carotene, beta.....mcg	0		0	BFSN	4		0	0	
Carotene, alpha.....mcg	0		0	BFSN	4		0	0	
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0	0	
Vitamin A, IU.....IU	0		0	NC	4		0	0	
Lycopene.....mcg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin.....mcg	0		0	BFSN	4		0	0	
Vitamin E (alpha-tocopherol).....mg	0.02		0	BFSN	4		0.04	0.05	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.1		0	BFSN	4		0.1	0.1	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.008		0		1		0.012	0.018	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.000		0		1		0.000	0.000	

## Turnips, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0		1		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0		1		0.000	0.000	
15:0.....g									
16:0.....g	0.008		0		1		0.012	0.018	
17:0.....g									
18:0.....g	0.001		0		1		0.002	0.002	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.005		0		1		0.008	0.012	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.004		0		1		0.006	0.009	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.042		0		1		0.066	0.097	
18:2 undifferentiated.....g	0.009		0		1		0.014	0.021	
18:3 undifferentiated.....g	0.032		0		1		0.050	0.074	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.007		0		1		0.011	0.016	
Threonine.....g	0.020		0		1		0.031	0.046	
Isoleucine.....g	0.029		0		1		0.045	0.067	
Leucine.....g	0.026		0		1		0.041	0.060	
Lysine.....g	0.028		0		1		0.044	0.064	
Methionine.....g	0.009		0		1		0.014	0.021	
Cystine.....g	0.004		0		1		0.006	0.009	
Phenylalanine.....g	0.014		0		1		0.022	0.032	
Tyrosine.....g	0.011		0		1		0.017	0.025	
Valine.....g	0.023		0		1		0.036	0.053	
Arginine.....g	0.019		0		1		0.030	0.044	
Histidine.....g	0.011		0		1		0.017	0.025	
Alanine.....g	0.027		0		1		0.042	0.062	
Aspartic acid.....g	0.050		0		1		0.078	0.115	
Glutamic acid.....g	0.102		0		1		0.159	0.235	
Glycine.....g	0.019		0		1		0.030	0.044	
Proline.....g	0.021		0		1		0.033	0.048	
Serine.....g	0.023		0		1		0.036	0.053	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

**NDB No. 11565**

**Turnips, cooked, boiled, drained, without salt**

Measure 1 = 156g: 1 cup, cubes

Measure 2 = 230g: 1 cup, mashed

**Calories Factors: Protein 2.78**

**Fat 8.37**

**Carbohydrate 3.84**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)



NDB No. 11890

Turnips, frozen, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g									
13:0.....g									
14:0.....g									
15:0.....g									
16:0.....g	0.023		0		1		0.036		
17:0.....g									
18:0.....g	0.002		0		1		0.003		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.015		0		1		0.023		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.002		
17:1.....g									
18:1 undifferentiated.....g	0.013		0		1		0.020		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.125		0		1		0.195		
18:2 undifferentiated.....g	0.028		0		1		0.044		
18:3 undifferentiated.....g	0.094		0		1		0.147		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.015		0		1		0.023		
Threonine.....g	0.042		0		1		0.066		
Isoleucine.....g	0.062		0		1		0.097		
Leucine.....g	0.057		0		1		0.089		
Lysine.....g	0.061		0		1		0.095		
Methionine.....g	0.019		0		1		0.030		
Cystine.....g	0.009		0		1		0.014		
Phenylalanine.....g	0.030		0		1		0.047		
Tyrosine.....g	0.023		0		1		0.036		
Valine.....g	0.051		0		1		0.080		
Arginine.....g	0.041		0		1		0.064		
Histidine.....g	0.024		0		1		0.037		
Alanine.....g	0.059		0		1		0.092		
Aspartic acid.....g	0.108		0		1		0.168		
Glutamic acid.....g	0.221		0		1		0.345		
Glycine.....g	0.042		0		1		0.066		
Proline.....g	0.045		0		1		0.070		
Serine.....g	0.049		0		1		0.076		
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g									
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

**NDB No. 11890**

**Turnips, frozen, cooked, boiled, drained, with salt**

Measure 1 = 156g: 1 cup

**Calories Factors: Protein 2.78**

**Fat 8.37**

**Carbohydrate 3.84**

**Food Group: 11 Vegetables and Vegetable Products**

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11567

Turnips, frozen, cooked, boiled, drained, without salt

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	93.60		0		1		146.02		
Energy.....kcal	23		0	NC	4		36		
Energy.....kj	96		0	NC	4		150		
Protein (N x 6.25).....g	1.53		0		1		2.39		
Total lipid (fat).....g	0.24		0		1		0.37		
Ash.....g	0.28		0		1		0.44		
Carbohydrate, by difference.....g	4.35		0	NC	4		6.79		
Fiber, total dietary.....g	2.0		0		4		3.1		
Sugars, total.....g	2.35		0	O	4		3.67		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	32		0		1		50		
Iron, Fe.....mg	0.98		0		1		1.53		
Magnesium, Mg.....mg	14		0		1		22		
Phosphorus, P.....mg	26		0		1		41		
Potassium, K.....mg	182		0		1		284		
Sodium, Na.....mg	36		0		1		56		
Zinc, Zn.....mg	0.20		0		4		0.31		
Copper, Cu.....mg	0.063		0		4		0.098		
Manganese, Mn.....mg	0.100		0		4		0.156		
Selenium, Se.....mcg	0.6		0	BFSN	4		0.9		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	3.9		0		1		6.1		
Thiamin.....mg	0.035		0		1		0.055		
Riboflavin.....mg	0.028		0		1		0.044		
Niacin.....mg	0.560		0		1		0.874		
Pantothenic acid.....mg	0.141		0		4		0.220		
Vitamin B-6.....mg	0.067		0		4		0.105		
Folate, total.....mcg	8		0		4		12		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	8		0		4		12		
Folate, DFE.....mcg_DFE	8		0	NC	4		12		
Choline, total.....mg	8.7		0	BFSN	4		13.6		
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00		
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0		
Retinol.....mcg	0		0	Z	7		0		
Carotene, beta.....mcg	0		0	BFSN	4		0		
Carotene, alpha.....mcg	0		0	BFSN	4		0		
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0		
Vitamin A, IU.....IU	0		0	NC	4		0		
Lycopene.....mcg	0		0	BFSN	4		0		
Lutein + zeaxanthin.....mcg	0		0	BFSN	4		0		
Vitamin E (alpha-tocopherol).....mg	0.02		0	BFSN	4		0.04		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.1		0	BFSN	4		0.1		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.025		0		1		0.039		
4:0.....g	0.000		0		1		0.000		
6:0.....g	0.000		0		1		0.000		
8:0.....g	0.000		0		1		0.000		
10:0.....g	0.000		0		1		0.000		

NDB No. 11567

Turnips, frozen, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0		1		0.000		
13:0.....g									
14:0.....g	0.000		0		1		0.000		
15:0.....g									
16:0.....g	0.023		0		1		0.036		
17:0.....g									
18:0.....g	0.002		0		1		0.003		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.015		0		1		0.023		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.002		
17:1.....g									
18:1 undifferentiated.....g	0.013		0		1		0.020		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.125		0		1		0.195		
18:2 undifferentiated.....g	0.028		0		1		0.044		
18:3 undifferentiated.....g	0.094		0		1		0.147		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.015		0		1		0.023		
Threonine.....g	0.042		0		1		0.066		
Isoleucine.....g	0.062		0		1		0.097		
Leucine.....g	0.057		0		1		0.089		
Lysine.....g	0.061		0		1		0.095		
Methionine.....g	0.019		0		1		0.030		
Cystine.....g	0.009		0		1		0.014		
Phenylalanine.....g	0.030		0		1		0.047		
Tyrosine.....g	0.023		0		1		0.036		
Valine.....g	0.051		0		1		0.080		
Arginine.....g	0.041		0		1		0.064		
Histidine.....g	0.024		0		1		0.037		
Alanine.....g	0.059		0		1		0.092		
Aspartic acid.....g	0.108		0		1		0.168		
Glutamic acid.....g	0.221		0		1		0.345		
Glycine.....g	0.042		0		1		0.066		
Proline.....g	0.045		0		1		0.070		
Serine.....g	0.049		0		1		0.076		
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**



**NDB No. 11567**

**Turnips, frozen, cooked, boiled, drained, without salt**

Measure 1 = 156g: 1 cup

**Calories Factors: Protein 2.78**

**Fat 8.37**

**Carbohydrate 3.84**

**Food Group: 11 Vegetables and Vegetable Products**

USDA National Nutrient Database for Standard Reference, Release 21 (2008)



**NDB No. 11566**  
**Turnips, frozen, unprepared**

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g									
15:0.....g									
16:0.....g	0.015		0		1		0.043	0.014	
17:0.....g									
18:0.....g	0.001		0		1		0.003	0.001	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.010		0		1		0.028	0.009	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.003	0.001	
17:1.....g									
18:1 undifferentiated.....g	0.009		0		1		0.026	0.008	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.085		0		1		0.241	0.080	
18:2 undifferentiated.....g	0.019		0		1		0.054	0.018	
18:3 undifferentiated.....g	0.064		0		1		0.182	0.060	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.010		0		1		0.028	0.009	
Threonine.....g	0.029		0		1		0.082	0.027	
Isoleucine.....g	0.042		0		1		0.119	0.039	
Leucine.....g	0.038		0		1		0.108	0.036	
Lysine.....g	0.041		0		1		0.116	0.039	
Methionine.....g	0.013		0		1		0.037	0.012	
Cystine.....g	0.006		0		1		0.017	0.006	
Phenylalanine.....g	0.020		0		1		0.057	0.019	
Tyrosine.....g	0.015		0		1		0.043	0.014	
Valine.....g	0.034		0		1		0.097	0.032	
Arginine.....g	0.028		0		1		0.080	0.026	
Histidine.....g	0.016		0		1		0.045	0.015	
Alanine.....g	0.040		0		1		0.114	0.038	
Aspartic acid.....g	0.073		0		1		0.207	0.069	
Glutamic acid.....g	0.149		0		1		0.423	0.140	
Glycine.....g	0.029		0		1		0.082	0.027	
Proline.....g	0.030		0		1		0.085	0.028	
Serine.....g	0.033		0		1		0.094	0.031	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 284g: 1 package, mashed (10 oz)  
 Measure 2 = 94g: .333 package, mashed (10 oz)

**Calories Factors: Protein 2.78      Fat 8.37      Carbohydrate 3.84**

**NDB No. 11566**  
**Turnips, frozen, unprepared**

**Food Group:** 11 Vegetables and Vegetable Products  
USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11564

Turnips, raw

*Brassica rapa (Rapifera Group)*

Refuse:19% Parings

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	91.87	0.242	5		1		119.43	168.12	112.08
Energy.....kcal	28		0	NC	4		36	51	34
Energy.....kj	117		0	NC	4		152	215	143
Protein (N x 6.25).....g	0.90		1		1		1.17	1.65	1.10
Total lipid (fat).....g	0.10		1		1		0.13	0.18	0.12
Ash.....g	0.70		0		1		0.91	1.28	0.85
Carbohydrate, by difference.....g	6.43		0	NC	4		8.36	11.77	7.84
Fiber, total dietary.....g	1.8		0		1		2.3	3.3	2.2
Sugars, total.....g	3.80		0	T	4		4.94	6.95	4.64
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	30		1		1		39	55	37
Iron, Fe.....mg	0.30		1		1		0.39	0.55	0.37
Magnesium, Mg.....mg	11		1		1		14	20	13
Phosphorus, P.....mg	27		1		1		35	49	33
Potassium, K.....mg	191		2		1		248	350	233
Sodium, Na.....mg	67		2		1		87	123	82
Zinc, Zn.....mg	0.27		0		4		0.35	0.49	0.33
Copper, Cu.....mg	0.085		0		4		0.111	0.156	0.104
Manganese, Mn.....mg	0.134		0		4		0.174	0.245	0.163
Selenium, Se.....mcg	0.7		1	A	1		0.9	1.3	0.9
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	21.0		1		1		27.3	38.4	25.6
Thiamin.....mg	0.040		1		1		0.052	0.073	0.049
Riboflavin.....mg	0.030		1		1		0.039	0.055	0.037
Niacin.....mg	0.400		1		1		0.520	0.732	0.488
Pantothenic acid.....mg	0.200		0		1		0.260	0.366	0.244
Vitamin B-6.....mg	0.090		0		1		0.117	0.165	0.110
Folate, total.....mcg	15	0.349	3		1		19	27	18
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg	15	0.349	3		1		19	27	18
Folate, DFE.....mcg_DFE	15		0	NC	4		19	27	18
Choline, total.....mg	11.1		0	BFSN	4		14.4	20.3	13.5
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	0		0	AS	1		0	0	0
Retinol.....mcg	0		0	Z	7		0	0	0
Carotene, beta.....mcg	0		0	Z	7		0	0	0
Carotene, alpha.....mcg	0		0	Z	7		0	0	0
Cryptoxanthin, beta.....mcg	0		0	Z	7		0	0	0
Vitamin A, IU.....IU	0		0	AS	1		0	0	0
Lycopene.....mcg	0		0	Z	7		0	0	0
Lutein + zeaxanthin.....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol).....mg	0.03		0	NR	4		0.04	0.05	0.04
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.1		0	T	4		0.1	0.2	0.1
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.011		0		1		0.014	0.020	0.013
4:0.....g	0.000		0		1		0.000	0.000	0.000
6:0.....g	0.000		0		1		0.000	0.000	0.000
8:0.....g	0.000		0		1		0.000	0.000	0.000
10:0.....g	0.000		0		1		0.000	0.000	0.000

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0		1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.000		0		1		0.000	0.000	0.000
15:0.....g									
16:0.....g	0.010		3		1		0.013	0.018	0.012
17:0.....g									
18:0.....g	0.001		3		1		0.001	0.002	0.001
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.006		0		1		0.008	0.011	0.007
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		3		1		0.001	0.002	0.001
17:1.....g									
18:1 undifferentiated.....g	0.006		3		1		0.008	0.011	0.007
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.053		0		1		0.069	0.097	0.065
18:2 undifferentiated.....g	0.012		3		1		0.016	0.022	0.015
18:3 undifferentiated.....g	0.040		3		1		0.052	0.073	0.049
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	0
Phytosterols.....mg	7		0		1		9	13	9
<b>Amino Acids:</b>									
Tryptophan.....g	0.009		32		1		0.012	0.016	0.011
Threonine.....g	0.025		35		1		0.033	0.046	0.031
Isoleucine.....g	0.036		35		1		0.047	0.066	0.044
Leucine.....g	0.033		35		1		0.043	0.060	0.040
Lysine.....g	0.036		36		1		0.047	0.066	0.044
Methionine.....g	0.011		36		1		0.014	0.020	0.013
Cystine.....g	0.005		9		1		0.007	0.009	0.006
Phenylalanine.....g	0.017		35		1		0.022	0.031	0.021
Tyrosine.....g	0.013		9		1		0.017	0.024	0.016
Valine.....g	0.030		35		1		0.039	0.055	0.037
Arginine.....g	0.024		35		1		0.031	0.044	0.029
Histidine.....g	0.014		35		1		0.018	0.026	0.017
Alanine.....g	0.035		9		1		0.046	0.064	0.043
Aspartic acid.....g	0.063		9		1		0.082	0.115	0.077
Glutamic acid.....g	0.130		9		1		0.169	0.238	0.159
Glycine.....g	0.025		9		1		0.033	0.046	0.031
Proline.....g	0.026		9		1		0.034	0.048	0.032
Serine.....g	0.029		9		1		0.038	0.053	0.035
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

**NDB No. 11564**

**Turnips, raw**

Measure 1 = 130g: 1 cup, cubes

Measure 2 = 183g: 1 large

Measure 3 = 122g: 1 medium

**Calories Factors: Protein 2.78**

**Fat 8.37**

**Carbohydrate 3.84**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)





NDB No. 11410

USDA Commodity, Potato wedges, frozen

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.451		1	A		1			
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	1.451		1	A		1			
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.102		1	A		1			
18:2 undifferentiated.....g	0.102		1	A		1			
18:3 undifferentiated.....g									
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z		7			
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11578  
Vegetable juice cocktail, canned

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	93.52	0.066	13		1		226.32	170.21	
Energy.....kcal	19		0	NC	4		46	35	
Energy.....kj	79		0		4		192	145	
Protein (N x 6.25).....g	0.63	0.001	13		1		1.52	1.15	
Total lipid (fat).....g	0.09	0.001	13		1		0.22	0.16	
Ash.....g	1.21	0.012	13		1		2.93	2.20	
Carbohydrate, by difference.....g	4.55		0	NC	4		11.01	8.28	
Fiber, total dietary.....g	0.8		0		4		1.9	1.5	
Sugars, total.....g	3.30		0	T	4		7.99	6.01	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	11	0.392	13		1		27	20	
Iron, Fe.....mg	0.42	0.025	13		1		1.02	0.76	
Magnesium, Mg.....mg	11		0		1		27	20	
Phosphorus, P.....mg	17		0		1		41	31	
Potassium, K.....mg	193		1		1		467	351	
Sodium, Na.....mg	270		1	MC	9		653	491	
Zinc, Zn.....mg	0.20		1		1		0.48	0.36	
Copper, Cu.....mg	0.200		1		1		0.484	0.364	
Manganese, Mn.....mg	0.100		1		1		0.242	0.182	
Selenium, Se.....mcg	0.5	0.110	7	A	1		1.2	0.9	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	27.7	1.145	13		1		67.0	50.4	
Thiamin.....mg	0.043	0.001	13		1		0.104	0.078	
Riboflavin.....mg	0.028	0.000	13		1		0.068	0.051	
Niacin.....mg	0.726	0.014	13		1		1.757	1.321	
Pantothenic acid.....mg	0.266		0		4		0.644	0.484	
Vitamin B-6.....mg	0.140		1		1		0.339	0.255	
Folate, total.....mcg	21		0		4		51	38	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	21		0		4		51	38	
Folate, DFE.....mcg_DFE	21		0	NC	4		51	38	
Choline, total.....mg	7.2		0	BFSN	4		17.4	13.1	
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	78		0	AS	1		189	142	
Retinol.....mcg	0		0	Z	7		0	0	
Carotene, beta.....mcg	830		3	A	1		2009	1511	
Carotene, alpha.....mcg	210		3	A	1		508	382	
Cryptoxanthin, beta.....mcg	0		3	A	1		0	0	
Vitamin A, IU.....IU	1558		0	AS	1		3771	2836	
Lycopene.....mcg	9660		3	A	1		23377	17581	
Lutein + zeaxanthin.....mcg	80		3	A	1		194	146	
Vitamin E (alpha-tocopherol).....mg	0.32		0	BFSN	4		0.77	0.58	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg	0.00		1		1		0.00	0.00	
Tocopherol, gamma.....mg	0.00		1		1		0.00	0.00	
Tocopherol, delta.....mg	0.00		1		1		0.00	0.00	
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	5.3		1		1		12.8	9.6	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.013		0		1		0.031	0.024	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.000		0		1		0.000	0.000	

**NDB No. 11578**  
**Vegetable juice cocktail, canned**

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u>		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
12:0.....g	0.000		0		1	0.000	0.000
13:0.....g							
14:0.....g	0.000		0		1	0.000	0.000
15:0.....g							
16:0.....g	0.009		0		1	0.022	0.016
17:0.....g							
18:0.....g	0.003		0		1	0.007	0.005
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	0.014		0		1	0.034	0.025
14:1.....g							
15:1.....g							
16:1 undifferentiated.....g	0.000		0		1	0.000	0.000
17:1.....g							
18:1 undifferentiated.....g	0.014		0		1	0.034	0.025
20:1.....g	0.000		0		1	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1	0.000	0.000
24:1 c.....g							
Fatty acids, total polyunsaturated.....g	0.038		0		1	0.092	0.069
18:2 undifferentiated.....g	0.036		0		1	0.087	0.066
18:3 undifferentiated.....g	0.001		0		1	0.002	0.002
18:4.....g	0.000		0		1	0.000	0.000
20:2 n-6 c,c.....g							
20:3 undifferentiated.....g							
20:4 undifferentiated.....g	0.000		0		1	0.000	0.000
20:5 n-3.....g	0.000		0		1	0.000	0.000
22:5 n-3.....g	0.000		0		1	0.000	0.000
22:6 n-3.....g	0.000		0		1	0.000	0.000
Fatty acids, total trans.....g							
Cholesterol.....mg	0		0	Z	7	0	0
Phytosterols.....mg							
<b>Others:</b>							
Alcohol, ethyl.....g	0.0		0		7	0.0	0.0
Caffeine.....mg	0		0	Z	7	0	0
Theobromine.....mg	0		0	Z	7	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 242g: 1 cup

Measure 2 = 182g: 6 fl oz

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group: 11 Vegetables and Vegetable Products**  
 USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 43312

Vegetables, mixed (corn, lima beans, peas, green beans, carrots) canned, no salt added

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	90.20		0		1		164.16		
Energy.....kcal	37		0	NC	4		67		
Energy.....kj	153		0	NC	4		279		
Protein.....g	1.40		0		1		2.55		
Total lipid (fat).....g	0.20		0		1		0.36		
Ash.....g	0.89		0	BFZN	4		1.62		
Carbohydrate, by difference.....g	7.31		0	NC	4		13.30		
Fiber, total dietary.....g	3.1		0		4		5.6		
Sugars, total.....g	2.41		0	BFZN	4		4.39		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	21		0		1		38		
Iron, Fe.....mg	0.65		0		1		1.18		
Magnesium, Mg.....mg	15		0		1		27		
Phosphorus, P.....mg	37		0		1		67		
Potassium, K.....mg	138		0		1		251		
Sodium, Na.....mg	26		0		4		47		
Zinc, Zn.....mg	0.51		0		1		0.93		
Copper, Cu.....mg	0.104		0		1		0.189		
Manganese, Mn.....mg									
Selenium, Se.....mcg	0.3		1	A	1		0.5		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	3.8		0		1		6.9		
Thiamin.....mg	0.030		0		1		0.055		
Riboflavin.....mg	0.040		0		1		0.073		
Niacin.....mg	0.480		0		1		0.874		
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.080		0		1		0.146		
Folate, total.....mcg	18		0		1		33		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	18		0		1		33		
Folate, DFE.....mcg_DFE	18		0	NC	4		33		
Choline, total.....mg	18.6		0	BFZN	4		33.9		
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0		7		0.00		
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....mcg_RAE	583		0	NC	4		1060		
Retinol.....mcg	0		0	BFZN	4		0		
Carotene, beta.....mcg	5670		0	BFZN	4		10320		
Carotene, alpha.....mcg	2636		0	BFZN	4		4797		
Cryptoxanthin, beta.....mcg	5		0	BFZN	4		9		
Vitamin A, IU.....IU	11651		0	NC	4		21205		
Lycopene.....mcg	0		0	BFZN	4		0		
Lutein + zeaxanthin.....mcg	493		0	BFZN	4		898		
Vitamin E (alpha-tocopherol).....mg	0.29		0	BFZN	4		0.53		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	18.2		0	BFZN	4		33.1		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.039		0		4		0.071		
4:0.....g	0.000		0		4		0.000		
6:0.....g	0.000		0		4		0.000		
8:0.....g	0.000		0		4		0.000		
10:0.....g	0.000		0		4		0.000		

NDB No. 43312

Vegetables, mixed (corn, lima beans, peas, green beans, carrots) canned, no salt added

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.001		0		4		0.002		
13:0.....g									
14:0.....g	0.000		0		4		0.000		
15:0.....g									
16:0.....g	0.033		0		4		0.060		
17:0.....g									
18:0.....g	0.004		0		4		0.007		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.022		0		4		0.040		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		4		0.002		
17:1.....g									
18:1 undifferentiated.....g	0.022		0		4		0.040		
20:1.....g	0.000		0		4		0.000		
22:1 undifferentiated.....g	0.000		0		4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.098		0		4		0.178		
18:2 undifferentiated.....g	0.071		0		4		0.129		
18:3 undifferentiated.....g	0.027		0		4		0.049		
18:4.....g	0.000		0		4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000		
20:5 n-3.....g	0.000		0		4		0.000		
22:5 n-3.....g	0.000		0		4		0.000		
22:6 n-3.....g	0.000		0		4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		7		0		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 182g: 1 cup

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11581

Vegetables, mixed, canned, drained solids

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	87.01		0		1		141.83		
Energy.....kcal	49		0	NC	4		79		
Energy.....kj	204		0	NC	4		333		
Protein (N x 6.25).....g	2.59		0		1		4.22		
Total lipid (fat).....g	0.25		0		1		0.41		
Ash.....g	0.89		0		1		1.45		
Carbohydrate, by difference.....g	9.26		0	NC	4		15.09		
Fiber, total dietary.....g	3.0		0		4		4.9		
Sugars, total.....g	2.41		0	RA	4		3.93		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	27		0		1		44		
Iron, Fe.....mg	1.05		0		1		1.71		
Magnesium, Mg.....mg	16		0		1		26		
Phosphorus, P.....mg	42		0		1		68		
Potassium, K.....mg	291		0		1		474		
Sodium, Na.....mg	149		0		1		243		
Zinc, Zn.....mg	0.41		0		1		0.67		
Copper, Cu.....mg	0.073		0		1		0.119		
Manganese, Mn.....mg	0.568		0		4		0.926		
Selenium, Se.....mcg	0.3		1	A	1		0.5		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	5.0		0		1		8.2		
Thiamin.....mg	0.046		0		1		0.075		
Riboflavin.....mg	0.048		0		1		0.078		
Niacin.....mg	0.577		0		1		0.941		
Pantothenic acid.....mg	0.143		0		1		0.233		
Vitamin B-6.....mg	0.079		0		1		0.129		
Folate, total.....mcg	24		0		1		38		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	24		0		1		38		
Folate, DFE.....mcg_DFE	24		0	NC	4		38		
Choline, total.....mg	18.6		0	RA	4		30.4		
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00		
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....mcg_RAE	583		0	NC	4		950		
Retinol.....mcg	0		0	Z	7		0		
Carotene, beta.....mcg	5670		0	BNA	4		9243		
Carotene, alpha.....mcg	2636		0	BNA	4		4296		
Cryptoxanthin, beta.....mcg	5		0	RA	4		8		
Vitamin A, IU.....IU	11651		0	NC	4		18991		
Lycopene.....mcg	0		0	RA	4		0		
Lutein + zeaxanthin.....mcg	493		0	RA	4		804		
Vitamin E (alpha-tocopherol).....mg	0.29		0	RA	4		0.48		
Vitamin E, added.....mg	0.00		0	RA	4		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	18.2		0	RA	4		29.6		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.051		0		1		0.083		
4:0.....g	0.000		0		1		0.000		
6:0.....g	0.000		0		1		0.000		
8:0.....g	0.000		0		1		0.000		
10:0.....g	0.000		0		1		0.000		

## Vegetables, mixed, canned, drained solids

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0		1		0.000		
13:0.....g									
14:0.....g	0.001		0		1		0.002		
15:0.....g									
16:0.....g	0.044		0		1		0.072		
17:0.....g									
18:0.....g	0.005		0		1		0.008		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.016		0		1		0.026		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.002		
17:1.....g									
18:1 undifferentiated.....g	0.015		0		1		0.024		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.119		0		1		0.194		
18:2 undifferentiated.....g	0.087		0		1		0.142		
18:3 undifferentiated.....g	0.032		0		1		0.052		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.026		0		1		0.042		
Threonine.....g	0.104		0		1		0.170		
Isoleucine.....g	0.126		0		1		0.205		
Leucine.....g	0.172		0		1		0.280		
Lysine.....g	0.154		0		1		0.251		
Methionine.....g	0.031		0		1		0.051		
Cystine.....g	0.024		0		1		0.039		
Phenylalanine.....g	0.108		0		1		0.176		
Tyrosine.....g	0.067		0		1		0.109		
Valine.....g	0.135		0		1		0.220		
Arginine.....g	0.174		0		1		0.284		
Histidine.....g	0.066		0		1		0.108		
Alanine.....g	0.111		0		1		0.181		
Aspartic acid.....g	0.274		0		1		0.447		
Glutamic acid.....g	0.353		0		1		0.575		
Glycine.....g	0.094		0		1		0.153		
Proline.....g	0.063		0		1		0.103		
Serine.....g	0.123		0		1		0.200		
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

**NDB No. 11581**

**Vegetables, mixed, canned, drained solids**

Measure 1 = 163g: 1 cup

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group: 11 Vegetables and Vegetable Products**

USDA National Nutrient Database for Standard Reference, Release 21 (2008)





NDB No. 11579

Vegetables, mixed, canned, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.001		0		1		0.002		
15:0.....g									
16:0.....g	0.044		0		1		0.108		
17:0.....g									
18:0.....g	0.005		0		1		0.012		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.016		0		1		0.039		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.002		
17:1.....g									
18:1 undifferentiated.....g	0.015		0		1		0.037		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.120		0		1		0.294		
18:2 undifferentiated.....g	0.088		0		1		0.216		
18:3 undifferentiated.....g	0.032		0		1		0.078		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.015		0		1		0.037		
Threonine.....g	0.057		0		1		0.140		
Isoleucine.....g	0.069		0		1		0.169		
Leucine.....g	0.095		0		1		0.233		
Lysine.....g	0.085		0		1		0.208		
Methionine.....g	0.017		0		1		0.042		
Cystine.....g	0.013		0		1		0.032		
Phenylalanine.....g	0.060		0		1		0.147		
Tyrosine.....g	0.037		0		1		0.091		
Valine.....g	0.074		0		1		0.181		
Arginine.....g	0.096		0		1		0.235		
Histidine.....g	0.036		0		1		0.088		
Alanine.....g	0.061		0		1		0.149		
Aspartic acid.....g	0.151		0		1		0.370		
Glutamic acid.....g	0.194		0		1		0.475		
Glycine.....g	0.052		0		1		0.127		
Proline.....g	0.035		0		1		0.086		
Serine.....g	0.068		0		1		0.167		
Hydroxyproline.....g									
<b><u>Others:</u></b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg									
Theobromine.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 245g: 1 cup

**NDB No. 11579**

**Vegetables, mixed, canned, solids and liquids**

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11894

Vegetables, mixed, frozen, cooked, boiled, drained, with salt

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	83.23		0		1		228.88	75.74	
Energy.....kcal	60		0	NC	4		166	55	
Energy.....kj	252		0	NC	4		693	229	
Protein (N x 6.25).....g	2.86		0		1		7.87	2.60	
Total lipid (fat).....g	0.15		0		1		0.41	0.14	
Ash.....g	0.67		0		1		1.84	0.61	
Carbohydrate, by difference.....g	13.09		0	NC	4		36.00	11.91	
Fiber, total dietary.....g	4.4		0		4		12.1	4.0	
Sugars, total.....g	3.12		0	BFZN	4		8.57	2.83	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	25		0		1		69	23	
Iron, Fe.....mg	0.82		0		1		2.26	0.75	
Magnesium, Mg.....mg	22		0		1		61	20	
Phosphorus, P.....mg	51		0		1		140	46	
Potassium, K.....mg	169		0		1		465	154	
Sodium, Na.....mg	271		0		4		745	247	
Zinc, Zn.....mg	0.49		0		1		1.35	0.45	
Copper, Cu.....mg	0.083		0		1		0.228	0.076	
Manganese, Mn.....mg	0.379		0		1		1.042	0.345	
Selenium, Se.....mcg	0.3		1	A	1		0.8	0.3	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	3.2		0		1		8.8	2.9	
Thiamin.....mg	0.071		2		1		0.195	0.065	
Riboflavin.....mg	0.120		2		1		0.330	0.109	
Niacin.....mg	0.851		0		1		2.340	0.774	
Pantothenic acid.....mg	0.151		0		1		0.415	0.137	
Vitamin B-6.....mg	0.074		2		1		0.204	0.067	
Folate, total.....mcg	19		0		1		52	17	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	19		0		1		52	17	
Folate, DFE.....mcg_DFE	19		0	NC	4		52	17	
Choline, total.....mg	24.1		0	BFZN	4		66.1	21.9	
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	214		0	NC	4		588	195	
Retinol.....mcg	0		0	Z	7		0	0	
Carotene, beta.....mcg	2082		0	BFZN	4		5726	1895	
Carotene, alpha.....mcg	968		0	BFZN	4		2662	881	
Cryptoxanthin, beta.....mcg	0		0	BFZN	4		0	0	
Vitamin A, IU.....IU	4277		0	NC	4		11762	3892	
Lycopene.....mcg	0		0	BFZN	4		0	0	
Lutein + zeaxanthin.....mcg	637		0	BFZN	4		1751	579	
Vitamin E (alpha-tocopherol).....mg	0.38		0	BFZN	4		1.04	0.34	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	23.5		0	BFZN	4		64.5	21.3	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.031		0		1		0.085	0.028	
4:0.....g	0.000		0	BFZN	4		0.000	0.000	
6:0.....g	0.000		0	BFZN	4		0.000	0.000	
8:0.....g	0.000		0	BFZN	4		0.000	0.000	
10:0.....g	0.000		0	BFZN	4		0.000	0.000	

NDB No. 11894

Vegetables, mixed, frozen, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0		1		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0		1		0.000	0.000	
15:0.....g									
16:0.....g	0.027		0		1		0.074	0.025	
17:0.....g									
18:0.....g	0.003		0		1		0.008	0.003	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.010		0		1		0.028	0.009	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.009		0		1		0.025	0.008	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.072		0		1		0.198	0.066	
18:2 undifferentiated.....g	0.053		0		1		0.146	0.048	
18:3 undifferentiated.....g	0.019		0		1		0.052	0.017	
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.029		0		1		0.080	0.026	
Threonine.....g	0.115		0		1		0.316	0.105	
Isoleucine.....g	0.139		0		1		0.382	0.126	
Leucine.....g	0.190		0		1		0.523	0.173	
Lysine.....g	0.170		0		1		0.468	0.155	
Methionine.....g	0.034		0		1		0.094	0.031	
Cystine.....g	0.026		0		1		0.072	0.024	
Phenylalanine.....g	0.120		0		1		0.330	0.109	
Tyrosine.....g	0.074		0		1		0.204	0.067	
Valine.....g	0.149		0		1		0.410	0.136	
Arginine.....g	0.193		0		1		0.531	0.176	
Histidine.....g	0.073		0		1		0.201	0.066	
Alanine.....g	0.123		0		1		0.338	0.112	
Aspartic acid.....g	0.303		0		1		0.833	0.276	
Glutamic acid.....g	0.390		0		1		1.073	0.355	
Glycine.....g	0.104		0		1		0.286	0.095	
Proline.....g	0.070		0		1		0.193	0.064	
Serine.....g	0.136		0		1		0.374	0.124	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 275g: 1 package (10 oz) yields

Measure 2 = 91g: .5 cup

**NDB No. 11894**

**Vegetables, mixed, frozen, cooked, boiled, drained, with salt**

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.97**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11584

Vegetables, mixed, frozen, cooked, boiled, drained, without salt

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	83.23		0		1		228.88	75.74	
Energy.....kcal	65		0	NC	4		179	59	
Energy.....kj	273		0	NC	4		750	248	
Protein (N x 6.25).....g	2.86		0		1		7.87	2.60	
Total lipid (fat).....g	0.15		0		1		0.41	0.14	
Ash.....g	0.67		0		1		1.84	0.61	
Carbohydrate, by difference.....g	13.09		0	NC	4		36.00	11.91	
Fiber, total dietary.....g	4.4		0		4		12.1	4.0	
Sugars, total.....g	3.12		0	BFSN	4		8.57	2.83	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	25		0		1		69	23	
Iron, Fe.....mg	0.82		0		1		2.26	0.75	
Magnesium, Mg.....mg	22		0		1		61	20	
Phosphorus, P.....mg	51		0		1		140	46	
Potassium, K.....mg	169		0		1		465	154	
Sodium, Na.....mg	35		0		1		96	32	
Zinc, Zn.....mg	0.49		0		1		1.35	0.45	
Copper, Cu.....mg	0.083		0		1		0.228	0.076	
Manganese, Mn.....mg	0.379		0		1		1.042	0.345	
Selenium, Se.....mcg	0.3		1	A	1		0.8	0.3	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	3.2		0		1		8.8	2.9	
Thiamin.....mg	0.071		2		1		0.195	0.065	
Riboflavin.....mg	0.120		2		1		0.330	0.109	
Niacin.....mg	0.851		0		1		2.340	0.774	
Pantothenic acid.....mg	0.151		0		1		0.415	0.137	
Vitamin B-6.....mg	0.074		2		1		0.204	0.067	
Folate, total.....mcg	19		0		1		52	17	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	19		0		1		52	17	
Folate, DFE.....mcg_DFE	19		0	NC	4		52	17	
Choline, total.....mg	24.1		0	BFSN	4		66.1	21.9	
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	214		0	NC	4		588	195	
Retinol.....mcg	0		0	BNA	4		0	0	
Carotene, beta.....mcg	2082		0	BNA	4		5726	1895	
Carotene, alpha.....mcg	968		0	BNA	4		2662	881	
Cryptoxanthin, beta.....mcg	0		0	BNA	4		0	0	
Vitamin A, IU.....IU	4277		0	NC	4		11762	3892	
Lycopene.....mcg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin.....mcg	637		0	BFSN	4		1751	579	
Vitamin E (alpha-tocopherol).....mg	0.38		0	BFSN	4		1.04	0.34	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	23.5		0	BFSN	4		64.5	21.3	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.031		0		1		0.085	0.028	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.000		0		1		0.000	0.000	

## Vegetables, mixed, frozen, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0		1		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0		1		0.000	0.000	
15:0.....g									
16:0.....g	0.027		0		1		0.074	0.025	
17:0.....g									
18:0.....g	0.003		0		1		0.008	0.003	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.010		0		1		0.028	0.009	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.009		0		1		0.025	0.008	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.072		0		1		0.198	0.066	
18:2 undifferentiated.....g	0.053		0		1		0.146	0.048	
18:3 undifferentiated.....g	0.019		0		1		0.052	0.017	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.029		0		1		0.080	0.026	
Threonine.....g	0.115		0		1		0.316	0.105	
Isoleucine.....g	0.139		0		1		0.382	0.126	
Leucine.....g	0.190		0		1		0.523	0.173	
Lysine.....g	0.170		0		1		0.468	0.155	
Methionine.....g	0.034		0		1		0.094	0.031	
Cystine.....g	0.026		0		1		0.072	0.024	
Phenylalanine.....g	0.120		0		1		0.330	0.109	
Tyrosine.....g	0.074		0		1		0.204	0.067	
Valine.....g	0.149		0		1		0.410	0.136	
Arginine.....g	0.193		0		1		0.531	0.176	
Histidine.....g	0.073		0		1		0.201	0.066	
Alanine.....g	0.123		0		1		0.338	0.112	
Aspartic acid.....g	0.303		0		1		0.833	0.276	
Glutamic acid.....g	0.390		0		1		1.073	0.355	
Glycine.....g	0.104		0		1		0.286	0.095	
Proline.....g	0.070		0		1		0.193	0.064	
Serine.....g	0.136		0		1		0.374	0.124	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**



**NDB No. 11584**

**Vegetables, mixed, frozen, cooked, boiled, drained, without salt**

Measure 1 = 275g: 1 package (10 oz) yields

Measure 2 = 91g: .5 cup

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)



NDB No. 11583

Vegetables, mixed, frozen, unprepared

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.001		1		1		0.003	0.011	
15:0.....g									
16:0.....g	0.086		1		1		0.244	0.975	
17:0.....g									
18:0.....g	0.009		1		1		0.026	0.102	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.031		0		1		0.088	0.352	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		1		1		0.003	0.011	
17:1.....g									
18:1 undifferentiated.....g	0.030		1		1		0.085	0.340	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.235		0		1		0.667	2.665	
18:2 undifferentiated.....g	0.173		1		1		0.491	1.962	
18:3 undifferentiated.....g	0.063		1		1		0.179	0.714	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.034		0		1		0.097	0.386	
Threonine.....g	0.133		0		1		0.378	1.508	
Isoleucine.....g	0.162		0		1		0.460	1.837	
Leucine.....g	0.221		0		1		0.628	2.506	
Lysine.....g	0.198		0		1		0.562	2.245	
Methionine.....g	0.040		0		1		0.114	0.454	
Cystine.....g	0.030		0		1		0.085	0.340	
Phenylalanine.....g	0.139		0		1		0.395	1.576	
Tyrosine.....g	0.086		0		1		0.244	0.975	
Valine.....g	0.174		0		1		0.494	1.973	
Arginine.....g	0.225		0		1		0.639	2.552	
Histidine.....g	0.085		0		1		0.241	0.964	
Alanine.....g	0.143		0		1		0.406	1.622	
Aspartic acid.....g	0.353		0		1		1.003	4.003	
Glutamic acid.....g	0.455		0		1		1.292	5.160	
Glycine.....g	0.121		0		1		0.344	1.372	
Proline.....g	0.082		0		1		0.233	0.930	
Serine.....g	0.158		0		1		0.449	1.792	
Hydroxyproline.....g									
<b><u>Others:</u></b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg									
Theobromine.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 284g: 1 package (10 oz)

**NDB No. 11583**

**Vegetables, mixed, frozen, unprepared**

Measure 2 = 1134g: 1 pack (2-1/2 lb)

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11587

Vinespinach, (basella), raw

Basella alba

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	93.10		0						1
Energy.....kcal	19		0	NC					4
Energy.....kj	79								4
Protein (N x 6.25).....g	1.80		0						1
Total lipid (fat).....g	0.30		0						1
Ash.....g	1.40		0						1
Carbohydrate, by difference.....g	3.40		0	NC					4
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	109		0						1
Iron, Fe.....mg	1.20		0						1
Magnesium, Mg.....mg	65		0						4
Phosphorus, P.....mg	52		0						1
Potassium, K.....mg	510		0						4
Sodium, Na.....mg	24		0						4
Zinc, Zn.....mg	0.43		0						4
Copper, Cu.....mg	0.107		0						4
Manganese, Mn.....mg	0.735		0						4
Selenium, Se.....mcg	0.8		0	BFSN					4
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	102.0		0						1
Thiamin.....mg	0.050		0						1
Riboflavin.....mg	0.155		0						4
Niacin.....mg	0.500		0						1
Pantothenic acid.....mg	0.053		0						4
Vitamin B-6.....mg	0.240		0						4
Folate, total.....mcg	140		0						4
Folic acid.....mcg	0		0	Z					7
Folate, food.....mcg	140		0						4
Folate, DFE.....mcg_DFE	140		0	NC					4
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z					7
Vitamin A, RAE.....mcg_RAE	400		0						1
Retinol.....mcg	0		0	Z					7
Carotene, beta.....mcg									
Carotene, alpha.....mcg									
Cryptoxanthin, beta.....mcg									
Vitamin A, IU.....IU	8000		0						1
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g									
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z					7
Phytosterols.....mg									
<b>Amino Acids:</b>									

**NDB No. 11587**  
**Vinespinach, (basella), raw**

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
Tryptophan.....g	0.028		1		1		
Threonine.....g	0.055		2		1		
Isoleucine.....g	0.053		2		1		
Leucine.....g	0.101		2		1		
Lysine.....g	0.086		2		1		
Methionine.....g	0.019		2		1		
Cystine.....g	0.027		2		1		
Phenylalanine.....g	0.085		2		1		
Tyrosine.....g	0.048		2		1		
Valine.....g	0.065		2		1		
Arginine.....g	0.070		2		1		
Histidine.....g	0.039		2		1		
Alanine.....g	0.075		2		1		
Aspartic acid.....g	0.108		2		1		
Glutamic acid.....g	0.283		2		1		
Glycine.....g	0.067		2		1		
Proline.....g	0.070		2		1		
Serine.....g	0.057		2		1		
Hydroxyproline.....g							

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group: 11 Vegetables and Vegetable Products**  
 USDA National Nutrient Database for Standard Reference, Release 21 (2008)



NDB No. 11990  
Wasabi, root, raw

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Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 130g: 1 cup, sliced

Measure 2 = 169g: 1 root

**Calories Factors: Protein** 2.78

**Fat** 8.37

**Carbohydrate**3.84

**Food Group:** 11 Vegetables and Vegetable Products  
USDA National Nutrient Database for Standard Reference, Release 21 (2008)



NDB No. 11588

Waterchestnuts, chinese, (matai), raw

*Eleocharis dulcis*

Refuse:23% Skin

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	73.46	4.324	3		1		45.55	26.45	
Energy.....kcal	97		0	NC	4		60	35	
Energy.....kj	406		0		4		252	146	
Protein (N x 6.25).....g	1.40		1		1		0.87	0.50	
Total lipid (fat).....g	0.10		1		1		0.06	0.04	
Ash.....g	1.10		0		1		0.68	0.40	
Carbohydrate, by difference.....g	23.94		0	NC	4		14.84	8.62	
Fiber, total dietary.....g	3.0		0		1		1.9	1.1	
Sugars, total.....g	4.80		0	T	4		2.98	1.73	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	11		1		1		7	4	
Iron, Fe.....mg	0.06		1		1		0.04	0.02	
Magnesium, Mg.....mg	22		2		1		14	8	
Phosphorus, P.....mg	63		1		1		39	23	
Potassium, K.....mg	584		2		1		362	210	
Sodium, Na.....mg	14		2		1		9	5	
Zinc, Zn.....mg	0.50		0		4		0.31	0.18	
Copper, Cu.....mg	0.326		0		4		0.202	0.117	
Manganese, Mn.....mg	0.331		0		4		0.205	0.119	
Selenium, Se.....mcg	0.7		0	CAZN	4		0.4	0.3	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	4.0		1		1		2.5	1.4	
Thiamin.....mg	0.140		1		1		0.087	0.050	
Riboflavin.....mg	0.200		1		1		0.124	0.072	
Niacin.....mg	1.000		1		1		0.620	0.360	
Pantothenic acid.....mg	0.479		0		4		0.297	0.172	
Vitamin B-6.....mg	0.328		0		4		0.203	0.118	
Folate, total.....mcg	16		0		4		10	6	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	16		0		4		10	6	
Folate, DFE.....mcg_DFE	16		0	NC	4		10	6	
Choline, total.....mg	36.2		0	BFSN	4		22.5	13.0	
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0	0	
Retinol.....mcg	0		0	Z	7		0	0	
Carotene, beta.....mcg	0		0	O	4		0	0	
Carotene, alpha.....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0	0	
Vitamin A, IU.....IU	0		0	NC	4		0	0	
Lycopene.....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg	1.20		0	O	4		0.74	0.43	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.3		0	O	4		0.2	0.1	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.026		0		4		0.016	0.009	
4:0.....g	0.000		0		4		0.000	0.000	
6:0.....g	0.000		0		4		0.000	0.000	
8:0.....g	0.000		0		4		0.000	0.000	
10:0.....g	0.001		0		4		0.001	0.000	

NDB No. 11588

Waterchestnuts, chinese, (matai), raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.003		0		4		0.002	0.001	
13:0.....g									
14:0.....g	0.001		0		4		0.001	0.000	
15:0.....g									
16:0.....g	0.016		0		4		0.010	0.006	
17:0.....g									
18:0.....g	0.004		0		4		0.002	0.001	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.002		0		4		0.001	0.001	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		4		0.001	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.001		0		4		0.001	0.000	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.043		0		4		0.027	0.015	
18:2 undifferentiated.....g	0.032		0		4		0.020	0.012	
18:3 undifferentiated.....g	0.010		0		4		0.006	0.004	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 62g: .5 cup slices

Measure 2 = 36g: 4 waterchestnuts

**Calories Factors: Protein 2.78**

**Fat 8.37**

**Carbohydrate 3.84**

**Food Group: 11 Vegetables and Vegetable Products**

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11590

Waterchestnuts, chinese, canned, solids and liquids

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	86.42		0		1		60.49	24.20	
Energy.....kcal	50		0	NC	4		35	14	
Energy.....kj	210		0	NC	4		147	59	
Protein (N x 6.25).....g	0.88	0.037	6		1		0.62	0.25	
Total lipid (fat).....g	0.06		1		1		0.04	0.02	
Ash.....g	0.34		1		1		0.24	0.10	
Carbohydrate, by difference.....g	12.30		0	NC	4		8.61	3.44	
Fiber, total dietary.....g	2.5		0		1		1.8	0.7	
Sugars, total.....g	2.46		0	BFSN	4		1.72	0.69	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	4	0.433	6		1		3	1	
Iron, Fe.....mg	0.87	0.022	6		1		0.61	0.24	
Magnesium, Mg.....mg	5		1		1		4	1	
Phosphorus, P.....mg	19		1		1		13	5	
Potassium, K.....mg	118	0.241	6		1		83	33	
Sodium, Na.....mg	8	1.260	4		1		6	2	
Zinc, Zn.....mg	0.38		1		1		0.27	0.11	
Copper, Cu.....mg	0.100		1		1		0.070	0.028	
Manganese, Mn.....mg	0.161		0		4		0.113	0.045	
Selenium, Se.....mcg	0.7		0	CAZN	4		0.5	0.2	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	1.3	0.065	6		1		0.9	0.4	
Thiamin.....mg	0.011	0.006	6		1		0.008	0.003	
Riboflavin.....mg	0.024	0.011	6		1		0.017	0.007	
Niacin.....mg	0.360	0.024	6		1		0.252	0.101	
Pantothenic acid.....mg	0.221		0		4		0.155	0.062	
Vitamin B-6.....mg	0.159		0		4		0.111	0.045	
Folate, total.....mcg	6		0		4		4	2	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	6		0		4		4	2	
Folate, DFE.....mcg_DFE	6		0	NC	4		4	2	
Choline, total.....mg	18.5		0	BFSN	4		13.0	5.2	
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0	0	
Retinol.....mcg	0		0	Z	7		0	0	
Carotene, beta.....mcg	0		0	BFSN	4		0	0	
Carotene, alpha.....mcg	0		0	BFSN	4		0	0	
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0	0	
Vitamin A, IU.....IU	0		0	NC	4		0	0	
Lycopene.....mcg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin.....mcg	0		0	BFSN	4		0	0	
Vitamin E (alpha-tocopherol).....mg	0.50		0	O	4		0.35	0.14	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.2		0	BFSN	4		0.1	0.0	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.016		0		4		0.011	0.004	
4:0.....g	0.000		0		4		0.000	0.000	
6:0.....g	0.000		0		4		0.000	0.000	
8:0.....g	0.000		0		4		0.000	0.000	
10:0.....g	0.001		0		4		0.001	0.000	

Waterchestnuts, chinese, canned, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.002		0		4		0.001	0.001	
13:0.....g									
14:0.....g	0.001		0		4		0.001	0.000	
15:0.....g									
16:0.....g	0.010		0		4		0.007	0.003	
17:0.....g									
18:0.....g	0.002		0		4		0.001	0.001	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.001		0		4		0.001	0.000	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		4		0.001	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.001		0		4		0.001	0.000	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.026		0		4		0.018	0.007	
18:2 undifferentiated.....g	0.019		0		4		0.013	0.005	
18:3 undifferentiated.....g	0.006		0		4		0.004	0.002	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 70g: .5 cup slices

Measure 2 = 28g: 4 waterchestnuts

**Calories Factors: Protein 2.78**

**Fat 8.37**

**Carbohydrate 3.84**

**Food Group: 11 Vegetables and Vegetable Products**  
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**NDB No. 11591**  
**Watercress, raw**  
*Nasturtium officinale*

Refuse:8% Tough stems and ends

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	95.11		2		1		32.34	2.38	23.78
Energy.....kcal	11		0	NC	4		4	0	3
Energy.....kj	46		0		4		16	1	12
Protein (N x 6.25).....g	2.30		1		1		0.78	0.06	0.58
Total lipid (fat).....g	0.10		1		1		0.03	0.00	0.03
Ash.....g	1.20		0		1		0.41	0.03	0.30
Carbohydrate, by difference.....g	1.29		0	NC	4		0.44	0.03	0.32
Fiber, total dietary.....g	0.5		0	BFSN	4		0.2	0.0	0.1
Sugars, total.....g	0.20		0	T	4		0.07	0.01	0.05
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	120		1		1		41	3	30
Iron, Fe.....mg	0.20		1		1		0.07	0.01	0.05
Magnesium, Mg.....mg	21		2		1		7	1	5
Phosphorus, P.....mg	60		1		1		20	2	15
Potassium, K.....mg	330		2		1		112	8	83
Sodium, Na.....mg	41		2		1		14	1	10
Zinc, Zn.....mg	0.11		0		4		0.04	0.00	0.03
Copper, Cu.....mg	0.077		0		4		0.026	0.002	0.019
Manganese, Mn.....mg	0.244		0		4		0.083	0.006	0.061
Selenium, Se.....mcg	0.9		0	CAZN	4		0.3	0.0	0.2
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	43.0		1		1		14.6	1.1	10.8
Thiamin.....mg	0.090		1		1		0.031	0.002	0.023
Riboflavin.....mg	0.120		1		1		0.041	0.003	0.030
Niacin.....mg	0.200		1		1		0.068	0.005	0.050
Pantothenic acid.....mg	0.310		0		1		0.105	0.008	0.078
Vitamin B-6.....mg	0.129		0		1		0.044	0.003	0.032
Folate, total.....mcg	9		0		4		3	0	2
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg	9		0		4		3	0	2
Folate, DFE.....mcg_DFE	9		0	NC	4		3	0	2
Choline, total.....mg	9.0		0	BFSN	4		3.1	0.2	2.3
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	160		0	NC	4		54	4	40
Retinol.....mcg	0		0	Z	7		0	0	0
Carotene, beta.....mcg	1914		0	BFSN	4		651	48	479
Carotene, alpha.....mcg	0		0	BFSN	4		0	0	0
Cryptoxanthin, beta.....mcg	0		0	Z	7		0	0	0
Vitamin A, IU.....IU	3191		0	NC	4		1085	80	798
Lycopene.....mcg	0		0	Z	7		0	0	0
Lutein + zeaxanthin.....mcg	5767		0	BFSN	4		1961	144	1442
Vitamin E (alpha-tocopherol).....mg	1.00		0	O	4		0.34	0.03	0.25
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	250.0		0	T	4		85.0	6.3	62.5
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.027		0		1		0.009	0.001	0.007
4:0.....g	0.000		0		1		0.000	0.000	0.000
6:0.....g	0.000		0		1		0.000	0.000	0.000
8:0.....g	0.000		0		1		0.000	0.000	0.000
10:0.....g	0.000		0		1		0.000	0.000	0.000

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0		1		0.000	0.000	0.000
13:0.....g			0		1		0.000	0.000	0.000
14:0.....g	0.000		0		1		0.000	0.000	0.000
15:0.....g			0		1		0.000	0.000	0.000
16:0.....g	0.024		3		1		0.008	0.001	0.006
17:0.....g			0		1		0.000	0.000	0.000
18:0.....g	0.003		3		1		0.001	0.000	0.001
20:0.....g			0		1		0.000	0.000	0.000
22:0.....g			0		1		0.000	0.000	0.000
24:0.....g			0		1		0.000	0.000	0.000
Fatty acids, total monounsaturated.....g	0.008		0		1		0.003	0.000	0.002
14:1.....g			0		1		0.000	0.000	0.000
15:1.....g			0		1		0.000	0.000	0.000
16:1 undifferentiated.....g	0.002		3		1		0.001	0.000	0.001
17:1.....g			0		1		0.000	0.000	0.000
18:1 undifferentiated.....g	0.006		3		1		0.002	0.000	0.002
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g			0		1		0.000	0.000	0.000
Fatty acids, total polyunsaturated.....g	0.035		0		1		0.012	0.001	0.009
18:2 undifferentiated.....g	0.012		3		1		0.004	0.000	0.003
18:3 undifferentiated.....g	0.023		3		1		0.008	0.001	0.006
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g			0		1		0.000	0.000	0.000
20:3 undifferentiated.....g			0		1		0.000	0.000	0.000
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g			0		1		0.000	0.000	0.000
Cholesterol.....mg	0		0	Z	7		0	0	0
Phytosterols.....mg			0		7		0	0	0
<b>Amino Acids:</b>									
Tryptophan.....g	0.030		5		1		0.010	0.001	0.008
Threonine.....g	0.133		2		1		0.045	0.003	0.033
Isoleucine.....g	0.093		2		1		0.032	0.002	0.023
Leucine.....g	0.166		2		1		0.056	0.004	0.042
Lysine.....g	0.134		6		1		0.046	0.003	0.034
Methionine.....g	0.020		6		1		0.007	0.001	0.005
Cystine.....g	0.007		1		1		0.002	0.000	0.002
Phenylalanine.....g	0.114		2		1		0.039	0.003	0.029
Tyrosine.....g	0.063		1		1		0.021	0.002	0.016
Valine.....g	0.137		2		1		0.047	0.003	0.034
Arginine.....g	0.150		1		1		0.051	0.004	0.038
Histidine.....g	0.040		1		1		0.014	0.001	0.010
Alanine.....g	0.137		1		1		0.047	0.003	0.034
Aspartic acid.....g	0.187		1		1		0.064	0.005	0.047
Glutamic acid.....g	0.190		1		1		0.065	0.005	0.048
Glycine.....g	0.112		1		1		0.038	0.003	0.028
Proline.....g	0.096		1		1		0.033	0.002	0.024
Serine.....g	0.060		1		1		0.020	0.002	0.015
Hydroxyproline.....g			0		1		0.000	0.000	0.000
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

**NDB No. 11591**  
**Watercress, raw**

Measure 1 = 34g: 1 cup, chopped

Measure 2 = 2.5g: 1 sprig

Measure 3 = 25g: 10 sprigs

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group:** 11 Vegetables and Vegetable Products  
USDA National Nutrient Database for Standard Reference, Release 21 (2008)





NDB No. 11895

Waxgourd, (chinese preserving melon), cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g									
13:0.....g									
14:0.....g									
15:0.....g									
16:0.....g	0.011		0		1		0.019		
17:0.....g									
18:0.....g	0.005		0		1		0.009		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.037		0		1		0.065		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.037		0		1		0.065		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.088		0		1		0.154		
18:2 undifferentiated.....g	0.088		0		1		0.154		
18:3 undifferentiated.....g									
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.002		0		1		0.004		
Threonine.....g									
Isoleucine.....g									
Leucine.....g									
Lysine.....g	0.009		0		1		0.016		
Methionine.....g	0.003		0		1		0.005		
Cystine.....g									
Phenylalanine.....g									
Tyrosine.....g									
Valine.....g									
Arginine.....g									
Histidine.....g									
Alanine.....g									
Aspartic acid.....g									
Glutamic acid.....g									
Glycine.....g									
Proline.....g									
Serine.....g									
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 175g: 1 cup, cubes

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

**NDB No. 11895**

**Waxgourd, (chinese preserving melon), cooked, boiled, drained, with salt**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11594

Waxgourd, (chinese preserving melon), cooked, boiled, drained, without salt

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	96.06		0		1		168.11		
Energy.....kcal	14		0	NC	4		24		
Energy.....kj	56		0	NC	4		99		
Protein (N x 6.25).....g	0.40		0		1		0.70		
Total lipid (fat).....g	0.20		0		1		0.35		
Ash.....g	0.30		0		1		0.53		
Carbohydrate, by difference.....g	3.04		0	NC	4		5.32		
Fiber, total dietary.....g	1.0		0		4		1.8		
Sugars, total.....g	1.18		0	BFSN	4		2.07		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	18		0		1		32		
Iron, Fe.....mg	0.38		0		1		0.67		
Magnesium, Mg.....mg	10		0		4		18		
Phosphorus, P.....mg	17		0		1		30		
Potassium, K.....mg	5		0		1		9		
Sodium, Na.....mg	107		0		1		187		
Zinc, Zn.....mg	0.59		0		4		1.03		
Copper, Cu.....mg	0.022		0		4		0.039		
Manganese, Mn.....mg	0.056		0		4		0.098		
Selenium, Se.....mcg	0.2		0	BFSN	4		0.4		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	10.5		0		1		18.4		
Thiamin.....mg	0.034		0		1		0.060		
Riboflavin.....mg	0.001		0		1		0.002		
Niacin.....mg	0.384		0		1		0.672		
Pantothenic acid.....mg	0.121		0		4		0.212		
Vitamin B-6.....mg	0.032		0		4		0.056		
Folate, total.....mcg	4		0		4		6		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	4		0		4		6		
Folate, DFE.....mcg_DFE	4		0	NC	4		6		
Choline, total.....mg	4.9		0	BFSN	4		8.6		
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00		
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0		
Retinol.....mcg	0		0	Z	7		0		
Carotene, beta.....mcg	0		0	Z	7		0		
Carotene, alpha.....mcg	0		0	BFSN	4		0		
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0		
Vitamin A, IU.....IU	0		0	NC	4		0		
Lycopene.....mcg	0		0	BFSN	4		0		
Lutein + zeaxanthin.....mcg	197		0	BFSN	4		345		
Vitamin E (alpha-tocopherol).....mg	0.08		0	BFSN	4		0.13		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	2.8		0	BFSN	4		4.8		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.016		0		1		0.028		
4:0.....g	0.000		0		1		0.000		
6:0.....g	0.000		0		1		0.000		
8:0.....g	0.000		0		1		0.000		
10:0.....g	0.000		0		1		0.000		

NDB No. 11594

Waxgourd, (chinese preserving melon), cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0		1		0.000		
13:0.....g									
14:0.....g	0.000		0		1		0.000		
15:0.....g									
16:0.....g	0.011		0		1		0.019		
17:0.....g									
18:0.....g	0.005		0		1		0.009		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.037		0		1		0.065		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.037		0		1		0.065		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.088		0		1		0.154		
18:2 undifferentiated.....g	0.088		0		1		0.154		
18:3 undifferentiated.....g	0.000		0		1		0.000		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.002		0		1		0.004		
Threonine.....g									
Isoleucine.....g									
Leucine.....g									
Lysine.....g	0.009		0		1		0.016		
Methionine.....g	0.003		0		1		0.005		
Cystine.....g									
Phenylalanine.....g									
Tyrosine.....g									
Valine.....g									
Arginine.....g									
Histidine.....g									
Alanine.....g									
Aspartic acid.....g									
Glutamic acid.....g									
Glycine.....g									
Proline.....g									
Serine.....g									
Hydroxyproline.....g									
<b><u>Others:</u></b>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

**NDB No. 11594**

**Waxgourd, (chinese preserving melon), cooked, boiled, drained, without salt**

Measure 1 = 175g: 1 cup, cubes

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)



NDB No. 11593

Waxgourd, (chinese preserving melon), raw

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g									
15:0.....g									
16:0.....g	0.011		0		1		0.015	0.627	
17:0.....g									
18:0.....g	0.005		0		1		0.007	0.285	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.037		0		1		0.049	2.109	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.037		0		1		0.049	2.109	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.087		0		1		0.115	4.959	
18:2 undifferentiated.....g	0.087		0		1		0.115	4.959	
18:3 undifferentiated.....g									
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.002		1		1		0.003	0.114	
Threonine.....g									
Isoleucine.....g									
Leucine.....g									
Lysine.....g	0.009		1		1		0.012	0.513	
Methionine.....g	0.003		1		1		0.004	0.171	
Cystine.....g									
Phenylalanine.....g									
Tyrosine.....g									
Valine.....g									
Arginine.....g									
Histidine.....g									
Alanine.....g									
Aspartic acid.....g									
Glutamic acid.....g									
Glycine.....g									
Proline.....g									
Serine.....g									
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 132g: 1 cup, cubes

Measure 2 = 5700g: 1 waxgourd

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**NDB No. 11593**

**Waxgourd, (chinese preserving melon), raw**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)





**NDB No. 11597**  
**Winged bean leaves, raw**

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.001		0			1			
15:0.....g									
16:0.....g	0.076		0			1			
17:0.....g									
18:0.....g	0.044		0			1			
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.285		0			1			
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.284		0			1			
20:1.....g									
22:1 undifferentiated.....g	0.002		0			1			
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.213		0			1			
18:2 undifferentiated.....g	0.187		0			1			
18:3 undifferentiated.....g	0.026		0			1			
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z		7			
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.116		8			1			
Threonine.....g	0.182		8			1			
Isoleucine.....g	0.204		8			1			
Leucine.....g	0.359		8			1			
Lysine.....g	0.228		8			1			
Methionine.....g	0.064		6			1			
Cystine.....g	0.075		6			1			
Phenylalanine.....g	0.188		6			1			
Tyrosine.....g	0.126		6			1			
Valine.....g	0.245		8			1			
Arginine.....g	0.178		6			1			
Histidine.....g	0.082		6			1			
Alanine.....g	0.172		6			1			
Aspartic acid.....g	0.517		6			1			
Glutamic acid.....g	0.389		6			1			
Glycine.....g	0.149		6			1			
Proline.....g	0.168		6			1			
Serine.....g	0.149		6			1			
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

**Calories Factors: Protein 2.44**

**Fat 8.37**

**Carbohydrate 3.57**

**Food Group: 11 Vegetables and Vegetable Products**

USDA National Nutrient Database for Standard Reference, Release 21 (2008)



NDB No. 11599  
Winged bean tuber, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.000		0			1			
15:0.....g									
16:0.....g	0.062		0			1			
17:0.....g									
18:0.....g	0.036		0			1			
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.234		0			1			
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.232		0			1			
20:1.....g									
22:1 undifferentiated.....g	0.001		0			1			
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.174		0			1			
18:2 undifferentiated.....g	0.153		0			1			
18:3 undifferentiated.....g	0.021		0			1			
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z		7			
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.252		2			1			
Threonine.....g	0.451		4			1			
Isoleucine.....g	0.425		4			1			
Leucine.....g	0.640		4			1			
Lysine.....g	0.592		4			1			
Methionine.....g	0.143		3			1			
Cystine.....g	0.197		2			1			
Phenylalanine.....g	0.451		3			1			
Tyrosine.....g	0.353		3			1			
Valine.....g	0.599		4			1			
Arginine.....g	0.412		3			1			
Histidine.....g	0.241		3			1			
Alanine.....g	0.397		3			1			
Aspartic acid.....g	1.735		3			1			
Glutamic acid.....g	0.800		3			1			
Glycine.....g	0.390		3			1			
Proline.....g	0.679		3			1			
Serine.....g	0.464		3			1			
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Calories Factors: Protein 2.78

Fat 8.37

Carbohydrate 3.84

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)



NDB No. 11896

Winged bean, immature seeds, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.001		0		1		0.001	0.000	
15:0.....g									
16:0.....g	0.064		0		1		0.039	0.020	
17:0.....g									
18:0.....g	0.036		0		1		0.022	0.011	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.237		0	NC	4		0.147	0.073	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.236		0		1		0.146	0.073	
20:1.....g									
22:1 undifferentiated.....g	0.001		0		1		0.001	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.177		0	NC	4		0.110	0.055	
18:2 undifferentiated.....g	0.156		0		1		0.097	0.048	
18:3 undifferentiated.....g	0.021		0		1		0.013	0.007	
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 62g: 1 cup

Measure 2 = 31g: .5 cup

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group: 11 Vegetables and Vegetable Products**

USDA National Nutrient Database for Standard Reference, Release 21 (2008)



NDB No. 11596

Winged beans, immature seeds, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.001		0		1		0.001		
15:0.....g									
16:0.....g	0.051		0		1		0.032		
17:0.....g									
18:0.....g	0.029		0		1		0.018		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.189		0		1		0.117		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.189		0		1		0.117		
20:1.....g									
22:1 undifferentiated.....g	0.001		0		1		0.001		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.142		0		1		0.088		
18:2 undifferentiated.....g	0.125		0		1		0.078		
18:3 undifferentiated.....g	0.017		0		1		0.011		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0		
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 62g: 1 cup

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group: 11 Vegetables and Vegetable Products**

USDA National Nutrient Database for Standard Reference, Release 21 (2008)





NDB No. 11595

Winged beans, immature seeds, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.001		0		1		0.000	0.000	
15:0.....g									
16:0.....g	0.066		0		1		0.029	0.011	
17:0.....g									
18:0.....g	0.038		0		1		0.017	0.006	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.250		0		1		0.110	0.040	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.248		0		1		0.109	0.040	
20:1.....g									
22:1 undifferentiated.....g	0.002		0		1		0.001	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.186		0		1		0.082	0.030	
18:2 undifferentiated.....g	0.164		0		1		0.072	0.026	
18:3 undifferentiated.....g	0.023		0		1		0.010	0.004	
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0	0	
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 44g: 1 cup slices

Measure 2 = 16g: 1 pod

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group: 11 Vegetables and Vegetable Products**

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11897

Yam, cooked, boiled, drained, or baked, with salt

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	70.13	1.132	12		1		95.38	47.69	
Energy.....kcal	114		0	NC	4		155	78	
Energy.....kj	477		0	NC	4		649	325	
Protein (N x 6.25).....g	1.49	0.260	6		1		2.03	1.01	
Total lipid (fat).....g	0.14	0.100	6		1		0.19	0.10	
Ash.....g	1.25		0	O	4		1.70	0.85	
Carbohydrate, by difference.....g	26.99		0	NC	4		36.71	18.35	
Fiber, total dietary.....g	3.9		0		4		5.3	2.7	
Sugars, total.....g	0.49		0	BFSN	4		0.67	0.33	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	14	4.137	6		1		19	10	
Iron, Fe.....mg	0.52	0.059	6		1		0.71	0.35	
Magnesium, Mg.....mg	18	2.082	6		1		24	12	
Phosphorus, P.....mg	49	4.506	6		1		67	33	
Potassium, K.....mg	670	36.100	6		1		911	456	
Sodium, Na.....mg	244		0		4		332	166	
Zinc, Zn.....mg	0.20	0.023	6		1		0.27	0.14	
Copper, Cu.....mg	0.152	0.014	6		1		0.207	0.103	
Manganese, Mn.....mg	0.371		0		4		0.505	0.252	
Selenium, Se.....mcg	0.7		0	BFSN	4		1.0	0.5	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	12.1	3.014	12		1		16.5	8.2	
Thiamin.....mg	0.095	0.019	6		1		0.129	0.065	
Riboflavin.....mg	0.028	0.005	6		1		0.038	0.019	
Niacin.....mg	0.552	0.030	6		1		0.751	0.375	
Pantothenic acid.....mg	0.311	0.009	6		1		0.423	0.211	
Vitamin B-6.....mg	0.228	0.011	6		1		0.310	0.155	
Folate, total.....mcg	16	4.000	12		1		22	11	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	16	4.000	12		1		22	11	
Folate, DFE.....mcg_DFE	16		0	NC	4		22	11	
Choline, total.....mg	16.2		0	BFSY	4		22.0	11.0	
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	6		0	NC	4		8	4	
Retinol.....mcg	0		0	Z	7		0	0	
Carotene, beta.....mcg	73		0	BFSY	4		99	50	
Carotene, alpha.....mcg	0		0	BFSY	4		0	0	
Cryptoxanthin, beta.....mcg	0		0	BFSY	4		0	0	
Vitamin A, IU.....IU	122		0	NC	4		165	83	
Lycopene.....mcg	0		0	BFSY	4		0	0	
Lutein + zeaxanthin.....mcg	0		0	BFSY	4		0	0	
Vitamin E (alpha-tocopherol).....mg	0.34		0	BFSN	4		0.46	0.23	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	2.3		0	BFSN	4		3.1	1.6	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.029		0		1		0.039	0.020	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.000		0		1		0.000	0.000	

NDB No. 11897

Yam, cooked, boiled, drained, or baked, with salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0		1		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0		1		0.000	0.000	
15:0.....g									
16:0.....g	0.027		0		1		0.037	0.018	
17:0.....g									
18:0.....g	0.003		0		1		0.004	0.002	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.005		0		1		0.007	0.003	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.005		0		1		0.007	0.003	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.060		0		1		0.082	0.041	
18:2 undifferentiated.....g	0.050		0		1		0.068	0.034	
18:3 undifferentiated.....g	0.009		0		1		0.012	0.006	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.012		0		1		0.016	0.008	
Threonine.....g	0.052		0		1		0.071	0.035	
Isoleucine.....g	0.050		0		1		0.068	0.034	
Leucine.....g	0.094		0		1		0.128	0.064	
Lysine.....g	0.058		0		1		0.079	0.039	
Methionine.....g	0.020		0		1		0.027	0.014	
Cystine.....g	0.018		0		1		0.024	0.012	
Phenylalanine.....g	0.069		0		1		0.094	0.047	
Tyrosine.....g	0.039		0		1		0.053	0.027	
Valine.....g	0.060		0		1		0.082	0.041	
Arginine.....g	0.124		0		1		0.169	0.084	
Histidine.....g	0.033		0		1		0.045	0.022	
Alanine.....g	0.061		0		1		0.083	0.041	
Aspartic acid.....g	0.151		0		1		0.205	0.103	
Glutamic acid.....g	0.176		0		1		0.239	0.120	
Glycine.....g	0.052		0		1		0.071	0.035	
Proline.....g	0.053		0		1		0.072	0.036	
Serine.....g	0.079		0		1		0.107	0.054	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

**NDB No. 11897**

**Yam, cooked, boiled, drained, or baked, with salt**

Measure 1 = 136g: 1 cup, cubes

Measure 2 = 68g: .5 cup, cubes

**Calories Factors: Protein 2.78**

**Fat 8.37**

**Carbohydrate 4.03**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11602

Yam, cooked, boiled, drained, or baked, without salt

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv	Source	Confidence Code	Measure 1	Measure 2	Measure 3
				Code	Code				
<b>Proximates:</b>									
Water.....g	70.13	1.132	12		1		95.38	47.69	
Energy.....kcal	116		0	NC	4		158	79	
Energy.....kj	486		0	NC	4		660	330	
Protein (N x 6.25).....g	1.49	0.260	6		1		2.03	1.01	
Total lipid (fat).....g	0.14	0.100	6		1		0.19	0.10	
Ash.....g	0.76		0	O	4		1.03	0.52	
Carbohydrate, by difference.....g	27.48		0	NC	4		37.37	18.69	
Fiber, total dietary.....g	3.9		0		4		5.3	2.7	
Sugars, total.....g	0.49		0	BFSN	4		0.67	0.33	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	14	4.137	6		1		19	10	
Iron, Fe.....mg	0.52	0.059	6		1		0.71	0.35	
Magnesium, Mg.....mg	18	2.082	6		1		24	12	
Phosphorus, P.....mg	49	4.506	6		1		67	33	
Potassium, K.....mg	670	36.100	6		1		911	456	
Sodium, Na.....mg	8	1.156	6		1		11	5	
Zinc, Zn.....mg	0.20	0.023	6		1		0.27	0.14	
Copper, Cu.....mg	0.152	0.014	6		1		0.207	0.103	
Manganese, Mn.....mg	0.371		0		4		0.505	0.252	
Selenium, Se.....mcg	0.7		0	BFSN	4		1.0	0.5	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	12.1	3.014	12		1		16.5	8.2	
Thiamin.....mg	0.095	0.019	6		1		0.129	0.065	
Riboflavin.....mg	0.028	0.005	6		1		0.038	0.019	
Niacin.....mg	0.552	0.030	6		1		0.751	0.375	
Pantothenic acid.....mg	0.311	0.009	6		1		0.423	0.211	
Vitamin B-6.....mg	0.228	0.011	6		1		0.310	0.155	
Folate, total.....mcg	16	4.000	12		1		22	11	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	16	4.000	12		1		22	11	
Folate, DFE.....mcg_DFE	16		0	NC	4		22	11	
Choline, total.....mg	16.2		0	BFSY	4		22.0	11.0	
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	6		0	NC	4		8	4	
Retinol.....mcg	0		0	Z	7		0	0	
Carotene, beta.....mcg	73		0	BFSY	4		99	50	
Carotene, alpha.....mcg	0		0	BFSY	4		0	0	
Cryptoxanthin, beta.....mcg	0		0	BFSY	4		0	0	
Vitamin A, IU.....IU	122		0	NC	4		165	83	
Lycopene.....mcg	0		0	BFSY	4		0	0	
Lutein + zeaxanthin.....mcg	0		0	BFSY	4		0	0	
Vitamin E (alpha-tocopherol).....mg	0.34		0	BFSN	4		0.46	0.23	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	2.3		0	BFSN	4		3.1	1.6	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.029		0		1		0.039	0.020	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.000		0		1		0.000	0.000	

NDB No. 11602

Yam, cooked, boiled, drained, or baked, without salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0		1		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0		1		0.000	0.000	
15:0.....g									
16:0.....g	0.027		0		1		0.037	0.018	
17:0.....g									
18:0.....g	0.003		0		1		0.004	0.002	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.005		0		1		0.007	0.003	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.005		0		1		0.007	0.003	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.060		0		1		0.082	0.041	
18:2 undifferentiated.....g	0.050		0		1		0.068	0.034	
18:3 undifferentiated.....g	0.009		0		1		0.012	0.006	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.012		0		1		0.016	0.008	
Threonine.....g	0.052		0		1		0.071	0.035	
Isoleucine.....g	0.050		0		1		0.068	0.034	
Leucine.....g	0.094		0		1		0.128	0.064	
Lysine.....g	0.058		0		1		0.079	0.039	
Methionine.....g	0.020		0		1		0.027	0.014	
Cystine.....g	0.018		0		1		0.024	0.012	
Phenylalanine.....g	0.069		0		1		0.094	0.047	
Tyrosine.....g	0.039		0		1		0.053	0.027	
Valine.....g	0.060		0		1		0.082	0.041	
Arginine.....g	0.124		0		1		0.169	0.084	
Histidine.....g	0.033		0		1		0.045	0.022	
Alanine.....g	0.061		0		1		0.083	0.041	
Aspartic acid.....g	0.151		0		1		0.205	0.103	
Glutamic acid.....g	0.176		0		1		0.239	0.120	
Glycine.....g	0.052		0		1		0.071	0.035	
Proline.....g	0.053		0		1		0.072	0.036	
Serine.....g	0.079		0		1		0.107	0.054	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

**NDB No. 11602**

**Yam, cooked, boiled, drained, or baked, without salt**

Measure 1 = 136g: 1 cup, cubes

Measure 2 = 68g: .5 cup, cubes

**Calories Factors: Protein 2.78**

**Fat 8.37**

**Carbohydrate 4.03**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)



NDB No. 11601

Yam, raw

*Dioscorea spp.*

Refuse:14% Skin

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	69.60	0.962	12		1		104.40		
Energy.....kcal	118		0	NC	4		177		
Energy.....kj	494		0	NC	4		741		
Protein (N x 6.25).....g	1.53	0.268	6		1		2.30		
Total lipid (fat).....g	0.17	0.073	6		1		0.26		
Ash.....g	0.82	0.048	6		1		1.23		
Carbohydrate, by difference.....g	27.88		0	NC	4		41.82		
Fiber, total dietary.....g	4.1		0		4		6.2		
Sugars, total.....g	0.50		0	T	4		0.75		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	17	4.934	6		1		26		
Iron, Fe.....mg	0.54	0.066	6		1		0.81		
Magnesium, Mg.....mg	21	2.634	6		1		32		
Phosphorus, P.....mg	55	3.522	6		1		83		
Potassium, K.....mg	816	72.323	6		1		1224		
Sodium, Na.....mg	9	1.430	6		1		14		
Zinc, Zn.....mg	0.24	0.030	6		1		0.36		
Copper, Cu.....mg	0.178	0.020	6		1		0.267		
Manganese, Mn.....mg	0.397		0		4		0.596		
Selenium, Se.....mcg	0.7		0	CAZN	4		1.1		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	17.1	5.245	6		1		25.7		
Thiamin.....mg	0.112	0.024	6		1		0.168		
Riboflavin.....mg	0.032	0.005	6		1		0.048		
Niacin.....mg	0.552	0.030	6		1		0.828		
Pantothenic acid.....mg	0.314	0.007	6		1		0.471		
Vitamin B-6.....mg	0.293	0.040	6		1		0.440		
Folate, total.....mcg	23	4.000	12		1		35		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	23	4.000	12		1		35		
Folate, DFE.....mcg_DFE	23		0	NC	4		35		
Choline, total.....mg	16.5		0	BFSN	4		24.7		
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00		
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....mcg_RAE	7		0	NC	4		10		
Retinol.....mcg	0		0	Z	7		0		
Carotene, beta.....mcg	83		0	T	4		124		
Carotene, alpha.....mcg	0		0	Z	7		0		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0		
Vitamin A, IU.....IU	138		0	NC	4		206		
Lycopene.....mcg	0		0	Z	7		0		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol).....mg	0.35		0	BFSN	4		0.52		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	2.3		0	BFSN	4		3.5		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.037		0		1		0.056		
4:0.....g	0.000		0		1		0.000		
6:0.....g	0.000		0		1		0.000		
8:0.....g	0.000		0		1		0.000		
10:0.....g	0.000		0		1		0.000		

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0		1		0.000		
13:0.....g									
14:0.....g	0.000		0		1		0.000		
15:0.....g									
16:0.....g	0.034		0		1		0.051		
17:0.....g									
18:0.....g	0.004		0		1		0.006		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.006		0		1		0.009		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.006		0		1		0.009		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.076		0		1		0.114		
18:2 undifferentiated.....g	0.064		0		1		0.096		
18:3 undifferentiated.....g	0.012		0		1		0.018		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg	10		0		1		15		
<b>Amino Acids:</b>									
Tryptophan.....g	0.012		40		1		0.018		
Threonine.....g	0.054		72		1		0.081		
Isoleucine.....g	0.052		72		1		0.078		
Leucine.....g	0.096		72		1		0.144		
Lysine.....g	0.059		74		1		0.089		
Methionine.....g	0.021		73		1		0.032		
Cystine.....g	0.019		16		1		0.029		
Phenylalanine.....g	0.071		72		1		0.107		
Tyrosine.....g	0.040		72		1		0.060		
Valine.....g	0.062		72		1		0.093		
Arginine.....g	0.127		72		1		0.191		
Histidine.....g	0.034		72		1		0.051		
Alanine.....g	0.063		71		1		0.095		
Aspartic acid.....g	0.155		71		1		0.233		
Glutamic acid.....g	0.181		71		1		0.272		
Glycine.....g	0.053		71		1		0.080		
Proline.....g	0.054		71		1		0.081		
Serine.....g	0.081		71		1		0.122		
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

#### Common Measures:

**NDB No. 11601**

**Yam, raw**

Measure 1 = 150g: 1 cup, cubes

**Calories Factors: Protein 2.78**

**Fat 8.37**

**Carbohydrate 4.03**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11898

Yam bean (jicama), cooked, boiled, drained, with salt

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	90.07		0						1
Energy.....kcal	36		0	NC					4
Energy.....kj	150		0	NC					4
Protein (N x 6.25).....g	0.72		0						1
Total lipid (fat).....g	0.09		0						1
Ash.....g	0.89		0	O					4
Carbohydrate, by difference.....g	8.23		0	NC					4
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	11		0						1
Iron, Fe.....mg	0.57		0						1
Magnesium, Mg.....mg	11		0						1
Phosphorus, P.....mg	16		0						1
Potassium, K.....mg	135		0						1
Sodium, Na.....mg	242		0						4
Zinc, Zn.....mg	0.15		0						1
Copper, Cu.....mg	0.046		0						1
Manganese, Mn.....mg	0.057		0						1
Selenium, Se.....mcg	0.7		0	BFSN					4
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	14.1		0						1
Thiamin.....mg	0.017		0						1
Riboflavin.....mg	0.028		0						1
Niacin.....mg	0.190		0						1
Pantothenic acid.....mg	0.121		0						1
Vitamin B-6.....mg	0.040		0						1
Folate, total.....mcg	8		0						1
Folic acid.....mcg	0		0	Z					7
Folate, food.....mcg	8		0						1
Folate, DFE.....mcg_DFE	8		0	NC					4
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z					7
Vitamin A, RAE.....mcg_RAE									
Retinol.....mcg									
Carotene, beta.....mcg									
Carotene, alpha.....mcg									
Cryptoxanthin, beta.....mcg									
Vitamin A, IU.....IU	19		0	NR					4
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g									
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z					7
Phytosterols.....mg									
<b>Amino Acids:</b>									

NDB No. 11898

Yam bean (jicama), cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tryptophan.....g									
Threonine.....g	0.018		0			1			
Isoleucine.....g	0.016		0			1			
Leucine.....g	0.025		0			1			
Lysine.....g	0.026		0			1			
Methionine.....g	0.007		0			1			
Cystine.....g	0.006		0			1			
Phenylalanine.....g	0.017		0			1			
Tyrosine.....g	0.012		0			1			
Valine.....g	0.022		0			1			
Arginine.....g	0.037		0			1			
Histidine.....g	0.019		0			1			
Alanine.....g	0.020		0			1			
Aspartic acid.....g	0.200		0			1			
Glutamic acid.....g	0.043		0			1			
Glycine.....g	0.016		0			1			
Proline.....g	0.025		0			1			
Serine.....g	0.025		0			1			
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

**Calories Factors: Protein 2.78**

**Fat 8.37**

**Carbohydrate 4.03**

**Food Group: 11 Vegetables and Vegetable Products**

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11604

Yam bean (jicama), cooked, boiled, drained, without salt

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	90.07		0						1
Energy.....kcal	38		0	NC					4
Energy.....kj	159								4
Protein (N x 6.25).....g	0.72		0						1
Total lipid (fat).....g	0.09		0						1
Ash.....g	0.30		0						1
Carbohydrate, by difference.....g	8.82		0	NC					4
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	11		0						1
Iron, Fe.....mg	0.57		0						1
Magnesium, Mg.....mg	11		0						1
Phosphorus, P.....mg	16		0						1
Potassium, K.....mg	135		0						1
Sodium, Na.....mg	4		0						1
Zinc, Zn.....mg	0.15		0						1
Copper, Cu.....mg	0.046		0						1
Manganese, Mn.....mg	0.057		0						1
Selenium, Se.....mcg	0.7		0	BFSN					4
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	14.1		0						1
Thiamin.....mg	0.017		0						1
Riboflavin.....mg	0.028		0						1
Niacin.....mg	0.190		0						1
Pantothenic acid.....mg	0.121		0						1
Vitamin B-6.....mg	0.040		0						1
Folate, total.....mcg	8		0						1
Folic acid.....mcg	0		0	Z					7
Folate, food.....mcg	8		0						1
Folate, DFE.....mcg_DFE	8		0	NC					4
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z					7
Vitamin A, RAE.....mcg_RAE	1		0						1
Retinol.....mcg	0		0	Z					7
Carotene, beta.....mcg									
Carotene, alpha.....mcg									
Cryptoxanthin, beta.....mcg									
Vitamin A, IU.....IU	19		0						1
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g									
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z					7
Phytosterols.....mg									
<b>Amino Acids:</b>									

NDB No. 11604

Yam bean (jicama), cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tryptophan.....g									
Threonine.....g	0.018		0			1			
Isoleucine.....g	0.016		0			1			
Leucine.....g	0.025		0			1			
Lysine.....g	0.026		0			1			
Methionine.....g	0.007		0			1			
Cystine.....g	0.006		0			1			
Phenylalanine.....g	0.017		0			1			
Tyrosine.....g	0.012		0			1			
Valine.....g	0.022		0			1			
Arginine.....g	0.037		0			1			
Histidine.....g	0.019		0			1			
Alanine.....g	0.020		0			1			
Aspartic acid.....g	0.200		0			1			
Glutamic acid.....g	0.043		0			1			
Glycine.....g	0.016		0			1			
Proline.....g	0.025		0			1			
Serine.....g	0.025		0			1			
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

**Calories Factors: Protein 2.78**

**Fat 8.37**

**Carbohydrate 4.03**

**Food Group: 11 Vegetables and Vegetable Products**

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 11603  
 Yam bean (jicama), raw  
*Pachyrhizus spp.*

Refuse:8% Ends and skin

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	90.07	0.819	3		1		108.08	117.09	1080.84
Energy.....kcal	38		0	NC	4		46	49	456
Energy.....kj	159		0		4		191	207	1908
Protein (N x 6.25).....g	0.72		2		1		0.86	0.94	8.64
Total lipid (fat).....g	0.09		2		1		0.11	0.12	1.08
Ash.....g	0.30		2		1		0.36	0.39	3.60
Carbohydrate, by difference.....g	8.82		0	NC	4		10.58	11.47	105.84
Fiber, total dietary.....g	4.9		0		4		5.9	6.4	58.8
Sugars, total.....g	1.80		0	BFSN	4		2.16	2.33	21.55
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	12		2		1		14	16	144
Iron, Fe.....mg	0.60		1		1		0.72	0.78	7.20
Magnesium, Mg.....mg	12	2.117	3		1		14	16	144
Phosphorus, P.....mg	18		2		1		22	23	216
Potassium, K.....mg	150	13.229	3		1		180	195	1800
Sodium, Na.....mg	4	1.719	3		1		5	5	48
Zinc, Zn.....mg	0.16		2		1		0.19	0.21	1.92
Copper, Cu.....mg	0.048		2		1		0.058	0.062	0.576
Manganese, Mn.....mg	0.060		2		1		0.072	0.078	0.720
Selenium, Se.....mcg	0.7		0	CAZN	4		0.8	0.9	8.4
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	20.2		2		1		24.2	26.3	242.4
Thiamin.....mg	0.020		2		1		0.024	0.026	0.240
Riboflavin.....mg	0.029		2		1		0.035	0.038	0.348
Niacin.....mg	0.200		2		1		0.240	0.260	2.400
Pantothenic acid.....mg	0.135		2		1		0.162	0.176	1.620
Vitamin B-6.....mg	0.042	0.003	3		1		0.050	0.055	0.504
Folate, total.....mcg	12		2		1		14	16	144
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg	12		2		1		14	16	144
Folate, DFE.....mcg_DFE	12		0	NC	4		14	16	144
Choline, total.....mg	13.6		0	BFSN	4		16.3	17.6	162.7
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	1		0	NC	4		1	1	13
Retinol.....mcg	0		0	Z	7		0	0	0
Carotene, beta.....mcg	13		0	O	4		15	16	151
Carotene, alpha.....mcg	0		0	Z	7		0	0	0
Cryptoxanthin, beta.....mcg	0		0	Z	7		0	0	0
Vitamin A, IU.....IU	21		0	NC	4		25	27	252
Lycopene.....mcg	0		0	Z	7		0	0	0
Lutein + zeaxanthin.....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol).....mg	0.46		0	O	4		0.55	0.59	5.48
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.3		0	O	4		0.4	0.4	3.6
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.021		0		4		0.025	0.027	0.252
4:0.....g	0.000		0		4		0.000	0.000	0.000
6:0.....g	0.000		0		4		0.000	0.000	0.000
8:0.....g	0.000		0		4		0.000	0.000	0.000
10:0.....g	0.000		0		4		0.000	0.000	0.000



NDB No. 11603  
Yam bean (jicama), raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0		4		0.000	0.000	0.000
13:0.....g					4		0.000	0.000	0.000
14:0.....g	0.000		0		4		0.000	0.000	0.000
15:0.....g					4		0.022	0.023	0.216
16:0.....g	0.018		0		4		0.002	0.003	0.024
17:0.....g					4				
18:0.....g	0.002		0		4				
20:0.....g					4				
22:0.....g					4				
24:0.....g					4				
Fatty acids, total monounsaturated.....g	0.005		0		4		0.006	0.007	0.060
14:1.....g					4				
15:1.....g					4				
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
17:1.....g					4				
18:1 undifferentiated.....g	0.005		0		4		0.006	0.007	0.060
20:1.....g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
24:1 c.....g					4				
Fatty acids, total polyunsaturated.....g	0.043		0		4		0.052	0.056	0.516
18:2 undifferentiated.....g	0.029		0		4		0.035	0.038	0.348
18:3 undifferentiated.....g	0.014		0		4		0.017	0.018	0.168
18:4.....g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c.....g					4				
20:3 undifferentiated.....g					4				
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans.....g					4				
Cholesterol.....mg	0		0	Z	7		0	0	0
Phytosterols.....mg					7				
<b>Amino Acids:</b>									
Tryptophan.....g					1				
Threonine.....g	0.018		0		1		0.022	0.023	0.216
Isoleucine.....g	0.016		0		1		0.019	0.021	0.192
Leucine.....g	0.025		0		1		0.030	0.033	0.300
Lysine.....g	0.026		0		1		0.031	0.034	0.312
Methionine.....g	0.007		0		1		0.008	0.009	0.084
Cystine.....g	0.006		0		1		0.007	0.008	0.072
Phenylalanine.....g	0.017		0		1		0.020	0.022	0.204
Tyrosine.....g	0.012		0		1		0.014	0.016	0.144
Valine.....g	0.022		0		1		0.026	0.029	0.264
Arginine.....g	0.037		0		1		0.044	0.048	0.444
Histidine.....g	0.019		0		1		0.023	0.025	0.228
Alanine.....g	0.020		0		1		0.024	0.026	0.240
Aspartic acid.....g	0.200		0		1		0.240	0.260	2.400
Glutamic acid.....g	0.043		0		1		0.052	0.056	0.516
Glycine.....g	0.016		0		1		0.019	0.021	0.192
Proline.....g	0.025		0		1		0.030	0.033	0.300
Serine.....g	0.025		0		1		0.030	0.033	0.300
Hydroxyproline.....g					1				
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

**NDB No. 11603**

**Yam bean (jicama), raw**

Measure 1 = 120g: 1 cup slices

Measure 2 = 130g: 1 cup

Measure 3 = 1200g: 1 large

**Calories Factors: Protein 2.78**

**Fat 8.37**

**Carbohydrate 4.03**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)



NDB No. 11899

Yardlong bean, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.000		0		1		0.000	0.000	
15:0.....g									
16:0.....g	0.021		0		1		0.022	0.003	
17:0.....g									
18:0.....g	0.003		0		1		0.003	0.000	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.009		0		1		0.009	0.001	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.005		0		1		0.005	0.001	
20:1.....g									
22:1 undifferentiated.....g	0.003		0		1		0.003	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.042		0		1		0.044	0.006	
18:2 undifferentiated.....g	0.024		0		1		0.025	0.003	
18:3 undifferentiated.....g	0.017		0		1		0.018	0.002	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.029		0		1		0.030	0.004	
Threonine.....g	0.094		0		1		0.098	0.013	
Isoleucine.....g	0.135		0		1		0.140	0.019	
Leucine.....g	0.180		0		1		0.187	0.025	
Lysine.....g	0.166		0		1		0.173	0.023	
Methionine.....g	0.036		0		1		0.037	0.005	
Cystine.....g	0.038		0		1		0.040	0.005	
Phenylalanine.....g	0.139		0		1		0.145	0.019	
Tyrosine.....g	0.103		0		1		0.107	0.014	
Valine.....g	0.146		0		1		0.152	0.020	
Arginine.....g	0.177		0		1		0.184	0.025	
Histidine.....g	0.082		0		1		0.085	0.011	
Alanine.....g									
Aspartic acid.....g									
Glutamic acid.....g									
Glycine.....g									
Proline.....g									
Serine.....g									
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 104g: 1 cup slices

Measure 2 = 14.0g: 1 pod

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

**NDB No. 11899**

**Yardlong bean, cooked, boiled, drained, with salt**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)



NDB No. 11200

Yardlong bean, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.000		0		1		0.000	0.000	
15:0.....g									
16:0.....g	0.021		0		1		0.022	0.003	
17:0.....g									
18:0.....g	0.003		0		1		0.003	0.000	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.009		0		1		0.009	0.001	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.005		0		1		0.005	0.001	
20:1.....g									
22:1 undifferentiated.....g	0.003		0		1		0.003	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.042		0		1		0.044	0.006	
18:2 undifferentiated.....g	0.024		0		1		0.025	0.003	
18:3 undifferentiated.....g	0.017		0		1		0.018	0.002	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.029		0		1		0.030	0.004	
Threonine.....g	0.094		0		1		0.098	0.013	
Isoleucine.....g	0.135		0		1		0.140	0.019	
Leucine.....g	0.180		0		1		0.187	0.025	
Lysine.....g	0.166		0		1		0.173	0.023	
Methionine.....g	0.036		0		1		0.037	0.005	
Cystine.....g	0.038		0		1		0.040	0.005	
Phenylalanine.....g	0.139		0		1		0.145	0.019	
Tyrosine.....g	0.103		0		1		0.107	0.014	
Valine.....g	0.146		0		1		0.152	0.020	
Arginine.....g	0.177		0		1		0.184	0.025	
Histidine.....g	0.082		0		1		0.085	0.011	
Alanine.....g									
Aspartic acid.....g									
Glutamic acid.....g									
Glycine.....g									
Proline.....g									
Serine.....g									
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 104g: 1 cup slices

Measure 2 = 14.0g: 1 pod

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

**NDB No. 11200**

**Yardlong bean, cooked, boiled, drained, without salt**

**Food Group:** 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)





**NDB No. 11199**  
**Yardlong bean, raw**

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.001		0		1		0.001	0.000	
15:0.....g									
16:0.....g	0.084		0		1		0.076	0.010	
17:0.....g									
18:0.....g	0.013		0		1		0.012	0.002	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.036		0		1		0.033	0.004	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.001	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.021		0		1		0.019	0.003	
20:1.....g									
22:1 undifferentiated.....g	0.013		0		1		0.012	0.002	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.169		0		1		0.154	0.020	
18:2 undifferentiated.....g	0.096		0		1		0.087	0.012	
18:3 undifferentiated.....g	0.070		0		1		0.064	0.008	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.032		0		1		0.029	0.004	
Threonine.....g	0.104		0		1		0.095	0.012	
Isoleucine.....g	0.150		0		1		0.137	0.018	
Leucine.....g	0.200		0		1		0.182	0.024	
Lysine.....g	0.184		0		1		0.167	0.022	
Methionine.....g	0.040		0		1		0.036	0.005	
Cystine.....g	0.042		0		1		0.038	0.005	
Phenylalanine.....g	0.154		0		1		0.140	0.018	
Tyrosine.....g	0.115		0		1		0.105	0.014	
Valine.....g	0.162		0		1		0.147	0.019	
Arginine.....g	0.196		0		1		0.178	0.024	
Histidine.....g	0.090		0		1		0.082	0.011	
Alanine.....g									
Aspartic acid.....g									
Glutamic acid.....g									
Glycine.....g									
Proline.....g									
Serine.....g									
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 91g: 1 cup slices  
 Measure 2 = 12.0g: 1 pod

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**NDB No. 11199**  
**Yardlong bean, raw**

**Food Group:** 11 Vegetables and Vegetable Products  
USDA National Nutrient Database for Standard Reference, Release 21 (2008)



NDB No. 11991  
Yautia (tannier), raw

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Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 135g: 1 cup, sliced

Measure 2 = 305g: 1 root

**Calories Factors: Protein** 2.78

**Fat** 8.37

**Carbohydrate**3.84

**Food Group:** 11 Vegetables and Vegetable Products  
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NDB No. 43406  
 Yeast extract spread

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	37.00		0		1		2.22		
Energy.....kcal	158		0	NC	4		10		
Energy.....kj	663		0	NC	4		40		
Protein.....g	27.80		0		1		1.67		
Total lipid (fat).....g	0.00		0		1		0.00		
Ash.....g	23.40		0	O	4		1.40		
Carbohydrate, by difference.....g	11.80		0	NC	4		0.71		
Fiber, total dietary.....g	3.0		0		4		0.2		
Sugars, total.....g	0.00		0	Z	7		0.00		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	86		0		1		5		
Iron, Fe.....mg	3.70		0		4		0.22		
Magnesium, Mg.....mg	180		0		4		11		
Phosphorus, P.....mg	104		0		1		6		
Potassium, K.....mg	2600		0		4		156		
Sodium, Na.....mg	3600		0		1		216		
Zinc, Zn.....mg	2.10		0		4		0.13		
Copper, Cu.....mg	0.300		0		4		0.018		
Manganese, Mn.....mg									
Selenium, Se.....mcg	18.0		1	A	1		1.1		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0		
Thiamin.....mg	9.700		0		1		0.582		
Riboflavin.....mg	14.300		0		1		0.858		
Niacin.....mg	97.000		0		1		5.820		
Pantothenic acid.....mg									
Vitamin B-6.....mg	1.300		0		4		0.078		
Folate, total.....mcg	1010		0		4		61		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	1010		0		4		61		
Folate, DFE.....mcg_DFE	1010		0	NC	4		61		
Choline, total.....mg	65.1		0	BFSN	4		3.9		
Betaine.....mg									
Vitamin B-12.....mcg	0.50		0		4		0.03		
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....mcg_RAE	0		0	AS	1		0		
Retinol.....mcg	0		0	Z	7		0		
Carotene, beta.....mcg	0		0	Z	7		0		
Carotene, alpha.....mcg	0		0	Z	7		0		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0		
Vitamin A, IU.....IU	0		0	AS	1		0		
Lycopene.....mcg	0		0	Z	7		0		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol).....mg	0.00		0	Z	7		0.00		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		0	O	4		0.0		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.000		0		4		0.000		
4:0.....g	0.000		0		4		0.000		
6:0.....g	0.000		0		4		0.000		
8:0.....g	0.000		0		4		0.000		
10:0.....g	0.000		0		4		0.000		

NDB No. 43406  
 Yeast extract spread

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0		4		0.000		
13:0.....g									
14:0.....g	0.000		0		4		0.000		
15:0.....g									
16:0.....g	0.000		0		4		0.000		
17:0.....g									
18:0.....g	0.000		0		4		0.000		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0		4		0.000		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.000		0		4		0.000		
20:1.....g	0.000		0		4		0.000		
22:1 undifferentiated.....g	0.000		0		4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0		4		0.000		
18:2 undifferentiated.....g	0.000		0		4		0.000		
18:3 undifferentiated.....g	0.000		0		4		0.000		
18:4.....g	0.000		0		4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000		
20:5 n-3.....g	0.000		0		4		0.000		
22:5 n-3.....g	0.000		0		4		0.000		
22:6 n-3.....g	0.000		0		4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		7		0		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

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**Common Measures:**

Measure 1 = 6.0g: 1 tsp

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 11 Vegetables and Vegetable Products

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