

NDB No. 19146

Baking chocolate, MASTERFOODS USA, M&M's Milk Chocolate Mini Baking Bits

Masterfoods USA

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	1.50		0	BFZN	4		0.21		
Energy.....kcal	502		1	MC	9		70		
Energy.....kj	2102		0	MC	9		294		
Protein.....g	4.78		1	MC	9		0.67		
Total lipid (fat).....g	23.36		1	MC	9		3.27		
Ash.....g	1.78		0	BFZN	4		0.25		
Carbohydrate, by difference.....g	68.40		1	MC	9		9.58		
Fiber, total dietary.....g	2.7		1	MC	9		0.4		
Sugars, total.....g	62.54		1	MC	9		8.76		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	116		1	MC	9		16		
Iron, Fe.....mg	1.23		1	MC	9		0.17		
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	68		1	MC	9		9		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.6		1	MC	9		0.1		
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folic acid.....mcg									
Folate, food.....mcg									
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	224		1	MC	9		31		
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	14.466		1	MC	9		2.025		
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g	0.184		1	MC	9		0.026		
Cholesterol.....mg	15		1	MC	9		2		
Phytosterols.....mg									
<b>Others:</b>									

NDB No. 19146

Baking chocolate, MASTERFOODS USA, M&M's Milk Chocolate Mini Baking Bits

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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									
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 = 14.0g: 1 serving 0.5 oz, about 1 tbsp

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 19 Sweets

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

NDB No. 19139

Baking chocolate, MASTERFOODS USA, M&M's Semisweet Chocolate Mini Baking Bits

Masterfoods USA

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	1.27		0	MC	9		0.18	4.32	
Energy.....kcal	517		1	MC	9		72	1757	
Energy.....kj	2163		0	MC	9		303	7353	
Protein.....g	4.44		1	MC	9		0.62	15.08	
Total lipid (fat).....g	26.15		1	MC	9		3.66	88.92	
Ash.....g	2.07		0	MC	9		0.29	7.04	
Carbohydrate, by difference.....g	65.96		1	MC	9		9.23	224.26	
Fiber, total dietary.....g	6.7		1	MC	9		0.9	22.7	
Sugars, total.....g	53.07		1	MC	9		7.43	180.42	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	34		1	MC	9		5	115	
Iron, Fe.....mg	2.91		1	MC	9		0.41	9.91	
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	2		1	MC	9		0	7	
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		1	MC	9		0.0	0.0	
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folic acid.....mcg									
Folate, food.....mcg									
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	74		1	MC	9		10	251	
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	15.618		1	MC	9		2.187	53.101	
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g	0.042		1	MC	9		0.006	0.143	
Cholesterol.....mg	3		1	MC	9		0	10	
Phytosterols.....mg									
<b>Others:</b>									

NDB No. 19139

Baking chocolate, MASTERFOODS USA, M&M's Semisweet Chocolate Mini Baking Bits

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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									
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 = 14.0g: 1 serving 0.5 oz, about 1 tbsp

Measure 2 = 340g: 1 package (net weight, 12 oz)

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 19 Sweets

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

NDB No. 19124

Baking chocolate, mexican, squares

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	1.59		2	A	1		0.32		
Energy.....kcal	426		0	NC	4		85		
Energy.....kj	1782		0		4		356		
Protein (N x 6.25).....g	3.64		2	A	1		0.73		
Total lipid (fat).....g	15.59		2	A	1		3.12		
Ash.....g	1.34		2	A	1		0.27		
Carbohydrate, by difference.....g	77.41		0	NC	4		15.48		
Fiber, total dietary.....g	4.0	0.152	4	AI	13		0.8		
Sugars, total.....g	69.40		0	FLA	4		13.88		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	34		2	A	1		7		
Iron, Fe.....mg	2.18		2	A	1		0.44		
Magnesium, Mg.....mg	95		2	A	1		19		
Phosphorus, P.....mg	142		2	A	1		28		
Potassium, K.....mg	397		2	A	1		79		
Sodium, Na.....mg	3		2	A	1		1		
Zinc, Zn.....mg	1.26		2	A	1		0.25		
Copper, Cu.....mg	0.670		2	A	1		0.134		
Manganese, Mn.....mg	0.449		2	A	1		0.090		
Selenium, Se.....mcg	1.8		0	FLA	4		0.4		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.1		2	A	1		0.0		
Thiamin.....mg	0.057		2	A	1		0.011		
Riboflavin.....mg	0.105		2	A	1		0.021		
Niacin.....mg	1.829		2	A	1		0.366		
Pantothenic acid.....mg	0.180		2	A	1		0.036		
Vitamin B-6.....mg	0.034		2	A	1		0.007		
Folate, total.....mcg	5		0	FLA	4		1		
Folic acid.....mcg	0		0	FLA	4		0		
Folate, food.....mcg	5		0	FLA	4		1		
Folate, DFE.....mcg_DFE	5		0	NC	4		1		
Choline, total.....mg	45.6		0	O	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	FLA	4		0		
Retinol.....mcg	0		0	FLA	4		0		
Carotene, beta.....mcg	0		0	FLA	4		0		
Carotene, alpha.....mcg	0		0	FLA	4		0		
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0		
Vitamin A, IU.....IU	0		0	FLA	4		0		
Lycopene.....mcg	0		0	FLA	4		0		
Lutein + zeaxanthin.....mcg	7		0	FLA	4		1		
Vitamin E (alpha-tocopherol).....mg	0.36		0	FLA	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	2.2		0	FLA	4		0.4		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	8.606		2	A	1		1.721		
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		

NDB No. 19124

Baking chocolate, mexican, squares

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures 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	A	1		0.000		
13:0.....g									
14:0.....g	0.010		2	A	1		0.002		
15:0.....g									
16:0.....g	3.628		2	A	1		0.726		
17:0.....g									
18:0.....g	4.705		2	A	1		0.941		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	5.044		2	A	1		1.009		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.037		2	A	1		0.007		
17:1.....g									
18:1 undifferentiated.....g	5.007		2	A	1		1.001		
20:1.....g	0.000		2	A	1		0.000		
22:1 undifferentiated.....g	0.000		2	A	1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.162		2	A	1		0.232		
18:2 undifferentiated.....g	0.942		2	A	1		0.188		
18:3 undifferentiated.....g	0.072		2	A	1		0.014		
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	0.148		2	A	1		0.030		
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		2	A	1		0		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	14		0	FLA	4		3		
Theobromine.....mg	231		0	FLA	4		46		

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

**Common Measures:**

Measure 1 = 20g: 1 tablet

**Calories Factors: Protein 2**

**Fat 8.4**

**Carbohydrate 3.7**

**Food Group: 19 Sweets**

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



NDB No. 19077

Baking chocolate, unsweetened, liquid

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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	3.630		1		1		1.029		
15:0.....g									
16:0.....g	6.060		1		1		1.718		
17:0.....g									
18:0.....g	3.160		1		1		0.896		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	9.230		0		1		2.617		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.050		1		1		0.014		
17:1.....g									
18:1 undifferentiated.....g	9.180		1		1		2.603		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	10.700		0		1		3.033		
18:2 undifferentiated.....g	10.100		1		1		2.863		
18:3 undifferentiated.....g	0.600		1		1		0.170		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	FLA	4		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.182		0		1		0.052		
Threonine.....g	0.481		0		1		0.136		
Isoleucine.....g	0.471		0		1		0.134		
Leucine.....g	0.737		0		1		0.209		
Lysine.....g	0.609		0		1		0.173		
Methionine.....g	0.125		0		1		0.035		
Cystine.....g	0.148		0		1		0.042		
Phenylalanine.....g	0.584		0		1		0.166		
Tyrosine.....g	0.456		0		1		0.129		
Valine.....g	0.730		0		1		0.207		
Arginine.....g	0.689		0		1		0.195		
Histidine.....g	0.210		0		1		0.060		
Alanine.....g	0.561		0		1		0.159		
Aspartic acid.....g	1.211		0		1		0.343		
Glutamic acid.....g	1.828		0		1		0.518		
Glycine.....g	0.545		0		1		0.155		
Proline.....g	0.520		0		1		0.147		
Serine.....g	0.525		0		1		0.149		
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g									
Caffeine.....mg	47		0	FLA	4		13		
Theobromine.....mg	1597		0	FLA	4		453		

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

**Common Measures:**

Measure 1 = 28.35g: 1 oz



**NDB No. 19077**

**Baking chocolate, unsweetened, liquid**

**Calories Factors: Protein 1.83**

**Fat 8.4**

**Carbohydrate 1.33**

**Food Group: 19 Sweets**

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

NDB No. 19078

Baking chocolate, unsweetened, squares

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	1.34	0.092	3	A	1		0.39	1.77	
Energy.....kcal	501		0	NC	4		145	662	
Energy.....kj	2097		0	NC	4		608	2768	
Protein (N x 5.63).....g	12.90		0	NR	4		3.74	17.03	
Adjusted Protein (N x 4.74).....g	12.90	0.162	3	NR	4		3.74	17.03	
Total lipid (fat).....g	52.31	0.337	3	A	1		15.17	69.05	
Ash.....g	3.60	0.146	3	A	1		1.04	4.76	
Carbohydrate, by difference.....g	29.84		0	NR	4		8.65	39.39	
Fiber, total dietary.....g	16.6	0.242	3	A	1		4.8	21.9	
Sugars, total.....g	0.91	0.177	3	A	1		0.26	1.21	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	101	7.206	3	A	1		29	134	
Iron, Fe.....mg	17.40	2.854	3	A	1		5.05	22.97	
Magnesium, Mg.....mg	327	7.767	3	A	1		95	432	
Phosphorus, P.....mg	400	25.115	3	A	1		116	528	
Potassium, K.....mg	830	41.914	3	A	1		241	1096	
Sodium, Na.....mg	24	2.671	3	A	1		7	31	
Zinc, Zn.....mg	9.63	1.011	3	A	1		2.79	12.72	
Copper, Cu.....mg	3.233	0.088	3	A	1		0.938	4.268	
Manganese, Mn.....mg	4.167	0.186	3	A	1		1.208	5.500	
Selenium, Se.....mcg	8.1		2	A	1		2.4	10.7	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		1	A	1		0.0	0.0	
Thiamin.....mg	0.147		2	A	1		0.043	0.194	
Riboflavin.....mg	0.100		2	A	1		0.029	0.132	
Niacin.....mg	1.355		2	A	1		0.393	1.789	
Pantothenic acid.....mg	0.168		2	A	1		0.049	0.222	
Vitamin B-6.....mg	0.027		2	A	1		0.008	0.036	
Folate, total.....mcg	28		2	A	1		8	37	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	28		2	A	1		8	37	
Folate, DFE.....mcg_DFE	28		0	NC	4		8	37	
Choline, total.....mg	45.7		1	A	1		13.2	60.3	
Betaine.....mg	2.6		1	A	1		0.7	3.4	
Vitamin B-12.....mcg	0.00		1		4		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		2	A	1		0	0	
Lutein + zeaxanthin.....mcg	38		0	NR	4		11	51	
Vitamin E (alpha-tocopherol).....mg	0.40		1	A	1		0.12	0.53	
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	5.83		1	A	1		1.69	7.70	
Tocopherol, delta.....mg	0.00		1	A	1		0.00	0.00	
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	9.7		2	A	1		2.8	12.8	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	32.351		0	NR	4		9.382	42.703	
4:0.....g	0.000	0.000	3	A	1		0.000	0.000	
6:0.....g	0.000	0.000	3	A	1		0.000	0.000	
8:0.....g	0.000	0.000	3	A	1		0.000	0.000	

NDB No. 19078

Baking chocolate, unsweetened, squares

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
10:0.....g	0.000	0.000	3	A	1	0.000	0.000		
12:0.....g	0.000	0.000	3	A	1	0.000	0.000		
13:0.....g	0.000	0.000	3	A	1	0.000	0.000		
14:0.....g	0.033	0.033	3	A	1	0.010	0.043		
15:0.....g	0.000	0.000	3	A	1	0.000	0.000		
16:0.....g	13.330	0.010	3	A	1	3.866	17.595		
17:0.....g	0.100	0.001	3	A	1	0.029	0.132		
18:0.....g	18.260	0.348	3	A	1	5.295	24.104		
20:0.....g	0.554	0.026	3	A	1	0.161	0.731		
22:0.....g	0.050	0.029	3	A	1	0.015	0.067		
24:0.....g	0.000	0.000	3	A	1	0.000	0.000		
Fatty acids, total monounsaturated.....g	16.105		0	NR	4	4.670	21.259		
14:1.....g	0.000	0.000	3	A	1	0.000	0.000		
15:1.....g	0.000	0.000	3	A	1	0.000	0.000		
16:1 undifferentiated.....g	0.100	0.001	3	A	1	0.029	0.132		
17:1.....g	0.000	0.000	3	A	1	0.000	0.000		
18:1 undifferentiated.....g	16.031		1	A	1	4.649	21.161		
18:1 c.....g	15.994	0.039	3	A	1	4.638	21.112		
18:1-11c (18:1c n-7).....g									
18:1 t.....g	0.000	0.000	3	A	1	0.000	0.000		
18:1-11t (18:1t n-7).....g									
20:1.....g	0.000	0.000	3	A	1	0.000	0.000		
22:1 undifferentiated.....g	0.000	0.000	3	A	1	0.000	0.000		
24:1 c.....g	0.000	0.000	3	A	1	0.000	0.000		
Fatty acids, total polyunsaturated.....g	1.555		0	NR	4	0.451	2.053		
18:2 undifferentiated.....g	1.437	0.008	3	A	1	0.417	1.896		
18:3 undifferentiated.....g	0.117		1	A	1	0.034	0.155		
18:3 n-3 c,c,c.....g	0.117	0.016	3	A	1	0.034	0.154		
18:3 n-6 c,c,c.....g	0.000	0.000	3	A	1	0.000	0.000		
18:3i.....g									
18:4.....g	0.000		0	Z	7	0.000	0.000		
20:2 n-6 c,c,c.....g	0.000	0.000	3	A	1	0.000	0.000		
20:3 undifferentiated.....g	0.000	0.000	3	A	1	0.000	0.000		
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000	0.000	3	A	1	0.000	0.000		
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g	0.000	0.000	3	A	1	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	0.000	3	A	1	0.000	0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1		4	0	0		
Phytosterols.....mg									
Stigmasterol.....mg	38		2	A	1	11	50		
Campesterol.....mg	13		2	A	1	4	18		
Beta-sitosterol.....mg	85		2	A	1	25	112		
<b>Amino Acids:</b>									
Tryptophan.....g	0.130		2	A	1	0.038	0.172		
Threonine.....g	0.370		2	A	1	0.107	0.488		
Isoleucine.....g	0.410		2	A	1	0.119	0.541		
Leucine.....g	0.695		2	A	1	0.202	0.917		
Lysine.....g	0.470		2	A	1	0.136	0.620		
Methionine.....g	0.140		2	A	1	0.041	0.185		
Cystine.....g	0.225		2	A	1	0.065	0.297		
Phenylalanine.....g	0.525		2	A	1	0.152	0.693		
Tyrosine.....g	0.425		2	A	1	0.123	0.561		
Valine.....g	0.655		2	A	1	0.190	0.865		
Arginine.....g	0.815		2	A	1	0.236	1.076		
Histidine.....g	0.215		2	A	1	0.062	0.284		
Alanine.....g	0.475		2	A	1	0.138	0.627		

NDB No. 19078

Baking chocolate, unsweetened, squares

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
Aspartic acid.....g	1.270		2	A	1		0.368	1.676	
Glutamic acid.....g	1.870		2	A	1		0.542	2.468	
Glycine.....g	0.505		2	A	1		0.146	0.667	
Proline.....g	0.880		2	A	1		0.255	1.162	
Serine.....g	0.530		2	A	1		0.154	0.700	
Hydroxyproline.....g	0.000		2	A	1		0.000	0.000	
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0			7	0.0	0.0	
Caffeine.....mg	80	0.000	3	A	1		23	106	
Theobromine.....mg	1297	34.801	3	A	1		376	1712	

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

**Common Measures:**

Measure 1 = 29g: 1 square

Measure 2 = 132g: 1 cup, grated

**Calories Factors: Protein 1.83**

**Fat 8.37**

**Carbohydrate 1.33**

**Food Group: 19 Sweets**

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

NDB No. 19248  
 Candies, ALMOND JOY BITES  
 Hershey Food Corp.

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	1.26		1	MC	9		0.50		
Energy.....kcal	545		1	MC	9		218		
Energy.....kj	2282		0	MC	9		913		
Protein (N x 6.25).....g	5.58		1	MC	9		2.23		
Total lipid (fat).....g	34.50		1	MC	9		13.80		
Ash.....g	1.12		1	MC	9		0.45		
Carbohydrate, by difference.....g	57.48		1	MC	9		22.99		
Fiber, total dietary.....g	4.3		1	MC	9		1.7		
Sugars, total.....g	51.71		1	MC	9		20.68		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	109		1	MC	9		44		
Iron, Fe.....mg	1.33		1	MC	9		0.53		
Magnesium, Mg.....mg	38		1	MC	9		15		
Phosphorus, P.....mg	129		1	MC	9		52		
Potassium, K.....mg	306		1	MC	9		123		
Sodium, Na.....mg	39		1	MC	9		16		
Zinc, Zn.....mg	0.79		1	MC	9		0.32		
Copper, Cu.....mg	0.180		1	MC	9		0.072		
Manganese, Mn.....mg	0.000		1	MC	9		0.000		
Selenium, Se.....mcg	0.0		1	MC	9		0.0		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	1.0		1	MC	9		0.4		
Thiamin.....mg	0.040		1	MC	9		0.016		
Riboflavin.....mg	0.160		1	MC	9		0.064		
Niacin.....mg	0.330		1	MC	9		0.132		
Pantothenic acid.....mg	0.250		1	MC	9		0.100		
Vitamin B-6.....mg	0.060		1	MC	9		0.024		
Folate, total.....mcg	8		1	MC	9		3		
Folic acid.....mcg									
Folate, food.....mcg									
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	117		1	MC	9		47		
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	20.600		1	MC	9		8.240		
Fatty acids, total monounsaturated.....g	8.850		1	MC	9		3.540		
Fatty acids, total polyunsaturated.....g	1.460		1	MC	9		0.584		
Fatty acids, total trans.....g									
Cholesterol.....mg	11		1	MC	9		5		
Phytosterols.....mg									
<b>Others:</b>									

**NDB No. 19248**  
**Candies, ALMOND JOY BITES**

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	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code	Code			
Alcohol, ethyl.....g	0.0		1	MC	9		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 = 40g: 18 pieces

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 19 Sweets

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

**NDB No. 19098**  
**Candies, 5TH AVENUE Candy Bar**

Hershey Food Corp.

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	2.30		1	MC	9		1.29	0.37	
Energy.....kcal	482		1	MC	9		270	77	
Energy.....kj	2017		0	MC	9		1130	323	
Protein.....g	8.78		1	MC	9		4.92	1.40	
Total lipid (fat).....g	23.98		1	MC	9		13.43	3.84	
Ash.....g	1.91		1	MC	9		1.07	0.31	
Carbohydrate, by difference.....g	62.68		1	MC	9		35.10	10.03	
Fiber, total dietary.....g	3.1		1	MC	9		1.7	0.5	
Sugars, total.....g	47.19		1	MC	9		26.43	7.55	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	73		1	MC	9		41	12	
Iron, Fe.....mg	1.20		1	MC	9		0.67	0.19	
Magnesium, Mg.....mg	62		1	MC	9		35	10	
Phosphorus, P.....mg	141		1	MC	9		79	23	
Potassium, K.....mg	347		1	MC	9		195	56	
Sodium, Na.....mg	225		1	MC	9		126	36	
Zinc, Zn.....mg	1.12		1	MC	9		0.63	0.18	
Copper, Cu.....mg	0.210		1	MC	9		0.118	0.034	
Manganese, Mn.....mg	0.050		1	MC	9		0.028	0.008	
Selenium, Se.....mcg	0.6		1	MC	9		0.3	0.1	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.4		1	MC	9		0.2	0.1	
Thiamin.....mg	0.140		1	MC	9		0.078	0.022	
Riboflavin.....mg	0.090		1	MC	9		0.050	0.014	
Niacin.....mg	3.900		1	MC	9		2.184	0.624	
Pantothenic acid.....mg	0.540		1	MC	9		0.302	0.086	
Vitamin B-6.....mg	0.110		1	MC	9		0.062	0.018	
Folate, total.....mcg	36		0	FLM	4		20	6	
Folic acid.....mcg	0		0	FLM	4		0	0	
Folate, food.....mcg	36		0	FLM	4		20	6	
Folate, DFE.....mcg_DFE	36		0	NC	4		20	6	
Choline, total.....mg	14.9		0	O	4		8.3	2.4	
Betaine.....mg									
Vitamin B-12.....mcg	0.18		0	FLM	4		0.10	0.03	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	14		0	FLM	4		8	2	
Retinol.....mcg	14		0	FLM	4		8	2	
Carotene, beta.....mcg	1		0	FLM	4		0	0	
Carotene, alpha.....mcg	0		0	FLM	4		0	0	
Cryptoxanthin, beta.....mcg	0		0	FLM	4		0	0	
Vitamin A, IU.....IU	51		0	FLM	4		28	8	
Lycopene.....mcg	0		0	FLM	4		0	0	
Lutein + zeaxanthin.....mcg	0		0	FLM	4		0	0	
Vitamin E (alpha-tocopherol).....mg	2.70		0	FLM	4		1.51	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	2.7		0	FLM	4		1.5	0.4	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	6.650		1	MC	9		3.724	1.064	
4:0.....g	0.128		0	FLM	4		0.072	0.020	
6:0.....g	0.045		0	FLM	4		0.025	0.007	
8:0.....g	0.028		0	FLM	4		0.015	0.004	

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0.....g	0.053		0	FLM	4		0.030	0.009	
12:0.....g	0.058		0	FLM	4		0.033	0.009	
13:0.....g	0.000		0	FLM	4		0.000	0.000	
14:0.....g	0.213		0	FLM	4		0.119	0.034	
15:0.....g	0.016		0	FLM	4		0.009	0.003	
16:0.....g	3.532		0	FLM	4		1.978	0.565	
17:0.....g	0.015		0	FLM	4		0.008	0.002	
18:0.....g	1.974		0	FLM	4		1.106	0.316	
20:0.....g	0.040		0	FLM	4		0.022	0.006	
22:0.....g	0.004		0	FLM	4		0.002	0.001	
24:0.....g	0.000		0	FLM	4		0.000	0.000	
Fatty acids, total monounsaturated.....g	10.600		1	MC	9		5.936	1.696	
14:1.....g	0.014		0	FLM	4		0.008	0.002	
15:1.....g	0.000		0	FLM	4		0.000	0.000	
16:1 undifferentiated.....g	0.054		0	FLM	4		0.030	0.009	
17:1.....g	0.004		0	FLM	4		0.002	0.001	
18:1 undifferentiated.....g	8.355		0	FLM	4		4.679	1.337	
20:1.....g	0.145		0	FLM	4		0.081	0.023	
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	
24:1 c.....g	0.000		0	FLM	4		0.000	0.000	
Fatty acids, total polyunsaturated.....g	3.390		0	FLM	4		1.898	0.542	
18:2 undifferentiated.....g	3.305		0	FLM	4		1.851	0.529	
18:3 undifferentiated.....g	0.084		0	FLM	4		0.047	0.014	
18:4.....g	0.000		0	FLM	4		0.000	0.000	
20:2 n-6 c,c.....g	0.000		0	FLM	4		0.000	0.000	
20:3 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	
20:4 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	
20:5 n-3.....g	0.000		0	FLM	4		0.000	0.000	
22:5 n-3.....g	0.000		0	FLM	4		0.000	0.000	
22:6 n-3.....g	0.000		0	FLM	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	6		1	MC	9		3	1	
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		1	MC	9		0.0	0.0	
Caffeine.....mg	5		0	FLM	4		3	1	
Theobromine.....mg	79		0	FLM	4		44	13	

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**Common Measures:**

Measure 1 = 56g: 1 bar 2 oz  
 Measure 2 = 16g: 1 bar snack size

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group: 19 Sweets**



**NDB No. 19065**  
**Candies, ALMOND JOY Candy Bar**  
*Hershey Food Corp.*

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	8.20		1	MC	9		4.02	1.56	
Energy.....kcal	479		1	MC	9		235	91	
Energy.....kj	2003		0	MC	9		981	380	
Protein.....g	4.13		1	MC	9		2.02	0.78	
Total lipid (fat).....g	26.93		1	MC	9		13.20	5.12	
Ash.....g	1.23		1	MC	9		0.60	0.23	
Carbohydrate, by difference.....g	59.51		0	NC	4		29.16	11.31	
Fiber, total dietary.....g	5.0		1	MC	9		2.5	1.0	
Sugars, total.....g	48.34		1	MC	9		23.69	9.18	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	64		1	MC	9		31	12	
Iron, Fe.....mg	1.27		1	MC	9		0.62	0.24	
Magnesium, Mg.....mg									
Phosphorus, P.....mg	112		1	MC	9		55	21	
Potassium, K.....mg	254		1	MC	9		124	48	
Sodium, Na.....mg	142		1	MC	9		70	27	
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.7		1	MC	9		0.3	0.1	
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	42		1	MC	9		21	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	17.590		1	MC	9		8.619	3.342	
Fatty acids, total monounsaturated.....g	5.260		1	MC	9		2.577	0.999	
Fatty acids, total polyunsaturated.....g	1.180		1	MC	9		0.578	0.224	
Fatty acids, total trans.....g									
Cholesterol.....mg	4		1	MC	9		2	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:**

**NDB No. 19065**

**Candies, ALMOND JOY Candy Bar**

Measure 1 = 49g: 1 package 1.76 oz

Measure 2 = 19g: 1 bar snack size

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 19 Sweets

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

**NDB No. 19075**  
**Candies, CARMELLO Candy Bar**  
*Hershey Food Corp.*

Refuse:0%

Nutrients 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	6.79		1	MC	9	2.38	3.06	2.92
Energy.....kcal	462		1	MC	9	162	208	199
Energy.....kj	1932		0	MC	9	676	869	831
Protein.....g	6.19		1	MC	9	2.17	2.79	2.66
Total lipid (fat).....g	21.19		1	MC	9	7.42	9.54	9.11
Ash.....g	1.46		1	MC	9	0.51	0.66	0.63
Carbohydrate, by difference.....g	63.81		1	MC	9	22.33	28.71	27.44
Fiber, total dietary.....g	1.2		1	MC	9	0.4	0.5	0.5
Sugars, total.....g	56.92		1	MC	9	19.92	25.61	24.48
Starch.....g								
<b>Minerals:</b>								
Calcium, Ca.....mg	213		1	MC	9	74	96	92
Iron, Fe.....mg	1.09		1	MC	9	0.38	0.49	0.47
Magnesium, Mg.....mg								
Phosphorus, P.....mg	150		1	MC	9	53	68	65
Potassium, K.....mg	341		1	MC	9	119	154	147
Sodium, Na.....mg	122		1	MC	9	43	55	52
Zinc, Zn.....mg								
Copper, Cu.....mg								
Manganese, Mn.....mg								
Selenium, Se.....mcg								
<b>Vitamins:</b>								
Vitamin C, total ascorbic acid.....mg	1.7		1	MC	9	0.6	0.8	0.7
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	303		1	MC	9	106	136	130
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	12.720		1	MC	9	4.452	5.724	5.470
Fatty acids, total monounsaturated.....g	5.290		1	MC	9	1.852	2.381	2.275
Fatty acids, total polyunsaturated.....g	0.630		1	MC	9	0.221	0.284	0.271
Fatty acids, total trans.....g								
Cholesterol.....mg	27		1	MC	9	9	12	11
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. 19075**

**Candies, CARMELLO Candy Bar**

Measure 1 = 35g: 1 bar 1.25 oz

Measure 2 = 45g: 1 bar 1.6 oz

Measure 3 = 43g: 6 blocks

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 19 Sweets

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

**NDB No. 19243**  
**Candies, HEATH BITES**  
*Hershey Food Corp.*

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	0.86		1	MC	9		0.34		
Energy.....kcal	530		1	MC	9		207		
Energy.....kj	2217		0	MC	9		864		
Protein (N x 6.25).....g	3.94		1	MC	9		1.54		
Total lipid (fat).....g	30.38		1	MC	9		11.85		
Ash.....g	1.16		1	MC	9		0.45		
Carbohydrate, by difference.....g	63.39		1	MC	9		24.72		
Fiber, total dietary.....g	2.0		1	MC	9		0.8		
Sugars, total.....g	60.02		1	MC	9		23.41		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	86		1	MC	9		34		
Iron, Fe.....mg	0.78		1	MC	9		0.30		
Magnesium, Mg.....mg	6		1	MC	9		2		
Phosphorus, P.....mg	71		1	MC	9		28		
Potassium, K.....mg	210		1	MC	9		82		
Sodium, Na.....mg	245		1	MC	9		96		
Zinc, Zn.....mg	0.11		1	MC	9		0.04		
Copper, Cu.....mg	0.030		1	MC	9		0.012		
Manganese, Mn.....mg	0.000		1	MC	9		0.000		
Selenium, Se.....mcg	0.0		1	MC	9		0.0		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.8		1	MC	9		0.3		
Thiamin.....mg	0.020		1	MC	9		0.008		
Riboflavin.....mg	0.110		1	MC	9		0.043		
Niacin.....mg	0.090		1	MC	9		0.035		
Pantothenic acid.....mg	0.010		1	MC	9		0.004		
Vitamin B-6.....mg	0.000		1	MC	9		0.000		
Folate, total.....mcg	1		1	MC	9		1		
Folic acid.....mcg									
Folate, food.....mcg									
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	232		1	MC	9		91		
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	15.620		1	MC	9		6.092		
Fatty acids, total monounsaturated.....g	8.800		1	MC	9		3.432		
Fatty acids, total polyunsaturated.....g	2.550		1	MC	9		0.995		
Fatty acids, total trans.....g									
Cholesterol.....mg	19		1	MC	9		7		
Phytosterols.....mg									
<b>Others:</b>									

**NDB No. 19243**  
**Candies, HEATH BITES**

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	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code	Code			
Alcohol, ethyl.....g	0.0		1	MC	9		0.0		
Caffeine.....mg	0		1	MC	9		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 = 39g: 15 pieces

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 19 Sweets

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

**NDB No. 19084**  
**Candies, HERSHEY'S GOLDEN ALMOND SOLITAIRES**  
*Hershey Food Corp.*

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g									
Energy.....kcal	570		0	NC	4		234		
Energy.....kj	2384		0	NC	4		977		
Protein (N x 6.25).....g	11.97		1	MC	9		4.91		
Total lipid (fat).....g	37.13		1	MC	9		15.22		
Ash.....g									
Carbohydrate, by difference.....g	46.91		1	MC	9		19.23		
Fiber, total dietary.....g	4.4		1	MC	9		1.8		
Sugars, total.....g	37.13		1	MC	9		15.22		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	203		1	MC	9		83		
Iron, Fe.....mg	2.50		1	MC	9		1.03		
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	52		1	MC	9		21		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		1	MC	9		0.0		
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	0		1	MC	9		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	15.230		1	MC	9		6.244		
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	13		1	MC	9		5		
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. 19084**

**Candies, HERSHEY'S GOLDEN ALMOND SOLITAIRES**

Measure 1 = 41g: 13 pieces

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 19 Sweets

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



**NDB No. 19236**  
**Candies, HERSHEY'S MILK CHOCOLATE WITH ALMOND BITES**  
*Hershey Food Corp.*

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	1.19		1	MC	9		0.46		
Energy.....kcal	550		1	MC	9		214		
Energy.....kj	2300		0	MC	9		897		
Protein (N x 6.25).....g	9.76		1	MC	9		3.81		
Total lipid (fat).....g	35.73		1	MC	9		13.93		
Ash.....g	1.59		1	MC	9		0.62		
Carbohydrate, by difference.....g	51.00		1	MC	9		19.89		
Fiber, total dietary.....g	3.6		1	MC	9		1.4		
Sugars, total.....g	44.59		1	MC	9		17.39		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	220		1	MC	9		86		
Iron, Fe.....mg	1.50		1	MC	9		0.59		
Magnesium, Mg.....mg	59		1	MC	9		23		
Phosphorus, P.....mg	227		1	MC	9		88		
Potassium, K.....mg	471		1	MC	9		184		
Sodium, Na.....mg	74		1	MC	9		29		
Zinc, Zn.....mg	1.34		1	MC	9		0.52		
Copper, Cu.....mg	0.200		1	MC	9		0.078		
Manganese, Mn.....mg	0.010		1	MC	9		0.004		
Selenium, Se.....mcg	3.4		1	MC	9		1.3		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	1.8		1	MC	9		0.7		
Thiamin.....mg	0.070		1	MC	9		0.027		
Riboflavin.....mg	0.380		1	MC	9		0.148		
Niacin.....mg	0.620		1	MC	9		0.242		
Pantothenic acid.....mg	0.470		1	MC	9		0.183		
Vitamin B-6.....mg	0.070		1	MC	9		0.027		
Folate, total.....mcg	16		1	MC	9		6		
Folic acid.....mcg									
Folate, food.....mcg									
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	177		1	MC	9		69		
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	17.390		1	MC	9		6.782		
Fatty acids, total monounsaturated.....g	14.380		1	MC	9		5.608		
Fatty acids, total polyunsaturated.....g	2.420		1	MC	9		0.944		
Fatty acids, total trans.....g	0.150		1	MC	9		0.059		
Cholesterol.....mg	19		1	MC	9		7		
Phytosterols.....mg									
<b>Others:</b>									

NDB No. 19236

Candies, HERSHEY'S MILK CHOCOLATE WITH ALMOND BITES

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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		1	MC	9		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 = 39g: 17 pieces

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 19 Sweets

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

**NDB No. 19130**  
**Candies, HERSHEY'S POT OF GOLD Almond Bar**  
*Hershey Food Corp.*

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g									
Energy.....kcal	577		1	MC	9		450		
Energy.....kj	2414		0	MC	9		1883		
Protein.....g	12.82		1	MC	9		10.00		
Total lipid (fat).....g	38.46		1	MC	9		30.00		
Ash.....g									
Carbohydrate, by difference.....g	46.15		1	MC	9		36.00		
Fiber, total dietary.....g	3.8		1	MC	9		3.0		
Sugars, total.....g	38.46		1	MC	9		30.00		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	192		1	MC	9		150		
Iron, Fe.....mg	1.85		1	MC	9		1.44		
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	64		1	MC	9		50		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		1	MC	9		0.0		
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									
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	16.667		1	MC	9		13.000		
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	13		1	MC	9		10		
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. 19130**

**Candies, HERSHEY'S POT OF GOLD Almond Bar**

Measure 1 = 78g: 1 bar 2.8 oz

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 19 Sweets

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

NDB No. 19250  
 Candies, HERSHEY, KIT KAT BIG KAT Bar  
 Hershey Food Corp.

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	1.10		1	MC	9		0.61	0.87	
Energy.....kcal	520		1	MC	9		286	411	
Energy.....kj	2175		0	MC	9		1196	1718	
Protein (N x 6.25).....g	6.24		1	MC	9		3.43	4.93	
Total lipid (fat).....g	27.84		1	MC	9		15.31	21.99	
Ash.....g	0.96		1	MC	9		0.53	0.76	
Carbohydrate, by difference.....g	63.64		1	MC	9		35.00	50.28	
Fiber, total dietary.....g	1.9		1	MC	9		1.0	1.5	
Sugars, total.....g	53.96		1	MC	9		29.68	42.63	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	138		1	MC	9		76	109	
Iron, Fe.....mg	0.84		1	MC	9		0.46	0.66	
Magnesium, Mg.....mg	2		1	MC	9		1	2	
Phosphorus, P.....mg	112		1	MC	9		62	89	
Potassium, K.....mg	294		1	MC	9		162	233	
Sodium, Na.....mg	64		1	MC	9		35	51	
Zinc, Zn.....mg	0.07		1	MC	9		0.04	0.06	
Copper, Cu.....mg	0.010		1	MC	9		0.006	0.008	
Manganese, Mn.....mg	0.000		1	MC	9		0.000	0.000	
Selenium, Se.....mcg	0.0		1	MC	9		0.0	0.0	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	1.3		1	MC	9		0.7	1.1	
Thiamin.....mg	0.050		1	MC	9		0.028	0.040	
Riboflavin.....mg	0.170		1	MC	9		0.094	0.134	
Niacin.....mg	0.180		1	MC	9		0.099	0.142	
Pantothenic acid.....mg	0.040		1	MC	9		0.022	0.032	
Vitamin B-6.....mg	0.000		1	MC	9		0.000	0.000	
Folate, total.....mcg	3		1	MC	9		2	2	
Folic acid.....mcg									
Folate, food.....mcg	3		1	MC	9		2	2	
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	92		1	MC	9		50	72	
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	17.990		1	MC	9		9.895	14.212	
Fatty acids, total monounsaturated.....g	4.910		1	MC	9		2.701	3.879	
Fatty acids, total polyunsaturated.....g	0.510		1	MC	9		0.281	0.403	
Fatty acids, total trans.....g	0.000		1	MC	9		0.000	0.000	
Cholesterol.....mg	9		1	MC	9		5	7	
Phytosterols.....mg									
<b>Others:</b>									

NDB No. 19250  
 Candies, HERSHEY, KIT KAT BIG KAT Bar

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		1	MC	9		0.0	0.0	
Caffeine.....mg	0		1	MC	9		0	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 = 55g: 1 bar 1.94 oz

Measure 2 = 79g: 1 bar king size 2.8 oz

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 19 Sweets

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

NDB No. 19249

Candies, HERSHEY, REESESTICKS crispy wafers, peanut butter, milk chocolate

Hershey Food Corp.

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	1.60		1	MC	9		0.67		
Energy.....kcal	521		1	MC	9		219		
Energy.....kj	2181		0	MC	9		916		
Protein (N x 6.25).....g	9.53		1	MC	9		4.00		
Total lipid (fat).....g	31.34		1	MC	9		13.16		
Ash.....g	2.00		1	MC	9		0.84		
Carbohydrate, by difference.....g	55.38		1	MC	9		23.26		
Fiber, total dietary.....g	3.3		1	MC	9		1.4		
Sugars, total.....g	40.33		1	MC	9		16.94		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	70		1	MC	9		30		
Iron, Fe.....mg	1.30		1	MC	9		0.55		
Magnesium, Mg.....mg	49		1	MC	9		21		
Phosphorus, P.....mg	144		1	MC	9		60		
Potassium, K.....mg	295		1	MC	9		124		
Sodium, Na.....mg	264		1	MC	9		111		
Zinc, Zn.....mg	0.99		1	MC	9		0.42		
Copper, Cu.....mg	0.200		1	MC	9		0.084		
Manganese, Mn.....mg	0.000		1	MC	9		0.000		
Selenium, Se.....mcg	0.7		1	MC	9		0.3		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.6		1	MC	9		0.2		
Thiamin.....mg	0.130		1	MC	9		0.055		
Riboflavin.....mg	0.100		1	MC	9		0.042		
Niacin.....mg	3.640		1	MC	9		1.529		
Pantothenic acid.....mg	0.440		1	MC	9		0.185		
Vitamin B-6.....mg	0.080		1	MC	9		0.034		
Folate, total.....mcg	40		1	MC	9		17		
Folic acid.....mcg	0		0	FLC	4		0		
Folate, food.....mcg	40		1	MC	9		17		
Folate, DFE.....mcg_DFE	40		0	NC	4		17		
Choline, total.....mg	28.2		0	O	4		11.8		
Betaine.....mg									
Vitamin B-12.....mcg	0.15		0	FLC	4		0.06		
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....mcg_RAE	14		0	NC	4		6		
Retinol.....mcg	14		0	O	4		6		
Carotene, beta.....mcg	4		0	NR	4		2		
Carotene, alpha.....mcg	0		0	FLC	4		0		
Cryptoxanthin, beta.....mcg	0		0	FLC	4		0		
Vitamin A, IU.....IU	58		1	MC	9		24		
Lycopene.....mcg	0		0	FLC	4		0		
Lutein + zeaxanthin.....mcg	45		0	FLC	4		19		
Vitamin E (alpha-tocopherol).....mg	2.77		0	FLC	4		1.16		
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	5.9		0	FLC	4		2.5		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	13.210		1	MC	9		5.548		
4:0.....g	0.119		0	FLC	4		0.050		
6:0.....g	0.044		0	FLC	4		0.018		
8:0.....g	0.040		0	FLC	4		0.017		
10:0.....g	0.060		0	FLC	4		0.025		

NDB No. 19249

Candies, HERSHEY, REESESTICKS crispy wafers, peanut butter, milk chocolate

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.222		0	FLC	4		0.093		
13:0.....g	0.000		0	FLC	4		0.000		
14:0.....g	0.236		0	FLC	4		0.099		
15:0.....g	0.016		0	FLC	4		0.007		
16:0.....g	6.006		0	FLC	4		2.523		
17:0.....g	0.015		0	FLC	4		0.006		
18:0.....g	6.155		0	FLC	4		2.585		
20:0.....g	0.040		0	FLC	4		0.017		
22:0.....g	0.004		0	FLC	4		0.002		
24:0.....g	0.000		0	FLC	4		0.000		
Fatty acids, total monounsaturated.....g	10.820		1	MC	9		4.544		
14:1.....g	0.013		0	FLC	4		0.005		
15:1.....g	0.000		0	FLC	4		0.000		
16:1 undifferentiated.....g	0.053		0	FLC	4		0.022		
17:1.....g	0.004		0	FLC	4		0.002		
18:1 undifferentiated.....g	9.323		0	FLC	4		3.915		
20:1.....g	0.113		0	FLC	4		0.048		
22:1 undifferentiated.....g	0.000		0	FLC	4		0.000		
24:1 c.....g	0.000		0	FLC	4		0.000		
Fatty acids, total polyunsaturated.....g	4.680		1	MC	9		1.966		
18:2 undifferentiated.....g	4.593		0	FLC	4		1.929		
18:3 undifferentiated.....g	0.049		0	FLC	4		0.020		
18:4.....g	0.000		0	FLC	4		0.000		
20:2 n-6 c.c.....g	0.000		0	FLC	4		0.000		
20:3 undifferentiated.....g	0.000		0	FLC	4		0.000		
20:4 undifferentiated.....g	0.000		0	FLC	4		0.000		
20:5 n-3.....g	0.000		0	FLC	4		0.000		
22:5 n-3.....g	0.000		0	FLC	4		0.000		
22:6 n-3.....g	0.000		0	FLC	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	6		1	MC	9		2		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		1	MC	9		0.0		
Caffeine.....mg	0		1	MC	9		0		
Theobromine.....mg	48		0	FLC	4		20		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 serving 1.5 oz

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group: 19 Sweets**

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



NDB No. 19237  
 Candies, KIT KAT BITES  
 Hershey Food Corp.

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	1.00		1	MC	9		0.39		
Energy.....kcal	511		1	MC	9		199		
Energy.....kj	2139		0	MC	9		834		
Protein (N x 6.25).....g	6.50		1	MC	9		2.54		
Total lipid (fat).....g	26.41		1	MC	9		10.30		
Ash.....g	0.87		1	MC	9		0.34		
Carbohydrate, by difference.....g	64.55		1	MC	9		25.17		
Fiber, total dietary.....g	2.2		1	MC	9		0.8		
Sugars, total.....g	49.47		1	MC	9		19.29		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	131		1	MC	9		51		
Iron, Fe.....mg	0.88		1	MC	9		0.34		
Magnesium, Mg.....mg	0		1	MC	9		0		
Phosphorus, P.....mg	94		1	MC	9		37		
Potassium, K.....mg	297		1	MC	9		116		
Sodium, Na.....mg	67		1	MC	9		26		
Zinc, Zn.....mg	0.00		1	MC	9		0.00		
Copper, Cu.....mg	0.000		1	MC	9		0.000		
Manganese, Mn.....mg	0.000		1	MC	9		0.000		
Selenium, Se.....mcg	0.0		1	MC	9		0.0		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	1.2		1	MC	9		0.5		
Thiamin.....mg	0.030		1	MC	9		0.012		
Riboflavin.....mg	0.160		1	MC	9		0.062		
Niacin.....mg	0.060		1	MC	9		0.023		
Pantothenic acid.....mg	0.000		1	MC	9		0.000		
Vitamin B-6.....mg	0.000		1	MC	9		0.000		
Folate, total.....mcg	1		1	MC	9		0		
Folic acid.....mcg									
Folate, food.....mcg									
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	84		1	MC	9		33		
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	17.100		1	MC	9		6.669		
Fatty acids, total monounsaturated.....g	4.500		1	MC	9		1.755		
Fatty acids, total polyunsaturated.....g	0.430		1	MC	9		0.168		
Fatty acids, total trans.....g									
Cholesterol.....mg	8		1	MC	9		3		
Phytosterols.....mg									
<b>Others:</b>									

NDB No. 19237  
 Candies, KIT KAT BITES

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		1	MC	9		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 = 39g: 15 pieces

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 19 Sweets

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

NDB No. 19109  
 Candies, KIT KAT Wafer Bar  
 Hershey Food Corp.

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	1.63		1	A	1		0.68	0.16	0.75
Energy.....kcal	518		0	NC	4		218	52	238
Energy.....kj	2169		0	NC	4		911	217	998
Protein (N x 6.25).....g	6.51		1	A	1		2.73	0.65	2.99
Total lipid (fat).....g	25.99		1	A	1		10.92	2.60	11.96
Ash.....g	1.28		1	A	1		0.54	0.13	0.59
Carbohydrate, by difference.....g	64.59		0	NC	4		27.13	6.46	29.71
Fiber, total dietary.....g	1.0		1	A	1		0.4	0.1	0.5
Sugars, total.....g	48.68		1	A	1		20.45	4.87	22.39
Sucrose.....g	40.04		1	A	1		16.82	4.00	18.42
Glucose (dextrose).....g	0.16		1	A	1		0.07	0.02	0.07
Fructose.....g	0.20		1	A	1		0.08	0.02	0.09
Lactose.....g	8.21		1	A	1		3.45	0.82	3.78
Maltose.....g	0.07		1	A	1		0.03	0.01	0.03
Galactose.....g	0.00		1	A	1		0.00	0.00	0.00
Starch.....g	10.60		1	A	1		4.45	1.06	4.88
<b>Minerals:</b>									
Calcium, Ca.....mg	125		1	A	1		53	13	58
Iron, Fe.....mg	1.00		1	A	1		0.42	0.10	0.46
Magnesium, Mg.....mg	37		1	A	1		16	4	17
Phosphorus, P.....mg	135		1	A	1		57	14	62
Potassium, K.....mg	231		1	A	1		97	23	106
Sodium, Na.....mg	54		1	A	1		23	5	25
Zinc, Zn.....mg	0.09		1	MC	9		0.04	0.01	0.04
Copper, Cu.....mg	0.220		1	A	1		0.092	0.022	0.101
Manganese, Mn.....mg	0.100		1	A	1		0.042	0.010	0.046
Selenium, Se.....mcg	5.0		1	A	1		2.1	0.5	2.3
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		1	A	1		0.0	0.0	0.0
Thiamin.....mg	0.117		1	A	1		0.049	0.012	0.054
Riboflavin.....mg	0.210		1	A	1		0.088	0.021	0.097
Niacin.....mg	0.500		1	A	1		0.210	0.050	0.230
Pantothenic acid.....mg	0.640		1	A	1		0.269	0.064	0.294
Vitamin B-6.....mg	0.020		1	A	1		0.008	0.002	0.009
Folate, total.....mcg	14		1	A	1		6	1	6
Folic acid.....mcg	6		1	A	1		3	1	3
Folate, food.....mcg	8		1	AS	1		3	1	4
Folate, DFE.....mcg_DFE	18		0	NC	4		8	2	8
Choline, total.....mg	31.0		0	AS	1		13.0	3.1	14.2
Betaine.....mg	6.1		1	A	1		2.6	0.6	2.8
Vitamin B-12.....mcg	0.56		1	A	1		0.24	0.06	0.26
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		10	2	11
Retinol.....mcg	24		1	A	1		10	2	11
Carotene, beta.....mcg	0		1	A	1		0	0	0
Carotene, alpha.....mcg	0		1	A	1		0	0	0
Cryptoxanthin, beta.....mcg	0		1	A	1		0	0	0
Vitamin A, IU.....IU	81		0	AS	1		34	8	37
Lycopene.....mcg	0		1	A	1		0	0	0
Lutein + zeaxanthin.....mcg	23		0	NR	4		10	2	11
Vitamin E (alpha-tocopherol).....mg	0.34		1	A	1		0.14	0.03	0.16
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	4.13		1	A	1		1.73	0.41	1.90
Tocopherol, delta.....mg	0.22		1	A	1		0.09	0.02	0.10
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	5.2		1	A	1		2.2	0.5	2.4

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 Deriv		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Points	Code					
<b>Lipids:</b>									
Fatty acids, total saturated.....g	17.953		0	NC	4		7.540	1.795	8.258
4:0.....g	0.136		1	A	1		0.057	0.014	0.063
6:0.....g	0.117		1	A	1		0.049	0.012	0.054
8:0.....g	0.502		1	A	1		0.211	0.050	0.231
10:0.....g	0.508		1	A	1		0.213	0.051	0.234
12:0.....g	4.913		1	A	1		2.064	0.491	2.260
13:0.....g	0.000		1	A	1		0.000	0.000	0.000
14:0.....g	1.748		1	A	1		0.734	0.175	0.804
15:0.....g	0.049		1	A	1		0.021	0.005	0.023
16:0.....g	4.978		1	A	1		2.091	0.498	2.290
17:0.....g	0.050		1	A	1		0.021	0.005	0.023
18:0.....g	4.802		1	A	1		2.017	0.480	2.209
20:0.....g	0.150		1	A	1		0.063	0.015	0.069
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	5.844		0	NC	4		2.455	0.584	2.688
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	0.149		1	A	1		0.062	0.015	0.068
17:1.....g	0.000		1	A	1		0.000	0.000	0.000
18:1 undifferentiated.....g	5.696		0	AS	1		2.392	0.570	2.620
18:1 c.....g	5.596		1	A	1		2.350	0.560	2.574
18:1-11c (18:1c n-7).....g									
18:1 t.....g	0.099		1	A	1		0.042	0.010	0.046
18:1-11t (18:1t n-7).....g									
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	0.895		0	NC	4		0.376	0.090	0.412
18:2 undifferentiated.....g	0.821		1	A	1		0.345	0.082	0.377
18:3 undifferentiated.....g	0.075		0	AS	1		0.031	0.007	0.034
18:3 n-3 c,c,c.....g	0.075		1	A	1		0.031	0.007	0.034
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	O	4		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		1	A	1		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3.....g	0.000		0	O	4		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	0.099		0	NC	4		0.042	0.010	0.046
Fatty acids, total trans-monoenoic.....g	0.099		0	NC	4		0.042	0.010	0.046
Fatty acids, total trans-polyenoic.....g									
Cholesterol.....mg	11		1	A	1		4	1	5
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.090		1	A	1		0.038	0.009	0.041
Threonine.....g	0.190		1	A	1		0.080	0.019	0.087
Isoleucine.....g	0.280		1	A	1		0.118	0.028	0.129
Leucine.....g	0.520		1	A	1		0.218	0.052	0.239
Lysine.....g	0.280		1	A	1		0.118	0.028	0.129
Methionine.....g	0.160		1	A	1		0.067	0.016	0.074
Cystine.....g	0.120		1	A	1		0.050	0.012	0.055
Phenylalanine.....g	0.270		1	A	1		0.113	0.027	0.124
Tyrosine.....g	0.150		1	A	1		0.063	0.015	0.069

NDB No. 19109  
Candies, KIT KAT Wafer Bar

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Valine.....g	0.360		1	A	1		0.151	0.036	0.166
Arginine.....g	0.200		1	A	1		0.084	0.020	0.092
Histidine.....g	0.110		1	A	1		0.046	0.011	0.051
Alanine.....g	0.200		1	A	1		0.084	0.020	0.092
Aspartic acid.....g	0.470		1	A	1		0.197	0.047	0.216
Glutamic acid.....g	1.520		1	A	1		0.638	0.152	0.699
Glycine.....g	0.160		1	A	1		0.067	0.016	0.074
Proline.....g	0.650		1	A	1		0.273	0.065	0.299
Serine.....g	0.320		1	A	1		0.134	0.032	0.147
Hydroxyproline.....g	0.000		1	A	1		0.000	0.000	0.000
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine.....mg	14		1	A	1		6	1	6
Theobromine.....mg	116		1	A	1		49	12	53

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 bar (1.5 oz)

Measure 2 = 10.0g: 1 bar, miniature (.35 oz)

Measure 3 = 46g: 1 bar (1.625 oz)

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate 4**

**Food Group: 19 Sweets**

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

**NDB No. 19110**  
**Candies, KRACKEL Chocolate Bar**  
*Hershey Food Corp.*

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	1.17		1	MC	9		0.48	0.66	0.43
Energy.....kcal	512		1	MC	9		210	287	189
Energy.....kj	2143		0	MC	9		878	1200	793
Protein.....g	6.62		1	MC	9		2.71	3.71	2.45
Total lipid (fat).....g	26.58		1	MC	9		10.90	14.88	9.83
Ash.....g	1.29		1	MC	9		0.53	0.72	0.48
Carbohydrate, by difference.....g	63.96		1	MC	9		26.22	35.82	23.67
Fiber, total dietary.....g	2.2		1	MC	9		0.9	1.3	0.8
Sugars, total.....g	52.53		1	MC	9		21.54	29.42	19.44
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	158		1	MC	9		65	88	58
Iron, Fe.....mg	1.06		1	MC	9		0.43	0.59	0.39
Magnesium, Mg.....mg	13		1	MC	9		5	7	5
Phosphorus, P.....mg	123		1	MC	9		51	69	46
Potassium, K.....mg	325		1	MC	9		133	182	120
Sodium, Na.....mg	196		1	MC	9		80	110	72
Zinc, Zn.....mg	0.49		1	MC	9		0.20	0.27	0.18
Copper, Cu.....mg	0.020		1	MC	9		0.008	0.011	0.007
Manganese, Mn.....mg	0.000		1	MC	9		0.000	0.000	0.000
Selenium, Se.....mcg	3.5		1	MC	9		1.4	1.9	1.3
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.8		1	MC	9		0.3	0.4	0.3
Thiamin.....mg	0.050		1	MC	9		0.021	0.028	0.019
Riboflavin.....mg	0.190		1	MC	9		0.078	0.106	0.070
Niacin.....mg	0.260		1	MC	9		0.107	0.146	0.096
Pantothenic acid.....mg	0.420		1	MC	9		0.172	0.235	0.155
Vitamin B-6.....mg	0.040		1	MC	9		0.016	0.022	0.015
Folate, total.....mcg	6		1	MC	9		2	3	2
Folic acid.....mcg									
Folate, food.....mcg									
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	102		1	MC	9		42	57	38
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	15.920		1	MC	9		6.527	8.915	5.890
Fatty acids, total monounsaturated.....g	6.250		1	MC	9		2.563	3.500	2.313
Fatty acids, total polyunsaturated.....g	0.570		1	MC	9		0.234	0.319	0.211
Fatty acids, total trans.....g									
Cholesterol.....mg	11		1	MC	9		4	6	4
Phytosterols.....mg									
<b>Others:</b>									

NDB No. 19110  
 Candies, KRACKEL Chocolate Bar

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					
Alcohol, ethyl.....g	0.0		1	MC	9		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 = 41g: 1 bar 1.45 oz
- Measure 2 = 56g: 1 bar 2 oz
- Measure 3 = 37g: 3 blocks

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 19 Sweets

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

NDB No. 19159

Candies, MASTERFOODS USA, 3 MUSKETEERS Bar

Masterfoods USA

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	5.80	0.171	7		1		3.48	1.62	
Energy.....kcal	428		1	MC	9		257	120	
Energy.....kj	1789		0	MC	9		1073	501	
Protein.....g	2.60		1	MC	9		1.56	0.73	
Total lipid (fat).....g	12.75		1	MC	9		7.65	3.57	
Ash.....g	1.07		0	FLC	4		0.64	0.30	
Carbohydrate, by difference.....g	77.13		1	MC	9		46.28	21.60	
Fiber, total dietary.....g	1.5		1	MC	9		0.9	0.4	
Sugars, total.....g	66.89		1	MC	9		40.14	18.73	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	54		1	MC	9		33	15	
Iron, Fe.....mg	0.67		1	MC	9		0.40	0.19	
Magnesium, Mg.....mg	29		2		1		17	8	
Phosphorus, P.....mg	69		0	FLC	4		42	19	
Potassium, K.....mg	133	51.928	3		1		80	37	
Sodium, Na.....mg	194		1	MC	9		117	54	
Zinc, Zn.....mg	0.55		2		1		0.33	0.15	
Copper, Cu.....mg	0.155		2		1		0.093	0.043	
Manganese, Mn.....mg	0.160		1		1		0.096	0.045	
Selenium, Se.....mcg	1.9		0	FLC	4		1.2	0.5	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.2		1	MC	9		0.1	0.1	
Thiamin.....mg	0.034	0.002	3		1		0.020	0.010	
Riboflavin.....mg	0.056		1	LC	8		0.034	0.016	
Niacin.....mg	0.230	0.035	3		1		0.138	0.064	
Pantothenic acid.....mg	0.231		1		1		0.139	0.065	
Vitamin B-6.....mg	0.015		1		1		0.009	0.004	
Folate, total.....mcg	4		0	FLC	4		2	1	
Folic acid.....mcg	0		0	FLC	4		0	0	
Folate, food.....mcg	4		0	FLC	4		2	1	
Folate, DFE.....mcg_DFE	4		0	NC	4		2	1	
Choline, total.....mg	12.2		0	O	4		7.3	3.4	
Betaine.....mg									
Vitamin B-12.....mcg	0.16		0	FLC	4		0.10	0.05	
Vitamin B-12, added.....mcg	0.00		0	FLC	4		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	20		0	NC	4		12	6	
Retinol.....mcg	20		0	O	4		12	6	
Carotene, beta.....mcg	0		0	FLC	4		0	0	
Carotene, alpha.....mcg	0		0	FLC	4		0	0	
Cryptoxanthin, beta.....mcg	0		0	FLC	4		0	0	
Vitamin A, IU.....IU	72		1	MC	9		43	20	
Lycopene.....mcg	0		0	FLC	4		0	0	
Lutein + zeaxanthin.....mcg	1		0	FLC	4		0	0	
Vitamin E (alpha-tocopherol).....mg	0.98		0	FLC	4		0.59	0.27	
Vitamin E, added.....mg	0.00		0	FLC	4		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	2.9		0	FLC	4		1.8	0.8	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	8.646		1	MC	9		5.188	2.421	
4:0.....g	0.216		0	FLC	4		0.130	0.061	
6:0.....g	0.078		0	FLC	4		0.047	0.022	
8:0.....g	0.045		0	FLC	4		0.027	0.013	
10:0.....g	0.085		0	FLC	4		0.051	0.024	



Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.093		0	FLC	4		0.056	0.026	
13:0.....g	0.000		0	FLC	4		0.000	0.000	
14:0.....g	0.295		0	FLC	4		0.177	0.083	
15:0.....g	0.033		0	FLC	4		0.020	0.009	
16:0.....g	3.699		0	FLC	4		2.219	1.036	
17:0.....g	0.039		0	FLC	4		0.024	0.011	
18:0.....g	3.911		0	FLC	4		2.347	1.095	
20:0.....g	0.106		0	FLC	4		0.064	0.030	
22:0.....g	0.041		0	FLC	4		0.025	0.012	
24:0.....g	0.000		0	FLC	4		0.000	0.000	
Fatty acids, total monounsaturated.....g	2.373		0	FLC	4		1.424	0.664	
14:1.....g	0.008		0	FLC	4		0.005	0.002	
15:1.....g	0.000		0	FLC	4		0.000	0.000	
16:1 undifferentiated.....g	0.017		0	FLC	4		0.010	0.005	
17:1.....g	0.002		0	FLC	4		0.001	0.001	
18:1 undifferentiated.....g	2.346		0	FLC	4		1.407	0.657	
20:1.....g	0.001		0	FLC	4		0.001	0.000	
22:1 undifferentiated.....g	0.000		0	FLC	4		0.000	0.000	
24:1 c.....g	0.000		0	FLC	4		0.000	0.000	
Fatty acids, total polyunsaturated.....g	0.316		0	FLC	4		0.190	0.088	
18:2 undifferentiated.....g	0.306		0	FLC	4		0.184	0.086	
18:3 undifferentiated.....g	0.010		0	FLC	4		0.006	0.003	
18:4.....g	0.000		0	FLC	4		0.000	0.000	
20:2 n-6 c.c.....g	0.000		0	FLC	4		0.000	0.000	
20:3 undifferentiated.....g	0.000		0	FLC	4		0.000	0.000	
20:4 undifferentiated.....g	0.000		0	FLC	4		0.000	0.000	
20:5 n-3.....g	0.000		0	FLC	4		0.000	0.000	
22:5 n-3.....g	0.000		0	FLC	4		0.000	0.000	
22:6 n-3.....g	0.000		0	FLC	4		0.000	0.000	
Fatty acids, total trans.....g	0.129		1	MC	9		0.077	0.036	
Cholesterol.....mg	5		1	MC	9		3	1	
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0	0.0	
Caffeine.....mg	7		0	FLC	4		4	2	
Theobromine.....mg	106		0	FLC	4		64	30	

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**Common Measures:**

Measure 1 = 60g: 1 serving 2.13 oz bar

Measure 2 = 28g: 1 serving 2 fun size bars

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 19 Sweets

NDB No. 19327

Candies, MASTERFOODS USA, COCOAVIA Blueberry and Almond Chocolate Bar

Masterfoods USA

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	2.90		0	BFZN	4		0.64		
Energy.....kcal	471		1	MC	9		104		
Energy.....kj	1972		0	MC	9		434		
Protein.....g	6.35		1	MC	9		1.40		
Total lipid (fat).....g	28.68		1	MC	9		6.31		
Ash.....g	1.70		0	BFZN	4		0.37		
Carbohydrate, by difference.....g	55.30		1	MC	9		12.17		
Fiber, total dietary.....g	9.1		1	MC	9		2.0		
Sugars, total.....g	38.99		1	MC	9		8.58		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	985		1	MC	9		217		
Iron, Fe.....mg	3.18		1	MC	9		0.70		
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	8		1	MC	9		2		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	34.2		1	MC	9		7.5		
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg	1.364		1	LC	8		0.300		
Folate, total.....mcg	182		1	LC	8		40		
Folate, DFE.....mcg_DFE									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg	2.73		1	LC	8		0.60		
Vitamin A, RAE.....mcg_RAE									
Vitamin A, IU.....IU	25		1	MC	9		5		
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									
Vitamin E (alpha-tocopherol).....mg	9.20		1	LC	8		2.02		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	13.070		1	MC	9		2.875		
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g	0.000		1	MC	9		0.000		
Cholesterol.....mg	0		1	MC	9		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. 19327**

**Candies, MASTERFOODS USA, COCOAVIA Blueberry and Almond Chocolate Bar**

Measure 1 = 22g: 1 serving 0.78 oz bar

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 19 Sweets

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

**NDB No. 19326**  
**Candies, MASTERFOODS USA, COCOAVIA Chocolate Bar**  
*Masterfoods USA*

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	0.70		0	BFZN	4		0.15		
Energy.....kcal	471		1	MC	9		104		
Energy.....kj	1969		0	MC	9		433		
Protein.....g	5.81		1	MC	9		1.28		
Total lipid (fat).....g	29.30		1	MC	9		6.45		
Ash.....g	1.20		0	BFZN	4		0.26		
Carbohydrate, by difference.....g	55.07		1	MC	9		12.12		
Fiber, total dietary.....g	8.7		1	MC	9		1.9		
Sugars, total.....g	39.19		1	MC	9		8.62		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	1164		1	MC	9		256		
Iron, Fe.....mg	3.47		1	MC	9		0.76		
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	7		1	MC	9		2		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	42.6		1	MC	9		9.4		
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg	1.364		1	LC	8		0.300		
Folate, total.....mcg	273		1	LC	8		60		
Folate, DFE.....mcg_DFE									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg	4.09		1	LC	8		0.90		
Vitamin A, RAE.....mcg_RAE									
Vitamin A, IU.....IU	31		1	MC	9		7		
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									
Vitamin E (alpha-tocopherol).....mg	12.27		1	LC	8		2.70		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	15.703		1	MC	9		3.455		
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g	0.000		1	MC	9		0.000		
Cholesterol.....mg	0		1	MC	9		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. 19326**

**Candies, MASTERFOODS USA, COCOAVIA Chocolate Bar**

Measure 1 = 22g: 1 serving 0.78 oz bar

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 19 Sweets

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

**NDB No. 19897**  
**Candies, MASTERFOODS USA, COCOAVIA Chocolate Covered Almonds**

Masterfoods USA

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	1.50		0	BFZN	4		0.42		
Energy.....kcal	510		1	MC	9		143		
Energy.....kj	2132		0	MC	9		597		
Protein.....g	9.51		1	MC	9		2.66		
Total lipid (fat).....g	37.07		1	MC	9		10.38		
Ash.....g	1.70		0	BFZN	4		0.48		
Carbohydrate, by difference.....g	43.82		1	MC	9		12.27		
Fiber, total dietary.....g	10.4		1	MC	9		2.9		
Sugars, total.....g	26.92		1	MC	9		7.54		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	840		1	MC	9		235		
Iron, Fe.....mg	3.56		1	MC	9		1.00		
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	9		1	MC	9		2		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	27.3		1	MC	9		7.6		
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.714		1	LC	8		0.200		
Folate, total.....mcg	143		1	LC	8		40		
Folate, DFE.....mcg_DFE									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg	2.14		1	LC	8		0.60		
Vitamin A, RAE.....mcg_RAE									
Vitamin A, IU.....IU	20		1	MC	9		5		
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									
Vitamin E (alpha-tocopherol).....mg	4.82		1	LC	8		1.35		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	11.745		1	MC	9		3.289		
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g	0.000		1	MC	9		0.000		
Cholesterol.....mg	0		1	MC	9		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. 19897**

**Candies, MASTERFOODS USA, COCOAVIA Chocolate Covered Almonds**

**Common Measures:**

Measure 1 = 28g: 1 serving 1oz pack

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 19 Sweets

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

**NDB No. 19328**  
**Candies, MASTERFOODS USA, COCOAVIA Crispy Chocolate Bar**  
*Masterfoods USA*

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	1.90		0	BFZN	4		0.38		
Energy.....kcal	456		1	MC	9		91		
Energy.....kj	1907		0	MC	9		381		
Protein.....g	8.21		1	MC	9		1.64		
Total lipid (fat).....g	26.23		1	MC	9		5.25		
Ash.....g	1.60		0	BFZN	4		0.32		
Carbohydrate, by difference.....g	55.08		1	MC	9		11.02		
Fiber, total dietary.....g	7.8		1	MC	9		1.6		
Sugars, total.....g	34.96		1	MC	9		6.99		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	1070		1	MC	9		214		
Iron, Fe.....mg	3.45		1	MC	9		0.69		
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	40		1	MC	9		8		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	37.9		1	MC	9		7.6		
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg	1.500		1	LC	8		0.300		
Folate, total.....mcg	200		1	LC	8		40		
Folate, DFE.....mcg_DFE									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg	3.00		1	LC	8		0.60		
Vitamin A, RAE.....mcg_RAE									
Vitamin A, IU.....IU	27		1	MC	9		5		
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									
Vitamin E (alpha-tocopherol).....mg	10.13		1	LC	8		2.03		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	14.007		1	MC	9		2.801		
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g	0.000		1	MC	9		0.000		
Cholesterol.....mg	0		1	MC	9		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. 19328**

**Candies, MASTERFOODS USA, COCOAVIA Crispy Chocolate Bar**

Measure 1 = 20g: 1 serving 0.7 oz bar

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 19 Sweets

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

**NDB No. 19255**  
**Candies, MASTERFOODS USA, DOVE Dark Chocolate**  
*Masterfoods USA*

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	1.66		0	O	4		0.61	0.70	
Energy.....kcal	520		1	MC	9		192	218	
Energy.....kj	2176		0	MC	9		805	914	
Protein.....g	5.19		1	MC	9		1.92	2.18	
Total lipid (fat).....g	32.45		1	MC	9		12.01	13.63	
Ash.....g	1.30		0	BFFN	4		0.48	0.55	
Carbohydrate, by difference.....g	59.40		1	MC	9		21.98	24.95	
Fiber, total dietary.....g	7.6		1	MC	9		2.8	3.2	
Sugars, total.....g	46.27		1	MC	9		17.12	19.43	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	37		1	MC	9		14	16	
Iron, Fe.....mg	3.18		1	MC	9		1.18	1.34	
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	4		1	MC	9		1	2	
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		1	MC	9		0.0	0.0	
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	134		1	MC	9		49	56	
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	19.209		1	MC	9		7.107	8.068	
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g	0.093		1	MC	9		0.034	0.039	
Cholesterol.....mg	7		1	MC	9		2	3	
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. 19255**

**Candies, MASTERFOODS USA, DOVE Dark Chocolate**

Measure 1 = 37g: 1 serving 1.3 oz bar

Measure 2 = 42g: 1 serving 7 pieces

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 19 Sweets

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

**NDB No. 19254**  
**Candies, MASTERFOODS USA, DOVE Milk Chocolate**  
*Masterfoods USA*

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	1.61		0	BFFN	4		0.59	0.64	
Energy.....kcal	546		1	MC	9		202	218	
Energy.....kj	2282		0	MC	9		844	913	
Protein.....g	5.94		1	MC	9		2.20	2.38	
Total lipid (fat).....g	31.72		1	MC	9		11.74	12.69	
Ash.....g	0.95		0	O	4		0.35	0.38	
Carbohydrate, by difference.....g	59.78		1	MC	9		22.12	23.91	
Fiber, total dietary.....g	2.4		1	MC	9		0.9	1.0	
Sugars, total.....g	55.45		1	MC	9		20.52	22.18	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	160		1	MC	9		59	64	
Iron, Fe.....mg	1.11		1	MC	9		0.41	0.44	
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	63		1	MC	9		23	25	
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.8		1	MC	9		0.3	0.3	
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	292		1	MC	9		108	117	
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	19.240		1	MC	9		7.119	7.696	
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g	0.246		1	MC	9		0.091	0.098	
Cholesterol.....mg	18		1	MC	9		7	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. 19254**

**Candies, MASTERFOODS USA, DOVE Milk Chocolate**

Measure 1 = 37g: 1 serving 1.30 oz bar

Measure 2 = 40g: 1 serving 5 pieces

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 19 Sweets

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

**NDB No. 42227**  
**Candies, MASTERFOODS USA, M&M's Almond Chocolate Candies**  
*Masterfoods USA*

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	2.52		0	FLC	4		0.93	1.06	4.91
Energy.....kcal	509		1	MC	9		188	214	993
Energy.....kj	2131		0	MC	9		789	895	4156
Protein.....g	7.53		1	MC	9		2.79	3.16	14.69
Total lipid (fat).....g	27.76		1	MC	9		10.27	11.66	54.12
Ash.....g	1.69		0	FLC	4		0.63	0.71	3.30
Carbohydrate, by difference.....g	59.91		1	MC	9		22.17	25.16	116.82
Fiber, total dietary.....g	5.6		1	MC	9		2.1	2.4	11.0
Sugars, total.....g	49.22		1	MC	9		18.21	20.67	95.99
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	155		1	MC	9		57	65	302
Iron, Fe.....mg	1.73		1	MC	9		0.64	0.73	3.37
Magnesium, Mg.....mg	116		0	FLC	4		43	49	226
Phosphorus, P.....mg	203		0	FLC	4		75	85	396
Potassium, K.....mg	381		0	FLC	4		141	160	742
Sodium, Na.....mg	45		1	MC	9		17	19	88
Zinc, Zn.....mg	1.86		0	FLC	4		0.69	0.78	3.62
Copper, Cu.....mg	0.552		0	FLC	4		0.204	0.232	1.077
Manganese, Mn.....mg	1.030		0	FLC	4		0.381	0.433	2.008
Selenium, Se.....mcg	2.7		0	FLC	4		1.0	1.1	5.3
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.6		1	MC	9		0.2	0.3	1.2
Thiamin.....mg	0.110		0	FLC	4		0.041	0.046	0.214
Riboflavin.....mg	0.324		1	LC	8		0.120	0.136	0.631
Niacin.....mg	0.952		1	LC	8		0.352	0.400	1.857
Pantothenic acid.....mg	0.286		0	FLC	4		0.106	0.120	0.558
Vitamin B-6.....mg	0.055		0	FLC	4		0.020	0.023	0.107
Folate, total.....mcg	12		0	FLC	4		4	5	23
Folic acid.....mcg	0		0	FLC	4		0	0	0
Folate, food.....mcg	12		0	FLC	4		4	5	23
Folate, DFE.....mcg_DFE	12		0	NC	4		4	5	23
Choline, total.....mg	37.7		0	O	4		14.0	15.9	73.6
Betaine.....mg									
Vitamin B-12.....mcg	0.22		0	FLC	4		0.08	0.09	0.43
Vitamin B-12, added.....mcg	0.00		0	FLC	4		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	24		0	NC	4		9	10	46
Retinol.....mcg	24		0	O	4		9	10	46
Carotene, beta.....mcg	1		0	FLC	4		0	0	1
Carotene, alpha.....mcg	0		0	FLC	4		0	0	0
Cryptoxanthin, beta.....mcg	0		0	FLC	4		0	0	0
Vitamin A, IU.....IU	88		1	MC	9		33	37	172
Lycopene.....mcg	0		0	FLC	4		0	0	0
Lutein + zeaxanthin.....mcg	0		0	FLC	4		0	0	1
Vitamin E (alpha-tocopherol).....mg	9.52		0	FLC	4		3.52	4.00	18.56
Vitamin E, added.....mg	0.00		0	FLC	4		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	2.0		0	FLC	4		0.8	0.9	4.0
<b>Lipids:</b>									
Fatty acids, total saturated.....g	9.435		1	MC	9		3.491	3.963	18.398
4:0.....g	0.264		0	FLC	4		0.098	0.111	0.515
6:0.....g	0.095		0	FLC	4		0.035	0.040	0.186
8:0.....g	0.055		0	FLC	4		0.020	0.023	0.106
10:0.....g	0.104		0	FLC	4		0.038	0.043	0.202

NDB No. 42227  
 Candies, MASTERFOODS USA, M&M's Almond Chocolate Candies

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.114		0	FLC	4		0.042	0.048	0.222
13:0.....g	0.000		0	FLC	4		0.000	0.000	0.000
14:0.....g	0.348		0	FLC	4		0.129	0.146	0.679
15:0.....g	0.036		0	FLC	4		0.013	0.015	0.070
16:0.....g	4.736		0	FLC	4		1.752	1.989	9.236
17:0.....g	0.034		0	FLC	4		0.013	0.014	0.067
18:0.....g	3.549		0	FLC	4		1.313	1.491	6.921
20:0.....g	0.090		0	FLC	4		0.033	0.038	0.175
22:0.....g	0.010		0	FLC	4		0.004	0.004	0.019
24:0.....g									
Fatty acids, total monounsaturated.....g	11.290		0	FLC	4		4.177	4.742	22.015
14:1.....g	0.020		0	FLC	4		0.007	0.008	0.038
15:1.....g	0.000		0	FLC	4		0.000	0.000	0.000
16:1 undifferentiated.....g	0.105		0	FLC	4		0.039	0.044	0.204
17:1.....g	0.006		0	FLC	4		0.002	0.002	0.011
18:1 undifferentiated.....g	11.160		0	FLC	4		4.129	4.687	21.762
20:1.....g	0.000		0	FLC	4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	FLC	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.753		0	FLC	4		1.389	1.576	7.319
18:2 undifferentiated.....g	3.741		0	FLC	4		1.384	1.571	7.295
18:3 undifferentiated.....g	0.012		0	FLC	4		0.005	0.005	0.024
18:4.....g	0.000		0	FLC	4		0.000	0.000	0.000
20:2 n-6 c,c.....g	0.000		0	FLC	4		0.000	0.000	0.000
20:3 undifferentiated.....g	0.000		0	FLC	4		0.000	0.000	0.000
20:4 undifferentiated.....g	0.000		0	FLC	4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0	FLC	4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0	FLC	4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	FLC	4		0.000	0.000	0.000
Fatty acids, total trans.....g	0.072		1	MC	9		0.027	0.030	0.140
Cholesterol.....mg	8		1	MC	9		3	3	16
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0	0.0	0.0
Caffeine.....mg	7		0	FLC	4		3	3	14
Theobromine.....mg	73		0	FLC	4		27	31	142

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**Common Measures:**

- Measure 1 = 37g: 1 serving 1.31 oz bag
- Measure 2 = 42g: 1 serving about 1/4 cup
- Measure 3 = 195g: 1 cup

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 19 Sweets

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

NDB No. 19292  
 Candies, MASTERFOODS USA, M&M's Crispy Chocolate Candies  
 Masterfoods USA

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	1.70		0	BFZN	4		0.80		
Energy.....kcal	475		1	MC	9		223		
Energy.....kj	1987		0	MC	9		934		
Protein.....g	4.28		1	MC	9		2.01		
Total lipid (fat).....g	19.32		1	MC	9		9.08		
Ash.....g	1.63		0	BFZN	4		0.77		
Carbohydrate, by difference.....g	72.40		1	MC	9		34.03		
Fiber, total dietary.....g	2.0		1	MC	9		0.9		
Sugars, total.....g	58.94		1	MC	9		27.70		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	90		1	MC	9		42		
Iron, Fe.....mg	0.86		1	MC	9		0.40		
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	136		1	MC	9		64		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.5		1	MC	9		0.2		
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	167		1	MC	9		79		
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	11.651		1	MC	9		5.476		
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g	0.131		1	MC	9		0.062		
Cholesterol.....mg	12		1	MC	9		5		
Phytosterols.....mg									

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**Common Measures:**



**NDB No. 19292**

**Candies, MASTERFOODS USA, M&M's Crispy Chocolate Candies**

Measure 1 = 47g: 1 serving 1.6 oz bag

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 19 Sweets

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

**NDB No. 19157**  
**Candies, MASTERFOODS USA, M&M's MINIs Milk Chocolate Candies**  
*Masterfoods USA*

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	1.19		0	FLM	4		0.36	0.18	0.65
Energy.....kcal	502		1	MC	9		151	75	276
Energy.....kj	2102		0	MC	9		631	315	1156
Protein.....g	4.78		1	MC	9		1.43	0.72	2.63
Total lipid (fat).....g	23.36		1	MC	9		7.01	3.50	12.85
Ash.....g	1.40		0	FLM	4		0.42	0.21	0.77
Carbohydrate, by difference.....g	68.40		1	MC	9		20.52	10.26	37.62
Fiber, total dietary.....g	2.7		1	MC	9		0.8	0.4	1.5
Sugars, total.....g	62.54		1	MC	9		18.76	9.38	34.40
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	116		1	MC	9		35	17	64
Iron, Fe.....mg	1.23		1	MC	9		0.37	0.18	0.68
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	68		1	MC	9		20	10	37
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.6		1	MC	9		0.2	0.1	0.3
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg									
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	224		1	MC	9		67	34	123
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	14.466		1	MC	9		4.340	2.170	7.956
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g	0.184		1	MC	9		0.055	0.028	0.101
Cholesterol.....mg	15		1	MC	9		4	2	8
Phytosterols.....mg									
<b>Others:</b>									

NDB No. 19157

Candies, MASTERFOODS USA, M&M's MINIs Milk Chocolate Candies

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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									
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 = 30g: 1 serving 1.0 oz tube

Measure 2 = 15.0g: 1 serving 0.50 oz box

Measure 3 = 55g: 1 serving 1 1.94 oz tube

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 19 Sweets

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

**NDB No. 19141**  
**Candies, MASTERFOODS USA, M&M's Milk Chocolate Candies**  
*Masterfoods USA*

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	1.70		0	MC	9		3.54	0.71	0.82
Energy.....kcal	492		1	MC	9		1023	207	236
Energy.....kj	2057		0	MC	9		4279	864	987
Protein.....g	4.33		1	MC	9		9.01	1.82	2.08
Total lipid (fat).....g	21.13		1	MC	9		43.94	8.87	10.14
Ash.....g	1.63		0	MC	9		3.39	0.68	0.78
Carbohydrate, by difference.....g	71.19		1	MC	9		148.06	29.90	34.17
Fiber, total dietary.....g	2.8		1	MC	9		5.8	1.2	1.3
Sugars, total.....g	63.68		1	MC	9		132.44	26.74	30.56
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	105		1	MC	9		218	44	50
Iron, Fe.....mg	1.11		1	MC	9		2.31	0.47	0.53
Magnesium, Mg.....mg	44		0	FLM	4		91	18	21
Phosphorus, P.....mg	146		0	FLM	4		303	61	70
Potassium, K.....mg	261		0	FLM	4		543	110	125
Sodium, Na.....mg	61		1	MC	9		128	26	30
Zinc, Zn.....mg	1.61		0	FLM	4		3.35	0.68	0.77
Copper, Cu.....mg	0.344		0	FLM	4		0.715	0.144	0.165
Manganese, Mn.....mg	0.329		0	FLM	4		0.685	0.138	0.158
Selenium, Se.....mcg	3.3		0	FLM	4		6.9	1.4	1.6
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.5		1	MC	9		1.0	0.2	0.2
Thiamin.....mg	0.079		0	FLM	4		0.164	0.033	0.038
Riboflavin.....mg	0.213		0	FLM	4		0.444	0.090	0.102
Niacin.....mg	0.270		0	FLM	4		0.561	0.113	0.129
Pantothenic acid.....mg	0.330		0	FLM	4		0.687	0.139	0.158
Vitamin B-6.....mg	0.025		0	FLM	4		0.052	0.010	0.012
Folate, total.....mcg	8		0	FLM	4		17	3	4
Folic acid.....mcg	0		0	FLM	4		0	0	0
Folate, food.....mcg	8		0	FLM	4		16	3	4
Folate, DFE.....mcg_DFE	8		0	NC	4		16	3	4
Choline, total.....mg	21.7		2	A	1		45.2	9.1	10.4
Betaine.....mg	0.8		2	A	1		1.7	0.4	0.4
Vitamin B-12.....mcg	0.53		0	FLM	4		1.10	0.22	0.25
Vitamin B-12, added.....mcg	0.00		0	FLM	4		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	56		0	O	4		116	24	27
Retinol.....mcg	56		0	O	4		116	24	27
Carotene, beta.....mcg	0		0	FLM	4		0	0	0
Carotene, alpha.....mcg	0		0	FLM	4		0	0	0
Cryptoxanthin, beta.....mcg	0		0	FLM	4		0	0	0
Vitamin A, IU.....IU	203		1	MC	9		422	85	97
Lycopene.....mcg	0		0	FLM	4		0	0	0
Lutein + zeaxanthin.....mcg	0		0	NR	4		0	0	0
Vitamin E (alpha-tocopherol).....mg	0.36		0	FLM	4		0.74	0.15	0.17
Vitamin E, added.....mg	0.00		0	FLM	4		0.00	0.00	0.00
Tocopherol, beta.....mg	0.00		0	FLM	4		0.00	0.00	0.00
Tocopherol, gamma.....mg	0.64		0	FLM	4		1.34	0.27	0.31
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	4.0		0	FLM	4		8.3	1.7	1.9
<b>Lipids:</b>									
Fatty acids, total saturated.....g	13.080		0	NC	4		27.206	5.494	6.278
4:0.....g	0.462		0	FLM	4		0.960	0.194	0.222
6:0.....g	0.167		0	FLM	4		0.347	0.070	0.080
8:0.....g	0.095		0	FLM	4		0.199	0.040	0.046
10:0.....g	0.181		0	FLM	4		0.377	0.076	0.087

NDB No. 19141  
 Candies, MASTERFOODS USA, M&M's Milk Chocolate Candies

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.199		0	FLM	4		0.413	0.083	0.095
13:0.....g	0.000		0	FLM	4		0.000	0.000	0.000
14:0.....g	0.609		0	FLM	4		1.267	0.256	0.292
15:0.....g	0.063		0	FLM	4		0.131	0.026	0.030
16:0.....g	5.465		0	FLM	4		11.368	2.295	2.623
17:0.....g	0.060		0	FLM	4		0.125	0.025	0.029
18:0.....g	5.605		0	FLM	4		11.658	2.354	2.690
20:0.....g	0.157		0	FLM	4		0.327	0.066	0.076
22:0.....g	0.017		0	FLM	4		0.035	0.007	0.008
24:0.....g	0.000		0	FLM	4		0.000	0.000	0.000
Fatty acids, total monounsaturated.....g	5.183		0	NC	4		10.782	2.177	2.488
14:1.....g	0.077		0	FLM	4		0.161	0.032	0.037
15:1.....g	0.000		0	FLM	4		0.000	0.000	0.000
16:1 undifferentiated.....g	0.147		0	FLM	4		0.306	0.062	0.071
17:1.....g	0.022		0	FLM	4		0.045	0.009	0.010
18:1 undifferentiated.....g	4.937		0	FLM	4		10.270	2.074	2.370
20:1.....g	0.000		0	FLM	4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	0.000
24:1 c.....g	0.000		0	FLM	4		0.000	0.000	0.000
Fatty acids, total polyunsaturated.....g	0.921		0	NC	4		1.917	0.387	0.442
18:2 undifferentiated.....g	0.864		0	FLM	4		1.797	0.363	0.415
18:3 undifferentiated.....g	0.057		0	FLM	4		0.119	0.024	0.028
18:4.....g	0.000		0	FLM	4		0.000	0.000	0.000
20:2 n-6 c.c.....g	0.000		0	FLM	4		0.000	0.000	0.000
20:3 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	0.000
20:4 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0	FLM	4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0	FLM	4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	FLM	4		0.000	0.000	0.000
Fatty acids, total trans.....g	0.167		1	MC	9		0.347	0.070	0.080
Cholesterol.....mg	14		1	MC	9		28	6	7
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLM	4		0.0	0.0	0.0
Caffeine.....mg	14		0	FLM	4		29	6	7
Theobromine.....mg	143		0	FLM	4		298	60	69

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

**Common Measures:**

- Measure 1 = 208g: 1 cup
- Measure 2 = 42g: 1 box (1.48 oz)
- Measure 3 = 48g: 1 package (1.69 oz)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 19 Sweets

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

NDB No. 42148

Candies, MASTERFOODS USA, M&M's Peanut Butter Chocolate Candies

Masterfoods USA

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	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		4		0.92	4.06	0.04
Energy.....kcal	529		1	MC	9		243	1074	12
Energy.....kj	2214		0	MC	9		1019	4495	49
Protein.....g	10.16		1	MC	9		4.67	20.62	0.22
Total lipid (fat).....g	29.32		1	MC	9		13.49	59.52	0.65
Ash.....g	1.75		0	FLC	4		0.80	3.55	0.04
Carbohydrate, by difference.....g	56.89		1	MC	9		26.17	115.49	1.25
Fiber, total dietary.....g	4.0		1	MC	9		1.8	8.1	0.1
Sugars, total.....g	47.15		1	MC	9		21.69	95.71	1.04
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	88		1	MC	9		41	179	2
Iron, Fe.....mg	1.06		1	MC	9		0.49	2.16	0.02
Magnesium, Mg.....mg	81		0	FLC	4		37	165	2
Phosphorus, P.....mg	191		0	FLC	4		88	388	4
Potassium, K.....mg	330		0	FLC	4		152	671	7
Sodium, Na.....mg	213		1	MC	9		98	431	5
Zinc, Zn.....mg	1.49		0	FLC	4		0.69	3.02	0.03
Copper, Cu.....mg	0.452		0	FLC	4		0.208	0.918	0.010
Manganese, Mn.....mg	0.963		0	FLC	4		0.443	1.956	0.021
Selenium, Se.....mcg	2.8		0	FLC	4		1.3	5.7	0.1
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.5		1	MC	9		0.2	1.0	0.0
Thiamin.....mg	0.152		0	FLC	4		0.070	0.309	0.003
Riboflavin.....mg	0.074		1	LC	8		0.034	0.149	0.002
Niacin.....mg	4.329		1	LC	8		1.991	8.788	0.095
Pantothenic acid.....mg	0.603		0	FLC	4		0.277	1.224	0.013
Vitamin B-6.....mg	0.095		0	FLC	4		0.044	0.193	0.002
Folate, total.....mcg	45		0	FLC	4		21	91	1
Folic acid.....mcg	0		0	FLC	4		0	0	0
Folate, food.....mcg	45		0	FLC	4		21	91	1
Folate, DFE.....mcg_DFE	45		0	NC	4		21	91	1
Choline, total.....mg	37.5		0	O	4		17.2	76.1	0.8
Betaine.....mg									
Vitamin B-12.....mcg	0.19		0	FLC	4		0.09	0.39	0.00
Vitamin B-12, added.....mcg	0.00		0	FLC	4		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	28		0	NC	4		13	56	1
Retinol.....mcg	28		0	O	4		13	56	1
Carotene, beta.....mcg	0		0	FLC	4		0	0	0
Carotene, alpha.....mcg	0		0	FLC	4		0	0	0
Cryptoxanthin, beta.....mcg	0		0	FLC	4		0	0	0
Vitamin A, IU.....IU	100		1	MC	9		46	203	2
Lycopene.....mcg	0		0	FLC	4		0	0	0
Lutein + zeaxanthin.....mcg	0		0	FLC	4		0	0	0
Vitamin E (alpha-tocopherol).....mg	1.26		0	FLC	4		0.58	2.56	0.03
Vitamin E, added.....mg	0.00		0	FLC	4		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	5.9		0	FLC	4		2.7	11.9	0.1
<b>Lipids:</b>									
Fatty acids, total saturated.....g	18.485		1	MC	9		8.503	37.525	0.407
4:0.....g	0.153		0	FLC	4		0.070	0.311	0.003
6:0.....g	0.101		0	FLC	4		0.046	0.205	0.002
8:0.....g	0.626		0	FLC	4		0.288	1.271	0.014
10:0.....g	0.537		0	FLC	4		0.247	1.091	0.012

NDB No. 42148

Candies, MASTERFOODS USA, M&M's Peanut Butter Chocolate Candies

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	6.611		0	FLC	4		3.041	13.421	0.145
13:0.....g	0.000		0	FLC	4		0.000	0.000	0.000
14:0.....g	2.465		0	FLC	4		1.134	5.005	0.054
15:0.....g	0.019		0	FLC	4		0.009	0.039	0.000
16:0.....g	2.954		0	FLC	4		1.359	5.997	0.065
17:0.....g	0.019		0	FLC	4		0.009	0.038	0.000
18:0.....g	4.904		0	FLC	4		2.256	9.954	0.108
20:0.....g	0.088		0	FLC	4		0.041	0.179	0.002
22:0.....g	0.005		0	FLC	4		0.002	0.011	0.000
24:0.....g	0.000		0	FLC	4		0.000	0.000	0.000
Fatty acids, total monounsaturated.....g	4.448		0	FLC	4		2.046	9.029	0.098
14:1.....g	0.042		0	FLC	4		0.019	0.084	0.001
15:1.....g	0.000		0	FLC	4		0.000	0.000	0.000
16:1 undifferentiated.....g	0.079		0	FLC	4		0.036	0.160	0.002
17:1.....g	0.012		0	FLC	4		0.005	0.024	0.000
18:1 undifferentiated.....g	4.314		0	FLC	4		1.984	8.757	0.095
20:1.....g	0.002		0	FLC	4		0.001	0.004	0.000
22:1 undifferentiated.....g	0.000		0	FLC	4		0.000	0.000	0.000
24:1 c.....g	0.000		0	FLC	4		0.000	0.000	0.000
Fatty acids, total polyunsaturated.....g	0.542		0	FLC	4		0.249	1.099	0.012
18:2 undifferentiated.....g	0.515		0	FLC	4		0.237	1.046	0.011
18:3 undifferentiated.....g	0.026		0	FLC	4		0.012	0.053	0.001
18:4.....g	0.000		0	FLC	4		0.000	0.000	0.000
20:2 n-6 c,c.....g	0.000		0	FLC	4		0.000	0.000	0.000
20:3 undifferentiated.....g	0.000		0	FLC	4		0.000	0.000	0.000
20:4 undifferentiated.....g	0.000		0	FLC	4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0	FLC	4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0	FLC	4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	FLC	4		0.000	0.000	0.000
Fatty acids, total trans.....g	0.210		1	MC	9		0.097	0.426	0.005
Cholesterol.....mg	7		1	MC	9		3	14	0
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0	0.0	0.0
Caffeine.....mg	6		0	FLC	4		3	12	0
Theobromine.....mg	63		0	FLC	4		29	128	1

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

**Common Measures:**

Measure 1 = 46g: 1 serving 1.63 oz singles bag

Measure 2 = 203g: 1 cup

Measure 3 = 2.2g: 1 piece

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 19 Sweets

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

**NDB No. 19140**  
**Candies, MASTERFOODS USA, M&M's Peanut Chocolate Candies**  
*Masterfoods USA*

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	2.48		0	FLM	4		1.34	0.45	0.50
Energy.....kcal	515		1	MC	9		278	93	103
Energy.....kj	2156		0	MC	9		1164	388	431
Protein.....g	9.57		1	MC	9		5.17	1.72	1.91
Total lipid (fat).....g	26.13		1	MC	9		14.11	4.70	5.23
Ash.....g	1.44		0	FLM	4		0.78	0.26	0.29
Carbohydrate, by difference.....g	60.48		1	MC	9		32.66	10.89	12.10
Fiber, total dietary.....g	3.7		1	MC	9		2.0	0.7	0.7
Sugars, total.....g	50.75		1	MC	9		27.40	9.13	10.15
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	102		1	MC	9		55	18	20
Iron, Fe.....mg	1.16		1	MC	9		0.63	0.21	0.23
Magnesium, Mg.....mg	69		0	FLM	4		37	12	14
Phosphorus, P.....mg	190		0	FLM	4		103	34	38
Potassium, K.....mg	347		0	FLM	4		188	63	69
Sodium, Na.....mg	50		1	MC	9		27	9	10
Zinc, Zn.....mg	1.76		0	FLM	4		0.95	0.32	0.35
Copper, Cu.....mg	0.505		0	FLM	4		0.273	0.091	0.101
Manganese, Mn.....mg	0.664		0	FLM	4		0.359	0.120	0.133
Selenium, Se.....mcg	4.1		0	FLM	4		2.2	0.7	0.8
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		1	MC	9		0.0	0.0	0.0
Thiamin.....mg	0.063		2	LC	8		0.034	0.011	0.013
Riboflavin.....mg	0.106		2	LC	8		0.057	0.019	0.021
Niacin.....mg	3.362		2	LC	8		1.815	0.605	0.672
Pantothenic acid.....mg	0.627		0	FLM	4		0.339	0.113	0.125
Vitamin B-6.....mg	0.090		0	FLM	4		0.048	0.016	0.018
Folate, total.....mcg	55		0	FLM	4		30	10	11
Folic acid.....mcg	0		0	FLM	4		0	0	0
Folate, food.....mcg	55		0	FLM	4		30	10	11
Folate, DFE.....mcg_DFE	55		0	NC	4		30	10	11
Choline, total.....mg	37.3		0	O	4		20.1	6.7	7.5
Betaine.....mg									
Vitamin B-12.....mcg	0.32		0	FLM	4		0.18	0.06	0.06
Vitamin B-12, added.....mcg	0.00		0	FLM	4		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	22		0	NC	4		12	4	4
Retinol.....mcg	22		0	O	4		12	4	4
Carotene, beta.....mcg	0		0	FLM	4		0	0	0
Carotene, alpha.....mcg	0		0	FLM	4		0	0	0
Cryptoxanthin, beta.....mcg	0		0	FLM	4		0	0	0
Vitamin A, IU.....IU	80		1	MC	9		43	14	16
Lycopene.....mcg	0		0	FLM	4		0	0	0
Lutein + zeaxanthin.....mcg	0		0	FLM	4		0	0	0
Vitamin E (alpha-tocopherol).....mg	2.85		0	FLM	4		1.54	0.51	0.57
Vitamin E, added.....mg	0.00		0	FLM	4		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	FLM	4		1.6	0.5	0.6
<b>Lipids:</b>									
Fatty acids, total saturated.....g	10.169		1	MC	9		5.491	1.830	2.034
4:0.....g	0.300		0	FLM	4		0.162	0.054	0.060
6:0.....g	0.108		0	FLM	4		0.059	0.020	0.022
8:0.....g	0.062		0	FLM	4		0.033	0.011	0.012
10:0.....g	0.118		0	FLM	4		0.064	0.021	0.024



**NDB No. 19140**  
**Candies, MASTERFOODS USA, M&M's Peanut Chocolate Candies**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.129		0	FLM	4		0.070	0.023	0.026
13:0.....g	0.000		0	FLM	4		0.000	0.000	0.000
14:0.....g	0.402		0	FLM	4		0.217	0.072	0.080
15:0.....g	0.041		0	FLM	4		0.022	0.007	0.008
16:0.....g	4.811		0	FLM	4		2.598	0.866	0.962
17:0.....g	0.039		0	FLM	4		0.021	0.007	0.008
18:0.....g	3.910		0	FLM	4		2.111	0.704	0.782
20:0.....g	0.102		0	FLM	4		0.055	0.018	0.020
22:0.....g	0.011		0	FLM	4		0.006	0.002	0.002
24:0.....g	0.000		0	FLM	4		0.000	0.000	0.000
Fatty acids, total monounsaturated.....g	8.086		0	FLM	4		4.367	1.456	1.617
14:1.....g									
15:1.....g	0.000		0	FLM	4		0.000	0.000	0.000
16:1 undifferentiated.....g	0.062		0	FLM	4		0.033	0.011	0.012
17:1.....g	0.009		0	FLM	4		0.005	0.002	0.002
18:1 undifferentiated.....g	7.853		0	FLM	4		4.241	1.414	1.571
20:1.....g	0.131		0	FLM	4		0.071	0.024	0.026
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	0.000
24:1 c.....g	0.000		0	FLM	4		0.000	0.000	0.000
Fatty acids, total polyunsaturated.....g	3.456		0	FLM	4		1.866	0.622	0.691
18:2 undifferentiated.....g	3.436		0	FLM	4		1.855	0.618	0.687
18:3 undifferentiated.....g	0.021		0	FLM	4		0.011	0.004	0.004
18:4.....g	0.000		0	FLM	4		0.000	0.000	0.000
20:2 n-6 c.c.....g	0.000		0	FLM	4		0.000	0.000	0.000
20:3 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	0.000
20:4 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0	FLM	4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0	FLM	4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	FLM	4		0.000	0.000	0.000
Fatty acids, total trans.....g	0.328		0	MC	9		0.177	0.059	0.066
Cholesterol.....mg	8		1	MC	9		4	1	2
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLM	4		0.0	0.0	0.0
Caffeine.....mg	10		0	FLM	4		6	2	2
Theobromine.....mg	108		0	FLM	4		58	19	22

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

**Common Measures:**

- Measure 1 = 54g: 1 serving 1 singles bag
- Measure 2 = 18g: 1 package fun size
- Measure 3 = 20g: 10 pieces

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group: 19 Sweets**

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

NDB No. 19115

Candies, MASTERFOODS USA, MARS Almond Bar

Masterfoods USA

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	4.50		2		1		2.25		
Energy.....kcal	467		0	NC	4		234		
Energy.....kj	1954		0		4		977		
Protein.....g	8.10		2		1		4.05		
Total lipid (fat).....g	23.00		2		1		11.50		
Ash.....g	1.60		2		1		0.80		
Carbohydrate, by difference.....g	62.70		0	NC	4		31.35		
Fiber, total dietary.....g	2.0		0	FLA	4		1.0		
Sugars, total.....g	52.10		1	LC	8		26.05		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	168		2		1		84		
Iron, Fe.....mg	1.10		2		1		0.55		
Magnesium, Mg.....mg	72		1		1		36		
Phosphorus, P.....mg	234		0	FLA	4		117		
Potassium, K.....mg	325		2		1		163		
Sodium, Na.....mg	170		1		1		85		
Zinc, Zn.....mg	1.11		1		1		0.56		
Copper, Cu.....mg	0.250		1		1		0.125		
Manganese, Mn.....mg	0.367		0	FLA	4		0.184		
Selenium, Se.....mcg	1.6		0	FLA	4		0.8		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.7		0	FLA	4		0.4		
Thiamin.....mg	0.041		2		1		0.021		
Riboflavin.....mg	0.312		2		1		0.156		
Niacin.....mg	0.945		2		1		0.473		
Pantothenic acid.....mg	0.404		0	FLA	4		0.202		
Vitamin B-6.....mg	0.060		0	FLA	4		0.030		
Folate, total.....mcg	9		0	FLC	4		5		
Folic acid.....mcg	0		0	FLC	4		0		
Folate, food.....mcg	9		0	FLC	4		5		
Folate, DFE.....mcg_DFE	9		0	NC	4		5		
Choline, total.....mg	37.1		0	O	4		18.6		
Betaine.....mg									
Vitamin B-12.....mcg	0.36		0	FLA	4		0.18		
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....mcg_RAE	15		0	FLC	4		8		
Retinol.....mcg	15		0	FLC	4		7		
Carotene, beta.....mcg	1		0	FLC	4		1		
Carotene, alpha.....mcg	0		0	FLC	4		0		
Cryptoxanthin, beta.....mcg	0		0	FLC	4		0		
Vitamin A, IU.....IU	55		0	FLC	4		27		
Lycopene.....mcg	0		0	FLC	4		0		
Lutein + zeaxanthin.....mcg	0		0	FLC	4		0		
Vitamin E (alpha-tocopherol).....mg	7.75		0	FLC	4		3.88		
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	10.9		0	FLC	4		5.4		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	7.268		0	FLA	4		3.634		
4:0.....g	0.165		0	FLA	4		0.083		
6:0.....g	0.081		0	FLA	4		0.041		
8:0.....g	0.054		0	FLA	4		0.027		
10:0.....g	0.164		0	FLA	4		0.082		

NDB No. 19115

Candies, MASTERFOODS USA, MARS Almond Bar

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.294		0	FLA	4		0.147		
13:0.....g									
14:0.....g	0.637		0	FLA	4		0.319		
15:0.....g									
16:0.....g	3.516		0	FLA	4		1.758		
17:0.....g									
18:0.....g	2.192		0	FLA	4		1.096		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	10.693		0	FLA	4		5.347		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.215		0	FLA	4		0.108		
17:1.....g									
18:1 undifferentiated.....g	10.315		0	FLA	4		5.158		
20:1.....g	0.009		0	FLA	4		0.005		
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.980		0	FLA	4		1.990		
18:2 undifferentiated.....g	3.700		0	FLA	4		1.850		
18:3 undifferentiated.....g	0.261		0	FLA	4		0.131		
18:4.....g	0.000		0	FLA	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000		
20:5 n-3.....g	0.000		0	FLA	4		0.000		
22:5 n-3.....g	0.000		0	FLA	4		0.000		
22:6 n-3.....g	0.000		0	FLA	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	17		0	FLA	4		9		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	4		0	FLA	4		2		
Theobromine.....mg	29		0	FLA	4		15		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 bar (1.76 oz)

**Calories Factors: Protein 3.7**

**Fat 8.6**

**Carbohydrate 3.8**

**Food Group: 19 Sweets**

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

NDB No. 19135  
 Candies, MASTERFOODS USA, MILKY WAY Bar  
 Masterfoods USA

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	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	0.113	5	A	1		3.65	1.07	0.52
Energy.....kcal	452		1	MC	9		262	77	37
Energy.....kj	1889		0	MC	9		1096	321	155
Protein.....g	4.01		0	MC	9		2.32	0.68	0.33
Total lipid (fat).....g	17.23		1	MC	9		9.99	2.93	1.41
Ash.....g	1.30	0.028	4	A	1		0.75	0.22	0.11
Carbohydrate, by difference.....g	70.48		1	MC	9		40.88	11.98	5.78
Fiber, total dietary.....g	1.0		1	MC	9		0.6	0.2	0.1
Sugars, total.....g	59.69		1	MC	9		34.62	10.15	4.89
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	115		1	MC	9		67	20	9
Iron, Fe.....mg	0.49		1	MC	9		0.28	0.08	0.04
Magnesium, Mg.....mg	20		0	FLA	4		12	3	2
Phosphorus, P.....mg	67		0	FLA	4		39	11	6
Potassium, K.....mg	124		0	FLA	4		72	21	10
Sodium, Na.....mg	167		1	MC	9		97	28	14
Zinc, Zn.....mg	0.69		0	FLA	4		0.40	0.12	0.06
Copper, Cu.....mg	0.147		0	FLA	4		0.085	0.025	0.012
Manganese, Mn.....mg	0.147		0	FLA	4		0.085	0.025	0.012
Selenium, Se.....mcg	2.0		0	FLA	4		1.2	0.3	0.2
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.7		1	MC	9		0.4	0.1	0.1
Thiamin.....mg	0.046		0	FLA	4		0.027	0.008	0.004
Riboflavin.....mg	0.103		0	FLA	4		0.060	0.018	0.008
Niacin.....mg	0.154		0	FLA	4		0.089	0.026	0.013
Pantothenic acid.....mg	0.155		0	FLA	4		0.090	0.026	0.013
Vitamin B-6.....mg	0.014		0	FLA	4		0.008	0.002	0.001
Folate, total.....mcg	4		0	FLA	4		2	1	0
Folic acid.....mcg	0		0	FLA	4		0	0	0
Folate, food.....mcg	4		0	FLA	4		2	1	0
Folate, DFE.....mcg_DFE	4		0	NC	4		2	1	0
Choline, total.....mg	16.5		0	O	4		9.6	2.8	1.4
Betaine.....mg									
Vitamin B-12.....mcg	0.18		0	FLA	4		0.11	0.03	0.01
Vitamin B-12, added.....mcg	0.00		0	FLA	4		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	32		0	FLA	4		18	5	3
Retinol.....mcg	31		0	FLA	4		18	5	3
Carotene, beta.....mcg	4		0	FLA	4		2	1	0
Carotene, alpha.....mcg	0		0	FLA	4		0	0	0
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0	0	0
Vitamin A, IU.....IU	114		1	MC	9		66	19	9
Lycopene.....mcg	0		0	FLA	4		0	0	0
Lutein + zeaxanthin.....mcg	1		0	FLA	4		0	0	0
Vitamin E (alpha-tocopherol).....mg	0.89		0	FLA	4		0.52	0.15	0.07
Vitamin E, added.....mg	0.00		0	FLA	4		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU	16		0	FLA	4		9	3	1
Vitamin K (phylloquinone).....mcg	3.6		0	FLA	4		2.1	0.6	0.3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	12.016		1	MC	9		6.969	2.043	0.985
4:0.....g	0.182		0	FLA	4		0.106	0.031	0.015
6:0.....g	0.093		0	FLA	4		0.054	0.016	0.008
8:0.....g	0.301		0	FLA	4		0.175	0.051	0.025
10:0.....g	0.335		0	FLA	4		0.195	0.057	0.028

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	3.951		0	FLA	4		2.292	0.672	0.324
13:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
14:0.....g	1.593		0	FLA	4		0.924	0.271	0.131
15:0.....g	0.018		0	FLA	4		0.011	0.003	0.002
16:0.....g	2.558		0	FLA	4		1.484	0.435	0.210
17:0.....g	0.018		0	FLA	4		0.010	0.003	0.001
18:0.....g	2.884		0	FLA	4		1.673	0.490	0.236
20:0.....g	0.049		0	FLA	4		0.029	0.008	0.004
22:0.....g	0.005		0	FLA	4		0.003	0.001	0.000
24:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
Fatty acids, total monounsaturated.....g	2.230		0	FLA	4		1.294	0.379	0.183
14:1.....g	0.017		0	FLA	4		0.010	0.003	0.001
15:1.....g	0.000		0	FLA	4		0.000	0.000	0.000
16:1 undifferentiated.....g	0.060		0	FLA	4		0.035	0.010	0.005
17:1.....g	0.005		0	FLA	4		0.003	0.001	0.000
18:1 undifferentiated.....g	2.148		0	FLA	4		1.246	0.365	0.176
20:1.....g	0.000		0	FLA	4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
24:1 c.....g	0.000		0	FLA	4		0.000	0.000	0.000
Fatty acids, total polyunsaturated.....g	0.260		0	FLA	4		0.151	0.044	0.021
18:2 undifferentiated.....g	0.231		0	FLA	4		0.134	0.039	0.019
18:3 undifferentiated.....g	0.029		0	FLA	4		0.017	0.005	0.002
18:4.....g	0.000		0	FLA	4		0.000	0.000	0.000
20:2 n-6 c.c.....g	0.000		0	FLA	4		0.000	0.000	0.000
20:3 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	FLA	4		0.000	0.000	0.000
Fatty acids, total trans.....g	0.206		1	MC	9		0.119	0.035	0.017
Cholesterol.....mg	9		1	MC	9		5	2	1
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0	0.0	0.0
Caffeine.....mg	6		0	FLA	4		3	1	0
Theobromine.....mg	64		0	FLA	4		37	11	5

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 serving 2.05 oz bar
- Measure 2 = 17g: 1 bar fun size
- Measure 3 = 8.2g: 1 piece miniature 5 pieces = serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 19 Sweets

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

NDB No. 19256

Candies, MASTERFOODS USA, MILKY WAY Caramels, milk chocolate covered

Masterfoods USA

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	6.99		0	O	4		3.08		
Energy.....kcal	463		1	MC	9		204		
Energy.....kj	1938		0	MC	9		853		
Protein.....g	4.28		1	MC	9		1.88		
Total lipid (fat).....g	19.17		1	MC	9		8.44		
Ash.....g	1.08		0	FLA	4		0.47		
Carbohydrate, by difference.....g	68.49		1	MC	9		30.13		
Fiber, total dietary.....g	0.7		1	MC	9		0.3		
Sugars, total.....g	58.65		1	MC	9		25.80		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	141		1	MC	9		62		
Iron, Fe.....mg	0.34		1	MC	9		0.15		
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	273		1	MC	9		120		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.7		1	MC	9		0.3		
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	262		1	MC	9		115		
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	13.157		1	MC	9		5.789		
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g	0.293		1	MC	9		0.129		
Cholesterol.....mg	20		1	MC	9		9		
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. 19256**

**Candies, MASTERFOODS USA, MILKY WAY Caramels, milk chocolate covered**

Measure 1 = 44g: 1 serving 5 pieces

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 19 Sweets

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

NDB No. 19258

Candies, MASTERFOODS USA, MILKY WAY Caramels. dark chocolate covered

Masterfoods USA

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	6.99		0	BFZN	4		3.08		
Energy.....kcal	458		1	MC	9		201		
Energy.....kj	1915		0	MC	9		843		
Protein.....g	3.82		1	MC	9		1.68		
Total lipid (fat).....g	20.42		1	MC	9		8.99		
Ash.....g	1.08		0	BFZN	4		0.47		
Carbohydrate, by difference.....g	67.56		1	MC	9		29.73		
Fiber, total dietary.....g	2.8		1	MC	9		1.2		
Sugars, total.....g	54.08		1	MC	9		23.79		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	83		1	MC	9		36		
Iron, Fe.....mg	1.20		1	MC	9		0.53		
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	246		1	MC	9		108		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.4		1	MC	9		0.2		
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	246		1	MC	9		108		
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	13.814		1	MC	9		6.078		
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g	0.274		1	MC	9		0.121		
Cholesterol.....mg	17		1	MC	9		8		
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. 19258**

**Candies, MASTERFOODS USA, MILKY WAY Caramels. dark chocolate covered**

Measure 1 = 44g: 1 serving 5 pieces

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 19 Sweets

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	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points	Code				
<b>Proximates:</b>								
Water.....g	7.20		1		4	3.60	1.37	2.95
Energy.....kcal	443		1	MC	9	222	84	182
Energy.....kj	1855		0	MC	9	928	352	761
Protein.....g	3.20		1	MC	9	1.60	0.61	1.31
Total lipid (fat).....g	17.50		1	MC	9	8.75	3.32	7.17
Ash.....g	1.02		0	FLC	4	0.51	0.19	0.42
Carbohydrate, by difference.....g	71.22		1	MC	9	35.61	13.53	29.20
Fiber, total dietary.....g	2.9		1	MC	9	1.5	0.6	1.2
Sugars, total.....g	57.81		1	MC	9	28.90	10.98	23.70
Starch.....g								
<b>Minerals:</b>								
Calcium, Ca.....mg	53		1	MC	9	26	10	22
Iron, Fe.....mg	1.20		1	MC	9	0.60	0.23	0.49
Magnesium, Mg.....mg	58		0	FLA	4	29	11	24
Phosphorus, P.....mg	75		0	FLA	4	37	14	31
Potassium, K.....mg	196		0	FLA	4	98	37	80
Sodium, Na.....mg	168		1	MC	9	84	32	69
Zinc, Zn.....mg	0.89		0	FLA	4	0.44	0.17	0.36
Copper, Cu.....mg	0.344		0	FLA	4	0.172	0.065	0.141
Manganese, Mn.....mg	0.393		0	FLA	4	0.196	0.075	0.161
Selenium, Se.....mcg	2.5		0	FLA	4	1.3	0.5	1.0
<b>Vitamins:</b>								
Vitamin C, total ascorbic acid.....mg	0.2		1	MC	9	0.1	0.0	0.1
Thiamin.....mg	0.037		0	FLA	4	0.019	0.007	0.015
Riboflavin.....mg	0.063		0	FLA	4	0.031	0.012	0.026
Niacin.....mg	0.218		0	FLA	4	0.109	0.041	0.090
Pantothenic acid.....mg	0.084		0	FLA	4	0.042	0.016	0.035
Vitamin B-6.....mg	0.020		0	FLA	4	0.010	0.004	0.008
Folate, total.....mcg	7		0	FLA	4	4	1	3
Folic acid.....mcg	0		0	FLA	4	0	0	0
Folate, food.....mcg	7		0	FLA	4	4	1	3
Folate, DFE.....mcg_DFE	7		0	NC	4	4	1	3
Choline, total.....mg	16.8		0	O	4	8.4	3.2	6.9
Betaine.....mg								
Vitamin B-12.....mcg	0.04		0	NR	4	0.02	0.01	0.02
Vitamin B-12, added.....mcg	0.00		0	FLA	4	0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	42		0	FLA	4	21	8	17
Retinol.....mcg	42		0	FLA	4	21	8	17
Carotene, beta.....mcg	10		0	FLA	4	5	2	4
Carotene, alpha.....mcg	0		0	FLA	4	0	0	0
Cryptoxanthin, beta.....mcg	0		0	FLA	4	0	0	0
Vitamin A, IU.....IU	155		1	MC	9	77	29	63
Lycopene.....mcg	0		0	FLA	4	0	0	0
Lutein + zeaxanthin.....mcg	6		0	FLA	4	3	1	2
Vitamin E (alpha-tocopherol).....mg	0.39		0	FLA	4	0.20	0.07	0.16
Vitamin E, added.....mg	0.00		0	FLA	4	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	FLA	4	1.8	0.7	1.5
<b>Lipids:</b>								
Fatty acids, total saturated.....g	11.474		1	MC	9	5.737	2.180	4.704
4:0.....g	0.130		0	FLA	4	0.065	0.025	0.053
6:0.....g	0.078		0	FLA	4	0.039	0.015	0.032
8:0.....g	0.046		0	FLA	4	0.023	0.009	0.019
10:0.....g	0.101		0	FLA	4	0.050	0.019	0.041

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.108		0	FLA	4		0.054	0.020	0.044
13:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
14:0.....g	0.362		0	FLA	4		0.181	0.069	0.148
15:0.....g	0.001		0	FLA	4		0.000	0.000	0.000
16:0.....g	4.788		0	FLA	4		2.394	0.910	1.963
17:0.....g	0.037		0	FLA	4		0.019	0.007	0.015
18:0.....g	5.601		0	FLA	4		2.801	1.064	2.296
20:0.....g	0.141		0	FLA	4		0.070	0.027	0.058
22:0.....g	0.019		0	FLA	4		0.010	0.004	0.008
24:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
Fatty acids, total monounsaturated.....g	4.639		0	FLA	4		2.320	0.881	1.902
14:1.....g	0.000		0	FLA	4		0.000	0.000	0.000
15:1.....g	0.000		0	FLA	4		0.000	0.000	0.000
16:1 undifferentiated.....g	0.063		0	FLA	4		0.032	0.012	0.026
17:1.....g	0.000		0	FLA	4		0.000	0.000	0.000
18:1 undifferentiated.....g	4.574		0	FLA	4		2.287	0.869	1.875
20:1.....g	0.002		0	FLA	4		0.001	0.000	0.001
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
24:1 c.....g	0.000		0	FLA	4		0.000	0.000	0.000
Fatty acids, total polyunsaturated.....g	0.514		0	FLA	4		0.257	0.098	0.211
18:2 undifferentiated.....g	0.467		0	FLA	4		0.233	0.089	0.191
18:3 undifferentiated.....g	0.048		0	FLA	4		0.024	0.009	0.020
18:4.....g	0.000		0	FLA	4		0.000	0.000	0.000
20:2 n-6 c.c.....g	0.000		0	FLA	4		0.000	0.000	0.000
20:3 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	FLA	4		0.000	0.000	0.000
Fatty acids, total trans.....g	0.176		0	MC	9		0.088	0.033	0.072
Cholesterol.....mg	10		1	MC	9		5	2	4
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0	0.0	0.0
Caffeine.....mg	30		0	FLA	4		15	6	12
Theobromine.....mg	238		0	FLA	4		119	45	98

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 serving 1.76 oz bar
- Measure 2 = 19g: 1 bar fun size
- Measure 3 = 41g: 1 serving 5 miniatures

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 19 Sweets

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

NDB No. 19308

Candies, MASTERFOODS USA, POP'ABLES 3 MUSKETEERS Brand Bite Size Candies

Masterfoods USA

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	5.30		0	O	4		2.17		
Energy.....kcal	443		1	MC	9		182		
Energy.....kj	1852		0	MC	9		759		
Protein.....g	2.59		1	MC	9		1.06		
Total lipid (fat).....g	15.17		1	MC	9		6.22		
Ash.....g	1.00		0	FLA	4		0.41		
Carbohydrate, by difference.....g	75.94		1	MC	9		31.14		
Fiber, total dietary.....g	1.3		1	MC	9		0.5		
Sugars, total.....g	67.00		1	MC	9		27.47		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	60		1	MC	9		24		
Iron, Fe.....mg	0.58		1	MC	9		0.24		
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	172		1	MC	9		71		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.4		1	MC	9		0.2		
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	99		1	MC	9		41		
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	9.921		1	MC	9		4.068		
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g	0.113		1	MC	9		0.046		
Cholesterol.....mg	7		1	MC	9		3		
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. 19308**

**Candies, MASTERFOODS USA, POP'ABLES 3 MUSKETEERS Brand Bite Size Candies**

**Common Measures:**

Measure 1 = 41g: 1 serving 15 pieces

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 19 Sweets

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

NDB No. 19307

Candies, MASTERFOODS USA, POP'ABLES MILKY WAY Brand Bite Size Candies

Masterfoods USA

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	5.78		0	FLA	4		2.26		
Energy.....kcal	454		1	MC	9		177		
Energy.....kj	1897		0	MC	9		740		
Protein.....g	3.30		1	MC	9		1.29		
Total lipid (fat).....g	18.00		1	MC	9		7.02		
Ash.....g	1.07		0	FLA	4		0.42		
Carbohydrate, by difference.....g	71.22		1	MC	9		27.78		
Fiber, total dietary.....g	1.0		1	MC	9		0.4		
Sugars, total.....g	61.08		1	MC	9		23.82		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	91		1	MC	9		35		
Iron, Fe.....mg	0.50		1	MC	9		0.20		
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	146		1	MC	9		57		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.6		1	MC	9		0.2		
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	137		1	MC	9		53		
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	8.889		1	MC	9		3.467		
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g	0.201		1	MC	9		0.078		
Cholesterol.....mg	11		1	MC	9		4		
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. 19307**

**Candies, MASTERFOODS USA, POP'ABLES MILKY WAY Brand Bite Size Candies**

Measure 1 = 39g: 1 serving 13 pieces

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 19 Sweets

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

NDB No. 19306

Candies, MASTERFOODS USA, POP'ABLES SNICKERS Brand Bite Size Candies

Masterfoods USA

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	5.78		0	FLA	4		2.25		
Energy.....kcal	480		1	MC	9		187		
Energy.....kj	2007		0	MC	9		783		
Protein.....g	7.15		1	MC	9		2.79		
Total lipid (fat).....g	24.32		1	MC	9		9.49		
Ash.....g	1.61		0	FLA	4		0.63		
Carbohydrate, by difference.....g	61.07		1	MC	9		23.82		
Fiber, total dietary.....g	2.3		1	MC	9		0.9		
Sugars, total.....g	51.69		1	MC	9		20.16		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	96		1	MC	9		37		
Iron, Fe.....mg	0.72		1	MC	9		0.28		
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	224		1	MC	9		87		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.5		1	MC	9		0.2		
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	174		1	MC	9		68		
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	9.891		1	MC	9		3.857		
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g	0.405		0	MC	9		0.158		
Cholesterol.....mg	13		1	MC	9		5		
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. 19306**

**Candies, MASTERFOODS USA, POP'ABLES SNICKERS Brand Bite Size Candies**

Measure 1 = 39g: 1 serving 13 pieces

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 19 Sweets

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

NDB No. 19370

Candies, MASTERFOODS USA, SKITTLES Original Bite Size Candies

Masterfoods USA

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	3.83		0	MC	9		2.37	7.85	0.41
Energy.....kcal	405		1	MC	9		251	830	43
Energy.....kj	1695		0	MC	9		1051	3475	181
Protein.....g	0.19		1	MC	9		0.12	0.40	0.02
Total lipid (fat).....g	4.37		1	MC	9		2.71	8.96	0.47
Ash.....g	0.97		0	MC	9		0.60	1.99	0.10
Carbohydrate, by difference.....g	90.78		1	MC	9		56.28	186.09	9.71
Fiber, total dietary.....g	0.0		1	MC	9		0.0	0.0	0.0
Sugars, total.....g	75.84		1	MC	9		47.02	155.46	8.11
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	0		1	MC	9		0	0	0
Iron, Fe.....mg	0.00		1	MC	9		0.00	0.01	0.00
Magnesium, Mg.....mg	1		0	FLA	4		0	1	0
Phosphorus, P.....mg	1		0	FLA	4		1	2	0
Potassium, K.....mg	12		0	FLA	4		7	25	1
Sodium, Na.....mg	15		1	MC	9		9	30	2
Zinc, Zn.....mg	0.02		0	FLA	4		0.01	0.04	0.00
Copper, Cu.....mg	0.036		0	FLA	4		0.022	0.073	0.004
Manganese, Mn.....mg	0.063		0	FLA	4		0.039	0.129	0.007
Selenium, Se.....mcg	1.0		0	FLA	4		0.6	2.0	0.1
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	66.8		1	MC	9		41.4	136.9	7.1
Thiamin.....mg	0.000		0	FLA	4		0.000	0.001	0.000
Riboflavin.....mg	0.023		0	FLA	4		0.014	0.047	0.002
Niacin.....mg	0.007		0	FLA	4		0.004	0.013	0.001
Pantothenic acid.....mg	0.014		0	FLA	4		0.009	0.028	0.001
Vitamin B-6.....mg	0.003		0	FLA	4		0.002	0.006	0.000
Folate, total.....mcg	0		0	FLA	4		0	1	0
Folic acid.....mcg	0		0	FLA	4		0	0	0
Folate, food.....mcg	0		0	FLA	4		0	1	0
Folate, DFE.....mcg_DFE	0		0	NC	4		0	1	0
Choline, total.....mg	0.0		0	Z	7		0.0	0.0	0.0
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	FLA	4		0.00	0.00	0.00
Vitamin B-12, added.....mcg	0.00		0	FLA	4		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	0		0	FLA	4		0	0	0
Retinol.....mcg	0		0	FLA	4		0	0	0
Carotene, beta.....mcg	0		0	FLA	4		0	0	0
Carotene, alpha.....mcg	0		0	FLA	4		0	0	0
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0	0	0
Vitamin A, IU.....IU	0		1	MC	9		0	0	0
Lycopene.....mcg	0		0	FLA	4		0	0	0
Lutein + zeaxanthin.....mcg	1		0	FLA	4		1	2	0
Vitamin E (alpha-tocopherol).....mg	0.17		0	FLA	4		0.10	0.34	0.02
Vitamin E, added.....mg	0.00		0	FLA	4		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	1.1		0	FLA	4		0.7	2.2	0.1
<b>Lipids:</b>									
Fatty acids, total saturated.....g	4.115		1	MC	9		2.551	8.436	0.440
4:0.....g	0.003		0	FLA	4		0.002	0.007	0.000
6:0.....g	0.011		0	FLA	4		0.007	0.024	0.001
8:0.....g	0.145		0	FLA	4		0.090	0.297	0.015
10:0.....g	0.140		0	FLA	4		0.087	0.287	0.015

NDB No. 19370  
 Candies, MASTERFOODS USA, SKITTLES Original Bite Size Candies

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	2.151		0	FLA	4		1.334	4.410	0.230
13:0.....g									
14:0.....g	0.720		0	FLA	4		0.446	1.475	0.077
15:0.....g									
16:0.....g	0.344		0	FLA	4		0.213	0.705	0.037
17:0.....g									
18:0.....g	0.599		0	FLA	4		0.371	1.228	0.064
20:0.....g	0.002		0	FLA	4		0.001	0.003	0.000
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0	FLA	4		0.000	0.000	0.000
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
20:1.....g	0.000		0	FLA	4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	FLA	4		0.000	0.000	0.000
18:2 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
18:3 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
18:4.....g	0.000		0	FLA	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	FLA	4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	FLA	4		0.000	0.000	0.000
Fatty acids, total trans.....g	0.074		1	MC	9		0.046	0.152	0.008
Cholesterol.....mg	0		1	MC	9		0	0	0
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0	0.0	0.0
Caffeine.....mg	0		0	FLA	4		0	0	0
Theobromine.....mg	0		0	FLA	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:**

- Measure 1 = 62g: 1 serving 2.17 oz pack
- Measure 2 = 205g: 1 cup
- Measure 3 = 10.7g: 10 pieces

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group: 19 Sweets**

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

**NDB No. 19369**  
**Candies, MASTERFOODS USA, SKITTLES Sours Original**  
*Masterfoods USA*

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	3.83		0	BFZN	4		1.95		
Energy.....kcal	397		1	MC	9		202		
Energy.....kj	1661		0	MC	9		847		
Protein.....g	0.18		1	MC	9		0.09		
Total lipid (fat).....g	4.00		1	MC	9		2.04		
Ash.....g	0.97		0	BFZN	4		0.49		
Carbohydrate, by difference.....g	86.94		1	MC	9		44.34		
Fiber, total dietary.....g	0.0		1	MC	9		0.0		
Sugars, total.....g	73.16		1	MC	9		37.31		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	0		1	MC	9		0		
Iron, Fe.....mg	0.01		1	MC	9		0.00		
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	14		1	MC	9		7		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	61.1		1	MC	9		31.2		
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	0		1	MC	9		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	3.765		1	MC	9		1.920		
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g	0.068		1	MC	9		0.035		
Cholesterol.....mg	0		1	MC	9		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. 19369**

**Candies, MASTERFOODS USA, SKITTLES Sours Original**

Measure 1 = 51g: 1 serving 1.80 oz bag

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 19 Sweets

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

NDB No. 19368  
 Candies, MASTERFOODS USA, SKITTLES Tropical Bite Size Candies  
 Masterfoods USA

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	3.83		0	BFZN	4		2.37	0.77	
Energy.....kcal	405		1	MC	9		251	81	
Energy.....kj	1693		0	MC	9		1050	339	
Protein.....g	0.19		1	MC	9		0.12	0.04	
Total lipid (fat).....g	4.34		1	MC	9		2.69	0.87	
Ash.....g	0.97		0	BFZN	4		0.60	0.19	
Carbohydrate, by difference.....g	90.77		1	MC	9		56.28	18.15	
Fiber, total dietary.....g	0.0		1	MC	9		0.0	0.0	
Sugars, total.....g	75.76		1	MC	9		46.97	15.15	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	0		1	MC	9		0	0	
Iron, Fe.....mg	0.00		1	MC	9		0.00	0.00	
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	15		1	MC	9		9	3	
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	67.1		1	MC	9		41.6	13.4	
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	0		1	MC	9		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	0.074		1	MC	9		0.046	0.015	
Cholesterol.....mg	0		1	MC	9		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. 19368**

**Candies, MASTERFOODS USA, SKITTLES Tropical Bite Size Candies**

Measure 1 = 62g: 1 serving 2.1 oz bag

Measure 2 = 20g: 1 serving fun size bag

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 19 Sweets

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

**NDB No. 19363**  
**Candies, MASTERFOODS USA, SKITTLES Wild Berry Bite Size Candies**  
*Masterfoods USA*

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	3.83		0	BFZN	4		2.37	0.77	
Energy.....kcal	405		1	MC	9		251	81	
Energy.....kj	1692		0	MC	9		1049	338	
Protein.....g	0.19		1	MC	9		0.12	0.04	
Total lipid (fat).....g	4.25		1	MC	9		2.64	0.85	
Ash.....g	0.97		0	BFZN	4		0.60	0.19	
Carbohydrate, by difference.....g	90.90		1	MC	9		56.36	18.18	
Fiber, total dietary.....g	0.0		1	MC	9		0.0	0.0	
Sugars, total.....g	75.92		1	MC	9		47.07	15.18	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	0		1	MC	9		0	0	
Iron, Fe.....mg	0.00		1	MC	9		0.00	0.00	
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	15		1	MC	9		9	3	
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	67.1		1	MC	9		41.6	13.4	
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	0		1	MC	9		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	4.115		1	MC	9		2.551	0.823	
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g	0.074		1	MC	9		0.046	0.015	
Cholesterol.....mg	0		1	MC	9		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. 19363**

**Candies, MASTERFOODS USA, SKITTLES Wild Berry Bite Size Candies**

Measure 1 = 62g: 1 serving 2.1 oz bag

Measure 2 = 20g: 1 serving fun size bag

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 19 Sweets

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

NDB No. 19302  
 Candies, MASTERFOODS USA, SNICKERS Almond bar  
 Masterfoods USA

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	5.45		0	FLA	4		2.73		
Energy.....kcal	472		1	MC	9		236		
Energy.....kj	1974		0	MC	9		987		
Protein.....g	5.40		1	MC	9		2.70		
Total lipid (fat).....g	22.40		1	MC	9		11.20		
Ash.....g	1.50		0	FLA	4		0.75		
Carbohydrate, by difference.....g	64.67		1	MC	9		32.33		
Fiber, total dietary.....g	2.6		1	MC	9		1.3		
Sugars, total.....g	53.93		1	MC	9		26.96		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	132		1	MC	9		66		
Iron, Fe.....mg	0.85		1	MC	9		0.42		
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	156		1	MC	9		78		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.7		1	MC	9		0.4		
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	166		1	MC	9		83		
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	8.534		1	MC	9		4.267		
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g	0.210		1	MC	9		0.105		
Cholesterol.....mg	13		1	MC	9		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. 19302**

**Candies, MASTERFOODS USA, SNICKERS Almond bar**

Measure 1 = 50g: 1 serving 1.76 oz bar

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 19 Sweets

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

NDB No. 19155

Candies, MASTERFOODS USA, SNICKERS Bar

Masterfoods USA

Refuse: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
			of Data Points	Code					
<b>Proximates:</b>									
Water.....g	5.55		1	A	1		3.16	0.83	6.27
Energy.....kcal	475		1	MC	9		271	71	537
Energy.....kj	1987		0	MC	9		1133	298	2245
Protein.....g	7.53		1	MC	9		4.29	1.13	8.50
Total lipid (fat).....g	23.85		1	MC	9		13.59	3.58	26.95
Ash.....g	1.57		1	A	1		0.89	0.24	1.77
Carbohydrate, by difference.....g	60.56		1	MC	9		34.52	9.08	68.43
Fiber, total dietary.....g	2.3		1	MC	9		1.3	0.4	2.7
Sugars, total.....g	50.47		1	MC	9		28.77	7.57	57.03
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	93		1	MC	9		53	14	105
Iron, Fe.....mg	0.72		1	MC	9		0.41	0.11	0.81
Magnesium, Mg.....mg	72		1	A	1		41	11	81
Phosphorus, P.....mg	190		1	A	1		108	29	215
Potassium, K.....mg	323		1	A	1		184	48	365
Sodium, Na.....mg	246		1	MC	9		140	37	278
Zinc, Zn.....mg	2.50		1	A	1		1.43	0.38	2.83
Copper, Cu.....mg	0.270		1	A	1		0.154	0.041	0.305
Manganese, Mn.....mg	0.350		1	A	1		0.199	0.052	0.395
Selenium, Se.....mcg	7.8		1	A	1		4.4	1.2	8.8
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.5		1	MC	9		0.3	0.1	0.5
Thiamin.....mg	0.060		1	A	1		0.034	0.009	0.068
Riboflavin.....mg	0.130		1	A	1		0.074	0.019	0.147
Niacin.....mg	3.600		1	A	1		2.052	0.540	4.068
Pantothenic acid.....mg	0.590		1	A	1		0.336	0.088	0.667
Vitamin B-6.....mg	0.090		1	A	1		0.051	0.014	0.102
Folate, total.....mcg	27		1	A	1		15	4	31
Folic acid.....mcg	6		1	A	1		3	1	7
Folate, food.....mcg	21		1	AS	1		12	3	24
Folate, DFE.....mcg_DFE	31		0	NC	4		18	5	35
Choline, total.....mg	38.5		1	A	1		21.9	5.8	43.5
Betaine.....mg	0.9		1	A	1		0.5	0.1	1.1
Vitamin B-12.....mcg	0.16		1	A	1		0.09	0.02	0.18
Vitamin B-12, added.....mcg	0.00		0	FLA	4		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	46		0	FLA	4		26	7	52
Retinol.....mcg	45		0	FLA	4		26	7	51
Carotene, beta.....mcg	6		0	FLA	4		3	1	7
Carotene, alpha.....mcg	0		1	A	1		0	0	0
Cryptoxanthin, beta.....mcg	0		1	A	1		0	0	0
Vitamin A, IU.....IU	169		1	MC	9		96	25	191
Lycopene.....mcg	0		1	A	1		0	0	0
Lutein + zeaxanthin.....mcg	16		0	NR	4		9	2	18
Vitamin E (alpha-tocopherol).....mg	1.50		1	A	1		0.86	0.23	1.70
Vitamin E, added.....mg	0.00		0	FLA	4		0.00	0.00	0.00
Tocopherol, beta.....mg	0.03		1	A	1		0.02	0.00	0.03
Tocopherol, gamma.....mg	3.95		1	A	1		2.25	0.59	4.46
Tocopherol, delta.....mg	0.42		1	A	1		0.24	0.06	0.47
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	1.9		1	A	1		1.1	0.3	2.1
<b>Lipids:</b>									
Fatty acids, total saturated.....g	9.069		1	MC	9		5.169	1.360	10.248
4:0.....g	0.318		0	FLA	4		0.181	0.048	0.359
6:0.....g	0.142		0	FLA	4		0.081	0.021	0.160
8:0.....g	0.082		0	FLA	4		0.047	0.012	0.093
10:0.....g	0.167		0	FLA	4		0.095	0.025	0.189

Nutrients and 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	0.181		0	FLA	4	0.103	0.027	0.204	
13:0.....g	0.000		0	FLA	4	0.000	0.000	0.000	
14:0.....g	0.575		0	FLA	4	0.328	0.086	0.650	
15:0.....g	0.028		0	FLA	4	0.016	0.004	0.032	
16:0.....g	4.181		0	FLA	4	2.383	0.627	4.725	
17:0.....g	0.037		0	FLA	4	0.021	0.006	0.042	
18:0.....g	3.145		0	FLA	4	1.793	0.472	3.554	
20:0.....g	0.075		0	FLA	4	0.043	0.011	0.085	
22:0.....g	0.010		0	FLA	4	0.005	0.001	0.011	
24:0.....g	0.000		1	A	1	0.000	0.000	0.000	
Fatty acids, total monounsaturated.....g	7.875		0	FLA	4	4.489	1.181	8.899	
14:1.....g	0.027		0	FLA	4	0.015	0.004	0.030	
15:1.....g	0.000		1	A	1	0.000	0.000	0.000	
16:1 undifferentiated.....g	0.107		0	FLA	4	0.061	0.016	0.120	
17:1.....g	0.008		0	FLA	4	0.004	0.001	0.009	
18:1 undifferentiated.....g	7.625		0	FLA	4	4.346	1.144	8.616	
20:1.....g	0.110		0	FLA	4	0.063	0.016	0.124	
22:1 undifferentiated.....g	0.000		0	FLA	4	0.000	0.000	0.000	
24:1 c.....g	0.000		0	FLM	4	0.000	0.000	0.000	
Fatty acids, total polyunsaturated.....g	3.014		0	FLA	4	1.718	0.452	3.406	
18:2 undifferentiated.....g	2.966		0	FLA	4	1.691	0.445	3.352	
18:3 undifferentiated.....g	0.048		0	FLA	4	0.027	0.007	0.054	
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	FLA	4	0.000	0.000	0.000	
20:2 n-6 c,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		1	A	1	0.000	0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3.....g	0.000		0	FLA	4	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	0.436		1	MC	9	0.249	0.065	0.493	
Cholesterol.....mg	13		1	MC	9	7	2	14	
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLA	4	0.0	0.0	0.0	
Caffeine.....mg	8		0	FLA	4	5	1	9	
Theobromine.....mg	85		0	FLA	4	48	13	96	

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

**Common Measures:**

- Measure 1 = 57g: 1 bar (2 oz)
- Measure 2 = 15.0g: 1 bar, fun size
- Measure 3 = 113g: 1 bar, king size (4 oz)

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group: 19 Sweets**

**NDB No. 19359**  
**Candies, MASTERFOODS USA, SNICKERS CRUNCHER**  
 Masterfoods USA

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	4.47		0	O	4		2.10	0.67	1.97
Energy.....kcal	488		1	MC	9		229	73	215
Energy.....kj	2041		0	MC	9		959	306	898
Protein.....g	6.86		1	MC	9		3.22	1.03	3.02
Total lipid (fat).....g	24.38		1	MC	9		11.46	3.66	10.73
Ash.....g	1.43		0	FLA	4		0.67	0.21	0.63
Carbohydrate, by difference.....g	62.85		1	MC	9		29.54	9.43	27.66
Fiber, total dietary.....g	1.9		1	MC	9		0.9	0.3	0.8
Sugars, total.....g	46.54		1	MC	9		21.87	6.98	20.48
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	90		1	MC	9		42	13	39
Iron, Fe.....mg	0.68		1	MC	9		0.32	0.10	0.30
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	189		1	MC	9		89	28	83
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.5		1	MC	9		0.2	0.1	0.2
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	120		1	MC	9		56	18	53
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	12.703		1	MC	9		5.970	1.905	5.589
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g	0.394		1	MC	9		0.185	0.059	0.173
Cholesterol.....mg	9		1	MC	9		4	1	4
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. 19359**

**Candies, MASTERFOODS USA, SNICKERS CRUNCHER**

Measure 1 = 47g: 1 serving 1.66 oz bar

Measure 2 = 15.0g: 1 bar fun size

Measure 3 = 44g: 1 serving 1.56 oz bar

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 19 Sweets

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

NDB No. 19295  
 Candies, MASTERFOODS USA, SNICKERS MUNCH bar  
 Masterfoods USA

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	2.99		0	O	4		1.20		
Energy.....kcal	536		1	MC	9		215		
Energy.....kj	2244		0	MC	9		898		
Protein.....g	15.25		1	MC	9		6.10		
Total lipid (fat).....g	36.22		1	MC	9		14.49		
Ash.....g	1.90		0	BFZN	4		0.76		
Carbohydrate, by difference.....g	43.64		1	MC	9		17.46		
Fiber, total dietary.....g	4.7		1	MC	9		1.9		
Sugars, total.....g	30.87		1	MC	9		12.35		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	54		1	MC	9		22		
Iron, Fe.....mg	1.02		1	MC	9		0.41		
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	358		1	MC	9		143		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		1	MC	9		0.0		
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	314		1	MC	9		125		
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	8.819		1	MC	9		3.528		
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g	0.272		1	MC	9		0.109		
Cholesterol.....mg	24		1	MC	9		10		
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. 19295**

**Candies, MASTERFOODS USA, SNICKERS MUNCH bar**

Measure 1 = 40g: 1 serving 1.42 oz bar

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 19 Sweets

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

**NDB No. 19309**  
**Candies, MASTERFOODS USA, STARBURST Fruit Chews, Fruit and Creme**  
*Masterfoods USA*

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	8.70		0	O	4		3.48		
Energy.....kcal	408		1	MC	9		163		
Energy.....kj	1707		0	MC	9		683		
Protein.....g	0.41		1	MC	9		0.16		
Total lipid (fat).....g	8.36		1	MC	9		3.34		
Ash.....g	0.10		0	BFZN	4		0.04		
Carbohydrate, by difference.....g	82.43		1	MC	9		32.97		
Fiber, total dietary.....g	0.0		1	MC	9		0.0		
Sugars, total.....g	57.98		1	MC	9		23.19		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	0		1	MC	9		0		
Iron, Fe.....mg	0.01		1	MC	9		0.00		
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	2		1	MC	9		1		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	58.3		1	MC	9		23.3		
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	0		1	MC	9		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	7.931		1	MC	9		3.172		
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g	0.141		1	MC	9		0.056		
Cholesterol.....mg	0		1	MC	9		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. 19309**

**Candies, MASTERFOODS USA, STARBURST Fruit Chews, Fruit and Creme**

Measure 1 = 40g: 1 serving fun size (8 chews)

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 19 Sweets

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

NDB No. 19156

Candies, MASTERFOODS USA, STARBURST Fruit Chews, Original fruits

Masterfoods USA

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	8.51		0	O	4		3.40	5.02	0.43
Energy.....kcal	408		1	MC	9		163	241	20
Energy.....kj	1706		0	MC	9		682	1006	85
Protein.....g	0.41		1	MC	9		0.16	0.24	0.02
Total lipid (fat).....g	8.21		1	MC	9		3.28	4.85	0.41
Ash.....g	0.30		0	FLC	4		0.12	0.18	0.02
Carbohydrate, by difference.....g	82.57		1	MC	9		33.03	48.72	4.13
Fiber, total dietary.....g	0.0		1	MC	9		0.0	0.0	0.0
Sugars, total.....g	58.12		1	MC	9		23.25	34.29	2.91
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	0		1	MC	9		0	0	0
Iron, Fe.....mg	0.01		1	MC	9		0.00	0.01	0.00
Magnesium, Mg.....mg	1		2		1		0	1	0
Phosphorus, P.....mg	5		0	FLC	4		2	3	0
Potassium, K.....mg	2		2		1		1	1	0
Sodium, Na.....mg	2		1	MC	9		1	1	0
Zinc, Zn.....mg	0.00		2		1		0.00	0.00	0.00
Copper, Cu.....mg	0.012		2		1		0.005	0.007	0.001
Manganese, Mn.....mg	0.015		1		1		0.006	0.009	0.001
Selenium, Se.....mcg	0.8		0	FLA	4		0.3	0.5	0.0
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	58.7		1	MC	9		23.5	34.6	2.9
Thiamin.....mg	0.001		2		1		0.000	0.001	0.000
Riboflavin.....mg	0.002		1		1		0.001	0.001	0.000
Niacin.....mg	0.005		2		1		0.002	0.003	0.000
Pantothenic acid.....mg	0.035		1		1		0.014	0.021	0.002
Vitamin B-6.....mg	0.000		1		1		0.000	0.000	0.000
Folate, total.....mcg	1		0	FLC	4		0	0	0
Folic acid.....mcg	0		0	FLC	4		0	0	0
Folate, food.....mcg	1		0	FLC	4		0	0	0
Folate, DFE.....mcg_DFE	1		0	NC	4		0	0	0
Choline, total.....mg	0.0		0	O	4		0.0	0.0	0.0
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	FLC	4		0.00	0.00	0.00
Vitamin B-12, added.....mcg	0.00		0	FLC	4		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0	0	0
Retinol.....mcg	0		0	FLC	4		0	0	0
Carotene, beta.....mcg	0		0	FLC	4		0	0	0
Carotene, alpha.....mcg	0		0	FLC	4		0	0	0
Cryptoxanthin, beta.....mcg	0		0	FLC	4		0	0	0
Vitamin A, IU.....IU	1		1	MC	9		0	1	0
Lycopene.....mcg	0		0	FLC	4		0	0	0
Lutein + zeaxanthin.....mcg	6		0	FLC	4		2	4	0
Vitamin E (alpha-tocopherol).....mg	0.33		0	FLC	4		0.13	0.19	0.02
Vitamin E, added.....mg	0.00		0	FLC	4		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	FLC	4		0.8	1.2	0.1
<b>Lipids:</b>									
Fatty acids, total saturated.....g	7.778		1	MC	9		3.111	4.589	0.389
4:0.....g	0.006		0	FLC	4		0.002	0.003	0.000
6:0.....g	0.027		0	FLC	4		0.011	0.016	0.001
8:0.....g	0.321		0	FLC	4		0.128	0.189	0.016
10:0.....g	0.259		0	FLC	4		0.104	0.153	0.013

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	3.524		0	FLC	4		1.410	2.079	0.176
13:0.....g									
14:0.....g	1.226		0	FLC	4		0.490	0.723	0.061
15:0.....g									
16:0.....g	0.686		0	FLC	4		0.275	0.405	0.034
17:0.....g									
18:0.....g	1.708		0	FLC	4		0.683	1.008	0.085
20:0.....g	0.021		0	FLC	4		0.009	0.013	0.001
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0	FLC	4		0.000	0.000	0.000
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	FLC	4		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.000		0	FLC	4		0.000	0.000	0.000
20:1.....g	0.000		0	FLC	4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	FLC	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	FLC	4		0.000	0.000	0.000
18:2 undifferentiated.....g	0.000		0	FLC	4		0.000	0.000	0.000
18:3 undifferentiated.....g	0.000		0	FLC	4		0.000	0.000	0.000
18:4.....g	0.000		0	FLC	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	FLC	4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0	FLC	4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0	FLC	4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	FLC	4		0.000	0.000	0.000
Fatty acids, total trans.....g	0.141		1	MC	9		0.056	0.083	0.007
Cholesterol.....mg	0		1	MC	9		0	0	0
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0	0.0	0.0
Caffeine.....mg	0		0	FLC	4		0	0	0
Theobromine.....mg	0		0	FLC	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:**

Measure 1 = 40g: 1 serving fun size (8 chews)

Measure 2 = 59g: 1 serving 2.07 oz pack

Measure 3 = 5.0g: 1 piece

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 19 Sweets

NDB No. 19313

Candies, MASTERFOODS USA, STARBURST Fruit Chews, Tropical fruits

Masterfoods USA

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	8.51		0	BFZN	4		3.40	5.02	0.43
Energy.....kcal	409		1	MC	9		163	241	20
Energy.....kj	1710		0	MC	9		684	1009	85
Protein.....g	0.41		1	MC	9		0.16	0.24	0.02
Total lipid (fat).....g	8.31		1	MC	9		3.33	4.91	0.42
Ash.....g	0.30		0	BFZN	4		0.12	0.18	0.02
Carbohydrate, by difference.....g	82.76		1	MC	9		33.11	48.83	4.14
Fiber, total dietary.....g	0.0		1	MC	9		0.0	0.0	0.0
Sugars, total.....g	58.18		1	MC	9		23.27	34.32	2.91
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	0		1	MC	9		0	0	0
Iron, Fe.....mg	0.01		1	MC	9		0.00	0.00	0.00
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	2		1	MC	9		1	1	0
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	59.4		1	MC	9		23.8	35.0	3.0
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	0		1	MC	9		0	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	8.048		1	MC	9		3.219	4.748	0.402
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g	0.143		1	MC	9		0.057	0.084	0.007
Cholesterol.....mg	0		1	MC	9		0	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. 19313**

**Candies, MASTERFOODS USA, STARBURST Fruit Chews, Tropical fruits**

Measure 1 = 40g: 1 serving fun size (8 chews)

Measure 2 = 59g: 1 serving 2.07 oz pack

Measure 3 = 5.0g: 1 piece

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 19 Sweets

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

**NDB No. 19315**  
**Candies, MASTERFOODS USA, STARBURST Sour Fruit Chews**  
*Masterfoods USA*

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	10.89		0	O	4		6.43		
Energy.....kcal	400		1	MC	9		236		
Energy.....kj	1674		0	MC	9		988		
Protein.....g	0.39		1	MC	9		0.23		
Total lipid (fat).....g	7.78		1	MC	9		4.59		
Ash.....g	0.30		0	BFZN	4		0.18		
Carbohydrate, by difference.....g	79.73		1	MC	9		47.04		
Fiber, total dietary.....g	0.0		1	MC	9		0.0		
Sugars, total.....g	56.10		1	MC	9		33.10		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	0		1	MC	9		0		
Iron, Fe.....mg	0.01		1	MC	9		0.00		
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	89		1	MC	9		53		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	56.6		1	MC	9		33.4		
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	0		1	MC	9		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	7.520		1	MC	9		4.437		
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g	0.136		1	MC	9		0.080		
Cholesterol.....mg	0		1	MC	9		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. 19315**

**Candies, MASTERFOODS USA, STARBURST Sour Fruit Chews**

Measure 1 = 59g: 1 serving 2.07 oz pack

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 19 Sweets

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

**NDB No. 19160**  
**Candies, MASTERFOODS USA, TWIX Caramel Cookie Bars**  
*Masterfoods USA*

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	4.23		0	MC	9		2.41	2.45	4.02
Energy.....kcal	502		1	MC	9		286	291	476
Energy.....kj	2098		0	MC	9		1196	1217	1993
Protein.....g	4.91		1	MC	9		2.80	2.85	4.66
Total lipid (fat).....g	24.85		1	MC	9		14.17	14.41	23.61
Ash.....g	1.21		0	MC	9		0.69	0.70	1.15
Carbohydrate, by difference.....g	64.93		1	MC	9		37.01	37.66	61.68
Fiber, total dietary.....g	1.1		1	MC	9		0.7	0.7	1.1
Sugars, total.....g	48.25		1	MC	9		27.50	27.99	45.84
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	106		1	MC	9		61	62	101
Iron, Fe.....mg	0.81		1	MC	9		0.46	0.47	0.77
Magnesium, Mg.....mg	27		0	FLA	4		15	16	26
Phosphorus, P.....mg	105		0	FLA	4		60	61	100
Potassium, K.....mg	186		0	FLA	4		106	108	177
Sodium, Na.....mg	198		1	MC	9		113	115	188
Zinc, Zn.....mg	1.06		0	FLA	4		0.61	0.62	1.01
Copper, Cu.....mg	0.197		0	FLA	4		0.112	0.114	0.187
Manganese, Mn.....mg	0.273		0	FLA	4		0.155	0.158	0.259
Selenium, Se.....mcg	4.3		0	FLA	4		2.5	2.5	4.1
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.6		1	MC	9		0.3	0.3	0.5
Thiamin.....mg	0.155		0	FLA	4		0.088	0.090	0.147
Riboflavin.....mg	0.208		0	FLA	4		0.119	0.121	0.198
Niacin.....mg	1.109		0	FLA	4		0.632	0.643	1.054
Pantothenic acid.....mg	0.265		0	FLA	4		0.151	0.154	0.252
Vitamin B-6.....mg	0.025		0	FLA	4		0.014	0.014	0.024
Folate, total.....mcg	26		0	FLA	4		15	15	25
Folic acid.....mcg	18		0	FLA	4		10	10	17
Folate, food.....mcg	9		0	FLA	4		5	5	8
Folate, DFE.....mcg_DFE	38		0	NC	4		22	22	36
Choline, total.....mg	20.9		0	O	4		11.9	12.1	19.9
Betaine.....mg									
Vitamin B-12.....mcg	0.33		0	FLA	4		0.19	0.19	0.32
Vitamin B-12, added.....mcg	0.00		0	FLA	4		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	20		0	NC	4		11	12	19
Retinol.....mcg	20		0	FLA	4		11	12	19
Carotene, beta.....mcg	0		0	FLA	4		0	0	0
Carotene, alpha.....mcg	0		0	FLA	4		0	0	0
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0	0	0
Vitamin A, IU.....IU	77		1	MC	9		44	45	73
Lycopene.....mcg	0		0	FLA	4		0	0	0
Lutein + zeaxanthin.....mcg	5		0	FLA	4		3	3	5
Vitamin E (alpha-tocopherol).....mg	0.74		0	FLA	4		0.42	0.43	0.70
Vitamin E, added.....mg	0.00		0	FLA	4		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	5.6		0	FLA	4		3.2	3.2	5.3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	18.960		0	NC	4		10.807	10.997	18.012
4:0.....g	0.240		0	FLA	4		0.137	0.139	0.228
6:0.....g	0.118		0	FLA	4		0.067	0.068	0.112
8:0.....g	0.484		0	FLA	4		0.276	0.281	0.460
10:0.....g	0.513		0	FLA	4		0.292	0.298	0.487

**NDB No. 19160**  
**Candies, MASTERFOODS USA, TWIX Caramel Cookie Bars**

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
12:0.....g	6.587		0	FLA	4		3.755	3.821	6.258
13:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
14:0.....g	2.474		0	FLA	4		1.410	1.435	2.350
15:0.....g	0.031		0	FLA	4		0.018	0.018	0.030
16:0.....g	3.803		0	FLA	4		2.168	2.206	3.613
17:0.....g	0.030		0	FLA	4		0.017	0.017	0.028
18:0.....g	4.588		0	FLA	4		2.615	2.661	4.359
20:0.....g	0.083		0	FLA	4		0.047	0.048	0.079
22:0.....g	0.008		0	FLA	4		0.005	0.005	0.008
24:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
Fatty acids, total monounsaturated.....g	2.988		0	NC	4		1.703	1.733	2.839
14:1.....g	0.041		0	FLA	4		0.023	0.024	0.039
15:1.....g	0.000		0	FLA	4		0.000	0.000	0.000
16:1 undifferentiated.....g	0.078		0	FLA	4		0.044	0.045	0.074
17:1.....g	0.011		0	FLA	4		0.007	0.007	0.011
18:1 undifferentiated.....g	2.858		0	FLA	4		1.629	1.658	2.715
20:1.....g	0.000		0	FLA	4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
24:1 c.....g	0.000		0	FLA	4		0.000	0.000	0.000
Fatty acids, total polyunsaturated.....g	0.628		0	NC	4		0.358	0.364	0.597
18:2 undifferentiated.....g	0.594		0	FLA	4		0.338	0.344	0.564
18:3 undifferentiated.....g	0.034		0	FLA	4		0.020	0.020	0.033
18:4.....g	0.000		0	FLA	4		0.000	0.000	0.000
20:2 n-6 c.c.....g	0.000		0	FLA	4		0.000	0.000	0.000
20:3 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	FLA	4		0.000	0.000	0.000
Fatty acids, total trans.....g	0.342		1	MC	9		0.195	0.198	0.325
Cholesterol.....mg	7		1	MC	9		4	4	6
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0	0.0	0.0
Caffeine.....mg	7		0	FLA	4		4	4	6
Theobromine.....mg	70		0	FLA	4		40	40	66

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

**Common Measures:**

- Measure 1 = 57g: 1 package (2 oz)
- Measure 2 = 58g: 1 package (2.06 oz, 2 bars)
- Measure 3 = 95g: 1 package, king size (3.35 oz, 4 bars)

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group: 19 Sweets**

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

**NDB No. 19161**  
**Candies, MASTERFOODS USA, TWIX Peanut Butter Cookie Bars**  
*Masterfoods USA*

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	1.82		0	MC	9		0.98	1.06	0.91
Energy.....kcal	536		1	MC	9		290	311	268
Energy.....kj	2244		0	MC	9		1212	1301	1122
Protein.....g	9.18		1	MC	9		4.96	5.33	4.59
Total lipid (fat).....g	32.67		1	MC	9		17.64	18.95	16.34
Ash.....g	2.18		0	O	4		1.18	1.26	1.09
Carbohydrate, by difference.....g	54.15		1	MC	9		29.24	31.40	27.07
Fiber, total dietary.....g	3.1		1	MC	9		1.7	1.8	1.5
Sugars, total.....g	36.13		1	MC	9		19.51	20.96	18.07
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	75		1	MC	9		41	44	38
Iron, Fe.....mg	1.32		1	MC	9		0.71	0.76	0.66
Magnesium, Mg.....mg	61		0	FLC	4		33	36	31
Phosphorus, P.....mg	173		0	FLC	4		93	100	86
Potassium, K.....mg	264		0	FLC	4		143	153	132
Sodium, Na.....mg	226		1	MC	9		122	131	113
Zinc, Zn.....mg	1.61		0	FLC	4		0.87	0.93	0.80
Copper, Cu.....mg	0.290		0	FLC	4		0.157	0.168	0.145
Manganese, Mn.....mg	0.942		0	FLC	4		0.509	0.546	0.471
Selenium, Se.....mcg	12.9		0	FLC	4		7.0	7.5	6.5
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.3		1	MC	9		0.2	0.2	0.1
Thiamin.....mg	0.098		0	FLC	4		0.053	0.057	0.049
Riboflavin.....mg	0.145		0	FLC	4		0.078	0.084	0.073
Niacin.....mg	2.379		0	FLC	4		1.285	1.380	1.190
Pantothenic acid.....mg	0.468		0	FLC	4		0.253	0.271	0.234
Vitamin B-6.....mg	0.114		0	FLC	4		0.062	0.066	0.057
Folate, total.....mcg	15		0	FLC	4		8	9	8
Folic acid.....mcg	0		0	FLC	4		0	0	0
Folate, food.....mcg	15		0	FLC	4		8	9	7
Folate, DFE.....mcg_DFE	15		0	NC	4		8	9	7
Choline, total.....mg	29.4		0	FLC	4		15.9	17.0	14.7
Betaine.....mg									
Vitamin B-12.....mcg	0.26		0	FLC	4		0.14	0.15	0.13
Vitamin B-12, added.....mcg	0.00		0	FLC	4		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	20		0	NC	4		11	12	10
Retinol.....mcg	20		0	FLC	4		11	12	10
Carotene, beta.....mcg	1		0	FLC	4		0	0	0
Carotene, alpha.....mcg	0		0	FLC	4		0	0	0
Cryptoxanthin, beta.....mcg	0		0	FLC	4		0	0	0
Vitamin A, IU.....IU	74		1	MC	9		40	43	37
Lycopene.....mcg	0		0	FLC	4		0	0	0
Lutein + zeaxanthin.....mcg	31		0	FLC	4		17	18	16
Vitamin E (alpha-tocopherol).....mg	3.42		0	FLC	4		1.85	1.99	1.71
Vitamin E, added.....mg	0.00		0	FLC	4		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	6.0		0	FLC	4		3.2	3.5	3.0
<b>Lipids:</b>									
Fatty acids, total saturated.....g	15.758		0	NC	4		8.509	9.140	7.879
4:0.....g	0.315		0	FLC	4		0.170	0.183	0.157
6:0.....g	0.114		0	FLC	4		0.061	0.066	0.057
8:0.....g	0.068		0	FLC	4		0.037	0.040	0.034
10:0.....g	0.123		0	FLC	4		0.067	0.072	0.062

NDB No. 19161

Candies, MASTERFOODS USA, TWIX Peanut Butter Cookie Bars

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.166		0	FLC	4		0.090	0.097	0.083
13:0.....g	0.000		0	FLC	4		0.000	0.000	0.000
14:0.....g	0.487		0	FLC	4		0.263	0.283	0.244
15:0.....g	0.050		0	FLC	4		0.027	0.029	0.025
16:0.....g	7.301		0	FLC	4		3.942	4.234	3.650
17:0.....g	0.066		0	FLC	4		0.036	0.038	0.033
18:0.....g	6.358		0	FLC	4		3.434	3.688	3.179
20:0.....g	0.289		0	FLC	4		0.156	0.168	0.145
22:0.....g	0.337		0	FLC	4		0.182	0.196	0.169
24:0.....g	0.083		0	FLC	4		0.045	0.048	0.041
Fatty acids, total monounsaturated.....g	12.317		0	NC	4		6.651	7.144	6.159
14:1.....g	0.027		0	FLC	4		0.015	0.016	0.014
15:1.....g	0.000		0	FLC	4		0.000	0.000	0.000
16:1 undifferentiated.....g	0.063		0	FLC	4		0.034	0.037	0.032
17:1.....g	0.008		0	FLC	4		0.004	0.004	0.004
18:1 undifferentiated.....g	12.143		0	FLC	4		6.557	7.043	6.071
20:1.....g	0.076		0	FLC	4		0.041	0.044	0.038
22:1 undifferentiated.....g	0.000		0	FLC	4		0.000	0.000	0.000
24:1 c.....g	0.000		0	FLC	4		0.000	0.000	0.000
Fatty acids, total polyunsaturated.....g	3.407		0	NC	4		1.840	1.976	1.703
18:2 undifferentiated.....g	3.351		0	FLC	4		1.810	1.944	1.676
18:3 undifferentiated.....g	0.055		0	FLC	4		0.030	0.032	0.028
18:4.....g	0.000		0	FLC	4		0.000	0.000	0.000
20:2 n-6 c.c.....g	0.000		0	FLC	4		0.000	0.000	0.000
20:3 undifferentiated.....g	0.000		0	FLC	4		0.000	0.000	0.000
20:4 undifferentiated.....g	0.000		0	FLC	4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0	FLC	4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0	FLC	4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	FLC	4		0.000	0.000	0.000
Fatty acids, total trans.....g	0.505		1	MC	9		0.273	0.293	0.253
Cholesterol.....mg	6		1	MC	9		3	4	3
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0	0.0	0.0
Caffeine.....mg	7		0	FLC	4		4	4	3
Theobromine.....mg	70		0	FLC	4		38	40	35

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

**Common Measures:**

Measure 1 = 54g: 1 package (1.89 oz, 2 bars)

Measure 2 = 58g: 1 package (2.06 oz, 2 bars)

Measure 3 = 50g: 1 package (1.77 oz)

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 19 Sweets

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

NDB No. 42183

Candies, MASTERFOODS USA, TWIX chocolate fudge cookie bars

Masterfoods USA

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	2.20		0						4
Energy.....kcal	550		0						4
Energy.....kj	2301		0						4
Protein.....g	7.30		0						4
Total lipid (fat).....g	33.30		0						4
Ash.....g	1.20		0		NR				4
Carbohydrate, by difference.....g	56.00		0						4
Fiber, total dietary.....g	3.0		0						4
Sugars, total.....g	53.00		0		NR				4
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	130		0						4
Iron, Fe.....mg	1.31		0						4
Magnesium, Mg.....mg	46		0						4
Phosphorus, P.....mg	147		0						4
Potassium, K.....mg	309		0						4
Sodium, Na.....mg	266		0						4
Zinc, Zn.....mg	0.92		0						4
Copper, Cu.....mg	0.293		0						4
Manganese, Mn.....mg									
Selenium, Se.....mcg	7.0		0		FLM				4
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	1.0		0						4
Thiamin.....mg	0.140		0						4
Riboflavin.....mg	0.200		0						4
Niacin.....mg	1.110		0						4
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.040		0						4
Folate, total.....mcg	9		0						4
Folic acid.....mcg	0		0		NR				4
Folate, food.....mcg	9		0						4
Folate, DFE.....mcg_DFE	9		0		NC				4
Choline, total.....mg	20.9		0		O				4
Betaine.....mg									
Vitamin B-12.....mcg	0.33		0						4
Vitamin B-12, added.....mcg	0.00		0		Z				7
Vitamin A, RAE.....mcg_RAE	9		0		NC				4
Retinol.....mcg	9		0		FLC				4
Carotene, beta.....mcg	0		0		FLC				4
Carotene, alpha.....mcg	0		0		FLC				4
Cryptoxanthin, beta.....mcg	0		0		FLC				4
Vitamin A, IU.....IU	34		0		FLC				4
Lycopene.....mcg	0		0		FLC				4
Lutein + zeaxanthin.....mcg	4		0		FLC				4
Vitamin E (alpha-tocopherol).....mg	2.71		0		FLC				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	18.6		0		FLC				4
<b>Lipids:</b>									
Fatty acids, total saturated.....g	4.962		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	0.000		0						4
13:0.....g									
14:0.....g	0.033		0						4
15:0.....g									
16:0.....g	3.263		0						4
17:0.....g									
18:0.....g	1.665		0						4
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	14.319		0						4
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.133		0						4
17:1.....g									
18:1 undifferentiated.....g	14.152		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	12.521		0						4
18:2 undifferentiated.....g	11.622		0						4
18:3 undifferentiated.....g	0.866		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	6		0						4
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0						7
Caffeine.....mg	10		0	FLM					4
Theobromine.....mg	212		0	FLM					4

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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: 19 Sweets

NDB No. 19142  
 Candies, MOUNDS Candy Bar  
 Hershey Food Corp.

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	9.05		1	MC	9		1.72	4.80	
Energy.....kcal	486		1	MC	9		92	258	
Energy.....kj	2034		0	MC	9		386	1078	
Protein.....g	4.60		1	MC	9		0.87	2.44	
Total lipid (fat).....g	26.60		1	MC	9		5.05	14.10	
Ash.....g	0.87		1	MC	9		0.17	0.46	
Carbohydrate, by difference.....g	58.59		1	MC	9		11.13	31.05	
Fiber, total dietary.....g	3.7		1	MC	9		0.7	1.9	
Sugars, total.....g	46.19		1	MC	9		8.78	24.48	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	21		1	MC	9		4	11	
Iron, Fe.....mg	2.09		1	MC	9		0.40	1.11	
Magnesium, Mg.....mg	55		0	FLM	4		10	29	
Phosphorus, P.....mg	91		0	FLM	4		17	48	
Potassium, K.....mg	321		1	MC	9		61	170	
Sodium, Na.....mg	145		1	MC	9		28	77	
Zinc, Zn.....mg	1.10		0	FLM	4		0.21	0.58	
Copper, Cu.....mg	0.400		0	FLM	4		0.076	0.212	
Manganese, Mn.....mg	0.948		0	FLM	4		0.180	0.503	
Selenium, Se.....mcg	6.6		0	FLM	4		1.2	3.5	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.4		0	FLM	4		0.1	0.2	
Thiamin.....mg	0.049		0	FLM	4		0.009	0.026	
Riboflavin.....mg	0.058		0	FLM	4		0.011	0.031	
Niacin.....mg	0.277		0	FLM	4		0.053	0.147	
Pantothenic acid.....mg	0.245		0	FLM	4		0.047	0.130	
Vitamin B-6.....mg	0.090		0	FLM	4		0.017	0.048	
Folate, total.....mcg	6		0	FLM	4		1	3	
Folic acid.....mcg	0		0	FLM	4		0	0	
Folate, food.....mcg	6		0	FLM	4		1	3	
Folate, DFE.....mcg_DFE	6		0	NC	4		1	3	
Choline, total.....mg	11.8		0	FLM	4		2.2	6.3	
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	FLM	4		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	FLM	4		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	0		0	FLM	4		0	0	
Retinol.....mcg	0		0	FLM	4		0	0	
Carotene, beta.....mcg	0		0	FLM	4		0	0	
Carotene, alpha.....mcg	0		0	FLM	4		0	0	
Cryptoxanthin, beta.....mcg	0		0	FLM	4		0	0	
Vitamin A, IU.....IU	0		0	FLM	4		0	0	
Lycopene.....mcg	0		0	FLM	4		0	0	
Lutein + zeaxanthin.....mcg	5		0	FLM	4		1	3	
Vitamin E (alpha-tocopherol).....mg	0.19		0	FLM	4		0.04	0.10	
Vitamin E, added.....mg	0.00		0	FLM	4		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	1.6		0	FLM	4		0.3	0.8	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	20.580		1	MC	9		3.910	10.907	
4:0.....g	0.000		0	FLM	4		0.000	0.000	
6:0.....g	0.118		0	FLM	4		0.022	0.062	
8:0.....g	1.356		1	AI	13		0.258	0.719	
10:0.....g	1.081		1	AI	13		0.205	0.573	



NDB No. 19142  
 Candies, MOUNDS Candy Bar

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	7.920		1	AI	13		1.505	4.197	
13:0.....g	0.000		0	FLM	4		0.000	0.000	
14:0.....g	2.940		1	AI	13		0.559	1.558	
15:0.....g	0.012		1	AI	13		0.002	0.006	
16:0.....g	3.583		1	AI	13		0.681	1.899	
17:0.....g	0.012		1	AI	13		0.002	0.006	
18:0.....g	3.443		1	AI	13		0.654	1.825	
20:0.....g	0.105		1	AI	13		0.020	0.056	
22:0.....g	0.012		1	AI	13		0.002	0.006	
24:0.....g	0.000		0	FLM	4		0.000	0.000	
Fatty acids, total monounsaturated.....g	0.390		1	MC	9		0.074	0.207	
14:1.....g	0.009		1	AI	13		0.002	0.005	
15:1.....g	0.000		0	FLM	4		0.000	0.000	
16:1 undifferentiated.....g	0.026		1	AI	13		0.005	0.014	
17:1.....g	0.009		1	AI	13		0.002	0.005	
18:1 undifferentiated.....g	0.338		0	FLM	4		0.064	0.179	
20:1.....g	0.009		1	AI	13		0.002	0.005	
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	
24:1 c.....g	0.000		0	FLM	4		0.000	0.000	
Fatty acids, total polyunsaturated.....g	0.140		1	MC	9		0.027	0.074	
18:2 undifferentiated.....g	0.118		0	FLM	4		0.022	0.062	
18:3 undifferentiated.....g	0.005		0	FLM	4		0.001	0.003	
18:4.....g	0.000		0	FLM	4		0.000	0.000	
20:2 n-6 c.c.....g	0.000		0	FLM	4		0.000	0.000	
20:3 undifferentiated.....g	0.009		1	AI	13		0.002	0.005	
20:4 undifferentiated.....g	0.009		1	AI	13		0.002	0.005	
20:5 n-3.....g	0.000		0	FLM	4		0.000	0.000	
22:5 n-3.....g	0.000		0	FLM	4		0.000	0.000	
22:6 n-3.....g	0.000		0	FLM	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	2		1	MC	9		0	1	
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		1	MC	9		0.0	0.0	
Caffeine.....mg	17		0	FLM	4		3	9	
Theobromine.....mg	130		0	FLM	4		25	69	

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

**Common Measures:**

Measure 1 = 19g: 1 bar snack size

Measure 2 = 53g: 1 package 1.9 oz

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 19 Sweets

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

NDB No. 19143

Candies, MR. GOODBAR Chocolate Bar

Hershey Food Corp.

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	0.45		1	MC	9		0.22	0.33	
Energy.....kcal	538		1	MC	9		264	393	
Energy.....kj	2252		0	MC	9		1103	1644	
Protein.....g	10.22		1	MC	9		5.01	7.46	
Total lipid (fat).....g	33.21		1	MC	9		16.27	24.24	
Ash.....g	1.53		1	MC	9		0.75	1.12	
Carbohydrate, by difference.....g	54.34		1	MC	9		26.63	39.67	
Fiber, total dietary.....g	3.8		1	MC	9		1.9	2.8	
Sugars, total.....g	47.22		1	MC	9		23.14	34.47	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	110		1	MC	9		54	80	
Iron, Fe.....mg	1.39		1	MC	9		0.68	1.01	
Magnesium, Mg.....mg	47		1	MC	9		23	34	
Phosphorus, P.....mg	163		1	MC	9		80	119	
Potassium, K.....mg	394		1	MC	9		193	287	
Sodium, Na.....mg	41		1	MC	9		20	30	
Zinc, Zn.....mg	0.93		1	MC	9		0.46	0.68	
Copper, Cu.....mg	0.170		1	MC	9		0.083	0.124	
Manganese, Mn.....mg	0.000		1	MC	9		0.000	0.000	
Selenium, Se.....mcg	0.0		1	MC	9		0.0	0.0	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.9		1	MC	9		0.4	0.7	
Thiamin.....mg	0.140		1	MC	9		0.069	0.102	
Riboflavin.....mg	0.140		1	MC	9		0.069	0.102	
Niacin.....mg	3.440		1	MC	9		1.686	2.511	
Pantothenic acid.....mg	0.420		1	MC	9		0.206	0.307	
Vitamin B-6.....mg	0.070		1	MC	9		0.034	0.051	
Folate, total.....mcg	38		1	MC	9		18	27	
Folic acid.....mcg	0		0	FLM	4		0	0	
Folate, food.....mcg	38		1	MC	9		18	27	
Folate, DFE.....mcg_DFE	38		0	NC	4		18	27	
Choline, total.....mg	47.4		0	O	4		23.2	34.6	
Betaine.....mg									
Vitamin B-12.....mcg	0.33		0	FLM	4		0.16	0.24	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	35		0	FLC	4		17	26	
Retinol.....mcg	35		0	FLC	4		17	25	
Carotene, beta.....mcg	0		0	FLC	4		0	0	
Carotene, alpha.....mcg	0		0	FLC	4		0	0	
Cryptoxanthin, beta.....mcg	0		0	FLC	4		0	0	
Vitamin A, IU.....IU	125		1	MC	9		61	91	
Lycopene.....mcg	0		0	FLC	4		0	0	
Lutein + zeaxanthin.....mcg	5		0	FLC	4		3	4	
Vitamin E (alpha-tocopherol).....mg	3.17		0	FLM	4		1.55	2.31	
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	3.6		0	FLM	4		1.8	2.6	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	14.130		1	MC	9		6.924	10.315	
4:0.....g	0.339		0	FLM	4		0.166	0.247	
6:0.....g	0.123		0	FLM	4		0.060	0.089	
8:0.....g	0.070		0	FLM	4		0.034	0.051	

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0.....g	0.133		0	FLM	4		0.065	0.097	
12:0.....g	0.146		0	FLM	4		0.071	0.106	
13:0.....g	0.000		0	FLM	4		0.000	0.000	
14:0.....g	0.461		0	FLM	4		0.226	0.337	
15:0.....g	0.046		0	FLM	4		0.023	0.034	
16:0.....g	6.730		0	FLM	4		3.298	4.913	
17:0.....g	0.044		0	FLM	4		0.022	0.032	
18:0.....g	5.700		0	FLM	4		2.793	4.161	
20:0.....g	0.115		0	FLM	4		0.057	0.084	
22:0.....g	0.012		0	FLM	4		0.006	0.009	
24:0.....g	0.000		0	FLM	4		0.000	0.000	
Fatty acids, total monounsaturated.....g	8.203		0	FLM	4		4.020	5.988	
14:1.....g	0.026		0	FLM	4		0.013	0.019	
15:1.....g	0.000		0	FLM	4		0.000	0.000	
16:1 undifferentiated.....g	0.052		0	FLM	4		0.025	0.038	
17:1.....g	0.007		0	FLM	4		0.004	0.005	
18:1 undifferentiated.....g	7.991		0	FLM	4		3.915	5.833	
20:1.....g	0.127		0	FLM	4		0.062	0.093	
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	
24:1 c.....g	0.000		0	FLM	4		0.000	0.000	
Fatty acids, total polyunsaturated.....g	4.366		0	FLM	4		2.139	3.187	
18:2 undifferentiated.....g	4.365		0	FLM	4		2.139	3.186	
18:3 undifferentiated.....g	0.001		0	FLM	4		0.000	0.001	
18:4.....g	0.000		0	FLM	4		0.000	0.000	
20:2 n-6 c,c.....g	0.000		0	FLM	4		0.000	0.000	
20:3 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	
20:4 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	
20:5 n-3.....g	0.000		0	FLM	4		0.000	0.000	
22:5 n-3.....g	0.000		0	FLM	4		0.000	0.000	
22:6 n-3.....g	0.000		0	FLM	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	10		1	MC	9		5	7	
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		1	MC	9		0.0	0.0	
Caffeine.....mg	18		0	FLM	4		9	13	
Theobromine.....mg	198		0	FLM	4		97	145	

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

**Common Measures:**

Measure 1 = 49g: 1 bar (1.75 oz)

Measure 2 = 73g: 1 bar (2.6 oz)

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 19 Sweets

NDB No. 19144  
 Candies, NESTLE, 100 GRAND Bar  
 Nestle USA, Inc.

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	6.10		1	MC	9		2.62	1.28	2.62
Energy.....kcal	468		0	NC	4		201	98	201
Energy.....kj	1854		0	MC	9		797	389	797
Protein.....g	2.50		1	MC	9		1.08	0.53	1.08
Total lipid (fat).....g	19.33		0	T	4		8.31	4.06	8.31
Ash.....g	1.10		3	A	1		0.47	0.23	0.47
Carbohydrate, by difference.....g	70.97		0	NC	4		30.52	14.90	30.52
Fiber, total dietary.....g	1.0		1	MC	9		0.4	0.2	0.4
Sugars, total.....g	51.90		1	MC	9		22.32	10.90	22.32
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	76		1	MC	9		33	16	33
Iron, Fe.....mg	0.34		1	MC	9		0.15	0.07	0.15
Magnesium, Mg.....mg	25		0	FLA	4		11	5	11
Phosphorus, P.....mg	86		0	FLA	4		37	18	37
Potassium, K.....mg	163		1	MC	9		70	34	70
Sodium, Na.....mg	203		1	MC	9		87	43	87
Zinc, Zn.....mg	0.99		0	FLA	4		0.42	0.21	0.42
Copper, Cu.....mg	0.185		0	FLA	4		0.079	0.039	0.079
Manganese, Mn.....mg	0.172		0	FLA	4		0.074	0.036	0.074
Selenium, Se.....mcg	2.5		0	FLA	4		1.1	0.5	1.1
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.7		1	MC	9		0.3	0.1	0.3
Thiamin.....mg	0.058		0	FLA	4		0.025	0.012	0.025
Riboflavin.....mg	0.119		0	FLA	4		0.051	0.025	0.051
Niacin.....mg	0.198		0	FLA	4		0.085	0.042	0.085
Pantothenic acid.....mg	0.182		0	FLA	4		0.078	0.038	0.078
Vitamin B-6.....mg	0.016		0	FLA	4		0.007	0.003	0.007
Folate, total.....mcg	5		0	FLA	4		2	1	2
Folic acid.....mcg	0		0	FLA	4		0	0	0
Folate, food.....mcg	5		0	FLA	4		2	1	2
Folate, DFE.....mcg_DFE	5		0	NC	4		2	1	2
Choline, total.....mg	24.6		0	O	4		10.6	5.2	10.6
Betaine.....mg									
Vitamin B-12.....mcg	0.29		0	FLA	4		0.12	0.06	0.12
Vitamin B-12, added.....mcg	0.00		0	FLA	4		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	38		0	NC	4		16	8	16
Retinol.....mcg	37		0	FLA	4		16	8	16
Carotene, beta.....mcg	3		0	FLA	4		1	1	1
Carotene, alpha.....mcg	0		0	FLA	4		0	0	0
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0	0	0
Vitamin A, IU.....IU	127		1	MC	9		55	27	55
Lycopene.....mcg	0		0	FLA	4		0	0	0
Lutein + zeaxanthin.....mcg	2		0	FLA	4		1	0	1
Vitamin E (alpha-tocopherol).....mg	0.42		0	FLA	4		0.18	0.09	0.18
Vitamin E, added.....mg	0.00		0	FLA	4		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	6.2		0	FLA	4		2.7	1.3	2.7
<b>Lipids:</b>									
Fatty acids, total saturated.....g	11.900		0	NC	4		5.117	2.499	5.117
4:0.....g	0.356		0	FLA	4		0.153	0.075	0.153
6:0.....g	0.169		0	FLA	4		0.073	0.035	0.073
8:0.....g	0.322		0	FLA	4		0.138	0.068	0.138
10:0.....g	0.329		0	FLA	4		0.142	0.069	0.142

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	1.439		0	FLA	4		0.619	0.302	0.619
13:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
14:0.....g	1.026		0	FLA	4		0.441	0.215	0.441
15:0.....g	0.038		0	FLA	4		0.016	0.008	0.016
16:0.....g	4.314		0	FLA	4		1.855	0.906	1.855
17:0.....g	0.049		0	FLA	4		0.021	0.010	0.021
18:0.....g	3.751		0	FLA	4		1.613	0.788	1.613
20:0.....g	0.098		0	FLA	4		0.042	0.021	0.042
22:0.....g	0.010		0	FLA	4		0.004	0.002	0.004
24:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
Fatty acids, total monounsaturated.....g	6.039		0	NC	4		2.597	1.268	2.597
14:1.....g	0.064		0	FLA	4		0.028	0.014	0.028
15:1.....g	0.000		0	FLA	4		0.000	0.000	0.000
16:1 undifferentiated.....g	0.183		0	FLA	4		0.079	0.038	0.079
17:1.....g	0.019		0	FLA	4		0.008	0.004	0.008
18:1 undifferentiated.....g	5.769		0	FLA	4		2.481	1.212	2.481
20:1.....g	0.004		0	FLA	4		0.002	0.001	0.002
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
24:1 c.....g	0.000		0	FLA	4		0.000	0.000	0.000
Fatty acids, total polyunsaturated.....g	1.388		0	NC	4		0.597	0.292	0.597
18:2 undifferentiated.....g	1.259		0	FLA	4		0.541	0.264	0.541
18:3 undifferentiated.....g	0.129		0	FLA	4		0.055	0.027	0.055
18:4.....g	0.000		0	FLA	4		0.000	0.000	0.000
20:2 n-6 c,c.....g	0.000		0	FLA	4		0.000	0.000	0.000
20:3 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	FLA	4		0.000	0.000	0.000
Fatty acids, total trans.....g	0.000		0	FLA	4		0.000	0.000	0.000
Cholesterol.....mg	12		1	LC	8		5	2	5
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0	0.0	0.0
Caffeine.....mg	8		1	MC	9		3	2	3
Theobromine.....mg	55		1	MC	9		24	12	24

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 bar (1.5 oz)
- Measure 2 = 21g: 1 bar, miniature
- Measure 3 = 43g: 1 serving 1.5 oz bar

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 19 Sweets

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



NDB No. 19153  
Candies, NESTLE, AFTER EIGHT Mints

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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 = 42g: 1 serving 5 mints

Measure 2 = 8.4g: 1 piece

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 19 Sweets

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

NDB No. 19111  
 Candies, NESTLE, BABY RUTH Bar  
 Nestle USA, Inc.

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	6.99		0	O	4		4.19	1.26	
Energy.....kcal	459		1	MC	9		275	83	
Energy.....kj	1920		0	MC	9		1152	346	
Protein.....g	5.40		1	MC	9		3.24	0.97	
Total lipid (fat).....g	21.60		1	MC	9		12.96	3.89	
Ash.....g	1.21		3	A	1		0.73	0.22	
Carbohydrate, by difference.....g	64.80		1	MC	9		38.88	11.66	
Fiber, total dietary.....g	2.0		1	MC	9		1.2	0.4	
Sugars, total.....g	54.00		1	MC	9		32.40	9.72	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	47		1	MC	9		28	8	
Iron, Fe.....mg	0.63		1	MC	9		0.38	0.11	
Magnesium, Mg.....mg	43		0	FLC	4		26	8	
Phosphorus, P.....mg	94		0	FLC	4		57	17	
Potassium, K.....mg	249		0	FLC	4		149	45	
Sodium, Na.....mg	230		1	MC	9		138	41	
Zinc, Zn.....mg	0.72		0	FLC	4		0.43	0.13	
Copper, Cu.....mg	0.225		0	FLC	4		0.135	0.040	
Manganese, Mn.....mg	0.351		0	FLC	4		0.211	0.063	
Selenium, Se.....mcg	2.5		0	FLC	4		1.5	0.4	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		1	MC	9		0.0	0.0	
Thiamin.....mg	0.058		0	FLC	4		0.035	0.010	
Riboflavin.....mg	0.121		0	FLC	4		0.073	0.022	
Niacin.....mg	1.251		0	FLC	4		0.751	0.225	
Pantothenic acid.....mg	0.333		0	FLC	4		0.200	0.060	
Vitamin B-6.....mg	0.042		0	FLC	4		0.025	0.008	
Folate, total.....mcg	12		0	FLC	4		7	2	
Folic acid.....mcg	0		0	FLC	4		0	0	
Folate, food.....mcg	12		0	FLC	4		7	2	
Folate, DFE.....mcg_DFE	12		0	NC	4		7	2	
Choline, total.....mg	34.9		0	O	4		20.9	6.3	
Betaine.....mg									
Vitamin B-12.....mcg	0.06		0	FLC	4		0.03	0.01	
Vitamin B-12, added.....mcg	0.00		0	FLC	4		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0	0	
Retinol.....mcg	0		0	NR	4		0	0	
Carotene, beta.....mcg	0		0	NR	4		0	0	
Carotene, alpha.....mcg	0		0	FLC	4		0	0	
Cryptoxanthin, beta.....mcg	0		0	FLC	4		0	0	
Vitamin A, IU.....IU	0		1	MC	9		0	0	
Lycopene.....mcg	0		0	FLC	4		0	0	
Lutein + zeaxanthin.....mcg	0		0	NR	4		0	0	
Vitamin E (alpha-tocopherol).....mg	0.93		0	FLC	4		0.56	0.17	
Vitamin E, added.....mg	0.00		0	FLC	4		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	2.3		0	FLC	4		1.4	0.4	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	12.100		1	MC	9		7.260	2.178	
4:0.....g	0.013		0	FLC	4		0.008	0.002	
6:0.....g	0.061		0	FLC	4		0.036	0.011	
8:0.....g	0.676		0	FLC	4		0.406	0.122	
10:0.....g	0.569		0	FLC	4		0.341	0.102	



Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	6.372		0	FLC	4		3.823	1.147	
13:0.....g									
14:0.....g	2.327		0	FLC	4		1.396	0.419	
15:0.....g									
16:0.....g	1.505		0	FLC	4		0.903	0.271	
17:0.....g									
18:0.....g	0.530		0	FLC	4		0.318	0.095	
20:0.....g	0.005		0	FLC	4		0.003	0.001	
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	5.557		0	FLC	4		3.334	1.000	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.007		0	FLC	4		0.004	0.001	
17:1.....g									
18:1 undifferentiated.....g	5.450		0	FLC	4		3.270	0.981	
20:1.....g	0.096		0	FLC	4		0.058	0.017	
22:1 undifferentiated.....g	0.000		0	FLC	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.638		0	FLC	4		1.583	0.475	
18:2 undifferentiated.....g	2.634		0	FLC	4		1.581	0.474	
18:3 undifferentiated.....g	0.003		0	FLC	4		0.002	0.001	
18:4.....g	0.000		0	FLC	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLC	4		0.000	0.000	
20:5 n-3.....g	0.000		0	FLC	4		0.000	0.000	
22:5 n-3.....g	0.000		0	FLC	4		0.000	0.000	
22:6 n-3.....g	0.000		0	FLC	4		0.000	0.000	
Fatty acids, total trans.....g	0.050		1	MC	9		0.030	0.009	
Cholesterol.....mg	0		1	MC	9		0	0	
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0	0.0	
Caffeine.....mg	4		0	FLC	4		2	1	
Theobromine.....mg	119		0	FLC	4		71	21	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 serving 2.1 oz bar

Measure 2 = 18g: 1 serving fun size bar 0.65 oz

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group: 19 Sweets**

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

NDB No. 19068  
 Candies, NESTLE, BIT-O'-HONEY Candy Chews  
 Nestle USA, Inc.

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	8.30		0	O	4		3.32		
Energy.....kcal	375		1	MC	9		150		
Energy.....kj	1569		0	MC	9		628		
Protein.....g	2.00		1	MC	9		0.80		
Total lipid (fat).....g	7.50		1	MC	9		3.00		
Ash.....g	1.31		0	FLC	4		0.52		
Carbohydrate, by difference.....g	80.00		1	MC	9		32.00		
Fiber, total dietary.....g	0.2		1	MC	9		0.1		
Sugars, total.....g	48.00		1	MC	9		19.20		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	35		1	MC	9		14		
Iron, Fe.....mg	0.20		1	MC	9		0.08		
Magnesium, Mg.....mg	7		0	FLA	4		3		
Phosphorus, P.....mg	28		0	FLA	4		11		
Potassium, K.....mg	44		0	FLA	4		18		
Sodium, Na.....mg	295		1	MC	9		118		
Zinc, Zn.....mg	0.49		0	FLA	4		0.20		
Copper, Cu.....mg	0.026		0	FLA	4		0.010		
Manganese, Mn.....mg	0.038		0	FLA	4		0.015		
Selenium, Se.....mcg	1.3		0	FLA	4		0.5		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.8		1	MC	9		0.3		
Thiamin.....mg	0.060		0	FLA	4		0.024		
Riboflavin.....mg	0.044		0	FLA	4		0.018		
Niacin.....mg	0.069		0	FLA	4		0.028		
Pantothenic acid.....mg	0.082		0	FLA	4		0.033		
Vitamin B-6.....mg	0.009		0	FLA	4		0.004		
Folate, total.....mcg	2		0	FLA	4		1		
Folic acid.....mcg	0		0	FLA	4		0		
Folate, food.....mcg	2		0	FLA	4		1		
Folate, DFE.....mcg_DFE	2		0	NC	4		1		
Choline, total.....mg	2.5		0	O	4		1.0		
Betaine.....mg									
Vitamin B-12.....mcg	0.06		0	FLA	4		0.02		
Vitamin B-12, added.....mcg	0.00		0	FLA	4		0.00		
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0		
Retinol.....mcg	0		0	NR	4		0		
Carotene, beta.....mcg	0		0	NR	4		0		
Carotene, alpha.....mcg	0		0	FLA	4		0		
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0		
Vitamin A, IU.....IU	0		1	MC	9		0		
Lycopene.....mcg	0		0	FLA	4		0		
Lutein + zeaxanthin.....mcg	0		0	NR	4		0		
Vitamin E (alpha-tocopherol).....mg	0.30		0	FLA	4		0.12		
Vitamin E, added.....mg	0.00		0	FLA	4		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		0	FLA	4		0.0		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	5.500		1	MC	9		2.200		
4:0.....g	0.005		0	FLA	4		0.002		
6:0.....g	0.047		0	FLA	4		0.019		
8:0.....g	0.496		0	FLA	4		0.199		
10:0.....g	0.352		0	FLA	4		0.141		

NDB No. 19068  
 Candies, NESTLE, BIT-O'-HONEY Candy Chew s

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	2.798		0	FLA	4		1.119		
13:0.....g	0.000		0	FLA	4		0.000		
14:0.....g	1.050		0	FLA	4		0.420		
15:0.....g	0.000		0	FLA	4		0.000		
16:0.....g	0.560		0	FLA	4		0.224		
17:0.....g	0.000		0	FLA	4		0.000		
18:0.....g	0.189		0	FLA	4		0.075		
20:0.....g	0.002		0	FLA	4		0.001		
22:0.....g	0.000		0	FLA	4		0.000		
24:0.....g	0.000		0	FLA	4		0.000		
Fatty acids, total monounsaturated.....g	1.030		0	FLA	4		0.412		
14:1.....g	0.000		0	FLA	4		0.000		
15:1.....g									
16:1 undifferentiated.....g	0.005		0	FLA	4		0.002		
17:1.....g									
18:1 undifferentiated.....g	1.025		0	FLA	4		0.410		
20:1.....g	0.000		0	FLA	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000		
24:1 c.....g	0.000		0	FLA	4		0.000		
Fatty acids, total polyunsaturated.....g	0.338		0	FLA	4		0.135		
18:2 undifferentiated.....g	0.336		0	FLA	4		0.134		
18:3 undifferentiated.....g	0.002		0	FLA	4		0.001		
18:4.....g	0.000		0	FLA	4		0.000		
20:2 n-6 c,c.....g	0.000		0	FLA	4		0.000		
20:3 undifferentiated.....g	0.000		0	FLA	4		0.000		
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000		
20:5 n-3.....g	0.000		0	FLA	4		0.000		
22:5 n-3.....g	0.000		0	FLA	4		0.000		
22:6 n-3.....g	0.000		0	FLA	4		0.000		
Fatty acids, total trans.....g	0.000		1	MC	9		0.000		
Cholesterol.....mg	0		1	MC	9		0		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0		
Caffeine.....mg	0		0	FLA	4		0		
Theobromine.....mg	0		0	FLA	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 = 40g: 1 serving 6 pieces

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 19 Sweets

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

NDB No. 19069  
 Candies, NESTLE, BUTTERFINGER Bar  
 Nestle USA, Inc.

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	1.23		0	O	4		0.74	0.22	0.26
Energy.....kcal	459		1	MC	9		275	83	96
Energy.....kj	1920		0	MC	9		1152	346	403
Protein.....g	5.40		1	MC	9		3.24	0.97	1.13
Total lipid (fat).....g	18.90		1	MC	9		11.34	3.40	3.97
Ash.....g	1.57		0	FLA	4		0.94	0.28	0.33
Carbohydrate, by difference.....g	72.90		1	MC	9		43.74	13.12	15.31
Fiber, total dietary.....g	2.0		1	MC	9		1.2	0.4	0.4
Sugars, total.....g	45.90		1	MC	9		27.54	8.26	9.64
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	36		1	MC	9		22	6	8
Iron, Fe.....mg	0.79		1	MC	9		0.47	0.14	0.17
Magnesium, Mg.....mg	48		0	FLA	4		29	9	10
Phosphorus, P.....mg	97		0	FLA	4		58	18	20
Potassium, K.....mg	220		0	FLA	4		132	40	46
Sodium, Na.....mg	230		1	MC	9		138	41	48
Zinc, Zn.....mg	1.00		0	FLA	4		0.60	0.18	0.21
Copper, Cu.....mg	0.193		0	FLA	4		0.116	0.035	0.040
Manganese, Mn.....mg	0.490		0	FLA	4		0.294	0.088	0.103
Selenium, Se.....mcg	2.9		0	FLA	4		1.7	0.5	0.6
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		1	MC	9		0.0	0.0	0.0
Thiamin.....mg	0.121		0	FLA	4		0.072	0.022	0.025
Riboflavin.....mg	0.062		0	FLA	4		0.037	0.011	0.013
Niacin.....mg	2.649		0	FLA	4		1.590	0.477	0.556
Pantothenic acid.....mg	0.370		0	FLA	4		0.222	0.067	0.078
Vitamin B-6.....mg	0.069		0	FLA	4		0.041	0.012	0.014
Folate, total.....mcg	28		0	FLA	4		17	5	6
Folic acid.....mcg	0		0	FLA	4		0	0	0
Folate, food.....mcg	28		0	FLA	4		17	5	6
Folate, DFE.....mcg_DFE	28		0	NC	4		17	5	6
Choline, total.....mg	15.0		0	O	4		9.0	2.7	3.2
Betaine.....mg									
Vitamin B-12.....mcg	0.04		0	FLA	4		0.03	0.01	0.01
Vitamin B-12, added.....mcg	0.00		0	FLA	4		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	0		0	Z	7		0	0	0
Retinol.....mcg	0		0	NR	4		0	0	0
Carotene, beta.....mcg	0		0	NR	4		0	0	0
Carotene, alpha.....mcg	0		0	FLA	4		0	0	0
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0	0	0
Vitamin A, IU.....IU	0		1	MC	9		0	0	0
Lycopene.....mcg	0		0	FLA	4		0	0	0
Lutein + zeaxanthin.....mcg	0		0	NR	4		0	0	0
Vitamin E (alpha-tocopherol).....mg	1.72		0	FLA	4		1.03	0.31	0.36
Vitamin E, added.....mg	0.00		0	FLA	4		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	2.2		0	FLA	4		1.3	0.4	0.5
<b>Lipids:</b>									
Fatty acids, total saturated.....g	9.500		1	MC	9		5.700	1.710	1.995
4:0.....g	0.007		0	FLA	4		0.004	0.001	0.002
6:0.....g	0.022		0	FLA	4		0.013	0.004	0.005
8:0.....g	0.282		0	FLA	4		0.169	0.051	0.059
10:0.....g	0.273		0	FLA	4		0.164	0.049	0.057

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	4.183		0	FLA	4		2.510	0.753	0.878
13:0.....g									
14:0.....g	1.406		0	FLA	4		0.844	0.253	0.295
15:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
16:0.....g	1.763		0	FLA	4		1.058	0.317	0.370
17:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
18:0.....g	1.445		0	FLA	4		0.867	0.260	0.304
20:0.....g	0.003		0	FLA	4		0.002	0.001	0.001
22:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
24:0.....g									
Fatty acids, total monounsaturated.....g	5.119		0	FLA	4		3.072	0.922	1.075
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0	FLA	4		0.001	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	4.983		0	FLA	4		2.990	0.897	1.046
20:1.....g	0.134		0	FLA	4		0.080	0.024	0.028
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.164		0	FLA	4		1.899	0.570	0.665
18:2 undifferentiated.....g	3.163		0	FLA	4		1.898	0.569	0.664
18:3 undifferentiated.....g	0.002		0	FLA	4		0.001	0.000	0.000
18:4.....g	0.000		0	FLA	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	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	FLA	4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	FLA	4		0.000	0.000	0.000
Fatty acids, total trans.....g	0.040		1	MC	9		0.024	0.007	0.008
Cholesterol.....mg	0		1	MC	9		0	0	0
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0	0.0	0.0
Caffeine.....mg	1		0	FLA	4		1	0	0
Theobromine.....mg	36		0	FLA	4		22	7	8

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 serving 2.1 oz bar
- Measure 2 = 18g: 1 serving 1 fun size bar 0.65 oz
- Measure 3 = 21g: 1 serving 0.75 oz bar

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group: 19 Sweets**

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



NDB No. 19119  
Candies, NESTLE, CHUNKY Bar

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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 = 40g: 1 serving 1.4 oz bar

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 19 Sweets

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

**NDB No. 19145**  
**Candies, NESTLE, CRUNCH Bar and Dessert Topping**  
*Nestle USA, Inc.*

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	0.65		1	MC	9		0.29	0.09	0.27
Energy.....kcal	500		1	MC	9		220	71	205
Energy.....kj	2092		0	MC	9		920	297	858
Protein.....g	5.00		1	MC	9		2.20	0.71	2.05
Total lipid (fat).....g	26.00		1	MC	9		11.44	3.69	10.66
Ash.....g	1.35		3	A	1		0.59	0.19	0.55
Carbohydrate, by difference.....g	67.00		1	MC	9		29.48	9.51	27.47
Fiber, total dietary.....g	1.9		1	MC	9		0.8	0.3	0.8
Sugars, total.....g	55.00		1	MC	9		24.20	7.81	22.55
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	100		1	MC	9		44	14	41
Iron, Fe.....mg	0.70		1	MC	9		0.31	0.10	0.29
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg	305		1	MC	9		134	43	125
Sodium, Na.....mg	150		1	MC	9		66	21	62
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.5		1	MC	9		0.2	0.1	0.2
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	107		1	MC	9		47	15	44
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	16.000		1	MC	9		7.040	2.272	6.560
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g	0.137		1	MC	9		0.060	0.019	0.056
Cholesterol.....mg	13		1	MC	9		6	2	5
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g									
Caffeine.....mg	30		1	MC	9		13	4	12
Theobromine.....mg	168		1	MC	9		74	24	69

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of 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. 19145  
Candies, NESTLE, CRUNCH Bar and Dessert Topping

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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 = 44g: 1 bar 1.55 oz

Measure 2 = 14.2g: 1 bar 0.5 oz

Measure 3 = 41g: 1 serving 4 fun size bars

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 19 Sweets

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



NDB No. 19105  
 Candies, NESTLE, GOOBERS Chocolate Covered Peanuts

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
15:0.....g									
16:0.....g									
17:0.....g									
18:0.....g									
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g									
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g									
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g									
18:2 undifferentiated.....g									
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	0.070		1	MC	9		0.027	0.029	0.034
Cholesterol.....mg	12		1	MC	9		5	5	6
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g									
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 = 39g: 1 package 1.375 oz
- Measure 2 = 41g: 1 serving 0.25 cup
- Measure 3 = 48g: 1 serving fun size

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 19 Sweets

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

NDB No. 19118  
 Candies, NESTLE, OH HENRY! Bar  
 Nestle USA, Inc.

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	2.30		0	O	4		1.31	0.60	
Energy.....kcal	462		1	MC	9		263	120	
Energy.....kj	1933		0	MC	9		1102	503	
Protein.....g	7.70		1	MC	9		4.39	2.00	
Total lipid (fat).....g	23.00		1	MC	9		13.11	5.98	
Ash.....g	1.50		0	FLC	4		0.86	0.39	
Carbohydrate, by difference.....g	65.50		1	MC	9		37.34	17.03	
Fiber, total dietary.....g	1.9		1	MC	9		1.1	0.5	
Sugars, total.....g	46.20		1	MC	9		26.33	12.01	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	69		1	MC	9		39	18	
Iron, Fe.....mg	0.50		1	MC	9		0.29	0.13	
Magnesium, Mg.....mg	51		0	FLC	4		29	13	
Phosphorus, P.....mg	140		0	FLC	4		80	36	
Potassium, K.....mg	259		0	FLC	4		148	67	
Sodium, Na.....mg	193		1	MC	9		110	50	
Zinc, Zn.....mg	1.19		0	FLC	4		0.68	0.31	
Copper, Cu.....mg	0.353		0	FLC	4		0.201	0.092	
Manganese, Mn.....mg	0.535		0	FLC	4		0.305	0.139	
Selenium, Se.....mcg	3.2		0	FLC	4		1.8	0.8	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		1	MC	9		0.0	0.0	
Thiamin.....mg	0.149		0	FLC	4		0.085	0.039	
Riboflavin.....mg	0.121		0	FLC	4		0.069	0.032	
Niacin.....mg	2.545		0	FLC	4		1.451	0.662	
Pantothenic acid.....mg	0.539		0	FLC	4		0.307	0.140	
Vitamin B-6.....mg	0.086		0	FLC	4		0.049	0.022	
Folate, total.....mcg	44		0	FLC	4		25	11	
Folic acid.....mcg	0		0	FLC	4		0	0	
Folate, food.....mcg	44		0	FLC	4		25	11	
Folate, DFE.....mcg_DFE	44		0	NC	4		25	11	
Choline, total.....mg	37.1		0	O	4		21.2	9.6	
Betaine.....mg									
Vitamin B-12.....mcg	0.20		0	FLC	4		0.11	0.05	
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	NR	4		0	0	
Carotene, beta.....mcg	0		0	NR	4		0	0	
Carotene, alpha.....mcg	0		0	FLC	4		0	0	
Cryptoxanthin, beta.....mcg	0		0	FLC	4		0	0	
Vitamin A, IU.....IU	0		1	MC	9		0	0	
Lycopene.....mcg	0		0	FLC	4		0	0	
Lutein + zeaxanthin.....mcg	0		0	FLC	4		0	0	
Vitamin E (alpha-tocopherol).....mg	2.21		0	FLC	4		1.26	0.57	
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	1.2		0	FLC	4		0.7	0.3	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	9.600		1	MC	9		5.472	2.496	
4:0.....g	0.124		0	FLC	4		0.070	0.032	
6:0.....g	0.055		0	FLC	4		0.032	0.014	
8:0.....g	0.160		0	FLC	4		0.091	0.042	
10:0.....g	0.156		0	FLC	4		0.089	0.041	

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.853		0	FLC	4		0.486	0.222	
13:0.....g	0.000		0	FLC	4		0.000	0.000	
14:0.....g	0.471		0	FLC	4		0.269	0.123	
15:0.....g	0.017		0	FLC	4		0.010	0.004	
16:0.....g	2.869		0	FLC	4		1.636	0.746	
17:0.....g	0.016		0	FLC	4		0.009	0.004	
18:0.....g	1.815		0	FLC	4		1.035	0.472	
20:0.....g	0.042		0	FLC	4		0.024	0.011	
22:0.....g	0.004		0	FLC	4		0.003	0.001	
24:0.....g	0.000		0	FLC	4		0.000	0.000	
Fatty acids, total monounsaturated.....g	5.530		0	FLC	4		3.152	1.438	
14:1.....g	0.011		0	FLC	4		0.007	0.003	
15:1.....g	0.000		0	FLC	4		0.000	0.000	
16:1 undifferentiated.....g	0.024		0	FLC	4		0.013	0.006	
17:1.....g	0.003		0	FLC	4		0.002	0.001	
18:1 undifferentiated.....g	5.376		0	FLC	4		3.064	1.398	
20:1.....g	0.116		0	FLC	4		0.066	0.030	
22:1 undifferentiated.....g	0.000		0	FLC	4		0.000	0.000	
24:1 c.....g	0.000		0	FLC	4		0.000	0.000	
Fatty acids, total polyunsaturated.....g	2.706		0	FLC	4		1.542	0.704	
18:2 undifferentiated.....g	2.705		0	FLC	4		1.542	0.703	
18:3 undifferentiated.....g	0.001		0	FLC	4		0.000	0.000	
18:4.....g	0.000		0	FLC	4		0.000	0.000	
20:2 n-6 c.c.....g	0.000		0	FLC	4		0.000	0.000	
20:3 undifferentiated.....g	0.000		0	FLC	4		0.000	0.000	
20:4 undifferentiated.....g	0.000		0	FLC	4		0.000	0.000	
20:5 n-3.....g	0.000		0	FLC	4		0.000	0.000	
22:5 n-3.....g	0.000		0	FLC	4		0.000	0.000	
22:6 n-3.....g	0.000		0	FLC	4		0.000	0.000	
Fatty acids, total trans.....g	0.050		1	MC	9		0.029	0.013	
Cholesterol.....mg	7		1	MC	9		4	2	
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0	0.0	
Caffeine.....mg	4		0	FLC	4		2	1	
Theobromine.....mg	44		0	FLC	4		25	11	

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

**Common Measures:**

Measure 1 = 57g: 1 bar 2 oz

Measure 2 = 26g: 1 serving fun size bar

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 19 Sweets



NDB No. 19149

Candies, NESTLE, RAISINETS Chocolate Covered Raisins

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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 = 45g: 1 serving 1.58 oz bag

Measure 2 = 48g: 1 serving fun size

Measure 3 = 45g: 1 serving 0.25 cup

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 19 Sweets

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

NDB No. 19238  
 Candies, REESE'S BITES  
 Hershey Food Corp.

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	1.65		1	MC	9		0.64		
Energy.....kcal	521		1	MC	9		203		
Energy.....kj	2181		0	MC	9		851		
Protein (N x 6.25).....g	11.34		1	MC	9		4.42		
Total lipid (fat).....g	29.85		1	MC	9		11.64		
Ash.....g	1.62		1	MC	9		0.63		
Carbohydrate, by difference.....g	55.18		1	MC	9		21.52		
Fiber, total dietary.....g	3.1		1	MC	9		1.2		
Sugars, total.....g	48.03		1	MC	9		18.73		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	112		1	MC	9		44		
Iron, Fe.....mg	0.85		1	MC	9		0.33		
Magnesium, Mg.....mg	63		1	MC	9		25		
Phosphorus, P.....mg	194		1	MC	9		76		
Potassium, K.....mg	382		1	MC	9		149		
Sodium, Na.....mg	179		1	MC	9		70		
Zinc, Zn.....mg	1.06		1	MC	9		0.41		
Copper, Cu.....mg	0.300		1	MC	9		0.117		
Manganese, Mn.....mg	0.650		1	MC	9		0.254		
Selenium, Se.....mcg	1.6		1	MC	9		0.6		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.8		1	MC	9		0.3		
Thiamin.....mg	0.150		1	MC	9		0.059		
Riboflavin.....mg	0.210		1	MC	9		0.082		
Niacin.....mg	4.330		1	MC	9		1.689		
Pantothenic acid.....mg	0.570		1	MC	9		0.222		
Vitamin B-6.....mg	0.100		1	MC	9		0.039		
Folate, total.....mcg	42		1	MC	9		17		
Folic acid.....mcg									
Folate, food.....mcg									
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	60		1	MC	9		23		
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	18.000		1	MC	9		7.020		
Fatty acids, total monounsaturated.....g	7.060		1	MC	9		2.753		
Fatty acids, total polyunsaturated.....g	1.820		1	MC	9		0.710		
Fatty acids, total trans.....g	0.050		1	MC	9		0.020		
Cholesterol.....mg	7		1	MC	9		3		
Phytosterols.....mg									
<b>Others:</b>									



**NDB No. 19238**  
**Candies, REESE'S BITES**

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	Confidence	Measure 1	Measure 2	Measure 3
			Points	Code	Code	Code			
Alcohol, ethyl.....g	0.0		1	MC	9		0.0		
Caffeine.....mg	0		1	MC	9		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 = 39g: 16 pieces

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 19 Sweets

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

**NDB No. 19239**  
**Candies, REESE'S NUTRAGEOUS Candy Bar**  
*Hershey Food Corp.*

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	1.50		1	MC	9		0.81	0.51	
Energy.....kcal	517		1	MC	9		279	176	
Energy.....kj	2165		0	MC	9		1169	736	
Protein.....g	11.28		1	MC	9		6.09	3.84	
Total lipid (fat).....g	32.09		1	MC	9		17.33	10.91	
Ash.....g	2.18		1	MC	9		1.18	0.74	
Carbohydrate, by difference.....g	52.80		1	MC	9		28.51	17.95	
Fiber, total dietary.....g	3.9		1	MC	9		2.1	1.3	
Sugars, total.....g	40.22		1	MC	9		21.72	13.67	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	68		1	MC	9		37	23	
Iron, Fe.....mg	1.23		1	MC	9		0.66	0.42	
Magnesium, Mg.....mg	68		1	MC	9		37	23	
Phosphorus, P.....mg	175		1	MC	9		94	59	
Potassium, K.....mg	364		1	MC	9		197	124	
Sodium, Na.....mg	141		1	MC	9		76	48	
Zinc, Zn.....mg	1.29		1	MC	9		0.70	0.44	
Copper, Cu.....mg	0.270		1	MC	9		0.146	0.092	
Manganese, Mn.....mg	0.000		1	MC	9		0.000	0.000	
Selenium, Se.....mcg	0.2		1	MC	9		0.1	0.1	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.5		1	MC	9		0.2	0.2	
Thiamin.....mg	0.180		1	MC	9		0.097	0.061	
Riboflavin.....mg	0.100		1	MC	9		0.054	0.034	
Niacin.....mg	5.250		1	MC	9		2.835	1.785	
Pantothenic acid.....mg	0.540		1	MC	9		0.292	0.184	
Vitamin B-6.....mg	0.100		1	MC	9		0.054	0.034	
Folate, total.....mcg	56		1	MC	9		30	19	
Folic acid.....mcg									
Folate, food.....mcg									
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	36		1	MC	9		19	12	
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	8.860		1	MC	9		4.784	3.012	
Fatty acids, total monounsaturated.....g	12.630		1	MC	9		6.820	4.294	
Fatty acids, total polyunsaturated.....g	8.090		1	MC	9		4.369	2.751	
Fatty acids, total trans.....g									
Cholesterol.....mg	3		1	MC	9		2	1	
Phytosterols.....mg									
<b>Others:</b>									

**NDB No. 19239**  
**Candies, REESE'S NUTRAGEOUS Candy Bar**

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		1	MC	9		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 = 54g: 1 bar 1.92 oz

Measure 2 = 34g: 2 bars

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 19 Sweets

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

**NDB No. 19151**  
**Candies, REESE'S PIECES Candy**

Hershey Food Corp.

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points	Code				
<b>Proximates:</b>								
Water.....g	1.00		1	MC	9	0.47	0.08	0.46
Energy.....kcal	497		1	MC	9	234	40	229
Energy.....kj	2080		0	MC	9	978	166	957
Protein.....g	12.46		1	MC	9	5.86	1.00	5.73
Total lipid (fat).....g	24.77		1	MC	9	11.64	1.98	11.39
Ash.....g	1.81		1	MC	9	0.85	0.14	0.83
Carbohydrate, by difference.....g	59.86		1	MC	9	28.13	4.79	27.54
Fiber, total dietary.....g	3.0		1	MC	9	1.4	0.2	1.4
Sugars, total.....g	53.25		1	MC	9	25.03	4.26	24.50
Starch.....g								
<b>Minerals:</b>								
Calcium, Ca.....mg	69		1	MC	9	32	6	32
Iron, Fe.....mg	0.49		1	MC	9	0.23	0.04	0.23
Magnesium, Mg.....mg	88		1	MC	9	42	7	41
Phosphorus, P.....mg	207		1	MC	9	97	17	95
Potassium, K.....mg	359		1	MC	9	169	29	165
Sodium, Na.....mg	194		1	MC	9	91	16	89
Zinc, Zn.....mg	1.15		1	MC	9	0.54	0.09	0.53
Copper, Cu.....mg	0.410		1	MC	9	0.193	0.033	0.189
Manganese, Mn.....mg	1.100		1	MC	9	0.517	0.088	0.506
Selenium, Se.....mcg	0.8		1	MC	9	0.4	0.1	0.4
<b>Vitamins:</b>								
Vitamin C, total ascorbic acid.....mg	0.0		1	MC	9	0.0	0.0	0.0
Thiamin.....mg	0.180		1	MC	9	0.085	0.014	0.083
Riboflavin.....mg	0.220		1	MC	9	0.103	0.018	0.101
Niacin.....mg	6.060		1	MC	9	2.848	0.485	2.788
Pantothenic acid.....mg	0.610		1	MC	9	0.287	0.049	0.281
Vitamin B-6.....mg	0.110		1	MC	9	0.052	0.009	0.051
Folate, total.....mcg	55		1	MC	9	26	4	25
Folic acid.....mcg	0		0	FLM	4	0	0	0
Folate, food.....mcg	55		1	MC	9	26	4	25
Folate, DFE.....mcg_DFE	55		0	NC	4	26	4	25
Choline, total.....mg	28.7		0	BFFN	4	13.5	2.3	13.2
Betaine.....mg								
Vitamin B-12.....mcg	0.11		0	FLM	4	0.05	0.01	0.05
Vitamin B-12, added.....mcg	0.00		0	FLM	4	0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	0		0	NC	4	0	0	0
Retinol.....mcg	0		0	FLM	4	0	0	0
Carotene, beta.....mcg	0		0	FLM	4	0	0	0
Carotene, alpha.....mcg	0		0	FLM	4	0	0	0
Cryptoxanthin, beta.....mcg	0		0	FLM	4	0	0	0
Vitamin A, IU.....IU	0		1	MC	9	0	0	0
Lycopene.....mcg	0		0	FLM	4	0	0	0
Lutein + zeaxanthin.....mcg	0		0	FLM	4	0	0	0
Vitamin E (alpha-tocopherol).....mg	0.99		0	NR	4	0.47	0.08	0.46
Vitamin E, added.....mg	0.00		0	FLM	4	0.00	0.00	0.00
Tocopherol, beta.....mg								
Tocopherol, gamma.....mg								
Tocopherol, delta.....mg								
Vitamin D.....IU								
Vitamin K (phylloquinone).....mcg	5.9		0	FLM	4	2.8	0.5	2.7
<b>Lipids:</b>								
Fatty acids, total saturated.....g	16.420		1	MC	9	7.717	1.314	7.553
4:0.....g	0.002		0	FLM	4	0.001	0.000	0.001
6:0.....g	0.039		0	FLM	4	0.018	0.003	0.018

**NDB No. 19151**  
**Candies, REESE'S PIECES Candy**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
8:0.....g	0.639		0	FLM	4		0.300	0.051	0.294
10:0.....g	0.717		0	FLM	4		0.337	0.057	0.330
12:0.....g	9.099		0	FLM	4		4.277	0.728	4.186
13:0.....g									
14:0.....g	3.182		0	FLM	4		1.496	0.255	1.464
15:0.....g									
16:0.....g	1.989		0	FLM	4		0.935	0.159	0.915
17:0.....g									
18:0.....g	0.750		0	FLM	4		0.353	0.060	0.345
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	4.460		1	MC	9		2.096	0.357	2.052
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.019		0	FLM	4		0.009	0.002	0.009
17:1.....g									
18:1 undifferentiated.....g	4.434		0	FLM	4		2.084	0.355	2.040
20:1.....g	0.002		0	FLM	4		0.001	0.000	0.001
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.880		1	MC	9		0.884	0.150	0.865
18:2 undifferentiated.....g	1.768		0	FLM	4		0.831	0.141	0.813
18:3 undifferentiated.....g	0.108		0	FLM	4		0.051	0.009	0.049
18:4.....g	0.000		0	FLM	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	FLM	4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0	FLM	4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0	FLM	4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	FLM	4		0.000	0.000	0.000
Fatty acids, total trans.....g	0.000		1	MC	9		0.000	0.000	0.000
Cholesterol.....mg	0		1	MC	9		0	0	0
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		1	MC	9		0.0	0.0	0.0
Caffeine.....mg	0		1	MC	9		0	0	0
Theobromine.....mg	0		0	FLM	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:**

- Measure 1 = 47g: .25 cup
- Measure 2 = 8.0g: 10 pieces
- Measure 3 = 46g: 1 package 1.63 oz

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group: 19 Sweets**

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

**NDB No. 19150**  
**Candies, REESE'S Peanut Butter Cups**  
*Hershey Food Corp.*

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	1.44		1	MC	9		0.24	0.65	0.10
Energy.....kcal	515		1	MC	9		87	232	36
Energy.....kj	2153		0	MC	9		366	969	151
Protein.....g	10.24		1	MC	9		1.74	4.61	0.72
Total lipid (fat).....g	30.53		1	MC	9		5.19	13.74	2.14
Ash.....g	2.28		1	MC	9		0.39	1.03	0.16
Carbohydrate, by difference.....g	55.36		1	MC	9		9.41	24.91	3.88
Fiber, total dietary.....g	3.6		1	MC	9		0.6	1.6	0.3
Sugars, total.....g	47.17		1	MC	9		8.02	21.23	3.30
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	78		1	MC	9		13	35	5
Iron, Fe.....mg	1.21		1	MC	9		0.21	0.54	0.08
Magnesium, Mg.....mg	62		1	MC	9		11	28	4
Phosphorus, P.....mg	161		1	MC	9		27	73	11
Potassium, K.....mg	343		1	MC	9		58	155	24
Sodium, Na.....mg	314		1	MC	9		53	141	22
Zinc, Zn.....mg	1.28		1	MC	9		0.22	0.58	0.09
Copper, Cu.....mg	0.240		1	MC	9		0.041	0.108	0.017
Manganese, Mn.....mg	0.000		1	MC	9		0.000	0.000	0.000
Selenium, Se.....mcg	1.4		1	MC	9		0.2	0.6	0.1
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.3		1	MC	9		0.1	0.1	0.0
Thiamin.....mg	0.160		1	MC	9		0.027	0.072	0.011
Riboflavin.....mg	0.110		1	MC	9		0.019	0.050	0.008
Niacin.....mg	4.490		1	MC	9		0.763	2.021	0.314
Pantothenic acid.....mg	0.620		1	MC	9		0.105	0.279	0.043
Vitamin B-6.....mg	0.100		1	MC	9		0.017	0.045	0.007
Folate, total.....mcg	50		1	MC	9		8	22	3
Folic acid.....mcg	0		0	FLM	4		0	0	0
Folate, food.....mcg	50		1	MC	9		8	22	3
Folate, DFE.....mcg_DFE	50		0	NC	4		8	22	3
Choline, total.....mg	35.4		0	FLM	4		6.0	15.9	2.5
Betaine.....mg									
Vitamin B-12.....mcg	0.26		0	FLM	4		0.04	0.12	0.02
Vitamin B-12, added.....mcg	0.00		0	FLM	4		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	17		0	NC	4		3	8	1
Retinol.....mcg	17		0	NR	4		3	8	1
Carotene, beta.....mcg	0		0	FLM	4		0	0	0
Carotene, alpha.....mcg	0		0	FLM	4		0	0	0
Cryptoxanthin, beta.....mcg	0		0	FLM	4		0	0	0
Vitamin A, IU.....IU	56		1	MC	9		10	25	4
Lycopene.....mcg	0		0	FLM	4		0	0	0
Lutein + zeaxanthin.....mcg	2		0	FLM	4		0	1	0
Vitamin E (alpha-tocopherol).....mg	0.15		0	NR	4		0.03	0.07	0.01
Vitamin E, added.....mg	0.00		0	FLM	4		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	2.0		0	FLM	4		0.3	0.9	0.1
<b>Lipids:</b>									
Fatty acids, total saturated.....g	10.730		1	MC	9		1.824	4.829	0.751
4:0.....g	0.282		0	FLM	4		0.048	0.127	0.020
6:0.....g	0.102		0	FLM	4		0.017	0.046	0.007
8:0.....g	0.058		0	FLM	4		0.010	0.026	0.004
10:0.....g	0.110		0	FLM	4		0.019	0.050	0.008

**NDB No. 19150**  
**Candies, REESE'S Peanut Butter Cups**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.121		0	FLM	4		0.021	0.055	0.008
13:0.....g	0.000		0	FLM	4		0.000	0.000	0.000
14:0.....g	0.382		0	FLM	4		0.065	0.172	0.027
15:0.....g	0.038		0	FLM	4		0.007	0.017	0.003
16:0.....g	5.408		0	FLM	4		0.919	2.434	0.379
17:0.....g	0.037		0	FLM	4		0.006	0.016	0.003
18:0.....g	3.862		0	FLM	4		0.657	1.738	0.270
20:0.....g	0.096		0	FLM	4		0.016	0.043	0.007
22:0.....g	0.010		0	FLM	4		0.002	0.005	0.001
24:0.....g	0.000		0	FLM	4		0.000	0.000	0.000
Fatty acids, total monounsaturated.....g	13.100		1	MA	12		2.227	5.895	0.917
14:1.....g	0.027		0	FLM	4		0.005	0.012	0.002
15:1.....g	0.000		0	FLM	4		0.000	0.000	0.000
16:1 undifferentiated.....g	0.053		0	FLM	4		0.009	0.024	0.004
17:1.....g	0.008		0	FLM	4		0.001	0.003	0.001
18:1 undifferentiated.....g	8.678		0	FLM	4		1.475	3.905	0.607
20:1.....g	0.194		0	FLM	4		0.033	0.087	0.014
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	0.000
24:1 c.....g	0.000		0	FLM	4		0.000	0.000	0.000
Fatty acids, total polyunsaturated.....g	5.500		1	MC	9		0.935	2.475	0.385
18:2 undifferentiated.....g	5.438		0	FLM	4		0.924	2.447	0.381
18:3 undifferentiated.....g	0.023		0	FLM	4		0.004	0.010	0.002
18:4.....g	0.000		0	FLM	4		0.000	0.000	0.000
20:2 n-6 c.c.....g	0.000		0	FLM	4		0.000	0.000	0.000
20:3 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	0.000
20:4 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0	FLM	4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0	FLM	4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	FLM	4		0.000	0.000	0.000
Fatty acids, total trans.....g	0.000		1	MC	9		0.000	0.000	0.000
Cholesterol.....mg	6		1	MC	9		1	3	0
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		1	MC	9		0.0	0.0	0.0
Caffeine.....mg	7		0	FLM	4		1	3	0
Theobromine.....mg	72		0	FLM	4		12	32	5

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 package 0.6 oz 1 cup
- Measure 2 = 45g: 1 package 1.6 oz 2 cups
- Measure 3 = 7.0g: 1 miniature

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group: 19 Sweets**

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

NDB No. 19252

Candies, REESE'S, FAST BREAK, milk chocolate peanut butter and soft nougats

Hershey Food Corp.

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	4.10		1	MC	9		2.30		
Energy.....kcal	474		1	MC	9		266		
Energy.....kj	1985		0	MC	9		1112		
Protein (N x 6.25).....g	8.66		1	MC	9		4.85		
Total lipid (fat).....g	23.42		1	MC	9		13.12		
Ash.....g	2.01		1	MC	9		1.13		
Carbohydrate, by difference.....g	61.60		1	MC	9		34.50		
Fiber, total dietary.....g	2.9		1	MC	9		1.6		
Sugars, total.....g	53.08		1	MC	9		29.72		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	61		1	MC	9		34		
Iron, Fe.....mg	0.96		1	MC	9		0.54		
Magnesium, Mg.....mg	48		1	MC	9		27		
Phosphorus, P.....mg	130		1	MC	9		73		
Potassium, K.....mg	284		1	MC	9		159		
Sodium, Na.....mg	330		1	MC	9		185		
Zinc, Zn.....mg	0.94		1	MC	9		0.53		
Copper, Cu.....mg	0.180		1	MC	9		0.101		
Manganese, Mn.....mg	0.000		1	MC	9		0.000		
Selenium, Se.....mcg	0.0		1	MC	9		0.0		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.4		1	MC	9		0.2		
Thiamin.....mg	0.130		1	MC	9		0.073		
Riboflavin.....mg	0.100		1	MC	9		0.056		
Niacin.....mg	3.570		1	MC	9		1.999		
Pantothenic acid.....mg	0.420		1	MC	9		0.235		
Vitamin B-6.....mg	0.070		1	MC	9		0.039		
Folate, total.....mcg	39		1	MC	9		22		
Folic acid.....mcg									
Folate, food.....mcg	39		1	MC	9		22		
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	40		1	MC	9		23		
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	8.230		1	MC	9		4.609		
Fatty acids, total monounsaturated.....g	8.940		1	MC	9		5.006		
Fatty acids, total polyunsaturated.....g	4.330		1	MC	9		2.425		
Fatty acids, total trans.....g	0.000		1	MC	9		0.000		
Cholesterol.....mg	4		1	MC	9		2		
Phytosterols.....mg									
<b>Others:</b>									



NDB No. 19252

Candies, REESE'S, FAST BREAK, milk chocolate peanut butter and soft nougats

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			
Alcohol, ethyl.....g	0.0		1	MC 9	0.0		
Caffeine.....mg	0		1	MC 9	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 = 56g: 2 oz bar

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 19 Sweets

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

NDB No. 19896

Candies, REESE's Fast Break, milk chocolate, peanut butter, soft nougats, candy bar

Hershey Food Corp.

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	1.66		0	FLC	4		0.93		
Energy.....kcal	495		0	NC	4		277		
Energy.....kj	2070		0	NC	4		1159		
Protein (N x 6.25).....g	8.93		1	LC	8		5.00		
Total lipid (fat).....g	23.21		1	LC	8		13.00		
Ash.....g	2.30		0	FLC	4		1.29		
Carbohydrate, by difference.....g	63.90		0	NC	4		35.79		
Fiber, total dietary.....g	3.6		1	LC	8		2.0		
Sugars, total.....g	53.57		1	LC	8		30.00		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	36		1	LC	8		20		
Iron, Fe.....mg	0.64		1	LC	8		0.36		
Magnesium, Mg.....mg	60		0	FLC	4		34		
Phosphorus, P.....mg	156		0	FLC	4		87		
Potassium, K.....mg	257		0	FLC	4		144		
Sodium, Na.....mg	321		1	LC	8		180		
Zinc, Zn.....mg	1.45		0	FLC	4		0.81		
Copper, Cu.....mg	0.322		0	FLC	4		0.180		
Manganese, Mn.....mg	0.727		0	FLC	4		0.407		
Selenium, Se.....mcg	3.7		0	FLC	4		2.1		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	FLC	4		0.0		
Thiamin.....mg	0.117		0	FLC	4		0.065		
Riboflavin.....mg	0.113		0	FLC	4		0.063		
Niacin.....mg	2.789		0	FLC	4		1.562		
Pantothenic acid.....mg	0.529		0	FLC	4		0.296		
Vitamin B-6.....mg	0.061		0	FLC	4		0.034		
Folate, total.....mcg	28		0	FLC	4		16		
Folic acid.....mcg	0		0	FLC	4		0		
Folate, food.....mcg	28		0	FLC	4		16		
Folate, DFE.....mcg_DFE	28		0	NC	4		16		
Choline, total.....mg	20.9		0	O	4		11.7		
Betaine.....mg									
Vitamin B-12.....mcg	0.18		0	FLC	4		0.10		
Vitamin B-12, added.....mcg	0.00		0	FLC	4		0.00		
Vitamin A, RAE.....mcg_RAE	14		0	FLC	4		8		
Retinol.....mcg	14		0	FLC	4		8		
Carotene, beta.....mcg	0		0	FLC	4		0		
Carotene, alpha.....mcg	0		0	FLC	4		0		
Cryptoxanthin, beta.....mcg	0		0	FLC	4		0		
Vitamin A, IU.....IU	49		0	FLC	4		28		
Lycopene.....mcg	0		0	FLC	4		0		
Lutein + zeaxanthin.....mcg	0		0	FLC	4		0		
Vitamin E (alpha-tocopherol).....mg	2.56		0	FLC	4		1.43		
Vitamin E, added.....mg	0.00		0	FLC	4		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	1.8		0	FLC	4		1.0		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	8.036		1	LC	8		4.500		
4:0.....g	0.173		0	FLC	4		0.097		
6:0.....g	0.064		0	FLC	4		0.036		
8:0.....g	0.058		0	FLC	4		0.033		
10:0.....g	0.096		0	FLC	4		0.054		

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.560		0	FLC	4		0.314		
13:0.....g	0.000		0	FLC	4		0.000		
14:0.....g	0.408		0	FLC	4		0.228		
15:0.....g	0.023		0	FLC	4		0.013		
16:0.....g	3.886		0	FLC	4		2.176		
17:0.....g	0.022		0	FLC	4		0.013		
18:0.....g	2.488		0	FLC	4		1.393		
20:0.....g	0.059		0	FLC	4		0.033		
22:0.....g	0.006		0	FLC	4		0.004		
24:0.....g	0.000		0	FLC	4		0.000		
Fatty acids, total monounsaturated.....g	8.104		0	FLC	4		4.538		
14:1.....g	0.017		0	FLC	4		0.009		
15:1.....g	0.000		0	FLC	4		0.000		
16:1 undifferentiated.....g	0.034		0	FLC	4		0.019		
17:1.....g	0.005		0	FLC	4		0.003		
18:1 undifferentiated.....g	7.877		0	FLC	4		4.411		
20:1.....g	0.172		0	FLC	4		0.096		
22:1 undifferentiated.....g	0.000		0	FLC	4		0.000		
24:1 c.....g	0.000		0	FLC	4		0.000		
Fatty acids, total polyunsaturated.....g	4.241		0	FLC	4		2.375		
18:2 undifferentiated.....g	4.230		0	FLC	4		2.369		
18:3 undifferentiated.....g	0.011		0	FLC	4		0.006		
18:4.....g	0.000		0	FLC	4		0.000		
20:2 n-6 c.c.....g	0.000		0	FLC	4		0.000		
20:3 undifferentiated.....g	0.000		0	FLC	4		0.000		
20:4 undifferentiated.....g	0.000		0	FLC	4		0.000		
20:5 n-3.....g	0.000		0	FLC	4		0.000		
22:5 n-3.....g	0.000		0	FLC	4		0.000		
22:6 n-3.....g	0.000		0	FLC	4		0.000		
Fatty acids, total trans.....g	0.000		0	FLC	4		0.000		
Cholesterol.....mg	9		1	LC	8		5		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0		
Caffeine.....mg	6		0	FLC	4		3		
Theobromine.....mg	60		0	FLC	4		33		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 serving 1 bar

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate4**

**Food Group: 19 Sweets**

NDB No. 19152

Candies, ROLO Caramels in Milk Chocolate

Hershey Food Corp.

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	4.60		1	MC	9		2.21	1.93	
Energy.....kcal	474		1	MC	9		228	199	
Energy.....kj	1984		0	MC	9		952	833	
Protein.....g	5.08		1	MC	9		2.44	2.13	
Total lipid (fat).....g	20.93		1	MC	9		10.05	8.79	
Ash.....g	1.27		1	MC	9		0.61	0.53	
Carbohydrate, by difference.....g	67.95		1	MC	9		32.62	28.54	
Fiber, total dietary.....g	0.9		1	MC	9		0.4	0.4	
Sugars, total.....g	63.93		1	MC	9		30.69	26.85	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	145		1	MC	9		70	61	
Iron, Fe.....mg	0.42		1	MC	9		0.20	0.18	
Magnesium, Mg.....mg	0		1	MC	9		0	0	
Phosphorus, P.....mg	71		1	MC	9		34	30	
Potassium, K.....mg	188		1	MC	9		90	79	
Sodium, Na.....mg	188		1	MC	9		90	79	
Zinc, Zn.....mg	0.00		1	MC	9		0.00	0.00	
Copper, Cu.....mg	0.000		1	MC	9		0.000	0.000	
Manganese, Mn.....mg	0.000		1	MC	9		0.000	0.000	
Selenium, Se.....mcg	0.0		1	MC	9		0.0	0.0	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.9		1	MC	9		0.4	0.4	
Thiamin.....mg	0.020		1	MC	9		0.010	0.008	
Riboflavin.....mg	0.120		1	MC	9		0.058	0.050	
Niacin.....mg	0.040		1	MC	9		0.019	0.017	
Pantothenic acid.....mg	0.000		1	MC	9		0.000	0.000	
Vitamin B-6.....mg	0.000		1	MC	9		0.000	0.000	
Folate, total.....mcg	0		1	MC	9		0	0	
Folic acid.....mcg	0		0	FLC	4		0	0	
Folate, food.....mcg	0		0	NR	4		0	0	
Folate, DFE.....mcg_DFE	0		0	NC	4		0	0	
Choline, total.....mg	20.1		0	O	4		9.6	8.4	
Betaine.....mg									
Vitamin B-12.....mcg	0.33		0	FLC	4		0.16	0.14	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	34		0	FLM	4		16	14	
Retinol.....mcg	33		0	FLM	4		16	14	
Carotene, beta.....mcg	0		0	FLM	4		0	0	
Carotene, alpha.....mcg	0		0	FLM	4		0	0	
Cryptoxanthin, beta.....mcg	0		0	FLM	4		0	0	
Vitamin A, IU.....IU	121		1	MC	9		58	51	
Lycopene.....mcg	0		0	FLM	4		0	0	
Lutein + zeaxanthin.....mcg	0		0	FLM	4		0	0	
Vitamin E (alpha-tocopherol).....mg	1.10		0	FLC	4		0.53	0.46	
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	3.2		0	FLC	4		1.6	1.4	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	14.542		0	NC	4		6.980	6.108	
4:0.....g	0.448		0	FLC	4		0.215	0.188	
6:0.....g	0.229		0	FLC	4		0.110	0.096	
8:0.....g	0.167		0	FLC	4		0.080	0.070	
10:0.....g	0.250		0	FLC	4		0.120	0.105	

NDB No. 19152  
 Candies, ROLO Caramels in Milk Chocolate

Nutrients and 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	0.275		0	FLC	4		0.132	0.115	
13:0.....g	0.000		0	FLC	4		0.000	0.000	
14:0.....g	0.947		0	FLC	4		0.454	0.398	
15:0.....g	0.045		0	FLC	4		0.022	0.019	
16:0.....g	6.535		0	FLC	4		3.137	2.745	
17:0.....g	0.049		0	FLC	4		0.024	0.021	
18:0.....g	5.423		0	FLC	4		2.603	2.277	
20:0.....g	0.137		0	FLC	4		0.066	0.058	
22:0.....g	0.038		0	FLC	4		0.018	0.016	
24:0.....g	0.000		0	FLC	4		0.000	0.000	
Fatty acids, total monounsaturated.....g	2.104		0	NC	4		1.010	0.884	
14:1.....g	0.007		0	FLC	4		0.004	0.003	
15:1.....g	0.000		0	FLC	4		0.000	0.000	
16:1 undifferentiated.....g	0.024		0	FLC	4		0.011	0.010	
17:1.....g	0.002		0	FLC	4		0.001	0.001	
18:1 undifferentiated.....g	2.068		0	FLC	4		0.993	0.869	
20:1.....g	0.002		0	FLC	4		0.001	0.001	
22:1 undifferentiated.....g	0.000		0	FLC	4		0.000	0.000	
24:1 c.....g	0.000		0	FLC	4		0.000	0.000	
Fatty acids, total polyunsaturated.....g	0.265		0	NC	4		0.127	0.111	
18:2 undifferentiated.....g	0.235		0	FLC	4		0.113	0.099	
18:3 undifferentiated.....g	0.030		0	FLC	4		0.014	0.013	
18:4.....g	0.000		0	FLC	4		0.000	0.000	
20:2 n-6 c.c.....g	0.000		0	FLC	4		0.000	0.000	
20:3 undifferentiated.....g	0.000		0	FLC	4		0.000	0.000	
20:4 undifferentiated.....g	0.000		0	FLC	4		0.000	0.000	
20:5 n-3.....g	0.000		0	FLC	4		0.000	0.000	
22:5 n-3.....g	0.000		0	FLC	4		0.000	0.000	
22:6 n-3.....g	0.000		0	FLC	4		0.000	0.000	
Fatty acids, total trans.....g	0.000		1	MC	9		0.000	0.000	
Cholesterol.....mg	12		1	MC	9		6	5	
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		1	MC	9		0.0	0.0	
Caffeine.....mg	6		1	LC	8		3	3	
Theobromine.....mg	52		1	LC	8		25	22	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 package 1 package

Measure 2 = 42g: 7 pieces

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 19 Sweets

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

NDB No. 19136  
 Candies, SKOR Toffee Bar  
 Hershey Food Corp.

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	1.57		1	MC	9		0.61		
Energy.....kcal	535		1	MC	9		209		
Energy.....kj	2240		0	MC	9		874		
Protein.....g	3.13		1	MC	9		1.22		
Total lipid (fat).....g	32.18		1	MC	9		12.55		
Ash.....g	1.20		1	MC	9		0.47		
Carbohydrate, by difference.....g	61.72		1	MC	9		24.07		
Fiber, total dietary.....g	1.3		1	MC	9		0.5		
Sugars, total.....g	59.89		1	MC	9		23.36		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg									
Iron, Fe.....mg	0.57		1	MC	9		0.22		
Magnesium, Mg.....mg	10		1	MC	9		4		
Phosphorus, P.....mg	61		1	MC	9		24		
Potassium, K.....mg	153		1	MC	9		60		
Sodium, Na.....mg	317		1	MC	9		124		
Zinc, Zn.....mg	0.17		1	MC	9		0.07		
Copper, Cu.....mg	0.040		1	MC	9		0.016		
Manganese, Mn.....mg	0.000		1	MC	9		0.000		
Selenium, Se.....mcg	0.0		1	MC	9		0.0		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.5		1	MC	9		0.2		
Thiamin.....mg	0.020		1	MC	9		0.008		
Riboflavin.....mg	0.100		1	MC	9		0.039		
Niacin.....mg	0.130		1	MC	9		0.051		
Pantothenic acid.....mg	0.040		1	MC	9		0.016		
Vitamin B-6.....mg									
Folate, total.....mcg	3		1	MC	9		1		
Folic acid.....mcg									
Folate, food.....mcg									
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	718		1	MC	9		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	18.780		1	MC	9		7.324		
Fatty acids, total monounsaturated.....g	9.290		1	MC	9		3.623		
Fatty acids, total polyunsaturated.....g	1.280		1	MC	9		0.499		
Fatty acids, total trans.....g									
Cholesterol.....mg	53		1	MC	9		21		
Phytosterols.....mg									
<b>Others:</b>									

**NDB No. 19136**  
**Candies, SKOR Toffee Bar**

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	Confidence	Measure 1	Measure 2	Measure 3
			Points	Code	Code	Code			
Alcohol, ethyl.....g	0.0		1	MC	9		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 = 39g: 1 bar 1.4 oz

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 19 Sweets

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

**NDB No. 19164**  
**Candies, SPECIAL DARK Chocolate Bar**

Hershey Food Corp.

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	0.90		1	MC	9		0.37	0.66	0.38
Energy.....kcal	556		0	NC	4		228	406	233
Energy.....kj	2222		0	MC	9		911	1622	933
Protein.....g	5.54		1	MC	9		2.27	4.04	2.33
Total lipid (fat).....g	32.40		1	MC	9		13.28	23.65	13.61
Ash.....g	0.67		1	MC	9		0.27	0.49	0.28
Carbohydrate, by difference.....g	60.49		0	NC	4		24.80	44.16	25.41
Fiber, total dietary.....g	6.5		1	MC	9		2.7	4.8	2.7
Sugars, total.....g	47.56		1	MC	9		19.50	34.72	19.98
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	30		1	MC	9		12	22	13
Iron, Fe.....mg	2.13		1	MC	9		0.87	1.55	0.89
Magnesium, Mg.....mg	31		1	MC	9		13	23	13
Phosphorus, P.....mg	51		1	MC	9		21	37	22
Potassium, K.....mg	502		1	MC	9		206	366	211
Sodium, Na.....mg	6		1	MC	9		2	4	2
Zinc, Zn.....mg	0.01		1	MC	9		0.00	0.01	0.00
Copper, Cu.....mg	0.020		1	MC	9		0.008	0.015	0.008
Manganese, Mn.....mg	0.000		1	MC	9		0.000	0.000	0.000
Selenium, Se.....mcg	0.3		1	MC	9		0.1	0.2	0.1
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		1	MC	9		0.0	0.0	0.0
Thiamin.....mg	0.000		1	MC	9		0.000	0.000	0.000
Riboflavin.....mg	0.010		1	MC	9		0.004	0.007	0.004
Niacin.....mg	0.000		1	MC	9		0.000	0.000	0.000
Pantothenic acid.....mg	0.000		1	MC	9		0.000	0.000	0.000
Vitamin B-6.....mg	0.000		1	MC	9		0.000	0.000	0.000
Folate, total.....mcg	0		1	MC	9		0	0	0
Folic acid.....mcg									
Folate, food.....mcg	0		1	MC	9		0	0	0
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									
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	5.140		1	MC	9		2.107	3.752	2.159
Fatty acids, total polyunsaturated.....g	0.440		1	MC	9		0.180	0.321	0.185
Fatty acids, total trans.....g									
Cholesterol.....mg	5		1	MC	9		2	4	2



NDB No. 19164  
 Candies, SPECIAL DARK Chocolate Bar

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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	0.0		1	MC	9		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 = 41g: 1 bar 1.45 oz

Measure 2 = 73g: 1 bar 2.6 oz

Measure 3 = 42g: 3 blocks

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 19 Sweets

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

**NDB No. 19093**  
**Candies, SYMPHONY Milk Chocolate Bar**  
*Hershey Food Corp.*

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	0.94		1	MC	9		0.39	0.64	
Energy.....kcal	531		1	MC	9		223	361	
Energy.....kj	2222		0	MC	9		933	1511	
Protein.....g	8.51		1	MC	9		3.57	5.79	
Total lipid (fat).....g	30.57		1	MC	9		12.84	20.79	
Ash.....g	1.61		1	MC	9		0.68	1.09	
Carbohydrate, by difference.....g	58.01		1	MC	9		24.36	39.45	
Fiber, total dietary.....g	1.7		1	MC	9		0.7	1.2	
Sugars, total.....g	53.96		1	MC	9		22.66	36.69	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	251		1	MC	9		105	170	
Iron, Fe.....mg	0.91		1	MC	9		0.38	0.62	
Magnesium, Mg.....mg									
Phosphorus, P.....mg	206		1	MC	9		87	140	
Potassium, K.....mg	438		1	MC	9		184	298	
Sodium, Na.....mg	101		1	MC	9		42	68	
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	2.2		1	MC	9		0.9	1.5	
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	229		1	MC	9		96	155	
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	18.340		1	MC	9		7.703	12.471	
Fatty acids, total monounsaturated.....g	7.910		1	MC	9		3.322	5.379	
Fatty acids, total polyunsaturated.....g	0.690		1	MC	9		0.290	0.469	
Fatty acids, total trans.....g									
Cholesterol.....mg	24		1	MC	9		10	16	
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. 19093**

**Candies, SYMPHONY Milk Chocolate Bar**

Measure 1 = 42g: 1 bar 1.5 oz

Measure 2 = 68g: 1 bar 2.4 oz

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 19 Sweets

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

NDB No. 19064

Candies, TOOTSIE ROLL, chocolate-flavor roll

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	6.69		1	A	1	D	2.68	0.44	
Energy.....kcal	387		0	NC	4		155	26	
Energy.....kj	1619		0	NC	4		648	107	
Protein (N x 6.25).....g	1.59		1	A	1	D	0.64	0.10	
Total lipid (fat).....g	3.31		1	A	1	D	1.32	0.22	
Ash.....g	0.68		1	A	1	D	0.27	0.04	
Carbohydrate, by difference.....g	87.73		0	NC	4		35.09	5.79	
Fiber, total dietary.....g	0.1		1	A	1	D	0.0	0.0	
Sugars, total.....g	56.32		1	A	1	D	22.53	3.72	
Sucrose.....g	39.35		1	A	1	D	15.74	2.60	
Glucose (dextrose).....g	7.85		1	A	1	D	3.14	0.52	
Fructose.....g	0.40		1	A	1	D	0.16	0.03	
Lactose.....g	2.18		1	A	1	D	0.87	0.14	
Maltose.....g	6.54		1	A	1	D	2.62	0.43	
Galactose.....g	0.00		1	A	1	D	0.00	0.00	
Starch.....g	15.30		1	A	1	D	6.12	1.01	
<b>Minerals:</b>									
Calcium, Ca.....mg	36		1	A	1	D	14	2	
Iron, Fe.....mg	0.80		1	A	1	D	0.32	0.05	
Magnesium, Mg.....mg	22		1	A	1	D	9	1	
Phosphorus, P.....mg	57		1	A	1	D	23	4	
Potassium, K.....mg	116		1	A	1	D	46	8	
Sodium, Na.....mg	44		1	A	1	D	18	3	
Zinc, Zn.....mg	0.40		1	A	1	D	0.16	0.03	
Copper, Cu.....mg	0.130		1	A	1	D	0.052	0.009	
Manganese, Mn.....mg	0.047		1	A	1	D	0.019	0.003	
Selenium, Se.....mcg	2.2		1	A	1	D	0.9	0.1	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		1	A	1	D	0.0	0.0	
Thiamin.....mg	0.056		1	A	1	D	0.022	0.004	
Riboflavin.....mg	0.070		1	A	1	D	0.028	0.005	
Niacin.....mg	0.210		1	A	1	D	0.084	0.014	
Pantothenic acid.....mg	0.290		1	A	1	D	0.116	0.019	
Vitamin B-6.....mg	0.010		1	A	1	D	0.004	0.001	
Folate, total.....mcg	9		1	A	1	D	4	1	
Folic acid.....mcg	3		1	A	1	D	1	0	
Folate, food.....mcg	6		1	AS	1		2	0	
Folate, DFE.....mcg_DFE	11		0	NC	4		4	1	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg	0.00		1	A	1	D	0.00	0.00	
Vitamin A, RAE.....mcg_RAE	0		0	AS	1		0	0	
Retinol.....mcg									
Carotene, beta.....mcg	0		1	A	1	D	0	0	
Carotene, alpha.....mcg	0		1	A	1	D	0	0	
Cryptoxanthin, beta.....mcg	0		1	A	1	D	0	0	
Vitamin A, IU.....IU	0		0	AS	1		0	0	
Lycopene.....mcg	0		1	A	1	D	0	0	
Lutein + zeaxanthin.....mcg	0		0	NR	4		0	0	
Vitamin E (alpha-tocopherol).....mg	0.65		1	A	1	D	0.26	0.04	
Tocopherol, beta.....mg	0.06		1	A	1	D	0.02	0.00	
Tocopherol, gamma.....mg	7.42		1	A	1	D	2.97	0.49	
Tocopherol, delta.....mg	3.18		1	A	1	D	1.27	0.21	
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	9.6		1	A	1	D	3.9	0.6	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.967		0	NC	4		0.387	0.064	

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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		1	A	1	D	0.000	0.000	
6:0.....g	0.000		1	A	1	D	0.000	0.000	
8:0.....g	0.067		1	A	1	D	0.027	0.004	
10:0.....g	0.025		1	A	1	D	0.010	0.002	
12:0.....g	0.000		1	A	1	D	0.000	0.000	
13:0.....g	0.000		1	A	1	D	0.000	0.000	
14:0.....g	0.000		1	A	1	D	0.000	0.000	
15:0.....g	0.000		1	A	1	D	0.000	0.000	
16:0.....g	0.467		1	A	1	D	0.187	0.031	
17:0.....g	0.000		1	A	1	D	0.000	0.000	
18:0.....g	0.396		1	A	1	D	0.158	0.026	
20:0.....g	0.013		1	A	1	D	0.005	0.001	
22:0.....g	0.000		1	A	1	D	0.000	0.000	
24:0.....g	0.000		1	A	1	D	0.000	0.000	
Fatty acids, total monounsaturated.....g	1.929		0	NC	4		0.772	0.127	
14:1.....g	0.000		1	A	1	D	0.000	0.000	
15:1.....g	0.000		1	A	1	D	0.000	0.000	
16:1 undifferentiated.....g	0.000		1	A	1	D	0.000	0.000	
17:1.....g	0.000		1	A	1	D	0.000	0.000	
18:1 undifferentiated.....g	1.907		0	A	1		0.763	0.126	
18:1 c.....g	1.188		1	A	1	D	0.475	0.078	
18:1-11c (18:1c n-7).....g									
18:1 t.....g	0.719		1	A	1	D	0.288	0.047	
18:1-11t (18:1t n-7).....g									
20:1.....g	0.000		1	A	1	D	0.000	0.000	
22:1 undifferentiated.....g	0.022		1	A	1	D	0.009	0.001	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.266		0	NC	4		0.106	0.018	
18:2 undifferentiated.....g	0.250		1	A	1	D	0.100	0.017	
18:3 undifferentiated.....g	0.000		0	A	1		0.000	0.000	
18:3 n-3 c,c,c.....g	0.016		1	A	1	D	0.006	0.001	
18:3 n-6 c,c,c.....g	0.000		1	A	1	D	0.000	0.000	
18:3i.....g									
18:4.....g									
20:2 n-6 c,c.....g	0.000		1	A	1	D	0.000	0.000	
20:3 undifferentiated.....g	0.000		1	A	1	D	0.000	0.000	
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000		1	A	1	D	0.000	0.000	
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g	0.000		1	A	1	D	0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3.....g									
22:6 n-3.....g	0.000		1	A	1	D	0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	2		1	A	1	D	1	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.190		0	A	1		0.076	0.013	
Threonine.....g	0.040		0	A	1		0.016	0.003	
Isoleucine.....g	0.060		0	A	1		0.024	0.004	
Leucine.....g	0.110		0	A	1		0.044	0.007	
Lysine.....g	0.090		0	A	1		0.036	0.006	
Methionine.....g	0.010		0	A	1		0.004	0.001	
Cystine.....g	0.000		0	A	1		0.000	0.000	
Phenylalanine.....g	0.050		0	A	1		0.020	0.003	
Tyrosine.....g	0.020		0	A	1		0.008	0.001	
Valine.....g	0.080		0	A	1		0.032	0.005	
Arginine.....g	0.060		0	A	1		0.024	0.004	
Histidine.....g	0.030		0	A	1		0.012	0.002	
Alanine.....g	0.060		0	A	1		0.024	0.004	

NDB No. 19064

Candies, TOOTSIE ROLL, chocolate-flavor roll

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Aspartic acid.....g	0.200		0	A	1		0.080	0.013	
Glutamic acid.....g	0.280		0	A	1		0.112	0.018	
Glycine.....g	0.050		0	A	1		0.020	0.003	
Proline.....g	0.030		0	A	1		0.012	0.002	
Serine.....g	0.080		0	A	1		0.032	0.005	
Hydroxyproline.....g	0.000		1	A	1	D	0.000	0.000	
<b>Others:</b>									
Alcohol, ethyl.....g									
Caffeine.....mg	7		1	A	1	D	3	0	
Theobromine.....mg	75		1	A	1	D	30	5	

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

**Common Measures:**

Measure 1 = 40g: 1 serving 6 pieces

Measure 2 = 6.6g: 1 piece

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate4**

**Food Group: 19 Sweets**

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

**NDB No. 19067**  
**Candies, TWIZZLERS CHERRY BITES**  
*Hershey Food Corp.*

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	15.00		1	MC	9		6.00		
Energy.....kcal	338		1	MC	9		135		
Energy.....kj	1413		0	MC	9		565		
Protein (N x 6.25).....g	2.97		1	MC	9		1.19		
Total lipid (fat).....g	1.70		1	MC	9		0.68		
Ash.....g	0.79		1	MC	9		0.32		
Carbohydrate, by difference.....g	79.38		1	MC	9		31.75		
Fiber, total dietary.....g	0.1		1	MC	9		0.0		
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	12		1	MC	9		5		
Iron, Fe.....mg	0.55		1	MC	9		0.22		
Magnesium, Mg.....mg									
Phosphorus, P.....mg	47		1	MC	9		19		
Potassium, K.....mg	14		1	MC	9		6		
Sodium, Na.....mg	261		1	MC	9		104		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		1	MC	9		0.0		
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	0		1	MC	9		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	0.250		1	MC	9		0.100		
Fatty acids, total monounsaturated.....g	0.490		1	MC	9		0.196		
Fatty acids, total polyunsaturated.....g	0.040		1	MC	9		0.016		
Fatty acids, total trans.....g	0.540		1	MC	9		0.216		
Cholesterol.....mg	0		1	MC	9		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. 19067**

**Candies, TWIZZLERS CHERRY BITES**

Measure 1 = 40g: 18 pieces

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 19 Sweets

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



**NDB No. 19092**  
**Candies, TWIZZLERS NIBS CHERRY BITS**  
*Hershey Food Corp.*

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	15.00		1	MC	9		6.00		
Energy.....kcal	347		1	MC	9		139		
Energy.....kj	1453		0	MC	9		581		
Protein (N x 6.25).....g	2.30		1	MC	9		0.92		
Total lipid (fat).....g	2.64		1	MC	9		1.06		
Ash.....g	0.57		1	MC	9		0.23		
Carbohydrate, by difference.....g	79.37		1	MC	9		31.75		
Fiber, total dietary.....g	0.6		1	MC	9		0.3		
Sugars, total.....g	51.35		1	MC	9		20.54		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	8		1	MC	9		3		
Iron, Fe.....mg	0.28		1	MC	9		0.11		
Magnesium, Mg.....mg									
Phosphorus, P.....mg	24		1	MC	9		10		
Potassium, K.....mg	37		1	MC	9		15		
Sodium, Na.....mg	195		1	MC	9		78		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		1	MC	9		0.0		
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	0		1	MC	9		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	0.540		1	MC	9		0.216		
Fatty acids, total monounsaturated.....g	1.880		1	MC	9		0.752		
Fatty acids, total polyunsaturated.....g	0.140		1	MC	9		0.056		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1	MC	9		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. 19092**

**Candies, TWIZZLERS NIBS CHERRY BITS**

Measure 1 = 40g: 27 pieces

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 19 Sweets

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

**NDB No. 19112**  
**Candies, TWIZZLERS Strawberry Twists Candy**  
*Hershey Food Corp.*

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g									
Energy.....kcal	350	4.034	3	LC	8		248	133	157
Energy.....kj	1464		0	LC	8		1039	556	659
Protein.....g	2.56	0.176	3	LC	8		1.82	0.97	1.15
Total lipid (fat).....g	2.32	0.158	3	LC	8		1.65	0.88	1.04
Ash.....g									
Carbohydrate, by difference.....g	79.74	0.406	3	LC	8		56.62	30.30	35.88
Fiber, total dietary.....g	0.0	0.000	3	LC	8		0.0	0.0	0.0
Sugars, total.....g	39.64	0.182	3	LC	8		28.14	15.06	17.84
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	0	0.000	3	LC	8		0	0	0
Iron, Fe.....mg	0.51			LC	8		0.36	0.19	0.23
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	287	2.503	3	LC	8		204	109	129
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0	0.000	3	LC	8		0.0	0.0	0.0
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	0	0.000	3	LC	8		0	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	0.000	0.000	3	LC	8		0.000	0.000	0.000
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0	0.000	3	LC	8		0	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. 19112**

**Candies, TWIZZLERS Strawberry Twists Candy**

Measure 1 = 71g: 2.5 oz 2.5 oz

Measure 2 = 38g: 4 pieces from 5 oz package

Measure 3 = 45g: 4 pieces from 8 oz package

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 19 Sweets

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

**NDB No. 19162**  
**Candies, WHATCHAMACALLIT Candy Bar**  
*Hershey Food Corp.*

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	3.04		1	MC	9		1.46		
Energy.....kcal	494		1	MC	9		237		
Energy.....kj	2067		0	MC	9		992		
Protein.....g	8.04		1	MC	9		3.86		
Total lipid (fat).....g	23.68		1	MC	9		11.37		
Ash.....g	1.66		1	MC	9		0.80		
Carbohydrate, by difference.....g	63.23		1	MC	9		30.35		
Fiber, total dietary.....g	1.9		1	MC	9		0.9		
Sugars, total.....g	48.86		1	MC	9		23.45		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	118		1	MC	9		57		
Iron, Fe.....mg	1.13		1	MC	9		0.54		
Magnesium, Mg.....mg	28		1	MC	9		14		
Phosphorus, P.....mg	138		1	MC	9		66		
Potassium, K.....mg	303		1	MC	9		146		
Sodium, Na.....mg	299		1	MC	9		144		
Zinc, Zn.....mg	0.43		1	MC	9		0.21		
Copper, Cu.....mg	0.120		1	MC	9		0.058		
Manganese, Mn.....mg	0.330		1	MC	9		0.158		
Selenium, Se.....mcg	0.7		1	MC	9		0.3		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.9		1	MC	9		0.4		
Thiamin.....mg	0.110		1	MC	9		0.053		
Riboflavin.....mg	0.210		1	MC	9		0.101		
Niacin.....mg	2.470		1	MC	9		1.186		
Pantothenic acid.....mg	0.260		1	MC	9		0.125		
Vitamin B-6.....mg	0.040		1	MC	9		0.019		
Folate, total.....mcg	18		1	MC	9		9		
Folic acid.....mcg	0		0	O	4		0		
Folate, food.....mcg	18		0	FLM	4		8		
Folate, DFE.....mcg_DFE	18		0	NC	4		8		
Choline, total.....mg	25.0		0	O	4		12.0		
Betaine.....mg									
Vitamin B-12.....mcg	0.37		0	FLM	4		0.18		
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....mcg_RAE	38		0	FLM	4		18		
Retinol.....mcg	37		0	FLM	4		18		
Carotene, beta.....mcg	1		0	FLM	4		1		
Carotene, alpha.....mcg	0		0	FLM	4		0		
Cryptoxanthin, beta.....mcg	0		0	FLM	4		0		
Vitamin A, IU.....IU	134		1	MC	9		64		
Lycopene.....mcg	0		0	FLM	4		0		
Lutein + zeaxanthin.....mcg	0		0	FLM	4		0		
Vitamin E (alpha-tocopherol).....mg	1.27		0	FLM	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	4.3		0	FLM	4		2.1		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	17.040		1	MC	9		8.179		
4:0.....g	0.403		0	FLM	4		0.193		
6:0.....g	0.169		0	FLM	4		0.081		
8:0.....g	0.334		0	FLM	4		0.160		
10:0.....g	0.449		0	FLM	4		0.216		

NDB No. 19162  
 Candies, WHATCHAMACALLIT Candy Bar

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	3.660		0	FLM	4		1.757		
13:0.....g	0.000		0	FLM	4		0.000		
14:0.....g	1.801		0	FLM	4		0.865		
15:0.....g	0.048		0	FLM	4		0.023		
16:0.....g	5.260		0	FLM	4		2.525		
17:0.....g	0.053		0	FLM	4		0.025		
18:0.....g	4.715		0	FLM	4		2.263		
20:0.....g	0.122		0	FLM	4		0.059		
22:0.....g	0.013		0	FLM	4		0.006		
24:0.....g	0.000		0	FLM	4		0.000		
Fatty acids, total monounsaturated.....g	3.780		1	MC	9		1.814		
14:1.....g	0.016		0	FLM	4		0.008		
15:1.....g	0.000		0	FLM	4		0.000		
16:1 undifferentiated.....g	0.040		0	FLM	4		0.019		
17:1.....g	0.004		0	FLM	4		0.002		
18:1 undifferentiated.....g	2.146		0	FLM	4		1.030		
20:1.....g	0.001		0	FLM	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
24:1 c.....g	0.000		0	FLM	4		0.000		
Fatty acids, total polyunsaturated.....g	0.830		1	MC	9		0.398		
18:2 undifferentiated.....g	0.761		0	FLM	4		0.366		
18:3 undifferentiated.....g	0.027		0	FLM	4		0.013		
18:4.....g	0.000		0	FLM	4		0.000		
20:2 n-6 c.c.....g	0.000		0	FLM	4		0.000		
20:3 undifferentiated.....g	0.000		0	FLM	4		0.000		
20:4 undifferentiated.....g	0.000		0	FLM	4		0.000		
20:5 n-3.....g	0.000		0	FLM	4		0.000		
22:5 n-3.....g	0.000		0	FLM	4		0.000		
22:6 n-3.....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans.....g	0.120		1	MC	9		0.058		
Cholesterol.....mg	12		1	MC	9		6		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		1	MC	9		0.0		
Caffeine.....mg	10		0	FLM	4		5		
Theobromine.....mg	100		0	FLM	4		48		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 bar 1.7 oz

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group: 19 Sweets**

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

**NDB No. 19181**  
**Candies, YORK BITES**  
*Hershey Food Corp.*

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	9.09		1	MC	9		3.55		
Energy.....kcal	394		1	MC	9		153		
Energy.....kj	1647		0	MC	9		642		
Protein (N x 6.25).....g	1.78		1	MC	9		0.69		
Total lipid (fat).....g	7.32		1	MC	9		2.85		
Ash.....g	0.17		0	T	4		0.07		
Carbohydrate, by difference.....g	81.64		1	MC	9		31.84		
Fiber, total dietary.....g	2.0		1	MC	9		0.8		
Sugars, total.....g	75.00		1	MC	9		29.25		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	10		1	MC	9		4		
Iron, Fe.....mg	0.94		1	MC	9		0.37		
Magnesium, Mg.....mg	1		1	MC	9		1		
Phosphorus, P.....mg	3		1	MC	9		1		
Potassium, K.....mg	108		1	MC	9		42		
Sodium, Na.....mg	46		1	MC	9		18		
Zinc, Zn.....mg	0.01		1	MC	9		0.00		
Copper, Cu.....mg	0.000		1	MC	9		0.000		
Manganese, Mn.....mg	0.000		1	MC	9		0.000		
Selenium, Se.....mcg	0.0		1	MC	9		0.0		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		1	MC	9		0.0		
Thiamin.....mg	0.000		1	MC	9		0.000		
Riboflavin.....mg	0.000		1	MC	9		0.000		
Niacin.....mg	0.000		1	MC	9		0.000		
Pantothenic acid.....mg	0.000		1	MC	9		0.000		
Vitamin B-6.....mg	0.000		1	MC	9		0.000		
Folate, total.....mcg	0		1	MC	9		0		
Folic acid.....mcg									
Folate, food.....mcg									
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	7		1	MC	9		3		
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	4.430		1	MC	9		1.728		
Fatty acids, total monounsaturated.....g	0.480		1	MC	9		0.187		
Fatty acids, total polyunsaturated.....g	0.100		1	MC	9		0.039		
Fatty acids, total trans.....g									
Cholesterol.....mg	1		1	MC	9		0		
Phytosterols.....mg									
<b>Others:</b>									

**NDB No. 19181**  
**Candies, YORK BITES**

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		1	MC	9		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 = 39g: 15 pieces

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 19 Sweets

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



**NDB No. 19091**  
**Candies, YORK Peppermint Pattie**  
*Hershey Food Corp.*

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	9.03		1	MC	9		3.88		
Energy.....kcal	384		1	MC	9		165		
Energy.....kj	1606		0	MC	9		691		
Protein.....g	2.19		1	MC	9		0.94		
Total lipid (fat).....g	7.17		1	MC	9		3.08		
Ash.....g	0.14		1	MC	9		0.06		
Carbohydrate, by difference.....g	80.99		1	MC	9		34.83		
Fiber, total dietary.....g	2.0		1	MC	9		0.9		
Sugars, total.....g	63.78		1	MC	9		27.43		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	11		1	MC	9		5		
Iron, Fe.....mg	0.92		1	MC	9		0.40		
Magnesium, Mg.....mg									
Phosphorus, P.....mg	0		1	MC	9		0		
Potassium, K.....mg	111		1	MC	9		48		
Sodium, Na.....mg	28		1	MC	9		12		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		1	MC	9		0.0		
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	7		1	MC	9		3		
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	4.340		1	MC	9		1.866		
Fatty acids, total monounsaturated.....g	0.410		1	MC	9		0.176		
Fatty acids, total polyunsaturated.....g	0.110		1	MC	9		0.047		
Fatty acids, total trans.....g									
Cholesterol.....mg	1		1	MC	9		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. 19091**

**Candies, YORK Peppermint Pattie**

Measure 1 = 43g: 1 patty 1.5 oz

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 19 Sweets

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

NDB No. 19070  
Candies, butterscotch

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	5.25		0	FLC	4		1.49	0.84	
Energy.....kcal	391		0	NC	4		111	63	
Energy.....kj	1638		0	NC	4		464	262	
Protein (N x 6.25).....g	0.03		0	FLC	4		0.01	0.01	
Total lipid (fat).....g	3.30		0	FLC	4		0.94	0.53	
Ash.....g	1.01		0	FLC	4		0.29	0.16	
Carbohydrate, by difference.....g	90.40		0	NC	4		25.63	14.46	
Fiber, total dietary.....g	0.0		0	FLC	4		0.0	0.0	
Sugars, total.....g	80.46		0	FLC	4		22.81	12.87	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	4		0	FLC	4		1	1	
Iron, Fe.....mg	0.01		0	FLC	4		0.00	0.00	
Magnesium, Mg.....mg	0		0	FLC	4		0	0	
Phosphorus, P.....mg	1		0	FLC	4		0	0	
Potassium, K.....mg	3		0	FLC	4		1	0	
Sodium, Na.....mg	391		0	FLC	4		111	63	
Zinc, Zn.....mg	0.09		0	FLC	4		0.03	0.01	
Copper, Cu.....mg	0.001		0	FLC	4		0.000	0.000	
Manganese, Mn.....mg	0.001		0	FLC	4		0.000	0.000	
Selenium, Se.....mcg	0.6		0	FLC	4		0.2	0.1	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	FLC	4		0.0	0.0	
Thiamin.....mg	0.012		0	FLC	4		0.003	0.002	
Riboflavin.....mg	0.016		0	FLC	4		0.004	0.003	
Niacin.....mg	0.002		0	FLC	4		0.000	0.000	
Pantothenic acid.....mg	0.004		0	FLC	4		0.001	0.001	
Vitamin B-6.....mg	0.000		0	FLC	4		0.000	0.000	
Folate, total.....mcg	0		0	FLC	4		0	0	
Folic acid.....mcg	0		0	FLC	4		0	0	
Folate, food.....mcg	0		0	FLC	4		0	0	
Folate, DFE.....mcg_DFE	0		0	NC	4		0	0	
Choline, total.....mg	0.8		0	O	4		0.2	0.1	
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	FLC	4		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	FLC	4		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	28		0	NC	4		8	4	
Retinol.....mcg	27		0	FLC	4		8	4	
Carotene, beta.....mcg	6		0	FLC	4		2	1	
Carotene, alpha.....mcg	0		0	FLC	4		0	0	
Cryptoxanthin, beta.....mcg	0		0	FLC	4		0	0	
Vitamin A, IU.....IU	100		0	FLC	4		28	16	
Lycopene.....mcg	0		0	FLC	4		0	0	
Lutein + zeaxanthin.....mcg	0		0	FLC	4		0	0	
Vitamin E (alpha-tocopherol).....mg	0.09		0	FLC	4		0.03	0.01	
Vitamin E, added.....mg	0.00		0	FLC	4		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.3		0	FLC	4		0.1	0.0	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	2.065		0	FLC	4		0.585	0.330	
4:0.....g	0.130		0	FLC	4		0.037	0.021	
6:0.....g	0.081		0	FLC	4		0.023	0.013	
8:0.....g	0.048		0	FLC	4		0.014	0.008	
10:0.....g	0.102		0	FLC	4		0.029	0.016	

**NDB No. 19070**  
**Candies, butterscotch**

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
12:0.....g	0.104		0	FLC	4		0.029	0.017	
13:0.....g									
14:0.....g	0.299		0	FLC	4		0.085	0.048	
15:0.....g									
16:0.....g	0.872		0	FLC	4		0.247	0.140	
17:0.....g	0.022		0	FLC	4		0.006	0.004	
18:0.....g	0.402		0	FLC	4		0.114	0.064	
20:0.....g	0.006		0	FLC	4		0.002	0.001	
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.845		0	FLC	4		0.240	0.135	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.039		0	FLC	4		0.011	0.006	
17:1.....g									
18:1 undifferentiated.....g	0.802		0	FLC	4		0.227	0.128	
20:1.....g	0.004		0	FLC	4		0.001	0.001	
22:1 undifferentiated.....g	0.000		0	FLC	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.122		0	FLC	4		0.035	0.020	
18:2 undifferentiated.....g	0.110		0	FLC	4		0.031	0.018	
18:3 undifferentiated.....g	0.013		0	FLC	4		0.004	0.002	
18:4.....g	0.000		0	FLC	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLC	4		0.000	0.000	
20:5 n-3.....g	0.000		0	FLC	4		0.000	0.000	
22:5 n-3.....g	0.000		0	FLC	4		0.000	0.000	
22:6 n-3.....g	0.000		0	FLC	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	9		0	FLC	4		2	1	
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0	0.0	
Caffeine.....mg	0		0	FLC	4		0	0	
Theobromine.....mg	0		0	FLC	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 = 28.35g: 1 oz

Measure 2 = 16g: 3 pieces

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate4**

**Food Group: 19 Sweets**

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

**NDB No. 19074**  
**Candies, caramels**

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	8.50	0.343	5		1		6.04	0.86	
Energy.....kcal	382		0	NC	4		271	39	
Energy.....kj	1598		0	NC	4		1135	161	
Protein (N x 6.4).....g	4.60	0.126	3		1		3.27	0.46	
Total lipid (fat).....g	8.10		1		1		5.75	0.82	
Ash.....g	1.80	0.049	3		1		1.28	0.18	
Carbohydrate, by difference.....g	77.00		0	NC	4		54.67	7.78	
Fiber, total dietary.....g	0.0		0	FLC	4		0.0	0.0	
Sugars, total.....g	65.50		0	LC	8		46.51	6.62	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	138	7.131	41		1		98	14	
Iron, Fe.....mg	0.14	0.048	41		1		0.10	0.01	
Magnesium, Mg.....mg	17	0.874	41		1		12	2	
Phosphorus, P.....mg	114	5.475	40		1		81	12	
Potassium, K.....mg	214	12.300	42		1		152	22	
Sodium, Na.....mg	245	13.433	42		1		174	25	
Zinc, Zn.....mg	0.44	0.029	42		1		0.31	0.04	
Copper, Cu.....mg	0.018	0.002	41		1		0.013	0.002	
Manganese, Mn.....mg	0.011	0.002	41		1		0.008	0.001	
Selenium, Se.....mcg	1.8	0.367	12	A	1		1.3	0.2	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.4		0	FLC	4		0.3	0.0	
Thiamin.....mg	0.103		0	FLC	4		0.073	0.010	
Riboflavin.....mg	0.256		0	FLC	4		0.181	0.026	
Niacin.....mg	0.148		0	FLC	4		0.105	0.015	
Pantothenic acid.....mg	0.620		0	FLC	4		0.440	0.063	
Vitamin B-6.....mg	0.056		0	FLC	4		0.039	0.006	
Folate, total.....mcg	4		0	FLC	4		2	0	
Folic acid.....mcg	0		0	FLC	4		0	0	
Folate, food.....mcg	4		0	FLC	4		2	0	
Folate, DFE.....mcg_DFE	4		0	NC	4		2	0	
Choline, total.....mg	8.0		0	O	4		5.7	0.8	
Betaine.....mg									
Vitamin B-12.....mcg	0.30		0	FLC	4		0.21	0.03	
Vitamin B-12, added.....mcg	0.00		0	FLC	4		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	12		0	FLC	4		8	1	
Retinol.....mcg	11		0	FLC	4		8	1	
Carotene, beta.....mcg	2		0	FLC	4		2	0	
Carotene, alpha.....mcg	0		0	FLC	4		0	0	
Cryptoxanthin, beta.....mcg	0		0	FLC	4		0	0	
Vitamin A, IU.....IU	42		0	FLC	4		30	4	
Lycopene.....mcg	0		0	FLC	4		0	0	
Lutein + zeaxanthin.....mcg	0		0	FLC	4		0	0	
Vitamin E (alpha-tocopherol).....mg	0.46		0	NR	4		0.33	0.05	
Vitamin E, added.....mg	0.00		0	FLC	4		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	1.8		0	FLC	4		1.2	0.2	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	2.476		0	FLC	4		1.758	0.250	
4:0.....g	0.047		0	FLC	4		0.033	0.005	
6:0.....g	0.012		0	FLC	4		0.009	0.001	
8:0.....g	0.013		0	FLC	4		0.009	0.001	
10:0.....g	0.026		0	FLC	4		0.019	0.003	

**NDB No. 19074**  
**Candies, caramels**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.016		0	FLC	4		0.011	0.002	
13:0.....g									
14:0.....g	0.190		0	FLC	4		0.135	0.019	
15:0.....g									
16:0.....g	1.880		0	FLC	4		1.335	0.190	
17:0.....g									
18:0.....g	0.293		0	FLC	4		0.208	0.030	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.542		0	FLC	4		1.095	0.156	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.095		0	FLC	4		0.067	0.010	
17:1.....g									
18:1 undifferentiated.....g	1.447		0	FLC	4		1.027	0.146	
20:1.....g	0.000		0	FLC	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLC	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.478		0	FLC	4		2.469	0.351	
18:2 undifferentiated.....g	3.447		0	FLC	4		2.447	0.348	
18:3 undifferentiated.....g	0.025		0	FLC	4		0.018	0.002	
18:4.....g	0.000		0	FLC	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.007		0	FLC	4		0.005	0.001	
20:5 n-3.....g	0.000		0	FLC	4		0.000	0.000	
22:5 n-3.....g	0.000		0	FLC	4		0.000	0.000	
22:6 n-3.....g	0.000		0	FLC	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	7	0.333	3		1		5	1	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.060		0		1		0.043	0.006	
Threonine.....g	0.192		0		1		0.136	0.019	
Isoleucine.....g	0.258		0		1		0.183	0.026	
Leucine.....g	0.417		0		1		0.296	0.042	
Lysine.....g	0.338		0		1		0.240	0.034	
Methionine.....g	0.107		0		1		0.076	0.011	
Cystine.....g	0.039		0		1		0.028	0.004	
Phenylalanine.....g	0.205		0		1		0.146	0.021	
Tyrosine.....g	0.205		0		1		0.146	0.021	
Valine.....g	0.285		0		1		0.202	0.029	
Arginine.....g	0.155		0		1		0.110	0.016	
Histidine.....g	0.115		0		1		0.082	0.012	
Alanine.....g	0.147		0		1		0.104	0.015	
Aspartic acid.....g	0.323		0		1		0.229	0.033	
Glutamic acid.....g	0.892		0		1		0.633	0.090	
Glycine.....g	0.091		0		1		0.065	0.009	
Proline.....g	0.412		0		1		0.293	0.042	
Serine.....g	0.232		0		1		0.165	0.023	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0	0.0	
Caffeine.....mg	0		0	FLC	4		0	0	
Theobromine.....mg	0		0	FLC	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. 19074**  
**Candies, caramels**

Measure 1 = 71g: 1 package (2.5 oz)

Measure 2 = 10.1g: 1 piece

**Calories Factors: Protein 4.3**

**Fat 8.6**

**Carbohydrate 3.8**

**Food Group: 19 Sweets**

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

NDB No. 19076

Candies, caramels, chocolate-flavor roll

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	6.69		1	A	1	D	2.68	0.44	4.28
Energy.....kcal	396		0	NC	4		158	26	253
Energy.....kj	1656		0	NC	4		663	109	1060
Protein (N x 6.25).....g	1.59		1	A	1	D	0.64	0.10	1.02
Total lipid (fat).....g	5.07		0	NR	4	D	2.03	0.33	3.24
Ash.....g	0.68		1	A	1	D	0.27	0.04	0.44
Carbohydrate, by difference.....g	85.97		0	NC	4		34.39	5.67	55.02
Fiber, total dietary.....g	0.1		1	A	1	D	0.0	0.0	0.0
Sugars, total.....g	56.32		1	A	1	D	22.53	3.72	36.04
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	36		1	A	1	D	14	2	23
Iron, Fe.....mg	0.80		1	A	1	D	0.32	0.05	0.51
Magnesium, Mg.....mg	22		1	A	1	D	9	1	14
Phosphorus, P.....mg	57		1	A	1	D	23	4	36
Potassium, K.....mg	116		1	A	1	D	46	8	74
Sodium, Na.....mg	44		1	A	1	D	18	3	28
Zinc, Zn.....mg	0.40		1	A	1	D	0.16	0.03	0.26
Copper, Cu.....mg	0.130		1	A	1	D	0.052	0.009	0.083
Manganese, Mn.....mg	0.047		1	A	1	D	0.019	0.003	0.030
Selenium, Se.....mcg	2.2		1	A	1	D	0.9	0.1	1.4
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		1	A	1	D	0.0	0.0	0.0
Thiamin.....mg	0.056		1	A	1	D	0.022	0.004	0.036
Riboflavin.....mg	0.070		1	A	1	D	0.028	0.005	0.045
Niacin.....mg	0.210		1	A	1	D	0.084	0.014	0.134
Pantothenic acid.....mg	0.290		1	A	1	D	0.116	0.019	0.186
Vitamin B-6.....mg	0.010		1	A	1	D	0.004	0.001	0.006
Folate, total.....mcg	9		1	A	1	D	4	1	6
Folic acid.....mcg	3		1	A	1	D	1	0	2
Folate, food.....mcg	6		1	AS	1		2	0	4
Folate, DFE.....mcg_DFE	11		0	NC	4		4	1	7
Choline, total.....mg	18.7		0	AS	1		7.5	1.2	12.0
Betaine.....mg									
Vitamin B-12.....mcg	0.00		1	A	1	D	0.00	0.00	0.00
Vitamin B-12, added.....mcg	0.00		0	FLC	4		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0	0	0
Retinol.....mcg	0		0	FLC	4		0	0	0
Carotene, beta.....mcg	0		1	A	1	D	0	0	0
Carotene, alpha.....mcg	0		1	A	1	D	0	0	0
Cryptoxanthin, beta.....mcg	0		1	A	1	D	0	0	0
Vitamin A, IU.....IU	0		0	AS	1		0	0	0
Lycopene.....mcg	0		1	A	1	D	0	0	0
Lutein + zeaxanthin.....mcg	1		0	FLC	4		0	0	1
Vitamin E (alpha-tocopherol).....mg	0.65		1	A	1	D	0.26	0.04	0.42
Vitamin E, added.....mg	0.00		0	FLC	4		0.00	0.00	0.00
Tocopherol, beta.....mg	0.06		1	A	1	D	0.02	0.00	0.04
Tocopherol, gamma.....mg	7.42		1	A	1	D	2.97	0.49	4.75
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	9.6		1	A	1	D	3.9	0.6	6.2
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.963		0	NC	4		0.385	0.064	0.616
4:0.....g	0.001		0	FLC	4		0.000	0.000	0.000
6:0.....g	0.000		0	FLC	4		0.000	0.000	0.000
8:0.....g	0.000		0	FLC	4		0.000	0.000	0.000
10:0.....g	0.000		0	FLC	4		0.000	0.000	0.000





NDB No. 19076

Candies, caramels, chocolate-flavor roll

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Hydroxyproline.....g	0.000		1	A	1	D	0.000	0.000	0.000
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0	0.0	0.0
Caffeine.....mg	7		1	A	1	D	3	0	4
Theobromine.....mg	75		1	A	1	D	30	5	48

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

**Common Measures:**

Measure 1 = 40g: 1 serving 6 pieces

Measure 2 = 6.6g: 1 piece

Measure 3 = 64g: 1 bar 2.25 oz

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate4**

**Food Group: 19 Sweets**

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

NDB No. 19071  
Candies, carob, unsweetened

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	1.54		5	A	1		0.44	1.34	
Energy.....kcal	540		0	NC	4		153	470	
Energy.....kj	2259		0	NC	4		641	1966	
Protein (N x 6.25).....g	8.15		3	A	1		2.31	7.09	
Total lipid (fat).....g	31.36		5	A	1		8.89	27.28	
Ash.....g	2.66		3	A	1		0.75	2.31	
Carbohydrate, by difference.....g	56.29		0	NC	4		15.96	48.97	
Fiber, total dietary.....g	3.8		2	A	1		1.1	3.3	
Sugars, total.....g	34.11		0	FLA	4		9.67	29.68	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	303		3	A	1		86	264	
Iron, Fe.....mg	1.29		2	A	1		0.37	1.12	
Magnesium, Mg.....mg	36		3	A	1		10	31	
Phosphorus, P.....mg	126		2	A	1		36	110	
Potassium, K.....mg	633		3	A	1		179	551	
Sodium, Na.....mg	107		2	A	1		30	93	
Zinc, Zn.....mg	3.53		3	A	1		1.00	3.07	
Copper, Cu.....mg	0.183		2	A	1		0.052	0.159	
Manganese, Mn.....mg	0.140		1	A	1		0.040	0.122	
Selenium, Se.....mcg	5.2		0	FLA	4		1.5	4.5	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.5		2	A	1		0.1	0.4	
Thiamin.....mg	0.100		3	A	1		0.028	0.087	
Riboflavin.....mg	0.178		2	A	1		0.050	0.155	
Niacin.....mg	1.040		3	A	1		0.295	0.905	
Pantothenic acid.....mg	0.750		3	A	1		0.213	0.653	
Vitamin B-6.....mg	0.130		3	A	1		0.037	0.113	
Folate, total.....mcg	21		0	FLA	4		6	19	
Folic acid.....mcg	0		0	FLA	4		0	0	
Folate, food.....mcg	21		0	FLA	4		6	19	
Folate, DFE.....mcg_DFE	21		0	NC	4		6	19	
Choline, total.....mg	19.0		0	FLA	4		5.4	16.6	
Betaine.....mg									
Vitamin B-12.....mcg	0.28		0	FLA	4		0.08	0.24	
Vitamin B-12, added.....mcg	0.00		0	FLA	4		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	1		0	FLA	4		0	1	
Retinol.....mcg	0		0	FLA	4		0	0	
Carotene, beta.....mcg	5		0	FLA	4		2	5	
Carotene, alpha.....mcg	0		0	FLA	4		0	0	
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0	0	
Vitamin A, IU.....IU	10		0	NC	4		3	9	
Lycopene.....mcg	0		0	FLA	4		0	0	
Lutein + zeaxanthin.....mcg	0		0	FLA	4		0	0	
Vitamin E (alpha-tocopherol).....mg	1.57		0	FLA	4		0.44	1.37	
Vitamin E, added.....mg	0.00		0	FLA	4		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	7.7		0	FLA	4		2.2	6.7	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	29.018		2	A	1		8.227	25.246	
4:0.....g	0.027		0	FLA	4		0.008	0.023	
6:0.....g	0.052		0	FLA	4		0.015	0.045	
8:0.....g	0.824		0	FLA	4		0.234	0.717	
10:0.....g	1.028		0	FLA	4		0.292	0.895	

NDB No. 19071  
 Candies, carob, unsweetened

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	17.649		0	FLA	4		5.003	15.355	
13:0.....g									
14:0.....g	6.257		0	FLA	4		1.774	5.443	
15:0.....g									
16:0.....g	2.533		0	FLA	4		0.718	2.204	
17:0.....g									
18:0.....g	0.632		0	FLA	4		0.179	0.550	
20:0.....g	0.012		0	FLA	4		0.003	0.011	
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.483		0	FLA	4		0.137	0.420	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0	FLA	4		0.000	0.001	
17:1.....g									
18:1 undifferentiated.....g	0.482		0	FLA	4		0.137	0.419	
20:1.....g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.295		0	FLA	4		0.084	0.257	
18:2 undifferentiated.....g	0.264		0	FLA	4		0.075	0.230	
18:3 undifferentiated.....g	0.031		2	A	1		0.009	0.027	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3.....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans.....g	0.000		0	FLA	4		0.000	0.000	
Cholesterol.....mg	1		0	FLA	4		0	1	
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	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 = 28.35g: 1 oz

Measure 2 = 87g: 1 bar (3 oz)

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate4**

**Food Group: 19 Sweets**

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

NDB No. 43031

Candies, chocolate covered, caramel with nuts

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	6.10		0		4		0.85		
Energy.....kcal	470		0	NC	4		66		
Energy.....kj	1965		0	NC	4		275		
Protein.....g	9.50		1		1		1.33		
Total lipid (fat).....g	21.00		1		1		2.94		
Ash.....g	2.73		0	BFZN	4		0.38		
Carbohydrate, by difference.....g	60.67		0	NC	4		8.49		
Fiber, total dietary.....g	4.3		0		4		0.6		
Sugars, total.....g	41.35		0	O	4		5.79		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	78		0		4		11		
Iron, Fe.....mg	1.70		1		1		0.24		
Magnesium, Mg.....mg	81		0		4		11		
Phosphorus, P.....mg	166		0		4		23		
Potassium, K.....mg	445		0		4		62		
Sodium, Na.....mg	24		0		4		3		
Zinc, Zn.....mg	1.87		0		4		0.26		
Copper, Cu.....mg	0.580		0		4		0.081		
Manganese, Mn.....mg									
Selenium, Se.....mcg	2.8		0	BFFN	4		0.4		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	1.4		1		1		0.2		
Thiamin.....mg	0.040		1		1		0.006		
Riboflavin.....mg	0.160		1		1		0.022		
Niacin.....mg	4.760		1		1		0.666		
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.160		0		4		0.022		
Folate, total.....mcg	92		0		4		13		
Folic acid.....mcg	0		0	BFZN	4		0		
Folate, food.....mcg	92		0		4		13		
Folate, DFE.....mcg_DFE	92		0	NC	4		13		
Choline, total.....mg	33.9		0	O	4		4.7		
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0		4		0.00		
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....mcg_RAE	42		0	NC	4		6		
Retinol.....mcg	41		0	BFZN	4		6		
Carotene, beta.....mcg	7		0	BFZN	4		1		
Carotene, alpha.....mcg	0		0	BFZN	4		0		
Cryptoxanthin, beta.....mcg	0		0	BFZN	4		0		
Vitamin A, IU.....IU	149		0	NC	4		21		
Lycopene.....mcg	0		0	BFZN	4		0		
Lutein + zeaxanthin.....mcg	0		0	BFZN	4		0		
Vitamin E (alpha-tocopherol).....mg	1.10		0	BFZN	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	3.2		0	BFZN	4		0.4		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	4.657		0		4		0.652		
4:0.....g	0.000		0		4		0.000		
6:0.....g	0.005		0		4		0.001		
8:0.....g	0.080		0		4		0.011		
10:0.....g	0.090		0		4		0.013		

NDB No. 43031

Candies, chocolate covered, caramel with nuts

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	1.140		0		4		0.160		
13:0.....g									
14:0.....g	0.407		0		4		0.057		
15:0.....g									
16:0.....g	2.178		0		4		0.305		
17:0.....g									
18:0.....g	0.551		0		4		0.077		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	9.444		0		4		1.322		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.003		0		4		0.000		
17:1.....g									
18:1 undifferentiated.....g	9.194		0		4		1.287		
20:1.....g	0.246		0		4		0.034		
22:1 undifferentiated.....g	0.000		0		4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	5.834		0		4		0.817		
18:2 undifferentiated.....g	5.833		0		4		0.817		
18:3 undifferentiated.....g	0.001		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		4		0		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	19		0	BFFN	4		3		
Theobromine.....mg	113		0	BFFN	4		16		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 piece

Calories Factors: Protein 4

Fat 9

Carbohydrate4

Food Group: 19 Sweets

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

NDB No. 43059

Candies, chocolate covered, dietetic or low calorie

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	3.23		0	FLC		4			
Energy.....kcal	593		0	FLC		4			
Energy.....kj	2480		0	FLC		4			
Protein.....g	12.26		0	FLC		4			
Total lipid (fat).....g	43.27		0	FLC		4			
Ash.....g	2.69		0	FLC		4			
Carbohydrate, by difference.....g	38.55		0	FLC		4			
Fiber, total dietary.....g	3.6		0	FLC		4			
Sugars, total.....g	14.57		0	FLC		4			
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	285		0	FLC		4			
Iron, Fe.....mg	2.86		0	FLC		4			
Magnesium, Mg.....mg	100		0	FLC		4			
Phosphorus, P.....mg	327		0	FLC		4			
Potassium, K.....mg	606		0	FLC		4			
Sodium, Na.....mg	112		0	FLC		4			
Zinc, Zn.....mg	2.70		0	FLC		4			
Copper, Cu.....mg	0.629		0	FLC		4			
Manganese, Mn.....mg	0.930		0	FLC		4			
Selenium, Se.....mcg	7.3		0	FLC		4			
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	1.9		0	FLC		4			
Thiamin.....mg	0.169		0	FLC		4			
Riboflavin.....mg	0.386		0	FLC		4			
Niacin.....mg	1.400		0	FLC		4			
Pantothenic acid.....mg	0.870		0	FLC		4			
Vitamin B-6.....mg	0.126		0	FLC		4			
Folate, total.....mcg	26		0	FLC		4			
Folic acid.....mcg	0		0	FLC		4			
Folate, food.....mcg	26		0	FLC		4			
Folate, DFE.....mcg_DFE	26		0	NC		4			
Choline, total.....mg	50.9		0	O		4			
Betaine.....mg									
Vitamin B-12.....mcg	0.85		0	FLC		4			
Vitamin B-12, added.....mcg	0.00		0	FLC		4			
Vitamin A, RAE.....mcg_RAE	55		0	FLC		4			
Retinol.....mcg	54		0	FLC		4			
Carotene, beta.....mcg	12		0	FLC		4			
Carotene, alpha.....mcg	0		0	FLC		4			
Cryptoxanthin, beta.....mcg	0		0	FLC		4			
Vitamin A, IU.....IU	200		0	FLC		4			
Lycopene.....mcg	0		0	FLC		4			
Lutein + zeaxanthin.....mcg	6		0	FLC		4			
Vitamin E (alpha-tocopherol).....mg	2.93		0	FLC		4			
Vitamin E, added.....mg	0.00		0	FLC		4			
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	7.2		0	FLC		4			
<b>Lipids:</b>									
Fatty acids, total saturated.....g	21.910		0	FLC		4			
4:0.....g	0.218		0	FLC		4			
6:0.....g	0.143		0	FLC		4			
8:0.....g	0.660		0	FLC		4			
10:0.....g	0.687		0	FLC		4			

NDB No. 43059

Candies, chocolate covered, dietetic or low calorie

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	5.118		0	FLC		4			
13:0.....g	0.000		0	FLC		4			
14:0.....g	2.425		0	FLC		4			
15:0.....g	0.000		0	FLC		4			
16:0.....g	6.976		0	FLC		4			
17:0.....g	0.032		0	FLC		4			
18:0.....g	5.357		0	FLC		4			
20:0.....g	0.071		0	FLC		4			
22:0.....g	0.006		0	FLC		4			
24:0.....g	0.000		0	FLC		4			
Fatty acids, total monounsaturated.....g	10.942		0	FLC		4			
14:1.....g	0.000		0	FLC		4			
15:1.....g	0.000		0	FLC		4			
16:1 undifferentiated.....g	0.193		0	FLC		4			
17:1.....g	0.000		0	FLC		4			
18:1 undifferentiated.....g	10.651		0	FLC		4			
20:1.....g	0.043		0	FLC		4			
22:1 undifferentiated.....g	0.000		0	FLC		4			
24:1 c.....g	0.000		0	FLC		4			
Fatty acids, total polyunsaturated.....g	4.354		0	FLC		4			
18:2 undifferentiated.....g	4.165		0	FLC		4			
18:3 undifferentiated.....g	0.184		0	FLC		4			
18:4.....g	0.000		0	FLC		4			
20:2 n-6 c,c.....g	0.000		0	FLC		4			
20:3 undifferentiated.....g	0.000		0	FLC		4			
20:4 undifferentiated.....g	0.000		0	FLC		4			
20:5 n-3.....g	0.000		0	FLC		4			
22:5 n-3.....g	0.000		0	FLC		4			
22:6 n-3.....g	0.000		0	FLC		4			
Fatty acids, total trans.....g									
Cholesterol.....mg	21		0	FLC		4			
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLC		4			
Caffeine.....mg	9		0	FLC		4			
Theobromine.....mg	150		0	FLC		4			

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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 4

Fat 9

Carbohydrate4

Food Group: 19 Sweets

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		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	measures of food		
							Measure 1	Measure 2	Measure 3
14:0.....g	0.259	0.000	5	A	1	0.073	0.365	0.420	
15:0.....g	0.033	0.000	5	A	1	0.009	0.047	0.054	
16:0.....g	7.624	0.094	5	A	1	2.161	10.750	12.351	
17:0.....g	0.074	0.001	5	A	1	0.021	0.105	0.121	
18:0.....g	9.842	0.197	5	A	1	2.790	13.877	15.944	
20:0.....g	0.308	0.009	5	A	1	0.087	0.434	0.498	
22:0.....g	0.054	0.002	5	A	1	0.015	0.076	0.087	
24:0.....g	0.030	0.001	5	A	1	0.008	0.042	0.049	
Fatty acids, total monounsaturated.....g	9.540		0	NC	4	2.705	13.451	15.454	
14:1.....g	0.019	0.000	5	A	1	0.005	0.026	0.030	
15:1.....g	0.000	0.000	5	A	1	0.000	0.000	0.000	
16:1 undifferentiated.....g	0.113	0.002	5	AS	1	0.032	0.159	0.183	
16:1 c.....g	0.103	0.002	5	A	1	0.029	0.145	0.167	
16:1 t.....g	0.010	0.000	5	A	1	0.003	0.014	0.016	
17:1.....g	0.000	0.000	5	A	1	0.000	0.000	0.000	
18:1 undifferentiated.....g	9.391	0.147	5	AS	1	2.662	13.241	15.213	
18:1 c.....g	9.312	0.147	5	A	1	2.640	13.131	15.086	
18:1-11c (18:1c n-7).....g									
18:1 t.....g	0.078	0.000	5	A	1	0.022	0.110	0.126	
18:1-11t (18:1t n-7).....g									
20:1.....g	0.018	0.000	5	A	1	0.005	0.025	0.028	
22:1 undifferentiated.....g	0.000	0.000	5	AS	1	0.000	0.000	0.000	
22:1 c.....g	0.000	0.000	5	A	1	0.000	0.000	0.000	
22:1 t.....g	0.000	0.000	5	A	1	0.000	0.000	0.000	
24:1 c.....g	0.000	0.000	5	A	1	0.000	0.000	0.000	
Fatty acids, total polyunsaturated.....g	1.092		0	NC	4	0.310	1.539	1.769	
18:2 undifferentiated.....g	0.998	0.026	5	AS	1	0.283	1.407	1.616	
18:2 n-6 c,c,c.....g	0.947	0.026	5	A	1	0.268	1.335	1.534	
18:2 CLAs.....g	0.027	0.001	5	A	1	0.008	0.038	0.044	
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	0.024	0.001	5	A	1	0.007	0.034	0.039	
18:3 undifferentiated.....g	0.085	0.002	5	AS	1	0.024	0.120	0.138	
18:3 n-3 c,c,c.....g	0.085	0.002	5	A	1	0.024	0.120	0.138	
18:3 n-6 c,c,c.....g	0.000	0.000	5	A	1	0.000	0.000	0.000	
18:3i.....g									
18:4.....g	0.000	0.000	5	A	1	0.000	0.000	0.000	
20:2 n-6 c,c,c.....g	0.001	0.000	5	A	1	0.000	0.001	0.001	
20:3 undifferentiated.....g	0.000	0.000	5	AS	1	0.000	0.000	0.000	
20:3 n-3.....g	0.000	0.000	5	A	1	0.000	0.000	0.000	
20:3 n-6.....g	0.000	0.000	5	A	1	0.000	0.000	0.000	
20:4 undifferentiated.....g	0.002	0.000	5	A	1	0.000	0.002	0.003	
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g	0.001	0.001	5	A	1	0.000	0.002	0.002	
21:5.....g									
22:4.....g	0.003	0.000	5	A	1	0.001	0.005	0.005	
22:5 n-3.....g	0.000	0.000	5	A	1	0.000	0.000	0.000	
22:6 n-3.....g	0.000	0.000	5	A	1	0.000	0.000	0.000	
Fatty acids, total trans.....g	0.112		0	NC	4	0.032	0.158	0.182	
Fatty acids, total trans-monoenoic.....g	0.088		0	NC	4	0.025	0.124	0.143	
Fatty acids, total trans-polyenoic.....g	0.024		0	NC	4	0.007	0.034	0.039	
Cholesterol.....mg	8		3	A	1	2	11	12	
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g									
Caffeine.....mg	43		3	A	1	12	60	69	
Theobromine.....mg	493		3	A	1	140	694	798	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of 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. 19902

Candies, chocolate, dark, 45-59% cacao 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	Source	Measure 1	Measure 2	Measure 3
			of Data Points	Confidence Code			

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food, or similar food.

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 141g: 1 bar

Measure 3 = 162g: 1 bar

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 19 Sweets

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	0.192	0.000	6	A	1	0.055	0.216		
15:0.....g	0.027	0.000	6	A	1	0.008	0.031		
16:0.....g	9.198	0.057	6	A	1	2.607	10.301		
17:0.....g	0.081	0.001	6	A	1	0.023	0.090		
18:0.....g	11.860	0.141	6	A	1	3.362	13.283		
20:0.....g	0.364	0.007	6	A	1	0.103	0.408		
22:0.....g	0.062	0.001	6	A	1	0.018	0.070		
24:0.....g	0.035	0.001	6	A	1	0.010	0.039		
Fatty acids, total monounsaturated.....g	11.522		0	NC	4	3.267	12.905		
14:1.....g	0.013	0.000	6	A	1	0.004	0.014		
15:1.....g	0.000	0.000	6	A	1	0.000	0.000		
16:1 undifferentiated.....g	0.116	0.000	6	AS	1	0.033	0.130		
16:1 c.....g	0.110	0.000	6	A	1	0.031	0.123		
16:1 t.....g	0.006	0.000	6	A	1	0.002	0.007		
17:1.....g	0.000	0.000	6	A	1	0.000	0.000		
18:1 undifferentiated.....g	11.373	0.096	6	AS	1	3.224	12.737		
18:1 c.....g	11.318	0.095	6	A	1	3.209	12.676		
18:1-11c (18:1c n-7).....g									
18:1 t.....g	0.055	0.001	6	A	1	0.016	0.062		
18:1-11t (18:1t n-7).....g									
20:1.....g	0.021	0.000	6	A	1	0.006	0.023		
22:1 undifferentiated.....g	0.000	0.000	6	AS	1	0.000	0.000		
22:1 c.....g	0.000	0.000	6	A	1	0.000	0.000		
22:1 t.....g	0.000	0.000	6	A	1	0.000	0.000		
24:1 c.....g	0.000	0.000	6	A	1	0.000	0.000		
Fatty acids, total polyunsaturated.....g	1.221		0	NC	4	0.346	1.368		
18:2 undifferentiated.....g	1.126	0.006	6	AS	1	0.319	1.261		
18:2 n-6 c,c,c.....g	1.091	0.006	6	A	1	0.309	1.222		
18:2 CLAs.....g	0.017	0.000	6	A	1	0.005	0.020		
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	0.017	0.000	6	A	1	0.005	0.019		
18:3 undifferentiated.....g	0.088	0.000	6	AS	1	0.025	0.099		
18:3 n-3 c,c,c.....g	0.088	0.000	6	A	1	0.025	0.099		
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	0.000	6	A	1	0.000	0.000		
20:2 n-6 c,c,c.....g	0.001	0.000	6	A	1	0.000	0.001		
20:3 undifferentiated.....g	0.000	0.000	6	AS	1	0.000	0.000		
20:3 n-3.....g	0.000	0.000	6	A	1	0.000	0.000		
20:3 n-6.....g	0.000	0.000	6	A	1	0.000	0.000		
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	0.000	6	A	1	0.000	0.000		
21:5.....g									
22:4.....g	0.003	0.000	6	A	1	0.001	0.004		
22:5 n-3.....g	0.000	0.000	6	A	1	0.000	0.000		
22:6 n-3.....g	0.000	0.000	6	A	1	0.000	0.000		
Fatty acids, total trans.....g	0.079		0	NC	4	0.022	0.088		
Fatty acids, total trans-monoenoic.....g	0.061		0	NC	4	0.017	0.069		
Fatty acids, total trans-polyenoic.....g	0.017		0	NC	4	0.005	0.019		
Cholesterol.....mg	6		3	A	1	2	7		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g									
Caffeine.....mg	86		3	A	1	24	96		
Theobromine.....mg	632		3	A	1	179	708		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of 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. 19903

Candies, chocolate, dark, 60-69% cacao 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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food, or similar food.

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 112g: 1 bar

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 19 Sweets

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	0.078		2	A	1		0.022	0.079	
15:0.....g	0.016		2	A	1		0.005	0.016	
16:0.....g	10.076		2	A	1		2.856	10.177	
17:0.....g	0.086		2	A	1		0.024	0.087	
18:0.....g	13.630		2	A	1		3.864	13.766	
20:0.....g	0.408		2	A	1		0.116	0.412	
22:0.....g	0.068		2	A	1		0.019	0.068	
24:0.....g	0.038		2	A	1		0.011	0.038	
Fatty acids, total monounsaturated.....g	12.781		0	NC	4		3.623	12.909	
14:1.....g	0.004		2	A	1		0.001	0.004	
15:1.....g	0.000		2	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.106		0	AS	1		0.030	0.107	
16:1 c.....g	0.104		2	A	1		0.029	0.105	
16:1 t.....g	0.002		2	A	1		0.001	0.002	
17:1.....g	0.000		2	A	1		0.000	0.000	
18:1 undifferentiated.....g	12.651		0	AS	1		3.587	12.778	
18:1 c.....g	12.629		2	A	1		3.580	12.755	
18:1-11c (18:1c n-7).....g									
18:1 t.....g	0.023		2	A	1		0.006	0.023	
18:1-11t (18:1t n-7).....g									
20:1.....g	0.020		2	A	1		0.006	0.020	
22:1 undifferentiated.....g	0.000		0	AS	1		0.000	0.000	
22:1 c.....g	0.000		2	A	1		0.000	0.000	
22:1 t.....g	0.000		2	A	1		0.000	0.000	
24:1 c.....g	0.000		2	A	1		0.000	0.000	
Fatty acids, total polyunsaturated.....g	1.257		0	NC	4		0.356	1.270	
18:2 undifferentiated.....g	1.217		0	AS	1		0.345	1.229	
18:2 n-6 c,c,c.....g	1.208		2	A	1		0.342	1.220	
18:2 CLAs.....g	0.004		2	A	1		0.001	0.004	
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	0.005		2	A	1		0.001	0.005	
18:3 undifferentiated.....g	0.034		0	AS	1		0.010	0.034	
18:3 n-3 c,c,c.....g	0.034		2	A	1		0.010	0.034	
18:3 n-6 c,c,c.....g	0.000		2	A	1		0.000	0.000	
18:3i.....g									
18:4.....g	0.000		2	A	1		0.000	0.000	
20:2 n-6 c,c,c.....g	0.001		2	A	1		0.000	0.001	
20:3 undifferentiated.....g	0.000		0	AS	1		0.000	0.000	
20:3 n-3.....g	0.000		2	A	1		0.000	0.000	
20:3 n-6.....g	0.000		2	A	1		0.000	0.000	
20:4 undifferentiated.....g	0.001		2	A	1		0.000	0.001	
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g	0.000		2	A	1		0.000	0.000	
21:5.....g									
22:4.....g	0.004		2	A	1		0.001	0.004	
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	0.030		0	NC	4		0.008	0.030	
Fatty acids, total trans-monoenoic.....g	0.025		0	NC	4		0.007	0.025	
Fatty acids, total trans-polyenoic.....g	0.005		0	NC	4		0.001	0.005	
Cholesterol.....mg	2		2	A	1		1	3	
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g									
Caffeine.....mg	80		2	A	1		23	81	
Theobromine.....mg	802		2	A	1		227	810	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of 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. 19904

Candies, chocolate, dark, 70-85% cacao 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	Source	Measure 1	Measure 2	Measure 3
			of Data Points	Confidence Code			

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food, or similar food.

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 101g: 1 bar

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 19 Sweets

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

NDB No. 19905

Candies, chocolate, dark, not further specified

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	1.00	0.031	13	A	1		0.28		
Energy.....kcal	547		0	NC	4		155		
Energy.....kj	2289		0	NC	4		649		
Protein.....g	5.09	0.011	13	A	1		1.44		
Total lipid (fat).....g	31.62	0.343	13	A	1		8.96		
Ash.....g	1.74	0.010	13	A	1		0.49		
Carbohydrate, by difference.....g	60.55		0	NC	4		17.17		
Fiber, total dietary.....g	7.2	0.071	13	A	1		2.0		
Sugars, total.....g	46.14	0.145	13	A	1		13.08		
Sucrose.....g	44.65	0.131	13	A	1		12.66		
Glucose (dextrose).....g	0.00	0.000	13	A	1		0.00		
Fructose.....g	0.00	0.000	13	A	1		0.00		
Lactose.....g	1.50	0.014	13	A	1		0.42		
Maltose.....g	0.00	0.000	13	A	1		0.00		
Galactose.....g	0.00	0.000	13	A	1		0.00		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	57	0.453	13	A	1		16		
Iron, Fe.....mg	8.13	0.055	13	A	1		2.31		
Magnesium, Mg.....mg	152	1.814	13	A	1		43		
Phosphorus, P.....mg	214	1.815	13	A	1		61		
Potassium, K.....mg	568	7.693	13	A	1		161		
Sodium, Na.....mg	23	0.410	13	A	1		7		
Zinc, Zn.....mg	2.11	0.021	13	A	1		0.60		
Copper, Cu.....mg	1.076	0.011	13	A	1		0.305		
Manganese, Mn.....mg	1.440	0.024	13	A	1		0.408		
Selenium, Se.....mcg	3.5		8	A	1		1.0		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	0.026	0.002	13	A	1		0.007		
Riboflavin.....mg	0.051	0.000	13	A	1		0.015		
Niacin.....mg	0.747	0.007	13	A	1		0.212		
Pantothenic acid.....mg	0.304		8	A	1		0.086		
Vitamin B-6.....mg	0.041	0.006	13	A	1		0.012		
Folate, total.....mcg	0		0	Z	7		0		
Folic acid.....mcg									
Folate, food.....mcg	0		0	Z	7		0		
Folate, DFE.....mcg_DFE									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg	0.23		8	A	1		0.07		
Vitamin A, RAE.....mcg_RAE	2		8	AS	1		1		
Retinol.....mcg									
Carotene, beta.....mcg	25		8	A	1		7		
Carotene, alpha.....mcg	7		8	A	1		2		
Cryptoxanthin, beta.....mcg	1		8	A	1		0		
Vitamin A, IU.....IU	49		0	AS	1		14		
Lycopene.....mcg	0		8	A	1		0		
Lutein + zeaxanthin.....mcg	31		8	A	1		9		
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	8.0		8	A	1		2.3		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	18.993		0	NC	4		5.384		

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.054	0.002	13	A	1		0.015		
6:0.....g	0.042	0.001	13	A	1		0.012		
8:0.....g	0.027	0.001	13	A	1		0.008		
10:0.....g	0.082	0.001	13	A	1		0.023		
12:0.....g	0.074	0.000	13	A	1		0.021		
13:0.....g									
14:0.....g	0.247	0.000	13	A	1		0.070		
15:0.....g	0.032	0.000	13	A	1		0.009		
16:0.....g	7.825	0.084	13	A	1		2.218		
17:0.....g	0.075	0.001	13	A	1		0.021		
18:0.....g	10.132	0.177	13	A	1		2.872		
20:0.....g	0.315	0.008	13	A	1		0.089		
22:0.....g	0.055	0.002	13	A	1		0.016		
24:0.....g	0.031	0.001	13	A	1		0.009		
Fatty acids, total monounsaturated.....g	9.801		0	NC	4		2.779		
14:1.....g	0.018	0.000	13	A	1		0.005		
15:1.....g	0.000	0.000	13	A	1		0.000		
16:1 undifferentiated.....g	0.113	0.001	13	AS	1		0.032		
16:1 c.....g	0.103	0.001	13	A	1		0.029		
16:1 t.....g	0.010	0.000	13	A	1		0.003		
17:1.....g	0.000	0.000	13	A	1		0.000		
18:1 undifferentiated.....g	9.653	0.132	13	AS	1		2.737		
18:1 c.....g	9.579	0.132	13	A	1		2.716		
18:1-11c (18:1c n-7).....g									
18:1 t.....g	0.074	0.000	13	A	1		0.021		
18:1-11t (18:1t n-7).....g									
20:1.....g	0.018	0.000	13	A	1		0.005		
22:1 undifferentiated.....g	0.000	0.000	13	AS	1		0.000		
22:1 c.....g	0.000	0.000	13	A	1		0.000		
22:1 t.....g	0.000	0.000	13	A	1		0.000		
24:1 c.....g	0.000	0.000	13	A	1		0.000		
Fatty acids, total polyunsaturated.....g	1.107		0	NC	4		0.314		
18:2 undifferentiated.....g	1.015	0.024	13	AS	1		0.288		
18:2 n-6 c,c.....g	0.967	0.024	13	A	1		0.274		
18:2 CLAs.....g	0.025	0.000	13	A	1		0.007		
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	0.023	0.001	13	A	1		0.006		
18:3 undifferentiated.....g	0.083	0.002	13	AS	1		0.023		
18:3 n-3 c,c,c.....g	0.083	0.002	13	A	1		0.023		
18:3 n-6 c,c,c.....g	0.000	0.000	13	A	1		0.000		
18:3i.....g									
18:4.....g	0.000	0.000	13	A	1		0.000		
20:2 n-6 c,c.....g	0.001	0.000	13	A	1		0.000		
20:3 undifferentiated.....g	0.000	0.000	13	AS	1		0.000		
20:3 n-3.....g	0.000	0.000	13	A	1		0.000		
20:3 n-6.....g	0.000	0.000	13	A	1		0.000		
20:4 undifferentiated.....g	0.002	0.000	13	A	1		0.000		
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g	0.001	0.000	13	A	1		0.000		
21:5.....g									
22:4.....g	0.003	0.000	13	A	1		0.001		
22:5 n-3.....g	0.000	0.000	13	A	1		0.000		
22:6 n-3.....g	0.000	0.000	13	A	1		0.000		
Fatty acids, total trans.....g	0.106		0	NC	4		0.030		
Fatty acids, total trans-monoenoic.....g	0.084		0	NC	4		0.024		
Fatty acids, total trans-polyenoic.....g	0.023		0	NC	4		0.006		
Cholesterol.....mg	7		8	A	1		2		
Phytosterols.....mg									

Others:

NDB No. 19905

Candies, chocolate, dark, not further specified

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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									
Caffeine.....mg	47		8	A	1		13		
Theobromine.....mg	515		8	A	1		146		

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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 = 28.35g: 1 oz

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 19 Sweets

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

NDB No. 19085

Candies, confectioner's coating, butterscotch

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	0.75		2	A	1		1.28	0.21	
Energy.....kcal	539		0	NC	4		916	153	
Energy.....kj	2254		0	NC	4		3831	639	
Protein (N x 6.38).....g	2.20		2	A	1		3.74	0.62	
Total lipid (fat).....g	29.05		2	A	1		49.39	8.24	
Ash.....g	0.90		2	A	1		1.53	0.26	
Carbohydrate, by difference.....g	67.10		0	NC	4		114.07	19.02	
Fiber, total dietary.....g	0.0		0	FLC	4		0.0	0.0	
Sugars, total.....g	67.10		0	O	4		114.07	19.02	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	34		1		1		58	10	
Iron, Fe.....mg	0.08		1		4		0.14	0.02	
Magnesium, Mg.....mg	5		0	FLC	4		8	1	
Phosphorus, P.....mg	31		0	FLC	4		52	9	
Potassium, K.....mg	64		0	FLC	4		109	18	
Sodium, Na.....mg	89		2	A	1		151	25	
Zinc, Zn.....mg	0.11		0	FLC	4		0.19	0.03	
Copper, Cu.....mg	0.003		0	FLC	4		0.005	0.001	
Manganese, Mn.....mg	0.002		0	FLC	4		0.003	0.000	
Selenium, Se.....mcg	1.3		0	FLC	4		2.2	0.4	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.1		0	FLC	4		0.2	0.0	
Thiamin.....mg	0.015		0	FLC	4		0.026	0.004	
Riboflavin.....mg	0.075		0	FLC	4		0.128	0.021	
Niacin.....mg	0.049		0	FLC	4		0.083	0.014	
Pantothenic acid.....mg	0.148		0	FLC	4		0.251	0.042	
Vitamin B-6.....mg	0.016		0	FLC	4		0.027	0.005	
Folate, total.....mcg	1		0	FLC	4		2	0	
Folic acid.....mcg	0		0	FLC	4		0	0	
Folate, food.....mcg	1		0	FLC	4		2	0	
Folate, DFE.....mcg_DFE	1		0	NC	4		2	0	
Choline, total.....mg	10.9		0	O	4		18.5	3.1	
Betaine.....mg									
Vitamin B-12.....mcg	0.10		0	FLC	4		0.17	0.03	
Vitamin B-12, added.....mcg	0.00		0	FLC	4		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	0		0	FLC	4		0	0	
Retinol.....mcg	0		0	FLC	4		0	0	
Carotene, beta.....mcg	0		0	FLC	4		0	0	
Carotene, alpha.....mcg	0		0	FLC	4		0	0	
Cryptoxanthin, beta.....mcg	0		0	FLC	4		0	0	
Vitamin A, IU.....IU	1		0	FLC	4		1	0	
Lycopene.....mcg	0		0	FLC	4		0	0	
Lutein + zeaxanthin.....mcg	0		0	FLC	4		0	0	
Vitamin E (alpha-tocopherol).....mg	0.68		0	FLC	4		1.15	0.19	
Vitamin E, added.....mg	0.00		0	FLC	4		0.00	0.00	
Tocopherol, beta.....mg	0.00		0	FLC	4		0.00	0.00	
Tocopherol, gamma.....mg	0.03		0	FLC	4		0.05	0.01	
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	6.5		0	FLC	4		11.1	1.9	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	24.100		1	A	1		40.970	6.832	
4:0.....g	0.000		1		1		0.000	0.000	
6:0.....g	0.060		1		1		0.102	0.017	
8:0.....g	1.092		2	A	1		1.856	0.310	
10:0.....g	1.076		2	A	1		1.829	0.305	

NDB No. 19085

Candies, confectioner's coating, butterscotch

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	13.790		1				23.443	3.909	
13:0.....g									
14:0.....g	4.674		2	A			7.946	1.325	
15:0.....g									
16:0.....g	2.344		2	A			3.985	0.665	
17:0.....g									
18:0.....g	1.722		2	A			2.927	0.488	
20:0.....g	0.010		0	FLC			0.017	0.003	
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	2.271		0				3.861	0.644	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.007		2	A			0.012	0.002	
17:1.....g									
18:1 undifferentiated.....g	2.250		2	A			3.825	0.638	
20:1.....g	0.014		1	A			0.024	0.004	
22:1 undifferentiated.....g	0.000		0				0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.041		0	FLC			1.770	0.295	
18:2 undifferentiated.....g	0.407		2	A			0.692	0.115	
18:3 undifferentiated.....g	0.014		2	A			0.024	0.004	
18:4.....g	0.000		0	FLC			0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.014		1	A			0.024	0.004	
20:5 n-3.....g	0.000		0	FLC			0.000	0.000	
22:5 n-3.....g	0.000		0	FLC			0.000	0.000	
22:6 n-3.....g	0.000		0	FLC			0.000	0.000	
Fatty acids, total trans.....g	0.000		0	FLC			0.000	0.000	
Cholesterol.....mg	0		0	FLC			1	0	
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLC			0.0	0.0	
Caffeine.....mg	0		0	FLC			0	0	
Theobromine.....mg	0		0	FLC			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 = 170g: 1 cup chips

Measure 2 = 28.35g: 1 oz

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate4**

**Food Group: 19 Sweets**

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

NDB No. 19086

Candies, confectioner's coating, peanut butter

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	2.67		0	FLC	4		4.48	0.76	
Energy.....kcal	529		0	NC	4		889	150	
Energy.....kj	2213		0	NC	4		3718	627	
Protein (N x 6.25).....g	18.30		1		1		30.74	5.19	
Total lipid (fat).....g	29.80		1		1		50.06	8.45	
Ash.....g	2.35		0	FLC	4		3.95	0.67	
Carbohydrate, by difference.....g	46.88		0	NC	4		78.76	13.29	
Fiber, total dietary.....g	5.0		0	FLC	4		8.4	1.4	
Sugars, total.....g	38.30		0	FLC	4		64.35	10.86	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	110		1		1		185	31	
Iron, Fe.....mg	1.70		1		1		2.86	0.48	
Magnesium, Mg.....mg	110		1		1		185	31	
Phosphorus, P.....mg	310		1		1		521	88	
Potassium, K.....mg	505		1		1		848	143	
Sodium, Na.....mg	250		1		1		420	71	
Zinc, Zn.....mg	2.00		1		1		3.36	0.57	
Copper, Cu.....mg	0.400		1		1		0.672	0.113	
Manganese, Mn.....mg	1.400		1		1		2.352	0.397	
Selenium, Se.....mcg	3.9		0	FLC	4		6.5	1.1	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.3		0	FLC	4		0.6	0.1	
Thiamin.....mg	0.232		0	FLC	4		0.389	0.066	
Riboflavin.....mg	0.200		1		1		0.336	0.057	
Niacin.....mg	8.200		1		1		13.776	2.325	
Pantothenic acid.....mg	1.056		0	FLC	4		1.774	0.299	
Vitamin B-6.....mg	0.170		0	FLC	4		0.285	0.048	
Folate, total.....mcg	77		0	FLC	4		130	22	
Folic acid.....mcg	0		0	FLC	4		0	0	
Folate, food.....mcg	77		0	FLC	4		130	22	
Folate, DFE.....mcg_DFE	77		0	NC	4		130	22	
Choline, total.....mg	30.0		0	O	4		50.4	8.5	
Betaine.....mg									
Vitamin B-12.....mcg	0.20		0	FLC	4		0.33	0.06	
Vitamin B-12, added.....mcg	0.00		0	FLC	4		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	0		0	FLC	4		1	0	
Retinol.....mcg	0		0	FLC	4		1	0	
Carotene, beta.....mcg	0		0	FLC	4		0	0	
Carotene, alpha.....mcg	0		0	FLC	4		0	0	
Cryptoxanthin, beta.....mcg	0		0	FLC	4		0	0	
Vitamin A, IU.....IU	1		0	FLC	4		2	0	
Lycopene.....mcg	0		0	FLC	4		0	0	
Lutein + zeaxanthin.....mcg	0		0	FLC	4		0	0	
Vitamin E (alpha-tocopherol).....mg	1.36		0	FLC	4		2.29	0.39	
Vitamin E, added.....mg	0.00		0	FLC	4		0.00	0.00	
Tocopherol, beta.....mg	0.00		0	FLC	4		0.00	0.00	
Tocopherol, gamma.....mg	0.00		0	FLC	4		0.00	0.00	
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	7.3		0	FLC	4		12.3	2.1	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	13.120		0		1		22.042	3.720	
4:0.....g	0.011		0	FLC	4		0.019	0.003	
6:0.....g	0.022		0	FLC	4		0.037	0.006	
8:0.....g	0.352		0	FLC	4		0.591	0.100	
10:0.....g	0.439		0	FLC	4		0.738	0.125	

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	7.540		0	FLC	4		12.667	2.138	
13:0.....g									
14:0.....g	2.676		0	FLC	4		4.495	0.759	
15:0.....g	0.001		0	FLC	4		0.002	0.000	
16:0.....g	1.404		0	FLC	4		2.358	0.398	
17:0.....g	0.004		0	FLC	4		0.006	0.001	
18:0.....g	0.643		0	FLC	4		1.080	0.182	
20:0.....g	0.016		0	FLC	4		0.027	0.004	
22:0.....g	0.011		0	FLC	4		0.018	0.003	
24:0.....g									
Fatty acids, total monounsaturated.....g	12.829		0	FLC	4		21.553	3.637	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.016		0	FLC	4		0.026	0.004	
17:1.....g									
18:1 undifferentiated.....g	12.801		0	FLC	4		21.506	3.629	
20:1.....g	0.011		0	FLC	4		0.018	0.003	
22:1 undifferentiated.....g	0.000		0	FLC	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.053		0	FLC	4		3.449	0.582	
18:2 undifferentiated.....g	1.949		0	FLC	4		3.275	0.553	
18:3 undifferentiated.....g	0.032		0	FLC	4		0.054	0.009	
18:4.....g	0.000		0	FLC	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLC	4		0.000	0.000	
20:5 n-3.....g	0.000		0	FLC	4		0.000	0.000	
22:5 n-3.....g	0.000		0	FLC	4		0.000	0.000	
22:6 n-3.....g	0.000		0	FLC	4		0.000	0.000	
Fatty acids, total trans.....g	1.763		0	FLC	4		2.962	0.500	
Cholesterol.....mg	1		0	FLC	4		2	0	
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0	0.0	
Caffeine.....mg	0		0	FLC	4		0	0	
Theobromine.....mg	0		0	FLC	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 = 168g: 1 cup chips

Measure 2 = 28.35g: 1 oz

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate4**

**Food Group: 19 Sweets**

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



NDB No. 19079

Candies, confectioner's coating, yogurt

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	1.91		2	A	1		3.25		
Energy.....kcal	522		0	NC	4		888		
Energy.....kj	2185		0	NC	4		3714		
Protein (N x 6.25).....g	5.87		0	FLA	4		9.98		
Total lipid (fat).....g	27.00		2	A	1		45.90		
Ash.....g	1.28		0	FLA	4		2.18		
Carbohydrate, by difference.....g	63.94		0	NC	4		108.69		
Fiber, total dietary.....g	0.0		0	FLA	4		0.0		
Sugars, total.....g	62.36		0	FLA	4		106.00		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	205		0	FLA	4		348		
Iron, Fe.....mg	0.14		0	FLA	4		0.23		
Magnesium, Mg.....mg	18		0	FLA	4		31		
Phosphorus, P.....mg	157		0	FLA	4		268		
Potassium, K.....mg	290		0	FLA	4		493		
Sodium, Na.....mg	88		0	FLA	4		149		
Zinc, Zn.....mg	0.70		0	FLA	4		1.20		
Copper, Cu.....mg	0.008		0	FLA	4		0.013		
Manganese, Mn.....mg	0.003		0	FLA	4		0.006		
Selenium, Se.....mcg	4.7		0	FLA	4		8.0		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.5		0	BFZN	4		0.9		
Thiamin.....mg	0.064		0	FLA	4		0.108		
Riboflavin.....mg	0.261		0	FLA	4		0.444		
Niacin.....mg	0.154		0	FLA	4		0.261		
Pantothenic acid.....mg	0.587		0	FLA	4		0.998		
Vitamin B-6.....mg	0.056		0	FLA	4		0.095		
Folate, total.....mcg	8		0	FLA	4		14		
Folic acid.....mcg	0		0	FLA	4		0		
Folate, food.....mcg	8		0	FLA	4		14		
Folate, DFE.....mcg_DFE	8		0	NC	4		14		
Choline, total.....mg	24.8		0	O	4		42.2		
Betaine.....mg									
Vitamin B-12.....mcg	0.65		0	NR	4		1.11		
Vitamin B-12, added.....mcg	0.00		0	FLA	4		0.00		
Vitamin A, RAE.....mcg_RAE	1		0	FLA	4		2		
Retinol.....mcg	1		0	FLA	4		2		
Carotene, beta.....mcg	0		0	FLA	4		0		
Carotene, alpha.....mcg	0		0	FLA	4		0		
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0		
Vitamin A, IU.....IU	4		0	FLA	4		7		
Lycopene.....mcg	0		0	FLA	4		0		
Lutein + zeaxanthin.....mcg	0		0	FLA	4		0		
Vitamin E (alpha-tocopherol).....mg	1.11		0	FLA	4		1.88		
Vitamin E, added.....mg	0.00		0	FLA	4		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	9.4		0	FLA	4		15.9		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	24.104		0	FLA	4		40.976		
4:0.....g	0.025		0	FLA	4		0.043		
6:0.....g	0.044		0	FLA	4		0.074		
8:0.....g	0.678		0	FLA	4		1.153		
10:0.....g	0.847		0	FLA	4		1.440		

NDB No. 19079  
 Candies, confectioner's coating, yogurt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	14.505		0	FLA	4		24.658		
13:0.....g									
14:0.....g	5.153		0	FLA	4		8.759		
15:0.....g									
16:0.....g	2.271		0	FLA	4		3.861		
17:0.....g									
18:0.....g	0.571		0	FLA	4		0.970		
20:0.....g	0.010		0	FLA	4		0.017		
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.526		0	FLA	4		0.894		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.003		0	FLA	4		0.006		
17:1.....g									
18:1 undifferentiated.....g	0.523		0	FLA	4		0.888		
20:1.....g	0.000		0	FLA	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.524		0	FLA	4		0.891		
18:2 undifferentiated.....g	0.478		0	FLA	4		0.812		
18:3 undifferentiated.....g	0.046		0	FLA	4		0.079		
18:4.....g	0.000		0	FLA	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000		
20:5 n-3.....g	0.000		0	FLA	4		0.000		
22:5 n-3.....g	0.000		0	FLA	4		0.000		
22:6 n-3.....g	0.000		0	FLA	4		0.000		
Fatty acids, total trans.....g	0.000		0	FLA	4		0.000		
Cholesterol.....mg	1		2	A	1		2		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0		
Caffeine.....mg	0		0	FLA	4		0		
Theobromine.....mg	0		0	FLA	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 = 170g: 1 cup chips

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate4**

**Food Group: 19 Sweets**

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



NDB No. 19268

Candies, dark chocolate coated coffee 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
14:0.....g	0.022		0	FLC	4		0.009		
15:0.....g	0.000		0	FLC	4		0.000		
16:0.....g	6.552		0	FLC	4		2.621		
17:0.....g	0.000		0	FLC	4		0.000		
18:0.....g	8.407		0	FLC	4		3.363		
20:0.....g	0.012		0	FLC	4		0.005		
22:0.....g	0.000		0	FLC	4		0.000		
24:0.....g	0.000		0	FLC	4		0.000		
Fatty acids, total monounsaturated.....g	0.000		1	LC	8		0.000		
14:1.....g	0.000		0	FLC	4		0.000		
15:1.....g									
16:1 undifferentiated.....g	0.000		0	FLC	4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.000		0	FLC	4		0.000		
20:1.....g	0.000		0	FLC	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLC	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		1	LC	8		0.000		
18:2 undifferentiated.....g	0.000		0	FLC	4		0.000		
18:3 undifferentiated.....g	0.000		0	FLC	4		0.000		
18:4.....g	0.000		0	FLC	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLC	4		0.000		
20:5 n-3.....g	0.000		0	FLC	4		0.000		
22:5 n-3.....g	0.000		0	FLC	4		0.000		
22:6 n-3.....g	0.000		0	FLC	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	13		1	LC	8		5		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0		
Caffeine.....mg	839		0	FLC	4		336		
Theobromine.....mg	368		0	FLC	4		147		

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

**Common Measures:**

Measure 1 = 40g: 1 serving 28 pieces

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate 4**

**Food Group: 19 Sweets**

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

NDB No. 19384

Candies, divinity, prepared-from-recipe

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	9.16		0	RC	4		1.01		
Energy.....kcal	364		0	RC	4		40		
Energy.....kj	1523		0	RC	4		167		
Protein (N x 0).....g	1.32		0	RC	4		0.15		
Total lipid (fat).....g	0.06		0	RC	4		0.01		
Ash.....g	0.14		0	RC	4		0.02		
Carbohydrate, by difference.....g	89.05		0	RC	4		9.80		
Fiber, total dietary.....g	0.0		0	RC	4		0.0		
Sugars, total.....g	78.96		0	RC	4		8.69		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	5		0	RC	4		1		
Iron, Fe.....mg	0.02		0	RC	4		0.00		
Magnesium, Mg.....mg	2		0	RC	4		0		
Phosphorus, P.....mg	2		0	RC	4		0		
Potassium, K.....mg	23		0	RC	4		3		
Sodium, Na.....mg	34		0	RC	4		4		
Zinc, Zn.....mg	0.09		0	RC	4		0.01		
Copper, Cu.....mg	0.005		0	RC	4		0.001		
Manganese, Mn.....mg	0.003		0	RC	4		0.000		
Selenium, Se.....mcg	3.0		0	RC	4		0.3		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	RC	4		0.0		
Thiamin.....mg	0.012		0	RC	4		0.001		
Riboflavin.....mg	0.065		0	RC	4		0.007		
Niacin.....mg	0.015		0	RC	4		0.002		
Pantothenic acid.....mg	0.023		0	RC	4		0.003		
Vitamin B-6.....mg	0.001		0	RC	4		0.000		
Folate, total.....mcg	0		0	RC	4		0		
Folic acid.....mcg	0		0	RC	4		0		
Folate, food.....mcg	0		0	RC	4		0		
Folate, DFE.....mcg_DFE	0		0	NC	4		0		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg	0.01		0	RC	4		0.00		
Vitamin B-12, added.....mcg	0.00		0	RC	4		0.00		
Vitamin A, RAE.....mcg_RAE	0		0	RC	4		0		
Retinol.....mcg	0		0	RC	4		0		
Carotene, beta.....mcg	0		0	RC	4		0		
Carotene, alpha.....mcg	0		0	RC	4		0		
Cryptoxanthin, beta.....mcg	0		0	RC	4		0		
Vitamin A, IU.....IU	0		0	RC	4		0		
Lycopene.....mcg	0		0	RC	4		0		
Lutein + zeaxanthin.....mcg	0		0	RC	4		0		
Vitamin E (alpha-tocopherol).....mg	0.00		0	RC	4		0.00		
Vitamin E, added.....mg	0.00		0	RC	4		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		0	RC	4		0.0		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.000		0	RC	4		0.000		
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	0.000		0	RC	4		0.000		

Candies, divinity, prepared-from-recipe

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures 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	RC	4		0.000		
13:0.....g									
14:0.....g	0.000		0	RC	4		0.000		
15:0.....g									
16:0.....g	0.000		0	RC	4		0.000		
17:0.....g									
18:0.....g	0.000		0	RC	4		0.000		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0	RC	4		0.000		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	RC	4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.000		0	RC	4		0.000		
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	0.000		0	RC	4		0.000		
18:2 undifferentiated.....g	0.000		0	RC	4		0.000		
18:3 undifferentiated.....g	0.000		0	RC	4		0.000		
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									
<b>Others:</b>									
Alcohol, ethyl.....g									
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 = 11.0g: 1 piece

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group: 19 Sweets**

NDB No. 19099

Candies, fondant, prepared-from-recipe

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	6.74		0	RKI	6				
Energy.....kcal	373		0	NC	4				
Energy.....kj	1560		0	NC	4				
Protein.....g	0.00		0	RKI	6				
Total lipid (fat).....g	0.02		0	RKI	6				
Ash.....g	0.06		0	RKI	6				
Carbohydrate, by difference.....g	93.18		0	RKI	6				
Fiber, total dietary.....g	0.0		0	RKI	6				
Sugars, total.....g	88.90		0	RKI	6				
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	3		0	RKA	1				
Iron, Fe.....mg	0.01		0	RKA	1				
Magnesium, Mg.....mg	0		0	RKA	1				
Phosphorus, P.....mg	0		0	RKA	1				
Potassium, K.....mg	4		0	RKA	1				
Sodium, Na.....mg	11		0	RKA	1				
Zinc, Zn.....mg	0.04		0	RKA	1				
Copper, Cu.....mg	0.003		0	RKA	1				
Manganese, Mn.....mg	0.000		0	RKA	1				
Selenium, Se.....mcg	0.6		0	RKI	6				
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	RKI	6				
Thiamin.....mg	0.005		0	RKI	6				
Riboflavin.....mg	0.016		0	RKI	6				
Niacin.....mg	0.000		0	RKI	6				
Pantothenic acid.....mg	0.000		0	RKI	6				
Vitamin B-6.....mg	0.000		0	RKI	6				
Folate, total.....mcg	0		0	RKI	6				
Folic acid.....mcg	0		0	RKI	6				
Folate, food.....mcg	0		0	RKI	6				
Folate, DFE.....mcg_DFE	0		0	NC	4				
Choline, total.....mg	0.0		0	RKI	6				
Betaine.....mg	0.0		0	RKI	6				
Vitamin B-12.....mcg	0.00		0	RKI	6				
Vitamin B-12, added.....mcg	0.00		0	RKI	6				
Vitamin A, RAE.....mcg_RAE	0		0	RKI	6				
Retinol.....mcg	0		0	RKI	6				
Carotene, beta.....mcg	0		0	RKI	6				
Carotene, alpha.....mcg	0		0	RKI	6				
Cryptoxanthin, beta.....mcg	0		0	RKI	6				
Vitamin A, IU.....IU	0		0	RKI	6				
Lycopene.....mcg	0		0	RKI	6				
Lutein + zeaxanthin.....mcg	0		0	RKI	6				
Vitamin E (alpha-tocopherol).....mg	0.00		0	RKI	6				
Vitamin E, added.....mg	0.00		0	RKI	6				
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		0	RKI	6				
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.000		0	RKI	6				
4:0.....g	0.000		0	RKI	6				
6:0.....g	0.000		0	RKI	6				
8:0.....g	0.000		0	RKI	6				
10:0.....g	0.000		0	RKI	6				

Candies, fondant, prepared-from-recipe

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures 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	RKI	6				
13:0.....g									
14:0.....g	0.000		0	RKI	6				
15:0.....g									
16:0.....g	0.000		0	RKI	6				
17:0.....g									
18:0.....g	0.000		0	RKI	6				
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0	RKI	6				
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	RKI	6				
17:1.....g									
18:1 undifferentiated.....g	0.000		0	RKI	6				
20:1.....g	0.000		0	RKI	6				
22:1 undifferentiated.....g	0.000		0	RKI	6				
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	RKI	6				
18:2 undifferentiated.....g	0.000		0	RKI	6				
18:3 undifferentiated.....g	0.000		0	RKI	6				
18:4.....g	0.000		0	RKI	6				
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RKI	6				
20:5 n-3.....g	0.000		0	RKI	6				
22:5 n-3.....g	0.000		0	RKI	6				
22:6 n-3.....g	0.000		0	RKI	6				
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	RKI	6				
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	RKI	6				
Caffeine.....mg	0		0	RKI	6				
Theobromine.....mg	0		0	RKI	6				

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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: 19 Sweets



NDB No. 19379

Candies, fudge, chocolate marshmallow, prepared-from-recipe

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	7.82		0	RC	4		1.56	96.05	
Energy.....kcal	453		0	RC	4		91	5562	
Energy.....kj	1893		0	RC	4		379	23270	
Protein (N x 0).....g	2.26		0	RC	4		0.45	27.78	
Total lipid (fat).....g	17.48		0	RC	4		3.50	214.85	
Ash.....g	0.76		0	RC	4		0.15	9.34	
Carbohydrate, by difference.....g	71.34		0	RC	4		14.27	876.73	
Fiber, total dietary.....g	1.7		0	RC	4		0.3	20.9	
Sugars, total.....g	64.06		0	RC	4		12.81	787.31	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	45		0	RC	4		9	555	
Iron, Fe.....mg	0.96		0	RC	4		0.19	11.77	
Magnesium, Mg.....mg	36		0	RC	4		7	448	
Phosphorus, P.....mg	67		0	RC	4		13	820	
Potassium, K.....mg	147		0	RC	4		29	1807	
Sodium, Na.....mg	85		0	RC	4		17	1040	
Zinc, Zn.....mg	0.58		0	RC	4		0.12	7.07	
Copper, Cu.....mg	0.217		0	RC	4		0.043	2.662	
Manganese, Mn.....mg	0.232		0	RC	4		0.046	2.845	
Selenium, Se.....mcg	2.1		0	RC	4		0.4	26.0	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.2		0	RC	4		0.0	2.9	
Thiamin.....mg	0.022		0	RC	4		0.004	0.273	
Riboflavin.....mg	0.077		0	RC	4		0.015	0.946	
Niacin.....mg	0.163		0	RC	4		0.033	2.008	
Pantothenic acid.....mg	0.122		0	RC	4		0.024	1.498	
Vitamin B-6.....mg	0.017		0	RC	4		0.003	0.208	
Folate, total.....mcg	5		0	RC	4		1	64	
Folic acid.....mcg	0		0	RC	4		0	0	
Folate, food.....mcg	5		0	RC	4		1	64	
Folate, DFE.....mcg_DFE	5		0	NC	4		1	64	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg	0.03		0	RC	4		0.01	0.37	
Vitamin B-12, added.....mcg	0.00		0	RC	4		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	75		0	NC	4		15	920	
Retinol.....mcg	73		0	RC	4		15	903	
Carotene, beta.....mcg	17		0	RC	4		3	207	
Carotene, alpha.....mcg	0		0	RC	4		0	0	
Cryptoxanthin, beta.....mcg	0		0	RC	4		0	0	
Vitamin A, IU.....IU	273		0	NC	4		55	3355	
Lycopene.....mcg	0		0	RC	4		0	0	
Lutein + zeaxanthin.....mcg	5		0	RC	4		1	65	
Vitamin E (alpha-tocopherol).....mg	0.32		0	RC	4		0.06	3.90	
Vitamin E, added.....mg	0.00		0	RC	4		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	2.3		0	RC	4		0.5	28.8	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	10.669		0	RC	4		2.134	131.123	
4:0.....g	0.339		0	RC	4		0.068	4.166	
6:0.....g	0.213		0	RC	4		0.043	2.612	
8:0.....g	0.123		0	RC	4		0.025	1.509	
10:0.....g	0.260		0	RC	4		0.052	3.199	

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.272		0	RC	4		0.054	3.348	
13:0.....g	0.000		0	RC	4		0.000	0.000	
14:0.....g	0.823		0	RC	4		0.165	10.112	
15:0.....g	0.000		0	RC	4		0.000	0.000	
16:0.....g	4.477		0	RC	4		0.895	55.023	
17:0.....g	0.068		0	RC	4		0.014	0.840	
18:0.....g	3.955		0	RC	4		0.791	48.602	
20:0.....g	0.090		0	RC	4		0.018	1.103	
22:0.....g	0.007		0	RC	4		0.001	0.086	
24:0.....g	0.000		0	RC	4		0.000	0.000	
Fatty acids, total monounsaturated.....g	5.205		0	RC	4		1.041	63.966	
14:1.....g	0.000		0	RC	4		0.000	0.000	
15:1.....g	0.000		0	RC	4		0.000	0.000	
16:1 undifferentiated.....g	0.132		0	RC	4		0.026	1.621	
16:1 c.....g	0.094		0	RC	4		0.019	1.151	
16:1 t.....g									
17:1.....g	0.000		0	RC	4		0.000	0.000	
18:1 undifferentiated.....g	5.054		0	RC	4		1.011	62.110	
18:1 c.....g	1.655		0	RC	4		0.331	20.339	
18:1-11c (18:1c n-7).....g									
18:1 t.....g	0.291		0	RC	4		0.058	3.573	
18:1-11t (18:1t n-7).....g									
20:1.....g	0.010		0	RC	4		0.002	0.120	
22:1 undifferentiated.....g	0.000		0	RC	4		0.000	0.000	
24:1 c.....g	0.000		0	RC	4		0.000	0.000	
Fatty acids, total polyunsaturated.....g	0.611		0	RC	4		0.122	7.505	
18:2 undifferentiated.....g	0.550		0	RC	4		0.110	6.765	
18:2 n-6 c,c.....g	0.211		0	RC	4		0.042	2.594	
18:2 CLAs.....g	0.026		0	RC	4		0.005	0.320	
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g									
18:2 i.....g	0.029		0	RC	4		0.006	0.355	
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.060		0	RC	4		0.012	0.738	
18:3 n-3 c,c,c.....g	0.031		0	RC	4		0.006	0.377	
18:3 n-6 c,c,c.....g									
18:3i.....g									
18:4.....g	0.000		0	RC	4		0.000	0.000	
20:2 n-6 c,c.....g	0.000		0	RC	4		0.000	0.000	
20:3 undifferentiated.....g	0.000		0	RC	4		0.000	0.000	
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000		0	RC	4		0.000	0.002	
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g	0.000		0	RC	4		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3.....g	0.000		0	RC	4		0.000	0.000	
22:6 n-3.....g	0.000		0	RC	4		0.000	0.000	
Fatty acids, total trans.....g	0.320		0	RC	4		0.064	3.927	
Fatty acids, total trans-monoenoic.....g	0.291		0	RC	4		0.058	3.573	
Fatty acids, total trans-polyenoic.....g	0.029		0	RC	4		0.006	0.355	
Cholesterol.....mg	25		0	RC	4		5	303	
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g									
Caffeine.....mg	18		0	RC	4		4	218	
Theobromine.....mg	139		0	RC	4		28	1708	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of 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. 19379

Candies, fudge, chocolate marshmallow, prepared-from-recipe

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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 = 20g: 1 piece

Measure 2 = 1229g: 1 recipe yield (60 pieces)

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 19 Sweets

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

NDB No. 19301

Candies, fudge, chocolate marshmallow, with nuts, prepared-by-recipe

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	7.12		0	RC		4			
Energy.....kcal	472		0	NC		4			
Energy.....kj	1977		0	NC		4			
Protein.....g	3.24		0	RC		4			
Total lipid (fat).....g	21.11		0	RC		4			
Ash.....g	0.84		0	RC		4			
Carbohydrate, by difference.....g	67.36		0	RC		4			
Fiber, total dietary.....g	2.1		0	RC		4			
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	49		0	RC		4			
Iron, Fe.....mg	1.11		0	RC		4			
Magnesium, Mg.....mg	46		0	RC		4			
Phosphorus, P.....mg	88		0	RC		4			
Potassium, K.....mg	170		0	RC		4			
Sodium, Na.....mg	79		0	RC		4			
Zinc, Zn.....mg	0.76		0	RC		4			
Copper, Cu.....mg	0.319		0	RC		4			
Manganese, Mn.....mg	0.470		0	RC		4			
Selenium, Se.....mcg	2.3		0	RC		4			
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.3		0	RC		4			
Thiamin.....mg	0.042		0	RC		4			
Riboflavin.....mg	0.082		0	RC		4			
Niacin.....mg	0.232		0	RC		4			
Pantothenic acid.....mg	0.156		0	RC		4			
Vitamin B-6.....mg	0.054		0	RC		4			
Folate, total.....mcg	11		0	RC		4			
Folic acid.....mcg	0		0	RC		4			
Folate, food.....mcg	11		0	RC		4			
Folate, DFE.....mcg_DFE	11		0	NC		4			
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg	0.03		0	RC		4			
Vitamin B-12, added.....mcg	0.00		0	RC		4			
Vitamin A, RAE.....mcg_RAE	68		0	NC		4			
Retinol.....mcg	68		0	RC		4			
Carotene, beta.....mcg									
Carotene, alpha.....mcg									
Cryptoxanthin, beta.....mcg	0		0	RC		4			
Vitamin A, IU.....IU	228		0	NC		4			
Lycopene.....mcg	0		0	RC		4			
Lutein + zeaxanthin.....mcg	6		0	RC		4			
Vitamin E (alpha-tocopherol).....mg									
Vitamin E, added.....mg	0.00		0	RC		4			
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	2.4		0	RC		4			
<b>Lipids:</b>									
Fatty acids, total saturated.....g	10.378		0	RC		4			
4:0.....g	0.315		0	RC		4			
6:0.....g	0.198		0	RC		4			
8:0.....g	0.114		0	RC		4			
10:0.....g	0.242		0	RC		4			

Candies, fudge, chocolate marshmallow, with nuts, prepared-by-recipe

Nutrients and 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					
12:0.....g	0.253		0	RC		4			
13:0.....g	0.000		0	RC		4			
14:0.....g	0.765		0	RC		4			
15:0.....g	0.000		0	RC		4			
16:0.....g	4.492		0	RC		4			
17:0.....g	0.064		0	RC		4			
18:0.....g	3.801		0	RC		4			
20:0.....g	0.088		0	RC		4			
22:0.....g	0.006		0	RC		4			
24:0.....g	0.000		0	RC		4			
Fatty acids, total monounsaturated.....g	5.506		0	RC		4			
14:1.....g	0.000		0	RC		4			
15:1.....g	0.000		0	RC		4			
16:1 undifferentiated.....g	0.123		0	RC		4			
16:1 c.....g	0.087		0	RC		4			
16:1 t.....g									
17:1.....g	0.000		0	RC		4			
18:1 undifferentiated.....g	5.355		0	RC		4			
18:1 c.....g	1.539		0	RC		4			
18:1-11c (18:1c n-7).....g									
18:1 t.....g	0.270		0	RC		4			
18:1-11t (18:1t n-7).....g									
20:1.....g	0.019		0	RC		4			
22:1 undifferentiated.....g	0.000		0	RC		4			
24:1 c.....g	0.000		0	RC		4			
Fatty acids, total polyunsaturated.....g	4.081		0	RC		4			
18:2 undifferentiated.....g	3.349		0	RC		4			
18:2 n-6 c,c.....g	0.196		0	RC		4			
18:2 CLAs.....g	0.024		0	RC		4			
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g									
18:2 i.....g	0.027		0	RC		4			
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.732		0	RC		4			
18:3 n-3 c,c,c.....g	0.029		0	RC		4			
18:3 n-6 c,c,c.....g									
18:3i.....g									
18:4.....g	0.000		0	RC		4			
20:2 n-6 c,c.....g	0.000		0	RC		4			
20:3 undifferentiated.....g	0.000		0	RC		4			
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000		0	RC		4			
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g	0.000		0	RC		4			
21:5.....g									
22:4.....g									
22:5 n-3.....g	0.000		0	RC		4			
22:6 n-3.....g	0.000		0	RC		4			
Fatty acids, total trans.....g	0.297		0	RC		4			
Fatty acids, total trans-monoenoic.....g	0.270		0	RC		4			
Fatty acids, total trans-polyenoic.....g	0.027		0	RC		4			
Cholesterol.....mg	23		0	RC		4			
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z		7			
Caffeine.....mg	16		0	RC		4			
Theobromine.....mg	129		0	RC		4			

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of 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. 19301

Candies, fudge, chocolate marshmallow, with nuts, prepared-by-recipe

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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:** 19 Sweets

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

NDB No. 19100

Candies, fudge, chocolate, prepared-from-recipe

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	9.81		0	RC	4		1.67		
Energy.....kcal	411		0	RC	4		70		
Energy.....kj	1719		0	RC	4		292		
Protein (N x 0).....g	2.39		0	RC	4		0.41		
Total lipid (fat).....g	10.41		0	RC	4		1.77		
Ash.....g	0.70		0	RC	4		0.12		
Carbohydrate, by difference.....g	76.44		0	RC	4		13.00		
Fiber, total dietary.....g	1.7		0	RC	4		0.3		
Sugars, total.....g	73.12		0	RC	4		12.43		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	49		0	RC	4		8		
Iron, Fe.....mg	1.77		0	RC	4		0.30		
Magnesium, Mg.....mg	36		0	RC	4		6		
Phosphorus, P.....mg	71		0	RC	4		12		
Potassium, K.....mg	134		0	RC	4		23		
Sodium, Na.....mg	45		0	RC	4		8		
Zinc, Zn.....mg	1.11		0	RC	4		0.19		
Copper, Cu.....mg	0.329		0	RC	4		0.056		
Manganese, Mn.....mg	0.422		0	RC	4		0.072		
Selenium, Se.....mcg	2.5		0	RC	4		0.4		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	RC	4		0.0		
Thiamin.....mg	0.026		0	RC	4		0.004		
Riboflavin.....mg	0.085		0	RC	4		0.014		
Niacin.....mg	0.176		0	RC	4		0.030		
Pantothenic acid.....mg	0.140		0	RC	4		0.024		
Vitamin B-6.....mg	0.012		0	RC	4		0.002		
Folate, total.....mcg	4		0	RC	4		1		
Folic acid.....mcg	0		0	RC	4		0		
Folate, food.....mcg	4		0	RC	4		1		
Folate, DFE.....mcg_DFE	4		0	NC	4		1		
Choline, total.....mg	10.0		0	O	4		1.7		
Betaine.....mg									
Vitamin B-12.....mcg	0.09		0	RC	4		0.01		
Vitamin B-12, added.....mcg	0.00		0	RC	4		0.00		
Vitamin A, RAE.....mcg_RAE	44		0	NC	4		7		
Retinol.....mcg	43		0	RC	4		7		
Carotene, beta.....mcg	10		0	RC	4		2		
Carotene, alpha.....mcg	0		0	RC	4		0		
Cryptoxanthin, beta.....mcg	0		0	RC	4		0		
Vitamin A, IU.....IU	159		0	RC	4		27		
Lycopene.....mcg	0		0	RC	4		0		
Lutein + zeaxanthin.....mcg	4		0	RC	4		1		
Vitamin E (alpha-tocopherol).....mg	0.18		0	RC	4		0.03		
Vitamin E, added.....mg	0.00		0	RC	4		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	1.4		0	RC	4		0.2		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	6.448		0	RC	4		1.096		
4:0.....g	0.187		0	RC	4		0.032		
6:0.....g	0.125		0	RC	4		0.021		
8:0.....g	0.084		0	RC	4		0.014		
10:0.....g	0.152		0	RC	4		0.026		

NDB No. 19100

Candies, fudge, chocolate, prepared-from-recipe

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.155		0	RC	4		0.026		
13:0.....g	0.000		0	RC	4		0.000		
14:0.....g	0.474		0	RC	4		0.081		
15:0.....g	0.000		0	RC	4		0.000		
16:0.....g	2.703		0	RC	4		0.460		
17:0.....g	0.038		0	RC	4		0.007		
18:0.....g	2.459		0	RC	4		0.418		
20:0.....g	0.063		0	RC	4		0.011		
22:0.....g	0.005		0	RC	4		0.001		
24:0.....g	0.000		0	RC	4		0.000		
Fatty acids, total monounsaturated.....g	2.943		0	RC	4		0.500		
14:1.....g	0.000		0	RC	4		0.000		
15:1.....g	0.000		0	RC	4		0.000		
16:1 undifferentiated.....g	0.058		0	RC	4		0.010		
17:1.....g	0.000		0	RC	4		0.000		
18:1 undifferentiated.....g	2.882		0	RC	4		0.490		
20:1.....g	0.005		0	RC	4		0.001		
22:1 undifferentiated.....g	0.000		0	RC	4		0.000		
24:1 c.....g	0.000		0	RC	4		0.000		
Fatty acids, total polyunsaturated.....g	0.373		0	RC	4		0.063		
18:2 undifferentiated.....g	0.321		0	RC	4		0.055		
18:3 undifferentiated.....g	0.052		0	RC	4		0.009		
18:4.....g	0.000		0	RC	4		0.000		
20:2 n-6 c.c.....g	0.000		0	RC	4		0.000		
20:3 undifferentiated.....g	0.000		0	RC	4		0.000		
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	0.165		0	RC	4		0.028		
Fatty acids, total trans-monoenoic.....g									
Fatty acids, total trans-polyenoic.....g									
Cholesterol.....mg	14		0	RC	4		2		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	8		0	RC	4		1		
Theobromine.....mg	130		0	RC	4		22		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 piece

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group: 19 Sweets**

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



NDB No. 19101

Candies, fudge, chocolate, with nuts, prepared-from-recipe

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	7.66		0	RC					
Energy.....kcal	461		0	RC					
Energy.....kj	1929		0	RC					
Protein.....g	4.38		0	RC					
Total lipid (fat).....g	18.93		0	RC					
Ash.....g	0.87		0	RC					
Carbohydrate, by difference.....g	67.93		0	RC					
Fiber, total dietary.....g	2.5		0	RC					
Sugars, total.....g	63.37		0	RC					
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	57		0	RC					
Iron, Fe.....mg	1.97		0	RC					
Magnesium, Mg.....mg	55		0	RC					
Phosphorus, P.....mg	114		0	RC					
Potassium, K.....mg	183		0	RC					
Sodium, Na.....mg	39		0	RC					
Zinc, Zn.....mg	1.43		0	RC					
Copper, Cu.....mg	0.526		0	RC					
Manganese, Mn.....mg	0.885		0	RC					
Selenium, Se.....mcg	2.9		0	RC					
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.2		0	RC					
Thiamin.....mg	0.067		0	RC					
Riboflavin.....mg	0.095		0	RC					
Niacin.....mg	0.315		0	RC					
Pantothenic acid.....mg	0.208		0	RC					
Vitamin B-6.....mg	0.088		0	RC					
Folate, total.....mcg	16		0	RC					
Folic acid.....mcg	0		0	RC					
Folate, food.....mcg	16		0	RC					
Folate, DFE.....mcg_DFE	16		0	NC					
Choline, total.....mg	14.6		0	O					
Betaine.....mg									
Vitamin B-12.....mcg	0.07		0	RC					
Vitamin B-12, added.....mcg	0.00		0	RC					
Vitamin A, RAE.....mcg_RAE	38		0	NC					
Retinol.....mcg	37		0	RC					
Carotene, beta.....mcg	10		0	RC					
Carotene, alpha.....mcg	0		0	RC					
Cryptoxanthin, beta.....mcg	0		0	RC					
Vitamin A, IU.....IU	140		0	RC					
Lycopene.....mcg	0		0	RC					
Lutein + zeaxanthin.....mcg	5		0	RC					
Vitamin E (alpha-tocopherol).....mg	0.26		0	RC					
Vitamin E, added.....mg	0.00		0	RC					
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	1.6		0	RC					
<b>Lipids:</b>									
Fatty acids, total saturated.....g	6.489		0	RC					
4:0.....g	0.161		0	RC					
6:0.....g	0.108		0	RC					
8:0.....g	0.072		0	RC					
10:0.....g	0.131		0	RC					

NDB No. 19101

Candies, fudge, chocolate, with nuts, prepared-from-recipe

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.134		0	RC					4
13:0.....g	0.000		0	RC					4
14:0.....g	0.409		0	RC					4
15:0.....g	0.000		0	RC					4
16:0.....g	3.001		0	RC					4
17:0.....g	0.033		0	RC					4
18:0.....g	2.371		0	RC					4
20:0.....g	0.064		0	RC					4
22:0.....g	0.004		0	RC					4
24:0.....g	0.000		0	RC					4
Fatty acids, total monounsaturated.....g	3.900		0	RC					4
14:1.....g	0.000		0	RC					4
15:1.....g	0.000		0	RC					4
16:1 undifferentiated.....g	0.050		0	RC					4
17:1.....g	0.000		0	RC					4
18:1 undifferentiated.....g	3.827		0	RC					4
20:1.....g	0.025		0	RC					4
22:1 undifferentiated.....g	0.000		0	RC					4
24:1 c.....g	0.000		0	RC					4
Fatty acids, total polyunsaturated.....g	7.529		0	RC					4
18:2 undifferentiated.....g	6.097		0	RC					4
18:3 undifferentiated.....g	1.432		0	RC					4
18:4.....g	0.000		0	RC					4
20:2 n-6 c,c.....g	0.000		0	RC					4
20:3 undifferentiated.....g	0.000		0	RC					4
20:4 undifferentiated.....g	0.000		0	RC					4
20:5 n-3.....g	0.000		0	RC					4
22:5 n-3.....g	0.000		0	RC					4
22:6 n-3.....g	0.000		0	RC					4
Fatty acids, total trans.....g	0.142		0	RC					4
Cholesterol.....mg	12		0	RC					4
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z					7
Caffeine.....mg	7		0	RC					4
Theobromine.....mg	112		0	RC					4

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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: 19 Sweets

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

NDB No. 19102

Candies, fudge, peanut butter, prepared-from-recipe

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	10.93		0	RC	4		1.75		
Energy.....kcal	387		0	RC	4		62		
Energy.....kj	1620		0	RC	4		259		
Protein (N x 0).....g	3.78		0	RC	4		0.60		
Total lipid (fat).....g	6.59		0	RC	4		1.05		
Ash.....g	0.71		0	RC	4		0.11		
Carbohydrate, by difference.....g	77.75		0	RC	4		12.44		
Fiber, total dietary.....g	0.7		0	RC	4		0.1		
Sugars, total.....g	73.36		0	RC	4		11.74		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	42		0	RC	4		7		
Iron, Fe.....mg	0.22		0	RC	4		0.04		
Magnesium, Mg.....mg	20		0	RC	4		3		
Phosphorus, P.....mg	68		0	RC	4		11		
Potassium, K.....mg	119		0	RC	4		19		
Sodium, Na.....mg	118		0	RC	4		19		
Zinc, Zn.....mg	0.48		0	RC	4		0.08		
Copper, Cu.....mg	0.056		0	RC	4		0.009		
Manganese, Mn.....mg	0.164		0	RC	4		0.026		
Selenium, Se.....mcg	2.2		0	RC	4		0.4		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	RC	4		0.0		
Thiamin.....mg	0.022		0	RC	4		0.004		
Riboflavin.....mg	0.082		0	RC	4		0.013		
Niacin.....mg	1.439		0	RC	4		0.230		
Pantothenic acid.....mg	0.231		0	RC	4		0.037		
Vitamin B-6.....mg	0.066		0	RC	4		0.010		
Folate, total.....mcg	9		0	RC	4		1		
Folic acid.....mcg	0		0	RC	4		0		
Folate, food.....mcg	9		0	RC	4		1		
Folate, DFE.....mcg_DFE	9		0	NC	4		1		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg	0.14		0	NR	4		0.02		
Vitamin B-12, added.....mcg	0.00		0	RC	4		0.00		
Vitamin A, RAE.....mcg_RAE	9		0	RC	4		1		
Retinol.....mcg	9		0	RC	4		1		
Carotene, beta.....mcg									
Carotene, alpha.....mcg									
Cryptoxanthin, beta.....mcg									
Vitamin A, IU.....IU	32		0	RC	4		5		
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									
Vitamin E (alpha-tocopherol).....mg	1.01		0	RC	4		0.16		
Vitamin E, added.....mg	0.00		0	RC	4		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.1		0	RC	4		0.0		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	1.721		0	RC	4		0.275		
4:0.....g	0.023		0	RC	4		0.004		
6:0.....g	0.023		0	RC	4		0.004		
8:0.....g	0.023		0	RC	4		0.004		
10:0.....g	0.023		0	RC	4		0.004		

NDB No. 19102

Candies, fudge, peanut butter, prepared-from-recipe

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.038		0	RC	4		0.006		
13:0.....g	0.000		0	RC	4		0.000		
14:0.....g	0.117		0	RC	4		0.019		
15:0.....g	0.000		0	RC	4		0.000		
16:0.....g	0.897		0	RC	4		0.143		
17:0.....g	0.000		0	RC	4		0.000		
18:0.....g	0.307		0	RC	4		0.049		
20:0.....g	0.068		0	RC	4		0.011		
22:0.....g	0.151		0	RC	4		0.024		
24:0.....g	0.049		0	RC	4		0.008		
Fatty acids, total monounsaturated.....g	2.867		0	RC	4		0.459		
14:1.....g	0.000		0	RC	4		0.000		
15:1.....g									
16:1 undifferentiated.....g	0.000		0	RC	4		0.000		
17:1.....g									
18:1 undifferentiated.....g	2.805		0	RC	4		0.449		
20:1.....g	0.062		0	RC	4		0.010		
22:1 undifferentiated.....g	0.000		0	RC	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.588		0	RC	4		0.254		
18:2 undifferentiated.....g	1.556		0	RC	4		0.249		
18:3 undifferentiated.....g	0.032		0	RC	4		0.005		
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	3		0	RC	4		1		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g									
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 = 16g: 1 piece

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group: 19 Sweets**

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

**NDB No. 19104**  
**Candies, fudge, vanilla with nuts**

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	7.99		0	RC		4			
Energy.....kcal	435		0	NC		4			
Energy.....kj	1819		0	NC		4			
Protein.....g	3.00		0	RC		4			
Total lipid (fat).....g	13.69		0	RC		4			
Ash.....g	0.54		0	RC		4			
Carbohydrate, by difference.....g	74.61		0	RC		4			
Fiber, total dietary.....g	0.9		0	RC		4			
Sugars, total.....g	71.00		0	RC		4			
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	47		0	RC		4			
Iron, Fe.....mg	0.41		0	RC		4			
Magnesium, Mg.....mg	24		0	RC		4			
Phosphorus, P.....mg	73		0	RC		4			
Potassium, K.....mg	103		0	RC		4			
Sodium, Na.....mg	42		0	RC		4			
Zinc, Zn.....mg	0.56		0	RC		4			
Copper, Cu.....mg	0.219		0	RC		4			
Manganese, Mn.....mg	0.466		0	RC		4			
Selenium, Se.....mcg	2.2		0	RC		4			
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.1		0	RC		4			
Thiamin.....mg	0.051		0	RC		4			
Riboflavin.....mg	0.085		0	RC		4			
Niacin.....mg	0.179		0	RC		4			
Pantothenic acid.....mg	0.183		0	RC		4			
Vitamin B-6.....mg	0.077		0	RC		4			
Folate, total.....mcg	12		0	RC		4			
Folic acid.....mcg	0		0	RC		4			
Folate, food.....mcg	12		0	RC		4			
Folate, DFE.....mcg_DFE	12		0	NC		4			
Choline, total.....mg	10.0		0	O		4			
Betaine.....mg									
Vitamin B-12.....mcg	0.07		0	RC		4			
Vitamin B-12, added.....mcg	0.00		0	RC		4			
Vitamin A, RAE.....mcg_RAE	41		0	NC		4			
Retinol.....mcg	40		0	RC		4			
Carotene, beta.....mcg	11		0	RC		4			
Carotene, alpha.....mcg	0		0	RC		4			
Cryptoxanthin, beta.....mcg	0		0	RC		4			
Vitamin A, IU.....IU	151		0	RC		4			
Lycopene.....mcg	0		0	RC		4			
Lutein + zeaxanthin.....mcg	1		0	RC		4			
Vitamin E (alpha-tocopherol).....mg	0.22		0	RC		4			
Vitamin E, added.....mg	0.00		0	RC		4			
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.8		0	RC		4			
<b>Lipids:</b>									
Fatty acids, total saturated.....g	3.828		0	RC		4			
4:0.....g	0.176		0	RC		4			
6:0.....g	0.117		0	RC		4			
8:0.....g	0.078		0	RC		4			
10:0.....g	0.143		0	RC		4			

**NDB No. 19104**  
**Candies, fudge, vanilla with nuts**

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 Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code					
12:0.....g	0.146		0	RC		4			
13:0.....g	0.000		0	RC		4			
14:0.....g	0.441		0	RC		4			
15:0.....g	0.000		0	RC		4			
16:0.....g	1.875		0	RC		4			
17:0.....g	0.027		0	RC		4			
18:0.....g	0.809		0	RC		4			
20:0.....g	0.015		0	RC		4			
22:0.....g	0.000		0	RC		4			
24:0.....g	0.000		0	RC		4			
Fatty acids, total monounsaturated.....g	2.454		0	RC		4			
14:1.....g	0.000		0	RC		4			
15:1.....g									
16:1 undifferentiated.....g	0.046		0	RC		4			
17:1.....g									
18:1 undifferentiated.....g	2.384		0	RC		4			
20:1.....g	0.023		0	RC		4			
22:1 undifferentiated.....g	0.000		0	RC		4			
24:1 c.....g	0.000		0	RC		4			
Fatty acids, total polyunsaturated.....g	6.614		0	RC		4			
18:2 undifferentiated.....g	5.344		0	RC		4			
18:3 undifferentiated.....g	1.270		0	RC		4			
18:4.....g	0.000		0	RC		4			
20:2 n-6 c,c.....g	0.000		0	RC		4			
20:3 undifferentiated.....g	0.000		0	RC		4			
20:4 undifferentiated.....g	0.000		0	RC		4			
20:5 n-3.....g	0.000		0	RC		4			
22:5 n-3.....g	0.000		0	RC		4			
22:6 n-3.....g	0.000		0	RC		4			
Fatty acids, total trans.....g	0.158		0	RC		4			
Cholesterol.....mg	13		0	RC		4			
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z		7			
Caffeine.....mg	0		0	RC		4			
Theobromine.....mg	0		0	RC		4			

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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: 19 Sweets**

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

NDB No. 19103

Candies, fudge, vanilla, prepared-from-recipe

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	10.85		0	RC	4				
Energy.....kcal	383		0	NC	4				
Energy.....kj	1602		0	NC	4				
Protein.....g	1.05		0	RC	4				
Total lipid (fat).....g	5.45		0	RC	4				
Ash.....g	0.34		0	RC	4				
Carbohydrate, by difference.....g	82.15		0	RC	4				
Fiber, total dietary.....g	0.0		0	RC	4				
Sugars, total.....g	79.77		0	RC	4				
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	38		0	RC	4				
Iron, Fe.....mg	0.02		0	RC	4				
Magnesium, Mg.....mg	3		0	RC	4				
Phosphorus, P.....mg	30		0	RC	4				
Potassium, K.....mg	49		0	RC	4				
Sodium, Na.....mg	47		0	RC	4				
Zinc, Zn.....mg	0.15		0	RC	4				
Copper, Cu.....mg	0.004		0	RC	4				
Manganese, Mn.....mg	0.002		0	RC	4				
Selenium, Se.....mcg	1.7		0	RC	4				
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	RC	4				
Thiamin.....mg	0.014		0	RC	4				
Riboflavin.....mg	0.074		0	RC	4				
Niacin.....mg	0.038		0	RC	4				
Pantothenic acid.....mg	0.119		0	RC	4				
Vitamin B-6.....mg	0.009		0	RC	4				
Folate, total.....mcg	1		0	RC	4				
Folic acid.....mcg	0		0	RC	4				
Folate, food.....mcg	1		0	RC	4				
Folate, DFE.....mcg_DFE	1		0	NC	4				
Choline, total.....mg	5.3		0	O	4				
Betaine.....mg									
Vitamin B-12.....mcg	0.08		0	RC	4				
Vitamin B-12, added.....mcg	0.00		0	RC	4				
Vitamin A, RAE.....mcg_RAE	46		0	NC	4				
Retinol.....mcg	45		0	RC	4				
Carotene, beta.....mcg	10		0	RC	4				
Carotene, alpha.....mcg	0		0	RC	4				
Cryptoxanthin, beta.....mcg	0		0	RC	4				
Vitamin A, IU.....IU	168		0	RC	4				
Lycopene.....mcg	0		0	RC	4				
Lutein + zeaxanthin.....mcg	0		0	RC	4				
Vitamin E (alpha-tocopherol).....mg	0.14		0	RC	4				
Vitamin E, added.....mg	0.00		0	RC	4				
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.5		0	RC	4				
<b>Lipids:</b>									
Fatty acids, total saturated.....g	3.382		0	RC	4				
4:0.....g	0.199		0	RC	4				
6:0.....g	0.133		0	RC	4				
8:0.....g	0.088		0	RC	4				
10:0.....g	0.161		0	RC	4				

NDB No. 19103

Candies, fudge, vanilla, prepared-from-recipe

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.165		0	RC		4			
13:0.....g	0.000		0	RC		4			
14:0.....g	0.498		0	RC		4			
15:0.....g	0.000		0	RC		4			
16:0.....g	1.441		0	RC		4			
17:0.....g	0.031		0	RC		4			
18:0.....g	0.659		0	RC		4			
20:0.....g	0.007		0	RC		4			
22:0.....g	0.000		0	RC		4			
24:0.....g	0.000		0	RC		4			
Fatty acids, total monounsaturated.....g	1.399		0	RC		4			
14:1.....g	0.000		0	RC		4			
15:1.....g									
16:1 undifferentiated.....g	0.052		0	RC		4			
17:1.....g									
18:1 undifferentiated.....g	1.341		0	RC		4			
20:1.....g	0.005		0	RC		4			
22:1 undifferentiated.....g	0.000		0	RC		4			
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.227		0	RC		4			
18:2 undifferentiated.....g	0.186		0	RC		4			
18:3 undifferentiated.....g	0.040		0	RC		4			
18:4.....g	0.000		0	RC		4			
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RC		4			
20:5 n-3.....g	0.000		0	RC		4			
22:5 n-3.....g	0.000		0	RC		4			
22:6 n-3.....g	0.000		0	RC		4			
Fatty acids, total trans.....g	0.179		0	RC		4			
Fatty acids, total trans-monoenoic.....g									
Fatty acids, total trans-polyenoic.....g									
Cholesterol.....mg	15		0	RC		4			
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z		7			
Caffeine.....mg	0		0	RC		4			
Theobromine.....mg	0		0	RC		4			

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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: 19 Sweets

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



NDB No. 43057

Candies, gum drops, dietetic or low calorie (sorbitol)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	11.70		0		4		21.29	0.59	
Energy.....kcal	162		0		4		295	8	
Energy.....kj	678		0		4		1234	34	
Protein.....g	0.00		1		1		0.00	0.00	
Total lipid (fat).....g	0.20		1		1		0.36	0.01	
Ash.....g	0.00		0	BFSN	4		0.00	0.00	
Carbohydrate, by difference.....g	88.00		0		4		160.16	4.40	
Fiber, total dietary.....g	18.0		0		4		32.8	0.9	
Sugars, total.....g	70.00		0	NR	4		127.40	3.50	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	0		1		1		0	0	
Iron, Fe.....mg	0.00		1		1		0.00	0.00	
Magnesium, Mg.....mg	0		0		4		0	0	
Phosphorus, P.....mg	0		0		4		0	0	
Potassium, K.....mg	0		0		7		0	0	
Sodium, Na.....mg	7		1		1		13	0	
Zinc, Zn.....mg	0.00		0		4		0.00	0.00	
Copper, Cu.....mg	0.000		0		4		0.000	0.000	
Manganese, Mn.....mg									
Selenium, Se.....mcg	0.5		0	BFSN	4		0.9	0.0	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		1		1		0.0	0.0	
Thiamin.....mg	0.000		1		1		0.000	0.000	
Riboflavin.....mg	0.000		1		1		0.000	0.000	
Niacin.....mg	0.000		1		1		0.000	0.000	
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.000		0		4		0.000	0.000	
Folate, total.....mcg	0		0		4		0	0	
Folic acid.....mcg	0		0	BFSN	4		0	0	
Folate, food.....mcg	0		0		4		0	0	
Folate, DFE.....mcg_DFE	0		0	NC	4		0	0	
Choline, total.....mg	0.0		0	Z	7		0.0	0.0	
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	0		0	BFSN	4		0	0	
Retinol.....mcg	0		0	BFSN	4		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		1		1		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	0.034		0		4		0.062	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. 43057

Candies, gum drops, dietetic or low calorie (sorbitol)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures 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					4		0.000	0.000	
14:0.....g	0.000		0		4		0.000	0.000	
15:0.....g					4		0.035	0.001	
16:0.....g	0.019		0		4		0.007	0.000	
17:0.....g	0.004		0		4				
18:0.....g					4				
20:0.....g					4				
22:0.....g					4				
24:0.....g					4				
Fatty acids, total monounsaturated.....g	0.092		0		4		0.167	0.005	
14:1.....g					4				
15:1.....g					4				
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
17:1.....g					4				
18:1 undifferentiated.....g	0.090		0		4		0.164	0.005	
20:1.....g	0.003		0		4		0.005	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g					4				
Fatty acids, total polyunsaturated.....g	0.064		0		4		0.116	0.003	
18:2 undifferentiated.....g	0.064		0		4		0.116	0.003	
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					4				
20:3 undifferentiated.....g					4				
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					7				
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	BFSN	4		0	0	
Theobromine.....mg	0		0	BFSN	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 = 182g: 1 cup

Measure 2 = 5.0g: 1 piece

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group: 19 Sweets**

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

NDB No. 19106

Candies, gum drops, starch jelly pieces

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	1.00	0.000	8		1		1.82	0.36	0.22
Energy.....kcal	396		0	NC	4		720	142	87
Energy.....kj	1655		0	NC	4		3012	596	364
Protein (N x 6.25).....g	0.00		1		4		0.00	0.00	0.00
Total lipid (fat).....g	0.00		1	LC	8		0.00	0.00	0.00
Ash.....g	0.10		1		4		0.18	0.04	0.02
Carbohydrate, by difference.....g	98.90		0	NC	4		180.00	35.60	21.76
Fiber, total dietary.....g	0.1		0	FLC	4		0.1	0.0	0.0
Sugars, total.....g	58.97		1	LC	8		107.33	21.23	12.97
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	3	0.936	9		1		5	1	1
Iron, Fe.....mg	0.40	0.109	8		1		0.73	0.14	0.09
Magnesium, Mg.....mg	1	0.774	9		1		2	0	0
Phosphorus, P.....mg	1	0.453	8		1		2	0	0
Potassium, K.....mg	5	3.943	9		1		9	2	1
Sodium, Na.....mg	44	5.093	9		1		80	16	10
Zinc, Zn.....mg	0.00	0.004	8		1		0.00	0.00	0.00
Copper, Cu.....mg	0.012	0.008	8		1		0.022	0.004	0.003
Manganese, Mn.....mg	0.010	0.017	8		1		0.018	0.004	0.002
Selenium, Se.....mcg	0.8		0	FLC	4		1.5	0.3	0.2
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	FLC	4		0.0	0.0	0.0
Thiamin.....mg	0.006		0	FLC	4		0.010	0.002	0.001
Riboflavin.....mg	0.013		0	FLC	4		0.023	0.005	0.003
Niacin.....mg	0.010		0	FLC	4		0.019	0.004	0.002
Pantothenic acid.....mg	0.012		0	FLC	4		0.022	0.004	0.003
Vitamin B-6.....mg	0.005		0	FLC	4		0.008	0.002	0.001
Folate, total.....mcg	0		0	FLC	4		0	0	0
Folic acid.....mcg	0		0	FLC	4		0	0	0
Folate, food.....mcg	0		0	FLC	4		0	0	0
Folate, DFE.....mcg_DFE	0		0	NC	4		0	0	0
Choline, total.....mg	0.0		0	Z	7		0.0	0.0	0.0
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	FLC	4		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	FLC	4		0	0	0
Retinol.....mcg	0		0	FLC	4		0	0	0
Carotene, beta.....mcg	0		0	FLC	4		0	0	0
Carotene, alpha.....mcg	0		0	FLC	4		0	0	0
Cryptoxanthin, beta.....mcg	0		0	FLC	4		0	0	0
Vitamin A, IU.....IU	0		0	FLC	4		0	0	0
Lycopene.....mcg	0		0	FLC	4		0	0	0
Lutein + zeaxanthin.....mcg	0		0	FLC	4		0	0	0
Vitamin E (alpha-tocopherol).....mg	0.00		0	FLC	4		0.00	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	0.0		0	FLC	4		0.0	0.0	0.0
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.000		1	LC	8		0.000	0.000	0.000
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. 19106

Candies, gumdrops, starch jelly pieces

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures 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									
14:0.....g	0.000		0			4	0.000	0.000	0.000
15:0.....g									
16:0.....g	0.000		0			4	0.000	0.000	0.000
17:0.....g									
18:0.....g	0.000		0			4	0.000	0.000	0.000
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0			7	0.000	0.000	0.000
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0			4	0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.000		0			4	0.000	0.000	0.000
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									
Fatty acids, total polyunsaturated.....g	0.000		1	LC		8	0.000	0.000	0.000
18:2 undifferentiated.....g	0.000		0			4	0.000	0.000	0.000
18:3 undifferentiated.....g	0.000		0			4	0.000	0.000	0.000
18:4.....g	0.000		0			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			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									
Cholesterol.....mg	0		1	LC		8	0	0	0
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLC		4	0.0	0.0	0.0
Caffeine.....mg	0		0	FLC		4	0	0	0
Theobromine.....mg	0		0	FLC		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:**

Measure 1 = 182g: 1 cup gumdrops

Measure 2 = 36g: 10 gumdrops

Measure 3 = 22g: 10 gummy bears

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate4**

**Food Group: 19 Sweets**

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



NDB No. 19117  
Candies, halavah, plain

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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		2	A	1				
15:0.....g									
16:0.....g	2.113		2	A	1				
17:0.....g									
18:0.....g	1.847		2	A	1				
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	8.194		2	A	1				
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.025		2	A	1				
17:1.....g									
18:1 undifferentiated.....g	8.133		2	A	1				
20:1.....g	0.036		2	A	1				
22:1 undifferentiated.....g	0.000		2	A	1				
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	8.481		2	A	1				
18:2 undifferentiated.....g	8.421		2	A	1				
18:3 undifferentiated.....g	0.060		2	A	1				
18:4.....g	0.000		2	A	1				
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
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>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:**

**Calories Factors: Protein 4**

**Fat 8.5**

**Carbohydrate 3.9**

**Food Group: 19 Sweets**

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

NDB No. 19107

Candies, hard

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	1.30	0.291	6		1		0.37	0.08	0.04
Energy.....kcal	394		0	NC	4		112	24	12
Energy.....kj	1648		0		4		467	99	49
Protein (N x 6.25).....g	0.00		1	A	1		0.00	0.00	0.00
Total lipid (fat).....g	0.20		1	A	1		0.06	0.01	0.01
Ash.....g	0.50	0.407	9		1		0.14	0.03	0.02
Carbohydrate, by difference.....g	98.00		0	NC	4		27.78	5.88	2.94
Fiber, total dietary.....g	0.0		0		4		0.0	0.0	0.0
Sugars, total.....g	62.90		1	A	1		17.83	3.77	1.89
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	3	1.419	37		1		1	0	0
Iron, Fe.....mg	0.30	0.050	42		1		0.09	0.02	0.01
Magnesium, Mg.....mg	3	0.707	37		1		1	0	0
Phosphorus, P.....mg	3	1.533	37		1		1	0	0
Potassium, K.....mg	5	1.358	37		1		1	0	0
Sodium, Na.....mg	38	7.185	33		1		11	2	1
Zinc, Zn.....mg	0.01	0.005	42		1		0.00	0.00	0.00
Copper, Cu.....mg	0.029	0.010	5		1		0.008	0.002	0.001
Manganese, Mn.....mg	0.010	0.001	37		1		0.003	0.001	0.000
Selenium, Se.....mcg	0.6		0	BFSN	4		0.2	0.0	0.0
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		1		4		0.0	0.0	0.0
Thiamin.....mg	0.004		1		4		0.001	0.000	0.000
Riboflavin.....mg	0.003		1		4		0.001	0.000	0.000
Niacin.....mg	0.007		1		4		0.002	0.000	0.000
Pantothenic acid.....mg	0.008		1		4		0.002	0.000	0.000
Vitamin B-6.....mg	0.003		1		4		0.001	0.000	0.000
Folate, total.....mcg	0		1		4		0	0	0
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg	0		1		4		0	0	0
Folate, DFE.....mcg_DFE	0		0	NC	4		0	0	0
Choline, total.....mg	0.0		0	Z	7		0.0	0.0	0.0
Betaine.....mg									
Vitamin B-12.....mcg	0.00		1		4		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	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		1		4		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		0	Z	7		0.00	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	0.0		0	Z	7		0.0	0.0	0.0
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.000		0		7		0.000	0.000	0.000
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. 19107**  
**Candies, hard**

Nutrients and 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	0.000		0		4	0.000	0.000	0.000
13:0.....g								
14:0.....g	0.000		0		4	0.000	0.000	0.000
15:0.....g								
16:0.....g	0.000		0		4	0.000	0.000	0.000
17:0.....g								
18:0.....g	0.000		0		4	0.000	0.000	0.000
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	0.000		0		7	0.000	0.000	0.000
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.000		0		4	0.000	0.000	0.000
17:1.....g								
18:1 undifferentiated.....g	0.000		0		4	0.000	0.000	0.000
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								
Fatty acids, total polyunsaturated.....g	0.000		0		7	0.000	0.000	0.000
18:2 undifferentiated.....g	0.000		0		4	0.000	0.000	0.000
18:3 undifferentiated.....g	0.000		0		4	0.000	0.000	0.000
18:4.....g	0.000		0		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		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								
Cholesterol.....mg	0		1		4	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 = 28.35g: 1 oz
- Measure 2 = 6.0g: 1 piece
- Measure 3 = 3.0g: 1 piece, small

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate4**

**Food Group: 19 Sweets**

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



NDB No. 43058

Candies, hard, dietetic or low calorie (sorbitol)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	1.40		0		4		0.04		
Energy.....kcal	375		0		4		11		
Energy.....kj	1569		0		4		47		
Protein.....g	0.00		1		1		0.00		
Total lipid (fat).....g	0.00		0		4		0.00		
Ash.....g	0.00		0	BFSN	4		0.00		
Carbohydrate, by difference.....g	93.40		0	NC	4		2.80		
Fiber, total dietary.....g	0.0		0		4		0.0		
Sugars, total.....g	93.00		0	NR	4		2.79		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	0		1		1		0		
Iron, Fe.....mg	0.00		1		1		0.00		
Magnesium, Mg.....mg	0		0		4		0		
Phosphorus, P.....mg	0		0		4		0		
Potassium, K.....mg	0		0		4		0		
Sodium, Na.....mg	0		0		4		0		
Zinc, Zn.....mg	0.00		0		4		0.00		
Copper, Cu.....mg	0.000		0		4		0.000		
Manganese, Mn.....mg									
Selenium, Se.....mcg	0.6		0	BFSN	4		0.0		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		1		1		0.0		
Thiamin.....mg	0.000		1		1		0.000		
Riboflavin.....mg	0.000		1		1		0.000		
Niacin.....mg	0.000		1		1		0.000		
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.000		0		4		0.000		
Folate, total.....mcg	0		0		4		0		
Folic acid.....mcg	0		0	BFSN	4		0		
Folate, food.....mcg	0		0	BFSN	4		0		
Folate, DFE.....mcg_DFE	0		0	NC	4		0		
Choline, total.....mg	0.0		0	Z	7		0.0		
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0		4		0.00		
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....mcg_RAE	0		0	BFSN	4		0		
Retinol.....mcg	0		0	BFSN	4		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		1		1		0		
Lycopene.....mcg	0		0	BFSN	4		0		
Lutein + zeaxanthin.....mcg	0		0	BFSN	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	0.0		0	BFSN	4		0.0		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.000		0		7		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. 43058

Candies, hard, dietetic or low calorie (sorbitol)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures 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					4		0.000		
14:0.....g	0.000		0		4		0.000		
15:0.....g					4		0.000		
16:0.....g	0.000		0		4		0.000		
17:0.....g					4		0.000		
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		7		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		7		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	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:**

Measure 1 = 3.0g: 1 piece

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group: 19 Sweets**

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

NDB No. 19108  
Candies, jellybeans

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	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		1		4		0.69	1.76	
Energy.....kcal	375		0	NC	4		41	105	
Energy.....kj	1568		0	NC	4		172	439	
Protein (N x 6.25).....g	0.00		1	LC	8		0.00	0.00	
Total lipid (fat).....g	0.05		0	FLC	4		0.01	0.01	
Ash.....g	0.10		0	FLC	4		0.01	0.03	
Carbohydrate, by difference.....g	93.55		0	NC	4		10.29	26.19	
Fiber, total dietary.....g	0.2		0	FLC	4		0.0	0.1	
Sugars, total.....g	70.00		1	LC	8		7.70	19.60	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	3		1		1		0	1	
Iron, Fe.....mg	0.13		0	FLC	4		0.01	0.04	
Magnesium, Mg.....mg	2		1		1		0	1	
Phosphorus, P.....mg	4		0	FLC	4		0	1	
Potassium, K.....mg	37		1		1		4	10	
Sodium, Na.....mg	50		1	LC	8		6	14	
Zinc, Zn.....mg	0.05		1		1		0.01	0.01	
Copper, Cu.....mg	0.028		1		1		0.003	0.008	
Manganese, Mn.....mg	0.035		1		1		0.004	0.010	
Selenium, Se.....mcg	1.1		0	FLC	4		0.1	0.3	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	FLC	4		0.0	0.0	
Thiamin.....mg	0.004		0	FLC	4		0.000	0.001	
Riboflavin.....mg	0.011		0	FLC	4		0.001	0.003	
Niacin.....mg	0.008		0	FLC	4		0.001	0.002	
Pantothenic acid.....mg	0.009		0	FLC	4		0.001	0.003	
Vitamin B-6.....mg	0.004		0	FLC	4		0.000	0.001	
Folate, total.....mcg	0		0	FLC	4		0	0	
Folic acid.....mcg	0		0	FLC	4		0	0	
Folate, food.....mcg	0		0	FLC	4		0	0	
Folate, DFE.....mcg_DFE	0		0	NC	4		0	0	
Choline, total.....mg	0.0		0	Z	7		0.0	0.0	
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	FLC	4		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	FLC	4		0	0	
Retinol.....mcg	0		0	FLC	4		0	0	
Carotene, beta.....mcg	0		0	FLC	4		0	0	
Carotene, alpha.....mcg	0		0	FLC	4		0	0	
Cryptoxanthin, beta.....mcg	0		0	FLC	4		0	0	
Vitamin A, IU.....IU	0		0	FLC	4		0	0	
Lycopene.....mcg	0		0	FLC	4		0	0	
Lutein + zeaxanthin.....mcg	0		0	FLC	4		0	0	
Vitamin E (alpha-tocopherol).....mg	0.00		0	FLC	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	FLC	4		0.0	0.0	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.000		0	FLC	4		0.000	0.000	
4:0.....g	0.000		0	FLC	4		0.000	0.000	
6:0.....g	0.000		0	FLC	4		0.000	0.000	
8:0.....g	0.000		0	FLC	4		0.000	0.000	
10:0.....g	0.000		0	FLC	4		0.000	0.000	

NDB No. 19108  
Candies, jellybeans

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 Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code					
12:0.....g	0.000		0	FLC	4		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0	FLC	4		0.000	0.000	
15:0.....g									
16:0.....g	0.000		0	FLC	4		0.000	0.000	
17:0.....g									
18:0.....g	0.000		0	FLC	4		0.000	0.000	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0	FLC	4		0.000	0.000	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	FLC	4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.000		0	FLC	4		0.000	0.000	
20:1.....g	0.000		0	FLC	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLC	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	FLC	4		0.000	0.000	
18:2 undifferentiated.....g	0.000		0	FLC	4		0.000	0.000	
18:3 undifferentiated.....g	0.000		0	FLC	4		0.000	0.000	
18:4.....g	0.000		0	FLC	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLC	4		0.000	0.000	
20:5 n-3.....g	0.000		0	FLC	4		0.000	0.000	
22:5 n-3.....g	0.000		0	FLC	4		0.000	0.000	
22:6 n-3.....g	0.000		0	FLC	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	FLC	4		0	0	
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0	0.0	
Caffeine.....mg	0		0	FLC	4		0	0	
Theobromine.....mg	0		0	FLC	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 = 11.0g: 10 small  
Measure 2 = 28g: 10 large (1 oz)

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate4**

**Food Group: 19 Sweets**

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

NDB No. 19116  
Candies, marshmallows

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	16.40	0.374	6		1		8.20	1.15	1.18
Energy.....kcal	318		0	NC	4		159	22	23
Energy.....kj	1331		0		4		665	93	96
Protein (N x 5.6).....g	1.80	0.107	5		1		0.90	0.13	0.13
Total lipid (fat).....g	0.20	0.055	5		1		0.10	0.01	0.01
Ash.....g	0.30	0.136	5		1		0.15	0.02	0.02
Carbohydrate, by difference.....g	81.30		0	NC	4		40.65	5.69	5.85
Fiber, total dietary.....g	0.1		0	FLA	4		0.1	0.0	0.0
Sugars, total.....g	57.56	4.874	3	LC	8		28.78	4.03	4.14
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	3	0.356	10		1		2	0	0
Iron, Fe.....mg	0.23	0.085	10		1		0.12	0.02	0.02
Magnesium, Mg.....mg	2	0.503	10		1		1	0	0
Phosphorus, P.....mg	8	1.376	6		1		4	1	1
Potassium, K.....mg	5	1.162	10		1		3	0	0
Sodium, Na.....mg	80	12.963	3	LC	8		40	6	6
Zinc, Zn.....mg	0.04	0.015	10		1		0.02	0.00	0.00
Copper, Cu.....mg	0.097		2		1		0.049	0.007	0.007
Manganese, Mn.....mg	0.008	0.034	5		1		0.004	0.001	0.001
Selenium, Se.....mcg	1.7		0	FLA	4		0.8	0.1	0.1
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0	0.000	5		1		0.0	0.0	0.0
Thiamin.....mg	0.001	0.000	5		1		0.001	0.000	0.000
Riboflavin.....mg	0.001	0.000	4		1		0.001	0.000	0.000
Niacin.....mg	0.078	0.015	5		1		0.039	0.005	0.006
Pantothenic acid.....mg	0.005		1		1		0.003	0.000	0.000
Vitamin B-6.....mg	0.003		0	FLA	4		0.002	0.000	0.000
Folate, total.....mcg	1		0	FLA	4		0	0	0
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg	1		0	FLA	4		0	0	0
Folate, DFE.....mcg_DFE	1		0	NC	4		0	0	0
Choline, total.....mg	0.1		0	O	4		0.0	0.0	0.0
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	FLA	4		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	FLA	4		0	0	0
Retinol.....mcg	0		0	FLA	4		0	0	0
Carotene, beta.....mcg	0		0	FLA	4		0	0	0
Carotene, alpha.....mcg	0		0	FLA	4		0	0	0
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0	0	0
Vitamin A, IU.....IU	0		0	FLA	4		0	0	0
Lycopene.....mcg	0		0	FLA	4		0	0	0
Lutein + zeaxanthin.....mcg	0		0	FLA	4		0	0	0
Vitamin E (alpha-tocopherol).....mg	0.00		0	FLA	4		0.00	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	0.0		0	FLA	4		0.0	0.0	0.0
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.056		0		4		0.028	0.004	0.004
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. 19116**  
**Candies, marshmallows**

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	<u>measures of food</u>				
					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		0.001	0.000	0.000
14:0.....g	0.001		0		4		0.001	0.000	0.000
15:0.....g					4		0.020	0.003	0.003
16:0.....g	0.040		0		4		0.008	0.001	0.001
17:0.....g					4				
18:0.....g	0.015		0		4				
20:0.....g					4				
22:0.....g					4				
24:0.....g					4				
Fatty acids, total monounsaturated.....g	0.080		0		4		0.040	0.006	0.006
14:1.....g					4				
15:1.....g					4				
16:1 undifferentiated.....g	0.004		0		4		0.002	0.000	0.000
17:1.....g					4				
18:1 undifferentiated.....g	0.076		0		4		0.038	0.005	0.005
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	0.047		0		4		0.024	0.003	0.003
18:2 undifferentiated.....g	0.045		0		4		0.023	0.003	0.003
18:3 undifferentiated.....g	0.001		0		4		0.001	0.000	0.000
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	0.001		0		4		0.001	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	0.023	4		1		0	0	0
Phytosterols.....mg					1				
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.000		0		1		0.000	0.000	0.000
Threonine.....g	0.035		0		1		0.018	0.002	0.003
Isoleucine.....g	0.028		0		1		0.014	0.002	0.002
Leucine.....g	0.066		0		1		0.033	0.005	0.005
Lysine.....g	0.077		0		1		0.039	0.005	0.006
Methionine.....g	0.015		0		1		0.008	0.001	0.001
Cystine.....g	0.002		0		1		0.001	0.000	0.000
Phenylalanine.....g	0.042		0		1		0.021	0.003	0.003
Tyrosine.....g	0.010		0		1		0.005	0.001	0.001
Valine.....g	0.050		0		1		0.025	0.004	0.004
Arginine.....g	0.147		0		1		0.074	0.010	0.011
Histidine.....g	0.017		0		1		0.009	0.001	0.001
Alanine.....g	0.180		0		1		0.090	0.013	0.013
Aspartic acid.....g	0.121		0		1		0.061	0.008	0.009
Glutamic acid.....g	0.208		0		1		0.104	0.015	0.015
Glycine.....g	0.416		0		1		0.208	0.029	0.030
Proline.....g	0.275		0		1		0.138	0.019	0.020
Serine.....g	0.061		0		1		0.031	0.004	0.004
Hydroxyproline.....g					1				
<b><u>Others:</u></b>									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0	0.0	0.0
Caffeine.....mg	0		0	FLA	4		0	0	0
Theobromine.....mg	0		0	FLA	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. 19116**

**Candies, marshmallows**

Measure 1 = 50g: 1 cup of miniature

Measure 2 = 7.0g: 10 miniatures

Measure 3 = 7.2g: 1 regular

**Calories Factors: Protein 3.9**

**Fat 8.4**

**Carbohydrate 3.8**

**Food Group: 19 Sweets**

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

**NDB No. 19120**  
**Candies, milk chocolate**

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	1.50	0.054	9	A	1		2.53	0.11	0.66
Energy.....kcal	535		0	NC	4		899	37	235
Energy.....kj	2239		0	NC	4		3762	157	985
Protein (N x 6.25).....g	7.65	0.281	9	A	1		12.86	0.54	3.37
Total lipid (fat).....g	29.66	0.230	9	A	1		49.83	2.08	13.05
Ash.....g	1.78	0.036	9	A	1		2.99	0.12	0.78
Carbohydrate, by difference.....g	59.40		0	NC	4		99.80	4.16	26.14
Fiber, total dietary.....g	3.4	0.132	9	A	1		5.7	0.2	1.5
Sugars, total.....g	51.50	0.495	9	A	1		86.52	3.60	22.66
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	189	0.333	27	A	1		317	13	83
Iron, Fe.....mg	2.35	1.043	27	A	1		3.94	0.16	1.03
Magnesium, Mg.....mg	63	3.153	27	A	1		105	4	28
Phosphorus, P.....mg	208	6.583	27	A	1		350	15	92
Potassium, K.....mg	372	30.222	27	A	1		626	26	164
Sodium, Na.....mg	79	8.597	27	A	1		132	6	35
Zinc, Zn.....mg	2.30		0	FLA	4		3.86	0.16	1.01
Copper, Cu.....mg	0.491	0.083	27	A	1		0.825	0.034	0.216
Manganese, Mn.....mg	0.471	0.131	27	A	1		0.791	0.033	0.207
Selenium, Se.....mcg	4.5	0.173	22	A	1		7.5	0.3	2.0
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		1	A	1		0.0	0.0	0.0
Thiamin.....mg	0.112	0.007	5	A	1		0.188	0.008	0.049
Riboflavin.....mg	0.298	0.034	5	A	1		0.501	0.021	0.131
Niacin.....mg	0.386	0.018	5	A	1		0.648	0.027	0.170
Pantothenic acid.....mg	0.472	0.041	5	A	1		0.794	0.033	0.208
Vitamin B-6.....mg	0.036	0.001	5	A	1		0.060	0.002	0.016
Folate, total.....mcg	12	0.802	5	A	1		20	1	5
Folic acid.....mcg	0		0	FLA	4		0	0	0
Folate, food.....mcg	11		0	FLC	4		19	1	5
Folate, DFE.....mcg_DFE	11		0	NC	4		19	1	5
Choline, total.....mg	46.1		1	A	1		77.5	3.2	20.3
Betaine.....mg	2.6		1	A	1		4.4	0.2	1.2
Vitamin B-12.....mcg	0.75		0	NR	4		1.27	0.05	0.33
Vitamin B-12, added.....mcg	0.00		0	FLA	4		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	59		0	NC	4		98	4	26
Retinol.....mcg	59		0	FLA	4		98	4	26
Carotene, beta.....mcg	0	0.000	4	A	1		0	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	195		0	NC	4		328	14	86
Lycopene.....mcg	0	0.000	4	A	1		0	0	0
Lutein + zeaxanthin.....mcg	6		0	FLA	4		10	0	3
Vitamin E (alpha-tocopherol).....mg	0.51		0	FLA	4		0.85	0.04	0.22
Vitamin E, added.....mg	0.00		0	FLA	4		0.00	0.00	0.00
Tocopherol, beta.....mg	0.00		0	FLA	4		0.00	0.00	0.00
Tocopherol, gamma.....mg	0.92		0	FLA	4		1.55	0.06	0.41
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	5.7	0.585	4	A	1		9.6	0.4	2.5
<b>Lipids:</b>									
Fatty acids, total saturated.....g	18.509		0	NR	4		31.094	1.296	8.144
4:0.....g	0.358		0	NR	4		0.601	0.025	0.157
6:0.....g	0.099		0	NR	4		0.166	0.007	0.044
8:0.....g	0.111		0	NR	4		0.187	0.008	0.049
10:0.....g	0.246		0	NR	4		0.413	0.017	0.108



**NDB No. 19120**  
**Candies, milk chocolate**

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.254		0	NR	4		0.426	0.018	0.112
13:0.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
14:0.....g	1.184		0	NR	4		1.988	0.083	0.521
15:0.....g	0.000		0	NR	4		0.000	0.000	0.000
16:0.....g	8.332		0	NR	4		13.998	0.583	3.666
17:0.....g	0.013		0	NR	4		0.022	0.001	0.006
18:0.....g	7.836		0	NR	4		13.164	0.548	3.448
20:0.....g	0.071		0	NR	4		0.119	0.005	0.031
22:0.....g	0.007		0	NR	4		0.011	0.000	0.003
24:0.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
Fatty acids, total monounsaturated.....g	7.186		0	NR	4		12.072	0.503	3.162
14:1.....g	0.000		0	NR	4		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	0.407		0	NR	4		0.683	0.028	0.179
17:1.....g	0.000		0	NR	4		0.000	0.000	0.000
18:1 undifferentiated.....g	6.076		0	NR	4		10.208	0.425	2.673
18:1 c.....g	6.076		0	NR	4		10.208	0.425	2.673
18:1-11c (18:1c n-7).....g									
18:1 t.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
18:1-11t (18:1t n-7).....g									
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	0.000	0.000	4	A	1		0.000	0.000	0.000
Fatty acids, total polyunsaturated.....g	1.376		0	NR	4		2.312	0.096	0.606
18:2 undifferentiated.....g	1.218		0	NR	4		2.046	0.085	0.536
18:3 undifferentiated.....g	0.122		0	NR	4		0.205	0.009	0.054
18:3 n-3 c,c,c.....g	0.122		0	NR	4		0.205	0.009	0.054
18:3 n-6 c,c,c.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
18:3i.....g									
18:4.....g	0.000		0	FLA	4		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
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000	0.000	4	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	0.000	4	A	1		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	FLA	4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	23		1	A	1		38	2	10
Phytosterols.....mg									
Stigmasterol.....mg	16		1	A	1		27	1	7
Campesterol.....mg	6		1	A	1		10	0	3
Beta-sitosterol.....mg	37		1	A	1		62	3	16
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0	0.0	0.0
Caffeine.....mg	20	0.000	9	A	1		34	1	9
Theobromine.....mg	205	6.891	8	A	1		345	14	90

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 chips
- Measure 2 = 7.0g: 1 bar, miniature
- Measure 3 = 44g: 1 bar (1.55 oz)

**NDB No. 19120**  
**Candies, milk chocolate**

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate4**

**Food Group: 19 Sweets**

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

NDB No. 19279

Candies, milk chocolate coated coffee beans

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	2.42		0	RA		4			
Energy.....kcal	549		0	NC		4			
Energy.....kj	2298		0	NC		4			
Protein.....g	7.41		0	RA		4			
Total lipid (fat).....g	33.18		0	O		4			
Ash.....g	1.75		0	RA		4			
Carbohydrate, by difference.....g	55.25		0	NC		4			
Fiber, total dietary.....g	5.7		0	RA		4			
Sugars, total.....g	50.75		0	RA		4			
Sucrose.....g	0.00		0	RA		4			
Glucose (dextrose).....g									
Fructose.....g									
Lactose.....g									
Maltose.....g									
Galactose.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	169		0	RA		4			
Iron, Fe.....mg	2.29		0	RA		4			
Magnesium, Mg.....mg	64		0	RA		4			
Phosphorus, P.....mg	188		0	RA		4			
Potassium, K.....mg	413		0	RA		4			
Sodium, Na.....mg	70		0	RA		4			
Zinc, Zn.....mg	2.02		0	RA		4			
Copper, Cu.....mg	0.492		0	RA		4			
Manganese, Mn.....mg	0.535		0	RA		4			
Selenium, Se.....mcg	4.3		0	RA		4			
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	RA		4			
Thiamin.....mg	0.098		0	RA		4			
Riboflavin.....mg	0.315		0	RA		4			
Niacin.....mg	0.332		0	RA		4			
Pantothenic acid.....mg	0.453		0	RA		4			
Vitamin B-6.....mg	0.031		0	RA		4			
Folate, total.....mcg	10		0	RA		4			
Folic acid.....mcg	0		0	RA		4			
Folate, food.....mcg	10		0	RA		4			
Folate, DFE.....mcg_DFE	10		0	NC		4			
Choline, total.....mg	40.5		0	RA		4			
Betaine.....mg									
Vitamin B-12.....mcg	0.65		0	RA		4			
Vitamin B-12, added.....mcg	0.00		0	RA		4			
Vitamin A, RAE.....mcg_RAE	51		0	NC		4			
Retinol.....mcg	51		0	RA		4			
Carotene, beta.....mcg	0		0	RA		4			
Carotene, alpha.....mcg	0		0	RA		4			
Cryptoxanthin, beta.....mcg	0		0	RA		4			
Vitamin A, IU.....IU	159		0	RA		4			
Lycopene.....mcg	0		0	RA		4			
Lutein + zeaxanthin.....mcg	5		0	RA		4			
Vitamin E (alpha-tocopherol).....mg	0.44		0	RA		4			
Vitamin E, added.....mg	0.00		0	RA		4			
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	5.4		0	RA		4			

NDB No. 19279

Candies, milk chocolate coated coffee 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>Lipids:</b>									
Fatty acids, total saturated.....g	18.138		0	NC					
4:0.....g	0.633		0	RA					
6:0.....g	0.229		0	RA					
8:0.....g	0.131		0	RA					
10:0.....g	0.248		0	RA					
12:0.....g	0.272		0	RA					
13:0.....g	0.000		0	RA					
14:0.....g	0.835		0	RA					
15:0.....g	0.086		0	RA					
16:0.....g	7.652		0	RA					
17:0.....g	0.082		0	RA					
18:0.....g	7.717		0	RA					
20:0.....g	0.229		0	RA					
22:0.....g	0.023		0	RA					
24:0.....g	0.000		0	RA					
Fatty acids, total monounsaturated.....g	13.735		0	NC					
14:1.....g	0.203		0	RA					
15:1.....g	0.000		0	RA					
16:1 undifferentiated.....g	0.386		0	RA					
17:1.....g	0.057		0	RA					
18:1 undifferentiated.....g	13.089		0	RA					
20:1.....g	0.000		0	RA					
22:1 undifferentiated.....g	0.000		0	RA					
24:1 c.....g	0.000		0	RA					
Fatty acids, total polyunsaturated.....g	1.310		0	NC					
18:2 undifferentiated.....g	1.236		0	RA					
18:3 undifferentiated.....g	0.074		0	RA					
18:4.....g	0.000		0	RA					
20:2 n-6 c,c.....g	0.000		0	RA					
20:3 undifferentiated.....g	0.000		0	RA					
20:4 undifferentiated.....g	0.000		0	RA					
20:5 n-3.....g	0.000		0	RA					
22:5 n-3.....g	0.000		0	RA					
22:6 n-3.....g	0.000		0	RA					
Fatty acids, total trans.....g	0.000		0	RA					
Fatty acids, total trans-monoenoic.....g	0.000		0	RA					
Fatty acids, total trans-polyenoic.....g									
Cholesterol.....mg	20		0	RA					
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	RA					
Caffeine.....mg	800		0	RA					
Theobromine.....mg	178		0	RA					

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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: 19 Sweets

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

NDB No. 19126

Candies, milk chocolate coated peanuts

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	1.90	0.100	3		1		2.83	0.76	
Energy.....kcal	519		0	NC	4		774	208	
Energy.....kj	2172		0	NC	4		3236	869	
Protein (N x 5.8).....g	13.10	0.910	5		1		19.52	5.24	
Total lipid (fat).....g	33.50	0.626	5		1		49.92	13.40	
Ash.....g	1.80	0.076	3		1		2.68	0.72	
Carbohydrate, by difference.....g	49.70		0	NC	4		74.05	19.88	
Fiber, total dietary.....g	4.7		0	FLM	4		7.1	1.9	
Sugars, total.....g	37.59		0	FLM	4		56.00	15.03	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	104	15.972	5		1		155	42	
Iron, Fe.....mg	1.31	0.074	5		1		1.95	0.52	
Magnesium, Mg.....mg	96		0	FLM	4		143	38	
Phosphorus, P.....mg	212		2		1		316	85	
Potassium, K.....mg	502	10.786	3		1		748	201	
Sodium, Na.....mg	41	2.618	3		1		61	16	
Zinc, Zn.....mg	2.60		0	FLM	4		3.87	1.04	
Copper, Cu.....mg	0.544		0	FLM	4		0.811	0.218	
Manganese, Mn.....mg	0.945		0	FLM	4		1.408	0.378	
Selenium, Se.....mcg	5.4		0	FLM	4		8.0	2.1	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	FLM	4		0.0	0.0	
Thiamin.....mg	0.116	0.005	4		1		0.173	0.046	
Riboflavin.....mg	0.174	0.025	5		1		0.259	0.070	
Niacin.....mg	4.249	0.644	5		1		6.331	1.700	
Pantothenic acid.....mg	0.744		0	FLM	4		1.108	0.297	
Vitamin B-6.....mg	0.100		0	FLM	4		0.150	0.040	
Folate, total.....mcg	51		0	FLM	4		76	20	
Folic acid.....mcg	0		0	FLM	4		0	0	
Folate, food.....mcg	51		0	FLM	4		75	20	
Folate, DFE.....mcg_DFE	51		0	NC	4		75	20	
Choline, total.....mg	47.8		0	O	4		71.2	19.1	
Betaine.....mg									
Vitamin B-12.....mcg	0.53		0	FLM	4		0.79	0.21	
Vitamin B-12, added.....mcg	0.00		0	FLM	4		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	41		0	NC	4		62	17	
Retinol.....mcg	41		0	FLM	4		62	17	
Carotene, beta.....mcg	0		0	FLM	4		0	0	
Carotene, alpha.....mcg	0		0	FLM	4		0	0	
Cryptoxanthin, beta.....mcg	0		0	FLM	4		0	0	
Vitamin A, IU.....IU	131		0	FLM	4		195	52	
Lycopene.....mcg	0		0	FLM	4		0	0	
Lutein + zeaxanthin.....mcg	4		0	FLM	4		6	2	
Vitamin E (alpha-tocopherol).....mg	2.40		0	FLM	4		3.57	0.96	
Vitamin E, added.....mg	0.00		0	FLM	4		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	4.0		0	FLM	4		6.0	1.6	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	14.600		0	FLM	4		21.754	5.840	
4:0.....g	0.453		0	FLM	4		0.675	0.181	
6:0.....g	0.030		1		1		0.045	0.012	
8:0.....g	0.040		1		1		0.060	0.016	
10:0.....g	0.090		1		1		0.134	0.036	

NDB No. 19126

Candies, milk chocolate coated peanuts

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.090		1		1		0.134	0.036	
13:0.....g	0.000		0	FLM	4		0.000	0.000	
14:0.....g	0.604		0	FLM	4		0.900	0.242	
15:0.....g	0.062		0	FLM	4		0.092	0.025	
16:0.....g	6.696		0	FLM	4		9.977	2.678	
17:0.....g	0.059		0	FLM	4		0.088	0.024	
18:0.....g	5.782		0	FLM	4		8.615	2.313	
20:0.....g	0.154		0	FLM	4		0.230	0.062	
22:0.....g	0.017		0	FLM	4		0.025	0.007	
24:0.....g	0.000		0	FLM	4		0.000	0.000	
Fatty acids, total monounsaturated.....g	12.920		0	FLM	4		19.251	5.168	
14:1.....g	0.047		0	FLM	4		0.070	0.019	
15:1.....g	0.000		0	FLM	4		0.000	0.000	
16:1 undifferentiated.....g	0.091		0	FLM	4		0.136	0.037	
17:1.....g	0.013		0	FLM	4		0.020	0.005	
18:1 undifferentiated.....g	12.550		1		1		18.700	5.020	
20:1.....g	0.137		0	FLM	4		0.205	0.055	
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	
24:1 c.....g	0.000		0	FLM	4		0.000	0.000	
Fatty acids, total polyunsaturated.....g	4.330		0	FLM	4		6.452	1.732	
18:2 undifferentiated.....g	4.222		0	FLM	4		6.290	1.689	
18:3 undifferentiated.....g	0.040		0	FLM	4		0.060	0.016	
18:4.....g	0.000		0	FLM	4		0.000	0.000	
20:2 n-6 c,c.....g	0.000		0	FLM	4		0.000	0.000	
20:3 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	
20:4 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	
20:5 n-3.....g	0.000		0	FLM	4		0.000	0.000	
22:5 n-3.....g	0.000		0	FLM	4		0.000	0.000	
22:6 n-3.....g	0.000		0	FLM	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	9		2		1		13	4	
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLM	4		0.0	0.0	
Caffeine.....mg	14		0	FLM	4		21	6	
Theobromine.....mg	145		0	FLM	4		216	58	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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

Measure 2 = 40g: 10 pieces

**Calories Factors: Protein 3.6**

**Fat 8.6**

**Carbohydrate 3.7**

**Food Group: 19 Sweets**

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

NDB No. 19127

Candies, milk chocolate coated raisins

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	11.20	2.282	7		1		20.16	1.12	
Energy.....kcal	390		0	NC	4		702	39	
Energy.....kj	1631		0	NC	4		2935	163	
Protein (N x 6.2).....g	4.10	0.299	8		1		7.38	0.41	
Total lipid (fat).....g	14.80	1.152	7		1		26.64	1.48	
Ash.....g	1.50	0.074	7		1		2.70	0.15	
Carbohydrate, by difference.....g	68.40		0	NC	4		123.12	6.84	
Fiber, total dietary.....g	3.1		0	FLC	4		5.6	0.3	
Sugars, total.....g	62.22		0	LC	8		112.00	6.22	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	86	14.400	4		1		155	9	
Iron, Fe.....mg	1.71	0.329	4		1		3.08	0.17	
Magnesium, Mg.....mg	45		0	FLC	4		81	4	
Phosphorus, P.....mg	143		2		1		257	14	
Potassium, K.....mg	514		2		1		925	51	
Sodium, Na.....mg	36		2		1		65	4	
Zinc, Zn.....mg	1.25		0	FLC	4		2.25	0.12	
Copper, Cu.....mg	0.373		0	FLC	4		0.671	0.037	
Manganese, Mn.....mg	0.358		0	FLC	4		0.644	0.036	
Selenium, Se.....mcg	2.6		0	FLC	4		4.7	0.3	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.2		2		1		0.4	0.0	
Thiamin.....mg	0.084	0.005	4		1		0.151	0.008	
Riboflavin.....mg	0.161	0.037	4		1		0.290	0.016	
Niacin.....mg	0.400		2		1		0.720	0.040	
Pantothenic acid.....mg	0.264		0	FLC	4		0.476	0.026	
Vitamin B-6.....mg	0.074		0	FLC	4		0.134	0.007	
Folate, total.....mcg	8		0	FLC	4		14	1	
Folic acid.....mcg	0		0	FLC	4		0	0	
Folate, food.....mcg	7		0	FLC	4		13	1	
Folate, DFE.....mcg_DFE	7		0	NC	4		13	1	
Choline, total.....mg	26.3		0	FLC	4		47.3	2.6	
Betaine.....mg									
Vitamin B-12.....mcg	0.37		0	FLC	4		0.67	0.04	
Vitamin B-12, added.....mcg	0.00		0	FLC	4		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	29		0	NC	4		52	3	
Retinol.....mcg	29		0	FLC	4		52	3	
Carotene, beta.....mcg	0		0	FLC	4		0	0	
Carotene, alpha.....mcg	0		0	FLC	4		0	0	
Cryptoxanthin, beta.....mcg	0		0	FLC	4		0	0	
Vitamin A, IU.....IU	91		0	FLC	4		163	9	
Lycopene.....mcg	0		0	FLC	4		0	0	
Lutein + zeaxanthin.....mcg	3		0	FLC	4		6	0	
Vitamin E (alpha-tocopherol).....mg	0.29		0	FLC	4		0.52	0.03	
Vitamin E, added.....mg	0.00		0	FLC	4		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	3.9		0	FLC	4		7.1	0.4	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	10.272		0	NC	4		18.489	1.027	
4:0.....g	0.360		0	FLC	4		0.648	0.036	
6:0.....g	0.130		0	FLC	4		0.234	0.013	
8:0.....g	0.074		0	FLC	4		0.134	0.007	
10:0.....g	0.141		0	FLC	4		0.254	0.014	

NDB No. 19127

Candies, milk chocolate coated raisins

Nutrients and 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	0.155		0	FLC	4		0.279	0.015	
13:0.....g	0.000		0	FLC	4		0.000	0.000	
14:0.....g	0.475		0	FLC	4		0.855	0.047	
15:0.....g	0.049		0	FLC	4		0.088	0.005	
16:0.....g	4.301		0	FLC	4		7.742	0.430	
17:0.....g	0.047		0	FLC	4		0.084	0.005	
18:0.....g	4.403		0	FLC	4		7.926	0.440	
20:0.....g	0.123		0	FLC	4		0.221	0.012	
22:0.....g	0.014		0	FLC	4		0.025	0.001	
24:0.....g	0.000		0	FLC	4		0.000	0.000	
Fatty acids, total monounsaturated.....g	3.134		0	NC	4		5.641	0.313	
14:1.....g									
15:1.....g	0.000		0	FLC	4		0.000	0.000	
16:1 undifferentiated.....g	0.101		0	FLC	4		0.182	0.010	
17:1.....g	0.013		0	FLC	4		0.024	0.001	
18:1 undifferentiated.....g	3.019		0	FLC	4		5.435	0.302	
20:1.....g	0.000		0	FLC	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLC	4		0.000	0.000	
24:1 c.....g	0.000		0	FLC	4		0.000	0.000	
Fatty acids, total polyunsaturated.....g	0.571		0	NC	4		1.028	0.057	
18:2 undifferentiated.....g	0.534		0	FLC	4		0.961	0.053	
18:3 undifferentiated.....g	0.037		0	FLC	4		0.067	0.004	
18:4.....g	0.000		0	FLC	4		0.000	0.000	
20:2 n-6 c.c.....g	0.000		0	FLC	4		0.000	0.000	
20:3 undifferentiated.....g	0.000		0	FLC	4		0.000	0.000	
20:4 undifferentiated.....g	0.000		0	FLC	4		0.000	0.000	
20:5 n-3.....g	0.000		0	FLC	4		0.000	0.000	
22:5 n-3.....g	0.000		0	FLC	4		0.000	0.000	
22:6 n-3.....g	0.000		0	FLC	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	3	1.638	3		1		5	0	
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0	0.0	
Caffeine.....mg	10		0	FLC	4		19	1	
Theobromine.....mg	122		0	FLC	4		220	12	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 = 10.0g: 10 pieces

**Calories Factors: Protein 3.6**

**Fat 8.7**

**Carbohydrate 3.6**

**Food Group: 19 Sweets**

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



NDB No. 19132

Candies, milk chocolate, with almonds

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	1.50	0.210	9		1		0.62	0.66	
Energy.....kcal	526		0	NC	4		216	231	
Energy.....kj	2200		0	NC	4		902	968	
Protein (N x 5.9).....g	9.00	0.319	13		1		3.69	3.96	
Total lipid (fat).....g	34.40	0.790	14		1		14.10	15.14	
Ash.....g	1.70	0.017	9		1		0.70	0.75	
Carbohydrate, by difference.....g	53.40		0	NC	4		21.89	23.50	
Fiber, total dietary.....g	6.2		1		1		2.5	2.7	
Sugars, total.....g	43.90		0	LC	8		18.00	19.32	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	224	13.194	12		1		92	99	
Iron, Fe.....mg	1.63	0.225	12		1		0.67	0.72	
Magnesium, Mg.....mg	90	5.285	6		1		37	40	
Phosphorus, P.....mg	264	14.134	6		1		108	116	
Potassium, K.....mg	444	6.652	8		1		182	195	
Sodium, Na.....mg	74	8.195	11		1		30	33	
Zinc, Zn.....mg	1.34	0.197	6		1		0.55	0.59	
Copper, Cu.....mg	0.422	0.033	5		1		0.173	0.186	
Manganese, Mn.....mg	0.624	0.056	5		1		0.256	0.275	
Selenium, Se.....mcg	4.0		0	FLA	4		1.6	1.8	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.2		2		1		0.1	0.1	
Thiamin.....mg	0.060	0.007	11		1		0.025	0.026	
Riboflavin.....mg	0.435	0.027	12		1		0.178	0.191	
Niacin.....mg	0.742	0.086	8		1		0.304	0.326	
Pantothenic acid.....mg	0.455		0	FLM	4		0.186	0.200	
Vitamin B-6.....mg	0.045		0	FLM	4		0.018	0.020	
Folate, total.....mcg	14		0	FLM	4		6	6	
Folic acid.....mcg	0		0	FLM	4		0	0	
Folate, food.....mcg	13		0	FLM	4		5	6	
Folate, DFE.....mcg_DFE	13		0	NC	4		5	6	
Choline, total.....mg	46.8		0	FLM	4		19.2	20.6	
Betaine.....mg									
Vitamin B-12.....mcg	0.67		0	FLM	4		0.28	0.30	
Vitamin B-12, added.....mcg	0.00		0	FLM	4		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	52		0	NC	4		21	23	
Retinol.....mcg	52		0	FLM	4		21	23	
Carotene, beta.....mcg	0		0	FLM	4		0	0	
Carotene, alpha.....mcg	0		0	FLM	4		0	0	
Cryptoxanthin, beta.....mcg	0		0	FLM	4		0	0	
Vitamin A, IU.....IU	175		0	NC	4		72	77	
Lycopene.....mcg	0		0	FLM	4		0	0	
Lutein + zeaxanthin.....mcg	6		0	FLM	4		2	2	
Vitamin E (alpha-tocopherol).....mg	3.14		0	FLM	4		1.29	1.38	
Vitamin E, added.....mg	0.00		0	FLM	4		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	5.1		0	FLM	4		2.1	2.2	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	17.701		0	NC	4		7.258	7.789	
4:0.....g	0.611		0	FLM	4		0.250	0.269	
6:0.....g	0.221		0	FLM	4		0.091	0.097	
8:0.....g	0.126		0	FLM	4		0.052	0.056	
10:0.....g	0.240		0	FLM	4		0.098	0.105	

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.263		0	FLM	4		0.108	0.116	
13:0.....g	0.000		0	FLM	4		0.000	0.000	
14:0.....g	0.806		0	FLM	4		0.330	0.355	
15:0.....g	0.083		0	FLM	4		0.034	0.037	
16:0.....g	7.562		0	FLM	4		3.100	3.327	
17:0.....g	0.079		0	FLM	4		0.033	0.035	
18:0.....g	7.480		0	FLM	4		3.067	3.291	
20:0.....g	0.208		0	FLM	4		0.085	0.092	
22:0.....g	0.022		0	FLM	4		0.009	0.010	
24:0.....g	0.000		0	FLM	4		0.000	0.000	
Fatty acids, total monounsaturated.....g	11.960		0	NC	4		4.903	5.262	
14:1.....g	0.110		0	FLM	4		0.045	0.048	
15:1.....g	0.000		0	FLM	4		0.000	0.000	
16:1 undifferentiated.....g	0.244		0	FLM	4		0.100	0.107	
17:1.....g	0.031		0	FLM	4		0.013	0.014	
18:1 undifferentiated.....g	11.575		0	FLM	4		4.746	5.093	
20:1.....g	0.000		0	FLM	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	
24:1 c.....g	0.000		0	FLM	4		0.000	0.000	
Fatty acids, total polyunsaturated.....g	3.019		0	NC	4		1.238	1.328	
18:2 undifferentiated.....g	2.937		0	FLM	4		1.204	1.292	
18:3 undifferentiated.....g	0.082		0	FLM	4		0.034	0.036	
18:4.....g	0.000		0	FLM	4		0.000	0.000	
20:2 n-6 c,c.....g	0.000		0	FLM	4		0.000	0.000	
20:3 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	
20:4 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	
20:5 n-3.....g	0.000		0	FLM	4		0.000	0.000	
22:5 n-3.....g	0.000		0	FLM	4		0.000	0.000	
22:6 n-3.....g	0.000		0	FLM	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	19	1.933	8		1		8	8	
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	18		0	FLM	4		7	8	
Theobromine.....mg	183		0	FLM	4		75	80	

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

**Common Measures:**

Measure 1 = 41g: 1 bar (1.45 oz)

Measure 2 = 44g: 1 bar (1.55 oz)

**Calories Factors: Protein 3.6**

**Fat 8.6**

**Carbohydrate 3.7**

**Food Group: 19 Sweets**

NDB No. 19134

Candies, milk chocolate, with rice cereal

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	1.52		0	FLC	4		0.61	0.69	0.72
Energy.....kcal	511		0	NC	4		204	230	240
Energy.....kj	2136		0	NC	4		855	961	1004
Protein (N x 6.2).....g	7.64		0	FLC	4		3.06	3.44	3.59
Total lipid (fat).....g	29.37		0	FLC	4		11.75	13.22	13.81
Ash.....g	1.78		0	FLC	4		0.71	0.80	0.84
Carbohydrate, by difference.....g	59.67		0	FLC	4		23.87	26.85	28.05
Fiber, total dietary.....g	3.3		0	FLC	4		1.3	1.5	1.6
Sugars, total.....g	51.06		0	FLC	4		20.42	22.98	24.00
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	187		0	FLC	4		75	84	88
Iron, Fe.....mg	2.65		0	FLC	4		1.06	1.19	1.25
Magnesium, Mg.....mg	62		0	FLC	4		25	28	29
Phosphorus, P.....mg	207		0	FLC	4		83	93	97
Potassium, K.....mg	370		0	FLC	4		148	166	174
Sodium, Na.....mg	86		0	FLC	4		34	39	40
Zinc, Zn.....mg	2.29		0	FLC	4		0.92	1.03	1.08
Copper, Cu.....mg	0.488		0	FLC	4		0.195	0.219	0.229
Manganese, Mn.....mg	0.477		0	FLC	4		0.191	0.215	0.224
Selenium, Se.....mcg	4.6		0	FLC	4		1.8	2.1	2.2
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.6		0	FLC	4		0.3	0.3	0.3
Thiamin.....mg	0.131		0	FLC	4		0.052	0.059	0.062
Riboflavin.....mg	0.323		0	FLC	4		0.129	0.145	0.152
Niacin.....mg	0.672		0	FLC	4		0.269	0.302	0.316
Pantothenic acid.....mg	0.471		0	FLC	4		0.188	0.212	0.221
Vitamin B-6.....mg	0.055		0	FLC	4		0.022	0.025	0.026
Folate, total.....mcg	18		0	FLC	4		7	8	8
Folic acid.....mcg	6		0	FLC	4		2	3	3
Folate, food.....mcg	11		0	FLC	4		4	5	5
Folate, DFE.....mcg_DFE	21		0	NC	4		8	10	10
Choline, total.....mg	45.8		0	O	4		18.3	20.6	21.5
Betaine.....mg									
Vitamin B-12.....mcg	0.80		0	FLC	4		0.32	0.36	0.38
Vitamin B-12, added.....mcg	0.05		0	FLC	4		0.02	0.02	0.03
Vitamin A, RAE.....mcg_RAE	65		0	NC	4		26	29	31
Retinol.....mcg	65		0	FLC	4		26	29	31
Carotene, beta.....mcg	0		0	FLC	4		0	0	0
Carotene, alpha.....mcg	0		0	FLC	4		0	0	0
Cryptoxanthin, beta.....mcg	0		0	FLC	4		0	0	0
Vitamin A, IU.....IU	217		0	NC	4		87	98	102
Lycopene.....mcg	0		0	FLC	4		0	0	0
Lutein + zeaxanthin.....mcg	6		0	FLC	4		2	3	3
Vitamin E (alpha-tocopherol).....mg	0.50		0	FLC	4		0.20	0.23	0.24
Vitamin E, added.....mg	0.00		0	FLC	4		0.00	0.00	0.00
Tocopherol, beta.....mg	0.00		0	FLC	4		0.00	0.00	0.00
Tocopherol, gamma.....mg	0.91		0	FLC	4		0.37	0.41	0.43
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	5.7		0	FLC	4		2.3	2.6	2.7
<b>Lipids:</b>									
Fatty acids, total saturated.....g	15.890		0	FLC	4		6.356	7.151	7.468
4:0.....g	0.561		0	FLC	4		0.224	0.252	0.264
6:0.....g	0.203		0	FLC	4		0.081	0.091	0.095
8:0.....g	0.116		0	FLC	4		0.046	0.052	0.054
10:0.....g	0.220		0	FLC	4		0.088	0.099	0.103

NDB No. 19134

Candies, milk chocolate, with rice cereal

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.241		0	FLC	4		0.097	0.109	0.113
13:0.....g	0.000		0	FLC	4		0.000	0.000	0.000
14:0.....g	0.740		0	FLC	4		0.296	0.333	0.348
15:0.....g	0.076		0	FLC	4		0.031	0.034	0.036
16:0.....g	6.640		0	FLC	4		2.656	2.988	3.121
17:0.....g	0.073		0	FLC	4		0.029	0.033	0.034
18:0.....g	6.808		0	FLC	4		2.723	3.064	3.200
20:0.....g	0.191		0	FLC	4		0.076	0.086	0.090
22:0.....g	0.020		0	FLC	4		0.008	0.009	0.010
24:0.....g	0.000		0	FLC	4		0.000	0.000	0.000
Fatty acids, total monounsaturated.....g	8.640		0	FLC	4		3.456	3.888	4.061
14:1.....g	0.052		0	FLC	4		0.021	0.023	0.024
15:1.....g	0.000		0	FLC	4		0.000	0.000	0.000
16:1 undifferentiated.....g	0.098		0	FLC	4		0.039	0.044	0.046
17:1.....g	0.015		0	FLC	4		0.006	0.007	0.007
18:1 undifferentiated.....g	3.309		0	FLC	4		1.324	1.489	1.555
20:1.....g	0.000		0	FLC	4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	FLC	4		0.000	0.000	0.000
24:1 c.....g	0.000		0	FLC	4		0.000	0.000	0.000
Fatty acids, total polyunsaturated.....g	0.780		0	FLC	4		0.312	0.351	0.367
18:2 undifferentiated.....g	0.660		0	FLC	4		0.264	0.297	0.310
18:3 undifferentiated.....g	0.044		0	FLC	4		0.018	0.020	0.021
18:4.....g	0.000		0	FLC	4		0.000	0.000	0.000
20:2 n-6 c,c.....g	0.000		0	FLC	4		0.000	0.000	0.000
20:3 undifferentiated.....g	0.000		0	FLC	4		0.000	0.000	0.000
20:4 undifferentiated.....g	0.000		0	FLC	4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0	FLC	4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0	FLC	4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	FLC	4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	23		0	FLC	4		9	10	11
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0	0.0	0.0
Caffeine.....mg	20		0	FLC	4		8	9	9
Theobromine.....mg	203		0	FLC	4		81	91	96

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

**Common Measures:**

- Measure 1 = 40g: 1 bar (1.4 oz)
- Measure 2 = 45g: 1 bar (1.45 oz)
- Measure 3 = 47g: 1 bar (1.65 oz)

Calories Factors: Protein 3.7

Fat 8.7

Carbohydrate 3.8

Food Group: 19 Sweets

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

NDB No. 43046  
Candies, nougat, with almonds

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	2.15		0	FLC	4		0.30		
Energy.....kcal	398		0	NC	4		56		
Energy.....kj	1665		0	NC	4		233		
Protein.....g	3.33		1	LC	8		0.47		
Total lipid (fat).....g	1.67		1	LC	8		0.23		
Ash.....g	0.46		0	FLC	4		0.06		
Carbohydrate, by difference.....g	92.39		0	NC	4		12.93		
Fiber, total dietary.....g	3.3		1	LC	8		0.5		
Sugars, total.....g	83.33		1	LC	8		11.67		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	32		0	FLC	4		4		
Iron, Fe.....mg	0.59		0	FLC	4		0.08		
Magnesium, Mg.....mg	32		0	FLC	4		4		
Phosphorus, P.....mg	55		0	FLC	4		8		
Potassium, K.....mg	105		0	FLC	4		15		
Sodium, Na.....mg	33		1	LC	8		5		
Zinc, Zn.....mg	0.42		0	FLC	4		0.06		
Copper, Cu.....mg	0.134		0	FLC	4		0.019		
Manganese, Mn.....mg	0.304		0	FLC	4		0.043		
Selenium, Se.....mcg	2.6		0	FLC	4		0.4		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.3		0	FLC	4		0.0		
Thiamin.....mg	0.013		0	FLC	4		0.002		
Riboflavin.....mg	0.148		0	FLC	4		0.021		
Niacin.....mg	0.478		0	FLC	4		0.067		
Pantothenic acid.....mg	0.060		0	FLC	4		0.008		
Vitamin B-6.....mg	0.020		0	FLC	4		0.003		
Folate, total.....mcg	5		0	FLC	4		1		
Folic acid.....mcg	0		0	FLC	4		0		
Folate, food.....mcg	4		0	FLC	4		1		
Folate, DFE.....mcg_DFE	5		0	NC	4		1		
Choline, total.....mg	5.1		0	O	4		0.7		
Betaine.....mg									
Vitamin B-12.....mcg	0.01		0	FLC	4		0.00		
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....mcg_RAE	0		0	FLC	4		0		
Retinol.....mcg	0		0	FLC	4		0		
Carotene, beta.....mcg	0		0	FLC	4		0		
Carotene, alpha.....mcg	0		0	FLC	4		0		
Cryptoxanthin, beta.....mcg	1		0	FLC	4		0		
Vitamin A, IU.....IU	1		0	FLC	4		0		
Lycopene.....mcg	0		0	FLC	4		0		
Lutein + zeaxanthin.....mcg	1		0	FLC	4		0		
Vitamin E (alpha-tocopherol).....mg	2.77		0	FLC	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	0.0		0	FLC	4		0.0		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	1.667		1	LC	8		0.233		
4:0.....g	0.000		0	FLC	4		0.000		
6:0.....g	0.000		0	FLC	4		0.000		
8:0.....g	0.000		0	FLC	4		0.000		
10:0.....g	0.000		0	FLC	4		0.000		

NDB No. 43046  
Candies, nougat, with almonds

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures 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	FLC	4		0.000		
13:0.....g	0.000		0	FLC	4		0.000		
14:0.....g	0.002		0	FLC	4		0.000		
15:0.....g	0.000		0	FLC	4		0.000		
16:0.....g	1.340		0	FLC	4		0.188		
17:0.....g	0.000		0	FLC	4		0.000		
18:0.....g	0.324		0	FLC	4		0.045		
20:0.....g	0.000		0	FLC	4		0.000		
22:0.....g	0.000		0	FLC	4		0.000		
24:0.....g	0.000		0	FLC	4		0.000		
Fatty acids, total monounsaturated.....g	0.000		1	LC	8		0.000		
14:1.....g	0.000		0	FLC	4		0.000		
15:1.....g									
16:1 undifferentiated.....g	0.000		0	FLC	4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.000		0	FLC	4		0.000		
20:1.....g	0.000		0	FLC	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLC	4		0.000		
24:1 c.....g	0.000		0	FLC	4		0.000		
Fatty acids, total polyunsaturated.....g	0.000		1	LC	8		0.000		
18:2 undifferentiated.....g	0.000		0	FLC	4		0.000		
18:3 undifferentiated.....g	0.000		0	FLC	4		0.000		
18:4.....g	0.000		0	FLC	4		0.000		
20:2 n-6 c,c.....g	0.000		0	FLC	4		0.000		
20:3 undifferentiated.....g	0.000		0	FLC	4		0.000		
20:4 undifferentiated.....g	0.000		0	FLC	4		0.000		
20:5 n-3.....g	0.000		0	FLC	4		0.000		
22:5 n-3.....g	0.000		0	FLC	4		0.000		
22:6 n-3.....g	0.000		0	FLC	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1	LC	8		0		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0		
Caffeine.....mg	0		0	FLC	4		0		
Theobromine.....mg	0		0	FLC	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 = 14.0g: 1 piece

Calories Factors: Protein 4

Fat 9

Carbohydrate4

Food Group: 19 Sweets

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

NDB No. 19147  
Candies, peanut bar

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	1.60	0.150	4		1		0.45	0.64	0.72
Energy.....kcal	522		0	NC	4		148	209	235
Energy.....kj	2184		0		4		619	874	983
Protein (N x 5.5).....g	15.50	1.151	4		1		4.39	6.20	6.98
Total lipid (fat).....g	33.70	0.229	4		1		9.55	13.48	15.17
Ash.....g	1.90	0.089	3		1		0.54	0.76	0.86
Carbohydrate, by difference.....g	47.40		0	NC	4		13.44	18.96	21.33
Fiber, total dietary.....g	4.1		0	FLM	4		1.2	1.6	1.8
Sugars, total.....g	42.22		0	LC	8		11.97	16.89	19.00
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	78		1		1		22	31	35
Iron, Fe.....mg	0.97		1		1		0.27	0.39	0.44
Magnesium, Mg.....mg	110		0	FLM	4		31	44	50
Phosphorus, P.....mg	308		0	FLM	4		87	123	138
Potassium, K.....mg	407		2		1		115	163	183
Sodium, Na.....mg	156		0	LC	8		44	62	70
Zinc, Zn.....mg	3.94		0	FLM	4		1.12	1.58	1.77
Copper, Cu.....mg	0.774		0	FLM	4		0.220	0.310	0.348
Manganese, Mn.....mg	1.243		0	FLM	4		0.352	0.497	0.559
Selenium, Se.....mcg	4.7		0	FLM	4		1.3	1.9	2.1
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	FLM	4		0.0	0.0	0.0
Thiamin.....mg	0.100		1		1		0.028	0.040	0.045
Riboflavin.....mg	0.140		1		1		0.040	0.056	0.063
Niacin.....mg	7.922	0.821	4		1		2.246	3.169	3.565
Pantothenic acid.....mg	0.830		0	FLM	4		0.235	0.332	0.374
Vitamin B-6.....mg	0.153		0	FLM	4		0.043	0.061	0.069
Folate, total.....mcg	75		0	FLM	4		21	30	34
Folic acid.....mcg	0		0	FLM	4		0	0	0
Folate, food.....mcg	75		0	FLM	4		21	30	34
Folate, DFE.....mcg_DFE	75		0	NC	4		21	30	34
Choline, total.....mg	29.4		0	O	4		8.3	11.8	13.2
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	FLM	4		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	FLM	4		0	0	0
Retinol.....mcg	0		0	FLM	4		0	0	0
Carotene, beta.....mcg	0		0	FLM	4		0	0	0
Carotene, alpha.....mcg	0		0	FLM	4		0	0	0
Cryptoxanthin, beta.....mcg	0		0	FLM	4		0	0	0
Vitamin A, IU.....IU	0		0	FLM	4		0	0	0
Lycopene.....mcg	0		0	FLM	4		0	0	0
Lutein + zeaxanthin.....mcg	0		0	FLM	4		0	0	0
Vitamin E (alpha-tocopherol).....mg	4.10		0	FLM	4		1.16	1.64	1.85
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	0.0		0	FLM	4		0.0	0.0	0.0
<b>Lipids:</b>									
Fatty acids, total saturated.....g	4.678		0	FLA	4		1.326	1.871	2.105
4:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
6:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
8:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
10:0.....g	0.000		0	FLA	4		0.000	0.000	0.000

**NDB No. 19147**  
**Candies, peanut bar**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures 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	FLA	4		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.022		0	FLA	4		0.006	0.009	0.010
15:0.....g									
16:0.....g	3.528		0	FLA	4		1.000	1.411	1.588
17:0.....g									
18:0.....g	0.752		0	FLA	4		0.213	0.301	0.338
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	16.721		0	FLA	4		4.740	6.688	7.524
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.010		0	FLA	4		0.003	0.004	0.005
17:1.....g									
18:1 undifferentiated.....g	16.260		0	FLA	4		4.610	6.504	7.317
20:1.....g	0.495		0	FLA	4		0.140	0.198	0.223
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	10.650		0	FLA	4		3.019	4.260	4.793
18:2 undifferentiated.....g	10.647		0	FLA	4		3.018	4.259	4.791
18:3 undifferentiated.....g	0.002		0	FLA	4		0.001	0.001	0.001
18:4.....g	0.000		0	FLA	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	FLA	4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	FLA	4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	FLA	4		0	0	0
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.149		0		1		0.042	0.060	0.067
Threonine.....g	0.520		0		1		0.147	0.208	0.234
Isoleucine.....g	0.534		0		1		0.151	0.214	0.240
Leucine.....g	0.986		0		1		0.280	0.394	0.444
Lysine.....g	0.545		0		1		0.155	0.218	0.245
Methionine.....g	0.185		0		1		0.052	0.074	0.083
Cystine.....g	0.194		0		1		0.055	0.078	0.087
Phenylalanine.....g	0.787		0		1		0.223	0.315	0.354
Tyrosine.....g	0.618		0		1		0.175	0.247	0.278
Valine.....g	0.638		0		1		0.181	0.255	0.287
Arginine.....g	1.818		0		1		0.515	0.727	0.818
Histidine.....g	0.385		0		1		0.109	0.154	0.173
Alanine.....g	0.604		0		1		0.171	0.242	0.272
Aspartic acid.....g	1.855		0		1		0.526	0.742	0.835
Glutamic acid.....g	3.178		0		1		0.901	1.271	1.430
Glycine.....g	0.916		0		1		0.260	0.366	0.412
Proline.....g	0.672		0		1		0.191	0.269	0.302
Serine.....g	0.753		0		1		0.213	0.301	0.339
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLM	4		0.0	0.0	0.0
Caffeine.....mg	0		0	FLM	4		0	0	0
Theobromine.....mg	0		0	FLM	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. 19147**

**Candies, peanut bar**

Measure 1 = 28.35g: 1 oz

Measure 2 = 40g: 1 bar (1.4 oz)

Measure 3 = 45g: 1 bar (1.6 oz)

**Calories Factors: Protein 3.5**

**Fat 8.4**

**Carbohydrate 3.9**

**Food Group: 19 Sweets**

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

NDB No. 19148

Candies, peanut brittle, prepared-from-recipe

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	0.70		0	RC					
Energy.....kcal	486		0	NC					
Energy.....kj	2033		0	NC					
Protein (N x 6.25).....g	7.57		0	RC					
Total lipid (fat).....g	18.98		0	RC					
Ash.....g	1.51		0	RC					
Carbohydrate, by difference.....g	71.24		0	NC					
Fiber, total dietary.....g	2.5		0	RC					
Sugars, total.....g	51.33		0	RC					
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	27		0	RC					
Iron, Fe.....mg	1.22		0	RC					
Magnesium, Mg.....mg	42		0	RC					
Phosphorus, P.....mg	106		0	RC					
Potassium, K.....mg	168		0	RC					
Sodium, Na.....mg	445		0	RC					
Zinc, Zn.....mg	0.87		0	RC					
Copper, Cu.....mg	0.254		0	RC					
Manganese, Mn.....mg	0.593		0	RC					
Selenium, Se.....mcg	2.6		0	RC					
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	RC					
Thiamin.....mg	0.134		0	RC					
Riboflavin.....mg	0.044		0	RC					
Niacin.....mg	2.646		0	RC					
Pantothenic acid.....mg	0.529		0	RC					
Vitamin B-6.....mg	0.079		0	RC					
Folate, total.....mcg	46		0	RC					
Folic acid.....mcg	0		0	RC					
Folate, food.....mcg	46		0	RC					
Folate, DFE.....mcg_DFE	46		0	NC					
Choline, total.....mg	13.5		0	O					
Betaine.....mg									
Vitamin B-12.....mcg	0.01		0	RC					
Vitamin B-12, added.....mcg	0.00		0	Z					
Vitamin A, RAE.....mcg_RAE	39		0	RC					
Retinol.....mcg	38		0	RC					
Carotene, beta.....mcg	9		0	RC					
Carotene, alpha.....mcg	0		0	RC					
Cryptoxanthin, beta.....mcg	0		0	RC					
Vitamin A, IU.....IU	142		0	RC					
Lycopene.....mcg	0		0	RC					
Lutein + zeaxanthin.....mcg	0		0	RC					
Vitamin E (alpha-tocopherol).....mg	2.56		0	RC					
Vitamin E, added.....mg	0.00		0	Z					
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.4		0	RC					
<b>Lipids:</b>									
Fatty acids, total saturated.....g	4.144		0	RC					
4:0.....g	0.145		0	RC					
6:0.....g	0.090		0	RC					
8:0.....g	0.054		0	RC					
10:0.....g	0.114		0	RC					

NDB No. 19148

Candies, peanut brittle, prepared-from-recipe

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.117		0	RC		4			
13:0.....g									
14:0.....g	0.342		0	RC		4			
15:0.....g									
16:0.....g	2.479		0	RC		4			
17:0.....g	0.025		0	RC		4			
18:0.....g	0.771		0	RC		4			
20:0.....g	0.006		0	RC		4			
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	8.064		0	RC		4			
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.046		0	RC		4			
17:1.....g									
18:1 undifferentiated.....g	7.821		0	RC		4			
20:1.....g	0.197		0	RC		4			
22:1 undifferentiated.....g	0.000		0	RC		4			
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	4.558		0	RC		4			
18:2 undifferentiated.....g	4.557		0	RC		4			
18:3 undifferentiated.....g	0.001		0	RC		4			
18:4.....g	0.000		0	RC		4			
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RC		4			
20:5 n-3.....g	0.000		0	RC		4			
22:5 n-3.....g	0.000		0	RC		4			
22:6 n-3.....g	0.000		0	RC		4			
Fatty acids, total trans.....g									
Cholesterol.....mg	12		0	RC		4			
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	RC		4			
Caffeine.....mg	0		0	RC		4			
Theobromine.....mg	0		0	RC		4			

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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 4

Fat 9

Carbohydrate 4

Food Group: 19 Sweets

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

NDB No. 19216

Candies, praline, prepared-from-recipe

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	10.36		0	RC	4		4.04	93.99	
Energy.....kcal	485		0	RC	4		189	4396	
Energy.....kj	2028		0	RC	4		791	18391	
Protein (N x 0).....g	3.30		0	RC	4		1.29	29.92	
Total lipid (fat).....g	25.90		0	RC	4		10.10	234.89	
Ash.....g	0.85		0	RC	4		0.33	7.74	
Carbohydrate, by difference.....g	59.59		0	RC	4		23.24	540.46	
Fiber, total dietary.....g	3.5		0	RC	4		1.3	31.3	
Sugars, total.....g	55.79		0	RC	4		21.76	505.98	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	43		0	RC	4		17	394	
Iron, Fe.....mg	1.29		0	RC	4		0.50	11.70	
Magnesium, Mg.....mg	49		0	RC	4		19	449	
Phosphorus, P.....mg	104		0	RC	4		41	942	
Potassium, K.....mg	217		0	RC	4		84	1964	
Sodium, Na.....mg	48		0	RC	4		19	436	
Zinc, Zn.....mg	1.67		0	RC	4		0.65	15.14	
Copper, Cu.....mg	0.494		0	RC	4		0.193	4.479	
Manganese, Mn.....mg	1.682		0	RC	4		0.656	15.258	
Selenium, Se.....mcg	1.8		0	RC	4		0.7	16.4	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.3		0	RC	4		0.1	3.0	
Thiamin.....mg	0.203		0	RC	4		0.079	1.845	
Riboflavin.....mg	0.053		0	RC	4		0.021	0.477	
Niacin.....mg	0.415		0	RC	4		0.162	3.763	
Pantothenic acid.....mg	0.332		0	RC	4		0.130	3.015	
Vitamin B-6.....mg	0.077		0	RC	4		0.030	0.697	
Folate, total.....mcg	6		0	RC	4		3	58	
Folic acid.....mcg	0		0	RC	4		0	0	
Folate, food.....mcg	6		0	RC	4		3	58	
Folate, DFE.....mcg_DFE	6		0	NC	4		3	58	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	RC	4		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	RC	4		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	1		0	RC	4		0	9	
Retinol.....mcg	0		0	RC	4		0	0	
Carotene, beta.....mcg	10		0	RC	4		4	91	
Carotene, alpha.....mcg	0		0	RC	4		0	0	
Cryptoxanthin, beta.....mcg	3		0	RC	4		1	27	
Vitamin A, IU.....IU	19		0	RC	4		7	174	
Lycopene.....mcg	0		0	RC	4		0	0	
Lutein + zeaxanthin.....mcg	6		0	RC	4		2	53	
Vitamin E (alpha-tocopherol).....mg	0.50		0	RC	4		0.20	4.55	
Vitamin E, added.....mg	0.00		0	RC	4		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	1.3		0	RC	4		0.5	11.5	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	2.224		0	RC	4		0.867	20.171	
4:0.....g	0.000		0	RC	4		0.000	0.000	
6:0.....g	0.000		0	RC	4		0.000	0.000	
8:0.....g	0.000		0	RC	4		0.000	0.000	
10:0.....g	0.000		0	RC	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		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Points	Code					
12:0.....g	0.000		0	RC	4	0.000	0.000		
13:0.....g	0.000		0	RC	4	0.000	0.000		
14:0.....g	0.000		0	RC	4	0.000	0.000		
15:0.....g	0.000		0	RC	4	0.000	0.000		
16:0.....g	1.571		0	RC	4	0.613	14.249		
17:0.....g	0.000		0	RC	4	0.000	0.000		
18:0.....g	0.628		0	RC	4	0.245	5.696		
20:0.....g	0.025		0	RC	4	0.010	0.226		
22:0.....g	0.000		0	RC	4	0.000	0.000		
24:0.....g	0.000		0	RC	4	0.000	0.000		
Fatty acids, total monounsaturated.....g	14.683		0	RC	4	5.726	133.171		
14:1.....g	0.000		0	RC	4	0.000	0.000		
15:1.....g									
16:1 undifferentiated.....g	0.000		0	RC	4	0.000	0.000		
17:1.....g									
18:1 undifferentiated.....g	14.608		0	RC	4	5.697	132.494		
20:1.....g	0.075		0	RC	4	0.029	0.677		
22:1 undifferentiated.....g	0.000		0	RC	4	0.000	0.000		
24:1 c.....g	0.000		0	RC	4	0.000	0.000		
Fatty acids, total polyunsaturated.....g	7.778		0	RC	4	3.033	70.546		
18:2 undifferentiated.....g	7.423		0	RC	4	2.895	67.326		
18:3 undifferentiated.....g	0.355		0	RC	4	0.138	3.219		
18:4.....g	0.000		0	RC	4	0.000	0.000		
20:2 n-6 c,c.....g	0.000		0	RC	4	0.000	0.000		
20:3 undifferentiated.....g	0.000		0	RC	4	0.000	0.000		
20:4 undifferentiated.....g	0.000		0	RC	4	0.000	0.000		
20:5 n-3.....g	0.000		0	RC	4	0.000	0.000		
22:5 n-3.....g	0.000		0	RC	4	0.000	0.000		
22:6 n-3.....g	0.000		0	RC	4	0.000	0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	RC	4	0	0		
Phytosterols.....mg									
<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 = 39g: 1 piece  
 Measure 2 = 907g: 1 recipe yield

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 19 Sweets

**NDB No. 19080**  
**Candies, semisweet chocolate**

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	0.70	0.062	8		1		1.18	1.27	1.21
Energy.....kcal	479		0		4		805	872	829
Energy.....kj	2004		0		4		3367	3648	3467
Protein (N x 5.63).....g	4.20	0.089	5		1		7.06	7.64	7.27
Total lipid (fat).....g	30.00	0.743	9		1		50.40	54.60	51.90
Ash.....g	1.20	0.050	7		1		2.02	2.18	2.08
Carbohydrate, by difference.....g	63.10		0		4		106.01	114.84	109.16
Fiber, total dietary.....g	5.9		2		1		9.9	10.7	10.2
Sugars, total.....g	54.50	1.386	4	JO	11		91.56	99.19	94.29
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	32	1.430	3		1		54	58	55
Iron, Fe.....mg	3.13	0.283	5		1		5.26	5.70	5.41
Magnesium, Mg.....mg	115		2		1		193	209	199
Phosphorus, P.....mg	132		2		1		222	240	228
Potassium, K.....mg	365	17.035	6		1		613	664	631
Sodium, Na.....mg	11	3.440	6		1		18	20	19
Zinc, Zn.....mg	1.62	0.057	3		1		2.72	2.95	2.80
Copper, Cu.....mg	0.700		1		1		1.176	1.274	1.211
Manganese, Mn.....mg	0.800		1		1		1.344	1.456	1.384
Selenium, Se.....mcg	4.2		0	FLA	4		7.1	7.6	7.3
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		1		1		0.0	0.0	0.0
Thiamin.....mg	0.055		2		1		0.092	0.100	0.095
Riboflavin.....mg	0.090		2		1		0.151	0.164	0.156
Niacin.....mg	0.427	0.049	4		1		0.717	0.777	0.739
Pantothenic acid.....mg	0.105		1		4		0.176	0.191	0.182
Vitamin B-6.....mg	0.035		1		4		0.059	0.064	0.061
Folate, total.....mcg	13		0	FLA	4		23	25	23
Folic acid.....mcg	0		0	FLA	4		0	0	0
Folate, food.....mcg	13		0	FLA	4		23	25	23
Folate, DFE.....mcg_DFE	13		0	NC	4		23	25	23
Choline, total.....mg	22.0		0	FLA	4		37.0	40.1	38.1
Betaine.....mg									
Vitamin B-12.....mcg	0.00		1		4		0.00	0.00	0.00
Vitamin B-12, added.....mcg	0.00		0	FLA	4		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	0		0	FLA	4		0	0	0
Retinol.....mcg	0		0	FLA	4		0	0	0
Carotene, beta.....mcg	0		0	FLA	4		0	0	0
Carotene, alpha.....mcg	0		0	FLA	4		0	0	0
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0	0	0
Vitamin A, IU.....IU	0		0	FLA	4		0	0	0
Lycopene.....mcg	0		0	FLA	4		0	0	0
Lutein + zeaxanthin.....mcg	18		0	FLA	4		31	34	32
Vitamin E (alpha-tocopherol).....mg	0.26		0	FLA	4		0.43	0.47	0.45
Vitamin E, added.....mg	0.00		0	FLA	4		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	5.6		0	FLA	4		9.4	10.1	9.6
<b>Lipids:</b>									
Fatty acids, total saturated.....g	17.750		0		4		29.820	32.305	30.708
4:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
6:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
8:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
10:0.....g	0.000		0	FLA	4		0.000	0.000	0.000

**NDB No. 19080**  
**Candies, semisweet chocolate**

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
12:0.....g	0.000		0	FLA	4	0.000	0.000	0.000	
13:0.....g	0.000		0	FLA	4	0.000	0.000	0.000	
14:0.....g	0.020		0	FLA	4	0.033	0.035	0.034	
15:0.....g	0.000		0	FLA	4	0.000	0.000	0.000	
16:0.....g	7.347		0	FLA	4	12.343	13.372	12.711	
17:0.....g	0.048		0	FLA	4	0.081	0.088	0.084	
18:0.....g	10.007		0	FLA	4	16.813	18.214	17.313	
20:0.....g	0.267		0	FLA	4	0.448	0.486	0.462	
22:0.....g	0.024		0	FLA	4	0.041	0.044	0.042	
24:0.....g	0.000		0	FLA	4	0.000	0.000	0.000	
Fatty acids, total monounsaturated.....g	9.966		0	FLA	4	16.743	18.138	17.241	
14:1.....g	0.000		0	FLA	4	0.000	0.000	0.000	
15:1.....g	0.000		0	FLA	4	0.000	0.000	0.000	
16:1 undifferentiated.....g	0.062		0	FLA	4	0.104	0.112	0.107	
17:1.....g	0.000		0	FLA	4	0.000	0.000	0.000	
18:1 undifferentiated.....g	9.904		0	FLA	4	16.639	18.026	17.134	
20:1.....g	0.000		0	FLA	4	0.000	0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLA	1	0.000	0.000	0.000	
24:1 c.....g	0.000		0	FLA	4	0.000	0.000	0.000	
Fatty acids, total polyunsaturated.....g	0.966		0	FLA	4	1.623	1.758	1.671	
18:2 undifferentiated.....g	0.898		0	FLA	4	1.509	1.635	1.554	
18:3 undifferentiated.....g	0.068		0	FLA	4	0.114	0.123	0.117	
18:4.....g	0.000		0	FLA	4	0.000	0.000	0.000	
20:2 n-6 c,c.....g	0.000		0	FLA	4	0.000	0.000	0.000	
20:3 undifferentiated.....g	0.000		0	FLA	4	0.000	0.000	0.000	
20:4 undifferentiated.....g	0.000		0	FLA	4	0.000	0.000	0.000	
20:5 n-3.....g	0.000		0	FLA	4	0.000	0.000	0.000	
22:5 n-3.....g	0.000		0	FLA	4	0.000	0.000	0.000	
22:6 n-3.....g	0.000		0	FLA	4	0.000	0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	FLA	4	0	0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.063		0		1	0.106	0.115	0.109	
Threonine.....g	0.168		0		1	0.282	0.306	0.291	
Isoleucine.....g	0.164		0		1	0.276	0.298	0.284	
Leucine.....g	0.257		0		1	0.432	0.468	0.445	
Lysine.....g	0.212		0		1	0.356	0.386	0.367	
Methionine.....g	0.044		0		1	0.074	0.080	0.076	
Cystine.....g	0.052		0		1	0.087	0.095	0.090	
Phenylalanine.....g	0.204		0		1	0.343	0.371	0.353	
Tyrosine.....g	0.159		0		1	0.267	0.289	0.275	
Valine.....g	0.254		0		1	0.427	0.462	0.439	
Arginine.....g	0.240		0		1	0.403	0.437	0.415	
Histidine.....g	0.073		0		1	0.123	0.133	0.126	
Alanine.....g	0.196		0		1	0.329	0.357	0.339	
Aspartic acid.....g	0.422		0		1	0.709	0.768	0.730	
Glutamic acid.....g	0.637		0		1	1.070	1.159	1.102	
Glycine.....g	0.190		0		1	0.319	0.346	0.329	
Proline.....g	0.181		0		1	0.304	0.329	0.313	
Serine.....g	0.183		0		1	0.307	0.333	0.317	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLA	4	0.0	0.0	0.0	
Caffeine.....mg	62	3.923	6		1	104	113	107	
Theobromine.....mg	486	40.814	7		1	816	885	841	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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. 19080**

**Candies, semisweet chocolate**

Measure 1 = 168g: 1 cup chips (6 oz package)

Measure 2 = 182g: 1 cup large chips

Measure 3 = 173g: 1 cup mini chips

**Calories Factors: Protein 1.83**

**Fat 8.5**

**Carbohydrate 3.4**

**Food Group: 19 Sweets**

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





NDB No. 19701

Candies, semisweet chocolate, made with 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	0.050		6		1		0.085	0.091	0.087
15:0.....g									
16:0.....g	8.030		6		1		13.651	14.615	13.892
17:0.....g									
18:0.....g	9.230		6		1		15.691	16.799	15.968
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	9.930		0		1		16.881	18.073	17.179
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.360		0		4		0.612	0.655	0.623
17:1.....g									
18:1 undifferentiated.....g	9.930		6		1		16.881	18.073	17.179
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.950		0		1		1.615	1.729	1.644
18:2 undifferentiated.....g	0.950		6		1		1.615	1.729	1.644
18:3 undifferentiated.....g	0.240		0		4		0.408	0.437	0.415
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	18		0		1		31	33	31
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.063		0		1		0.107	0.115	0.109
Threonine.....g	0.168		0		1		0.286	0.306	0.291
Isoleucine.....g	0.164		0		1		0.279	0.298	0.284
Leucine.....g	0.257		0		1		0.437	0.468	0.445
Lysine.....g	0.212		0		1		0.360	0.386	0.367
Methionine.....g	0.044		0		1		0.075	0.080	0.076
Cystine.....g	0.052		0		1		0.088	0.095	0.090
Phenylalanine.....g	0.204		0		1		0.347	0.371	0.353
Tyrosine.....g	0.159		0		1		0.270	0.289	0.275
Valine.....g	0.254		0		1		0.432	0.462	0.439
Arginine.....g	0.240		0		1		0.408	0.437	0.415
Histidine.....g	0.073		0		1		0.124	0.133	0.126
Alanine.....g	0.196		0		1		0.333	0.357	0.339
Aspartic acid.....g	0.422		0		1		0.717	0.768	0.730
Glutamic acid.....g	0.637		0		1		1.083	1.159	1.102
Glycine.....g	0.190		0		1		0.323	0.346	0.329
Proline.....g	0.181		0		1		0.308	0.329	0.313
Serine.....g	0.183		0		1		0.311	0.333	0.317
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g									
Caffeine.....mg	62		3.923	6	1		105	113	107
Theobromine.....mg	486		40.814	7	1		826	885	841

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 chips (6 oz package)

Measure 2 = 182g: 1 cup large chips

**NDB No. 19701**

**Candies, semisweet chocolate, made with butter**

Measure 3 = 173g: 1 cup mini chips

**Calories Factors: Protein 1.83**

**Fat 8.5**

**Carbohydrate 3.4**

**Food Group: 19 Sweets**

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

**NDB No. 19154**  
**Candies, sesame crunch**

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	2.20	0.056	3		1		0.62	0.04	0.77
Energy.....kcal	516		0	NC	4		146	9	181
Energy.....kj	2161		0	NC	4		613	39	756
Protein (N x 5.3).....g	11.60	0.226	3		1		3.29	0.21	4.06
Total lipid (fat).....g	33.30	1.776	3		1		9.44	0.60	11.66
Ash.....g	2.60	0.064	3		1		0.74	0.05	0.91
Carbohydrate, by difference.....g	50.30		0	NC	4		14.26	0.91	17.61
Fiber, total dietary.....g	7.7		0	FLM	4		2.2	0.1	2.7
Sugars, total.....g	31.17		0	FLM	4		8.84	0.56	10.91
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	639		0	FLM	4		181	12	224
Iron, Fe.....mg	4.27	0.267	3		1		1.21	0.08	1.49
Magnesium, Mg.....mg	251	10.478	3		1		71	5	88
Phosphorus, P.....mg	412		0	FLM	4		117	7	144
Potassium, K.....mg	307		0	FLM	4		87	6	107
Sodium, Na.....mg	167		0	LC	8		47	3	58
Zinc, Zn.....mg	3.76		1		1		1.07	0.07	1.32
Copper, Cu.....mg	0.950		1		1		0.269	0.017	0.333
Manganese, Mn.....mg	1.609		0	FLM	4		0.456	0.029	0.563
Selenium, Se.....mcg	4.0		0	FLM	4		1.1	0.1	1.4
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	FLM	4		0.0	0.0	0.0
Thiamin.....mg	0.444		0	FLM	4		0.126	0.008	0.155
Riboflavin.....mg	0.159		0	FLM	4		0.045	0.003	0.056
Niacin.....mg	3.703	0.124	3		1		1.050	0.067	1.296
Pantothenic acid.....mg	0.033		0	FLM	4		0.009	0.001	0.011
Vitamin B-6.....mg	0.491		0	FLM	4		0.139	0.009	0.172
Folate, total.....mcg	51		0	FLM	4		14	1	18
Folic acid.....mcg	0		0	FLM	4		0	0	0
Folate, food.....mcg	51		0	FLM	4		14	1	18
Folate, DFE.....mcg_DFE	51		0	NC	4		14	1	18
Choline, total.....mg	16.7		0	FLM	4		4.7	0.3	5.9
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	FLM	4		0.00	0.00	0.00
Vitamin B-12, added.....mcg	0.00		0	FLM	4		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	0		0	FLM	4		0	0	0
Retinol.....mcg	0		0	FLM	4		0	0	0
Carotene, beta.....mcg	3		0	FLM	4		1	0	1
Carotene, alpha.....mcg	0		0	FLM	4		0	0	0
Cryptoxanthin, beta.....mcg	0		0	FLM	4		0	0	0
Vitamin A, IU.....IU	6		0	FLM	4		2	0	2
Lycopene.....mcg	0		0	FLM	4		0	0	0
Lutein + zeaxanthin.....mcg	0		0	FLM	4		0	0	0
Vitamin E (alpha-tocopherol).....mg	0.16		0	FLM	4		0.05	0.00	0.06
Vitamin E, added.....mg	0.00		0	FLM	4		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		0	FLM	4		0.0	0.0	0.0
<b>Lipids:</b>									
Fatty acids, total saturated.....g	4.662		0	FLM	4		1.322	0.084	1.632
4:0.....g	0.000		0	FLM	4		0.000	0.000	0.000
6:0.....g	0.000		0	FLM	4		0.000	0.000	0.000
8:0.....g	0.000		0	FLM	4		0.000	0.000	0.000
10:0.....g	0.000		0	FLM	4		0.000	0.000	0.000

**NDB No. 19154**  
**Candies, sesame crunch**

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
12:0.....g	0.000		0	FLM	4		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.083		0	FLM	4		0.024	0.001	0.029
15:0.....g									
16:0.....g	2.976		0	FLM	4		0.844	0.054	1.042
17:0.....g									
18:0.....g	1.401		0	FLM	4		0.397	0.025	0.490
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	12.571		0	FLM	4		3.564	0.226	4.400
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.100		0	FLM	4		0.028	0.002	0.035
17:1.....g									
18:1 undifferentiated.....g	12.412		0	FLM	4		3.519	0.223	4.344
20:1.....g	0.047		0	FLM	4		0.013	0.001	0.016
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	14.591		0	FLM	4		4.136	0.263	5.107
18:2 undifferentiated.....g	14.324		0	FLM	4		4.061	0.258	5.013
18:3 undifferentiated.....g	0.252		0	FLM	4		0.071	0.005	0.088
18:4.....g	0.000		0	FLM	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	FLM	4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0	FLM	4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0	FLM	4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	FLM	4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	FLM	4		0	0	0
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLM	4		0.0	0.0	0.0
Caffeine.....mg	0		0	FLM	4		0	0	0
Theobromine.....mg	0		0	FLM	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:**

- Measure 1 = 28.35g: 1 oz
- Measure 2 = 1.8g: 1 piece
- Measure 3 = 35g: 20 pieces

**Calories Factors: Protein 3.5                      Fat 8.4                      Carbohydrate 3.9**

**Food Group: 19 Sweets**

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

NDB No. 19866

Candies, soft fruit and nut squares

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	13.88		0	FLC	4				
Energy.....kcal	390		0	FLC	4				
Energy.....kj	1633		0	FLC	4				
Protein.....g	2.31		0	FLC	4				
Total lipid (fat).....g	9.52		0	FLC	4				
Ash.....g	0.40		0	FLC	4				
Carbohydrate, by difference.....g	73.81		0	FLC	4				
Fiber, total dietary.....g	2.4		0	FLC	4				
Sugars, total.....g	45.95		0	FLC	4				
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	17		0	FLC	4				
Iron, Fe.....mg	0.93		0	FLC	4				
Magnesium, Mg.....mg	25		0	FLC	4				
Phosphorus, P.....mg	54		0	FLC	4				
Potassium, K.....mg	82		0	FLC	4				
Sodium, Na.....mg	131		0	FLC	4				
Zinc, Zn.....mg	0.53		0	FLC	4				
Copper, Cu.....mg	0.303		0	FLC	4				
Manganese, Mn.....mg	0.539		0	FLC	4				
Selenium, Se.....mcg	1.4		0	FLC	4				
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.2		0	FLC	4				
Thiamin.....mg	0.047		0	FLC	4				
Riboflavin.....mg	0.039		0	FLC	4				
Niacin.....mg	0.178		0	FLC	4				
Pantothenic acid.....mg	0.112		0	FLC	4				
Vitamin B-6.....mg	0.082		0	FLC	4				
Folate, total.....mcg	12		0	FLC	4				
Folic acid.....mcg	0		0	FLC	4				
Folate, food.....mcg	11		0	FLC	4				
Folate, DFE.....mcg_DFE	11		0	NC	4				
Choline, total.....mg	5.5		0	O	4				
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	FLC	4				
Vitamin B-12, added.....mcg	0.00		0	Z	7				
Vitamin A, RAE.....mcg_RAE	0		0	NC	4				
Retinol.....mcg	0		0	FLC	4				
Carotene, beta.....mcg	2		0	FLC	4				
Carotene, alpha.....mcg	0		0	FLC	4				
Cryptoxanthin, beta.....mcg	0		0	FLC	4				
Vitamin A, IU.....IU	3		0	NC	4				
Lycopene.....mcg	0		0	FLC	4				
Lutein + zeaxanthin.....mcg	3		0	FLC	4				
Vitamin E (alpha-tocopherol).....mg	0.10		0	FLC	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	0.4		0	FLC	4				
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.898		0	FLC	4				
4:0.....g	0.000		0	FLC	4				
6:0.....g	0.000		0	FLC	4				
8:0.....g	0.000		0	FLC	4				
10:0.....g	0.000		0	FLC	4				

NDB No. 19866  
Candies, soft fruit and nut squares

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures 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	FLC		4			
13:0.....g	0.000		0	FLC		4			
14:0.....g	0.000		0	FLC		4			
15:0.....g	0.000		0	FLC		4			
16:0.....g	0.647		0	FLC		4			
17:0.....g	0.000		0	FLC		4			
18:0.....g	0.241		0	FLC		4			
20:0.....g	0.009		0	FLC		4			
22:0.....g	0.000		0	FLC		4			
24:0.....g	0.000		0	FLC		4			
Fatty acids, total monounsaturated.....g	1.297		0	FLC		4			
14:1.....g	0.000		0	FLC		4			
15:1.....g									
16:1 undifferentiated.....g	0.000		0	FLC		4			
17:1.....g									
18:1 undifferentiated.....g	1.278		0	FLC		4			
20:1.....g	0.019		0	FLC		4			
22:1 undifferentiated.....g	0.000		0	FLC		4			
24:1 c.....g	0.000		0	FLC		4			
Fatty acids, total polyunsaturated.....g	6.840		0	FLC		4			
18:2 undifferentiated.....g	5.525		0	FLC		4			
18:3 undifferentiated.....g	1.315		0	FLC		4			
18:4.....g	0.000		0	FLC		4			
20:2 n-6 c,c.....g	0.000		0	FLC		4			
20:3 undifferentiated.....g	0.000		0	FLC		4			
20:4 undifferentiated.....g	0.000		0	FLC		4			
20:5 n-3.....g	0.000		0	FLC		4			
22:5 n-3.....g	0.000		0	FLC		4			
22:6 n-3.....g	0.000		0	FLC		4			
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	FLC		4			
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLC		4			
Caffeine.....mg	0		0	FLC		4			
Theobromine.....mg	0		0	FLC		4			

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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: 19 Sweets

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

**NDB No. 19858**  
**Candies, sugar-coated almonds**

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	2.30		1		1		0.08		
Energy.....kcal	474		0	NC	4		17		
Energy.....kj	1985		0	NC	4		69		
Protein.....g	10.00		1	LC	8		0.35		
Total lipid (fat).....g	17.93		0	T	4		0.63		
Ash.....g	1.51		0	FLM	4		0.05		
Carbohydrate, by difference.....g	68.26		0	NC	4		2.39		
Fiber, total dietary.....g	2.5		1	LC	8		0.1		
Sugars, total.....g	62.50		1	LC	8		2.19		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	100		1		1		4		
Iron, Fe.....mg	1.90		1		1		0.07		
Magnesium, Mg.....mg	137		0	FLM	4		5		
Phosphorus, P.....mg	166		1		1		6		
Potassium, K.....mg	255		1		1		9		
Sodium, Na.....mg	13		1	LC	8		0		
Zinc, Zn.....mg	1.56		0	FLM	4		0.05		
Copper, Cu.....mg	0.586		0	FLM	4		0.020		
Manganese, Mn.....mg	1.121		0	FLM	4		0.039		
Selenium, Se.....mcg	1.7		0	FLM	4		0.1		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		1		1		0.0		
Thiamin.....mg	0.050		1		1		0.002		
Riboflavin.....mg	0.270		1		1		0.009		
Niacin.....mg	1.000		1		1		0.035		
Pantothenic acid.....mg	0.156		0	FLM	4		0.005		
Vitamin B-6.....mg	0.060		0	FLM	4		0.002		
Folate, total.....mcg	15		0	FLM	4		1		
Folic acid.....mcg	0		0	FLM	4		0		
Folate, food.....mcg	15		0	FLM	4		1		
Folate, DFE.....mcg_DFE	15		0	NC	4		1		
Choline, total.....mg	26.0		0	O	4		0.9		
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	FLM	4		0.00		
Vitamin B-12, added.....mcg	0.00		0	FLM	4		0.00		
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0		
Retinol.....mcg	0		0	FLM	4		0		
Carotene, beta.....mcg	2		0	FLM	4		0		
Carotene, alpha.....mcg	0		0	FLM	4		0		
Cryptoxanthin, beta.....mcg	0		0	FLM	4		0		
Vitamin A, IU.....IU	3		0	FLM	4		0		
Lycopene.....mcg	0		0	FLM	4		0		
Lutein + zeaxanthin.....mcg	1		0	FLM	4		0		
Vitamin E (alpha-tocopherol).....mg	12.36		0	FLM	4		0.43		
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	0.0		0	FLM	4		0.0		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	1.948		0	NC	4		0.068		
4:0.....g	0.000		0	FLM	4		0.000		
6:0.....g	0.000		0	FLM	4		0.000		
8:0.....g	0.000		0	FLM	4		0.000		
10:0.....g	0.000		0	FLM	4		0.000		



**NDB No. 19858**  
**Candies, sugar-coated almonds**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures 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		0.000		
13:0.....g									
14:0.....g	0.106		0		4		0.004		
15:0.....g									
16:0.....g	1.476		0	FLM	4		0.052		
17:0.....g									
18:0.....g	0.364		0		4		0.013		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	12.078		0	NC	4		0.423		
14:1.....g	0.000		0	FLM	4		0.000		
15:1.....g									
16:1 undifferentiated.....g	0.090		0	FLM	4		0.003		
17:1.....g									
18:1 undifferentiated.....g	11.988		0	FLM	4		0.420		
20:1.....g	0.000		0	FLM	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
24:1 c.....g	0.000		0	FLM	4		0.000		
Fatty acids, total polyunsaturated.....g	3.904		0	NC	4		0.137		
18:2 undifferentiated.....g	3.904		0	FLM	4		0.137		
18:3 undifferentiated.....g	0.000		0	FLM	4		0.000		
18:4.....g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c.....g	0.000		0	FLM	4		0.000		
20:3 undifferentiated.....g	0.000		0	FLM	4		0.000		
20:4 undifferentiated.....g	0.000		0	FLM	4		0.000		
20:5 n-3.....g	0.000		0	FLM	4		0.000		
22:5 n-3.....g	0.000		0	FLM	4		0.000		
22:6 n-3.....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	FLM	4		0		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLM	4		0.0		
Caffeine.....mg	0		0	FLM	4		0		
Theobromine.....mg	0		0	FLM	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 = 3.5g: 1 piece

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group: 19 Sweets**

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

NDB No. 19081  
Candies, sweet chocolate

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	0.50	0.088	3		1		0.14	0.21	
Energy.....kcal	505		0		4		143	207	
Energy.....kj	2113		0		4		599	866	
Protein (N x 5.63).....g	3.90	0.280	4		1		1.11	1.60	
Total lipid (fat).....g	34.20	1.376	4		1		9.70	14.02	
Ash.....g	1.00	0.000	3		1		0.28	0.41	
Carbohydrate, by difference.....g	59.60		0	NC	4		16.90	24.44	
Fiber, total dietary.....g	5.5		0		4		1.6	2.3	
Sugars, total.....g	51.48		0	BFCN	4		14.59	21.11	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	24	1.409	6		1		7	10	
Iron, Fe.....mg	2.76	0.369	6		1		0.78	1.13	
Magnesium, Mg.....mg	113	9.699	6		1		32	46	
Phosphorus, P.....mg	147	5.325	4		1		42	60	
Potassium, K.....mg	290	17.076	6		1		82	119	
Sodium, Na.....mg	16	4.933	4		1		5	7	
Zinc, Zn.....mg	1.50	0.051	6		1		0.43	0.62	
Copper, Cu.....mg	0.574	0.073	6		1		0.163	0.235	
Manganese, Mn.....mg	0.494	0.078	6		1		0.140	0.203	
Selenium, Se.....mcg	2.8		0	BFPN	4		0.8	1.1	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		1		4		0.0	0.0	
Thiamin.....mg	0.020		1		1		0.006	0.008	
Riboflavin.....mg	0.240		1		1		0.068	0.098	
Niacin.....mg	0.670		1		1		0.190	0.275	
Pantothenic acid.....mg	0.071		1		4		0.020	0.029	
Vitamin B-6.....mg	0.043		1		4		0.012	0.018	
Folate, total.....mcg	3		1		4		1	1	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	3		1		4		1	1	
Folate, DFE.....mcg_DFE	3		0	NC	4		1	1	
Choline, total.....mg	29.9		0	O	4		8.5	12.2	
Betaine.....mg									
Vitamin B-12.....mcg	0.00		1		4		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	BFSN	4		0	0	
Retinol.....mcg	0		0	BFSN	4		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	BFSN	4		0	0	
Lycopene.....mcg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin.....mcg	18		0	BFSN	4		5	7	
Vitamin E (alpha-tocopherol).....mg	0.26		0	BFFN	4		0.07	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	6.3		0	BFFN	4		1.8	2.6	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	20.080		0		1		5.693	8.233	
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. 19081**  
**Candies, sweet chocolate**

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	0.030		1		1	0.009	0.012
15:0.....g							
16:0.....g	8.690		1		1	2.464	3.563
17:0.....g							
18:0.....g	11.350		1		1	3.218	4.654
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	11.220		0		1	3.181	4.600
14:1.....g							
15:1.....g							
16:1 undifferentiated.....g	0.070		1		1	0.020	0.029
17:1.....g							
18:1 undifferentiated.....g	11.150		1		1	3.161	4.572
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	0.990		0		1	0.281	0.406
18:2 undifferentiated.....g	0.960		1		1	0.272	0.394
18:3 undifferentiated.....g	0.030		1		1	0.009	0.012
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		1		4	0	0
Phytosterols.....mg							
<b><u>Amino Acids:</u></b>							
Tryptophan.....g	0.058		0		1	0.016	0.024
Threonine.....g	0.154		0		1	0.044	0.063
Isoleucine.....g	0.151		0		1	0.043	0.062
Leucine.....g	0.236		0		1	0.067	0.097
Lysine.....g	0.195		0		1	0.055	0.080
Methionine.....g	0.040		0		1	0.011	0.016
Cystine.....g	0.048		0		1	0.014	0.020
Phenylalanine.....g	0.187		0		1	0.053	0.077
Tyrosine.....g	0.146		0		1	0.041	0.060
Valine.....g	0.234		0		1	0.066	0.096
Arginine.....g	0.221		0		1	0.063	0.091
Histidine.....g	0.067		0		1	0.019	0.027
Alanine.....g	0.180		0		1	0.051	0.074
Aspartic acid.....g	0.388		0		1	0.110	0.159
Glutamic acid.....g	0.586		0		1	0.166	0.240
Glycine.....g	0.175		0		1	0.050	0.072
Proline.....g	0.167		0		1	0.047	0.068
Serine.....g	0.168		0		1	0.048	0.069
Hydroxyproline.....g							
<b><u>Others:</u></b>							
Alcohol, ethyl.....g	0.0		0		7	0.0	0.0
Caffeine.....mg	66		1		1	19	27
Theobromine.....mg	426		1		1	121	175

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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. 19081**

**Candies, sweet chocolate**

Measure 1 = 28.35g: 1 oz

Measure 2 = 41g: 1 bar (1.45 oz)

**Calories Factors: Protein 1.83**

**Fat 8.6**

**Carbohydrate 3.4**

**Food Group: 19 Sweets**

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

NDB No. 19083

Candies, sweet chocolate coated fondant

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	7.70	0.671	6		1		3.31	0.85	
Energy.....kcal	366		0	NC	4		158	40	
Energy.....kj	1533		0	NC	4		659	169	
Protein (N x 5.9).....g	2.20	0.299	5		1		0.95	0.24	
Total lipid (fat).....g	9.30	1.300	5		1		4.00	1.02	
Ash.....g	0.40	0.026	6		1		0.17	0.04	
Carbohydrate, by difference.....g	80.40		0	NC	4		34.57	8.84	
Fiber, total dietary.....g	2.1		0	FLA	4		0.9	0.2	
Sugars, total.....g	71.42		0	FLA	4		30.71	7.86	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	17	2.291	4		1		7	2	
Iron, Fe.....mg	1.56	0.028	4		1		0.67	0.17	
Magnesium, Mg.....mg	63		1		1		27	7	
Phosphorus, P.....mg	95		1		1		41	10	
Potassium, K.....mg	168		1		1		72	18	
Sodium, Na.....mg	26		2		1		11	3	
Zinc, Zn.....mg	0.45	0.166	3		1		0.19	0.05	
Copper, Cu.....mg	0.430		1		1		0.185	0.047	
Manganese, Mn.....mg	0.400		1		1		0.172	0.044	
Selenium, Se.....mcg	1.6		0	FLA	4		0.7	0.2	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	FLA	4		0.0	0.0	
Thiamin.....mg	0.026	0.010	4		1		0.011	0.003	
Riboflavin.....mg	0.058	0.014	4		1		0.025	0.006	
Niacin.....mg	0.575		2		1		0.247	0.063	
Pantothenic acid.....mg	0.024		0	FLA	4		0.010	0.003	
Vitamin B-6.....mg	0.010		0	FLA	4		0.004	0.001	
Folate, total.....mcg	3		0	FLA	4		1	0	
Folic acid.....mcg	0		0	FLA	4		0	0	
Folate, food.....mcg	3		0	FLA	4		1	0	
Folate, DFE.....mcg_DFE	3		0	NC	4		1	0	
Choline, total.....mg	2.8		0	FLA	4		1.2	0.3	
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	FLA	4		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	FLA	4		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	0		0	FLA	4		0	0	
Retinol.....mcg	0		0	FLA	4		0	0	
Carotene, beta.....mcg	0		0	FLA	4		0	0	
Carotene, alpha.....mcg	0		0	FLA	4		0	0	
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0	0	
Vitamin A, IU.....IU	0		0	FLA	4		0	0	
Lycopene.....mcg	0		0	FLA	4		0	0	
Lutein + zeaxanthin.....mcg	4		0	FLA	4		2	0	
Vitamin E (alpha-tocopherol).....mg	0.13		0	FLA	4		0.06	0.01	
Vitamin E, added.....mg	0.00		0	FLA	4		0.00	0.00	
Tocopherol, beta.....mg	0.00		0	FLA	4		0.00	0.00	
Tocopherol, gamma.....mg	0.00		0	FLA	4		0.00	0.00	
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	2.1		0	FLA	4		0.9	0.2	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	5.460		0	FLA	4		2.348	0.601	
4:0.....g	0.000		0	FLA	4		0.000	0.000	
6:0.....g	0.000		0	FLA	4		0.000	0.000	
8:0.....g	0.000		0	FLA	4		0.000	0.000	
10:0.....g	0.000		0	FLA	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	FLA	4		0.000	0.000	
13:0.....g	0.000		0	FLA	4		0.000	0.000	
14:0.....g	0.009		0	FLA	4		0.004	0.001	
15:0.....g	0.000		0	FLA	4		0.000	0.000	
16:0.....g	2.317		0	FLA	4		0.996	0.255	
17:0.....g	0.005		0	FLA	4		0.002	0.001	
18:0.....g	3.035		0	FLA	4		1.305	0.334	
20:0.....g	0.026		0	FLA	4		0.011	0.003	
22:0.....g	0.002		0	FLA	4		0.001	0.000	
24:0.....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total monounsaturated.....g	3.090		0	FLA	4		1.329	0.340	
14:1.....g	0.000		0	FLA	4		0.000	0.000	
15:1.....g	0.000		0	FLA	4		0.000	0.000	
16:1 undifferentiated.....g	0.018		0	FLA	4		0.008	0.002	
17:1.....g	0.000		0	FLA	4		0.000	0.000	
18:1 undifferentiated.....g	3.067		0	FLA	4		1.319	0.337	
20:1.....g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total polyunsaturated.....g	0.300		0	FLA	4		0.129	0.033	
18:2 undifferentiated.....g	0.281		0	FLA	4		0.121	0.031	
18:3 undifferentiated.....g	0.014		0	FLA	4		0.006	0.002	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c.....g	0.000		0	FLA	4		0.000	0.000	
20:3 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3.....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0	0.000	3		1		0	0	
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0	0.0	
Caffeine.....mg	10		0	FLA	4		4	1	
Theobromine.....mg	185		0	FLA	4		80	20	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 patty, large  
 Measure 2 = 11.0g: 1 patty, small

**Calories Factors: Protein 3.1      Fat 8.4      Carbohydrate 3.5**

**Food Group: 19 Sweets**

NDB No. 19382

Candies, taffy, prepared-from-recipe

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	4.85		0	RC	4		0.73		
Energy.....kcal	397		0	RC	4		60		
Energy.....kj	1660		0	RC	4		249		
Protein (N x 0).....g	0.03		0	RC	4		0.01		
Total lipid (fat).....g	3.33		0	RC	4		0.50		
Ash.....g	0.18		0	RC	4		0.03		
Carbohydrate, by difference.....g	91.56		0	RC	4		13.73		
Fiber, total dietary.....g	0.0		0	RC	4		0.0		
Sugars, total.....g	68.48		0	RC	4		10.27		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	8		0	RC	4		1		
Iron, Fe.....mg	0.01		0	RC	4		0.00		
Magnesium, Mg.....mg	0		0	RC	4		0		
Phosphorus, P.....mg	1		0	RC	4		0		
Potassium, K.....mg	3		0	RC	4		0		
Sodium, Na.....mg	52		0	RC	4		8		
Zinc, Zn.....mg	0.21		0	RC	4		0.03		
Copper, Cu.....mg	0.000		0	RC	4		0.000		
Manganese, Mn.....mg	0.000		0	RC	4		0.000		
Selenium, Se.....mcg	0.7		0	RC	4		0.1		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	RC	4		0.0		
Thiamin.....mg	0.028		0	RC	4		0.004		
Riboflavin.....mg	0.012		0	RC	4		0.002		
Niacin.....mg	0.002		0	RC	4		0.000		
Pantothenic acid.....mg	0.004		0	RC	4		0.001		
Vitamin B-6.....mg	0.000		0	RC	4		0.000		
Folate, total.....mcg	0		0	RC	4		0		
Folic acid.....mcg	0		0	RC	4		0		
Folate, food.....mcg	0		0	RC	4		0		
Folate, DFE.....mcg_DFE	0		0	NC	4		0		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg	0.01		0	RC	4		0.00		
Vitamin B-12, added.....mcg	0.00		0	RC	4		0.00		
Vitamin A, RAE.....mcg_RAE	27		0	RC	4		4		
Retinol.....mcg	27		0	RC	4		4		
Carotene, beta.....mcg	6		0	RC	4		1		
Carotene, alpha.....mcg	0		0	RC	4		0		
Cryptoxanthin, beta.....mcg	0		0	RC	4		0		
Vitamin A, IU.....IU	100		0	RC	4		15		
Lycopene.....mcg	0		0	RC	4		0		
Lutein + zeaxanthin.....mcg	0		0	RC	4		0		
Vitamin E (alpha-tocopherol).....mg	0.09		0	RC	4		0.01		
Vitamin E, added.....mg	0.00		0	RC	4		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.3		0	RC	4		0.0		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	2.049		0	RC	4		0.307		
4:0.....g	0.129		0	RC	4		0.019		
6:0.....g	0.080		0	RC	4		0.012		
8:0.....g	0.047		0	RC	4		0.007		
10:0.....g	0.101		0	RC	4		0.015		

Candies, taffy, prepared-from-recipe

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.103		0	RC	4		0.015		
13:0.....g									
14:0.....g	0.297		0	RC	4		0.044		
15:0.....g									
16:0.....g	0.865		0	RC	4		0.130		
17:0.....g	0.022		0	RC	4		0.003		
18:0.....g	0.399		0	RC	4		0.060		
20:0.....g	0.005		0	RC	4		0.001		
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.838		0	RC	4		0.126		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.038		0	RC	4		0.006		
16:1 c.....g	0.038		0	RC	4		0.006		
16:1 t.....g									
17:1.....g									
18:1 undifferentiated.....g	0.796		0	RC	4		0.119		
18:1 c.....g	0.677		0	RC	4		0.102		
18:1-11c (18:1c n-7).....g									
18:1 t.....g	0.119		0	RC	4		0.018		
18:1-11t (18:1t n-7).....g									
20:1.....g	0.004		0	RC	4		0.001		
22:1 undifferentiated.....g	0.000		0	RC	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.121		0	RC	4		0.018		
18:2 undifferentiated.....g	0.109		0	RC	4		0.016		
18:2 n-6 c,c.....g	0.086		0	RC	4		0.013		
18:2 CLAs.....g	0.011		0	RC	4		0.002		
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g									
18:2 i.....g	0.012		0	RC	4		0.002		
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.013		0	RC	4		0.002		
18:3 n-3 c,c,c.....g	0.013		0	RC	4		0.002		
18:3 n-6 c,c,c.....g									
18:3i.....g									
18:4.....g	0.000		0	RC	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000		0	RC	4		0.000		
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g	0.000		0	RC	4		0.000		
21:5.....g									
22:4.....g									
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	0.131		0	RC	4		0.020		
Fatty acids, total trans-monoenoic.....g	0.119		0	RC	4		0.018		
Fatty acids, total trans-polyenoic.....g	0.012		0	RC	4		0.002		
Cholesterol.....mg	9		0	RC	4		1		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g									
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.



**NDB No. 19382**

**Candies, taffy, prepared-from-recipe**

**Common Measures:**

Measure 1 = 15.0g: 1 piece

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 19 Sweets

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

NDB No. 19383

Candies, toffee, prepared-from-recipe

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	0.55		0	RC	4		0.07		
Energy.....kcal	560		0	RC	4		67		
Energy.....kj	2342		0	RC	4		281		
Protein (N x 0).....g	1.07		0	RC	4		0.13		
Total lipid (fat).....g	32.75		0	RC	4		3.93		
Ash.....g	0.66		0	RC	4		0.08		
Carbohydrate, by difference.....g	64.72		0	RC	4		7.77		
Fiber, total dietary.....g	0.0		0	RC	4		0.0		
Sugars, total.....g	63.47		0	RC	4		7.62		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	34		0	RC	4		4		
Iron, Fe.....mg	0.03		0	RC	4		0.00		
Magnesium, Mg.....mg	4		0	RC	4		0		
Phosphorus, P.....mg	32		0	RC	4		4		
Potassium, K.....mg	51		0	RC	4		6		
Sodium, Na.....mg	135		0	RC	4		16		
Zinc, Zn.....mg	0.12		0	RC	4		0.01		
Copper, Cu.....mg	0.003		0	RC	4		0.000		
Manganese, Mn.....mg	0.002		0	RC	4		0.000		
Selenium, Se.....mcg	0.8		0	RC	4		0.1		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.2		0	RC	4		0.0		
Thiamin.....mg	0.008		0	RC	4		0.001		
Riboflavin.....mg	0.068		0	RC	4		0.008		
Niacin.....mg	0.029		0	RC	4		0.003		
Pantothenic acid.....mg	0.134		0	RC	4		0.016		
Vitamin B-6.....mg	0.009		0	RC	4		0.001		
Folate, total.....mcg	2		0	RC	4		0		
Folic acid.....mcg	0		0	RC	4		0		
Folate, food.....mcg	2		0	RC	4		0		
Folate, DFE.....mcg_DFE	2		0	NC	4		0		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg	0.11		0	NR	4		0.01		
Vitamin B-12, added.....mcg	0.00		0	RC	4		0.00		
Vitamin A, RAE.....mcg_RAE	319		0	RC	4		38		
Retinol.....mcg	314		0	RC	4		38		
Carotene, beta.....mcg	64		0	RC	4		8		
Carotene, alpha.....mcg	0		0	RC	4		0		
Cryptoxanthin, beta.....mcg	0		0	RC	4		0		
Vitamin A, IU.....IU	1152		0	RC	4		138		
Lycopene.....mcg	0		0	RC	4		0		
Lutein + zeaxanthin.....mcg	0		0	RC	4		0		
Vitamin E (alpha-tocopherol).....mg	0.94		0	RC	4		0.11		
Vitamin E, added.....mg	0.00		0	RC	4		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	2.8		0	RC	4		0.3		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	20.565		0	RC	4		2.468		
4:0.....g	1.184		0	RC	4		0.142		
6:0.....g	0.721		0	RC	4		0.087		
8:0.....g	0.424		0	RC	4		0.051		
10:0.....g	0.923		0	RC	4		0.111		

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.983		0	RC	4		0.118		
13:0.....g									
14:0.....g	3.145		0	RC	4		0.377		
15:0.....g									
16:0.....g	8.688		0	RC	4		1.043		
17:0.....g	0.115		0	RC	4		0.014		
18:0.....g	4.003		0	RC	4		0.480		
20:0.....g	0.028		0	RC	4		0.003		
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	8.964		0	RC	4		1.076		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.558		0	RC	4		0.067		
16:1 c.....g	0.197		0	RC	4		0.024		
16:1 t.....g									
17:1.....g									
18:1 undifferentiated.....g	8.147		0	RC	4		0.978		
18:1 c.....g	3.489		0	RC	4		0.419		
18:1-11c (18:1c n-7).....g									
18:1 t.....g	0.613		0	RC	4		0.074		
18:1-11t (18:1t n-7).....g									
20:1.....g	0.021		0	RC	4		0.002		
22:1 undifferentiated.....g	0.000		0	RC	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.222		0	RC	4		0.147		
18:2 undifferentiated.....g	0.924		0	RC	4		0.111		
18:2 n-6 c,c.....g	0.445		0	RC	4		0.053		
18:2 CLAs.....g	0.055		0	RC	4		0.007		
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g									
18:2 i.....g	0.061		0	RC	4		0.007		
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.298		0	RC	4		0.036		
18:3 n-3 c,c,c.....g	0.065		0	RC	4		0.008		
18:3 n-6 c,c,c.....g									
18:3i.....g									
18:4.....g	0.000		0	RC	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000		0	RC	4		0.000		
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g	0.000		0	RC	4		0.000		
21:5.....g									
22:4.....g									
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	0.674		0	RC	4		0.081		
Fatty acids, total trans-monoenoic.....g	0.613		0	RC	4		0.074		
Fatty acids, total trans-polyenoic.....g	0.061		0	RC	4		0.007		
Cholesterol.....mg	104		0	RC	4		12		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g									
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.

**NDB No. 19383**

**Candies, toffee, prepared-from-recipe**

**Common Measures:**

Measure 1 = 12.0g: 1 piece

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 19 Sweets

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

NDB No. 19138

Candies, truffles, prepared-from-recipe

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	13.47		0	RC	4		1.62	82.42	
Energy.....kcal	510		0	RC	4		61	3120	
Energy.....kj	2133		0	RC	4		256	13056	
Protein (N x 0).....g	6.21		0	RC	4		0.75	38.02	
Total lipid (fat).....g	33.76		0	RC	4		4.05	206.64	
Ash.....g	1.44		0	RC	4		0.17	8.81	
Carbohydrate, by difference.....g	44.88		0	RC	4		5.39	274.66	
Fiber, total dietary.....g	2.5		0	RC	4		0.3	15.3	
Sugars, total.....g	38.31		0	RC	4		4.60	234.47	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	157		0	RC	4		19	960	
Iron, Fe.....mg	1.75		0	RC	4		0.21	10.70	
Magnesium, Mg.....mg	48		0	RC	4		6	296	
Phosphorus, P.....mg	171		0	RC	4		21	1046	
Potassium, K.....mg	297		0	RC	4		36	1818	
Sodium, Na.....mg	68		0	RC	4		8	418	
Zinc, Zn.....mg	1.55		0	RC	4		0.19	9.49	
Copper, Cu.....mg	0.366		0	RC	4		0.044	2.242	
Manganese, Mn.....mg	0.351		0	RC	4		0.042	2.148	
Selenium, Se.....mcg	3.4		0	RC	4		0.4	21.1	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.1		0	RC	4		0.0	0.6	
Thiamin.....mg	0.087		0	RC	4		0.010	0.534	
Riboflavin.....mg	0.250		0	RC	4		0.030	1.533	
Niacin.....mg	0.299		0	RC	4		0.036	1.832	
Pantothenic acid.....mg	0.417		0	RC	4		0.050	2.554	
Vitamin B-6.....mg	0.032		0	RC	4		0.004	0.194	
Folate, total.....mcg	9		0	RC	4		1	58	
Folic acid.....mcg	0		0	RC	4		0	0	
Folate, food.....mcg	9		0	RC	4		1	55	
Folate, DFE.....mcg_DFE	9		0	NC	4		1	55	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg	0.49		0	RC	4		0.06	2.97	
Vitamin A, RAE.....mcg_RAE	144		0	RC	4		17	879	
Retinol.....mcg	142		0	RC	4		17	867	
Carotene, beta.....mcg	19		0	RC	4		2	115	
Carotene, alpha.....mcg	0		0	RC	4		0	0	
Cryptoxanthin, beta.....mcg	0		0	RC	4		0	0	
Vitamin A, IU.....IU	513		0	RC	4		62	3142	
Lycopene.....mcg	0		0	RC	4		0	0	
Lutein + zeaxanthin.....mcg	0		0	RC	4		0	0	
Vitamin E (alpha-tocopherol).....mg	1.82		0	RC	4		0.22	11.11	
Vitamin E, added.....mg	0.00		0	RC	4		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	6.0		0	RC	4		0.7	36.6	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	18.488		0	RC	4		2.219	113.145	
4:0.....g	0.686		0	RC	4		0.082	4.200	
6:0.....g	0.320		0	RC	4		0.038	1.960	
8:0.....g	0.275		0	RC	4		0.033	1.683	
10:0.....g	0.479		0	RC	4		0.057	2.930	
12:0.....g	1.181		0	RC	4		0.142	7.230	

Candies, truffles, prepared-from-recipe

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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	0.000		0	RC	4				
14:0.....g	1.766		0	RC	4	0.212	10.805		
15:0.....g	0.051		0	RC	4	0.006	0.311		
16:0.....g	7.178		0	RC	4	0.861	43.932		
17:0.....g	0.048		0	RC	4	0.006	0.297		
18:0.....g	6.154		0	RC	4	0.738	37.662		
20:0.....g	0.127		0	RC	4	0.015	0.777		
22:0.....g	0.014		0	RC	4	0.002	0.083		
24:0.....g	0.000		0	RC	4	0.000	0.000		
Fatty acids, total monounsaturated.....g	12.636		0	RC	4	1.516	77.329		
14:1.....g	0.048		0	RC	4	0.006	0.295		
15:1.....g	0.000		0	RC	4	0.000	0.000		
16:1 undifferentiated.....g	0.309		0	RC	4	0.037	1.888		
17:1.....g	0.014		0	RC	4	0.002	0.083		
18:1 undifferentiated.....g	7.300		0	RC	4	0.876	44.678		
18:1 c.....g	4.821		0	RC	4	0.579	29.506		
18:1-11c (18:1c n-7).....g									
18:1 t.....g	0.000		0	RC	4	0.000	0.000		
18:1-11t (18:1t n-7).....g									
20:1.....g	0.000		0	RC	4	0.000	0.000		
22:1 undifferentiated.....g	0.000		0	RC	4	0.000	0.000		
24:1 c.....g	0.000		0	RC	4	0.000	0.000		
Fatty acids, total polyunsaturated.....g	1.013		0	RC	4	0.122	6.198		
18:2 undifferentiated.....g	0.779		0	RC	4	0.094	4.770		
18:3 undifferentiated.....g	0.171		0	RC	4	0.021	1.048		
18:3 n-3 c,c,c.....g	0.062		0	RC	4	0.007	0.380		
18:3 n-6 c,c,c.....g	0.000		0	RC	4	0.000	0.000		
18:3i.....g									
18:4.....g	0.000		0	RC	4	0.000	0.000		
20:2 n-6 c,c.....g	0.000		0	RC	4	0.000	0.000		
20:3 undifferentiated.....g	0.000		0	RC	4	0.000	0.000		
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000		0	RC	4	0.000	0.000		
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g	0.000		0	RC	4	0.000	0.000		
21:5.....g									
22:4.....g									
22:5 n-3.....g	0.000		0	RC	4	0.000	0.000		
22:6 n-3.....g	0.000		0	RC	4	0.000	0.000		
Fatty acids, total trans.....g	0.000		0	RC	4	0.000	0.000		
Fatty acids, total trans-monoenoic.....g	0.000		0	RC	4	0.000	0.000		
Fatty acids, total trans-polyenoic.....g									
Cholesterol.....mg	53		0	RC	4	6	323		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g									
Caffeine.....mg	15		0	RC	4	2	91		
Theobromine.....mg	152		0	RC	4	18	932		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 piece

Measure 2 = 612g: 1 recipe yield, recipe makes 49 1 " x 1" pieces

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**NDB No. 19138**

**Candies, truffles, prepared-from-recipe**

**Food Group:** 19 Sweets

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

**NDB No. 19087**  
**Candies, white chocolate**

confectioner's coating

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	1.30		5	A	1		2.21	1.11	
Energy.....kcal	539		0	NC	4		916	458	
Energy.....kj	2254		0	NC	4		3831	1916	
Protein (N x 6.38).....g	5.87		3	A	1		9.98	4.99	
Total lipid (fat).....g	32.09		5	A	1		54.55	27.28	
Ash.....g	1.50		3	A	1		2.55	1.28	
Carbohydrate, by difference.....g	59.24		0	NC	4		100.71	50.35	
Fiber, total dietary.....g	0.2		2	AI	13		0.3	0.2	
Sugars, total.....g	59.00		0	NR	4		100.30	50.15	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	199		3	A	1		338	169	
Iron, Fe.....mg	0.24		3	A	1		0.41	0.20	
Magnesium, Mg.....mg	12		3	A	1		20	10	
Phosphorus, P.....mg	176		3	A	1		299	150	
Potassium, K.....mg	286		3	A	1		486	243	
Sodium, Na.....mg	90		3	A	1		153	77	
Zinc, Zn.....mg	0.74		3	A	1		1.26	0.63	
Copper, Cu.....mg	0.060		3	A	1		0.102	0.051	
Manganese, Mn.....mg	0.008		0	FLA	4		0.013	0.006	
Selenium, Se.....mcg	4.5		0	FLA	4		7.6	3.8	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.5		3	A	1		0.9	0.4	
Thiamin.....mg	0.063		3	A	1		0.107	0.054	
Riboflavin.....mg	0.282		3	A	1		0.479	0.240	
Niacin.....mg	0.745		3	A	1		1.267	0.633	
Pantothenic acid.....mg	0.608		3	A	1		1.034	0.517	
Vitamin B-6.....mg	0.056		3	A	1		0.095	0.048	
Folate, total.....mcg	7		0	FLA	4		12	6	
Folic acid.....mcg	0		0	FLA	4		0	0	
Folate, food.....mcg	7		0	FLA	4		12	6	
Folate, DFE.....mcg_DFE	7		0	NC	4		12	6	
Choline, total.....mg	29.5		0	O	4		50.1	25.0	
Betaine.....mg									
Vitamin B-12.....mcg	0.56		0	FLA	4		0.96	0.48	
Vitamin B-12, added.....mcg	0.00		0	FLA	4		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	9		0	NC	4		15	8	
Retinol.....mcg	9		0	NR	4		15	8	
Carotene, beta.....mcg	0		0	Z	7		0	0	
Carotene, alpha.....mcg	0		0	FLA	4		0	0	
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0	0	
Vitamin A, IU.....IU	30		0	NR	4		51	26	
Lycopene.....mcg	0		0	FLA	4		0	0	
Lutein + zeaxanthin.....mcg	0		0	FLA	4		0	0	
Vitamin E (alpha-tocopherol).....mg	0.96		0	FLA	4		1.64	0.82	
Vitamin E, added.....mg	0.00		0	FLA	4		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	9.1		0	FLA	4		15.5	7.7	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	19.412		2	A	1		33.000	16.500	
4:0.....g	0.314		2	A	1		0.534	0.267	
6:0.....g	0.155		2	A	1		0.264	0.132	
8:0.....g	0.115		2	A	1		0.196	0.098	
10:0.....g	0.220		2	A	1		0.374	0.187	



NDB No. 19087  
Candies, white chocolate

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.629		2	A	1		1.069	0.535	
13:0.....g									
14:0.....g	0.797		2	A	1		1.355	0.677	
15:0.....g									
16:0.....g	7.947		2	A	1		13.510	6.755	
17:0.....g									
18:0.....g	9.145		2	A	1		15.547	7.773	
20:0.....g	0.004		0	FLA	4		0.008	0.004	
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	9.097		2	A	1		15.465	7.732	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.062		2	A	1		0.105	0.053	
17:1.....g									
18:1 undifferentiated.....g	8.990		2	A	1		15.283	7.642	
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	1.013		2	A	1		1.722	0.861	
18:2 undifferentiated.....g	0.910		2	A	1		1.547	0.774	
18:3 undifferentiated.....g	0.103		2	A	1		0.175	0.088	
18:4.....g	0.000		2	A	1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
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	0.000		0	FLA	4		0.000	0.000	
Cholesterol.....mg	21		2	A	1		36	18	
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	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 = 170g: 1 cup chips

Measure 2 = 85g: 1 bar (3 oz)

**Calories Factors: Protein 4.3**

**Fat 8.8**

**Carbohydrate 3.9**

**Food Group: 19 Sweets**

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

NDB No. 19163

Chewing gum

bubble gum

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	2.60	0.304	3		1		0.08	0.42	0.21
Energy.....kcal	247		0	NC	4		7	40	20
Energy.....kj	1033		0	NC	4		31	165	83
Protein (N x 6.25).....g	0.00		1		1		0.00	0.00	0.00
Total lipid (fat).....g	0.30		2		1		0.01	0.05	0.02
Ash.....g	0.40		1		1		0.01	0.06	0.03
Carbohydrate, by difference.....g	66.08	7.208	3	LC	8		1.98	10.57	5.29
Fiber, total dietary.....g	2.4		0	FLC	4		0.1	0.4	0.2
Sugars, total.....g	66.08	7.208	3	LC	8		1.98	10.57	5.29
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	0		1		1		0	0	0
Iron, Fe.....mg	0.00		1		1		0.00	0.00	0.00
Magnesium, Mg.....mg	0		1		1		0	0	0
Phosphorus, P.....mg	0		1		1		0	0	0
Potassium, K.....mg	2		0	FLC	4		0	0	0
Sodium, Na.....mg	1		0	FLC	4		0	0	0
Zinc, Zn.....mg	0.00		1		1		0.00	0.00	0.00
Copper, Cu.....mg	0.000		1		1		0.000	0.000	0.000
Manganese, Mn.....mg	0.000		1		1		0.000	0.000	0.000
Selenium, Se.....mcg	0.6		0	FLC	4		0.0	0.1	0.0
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	FLC	4		0.0	0.0	0.0
Thiamin.....mg	0.000		0	FLC	4		0.000	0.000	0.000
Riboflavin.....mg	0.000		1		4		0.000	0.000	0.000
Niacin.....mg	0.000		0	FLC	4		0.000	0.000	0.000
Pantothenic acid.....mg	0.000		0	FLC	4		0.000	0.000	0.000
Vitamin B-6.....mg	0.000		0	FLC	4		0.000	0.000	0.000
Folate, total.....mcg	0		0	FLC	4		0	0	0
Folic acid.....mcg	0		0	FLC	4		0	0	0
Folate, food.....mcg	0		0	FLC	4		0	0	0
Folate, DFE.....mcg_DFE	0		0	NC	4		0	0	0
Choline, total.....mg	0.0		0	Z	7		0.0	0.0	0.0
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	FLC	4		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	FLC	4		0	0	0
Retinol.....mcg	0		0	FLC	4		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	FLC	4		0	0	0
Vitamin A, IU.....IU	0		0	FLC	4		0	0	0
Lycopene.....mcg	0		0	FLC	4		0	0	0
Lutein + zeaxanthin.....mcg	0		0	FLC	4		0	0	0
Vitamin E (alpha-tocopherol).....mg	0.00		0	FLC	4		0.00	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	0.0		0	FLC	4		0.0	0.0	0.0
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.042		0		4		0.001	0.007	0.003
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. 19163**  
**Chewing gum**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures 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		0.001	0.006	0.003
16:0.....g	0.036		0		4		0.001	0.006	0.003
17:0.....g					4		0.000	0.001	0.000
18:0.....g	0.005		0		4		0.000	0.001	0.000
20:0.....g					4		0.000	0.001	0.000
22:0.....g					4		0.000	0.001	0.000
24:0.....g					4		0.000	0.001	0.000
Fatty acids, total monounsaturated.....g	0.079		0		4		0.002	0.013	0.006
14:1.....g					4		0.000	0.000	0.000
15:1.....g					4		0.000	0.000	0.000
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
17:1.....g					4		0.000	0.000	0.000
18:1 undifferentiated.....g	0.079		0		4		0.002	0.013	0.006
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		0.000	0.000	0.000
Fatty acids, total polyunsaturated.....g	0.137		0		4		0.004	0.022	0.011
18:2 undifferentiated.....g	0.133		0		4		0.004	0.021	0.011
18:3 undifferentiated.....g	0.004		0		4		0.000	0.001	0.000
18:4.....g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c.....g					4		0.000	0.000	0.000
20:3 undifferentiated.....g					4		0.000	0.000	0.000
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		0.000	0.000	0.000
Cholesterol.....mg	0		0	FLC	4		0	0	0
Phytosterols.....mg					4		0	0	0
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0	0.0	0.0
Caffeine.....mg	0		0	FLC	4		0	0	0
Theobromine.....mg	0		0	FLC	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:**

- Measure 1 = 3.0g: 1 stick
- Measure 2 = 16g: 10 Chiclets
- Measure 3 = 8.0g: 1 block

**Calories Factors: Protein 1.82**

**Fat 8.37**

**Carbohydrate 3.7**

**Food Group: 19 Sweets**

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

NDB No. 43060  
Chewing gum, sugarless

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food					
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	3.50		0		4		0.07		
Energy.....kcal	268		0		4		5		
Energy.....kj	1121		0		4		22		
Protein.....g	0.00		1		1		0.00		
Total lipid (fat).....g	0.40		1		1		0.01		
Ash.....g	1.30		0	NR	4		0.03		
Carbohydrate, by difference.....g	94.80		0	NC	4		1.90		
Fiber, total dietary.....g	2.4		0	BFZN	4		0.0		
Sugars, total.....g	0.00		0	Z	7		0.00		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	20		1		1		0		
Iron, Fe.....mg	0.00		0		4		0.00		
Magnesium, Mg.....mg	0		0		4		0		
Phosphorus, P.....mg	0		0		4		0		
Potassium, K.....mg	0		0		4		0		
Sodium, Na.....mg	7		0		4		0		
Zinc, Zn.....mg	0.00		0		4		0.00		
Copper, Cu.....mg	0.000		0		4		0.000		
Manganese, Mn.....mg									
Selenium, Se.....mcg	0.5		0	BFZN	4		0.0		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		1		1		0.0		
Thiamin.....mg	0.000		1		1		0.000		
Riboflavin.....mg	0.000		1		1		0.000		
Niacin.....mg	0.000		1		1		0.000		
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.000		0		4		0.000		
Folate, total.....mcg	0		0		4		0		
Folic acid.....mcg	0		0	BFZN	4		0		
Folate, food.....mcg	0		0	BFZN	4		0		
Folate, DFE.....mcg_DFE	0		0	NC	4		0		
Choline, total.....mg	0.0		0	Z	7		0.0		
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0		4		0.00		
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....mcg_RAE	0		0	BFZN	4		0		
Retinol.....mcg	0		0	BFZN	4		0		
Carotene, beta.....mcg	0		0	BFZN	4		0		
Carotene, alpha.....mcg	0		0	BFZN	4		0		
Cryptoxanthin, beta.....mcg	0		0	BFZN	4		0		
Vitamin A, IU.....IU	0		1		1		0		
Lycopene.....mcg	0		0	BFZN	4		0		
Lutein + zeaxanthin.....mcg	0		0	BFZN	4		0		
Vitamin E (alpha-tocopherol).....mg	0.00		0	BFZN	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	0.0		0	BFZN	4		0.0		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.058		0		4		0.001		
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		

NDB No. 43060  
Chewing gum, sugarless

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0.....g	0.000		0		4		0.000		
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	0.041		0		4		0.001		
17:0.....g									
18:0.....g	0.015		0		4		0.000		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.093		0		4		0.002		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.091		0		4		0.002		
20:1.....g	0.001		0		4		0.000		
22:1 undifferentiated.....g	0.000		0		4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.232		0		4		0.005		
18:2 undifferentiated.....g	0.204		0		4		0.004		
18:3 undifferentiated.....g	0.027		0		4		0.001		
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	BFZN	4		0		
Theobromine.....mg	0		0	BFZN	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 = 2.0g: 1 piece

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 19 Sweets

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

NDB No. 19125

Chocolate-flavored hazelnut 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	1.07		0	FLC	4		0.39		
Energy.....kcal	541		1	LC	8		200		
Energy.....kj	2262		0	LC	8		837		
Protein.....g	5.41		1	LC	8		2.00		
Total lipid (fat).....g	29.73		1	LC	8		11.00		
Ash.....g	1.44		0	FLC	4		0.53		
Carbohydrate, by difference.....g	62.16		1	LC	8		23.00		
Fiber, total dietary.....g	5.4		1	LC	8		2.0		
Sugars, total.....g	54.05		1	LC	8		20.00		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	108		1	LC	8		40		
Iron, Fe.....mg	4.38		1	LC	8		1.62		
Magnesium, Mg.....mg	64		0	FLC	4		24		
Phosphorus, P.....mg	152		0	FLC	4		56		
Potassium, K.....mg	407		0	FLC	4		151		
Sodium, Na.....mg	41		1	LC	8		15		
Zinc, Zn.....mg	1.06		0	FLC	4		0.39		
Copper, Cu.....mg	0.469		0	FLC	4		0.174		
Manganese, Mn.....mg	0.868		0	FLC	4		0.321		
Selenium, Se.....mcg	3.6		0	FLC	4		1.3		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		1	LC	8		0.0		
Thiamin.....mg	0.085		0	FLC	4		0.032		
Riboflavin.....mg	0.170		0	FLC	4		0.063		
Niacin.....mg	0.427		0	FLC	4		0.158		
Pantothenic acid.....mg	0.357		0	FLC	4		0.132		
Vitamin B-6.....mg	0.082		0	FLC	4		0.030		
Folate, total.....mcg	14		0	FLC	4		5		
Folic acid.....mcg	0		0	FLC	4		0		
Folate, food.....mcg	14		0	FLC	4		5		
Folate, DFE.....mcg_DFE	14		0	NC	4		5		
Choline, total.....mg	17.6		0	FLC	4		6.5		
Betaine.....mg									
Vitamin B-12.....mcg	0.27		0	FLC	4		0.10		
Vitamin B-12, added.....mcg	0.00		0	FLC	4		0.00		
Vitamin A, RAE.....mcg_RAE	1		0	NC	4		0		
Retinol.....mcg	0		0	FLC	4		0		
Carotene, beta.....mcg	1		0	FLC	4		0		
Carotene, alpha.....mcg	0		0	FLC	4		0		
Cryptoxanthin, beta.....mcg	0		0	FLC	4		0		
Vitamin A, IU.....IU	3		0	FLC	4		1		
Lycopene.....mcg	0		0	FLC	4		0		
Lutein + zeaxanthin.....mcg	10		0	FLC	4		4		
Vitamin E (alpha-tocopherol).....mg	4.96		0	FLC	4		1.83		
Vitamin E, added.....mg	0.00		0	FLC	4		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	1.9		0	FLC	4		0.7		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	28.423		1	LC	8		10.517		
4:0.....g	0.011		0	FLC	4		0.004		
6:0.....g	0.002		0	FLC	4		0.001		
8:0.....g	0.003		0	FLC	4		0.001		
10:0.....g	0.007		0	FLC	4		0.003		

NDB No. 19125

Chocolate-flavored hazelnut 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	0.006		0	FLC	4		0.002		
13:0.....g	0.000		0	FLC	4		0.000		
14:0.....g	0.175		0	FLC	4		0.065		
15:0.....g	0.000		0	FLC	4		0.000		
16:0.....g	15.879		0	FLC	4		5.875		
17:0.....g	0.000		0	FLC	4		0.000		
18:0.....g	5.573		0	FLC	4		2.062		
20:0.....g	1.877		0	FLC	4		0.694		
22:0.....g	3.653		0	FLC	4		1.352		
24:0.....g	1.174		0	FLC	4		0.434		
Fatty acids, total monounsaturated.....g	0.000		1	LC	8		0.000		
14:1.....g	0.000		0	FLC	4		0.000		
15:1.....g									
16:1 undifferentiated.....g	0.000		0	FLC	4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.000		0	FLC	4		0.000		
20:1.....g	0.000		0	FLC	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLC	4		0.000		
24:1 c.....g	0.000		0	FLC	4		0.000		
Fatty acids, total polyunsaturated.....g	0.000		1	LC	8		0.000		
18:2 undifferentiated.....g	0.000		0	FLC	4		0.000		
18:3 undifferentiated.....g	0.000		0	FLC	4		0.000		
18:4.....g	0.000		0	FLC	4		0.000		
20:2 n-6 c,c.....g	0.000		0	FLC	4		0.000		
20:3 undifferentiated.....g	0.000		0	FLC	4		0.000		
20:4 undifferentiated.....g	0.000		0	FLC	4		0.000		
20:5 n-3.....g	0.000		0	FLC	4		0.000		
22:5 n-3.....g	0.000		0	FLC	4		0.000		
22:6 n-3.....g	0.000		0	FLC	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1	LC	8		0		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0		
Caffeine.....mg	7		0	FLC	4		3		
Theobromine.....mg	230		0	FLC	4		85		

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

**Common Measures:**

Measure 1 = 37g: 1 serving 2 TBSP

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group: 19 Sweets**

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

NDB No. 19859

Cocoa, dry powder, hi-fat or breakfast, plain

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	3.00		1		1		0.16		
Energy.....kcal	299		0		4		16		
Energy.....kj	1251		0		4		68		
Protein.....g	16.80		1		1		0.91		
Total lipid (fat).....g	23.71		1		1		1.28		
Ash.....g	5.10		0	BFNN	4		0.28		
Carbohydrate, by difference.....g	48.30		0	NC	4		2.61		
Fiber, total dietary.....g	29.8		1		1		1.6		
Sugars, total.....g	1.55		0	BFCN	4		0.08		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	122		0		4		7		
Iron, Fe.....mg	14.50		0		4		0.78		
Magnesium, Mg.....mg	519		0		4		28		
Phosphorus, P.....mg	758		0		4		41		
Potassium, K.....mg	1574		0		4		85		
Sodium, Na.....mg	20		0		4		1		
Zinc, Zn.....mg	6.70		0		4		0.36		
Copper, Cu.....mg	3.610		0		4		0.195		
Manganese, Mn.....mg									
Selenium, Se.....mcg	12.3		0	BFPN	4		0.7		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		1		1		0.0		
Thiamin.....mg	0.080		0		4		0.004		
Riboflavin.....mg	0.370		0		4		0.020		
Niacin.....mg	1.800		0		4		0.097		
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.190		0		4		0.010		
Folate, total.....mcg	38		1		1		2		
Folic acid.....mcg	0		0	BFCN	4		0		
Folate, food.....mcg	38		1		1		2		
Folate, DFE.....mcg_DFE	38		0	NC	4		2		
Choline, total.....mg	11.9		0	O	4		0.6		
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	BFCN	4		0		
Retinol.....mcg	0		1	BFCN	4		0		
Carotene, beta.....mcg	0		0	BFCN	4		0		
Carotene, alpha.....mcg	0		0	BFCN	4		0		
Cryptoxanthin, beta.....mcg	0		0	BFCN	4		0		
Vitamin A, IU.....IU	0		0	NC	4		0		
Lycopene.....mcg	0		0	BFCN	4		0		
Lutein + zeaxanthin.....mcg	34		0	BFCN	4		2		
Vitamin E (alpha-tocopherol).....mg	0.09		0	BFCN	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	2.3		0	BFCN	4		0.1		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	12.640		0		4		0.683		
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. 19859

Cocoa, dry powder, hi-fat or breakfast, plain

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures 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	0.028		0		4		0.002		
15:0.....g									
16:0.....g	5.787		0		4		0.312		
17:0.....g									
18:0.....g	6.700		0		4		0.362		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	7.380		0		4		0.399		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000		
17:1.....g									
18:1 undifferentiated.....g	7.380		0		4		0.399		
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	0.769		0		4		0.042		
18:2 undifferentiated.....g	0.769		0		4		0.042		
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		1		1		0		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	197		0	BFPN	4		11		
Theobromine.....mg	1763		0	BFPN	4		95		

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

**Common Measures:**

Measure 1 = 5.4g: 1 tbsp

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group: 19 Sweets**

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

NDB No. 19860

Cocoa, dry powder, hi-fat or breakfast, processed with alkali

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	3.00		1						
Energy.....kcal	295		0						
Energy.....kj	1234		0						
Protein.....g	16.80		1						
Total lipid (fat).....g	23.71		1						
Ash.....g	6.79		0	BFNN					
Carbohydrate, by difference.....g	45.40		0	NC					
Fiber, total dietary.....g	33.9		0						
Sugars, total.....g	1.53		0	BFNN					
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	122		1						
Iron, Fe.....mg	14.50		1						
Magnesium, Mg.....mg	476		1						
Phosphorus, P.....mg	758		1						
Potassium, K.....mg	2509		1						
Sodium, Na.....mg	20		1						
Zinc, Zn.....mg	6.70		1						
Copper, Cu.....mg	3.610		1						
Manganese, Mn.....mg									
Selenium, Se.....mcg	12.3		0	BFPN					
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		1						
Thiamin.....mg	0.080		0						
Riboflavin.....mg	0.370		0						
Niacin.....mg	1.800		0						
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.190		0						
Folate, total.....mcg	38		1						
Folic acid.....mcg	0		0	BFNN					
Folate, food.....mcg	38		1						
Folate, DFE.....mcg_DFE	38		0	NC					
Choline, total.....mg	11.4		0	O					
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	0		0	NC					4
Retinol.....mcg	0		0	BFNN					4
Carotene, beta.....mcg	0		0	BFNN					4
Carotene, alpha.....mcg	0		0	BFNN					4
Cryptoxanthin, beta.....mcg	0		0	BFNN					4
Vitamin A, IU.....IU	0		0	NC					4
Lycopene.....mcg	0		0	BFNN					4
Lutein + zeaxanthin.....mcg	33		0	BFNN					4
Vitamin E (alpha-tocopherol).....mg	0.18		0	BFFN					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	4.4		0	BFFN					4
<b>Lipids:</b>									
Fatty acids, total saturated.....g	12.640		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. 19860

Cocoa, dry powder, hi-fat or breakfast, processed with alkali

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures 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			
13:0.....g									
14:0.....g	0.028		0			4			
15:0.....g									
16:0.....g	5.787		0			4			
17:0.....g									
18:0.....g	6.700		0			4			
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	7.380		0			4			
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0			4			
17:1.....g									
18:1 undifferentiated.....g	7.380		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	0.769		0			4			
18:2 undifferentiated.....g	0.769		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		1			1			
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0			7			
Caffeine.....mg	72		0	BFPN		4			
Theobromine.....mg	2445		0	BFPN		4			

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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: 19 Sweets

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

**NDB No. 19165**  
**Cocoa, dry powder, unsweetened**

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	3.00	0.305	8		1		2.58	0.16	
Energy.....kcal	228		0	NC	4		196	12	
Energy.....kj	958		0		4		824	52	
Protein (N x 5.63).....g	19.60	0.520	8		1		16.86	1.06	
Total lipid (fat).....g	13.70	0.495	8		1		11.78	0.74	
Ash.....g	5.80	0.558	7		1		4.99	0.31	
Carbohydrate, by difference.....g	57.90		0	NC	4		49.79	3.13	
Fiber, total dietary.....g	33.2		0		1		28.6	1.8	
Sugars, total.....g	1.75		0	BFCN	4		1.50	0.09	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	128	8.030	9		1		110	7	
Iron, Fe.....mg	13.86	1.608	9		1		11.92	0.75	
Magnesium, Mg.....mg	499	11.115	9		1		429	27	
Phosphorus, P.....mg	734	19.765	9		1		631	40	
Potassium, K.....mg	1524	74.068	6		1		1311	82	
Sodium, Na.....mg	21	3.184	8		1		18	1	
Zinc, Zn.....mg	6.81	0.256	9		1		5.86	0.37	
Copper, Cu.....mg	3.788	0.146	9		1		3.258	0.205	
Manganese, Mn.....mg	3.837	0.104	9		1		3.300	0.207	
Selenium, Se.....mcg	14.3	3.095	3	A	1		12.3	0.8	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		1		4		0.0	0.0	
Thiamin.....mg	0.078	0.020	6		1		0.067	0.004	
Riboflavin.....mg	0.241	0.061	6		1		0.207	0.013	
Niacin.....mg	2.185	0.455	6		1		1.879	0.118	
Pantothenic acid.....mg	0.254	0.064	5		1		0.218	0.014	
Vitamin B-6.....mg	0.118	0.035	6		1		0.101	0.006	
Folate, total.....mcg	32		2		1		28	2	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	32		2		1		28	2	
Folate, DFE.....mcg_DFE	32		0	NC	4		28	2	
Choline, total.....mg	12.0		0	O	4		10.3	0.6	
Betaine.....mg									
Vitamin B-12.....mcg	0.00		1		4		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	BFSN	4		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	BFSN	4		0	0	
Lycopene.....mcg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin.....mcg	38		0	BFSN	4		32	2	
Vitamin E (alpha-tocopherol).....mg	0.10		0	BFFN	4		0.09	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	2.5		0	BFFN	4		2.2	0.1	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	8.070		0		1		6.940	0.436	
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. 19165**  
**Cocoa, dry powder, unsweetened**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures 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	0.020		6		1		0.017	0.001	
15:0.....g									
16:0.....g	3.690		6		1		3.173	0.199	
17:0.....g									
18:0.....g	4.250		6		1		3.655	0.230	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	4.570		0		1		3.930	0.247	
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	4.570		6		1		3.930	0.247	
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	0.440		0		1		0.378	0.024	
18:2 undifferentiated.....g	0.440		6		1		0.378	0.024	
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		1		1		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.293		0		1		0.252	0.016	
Threonine.....g	0.776		0		1		0.667	0.042	
Isoleucine.....g	0.760		0		1		0.654	0.041	
Leucine.....g	1.189		0		1		1.023	0.064	
Lysine.....g	0.983		0		1		0.845	0.053	
Methionine.....g	0.202		0		1		0.174	0.011	
Cystine.....g	0.239		0		1		0.206	0.013	
Phenylalanine.....g	0.941		0		1		0.809	0.051	
Tyrosine.....g	0.735		0		1		0.632	0.040	
Valine.....g	1.177		0		1		1.012	0.064	
Arginine.....g	1.111		0		1		0.955	0.060	
Histidine.....g	0.339		0		1		0.292	0.018	
Alanine.....g	0.904		0		1		0.777	0.049	
Aspartic acid.....g	1.953		0		1		1.680	0.105	
Glutamic acid.....g	2.948		0		1		2.535	0.159	
Glycine.....g	0.879		0		1		0.756	0.047	
Proline.....g	0.838		0		1		0.721	0.045	
Serine.....g	0.846		0		1		0.728	0.046	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	230		1		1		198	12	
Theobromine.....mg	2057		1		1		1769	111	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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. 19165**

**Cocoa, dry powder, unsweetened**

Measure 1 = 86g: 1 cup

Measure 2 = 5.4g: 1 tbsp

**Calories Factors: Protein 1.83**

**Fat 8.37**

**Carbohydrate 1.33**

**Food Group: 19 Sweets**

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

**NDB No. 19171**  
**Cocoa, dry powder, unsweetened, HERSHEY'S European Style Cocoa**  
*Hershey Food Corp.*

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g									
Energy.....kcal	400		1	MC	9		20		
Energy.....kj	1674		0	MC	9		84		
Protein.....g	20.00		1	MC	9		1.00		
Total lipid (fat).....g	10.00		1	MC	9		0.50		
Ash.....g									
Carbohydrate, by difference.....g	60.00		1	MC	9		3.00		
Fiber, total dietary.....g	20.0		1	MC	9		1.0		
Sugars, total.....g	0.00		1	MC	9		0.00		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	0		1	MC	9		0		
Iron, Fe.....mg	36.00		1	MC	9		1.80		
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	0		1	MC	9		0		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		1	MC	9		0.0		
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	0		1	MC	9		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	0.000		1	MC	9		0.000		
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1	MC	9		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. 19171**

**Cocoa, dry powder, unsweetened, HERSHEY'S European Style Cocoa**

Measure 1 = 5.0g: 1 tbsp

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 19 Sweets

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



NDB No. 19166

Cocoa, dry powder, unsweetened, processed with alkali

Dutch cocoa

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	2.70		2		1		2.32	0.15	
Energy.....kcal	220		0	NC	4		189	12	
Energy.....kj	929		0		4		799	50	
Protein (N x 5.63).....g	18.10		2		1		15.57	0.98	
Total lipid (fat).....g	13.10		2		1		11.27	0.71	
Ash.....g	7.80		2		1		6.71	0.42	
Carbohydrate, by difference.....g	58.30		0	NC	4		50.14	3.15	
Fiber, total dietary.....g	29.8		0		1		25.6	1.6	
Sugars, total.....g	1.76		0	BFCN	4		1.52	0.10	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	111	1.204	3		1		95	6	
Iron, Fe.....mg	15.52	4.219	3		1		13.35	0.84	
Magnesium, Mg.....mg	476	14.971	3		1		409	26	
Phosphorus, P.....mg	728	10.406	3		1		626	39	
Potassium, K.....mg	2509	585.368	3		1		2158	135	
Sodium, Na.....mg	19		2		1		16	1	
Zinc, Zn.....mg	6.37	0.254	3		1		5.48	0.34	
Copper, Cu.....mg	3.607	0.148	3		1		3.102	0.195	
Manganese, Mn.....mg	3.737	0.182	3		1		3.214	0.202	
Selenium, Se.....mcg	13.2		0	BFPN	4		11.4	0.7	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		1		4		0.0	0.0	
Thiamin.....mg	0.110		1		4		0.095	0.006	
Riboflavin.....mg	0.460		1		4		0.396	0.025	
Niacin.....mg	2.400		1		4		2.064	0.130	
Pantothenic acid.....mg	0.254		1		4		0.218	0.014	
Vitamin B-6.....mg	0.118		1		4		0.101	0.006	
Folate, total.....mcg	32		1		4		28	2	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	32		1		4		28	2	
Folate, DFE.....mcg_DFE	32		0	NC	4		28	2	
Choline, total.....mg	11.4		0	O	4		9.8	0.6	
Betaine.....mg									
Vitamin B-12.....mcg	0.00		1		4		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	BFSN	4		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	BFSN	4		0	0	
Lycopene.....mcg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin.....mcg	38		0	BFSN	4		33	2	
Vitamin E (alpha-tocopherol).....mg	0.10		0	BFFN	4		0.09	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	2.4		0	BFFN	4		2.1	0.1	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	7.760		0		1		6.674	0.419	
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	0.020		6		1		0.017	0.001	
15:0.....g									
16:0.....g	3.550		6		1		3.053	0.192	
17:0.....g									
18:0.....g	4.080		6		1		3.509	0.220	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	4.390		0		1		3.775	0.237	
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	4.390		6		1		3.775	0.237	
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	0.420		0		1		0.361	0.023	
18:2 undifferentiated.....g	0.420		6		1		0.361	0.023	
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		1		4		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.271		0		1		0.233	0.015	
Threonine.....g	0.716		0		1		0.616	0.039	
Isoleucine.....g	0.701		0		1		0.603	0.038	
Leucine.....g	1.097		0		1		0.943	0.059	
Lysine.....g	0.907		0		1		0.780	0.049	
Methionine.....g	0.187		0		1		0.161	0.010	
Cystine.....g	0.221		0		1		0.190	0.012	
Phenylalanine.....g	0.869		0		1		0.747	0.047	
Tyrosine.....g	0.678		0		1		0.583	0.037	
Valine.....g	1.086		0		1		0.934	0.059	
Arginine.....g	1.025		0		1		0.882	0.055	
Histidine.....g	0.312		0		1		0.268	0.017	
Alanine.....g	0.834		0		1		0.717	0.045	
Aspartic acid.....g	1.802		0		1		1.550	0.097	
Glutamic acid.....g	2.720		0		1		2.339	0.147	
Glycine.....g	0.812		0		1		0.698	0.044	
Proline.....g	0.773		0		1		0.665	0.042	
Serine.....g	0.781		0		1		0.672	0.042	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	78		1		1		67	4	
Theobromine.....mg	2634		1		1		2265	142	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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. 19166**

**Cocoa, dry powder, unsweetened, processed with alkali**

Measure 1 = 86g: 1 cup

Measure 2 = 5.4g: 1 tbsp

**Calories Factors: Protein 1.83**

**Fat 8.37**

**Carbohydrate 1.33**

**Food Group: 19 Sweets**

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

NDB No. 19186

Desserts, apple crisp, prepared-from-recipe

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	62.91		0	RC	4		88.71	531.00	
Energy.....kcal	161		0	RC	4		227	1361	
Energy.....kj	675		0	RC	4		951	5693	
Protein (N x 0).....g	1.75		0	RC	4		2.46	14.74	
Total lipid (fat).....g	3.43		0	RC	4		4.84	28.95	
Ash.....g	1.07		0	RC	4		1.51	9.03	
Carbohydrate, by difference.....g	30.84		0	RC	4		43.48	260.28	
Fiber, total dietary.....g	1.4		0	RC	4		2.0	11.8	
Sugars, total.....g	19.68		0	RC	4		27.75	166.08	
Sucrose.....g									
Glucose (dextrose).....g									
Fructose.....g									
Lactose.....g									
Maltose.....g									
Galactose.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	35		0	RC	4		50	299	
Iron, Fe.....mg	0.82		0	RC	4		1.15	6.90	
Magnesium, Mg.....mg	8		0	RC	4		11	65	
Phosphorus, P.....mg	28		0	RC	4		40	240	
Potassium, K.....mg	78		0	RC	4		110	660	
Sodium, Na.....mg	351		0	RC	4		495	2963	
Zinc, Zn.....mg	0.18		0	RC	4		0.26	1.56	
Copper, Cu.....mg	0.071		0	RC	4		0.100	0.596	
Manganese, Mn.....mg	0.130		0	RC	4		0.183	1.098	
Selenium, Se.....mcg	3.5		0	RC	4		5.0	29.9	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	2.2		0	RC	4		3.2	18.9	
Thiamin.....mg	0.083		0	RC	4		0.118	0.704	
Riboflavin.....mg	0.081		0	RC	4		0.115	0.686	
Niacin.....mg	0.846		0	RC	4		1.193	7.139	
Pantothenic acid.....mg	0.092		0	RC	4		0.130	0.779	
Vitamin B-6.....mg	0.040		0	RC	4		0.057	0.339	
Folate, total.....mcg	16		0	RC	4		22	133	
Folic acid.....mcg	12		0	RC	4		17	102	
Folate, food.....mcg	4		0	RC	4		5	31	
Folate, DFE.....mcg_DFE	24		0	NC	4		34	204	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	RC	4		0.00	0.03	
Vitamin B-12, added.....mcg	0.00		0	RC	4		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	29		0	RC	4		40	242	
Retinol.....mcg	26		0	RC	4		36	216	
Carotene, beta.....mcg	30		0	RC	4		43	256	
Carotene, alpha.....mcg	0		0	RC	4		0	0	
Cryptoxanthin, beta.....mcg	8		0	RC	4		11	64	
Vitamin A, IU.....IU	142		0	RC	4		200	1199	
Lycopene.....mcg	0		0	RC	4		0	0	
Lutein + zeaxanthin.....mcg	19		0	RC	4		26	157	
Vitamin E (alpha-tocopherol).....mg	0.38		0	RC	4		0.53	3.18	
Vitamin E, added.....mg	0.00		0	RC	4		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	4.1		0	RC	4		5.8	34.9	

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		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Points	Code					
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.685		0	RC	4		0.965	5.778	
4:0.....g	0.000		0	RC	4		0.000	0.000	
6:0.....g	0.000		0	RC	4		0.000	0.000	
8:0.....g	0.000		0	RC	4		0.000	0.000	
10:0.....g	0.000		0	RC	4		0.000	0.000	
12:0.....g	0.000		0	RC	4		0.000	0.003	
13:0.....g									
14:0.....g	0.007		0	RC	4		0.010	0.059	
15:0.....g	0.000		0	RC	4		0.000	0.000	
16:0.....g	0.411		0	RC	4		0.580	3.471	
17:0.....g	0.000		0	RC	4		0.000	0.000	
18:0.....g	0.266		0	RC	4		0.375	2.246	
20:0.....g	0.000		0	RC	4		0.000	0.000	
22:0.....g	0.000		0	RC	4		0.000	0.000	
24:0.....g	0.000		0	RC	4		0.000	0.000	
Fatty acids, total monounsaturated.....g	1.334		0	RC	4		1.881	11.257	
14:1.....g	0.000		0	RC	4		0.000	0.000	
15:1.....g	0.000		0	RC	4		0.000	0.000	
16:1 undifferentiated.....g	0.000		0	RC	4		0.000	0.003	
17:1.....g	0.000		0	RC	4		0.000	0.000	
18:1 undifferentiated.....g	1.333		0	RC	4		1.880	11.254	
20:1.....g	0.000		0	RC	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	RC	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.144		0	RC	4		1.613	9.654	
18:2 undifferentiated.....g	1.075		0	RC	4		1.515	9.071	
18:3 undifferentiated.....g	0.069		0	RC	4		0.097	0.582	
18:4.....g	0.000		0	RC	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RC	4		0.000	0.000	
20:5 n-3.....g	0.000		0	RC	4		0.000	0.000	
22:5 n-3.....g	0.000		0	RC	4		0.000	0.000	
22:6 n-3.....g	0.000		0	RC	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	RC	4		0	0	
Phytosterols.....mg									
<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 = 141g: .5 cup

Measure 2 = 844g: 1 recipe yield

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 19 Sweets

NDB No. 19168

Desserts, egg custard, baked, prepared-from-recipe

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	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	RC	4		111.20	444.01	
Energy.....kcal	105		0	RC	4		147	589	
Energy.....kj	438		0	RC	4		617	2464	
Protein (N x 0).....g	5.02		0	RC	4		7.08	28.27	
Total lipid (fat).....g	4.58		0	RC	4		6.45	25.76	
Ash.....g	0.76		0	RC	4		1.06	4.25	
Carbohydrate, by difference.....g	10.72		0	RC	4		15.12	60.36	
Fiber, total dietary.....g	0.0		0	RC	4		0.0	0.0	
Sugars, total.....g	11.35		0	RC	4		16.01	63.92	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	107		0	RC	4		151	604	
Iron, Fe.....mg	0.35		0	RC	4		0.50	2.00	
Magnesium, Mg.....mg	11		0	RC	4		15	61	
Phosphorus, P.....mg	113		0	RC	4		159	634	
Potassium, K.....mg	148		0	RC	4		209	833	
Sodium, Na.....mg	61		0	RC	4		87	346	
Zinc, Zn.....mg	0.54		0	RC	4		0.77	3.06	
Copper, Cu.....mg	0.028		0	RC	4		0.039	0.157	
Manganese, Mn.....mg	0.010		0	RC	4		0.014	0.056	
Selenium, Se.....mcg	8.8		0	RC	4		12.5	49.8	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	RC	4		0.0	0.0	
Thiamin.....mg	0.038		0	RC	4		0.054	0.215	
Riboflavin.....mg	0.240		0	RC	4		0.339	1.352	
Niacin.....mg	0.105		0	RC	4		0.148	0.590	
Pantothenic acid.....mg	0.569		0	RC	4		0.802	3.201	
Vitamin B-6.....mg	0.048		0	RC	4		0.067	0.269	
Folate, total.....mcg	10		0	RC	4		14	55	
Folic acid.....mcg	0		0	RC	4		0	0	
Folate, food.....mcg	10		0	RC	4		14	55	
Folate, DFE.....mcg_DFE	10		0	NC	4		14	55	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg	0.39		0	RC	4		0.55	2.20	
Vitamin B-12, added.....mcg	0.00		0	RC	4		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	49		0	RC	4		70	278	
Retinol.....mcg	49		0	RC	4		69	275	
Carotene, beta.....mcg	6		0	RC	4		9	35	
Carotene, alpha.....mcg	0		0	RC	4		0	0	
Cryptoxanthin, beta.....mcg	2		0	RC	4		2	9	
Vitamin A, IU.....IU	175		0	RC	4		246	983	
Lycopene.....mcg	0		0	RC	4		0	0	
Lutein + zeaxanthin.....mcg	59		0	RC	4		83	331	
Vitamin E (alpha-tocopherol).....mg	0.22		0	RC	4		0.31	1.25	
Vitamin E, added.....mg	0.00		0	RC	4		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.2		0	RC	4		0.4	1.4	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	2.164		0	RC	4		3.051	12.181	
4:0.....g	0.064		0	RC	4		0.091	0.363	
6:0.....g	0.064		0	RC	4		0.091	0.363	
8:0.....g	0.065		0	RC	4		0.092	0.366	
10:0.....g	0.065		0	RC	4		0.092	0.366	

Desserts, egg custard, baked, prepared-from-recipe

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.067		0	RC	4		0.094	0.376	
13:0.....g	0.000		0	RC	4		0.000	0.000	
14:0.....g	0.263		0	RC	4		0.371	1.480	
15:0.....g	0.001		0	RC	4		0.001	0.004	
16:0.....g	1.112		0	RC	4		1.568	6.261	
17:0.....g	0.003		0	RC	4		0.004	0.017	
18:0.....g	0.455		0	RC	4		0.641	2.560	
20:0.....g	0.002		0	RC	4		0.003	0.010	
22:0.....g	0.002		0	RC	4		0.003	0.012	
24:0.....g	0.001		0	RC	4		0.001	0.003	
Fatty acids, total monounsaturated.....g	1.379		0	RC	4		1.944	7.762	
14:1.....g	0.001		0	RC	4		0.002	0.008	
15:1.....g									
16:1 undifferentiated.....g	0.053		0	RC	4		0.075	0.298	
17:1.....g									
18:1 undifferentiated.....g	1.319		0	RC	4		1.860	7.425	
20:1.....g	0.005		0	RC	4		0.007	0.028	
22:1 undifferentiated.....g	0.001		0	RC	4		0.001	0.003	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.410		0	RC	4		0.578	2.310	
18:2 undifferentiated.....g	0.307		0	RC	4		0.434	1.731	
18:3 undifferentiated.....g	0.070		0	RC	4		0.099	0.396	
18:4.....g	0.000		0	RC	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.025		0	RC	4		0.036	0.142	
20:5 n-3.....g	0.001		0	RC	4		0.001	0.004	
22:5 n-3.....g	0.000		0	RC	4		0.000	0.000	
22:6 n-3.....g	0.007		0	RC	4		0.009	0.037	
Fatty acids, total trans.....g									
Cholesterol.....mg	84		0	RC	4		118	473	
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g									
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 = 141g: .5 cup

Measure 2 = 563g: 1 recipe yield

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group: 19 Sweets**

NDB No. 19094

Desserts, flan, caramel custard, prepared-from-recipe

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	68.05		0	RC	4		104.11	1041.77	
Energy.....kcal	146		0	RC	4		223	2232	
Energy.....kj	610		0	RC	4		933	9337	
Protein (N x 0).....g	4.53		0	RC	4		6.93	69.30	
Total lipid (fat).....g	4.03		0	RC	4		6.16	61.64	
Ash.....g	0.62		0	RC	4		0.95	9.46	
Carbohydrate, by difference.....g	22.69		0	RC	4		34.72	347.38	
Fiber, total dietary.....g	0.0		0	RC	4		0.0	0.0	
Sugars, total.....g	23.15		0	RC	4		35.41	354.38	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	83		0	RC	4		127	1271	
Iron, Fe.....mg	0.38		0	RC	4		0.59	5.87	
Magnesium, Mg.....mg	9		0	RC	4		14	136	
Phosphorus, P.....mg	96		0	RC	4		146	1464	
Potassium, K.....mg	118		0	RC	4		181	1813	
Sodium, Na.....mg	53		0	RC	4		82	816	
Zinc, Zn.....mg	0.47		0	RC	4		0.72	7.25	
Copper, Cu.....mg	0.028		0	RC	4		0.043	0.428	
Manganese, Mn.....mg	0.010		0	RC	4		0.015	0.155	
Selenium, Se.....mcg	8.7		0	RC	4		13.3	133.0	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	RC	4		0.0	0.0	
Thiamin.....mg	0.032		0	RC	4		0.049	0.486	
Riboflavin.....mg	0.210		0	RC	4		0.321	3.212	
Niacin.....mg	0.082		0	RC	4		0.126	1.256	
Pantothenic acid.....mg	0.514		0	RC	4		0.786	7.864	
Vitamin B-6.....mg	0.044		0	RC	4		0.067	0.675	
Folate, total.....mcg	9		0	RC	4		14	145	
Folic acid.....mcg	0		0	RC	4		0	0	
Folate, food.....mcg	9		0	RC	4		14	145	
Folate, DFE.....mcg_DFE	9		0	NC	4		14	145	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg	0.36		0	RC	4		0.54	5.44	
Vitamin B-12, added.....mcg	0.00		0	RC	4		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	46		0	RC	4		70	699	
Retinol.....mcg	45		0	RC	4		69	691	
Carotene, beta.....mcg	5		0	RC	4		8	81	
Carotene, alpha.....mcg	0		0	RC	4		0	0	
Cryptoxanthin, beta.....mcg	2		0	RC	4		3	27	
Vitamin A, IU.....IU	161		0	RC	4		246	2460	
Lycopene.....mcg	0		0	RC	4		0	0	
Lutein + zeaxanthin.....mcg	65		0	RC	4		99	995	
Vitamin E (alpha-tocopherol).....mg	0.23		0	RC	4		0.35	3.47	
Vitamin E, added.....mg	0.00		0	RC	4		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.2		0	RC	4		0.3	3.1	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	1.799		0	RC	4		2.752	27.540	
4:0.....g	0.048		0	RC	4		0.073	0.728	
6:0.....g	0.048		0	RC	4		0.073	0.728	
8:0.....g	0.048		0	RC	4		0.074	0.737	
10:0.....g	0.048		0	RC	4		0.074	0.737	



Nutrients and 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					
12:0.....g	0.050		0	RC	4		0.076	0.758	
13:0.....g	0.000		0	RC	4		0.000	0.000	
14:0.....g	0.196		0	RC	4		0.300	3.004	
15:0.....g	0.001		0	RC	4		0.001	0.012	
16:0.....g	0.966		0	RC	4		1.478	14.789	
17:0.....g	0.003		0	RC	4		0.005	0.051	
18:0.....g	0.387		0	RC	4		0.592	5.921	
20:0.....g	0.002		0	RC	4		0.003	0.030	
22:0.....g	0.002		0	RC	4		0.004	0.036	
24:0.....g	0.001		0	RC	4		0.001	0.009	
Fatty acids, total monounsaturated.....g	1.266		0	RC	4		1.937	19.387	
14:1.....g	0.002		0	RC	4		0.002	0.024	
15:1.....g									
16:1 undifferentiated.....g	0.058		0	RC	4		0.089	0.895	
17:1.....g									
18:1 undifferentiated.....g	1.200		0	RC	4		1.836	18.374	
20:1.....g	0.005		0	RC	4		0.008	0.084	
22:1 undifferentiated.....g	0.001		0	RC	4		0.001	0.009	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.392		0	RC	4		0.600	6.000	
18:2 undifferentiated.....g	0.302		0	RC	4		0.462	4.623	
18:3 undifferentiated.....g	0.054		0	RC	4		0.083	0.827	
18:4.....g	0.000		0	RC	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.028		0	RC	4		0.043	0.427	
20:5 n-3.....g	0.001		0	RC	4		0.001	0.012	
22:5 n-3.....g	0.000		0	RC	4		0.000	0.000	
22:6 n-3.....g	0.007		0	RC	4		0.011	0.111	
Fatty acids, total trans.....g									
Cholesterol.....mg	90		0	RC	4		137	1373	
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g									
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 = 153g: .5 cup

Measure 2 = 1531g: 1 recipe yield

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 19 Sweets

NDB No. 19182

Desserts, mousse, chocolate, prepared-from-recipe

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	62.94		0	RC	4		127.15	508.59	
Energy.....kcal	225		0	RC	4		454	1817	
Energy.....kj	941		0	RC	4		1900	7601	
Protein (N x 0).....g	4.14		0	RC	4		8.36	33.43	
Total lipid (fat).....g	16.00		0	RC	4		32.32	129.26	
Ash.....g	0.76		0	RC	4		1.54	6.17	
Carbohydrate, by difference.....g	16.07		0	RC	4		32.47	129.87	
Fiber, total dietary.....g	0.6		0	RC	4		1.2	4.7	
Sugars, total.....g	14.81		0	RC	4		29.91	119.66	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	96		0	RC	4		194	774	
Iron, Fe.....mg	0.55		0	RC	4		1.10	4.42	
Magnesium, Mg.....mg	20		0	RC	4		40	161	
Phosphorus, P.....mg	117		0	RC	4		236	944	
Potassium, K.....mg	143		0	RC	4		288	1153	
Sodium, Na.....mg	38		0	RC	4		77	308	
Zinc, Zn.....mg	0.64		0	RC	4		1.30	5.19	
Copper, Cu.....mg	0.075		0	RC	4		0.151	0.603	
Manganese, Mn.....mg	0.059		0	RC	4		0.118	0.473	
Selenium, Se.....mcg	7.4		0	RC	4		14.8	59.4	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.1		0	RC	4		0.3	1.0	
Thiamin.....mg	0.045		0	RC	4		0.090	0.361	
Riboflavin.....mg	0.205		0	RC	4		0.415	1.658	
Niacin.....mg	0.146		0	RC	4		0.294	1.177	
Pantothenic acid.....mg	0.533		0	RC	4		1.077	4.309	
Vitamin B-6.....mg	0.058		0	RC	4		0.117	0.468	
Folate, total.....mcg	15		0	RC	4		31	124	
Folic acid.....mcg	0		0	RC	4		0	0	
Folate, food.....mcg	15		0	RC	4		31	124	
Folate, DFE.....mcg_DFE	15		0	NC	4		31	124	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg	0.47		0	NR	4		0.94	3.78	
Vitamin B-12, added.....mcg	0.00		0	RC	4		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	140		0	RC	4		284	1135	
Retinol.....mcg	138		0	RC	4		279	1115	
Carotene, beta.....mcg	27		0	RC	4		54	214	
Carotene, alpha.....mcg	3		0	RC	4		6	26	
Cryptoxanthin, beta.....mcg	3		0	RC	4		6	23	
Vitamin A, IU.....IU	509		0	RC	4		1028	4113	
Lycopene.....mcg	0		0	RC	4		0	0	
Lutein + zeaxanthin.....mcg	94		0	RC	4		189	757	
Vitamin E (alpha-tocopherol).....mg	0.51		0	RC	4		1.04	4.16	
Vitamin E, added.....mg	0.00		0	RC	4		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	1.6		0	RC	4		3.2	12.7	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	9.151		0	RC	4		18.486	73.942	
4:0.....g	0.312		0	RC	4		0.629	2.517	
6:0.....g	0.203		0	RC	4		0.409	1.637	
8:0.....g	0.137		0	RC	4		0.278	1.110	
10:0.....g	0.252		0	RC	4		0.509	2.035	

Desserts, mousse, chocolate, prepared-from-recipe

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.278		0	RC	4		0.561	2.244	
13:0.....g	0.000		0	RC	4		0.000	0.000	
14:0.....g	1.018		0	RC	4		2.055	8.222	
15:0.....g	0.001		0	RC	4		0.002	0.009	
16:0.....g	4.150		0	RC	4		8.383	33.532	
17:0.....g	0.004		0	RC	4		0.009	0.035	
18:0.....g	2.611		0	RC	4		5.273	21.094	
20:0.....g	0.003		0	RC	4		0.005	0.022	
22:0.....g	0.003		0	RC	4		0.006	0.026	
24:0.....g	0.001		0	RC	4		0.002	0.006	
Fatty acids, total monounsaturated.....g	5.027		0	RC	4		10.155	40.619	
14:1.....g	0.002		0	RC	4		0.004	0.016	
15:1.....g									
16:1 undifferentiated.....g	0.269		0	RC	4		0.543	2.170	
17:1.....g									
18:1 undifferentiated.....g	4.627		0	RC	4		9.346	37.382	
20:1.....g	0.007		0	RC	4		0.015	0.058	
22:1 undifferentiated.....g	0.001		0	RC	4		0.002	0.006	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.879		0	RC	4		1.776	7.105	
18:2 undifferentiated.....g	0.656		0	RC	4		1.325	5.300	
18:3 undifferentiated.....g	0.176		0	RC	4		0.356	1.424	
18:4.....g	0.000		0	RC	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.037		0	RC	4		0.074	0.297	
20:5 n-3.....g	0.001		0	RC	4		0.002	0.007	
22:5 n-3.....g	0.000		0	RC	4		0.000	0.000	
22:6 n-3.....g	0.010		0	RC	4		0.019	0.077	
Fatty acids, total trans.....g									
Cholesterol.....mg	140		0	RC	4		283	1134	
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	RC	4		0.0	0.0	
Caffeine.....mg	7		0	RC	4		14	56	
Theobromine.....mg	45		0	RC	4		90	361	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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: .5 cup

Measure 2 = 808g: 1 recipe yield

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group: 19 Sweets**



Nutrients and 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					
13:0.....g									
14:0.....g	0.000		1		1		0.000	0.000	
15:0.....g									
16:0.....g	0.840		1		1		0.076	0.479	
17:0.....g									
18:0.....g	1.090		1		1		0.098	0.621	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.080		0		1		0.097	0.616	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.010		1		1		0.001	0.006	
17:1.....g									
18:1 undifferentiated.....g	1.070		1		1		0.096	0.610	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.100		0		1		0.009	0.057	
18:2 undifferentiated.....g	0.090		1		1		0.008	0.051	
18:3 undifferentiated.....g	0.000		1		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		1		4		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.030		0		1		0.003	0.017	
Threonine.....g	0.088		0		1		0.008	0.050	
Isoleucine.....g	0.085		0		1		0.008	0.048	
Leucine.....g	0.136		0		1		0.012	0.078	
Lysine.....g	0.120		0		1		0.011	0.068	
Methionine.....g	0.024		0		1		0.002	0.014	
Cystine.....g	0.025		0		1		0.002	0.014	
Phenylalanine.....g	0.107		0		1		0.010	0.061	
Tyrosine.....g	0.078		0		1		0.007	0.044	
Valine.....g	0.133		0		1		0.012	0.076	
Arginine.....g	0.148		0		1		0.013	0.084	
Histidine.....g	0.038		0		1		0.003	0.022	
Alanine.....g	0.134		0		1		0.012	0.076	
Aspartic acid.....g	0.230		0		1		0.021	0.131	
Glutamic acid.....g	0.351		0		1		0.032	0.200	
Glycine.....g	0.186		0		1		0.017	0.106	
Proline.....g	0.148		0		1		0.013	0.084	
Serine.....g	0.101		0		1		0.009	0.058	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g									
Caffeine.....mg	13		0	FLM	4		1	7	
Theobromine.....mg	424		0	FLM	4		38	242	

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

**Common Measures:**

Measure 1 = 9.0g: 1 tbsp

**NDB No. 19220**

**Desserts, rennin, chocolate, dry mix**

Measure 2 = 57g: 1 package (2 oz)

**Calories Factors: Protein 2.2**

**Fat 8.37**

**Carbohydrate 3.6**

**Food Group: 19 Sweets**

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



NDB No. 19225

Desserts, rennin, tablets, unsweetened

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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		4		0.000		
15:0.....g									
16:0.....g	0.021		0		4		0.002		
17:0.....g									
18:0.....g	0.014		0		4		0.001		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.038		0		4		0.004		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.004		0		4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.033		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	0.007		0		4		0.001		
18:2 undifferentiated.....g	0.005		0		4		0.000		
18:3 undifferentiated.....g	0.001		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	0.001		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		1		4		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 = 9.9g: 1 package (0.35 oz)

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate4**

**Food Group: 19 Sweets**

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





NDB No. 19222  
Desserts, rennin, vanilla, dry mix

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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 = 10.8g: 1 tbsp

Measure 2 = 43g: 1 package (1.5 oz)

**Calories Factors: Protein** 3.9

**Fat** 9

**Carbohydrate**3.9

**Food Group:** 19 Sweets

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

NDB No. 19169  
Egg custards, dry mix

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	1.70	0.043	6		1		1.45	0.36	
Energy.....kcal	410		0	NC	4		349	86	
Energy.....kj	1715		0		4		1458	360	
Protein (N x 6.3).....g	6.90	0.286	6		1		5.87	1.45	
Total lipid (fat).....g	6.40	0.161	6		1		5.44	1.34	
Ash.....g	2.20	0.060	6		1		1.87	0.46	
Carbohydrate, by difference.....g	82.80		0	NC	4		70.38	17.39	
Fiber, total dietary.....g	0.0		0	FLA	4		0.0	0.0	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	228	4.423	6		1		194	48	
Iron, Fe.....mg	1.93	0.088	6		1		1.64	0.41	
Magnesium, Mg.....mg	45		0	FLA	4		38	9	
Phosphorus, P.....mg	332		0	FLA	4		282	70	
Potassium, K.....mg	540		0	FLA	4		459	113	
Sodium, Na.....mg	281		0	FLA	4		239	59	
Zinc, Zn.....mg	1.05		0	FLA	4		0.89	0.22	
Copper, Cu.....mg	0.046		0	FLA	4		0.039	0.010	
Manganese, Mn.....mg	0.020		0	FLA	4		0.017	0.004	
Selenium, Se.....mcg	16.6		0	FLA	4		14.1	3.5	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.4		0	FLA	4		0.3	0.1	
Thiamin.....mg	0.145	0.001	6		1		0.123	0.030	
Riboflavin.....mg	0.412	0.011	6		1		0.350	0.087	
Niacin.....mg	0.320		0	FLA	4		0.272	0.067	
Pantothenic acid.....mg	2.238		0	FLA	4		1.903	0.470	
Vitamin B-6.....mg	0.216		0	FLA	4		0.184	0.045	
Folate, total.....mcg	30		0	FLA	4		25	6	
Folic acid.....mcg	0		0	FLA	4		0	0	
Folate, food.....mcg	30		0	FLA	4		25	6	
Folate, DFE.....mcg_DFE	30		0	NC	4		25	6	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg	1.17		0	FLA	4		0.99	0.25	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	63		0	NC	4		54	13	
Retinol.....mcg	63		0	O	4		54	13	
Carotene, beta.....mcg									
Carotene, alpha.....mcg									
Cryptoxanthin, beta.....mcg									
Vitamin A, IU.....IU	217	13.661	6		1		184	46	
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	2.030		0		1		1.726	0.426	
4:0.....g	0.010		1		1		0.009	0.002	
6:0.....g	0.010		1		1		0.009	0.002	
8:0.....g	0.000		1		1		0.000	0.000	
10:0.....g	0.010		1		1		0.009	0.002	
12:0.....g	0.010		1		1		0.009	0.002	

**NDB No. 19169**  
**Egg custards, dry mix**

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
13:0.....g									
14:0.....g	0.050		1		1		0.043	0.011	
15:0.....g									
16:0.....g	1.430		1		1		1.216	0.300	
17:0.....g									
18:0.....g	0.510		1		1		0.434	0.107	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	2.400		0		1		2.040	0.504	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.190		1		1		0.162	0.040	
17:1.....g									
18:1 undifferentiated.....g	2.190		1		1		1.862	0.460	
20:1.....g	0.020		1		1		0.017	0.004	
22:1 undifferentiated.....g	0.000		1		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.850		0		1		0.723	0.179	
18:2 undifferentiated.....g	0.710		1		1		0.604	0.149	
18:3 undifferentiated.....g	0.020		1		1		0.017	0.004	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.090		1		1		0.077	0.019	
20:5 n-3.....g	0.000		1		1		0.000	0.000	
22:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3.....g	0.020		1		1		0.017	0.004	
Fatty acids, total trans.....g									
Cholesterol.....mg	258		0	FLA	4		220	54	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.094		0	FLA	4		0.080	0.020	
Threonine.....g	0.401		0	FLA	4		0.341	0.084	
Isoleucine.....g	0.368		0	FLA	4		0.312	0.077	
Leucine.....g	0.623		0	FLA	4		0.530	0.131	
Lysine.....g	0.553		0	FLA	4		0.470	0.116	
Methionine.....g	0.153		0	FLA	4		0.130	0.032	
Cystine.....g	0.130		0	FLA	4		0.110	0.027	
Phenylalanine.....g	0.261		0	FLA	4		0.222	0.055	
Tyrosine.....g	0.257		0	FLA	4		0.218	0.054	
Valine.....g	0.381		0	FLA	4		0.324	0.080	
Arginine.....g	0.361		0	FLA	4		0.307	0.076	
Histidine.....g	0.156		0	FLA	4		0.133	0.033	
Alanine.....g	0.341		0	FLA	4		0.290	0.072	
Aspartic acid.....g	0.681		0	FLA	4		0.579	0.143	
Glutamic acid.....g	1.031		0	FLA	4		0.876	0.217	
Glycine.....g	0.185		0	FLA	4		0.158	0.039	
Proline.....g	0.351		0	FLA	4		0.298	0.074	
Serine.....g	0.475		0	FLA	4		0.404	0.100	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLA	4		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 = 85g: 1 package (3 oz)

**NDB No. 19169**

**Egg custards, dry mix**

Measure 2 = 21g: 1 portion, amount to make 1/2 cup

**Calories Factors: Protein 4.3**

**Fat 9**

**Carbohydrate 3.9**

**Food Group: 19 Sweets**

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



NDB No. 19205

Egg custards, dry mix, prepared with 2% milk

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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	0.181		0	RP		4			
15:0.....g									
16:0.....g	0.680		0	RP		4			
17:0.....g									
18:0.....g	0.290		0	RP		4			
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.852		0	RP		4			
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.069		0	RP		4			
17:1.....g									
18:1 undifferentiated.....g	0.780		0	RP		4			
20:1.....g	0.003		0	RP		4			
22:1 undifferentiated.....g	0.000		0	RP		4			
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.197		0	RP		4			
18:2 undifferentiated.....g	0.151		0	RP		4			
18:3 undifferentiated.....g	0.028		0	RP		4			
18:4.....g	0.000		0	RP		4			
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.014		0	RP		4			
20:5 n-3.....g	0.000		0	RP		4			
22:5 n-3.....g	0.000		0	RP		4			
22:6 n-3.....g	0.003		0	RP		4			
Fatty acids, total trans.....g									
Cholesterol.....mg	48		0	RP		4			
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.057		0	RP		4			
Threonine.....g	0.198		0	RP		4			
Isoleucine.....g	0.239		0	RP		4			
Leucine.....g	0.391		0	RP		4			
Lysine.....g	0.325		0	RP		4			
Methionine.....g	0.100		0	RP		4			
Cystine.....g	0.048		0	RP		4			
Phenylalanine.....g	0.186		0	RP		4			
Tyrosine.....g	0.185		0	RP		4			
Valine.....g	0.261		0	RP		4			
Arginine.....g	0.166		0	RP		4			
Histidine.....g	0.106		0	RP		4			
Alanine.....g	0.157		0	RP		4			
Aspartic acid.....g	0.335		0	RP		4			
Glutamic acid.....g	0.789		0	RP		4			
Glycine.....g	0.092		0	RP		4			
Proline.....g	0.346		0	RP		4			
Serine.....g	0.238		0	RP		4			
Hydroxyproline.....g									
<b><u>Others:</u></b>									
Alcohol, ethyl.....g	0.0		0	RP		4			
Caffeine.....mg	0		0	RP		4			
Theobromine.....mg	0		0	RP		4			

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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. 19205**

**Egg custards, dry mix, prepared with 2% milk**

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 19 Sweets

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





NDB No. 19170

Egg custards, dry mix, prepared with whole milk

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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	0.309		0	RP		4			
15:0.....g									
16:0.....g	1.015		0	RP		4			
17:0.....g									
18:0.....g	0.444		0	RP		4			
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.201		0	RP		4			
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.097		0	RP		4			
17:1.....g									
18:1 undifferentiated.....g	1.100		0	RP		4			
20:1.....g	0.003		0	RP		4			
22:1 undifferentiated.....g	0.000		0	RP		4			
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.244		0	RP		4			
18:2 undifferentiated.....g	0.180		0	RP		4			
18:3 undifferentiated.....g	0.047		0	RP		4			
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.014		0	RP		4			
20:5 n-3.....g	0.000		0	RP		4			
22:5 n-3.....g	0.000		0	RP		4			
22:6 n-3.....g	0.003		0	RP		4			
Fatty acids, total trans.....g									
Cholesterol.....mg	53		0	RP		4			
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.056		0	RP		4			
Threonine.....g	0.197		0	RP		4			
Isoleucine.....g	0.237		0	RP		4			
Leucine.....g	0.387		0	RP		4			
Lysine.....g	0.322		0	RP		4			
Methionine.....g	0.099		0	RP		4			
Cystine.....g	0.047		0	RP		4			
Phenylalanine.....g	0.184		0	RP		4			
Tyrosine.....g	0.183		0	RP		4			
Valine.....g	0.258		0	RP		4			
Arginine.....g	0.164		0	RP		4			
Histidine.....g	0.105		0	RP		4			
Alanine.....g	0.155		0	RP		4			
Aspartic acid.....g	0.332		0	RP		4			
Glutamic acid.....g	0.781		0	RP		4			
Glycine.....g	0.092		0	RP		4			
Proline.....g	0.342		0	RP		4			
Serine.....g	0.236		0	RP		4			
Hydroxyproline.....g									
<b><u>Others:</u></b>									
Alcohol, ethyl.....g	0.0		0	RP		4			
Caffeine.....mg	0		0	RP		4			
Theobromine.....mg	0		0	RP		4			

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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. 19170

Egg custards, dry mix, prepared with whole milk

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 19 Sweets

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



NDB No. 19187

Flan, caramel custard, dry mix

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									
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 = 85g: 1 package (3 oz)

Measure 2 = 21g: 1 portion, amount to make 1/2 cup

**Calories Factors: Protein 1.8**

**Fat 8.4**

**Carbohydrate 3.8**

**Food Group: 19 Sweets**

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



NDB No. 19231

Flan, caramel custard, dry mix, prepared with 2% milk

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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	0.173		0	RP		4			
15:0.....g									
16:0.....g	0.453		0	RP		4			
17:0.....g									
18:0.....g	0.209		0	RP		4			
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.472		0	RP		4			
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.039		0	RP		4			
17:1.....g									
18:1 undifferentiated.....g	0.434		0	RP		4			
20:1.....g	0.000		0	RP		4			
22:1 undifferentiated.....g	0.000		0	RP		4			
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.064		0	RP		4			
18:2 undifferentiated.....g	0.039		0	RP		4			
18:3 undifferentiated.....g	0.025		0	RP		4			
18:4.....g	0.000		0	RP		4			
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RP		4			
20:5 n-3.....g	0.000		0	RP		4			
22:5 n-3.....g	0.000		0	RP		4			
22:6 n-3.....g	0.000		0	RP		4			
Fatty acids, total trans.....g									
Cholesterol.....mg	7		0	RP		4			
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.042		0	RP		4			
Threonine.....g	0.135		0	RP		4			
Isoleucine.....g	0.180		0	RP		4			
Leucine.....g	0.293		0	RP		4			
Lysine.....g	0.237		0	RP		4			
Methionine.....g	0.075		0	RP		4			
Cystine.....g	0.028		0	RP		4			
Phenylalanine.....g	0.145		0	RP		4			
Tyrosine.....g	0.145		0	RP		4			
Valine.....g	0.200		0	RP		4			
Arginine.....g	0.109		0	RP		4			
Histidine.....g	0.081		0	RP		4			
Alanine.....g	0.103		0	RP		4			
Aspartic acid.....g	0.227		0	RP		4			
Glutamic acid.....g	0.626		0	RP		4			
Glycine.....g	0.063		0	RP		4			
Proline.....g	0.290		0	RP		4			
Serine.....g	0.162		0	RP		4			
Hydroxyproline.....g									
<b><u>Others:</u></b>									
Alcohol, ethyl.....g	0.0		0	RP		4			
Caffeine.....mg	0		0	RP		4			
Theobromine.....mg	0		0	RP		4			

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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. 19231**

**Flan, caramel custard, dry mix, prepared with 2% milk**

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 19 Sweets

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





NDB No. 19232

Flan, caramel custard, dry mix, prepared with whole milk

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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	0.301		0	RP		4			
15:0.....g									
16:0.....g	0.788		0	RP		4			
17:0.....g									
18:0.....g	0.363		0	RP		4			
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.821		0	RP		4			
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.067		0	RP		4			
17:1.....g									
18:1 undifferentiated.....g	0.753		0	RP		4			
20:1.....g	0.000		0	RP		4			
22:1 undifferentiated.....g	0.000		0	RP		4			
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.111		0	RP		4			
18:2 undifferentiated.....g	0.067		0	RP		4			
18:3 undifferentiated.....g	0.044		0	RP		4			
18:4.....g	0.000		0	RP		4			
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RP		4			
20:5 n-3.....g	0.000		0	RP		4			
22:5 n-3.....g	0.000		0	RP		4			
22:6 n-3.....g	0.000		0	RP		4			
Fatty acids, total trans.....g									
Cholesterol.....mg	12		0	RP		4			
Phytosterols.....mg	0		0	RP		4			
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.041		0	RP		4			
Threonine.....g	0.134		0	RP		4			
Isoleucine.....g	0.178		0	RP		4			
Leucine.....g	0.289		0	RP		4			
Lysine.....g	0.234		0	RP		4			
Methionine.....g	0.074		0	RP		4			
Cystine.....g	0.027		0	RP		4			
Phenylalanine.....g	0.143		0	RP		4			
Tyrosine.....g	0.143		0	RP		4			
Valine.....g	0.197		0	RP		4			
Arginine.....g	0.107		0	RP		4			
Histidine.....g	0.080		0	RP		4			
Alanine.....g	0.101		0	RP		4			
Aspartic acid.....g	0.224		0	RP		4			
Glutamic acid.....g	0.618		0	RP		4			
Glycine.....g	0.063		0	RP		4			
Proline.....g	0.286		0	RP		4			
Serine.....g	0.161		0	RP		4			
Hydroxyproline.....g									
<b><u>Others:</u></b>									
Alcohol, ethyl.....g	0.0		0	RP		4			
Caffeine.....mg	0		0	RP		4			
Theobromine.....mg	0		0	RP		4			

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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. 19232**

**Flan, caramel custard, dry mix, prepared with whole milk**

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 19 Sweets

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



NDB No. 19240

Frostings, chocolate, creamy, dry mix

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Amino Acids:</b>									
Tryptophan.....g	0.020		0		1		0.078		
Threonine.....g	0.053		0		1		0.206		
Isoleucine.....g	0.052		0		1		0.202		
Leucine.....g	0.082		0		1		0.318		
Lysine.....g	0.067		0		1		0.260		
Methionine.....g	0.014		0		1		0.054		
Cystine.....g	0.016		0		1		0.062		
Phenylalanine.....g	0.064		0		1		0.248		
Tyrosine.....g	0.050		0		1		0.194		
Valine.....g	0.080		0		1		0.310		
Arginine.....g	0.076		0		1		0.295		
Histidine.....g	0.023		0		1		0.089		
Alanine.....g	0.062		0		1		0.241		
Aspartic acid.....g	0.133		0		1		0.516		
Glutamic acid.....g	0.202		0		1		0.784		
Glycine.....g	0.060		0		1		0.233		
Proline.....g	0.058		0		1		0.225		
Serine.....g	0.058		0		1		0.225		
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g									
Caffeine.....mg	6		0	FLM	4		23		
Theobromine.....mg	188		0	FLM	4		729		

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

**Common Measures:**

Measure 1 = 388g: 1 package

**Calories Factors: Protein 1.8**

**Fat 8.8**

**Carbohydrate 3.7**

**Food Group: 19 Sweets**

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



NDB No. 19241

Frostings, chocolate, creamy, dry mix, prepared with 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	0.897		0	RPA	1				
15:0.....g									
16:0.....g	2.347		0	RPA	1				
17:0.....g									
18:0.....g	1.081		0	RPA	1				
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	2.444		0	RPA	1				
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.200		0	RPA	1				
17:1.....g									
18:1 undifferentiated.....g	2.245		0	RPA	1				
20:1.....g	0.000		0	RPA	1				
22:1 undifferentiated.....g	0.000		0	RPA	1				
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.331		0	RPA	1				
18:2 undifferentiated.....g	0.202		0	RPA	1				
18:3 undifferentiated.....g	0.130		0	RPA	1				
18:4.....g	0.000		0	RPA	1				
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RPA	1				
20:5 n-3.....g	0.000		0	RPA	1				
22:5 n-3.....g	0.000		0	RPA	1				
22:6 n-3.....g	0.000		0	RPA	1				
Fatty acids, total trans.....g									
Cholesterol.....mg	24		0	RPI	6				
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.017		0	RPA	1				
Threonine.....g	0.045		0	RPA	1				
Isoleucine.....g	0.046		0	RPA	1				
Leucine.....g	0.072		0	RPA	1				
Lysine.....g	0.059		0	RPA	1				
Methionine.....g	0.013		0	RPA	1				
Cystine.....g	0.013		0	RPA	1				
Phenylalanine.....g	0.054		0	RPA	1				
Tyrosine.....g	0.043		0	RPA	1				
Valine.....g	0.068		0	RPA	1				
Arginine.....g	0.062		0	RPA	1				
Histidine.....g	0.020		0	RPA	1				
Alanine.....g	0.051		0	RPA	1				
Aspartic acid.....g	0.109		0	RPA	1				
Glutamic acid.....g	0.175		0	RPA	1				
Glycine.....g	0.048		0	RPA	1				
Proline.....g	0.054		0	RPA	1				
Serine.....g	0.050		0	RPA	1				
Hydroxyproline.....g									
<b><u>Others:</u></b>									
Alcohol, ethyl.....g	0.0		0	RPI	6				
Caffeine.....mg	5		0	RPI	6				
Theobromine.....mg	145		0	RPI	6				

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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. 19241**

**Frostings, chocolate, creamy, dry mix, prepared with butter**

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 19 Sweets

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





NDB No. 19372

Frostings, chocolate, creamy, dry mix, 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	0.022		0	RP		4			
15:0.....g									
16:0.....g	1.068		0	RP		4			
17:0.....g									
18:0.....g	0.650		0	RP		4			
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	3.943		0	RP		4			
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	RP		4			
17:1.....g									
18:1 undifferentiated.....g	3.943		0	RP		4			
20:1.....g	0.000		0	RP		4			
22:1 undifferentiated.....g	0.000		0	RP		4			
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.797		0	RP		4			
18:2 undifferentiated.....g	2.676		0	RP		4			
18:3 undifferentiated.....g	0.121		0	RP		4			
18:4.....g	0.000		0	RP		4			
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RP		4			
20:5 n-3.....g	0.000		0	RP		4			
22:5 n-3.....g	0.000		0	RP		4			
22:6 n-3.....g	0.000		0	RP		4			
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	RP		4			
Phytosterols.....mg	29		0	RP		4			
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.017		0	RP		4			
Threonine.....g	0.045		0	RP		4			
Isoleucine.....g	0.046		0	RP		4			
Leucine.....g	0.072		0	RP		4			
Lysine.....g	0.059		0	RP		4			
Methionine.....g	0.013		0	RP		4			
Cystine.....g	0.013		0	RP		4			
Phenylalanine.....g	0.054		0	RP		4			
Tyrosine.....g	0.043		0	RP		4			
Valine.....g	0.068		0	RP		4			
Arginine.....g	0.062		0	RP		4			
Histidine.....g	0.020		0	RP		4			
Alanine.....g	0.051		0	RP		4			
Aspartic acid.....g	0.110		0	RP		4			
Glutamic acid.....g	0.175		0	RP		4			
Glycine.....g	0.048		0	RP		4			
Proline.....g	0.054		0	RP		4			
Serine.....g	0.050		0	RP		4			
Hydroxyproline.....g									
<b><u>Others:</u></b>									
Alcohol, ethyl.....g	0.0		0	RP		4			
Caffeine.....mg	5		0	RP		4			
Theobromine.....mg	145		0	RP		4			

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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. 19372**

**Frostings, chocolate, creamy, dry mix, prepared with margarine**

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 19 Sweets

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



NDB No. 19226

Frostings, chocolate, creamy, ready-to-eat

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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	0.103		0	FLC	4		0.042		
15:0.....g									
16:0.....g	2.410	0.000	3		1		0.988		
17:0.....g									
18:0.....g	3.060	0.000	3		1		1.255		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	9.020		0		1		3.698		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	FLC	4		0.000		
17:1.....g									
18:1 undifferentiated.....g	9.020	0.000	3		1		3.698		
20:1.....g	0.000		0	FLC	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLC	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.130		0		1		0.873		
18:2 undifferentiated.....g	2.130	0.000	3		1		0.873		
18:3 undifferentiated.....g	0.096		0	FLC	4		0.039		
18:4.....g	0.000		0	FLC	4		0.000		
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLC	4		0.000		
20:5 n-3.....g	0.000		0	FLC	4		0.000		
22:5 n-3.....g	0.000		0	FLC	4		0.000		
22:6 n-3.....g	0.000		0	FLC	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1		1		0		
Phytosterols.....mg	34		0	FLC	4		14		
<b>Amino Acids:</b>									
Tryptophan.....g	0.016		0		1		0.007		
Threonine.....g	0.043		0		1		0.018		
Isoleucine.....g	0.042		0		1		0.017		
Leucine.....g	0.066		0		1		0.027		
Lysine.....g	0.054		0		1		0.022		
Methionine.....g	0.011		0		1		0.005		
Cystine.....g	0.013		0		1		0.005		
Phenylalanine.....g	0.052		0		1		0.021		
Tyrosine.....g	0.041		0		1		0.017		
Valine.....g	0.065		0		1		0.027		
Arginine.....g	0.061		0		1		0.025		
Histidine.....g	0.019		0		1		0.008		
Alanine.....g	0.050		0		1		0.021		
Aspartic acid.....g	0.108		0		1		0.044		
Glutamic acid.....g	0.163		0		1		0.067		
Glycine.....g	0.048		0		1		0.020		
Proline.....g	0.047		0		1		0.019		
Serine.....g	0.047		0		1		0.019		
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	2		0	FLC	4		1		
Theobromine.....mg	79		0	FLC	4		32		

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

**Common Measures:**

Measure 1 = 41g: 2 tbsp creamy

**NDB No. 19226**

**Frostings, chocolate, creamy, ready-to-eat**

**Calories Factors: Protein 1.8**

**Fat 8.8**

**Carbohydrate 3.8**

**Food Group: 19 Sweets**

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

NDB No. 19227

Frostings, coconut-nut, ready-to-eat

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	21.00	0.064	9		1		97.02	7.98	
Energy.....kcal	433		0	NC	4		2000	164	
Energy.....kj	1811		0	NC	4		8366	688	
Protein (N x 6.25).....g	1.50	0.066	9		1		6.93	0.57	
Total lipid (fat).....g	24.00	0.063	9		1		110.88	9.12	
Ash.....g	0.80	0.008	9		1		3.70	0.30	
Carbohydrate, by difference.....g	52.70		0	NC	4		243.47	20.03	
Fiber, total dietary.....g	2.5		0	FLA	4		11.5	0.9	
Sugars, total.....g	40.00		0	LC	8		184.80	15.20	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	13	0.958	9		1		60	5	
Iron, Fe.....mg	0.54	0.035	8		1		2.49	0.21	
Magnesium, Mg.....mg	19	0.787	9		1		88	7	
Phosphorus, P.....mg	63		1		1		291	24	
Potassium, K.....mg	186	2.451	9		1		859	71	
Sodium, Na.....mg	195	0.959	9		1		901	74	
Zinc, Zn.....mg	0.41	0.014	8		1		1.89	0.16	
Copper, Cu.....mg	0.125	0.007	8		1		0.578	0.048	
Manganese, Mn.....mg	0.673		0	FLA	4		3.109	0.256	
Selenium, Se.....mcg	2.5		0	FLA	4		11.5	0.9	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.2		0	FLA	4		1.0	0.1	
Thiamin.....mg	0.035	0.001	9		1		0.162	0.013	
Riboflavin.....mg	0.019	0.004	9		1		0.088	0.007	
Niacin.....mg	0.212	0.031	9		1		0.979	0.081	
Pantothenic acid.....mg	0.155		0	FLA	4		0.715	0.059	
Vitamin B-6.....mg	0.047		0	FLA	4		0.215	0.018	
Folate, total.....mcg	2		0	FLA	4		11	1	
Folic acid.....mcg	0		0	FLA	4		0	0	
Folate, food.....mcg	2		0	FLA	4		11	1	
Folate, DFE.....mcg_DFE	2		0	NC	4		11	1	
Choline, total.....mg	7.2		0	FLA	4		33.3	2.7	
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	FLA	4		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	FLA	4		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	0		0	FLA	4		1	0	
Retinol.....mcg	0		0	FLA	4		0	0	
Carotene, beta.....mcg	2		0	FLA	4		10	1	
Carotene, alpha.....mcg	0		0	FLA	4		0	0	
Cryptoxanthin, beta.....mcg	1		0	FLA	4		3	0	
Vitamin A, IU.....IU	4		0	FLA	4		19	2	
Lycopene.....mcg	0		0	FLA	4		0	0	
Lutein + zeaxanthin.....mcg	1		0	FLA	4		6	0	
Vitamin E (alpha-tocopherol).....mg	1.09		0	FLA	4		5.06	0.42	
Vitamin E, added.....mg	0.00		0	FLA	4		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	3.9		0	FLA	4		17.8	1.5	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	8.631		0	FLA	4		39.876	3.280	
4:0.....g	0.000		0	FLA	4		0.000	0.000	
6:0.....g	0.034		0	FLA	4		0.157	0.013	
8:0.....g	0.417		0	FLA	4		1.928	0.159	
10:0.....g	0.332		0	FLA	4		1.533	0.126	

NDB No. 19227

Frostings, coconut-nut, ready-to-eat

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	2.644		0	FLA	4		12.213	1.005	
13:0.....g	0.000		0	FLA	4		0.000	0.000	
14:0.....g	1.056		0	FLA	4		4.876	0.401	
15:0.....g	0.004		0	FLA	4		0.019	0.002	
16:0.....g	2.183		0	FLA	4		10.087	0.830	
17:0.....g	0.014		0	FLA	4		0.063	0.005	
18:0.....g	1.863		0	FLA	4		8.606	0.708	
20:0.....g	0.045		0	FLA	4		0.209	0.017	
22:0.....g	0.040		0	FLA	4		0.185	0.015	
24:0.....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total monounsaturated.....g	10.786		0	FLA	4		49.833	4.099	
14:1.....g	0.000		0	FLA	4		0.000	0.000	
15:1.....g									
16:1 undifferentiated.....g	0.011		0	FLA	4		0.051	0.004	
17:1.....g									
18:1 undifferentiated.....g	10.752		0	FLA	4		49.675	4.086	
20:1.....g	0.023		0	FLA	4		0.107	0.009	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total polyunsaturated.....g	3.264		0	FLA	4		15.081	1.240	
18:2 undifferentiated.....g	3.075		0	FLA	4		14.207	1.169	
18:3 undifferentiated.....g	0.135		0	FLA	4		0.622	0.051	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c.....g	0.000		0	FLA	4		0.000	0.000	
20:3 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3.....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans.....g	3.748		0	FLA	4		17.317	1.424	
Cholesterol.....mg	0		0	FLA	4		0	0	
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	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 = 462g: 1 package (16 oz)

Measure 2 = 38g: .083 package

Calories Factors: Protein 4

Fat 9

Carbohydrate4

Food Group: 19 Sweets

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





Frostings, cream cheese-flavor, ready-to-eat

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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	0.075		0	FLC	4		0.025	0.018	
15:0.....g									
16:0.....g	3.536		0	FLC	4		1.167	0.849	
17:0.....g									
18:0.....g	0.934		0	FLC	4		0.308	0.224	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	3.755		0	FLC	4		1.239	0.901	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.026		0	FLC	4		0.009	0.006	
17:1.....g									
18:1 undifferentiated.....g	3.729		0	FLC	4		1.230	0.895	
20:1.....g	0.000		0	FLC	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLC	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	6.153		0	FLC	4		2.030	1.477	
18:2 undifferentiated.....g	5.792		0	FLC	4		1.911	1.390	
18:3 undifferentiated.....g	0.361		0	FLC	4		0.119	0.087	
18:4.....g	0.000		0	FLC	4		0.000	0.000	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLC	4		0.000	0.000	
20:5 n-3.....g	0.000		0	FLC	4		0.000	0.000	
22:5 n-3.....g	0.000		0	FLC	4		0.000	0.000	
22:6 n-3.....g	0.000		0	FLC	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1		1		0	0	
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.000		0	FLC	4		0.000	0.000	
Threonine.....g	0.000		0	FLC	4		0.000	0.000	
Isoleucine.....g	0.000		0	FLC	4		0.000	0.000	
Leucine.....g	0.000		0	FLC	4		0.000	0.000	
Lysine.....g	0.000		0	FLC	4		0.000	0.000	
Methionine.....g	0.000		0	FLC	4		0.000	0.000	
Cystine.....g	0.000		0	FLC	4		0.000	0.000	
Phenylalanine.....g	0.000		0	FLC	4		0.000	0.000	
Tyrosine.....g	0.000		0	FLC	4		0.000	0.000	
Valine.....g	0.000		0	FLC	4		0.000	0.000	
Arginine.....g	0.000		0	FLC	4		0.000	0.000	
Histidine.....g	0.000		0	FLC	4		0.000	0.000	
Alanine.....g	0.000		0	FLC	4		0.000	0.000	
Aspartic acid.....g	0.000		0	FLC	4		0.000	0.000	
Glutamic acid.....g	0.000		0	FLC	4		0.000	0.000	
Glycine.....g	0.000		0	FLC	4		0.000	0.000	
Proline.....g	0.000		0	FLC	4		0.000	0.000	
Serine.....g	0.000		0	FLC	4		0.000	0.000	
Hydroxyproline.....g									
<b><u>Others:</u></b>									
Alcohol, ethyl.....g	0.0		0	FLC	4		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 = 33g: 2 tbsp creamy

**NDB No. 19228**

**Frostings, cream cheese-flavor, ready-to-eat**

Measure 2 = 24g: 2 tbsp whipped

**Calories Factors: Protein 4.1**

**Fat 8.8**

**Carbohydrate 3.9**

**Food Group: 19 Sweets**

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

NDB No. 19409

Frostings, glaze, chocolate, prepared-from-recipe, with butter, NFSMI Recipe No. C-32 (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	18.27		0	RC		4			
Energy.....kcal	359		0	NC		4			
Energy.....kj	1502		0	NC		4			
Protein.....g	1.42		0	RC		4			
Total lipid (fat).....g	7.17		0	RC		4			
Ash.....g	0.82		0	RC		4			
Carbohydrate, by difference.....g	72.18		0	RC		4			
Fiber, total dietary.....g	1.1		0	RC		4			
Sugars, total.....g	64.30		0	RC		4			
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	32		0	RC		4			
Iron, Fe.....mg	0.60		0	RC		4			
Magnesium, Mg.....mg	20		0	RC		4			
Phosphorus, P.....mg	48		0	RC		4			
Potassium, K.....mg	130		0	RC		4			
Sodium, Na.....mg	132		0	RC		4			
Zinc, Zn.....mg	0.37		0	RC		4			
Copper, Cu.....mg	0.136		0	RC		4			
Manganese, Mn.....mg	0.140		0	RC		4			
Selenium, Se.....mcg	1.6		0	RC		4			
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.1		0	RC		4			
Thiamin.....mg	0.018		0	RC		4			
Riboflavin.....mg	0.066		0	RC		4			
Niacin.....mg	0.111		0	RC		4			
Pantothenic acid.....mg	0.081		0	RC		4			
Vitamin B-6.....mg	0.011		0	RC		4			
Folate, total.....mcg	2		0	RC		4			
Folic acid.....mcg	0		0	RC		4			
Folate, food.....mcg	2		0	RC		4			
Folate, DFE.....mcg_DFE	2		0	NC		4			
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg	0.09		0	RC		4			
Vitamin B-12, added.....mcg	0.00		0	RC		4			
Vitamin A, RAE.....mcg_RAE	69		0	RC		4			
Retinol.....mcg	68		0	RC		4			
Carotene, beta.....mcg	13		0	RC		4			
Carotene, alpha.....mcg	0		0	RC		4			
Cryptoxanthin, beta.....mcg	0		0	RC		4			
Vitamin A, IU.....IU	249		0	RC		4			
Lycopene.....mcg	0		0	RC		4			
Lutein + zeaxanthin.....mcg	1		0	RC		4			
Vitamin E (alpha-tocopherol).....mg	0.19		0	RC		4			
Vitamin E, added.....mg	0.00		0	RC		4			
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.7		0	RC		4			
<b>Lipids:</b>									
Fatty acids, total saturated.....g	4.483		0	RC		4			
4:0.....g	0.263		0	RC		4			
6:0.....g	0.163		0	RC		4			
8:0.....g	0.097		0	RC		4			
10:0.....g	0.206		0	RC		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	0.210		0	RC		4			
13:0.....g									
14:0.....g	0.606		0	RC		4			
15:0.....g									
16:0.....g	1.910		0	RC		4			
17:0.....g	0.045		0	RC		4			
18:0.....g	0.966		0	RC		4			
20:0.....g	0.011		0	RC		4			
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.894		0	RC		4			
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.078		0	RC		4			
16:1 c.....g	0.078		0	RC		4			
16:1 t.....g									
17:1.....g									
18:1 undifferentiated.....g	1.807		0	RC		4			
18:1 c.....g	1.380		0	RC		4			
18:1-11c (18:1c n-7).....g									
18:1 t.....g	0.242		0	RC		4			
18:1-11t (18:1t n-7).....g									
20:1.....g	0.008		0	RC		4			
22:1 undifferentiated.....g	0.000		0	RC		4			
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.294		0	RC		4			
18:2 undifferentiated.....g	0.268		0	RC		4			
18:2 n-6 c,c.....g	0.176		0	RC		4			
18:2 CLAs.....g	0.022		0	RC		4			
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g									
18:2 i.....g	0.024		0	RC		4			
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.026		0	RC		4			
18:3 n-3 c,c,c.....g	0.026		0	RC		4			
18:3 n-6 c,c,c.....g									
18:3i.....g									
18:4.....g	0.000		0	RC		4			
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000		0	RC		4			
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g	0.000		0	RC		4			
21:5.....g									
22:4.....g									
22:5 n-3.....g	0.000		0	RC		4			
22:6 n-3.....g	0.000		0	RC		4			
Fatty acids, total trans.....g	0.266		0	RC		4			
Fatty acids, total trans-monoenoic.....g	0.242		0	RC		4			
Fatty acids, total trans-polyenoic.....g	0.024		0	RC		4			
Cholesterol.....mg	18		0	RC		4			
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	RC		4			
Caffeine.....mg	3		0	RC		4			
Theobromine.....mg	98		0	RC		4			

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero 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. 19409**

**Frostings, glaze, chocolate, prepared-from-recipe, with butter, NFSMI Recipe No. C-32 (1 )**

**Common Measures:**

**Footnotes:**

1 Recipe No. C-32, from NFSMI, Healthy School Meals Resource System, and Team Nutrition

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 19 Sweets

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

NDB No. 19375

Frostings, glaze, prepared-from-recipe (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	15.27		0	RC	4		49.93		
Energy.....kcal	341		0	NC	4		1115		
Energy.....kj	1427		0	NC	4		4667		
Protein.....g	0.44		0	RC	4		1.45		
Total lipid (fat).....g	0.53		0	RC	4		1.73		
Ash.....g	0.11		0	RC	4		0.36		
Carbohydrate, by difference.....g	83.65		0	NC	4		273.53		
Fiber, total dietary.....g	0.0		0	RC	4		0.0		
Sugars, total.....g	80.44		0	RC	4		263.05		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	17		0	RC	4		55		
Iron, Fe.....mg	0.03		0	RC	4		0.09		
Magnesium, Mg.....mg	2		0	RC	4		7		
Phosphorus, P.....mg	13		0	RC	4		42		
Potassium, K.....mg	30		0	RC	4		98		
Sodium, Na.....mg	6		0	RC	4		21		
Zinc, Zn.....mg	0.06		0	RC	4		0.20		
Copper, Cu.....mg	0.006		0	RC	4		0.021		
Manganese, Mn.....mg	0.014		0	RC	4		0.047		
Selenium, Se.....mcg	1.0		0	RC	4		3.3		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	RC	4		0.0		
Thiamin.....mg	0.006		0	RC	4		0.020		
Riboflavin.....mg	0.045		0	RC	4		0.148		
Niacin.....mg	0.039		0	RC	4		0.126		
Pantothenic acid.....mg	0.051		0	RC	4		0.168		
Vitamin B-6.....mg	0.006		0	RC	4		0.019		
Folate, total.....mcg	1		0	RC	4		2		
Folic acid.....mcg	0		0	RC	4		0		
Folate, food.....mcg	1		0	RC	4		2		
Folate, DFE.....mcg_DFE	1		0	NC	4		2		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg	0.05		0	RC	4		0.16		
Vitamin B-12, added.....mcg	0.00		0	RC	4		0.00		
Vitamin A, RAE.....mcg_RAE	4		0	NC	4		13		
Retinol.....mcg	4		0	RC	4		12		
Carotene, beta.....mcg	1		0	RC	4		2		
Carotene, alpha.....mcg	0		0	RC	4		0		
Cryptoxanthin, beta.....mcg	0		0	RC	4		0		
Vitamin A, IU.....IU	14		0	RC	4		46		
Lycopene.....mcg	0		0	RC	4		0		
Lutein + zeaxanthin.....mcg	0		0	RC	4		0		
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		0	RC	4		0.1		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.271		0	RC	4		0.887		
4:0.....g	0.010		0	RC	4		0.033		
6:0.....g	0.010		0	RC	4		0.033		
8:0.....g	0.010		0	RC	4		0.033		
10:0.....g	0.010		0	RC	4		0.033		
12:0.....g	0.010		0	RC	4		0.034		

Frostings, glaze, prepared-from-recipe (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
13:0.....g	0.000		0	RC	4		0.000		
14:0.....g	0.041		0	RC	4		0.133		
15:0.....g	0.000		0	RC	4		0.000		
16:0.....g	0.128		0	RC	4		0.418		
17:0.....g	0.000		0	RC	4		0.000		
18:0.....g	0.051		0	RC	4		0.168		
20:0.....g	0.000		0	RC	4		0.000		
22:0.....g	0.000		0	RC	4		0.000		
24:0.....g	0.000		0	RC	4		0.000		
Fatty acids, total monounsaturated.....g	0.137		0	RC	4		0.449		
14:1.....g	0.000		0	RC	4		0.000		
15:1.....g									
16:1 undifferentiated.....g	0.000		0	RC	4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.137		0	RC	4		0.449		
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	0.067		0	RC	4		0.220		
18:2 undifferentiated.....g	0.057		0	RC	4		0.186		
18:3 undifferentiated.....g	0.010		0	RC	4		0.033		
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	1		0	RC	4		5		
Phytosterols.....mg									
<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 = 327g: 1 recipe yield

**Footnotes:**

1 Powdered sugar, milk and vanilla.

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group: 19 Sweets**





**NDB No. 19244**  
**Frostings, vanilla, creamy, dry mix**

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><u>Amino Acids:</u></b>									
Tryptophan.....g	0.001		0		1		0.004	0.000	
Threonine.....g	0.009		0		1		0.037	0.003	
Isoleucine.....g	0.010		0		1		0.041	0.003	
Leucine.....g	0.035		0		1		0.144	0.012	
Lysine.....g	0.006		0		1		0.025	0.002	
Methionine.....g	0.005		0		1		0.021	0.002	
Cystine.....g	0.006		0		1		0.025	0.002	
Phenylalanine.....g	0.013		0		1		0.053	0.004	
Tyrosine.....g	0.010		0		1		0.041	0.003	
Valine.....g	0.013		0		1		0.053	0.004	
Arginine.....g	0.012		0		1		0.049	0.004	
Histidine.....g	0.008		0		1		0.033	0.003	
Alanine.....g	0.019		0		1		0.078	0.006	
Aspartic acid.....g	0.020		0		1		0.082	0.007	
Glutamic acid.....g	0.052		0		1		0.214	0.018	
Glycine.....g	0.009		0		1		0.037	0.003	
Proline.....g	0.024		0		1		0.099	0.008	
Serine.....g	0.011		0		1		0.045	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 = 411g: 1 package  
 Measure 2 = 34g: .083 package

**Calories Factors: Protein 3.46      Fat 8.8      Carbohydrate 3.9**

**Food Group: 19 Sweets**

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



NDB No. 19371

Frostings, vanilla, creamy, dry mix, 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	0.022		0	RP	4				
15:0.....g									
16:0.....g	1.068		0	RP	4				
17:0.....g									
18:0.....g	0.650		0	RP	4				
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	3.942		0	RP	4				
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	RP	4				
17:1.....g									
18:1 undifferentiated.....g	3.942		0	RP	4				
20:1.....g	0.000		0	RP	4				
22:1 undifferentiated.....g	0.000		0	RP	4				
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.797		0	RP	4				
18:2 undifferentiated.....g	2.676		0	RP	4				
18:3 undifferentiated.....g	0.121		0	RP	4				
18:4.....g	0.000		0	RP	4				
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RP	4				
20:5 n-3.....g	0.000		0	RP	4				
22:5 n-3.....g	0.000		0	RP	4				
22:6 n-3.....g	0.000		0	RP	4				
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	RP	4				
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.002		0	RP	4				
Threonine.....g	0.011		0	RP	4				
Isoleucine.....g	0.014		0	RP	4				
Leucine.....g	0.037		0	RP	4				
Lysine.....g	0.012		0	RP	4				
Methionine.....g	0.006		0	RP	4				
Cystine.....g	0.006		0	RP	4				
Phenylalanine.....g	0.015		0	RP	4				
Tyrosine.....g	0.012		0	RP	4				
Valine.....g	0.017		0	RP	4				
Arginine.....g	0.013		0	RP	4				
Histidine.....g	0.009		0	RP	4				
Alanine.....g	0.018		0	RP	4				
Aspartic acid.....g	0.023		0	RP	4				
Glutamic acid.....g	0.061		0	RP	4				
Glycine.....g	0.009		0	RP	4				
Proline.....g	0.028		0	RP	4				
Serine.....g	0.014		0	RP	4				
Hydroxyproline.....g									
<b><u>Others:</u></b>									
Alcohol, ethyl.....g	0.0		0	RP	4				
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. 19371**

**Frostings, vanilla, creamy, dry mix, prepared with margarine**

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group: 19 Sweets**

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

NDB No. 19230

Frostings, vanilla, creamy, ready-to-eat

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	15.07	0.347	6	A	1		69.62	5.73	
Energy.....kcal	418		0	NC	4		1930	159	
Energy.....kj	1748		0	NC	4		8074	664	
Protein (N x 6.25).....g	0.00	0.000	6	A	1		0.00	0.00	
Total lipid (fat).....g	16.23	0.265	6	A	1		75.00	6.17	
Ash.....g	0.81	0.030	6	A	1		3.73	0.31	
Carbohydrate, by difference.....g	67.89		0	NC	4		313.66	25.80	
Fiber, total dietary.....g	0.0		0	FLA	4		0.0	0.0	
Sugars, total.....g	63.10	1.906	4	LC	8		291.51	23.98	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	3	0.233	6	A	1		13	1	
Iron, Fe.....mg	0.16	0.009	6	A	1		0.73	0.06	
Magnesium, Mg.....mg	1	0.150	6	A	1		3	0	
Phosphorus, P.....mg	18	5.109	6	A	1		83	7	
Potassium, K.....mg	34	2.068	6	A	1		158	13	
Sodium, Na.....mg	184	2.798	6	A	1		851	70	
Zinc, Zn.....mg	0.07	0.010	6	A	1		0.32	0.03	
Copper, Cu.....mg	0.000	0.000	6	A	1		0.000	0.000	
Manganese, Mn.....mg	0.000	0.000	6	A	1		0.000	0.000	
Selenium, Se.....mcg	0.1	0.029	3	A	1		0.5	0.0	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	FLA	4		0.0	0.0	
Thiamin.....mg	0.010	0.001	6	A	1		0.047	0.004	
Riboflavin.....mg	0.302	0.025	6	A	1		1.396	0.115	
Niacin.....mg	0.220	0.000	6	A	1		1.016	0.084	
Pantothenic acid.....mg	0.055	0.000	6	A	1		0.255	0.021	
Vitamin B-6.....mg	0.000	0.000	6	A	1		0.000	0.000	
Folate, total.....mcg	8	0.000	6	A	1		38	3	
Folic acid.....mcg	0		0	NR	4		0	0	
Folate, food.....mcg	8	0.000	6	A	1		38	3	
Folate, DFE.....mcg_DFE	8		0	NC	4		38	3	
Choline, total.....mg	2.3		0	AS	1		10.7	0.9	
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	FLA	4		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	FLA	4		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	0		0	FLA	4		0	0	
Retinol.....mcg	0		0	FLA	4		0	0	
Carotene, beta.....mcg	0		0	FLA	4		0	0	
Carotene, alpha.....mcg	0		0	FLA	4		0	0	
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0	0	
Vitamin A, IU.....IU	0	0.000	4	LC	8		0	0	
Lycopene.....mcg	0		0	FLA	4		0	0	
Lutein + zeaxanthin.....mcg	0		0	FLA	4		0	0	
Vitamin E (alpha-tocopherol).....mg	1.53		0	FLA	4		7.06	0.58	
Vitamin E, added.....mg	0.00		0	FLA	4		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	13.0	0.612	3	A	1		59.9	4.9	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	2.974		0	FLA	4		13.738	1.130	
4:0.....g	0.000		0	FLA	4		0.000	0.000	
6:0.....g	0.000		0	FLA	4		0.000	0.000	
8:0.....g	0.000		0	FLA	4		0.000	0.000	
10:0.....g	0.000		0	FLA	4		0.000	0.000	

NDB No. 19230  
 Frostings, vanilla, creamy, ready-to-eat

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures 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	FLA	4		0.000	0.000	
13:0.....g									
14:0.....g	0.020		0	FLA	4		0.092	0.008	
15:0.....g	0.000		0	FLA	4		0.000	0.000	
16:0.....g	2.375		0	FLA	4		10.972	0.902	
17:0.....g	0.000		0	FLA	4		0.000	0.000	
18:0.....g	0.579		0	FLA	4		2.673	0.220	
20:0.....g	0.000		0	FLA	4		0.000	0.000	
22:0.....g	0.000		0	FLA	4		0.000	0.000	
24:0.....g									
Fatty acids, total monounsaturated.....g	4.860		0	FLA	4		22.452	1.847	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.178		0	FLA	4		0.824	0.068	
17:1.....g									
18:1 undifferentiated.....g	4.681		0	FLA	4		21.628	1.779	
20:1.....g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	7.951		0	FLA	4		36.733	3.021	
18:2 undifferentiated.....g	7.050		0	FLA	4		32.570	2.679	
18:3 undifferentiated.....g	0.901		0	FLA	4		4.163	0.342	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3.....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans.....g	0.000		0	FLA	4		0.000	0.000	
Cholesterol.....mg	0		0	FLA	4		0	0	
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	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 = 462g: 1 package (16 oz)

Measure 2 = 38g: .083 package

Calories Factors: Protein 4

Fat 9

Carbohydrate4

Food Group: 19 Sweets

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





**NDB No. 19246**  
**Frostings, white, fluffy, dry mix**

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><u>Amino Acids:</u></b>									
Tryptophan.....g	0.025		0		1		0.052	0.004	
Threonine.....g	0.099		0		1		0.205	0.017	
Isoleucine.....g	0.119		0		1		0.246	0.020	
Leucine.....g	0.182		0		1		0.377	0.031	
Lysine.....g	0.152		0		1		0.315	0.026	
Methionine.....g	0.072		0		1		0.149	0.012	
Cystine.....g	0.052		0		1		0.108	0.009	
Phenylalanine.....g	0.126		0		1		0.261	0.021	
Tyrosine.....g	0.080		0		1		0.166	0.014	
Valine.....g	0.138		0		1		0.286	0.023	
Arginine.....g	0.139		0		1		0.288	0.024	
Histidine.....g	0.048		0		1		0.099	0.008	
Alanine.....g	0.152		0		1		0.315	0.026	
Aspartic acid.....g	0.228		0		1		0.472	0.039	
Glutamic acid.....g	0.308		0		1		0.638	0.052	
Glycine.....g	0.154		0		1		0.319	0.026	
Proline.....g	0.133		0		1		0.275	0.023	
Serine.....g	0.151		0		1		0.313	0.026	
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 = 207g: 1 package  
 Measure 2 = 17g: .083 package

**Calories Factors: Protein 4.3**

**Fat 8.6**

**Carbohydrate 3.8**

**Food Group: 19 Sweets**

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

NDB No. 19247

Frostings, white, fluffy, dry mix, prepared with water

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	35.20		0		1		110.88	9.15	
Energy.....kcal	244		0	NC	4		769	63	
Energy.....kj	1021				4		3216	265	
Protein (N x 0).....g	1.50		0		1		4.73	0.39	
Total lipid (fat).....g	0.00		0		1		0.00	0.00	
Ash.....g	0.60		0		1		1.89	0.16	
Carbohydrate, by difference.....g	62.60		0	NC	4		197.19	16.28	
Fiber, total dietary.....g	0.0		0		4		0.0	0.0	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	4		0		1		13	1	
Iron, Fe.....mg	0.06		0		1		0.19	0.02	
Magnesium, Mg.....mg	2		0		1		6	1	
Phosphorus, P.....mg	5		0		1		16	1	
Potassium, K.....mg	77		0		1		243	20	
Sodium, Na.....mg	156		0		1		491	41	
Zinc, Zn.....mg	0.02		0		1		0.06	0.01	
Copper, Cu.....mg	0.027		0		1		0.085	0.007	
Manganese, Mn.....mg	0.005		0		1		0.016	0.001	
Selenium, Se.....mcg	2.6		0	RP	4		8.2	0.7	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0	0.0	
Thiamin.....mg	0.001		0		1		0.003	0.000	
Riboflavin.....mg	0.026		0		1		0.082	0.007	
Niacin.....mg	0.660		0		1		2.079	0.172	
Pantothenic acid.....mg	0.034		0		1		0.107	0.009	
Vitamin B-6.....mg	0.001		0		1		0.003	0.000	
Folate, total.....mcg	2		0		1		6	1	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	2		0		1		6	1	
Folate, DFE.....mcg_DFE	2		0	NC	4		6	1	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg	0.01		0		1		0.03	0.00	
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		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	0.000		0		4		0.000	0.000	
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									

NDB No. 19247

Frostings, white, fluffy, dry mix, prepared with water

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		0.050	0.004	
Threonine.....g	0.065		0		1		0.205	0.017	
Isoleucine.....g	0.079		0		1		0.249	0.021	
Leucine.....g	0.120		0		1		0.378	0.031	
Lysine.....g	0.100		0		1		0.315	0.026	
Methionine.....g	0.048		0		1		0.151	0.012	
Cystine.....g	0.034		0		1		0.107	0.009	
Phenylalanine.....g	0.083		0		1		0.261	0.022	
Tyrosine.....g	0.053		0		1		0.167	0.014	
Valine.....g	0.091		0		1		0.287	0.024	
Arginine.....g	0.092		0		1		0.290	0.024	
Histidine.....g	0.032		0		1		0.101	0.008	
Alanine.....g	0.100		0		1		0.315	0.026	
Aspartic acid.....g	0.151		0		1		0.476	0.039	
Glutamic acid.....g	0.203		0		1		0.639	0.053	
Glycine.....g	0.102		0		1		0.321	0.027	
Proline.....g	0.088		0		1		0.277	0.023	
Serine.....g	0.100		0		1		0.315	0.026	
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 = 315g: 1 package yields

Measure 2 = 26g: .083 package

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 19 Sweets

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

NDB No. 43450

Frozen novelites, juice type, juice with cream

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	72.57		0	FLC	4		51.53		
Energy.....kcal	115		0	NC	4		81		
Energy.....kj	480		0	NC	4		341		
Protein (N x 6.25).....g	1.41		1	LC	8		1.00		
Total lipid (fat).....g	1.41		1	LC	8		1.00		
Ash.....g	0.50		0	FLC	4		0.36		
Carbohydrate, by difference.....g	24.11		0	NC	4		17.12		
Fiber, total dietary.....g	0.1		0	FLM	4		0.1		
Sugars, total.....g	20.61		0	FLM	4		14.64		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	141		1	LC	8		100		
Iron, Fe.....mg	0.28		0	FLC	4		0.20		
Magnesium, Mg.....mg	9		0	FLC	4		6		
Phosphorus, P.....mg	41		0	FLC	4		29		
Potassium, K.....mg	120		0	FLC	4		85		
Sodium, Na.....mg	42		1	LC	8		30		
Zinc, Zn.....mg	0.27		0	FLC	4		0.19		
Copper, Cu.....mg	0.013		0	FLC	4		0.009		
Manganese, Mn.....mg	0.059		0	FLC	4		0.042		
Selenium, Se.....mcg	0.8		0	FLC	4		0.6		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	21.2		1	LC	8		15.0		
Thiamin.....mg	0.025		0	FLC	4		0.018		
Riboflavin.....mg	0.101		0	FLC	4		0.072		
Niacin.....mg	0.151		0	FLC	4		0.107		
Pantothenic acid.....mg	0.195		0	FLC	4		0.139		
Vitamin B-6.....mg	0.029		0	FLC	4		0.021		
Folate, total.....mcg	11		0	FLC	4		7		
Folic acid.....mcg	0		0	FLC	4		0		
Folate, food.....mcg	11		0	FLC	4		7		
Folate, DFE.....mcg_DFE	11		0	NC	4		7		
Choline, total.....mg	15.6		0	AS	1		11.1		
Betaine.....mg									
Vitamin B-12.....mcg	0.14		0	FLM	4		0.10		
Vitamin B-12, added.....mcg	0.00		0	FLM	4		0.00		
Vitamin A, RAE.....mcg_RAE	19		0	FLM	4		14		
Retinol.....mcg	14		0	FLM	4		10		
Carotene, beta.....mcg	59		0	FLM	4		42		
Carotene, alpha.....mcg	0		0	FLM	4		0		
Cryptoxanthin, beta.....mcg	0		0	FLM	4		0		
Vitamin A, IU.....IU	145		0	FLM	4		103		
Lycopene.....mcg	0		0	FLM	4		0		
Lutein + zeaxanthin.....mcg	27		0	FLM	4		19		
Vitamin E (alpha-tocopherol).....mg	0.06		0	FLM	4		0.04		
Vitamin E, added.....mg	0.00		0	FLM	4		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.2		0	FLM	4		0.1		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.705		1	LC	8		0.501		
4:0.....g	0.034		0	FLM	4		0.024		
6:0.....g	0.024		0	FLM	4		0.017		
8:0.....g	0.018		0	FLM	4		0.013		
10:0.....g	0.028		0	FLM	4		0.020		

NDB No. 43450

Frozen novelites, juice type, juice with cream

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.031		0	FLM	4		0.022		
13:0.....g	0.000		0	FLM	4		0.000		
14:0.....g	0.113		0	FLM	4		0.081		
15:0.....g	0.000		0	FLM	4		0.000		
16:0.....g	0.304		0	FLM	4		0.216		
17:0.....g	0.000		0	FLM	4		0.000		
18:0.....g	0.137		0	FLM	4		0.097		
20:0.....g	0.000		0	FLM	4		0.000		
22:0.....g	0.000		0	FLM	4		0.000		
24:0.....g	0.000		0	FLM	4		0.000		
Fatty acids, total monounsaturated.....g	0.000		1	LC	8		0.000		
14:1.....g	0.000		0	FLM	4		0.000		
15:1.....g									
16:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
20:1.....g	0.000		0	FLM	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		1	LC	8		0.000		
18:2 undifferentiated.....g	0.000		0	FLM	4		0.000		
18:3 undifferentiated.....g	0.000		0	FLM	4		0.000		
18:4.....g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLM	4		0.000		
20:5 n-3.....g	0.000		0	FLM	4		0.000		
22:5 n-3.....g	0.000		0	FLM	4		0.000		
22:6 n-3.....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	7		1	LC	8		5		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLM	4		0.0		
Caffeine.....mg	0		0	FLC	4		0		
Theobromine.....mg	0		0	FLC	4		0		

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**Common Measures:**

Measure 1 = 71g: 2.5 oz

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate4**

**Food Group: 19 Sweets**

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

NDB No. 19872

Frozen novelties, Fat Free FUDGESICLE bars

Good Humor - Breyers Ice Cream

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	65.94		0	O	4		33.63		
Energy.....kcal	127		1	MC	9		65		
Energy.....kj	533		0	MC	9		272		
Protein (N x 6.25).....g	5.55		1	MC	9		2.83		
Total lipid (fat).....g	0.66		1	MC	9		0.34		
Ash.....g	0.91		0	FLC	4		0.46		
Carbohydrate, by difference.....g	26.94		1	MC	9		13.74		
Fiber, total dietary.....g	1.7		1	MC	9		0.9		
Sugars, total.....g	20.10		1	MC	9		10.25		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	159		1	MC	9		81		
Iron, Fe.....mg	0.91		1	MC	9		0.46		
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	94		1	MC	9		48		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	1.0		1	MC	9		0.5		
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	4		1	MC	9		2		
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	0.480		1	MC	9		0.245		
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	3		1	MC	9		2		
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. 19872**

**Frozen novelties, Fat Free FUDGESICLE bars**

Measure 1 = 51g: 1 serving 1 pop

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 19 Sweets

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

**NDB No. 19886**  
**Frozen novelties, KLONDIKE, SLIM-A-BEAR Chocolate Cone**  
*Good Humor - Breyers Ice Cream*

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	45.51		0	O	4		35.95		
Energy.....kcal	224		1	MC	9		177		
Energy.....kj	938		0	MC	9		741		
Protein (N x 6.25).....g	4.09		1	MC	9		3.23		
Total lipid (fat).....g	4.10		1	MC	9		3.24		
Ash.....g	0.98		0	BFFN	4		0.77		
Carbohydrate, by difference.....g	45.32		1	MC	9		35.80		
Fiber, total dietary.....g	4.3		1	MC	9		3.4		
Sugars, total.....g	24.62		1	MC	9		19.45		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	125		1	MC	9		99		
Iron, Fe.....mg	0.75		1	MC	9		0.59		
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	159		1	MC	9		125		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.6		1	MC	9		0.5		
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	259		1	MC	9		204		
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	1.001		1	MC	9		0.791		
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	2		1	MC	9		2		
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. 19886**

**Frozen novelties, KLONDIKE, SLIM-A-BEAR Chocolate Cone**

Measure 1 = 79g: 1 serving 1 cone

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 19 Sweets

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

**NDB No. 19888**  
**Frozen novelties, KLONDIKE, SLIM-A-BEAR Chocolate Sandwich**  
*Good Humor - Breyers Ice Cream*

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	46.53		0	O	4		29.78		
Energy.....kcal	212		1	MC	9		136		
Energy.....kj	888		0	MC	9		568		
Protein (N x 6.25).....g	6.21		1	MC	9		3.97		
Total lipid (fat).....g	2.43		1	MC	9		1.56		
Ash.....g	0.71		0	FLM	4		0.45		
Carbohydrate, by difference.....g	44.12		1	MC	9		28.24		
Fiber, total dietary.....g	4.8		1	MC	9		3.1		
Sugars, total.....g	21.50		1	MC	9		13.76		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	144		1	MC	9		92		
Iron, Fe.....mg	0.98		1	MC	9		0.63		
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	188		1	MC	9		121		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.7		1	MC	9		0.4		
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	378		1	MC	9		242		
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	0.810		1	MC	9		0.518		
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	4		1	MC	9		3		
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. 19888**

**Frozen novelties, KLONDIKE, SLIM-A-BEAR Chocolate Sandwich**

Measure 1 = 64g: 1 serving 1 sandwich

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 19 Sweets

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

NDB No. 19874

Frozen novelties, KLONDIKE, SLIM-A-BEAR Fudge Bar, 98% fat free, no sugar added

Good Humor - Breyers Ice Cream

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	63.51		0	FLC	4		47.00		
Energy.....kcal	124		1	MC	9		91		
Energy.....kj	517		0	MC	9		382		
Protein (N x 6.25).....g	4.31		1	MC	9		3.19		
Total lipid (fat).....g	1.88		1	MC	9		1.39		
Ash.....g	0.23		0	O	4		0.17		
Carbohydrate, by difference.....g	30.07		1	MC	9		22.25		
Fiber, total dietary.....g	6.0		1	MC	9		4.4		
Sugars, total.....g	7.10		1	MC	9		5.25		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	138		1	MC	9		102		
Iron, Fe.....mg	0.71		1	MC	9		0.53		
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	120		1	MC	9		89		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.9		1	MC	9		0.6		
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	49		1	MC	9		36		
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	1.000		1	MC	9		0.740		
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	7		1	MC	9		5		
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. 19874**

**Frozen novelties, KLONDIKE, SLIM-A-BEAR Fudge Bar, 98% fat free, no sugar added**

Measure 1 = 74g: 1 serving 3.5 fl oz bar

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 19 Sweets

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

NDB No. 19889

Frozen novelties, KLONDIKE, SLIM-A-BEAR Mint Sandwich

Good Humor - Breyers Ice Cream

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	46.65		0	BFFN	4		29.85		
Energy.....kcal	210		1	MC	9		135		
Energy.....kj	881		0	MC	9		564		
Protein (N x 6.25).....g	5.96		1	MC	9		3.81		
Total lipid (fat).....g	2.34		1	MC	9		1.50		
Ash.....g	0.85		0	BFFN	4		0.55		
Carbohydrate, by difference.....g	44.16		1	MC	9		28.26		
Fiber, total dietary.....g	4.3		1	MC	9		2.8		
Sugars, total.....g	21.81		1	MC	9		13.96		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	142		1	MC	9		91		
Iron, Fe.....mg	0.38		1	MC	9		0.24		
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	191		1	MC	9		122		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.7		1	MC	9		0.4		
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	288		1	MC	9		184		
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	0.740		1	MC	9		0.474		
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	4		1	MC	9		3		
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. 19889**

**Frozen novelties, KLONDIKE, SLIM-A-BEAR Mint Sandwich**

Measure 1 = 64g: 1 serving 1 sandwich

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 19 Sweets

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

NDB No. 19885

Frozen novelties, KLONDIKE, SLIM-A-BEAR Vanilla Cone

Good Humor - Breyers Ice Cream

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	46.57		0	O	4		36.79		
Energy.....kcal	222		1	MC	9		175		
Energy.....kj	928		0	MC	9		733		
Protein (N x 6.25).....g	3.72		1	MC	9		2.94		
Total lipid (fat).....g	4.00		1	MC	9		3.16		
Ash.....g	0.96		0	FLM	4		0.76		
Carbohydrate, by difference.....g	44.75		1	MC	9		35.35		
Fiber, total dietary.....g	3.8		1	MC	9		3.0		
Sugars, total.....g	24.75		1	MC	9		19.55		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	122		1	MC	9		96		
Iron, Fe.....mg	0.29		1	MC	9		0.23		
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	160		1	MC	9		126		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.6		1	MC	9		0.5		
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	258		1	MC	9		204		
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	0.950		1	MC	9		0.751		
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	3		1	MC	9		2		
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. 19885**

**Frozen novelties, KLONDIKE, SLIM-A-BEAR Vanilla Cone**

Measure 1 = 79g: 1 serving 1 cone

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 19 Sweets

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

NDB No. 19887

Frozen novelties, KLONDIKE, SLIM-A-BEAR Vanilla Sandwich

Good Humor - Breyers Ice Cream

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	46.65		0	O	4		29.85		
Energy.....kcal	211		1	MC	9		135		
Energy.....kj	881		0	MC	9		564		
Protein.....g	5.96		1	MC	9		3.81		
Total lipid (fat).....g	2.34		1	MC	9		1.50		
Ash.....g	0.85		0	FLM	4		0.55		
Carbohydrate, by difference.....g	44.20		1	MC	9		28.29		
Fiber, total dietary.....g	4.3		1	MC	9		2.8		
Sugars, total.....g	21.82		1	MC	9		13.96		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	142		1	MC	9		91		
Iron, Fe.....mg	0.38		1	MC	9		0.24		
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	191		1	MC	9		122		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.7		1	MC	9		0.4		
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	288		1	MC	9		184		
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	0.740		1	MC	9		0.474		
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	4		1	MC	9		3		
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. 19887**

**Frozen novelties, KLONDIKE, SLIM-A-BEAR Vanilla Sandwich**

Measure 1 = 64g: 1 serving 1 sandwich

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 19 Sweets

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

NDB No. 19890

Frozen novelties, KLONDIKE, SLIM-A-BEAR, No Sugar Added, Stickless Bar

Good Humor - Breyers Ice Cream

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	54.69		0	O					
Energy.....kcal	224		1	MC					
Energy.....kj	936		0	MC					
Protein (N x 6.25).....g	5.16		1	MC					
Total lipid (fat).....g	11.93		1	MC					
Ash.....g	1.13		0	FLM					
Carbohydrate, by difference.....g	27.09		1	MC					
Fiber, total dietary.....g	4.8		1	MC					
Sugars, total.....g	8.64		1	MC					
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	289		1	MC					
Iron, Fe.....mg	0.41		1	MC					
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	86		1	MC					
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	1.0		1	MC					
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	289		1	MC					
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	9.510		1	MC					
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	8		1	MC					
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. 19890**

**Frozen novelties, KLONDIKE, SLIM-A-BEAR, No Sugar Added, Stickless Bar**

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 19 Sweets

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

**NDB No. 19891**  
**Frozen novelties, No Sugar Added CREAMSICLE Pops**  
*Good Humor - Breyers Ice Cream*

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	82.38		0	O	4		36.25		
Energy.....kcal	57		1	MC	9		25		
Energy.....kj	239		0	MC	9		105		
Protein (N x 6.25).....g	1.78		1	MC	9		0.78		
Total lipid (fat).....g	0.86		1	MC	9		0.38		
Ash.....g	0.44		0	FLM	4		0.19		
Carbohydrate, by difference.....g	14.54		1	MC	9		6.40		
Fiber, total dietary.....g	0.3		1	MC	9		0.1		
Sugars, total.....g	2.75		1	MC	9		1.21		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	137		1	MC	9		60		
Iron, Fe.....mg	0.28		1	MC	9		0.12		
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	41		1	MC	9		18		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.4		1	MC	9		0.2		
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	23		1	MC	9		10		
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	0.470		1	MC	9		0.207		
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	3		1	MC	9		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:**

**NDB No. 19891**

**Frozen novelties, No Sugar Added CREAMSICLE Pops**

Measure 1 = 44g: 1 serving 1 pop

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 19 Sweets

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

NDB No. 19871

Frozen novelties, No Sugar Added, FUDGESICLE pops

Good Humor - Breyers Ice Cream

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	71.85		0	FLC	4		60.35		
Energy.....kcal	105		1	MC	9		88		
Energy.....kj	440		0	MC	9		370		
Protein (N x 6.25).....g	3.60		1	MC	9		3.02		
Total lipid (fat).....g	0.97		1	MC	9		0.81		
Ash.....g	1.15		0	FLC	4		0.97		
Carbohydrate, by difference.....g	22.28		1	MC	9		18.72		
Fiber, total dietary.....g	1.6		1	MC	9		1.3		
Sugars, total.....g	3.93		1	MC	9		3.30		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	101		1	MC	9		85		
Iron, Fe.....mg	0.94		1	MC	9		0.79		
Magnesium, Mg.....mg	15		0	BFZN	4		12		
Phosphorus, P.....mg	106		0	BFZN	4		89		
Potassium, K.....mg	196		0	BFZN	4		165		
Sodium, Na.....mg	102		1	MC	9		86		
Zinc, Zn.....mg	0.40		0	BFZN	4		0.34		
Copper, Cu.....mg	0.018		0	BFZN	4		0.015		
Manganese, Mn.....mg	0.009		0	BFZN	4		0.008		
Selenium, Se.....mcg	2.9		0	BFZN	4		2.4		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.7		1	MC	9		0.6		
Thiamin.....mg	0.044		0	BFZN	4		0.037		
Riboflavin.....mg	0.180		0	BFZN	4		0.151		
Niacin.....mg	0.111		0	BFZN	4		0.093		
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.042		0	BFZN	4		0.035		
Folate, total.....mcg	5		0	BFZN	4		4		
Folic acid.....mcg	0		0	BFZN	4		0		
Folate, food.....mcg	5		0	BFZN	4		4		
Folate, DFE.....mcg_DFE	5		0	NC	4		4		
Choline, total.....mg	11.7		0	BFZN	4		9.8		
Betaine.....mg									
Vitamin B-12.....mcg	0.38		0	BFZN	4		0.32		
Vitamin B-12, added.....mcg	0.00		0	BFZN	4		0.00		
Vitamin A, RAE.....mcg_RAE	7		0	NC	4		6		
Retinol.....mcg	7		0	BFZN	4		6		
Carotene, beta.....mcg	1		0	BFZN	4		1		
Carotene, alpha.....mcg	0		0	BFZN	4		0		
Cryptoxanthin, beta.....mcg	0		0	BFZN	4		0		
Vitamin A, IU.....IU	25		0	NC	4		21		
Lycopene.....mcg	0		0	BFZN	4		0		
Lutein + zeaxanthin.....mcg	0		0	BFZN	4		0		
Vitamin E (alpha-tocopherol).....mg	0.30		0	BFZN	4		0.25		
Vitamin E, added.....mg	0.00		0	BFZN	4		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	3.6		0	BFZN	4		3.1		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.591		0	NC	4		0.497		
4:0.....g	0.029		0	BFFN	4		0.024		
6:0.....g	0.018		0	BFFN	4		0.015		
8:0.....g	0.011		0	BFFN	4		0.009		
10:0.....g	0.023		0	BFFN	4		0.019		



NDB No. 19871

Frozen novelties, No Sugar Added, FUDGESICLE pops

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.025		0	BFFN	4		0.021		
13:0.....g									
14:0.....g	0.092		0	BFFN	4		0.077		
15:0.....g									
16:0.....g	0.274		0	BFFN	4		0.231		
17:0.....g									
18:0.....g	0.119		0	BFFN	4		0.100		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.157		0	NC	4		0.132		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.011		0	BFFN	4		0.009		
17:1.....g									
18:1 undifferentiated.....g	0.146		0	BFFN	4		0.123		
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	0.089		0	NC	4		0.075		
18:2 undifferentiated.....g	0.073		0	BFFN	4		0.062		
18:3 undifferentiated.....g	0.016		0	BFFN	4		0.013		
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	2		1	MC	9		1		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	BFZN	4		0.0		
Caffeine.....mg	0		0	BFZN	4		0		
Theobromine.....mg	5		0	BFZN	4		4		

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

**Common Measures:**

Measure 1 = 84g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group: 19 Sweets**

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

**NDB No. 19892**  
**Frozen novelties, Sugar Free, CREAMSICLE Pops**  
*Good Humor - Breyers Ice Cream*

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	83.91		0	O	4		67.13		
Energy.....kcal	49		1	MC	9		39		
Energy.....kj	204		0	MC	9		163		
Protein (N x 6.25).....g	1.37		1	MC	9		1.10		
Total lipid (fat).....g	2.33		1	MC	9		1.86		
Ash.....g	0.44		0	BFZN	4		0.35		
Carbohydrate, by difference.....g	11.95		1	MC	9		9.56		
Fiber, total dietary.....g	7.5		1	MC	9		6.0		
Sugars, total.....g	0.43		1	MC	9		0.34		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	23		1	MC	9		18		
Iron, Fe.....mg	0.03		1	MC	9		0.02		
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	6		1	MC	9		5		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		1	MC	9		0.0		
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	0		1	MC	9		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	2.000		1	MC	9		1.600		
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1	MC	9		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. 19892**

**Frozen novelties, Sugar Free, CREAMSICLE Pops**

Measure 1 = 80g: 1 serving 2 pops

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 19 Sweets

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

NDB No. 19263

Frozen novelties, fruit and juice bars

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	78.30		0		4		60.29	72.04	
Energy.....kcal	87		0	NC	4		67	80	
Energy.....kj	362		0	NC	4		279	333	
Protein (N x 6.25).....g	1.20		0		4		0.92	1.10	
Total lipid (fat).....g	0.10		0		4		0.08	0.09	
Ash.....g	0.20		0		4		0.15	0.18	
Carbohydrate, by difference.....g	20.20		0	NC	4		15.55	18.58	
Fiber, total dietary.....g	1.0		0	FLA	4		0.8	0.9	
Sugars, total.....g	17.48		0	FLA	4		13.46	16.08	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	5		0		4		4	5	
Iron, Fe.....mg	0.19		0		4		0.15	0.17	
Magnesium, Mg.....mg	4		0		4		3	4	
Phosphorus, P.....mg	6		0		4		5	6	
Potassium, K.....mg	53		0		1		41	49	
Sodium, Na.....mg	4		0		1		3	4	
Zinc, Zn.....mg	0.05		0		4		0.04	0.05	
Copper, Cu.....mg	0.000		0		4		0.000	0.000	
Manganese, Mn.....mg	0.165		0		4		0.127	0.152	
Selenium, Se.....mcg	0.2		0	BFSN	4		0.2	0.2	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	9.5		0		4		7.3	8.7	
Thiamin.....mg	0.011		0		4		0.008	0.010	
Riboflavin.....mg	0.018		0		4		0.014	0.017	
Niacin.....mg	0.159		0		4		0.122	0.146	
Pantothenic acid.....mg	0.040		0		4		0.031	0.037	
Vitamin B-6.....mg	0.025		0		4		0.019	0.023	
Folate, total.....mcg	7		0	FLA	4		6	7	
Folic acid.....mcg	0		0	FLA	4		0	0	
Folate, food.....mcg	7		0	FLA	4		6	7	
Folate, DFE.....mcg_DFE	7		0	NC	4		6	7	
Choline, total.....mg	4.0		0	O	4		3.1	3.7	
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	FLA	4		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	FLA	4		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	1		0	FLA	4		1	1	
Retinol.....mcg	0		0	FLA	4		0	0	
Carotene, beta.....mcg	11		0	FLA	4		8	10	
Carotene, alpha.....mcg	0		0	FLA	4		0	0	
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0	0	
Vitamin A, IU.....IU	18		0	FLA	4		14	17	
Lycopene.....mcg	0		0	FLA	4		0	0	
Lutein + zeaxanthin.....mcg	34		0	FLA	4		26	31	
Vitamin E (alpha-tocopherol).....mg	0.00		0	Z	7		0.00	0.00	
Vitamin E, added.....mg	0.00		0	FLA	4		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.9		0	FLA	4		0.7	0.8	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.000		0	FLA	4		0.000	0.000	
4:0.....g	0.000		0	FLA	4		0.000	0.000	
6:0.....g	0.000		0	FLA	4		0.000	0.000	
8:0.....g	0.000		0	FLA	4		0.000	0.000	
10:0.....g	0.000		0	FLA	4		0.000	0.000	

Frozen novelties, fruit and juice bars

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures 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	FLA	4		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0	FLA	4		0.000	0.000	
15:0.....g									
16:0.....g	0.000		0	FLA	4		0.000	0.000	
17:0.....g									
18:0.....g	0.000		0	FLA	4		0.000	0.000	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0	FLA	4		0.000	0.000	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
20:1.....g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.030		0	FLA	4		0.023	0.028	
18:2 undifferentiated.....g	0.022		0	FLA	4		0.017	0.020	
18:3 undifferentiated.....g	0.008		0	FLA	4		0.006	0.007	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3.....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	FLA	4		0	0	
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	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 = 77g: 1 bar (2.5 fl oz)

Measure 2 = 92g: 1 bar (3 fl oz)

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate4**

**Food Group: 19 Sweets**



NDB No. 43506

Frozen novelties, ice cream type, chocolate or caramel covered, with nuts

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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	2.052		0		4		1.108		
15:0.....g									
16:0.....g	3.654		0		4		1.973		
17:0.....g									
18:0.....g	1.824		0		4		0.985		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	4.977		0		4		2.688		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.186		0		4		0.100		
17:1.....g									
18:1 undifferentiated.....g	4.626		0		4		2.498		
20:1.....g	0.041		0		4		0.022		
22:1 undifferentiated.....g	0.000		0		4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.469		0		4		0.793		
18:2 undifferentiated.....g	1.345		0		4		0.726		
18:3 undifferentiated.....g	0.124		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	1		0		4		1		
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 = 54g: 1 bar

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 19 Sweets

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

NDB No. 43269

Frozen novelties, ice cream type, sundae, prepackaged

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	59.30		1						
Energy.....kcal	185		1						
Energy.....kj	774		1						
Protein.....g	4.30		1						
Total lipid (fat).....g	6.00		1						
Ash.....g	0.76		0	FLC					4
Carbohydrate, by difference.....g	29.40		0	NC					4
Fiber, total dietary.....g	0.3		0	FLC					4
Sugars, total.....g	20.74		0	FLC					4
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	120		1						1
Iron, Fe.....mg	0.25		1						1
Magnesium, Mg.....mg	19		1						1
Phosphorus, P.....mg	131		1						1
Potassium, K.....mg	211		1						1
Sodium, Na.....mg	95		1						1
Zinc, Zn.....mg	0.54		1						1
Copper, Cu.....mg	0.060		1						1
Manganese, Mn.....mg	0.011		0	FLC					4
Selenium, Se.....mcg	2.0		0	FLC					4
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	1.8		1						1
Thiamin.....mg	0.040		1						1
Riboflavin.....mg	0.190		1						1
Niacin.....mg	0.640		1						1
Pantothenic acid.....mg	0.348		0	FLC					4
Vitamin B-6.....mg	0.050		1						1
Folate, total.....mcg	5		0	FLC					4
Folic acid.....mcg	0		0	FLC					4
Folate, food.....mcg	5		0	FLC					4
Folate, DFE.....mcg_DFE	5		0	NC					4
Choline, total.....mg	12.3		0	O					4
Betaine.....mg									
Vitamin B-12.....mcg	0.39		1						1
Vitamin B-12, added.....mcg	0.00		0	Z					7
Vitamin A, RAE.....mcg_RAE	131		0	NC					4
Retinol.....mcg	130		0	FLC					4
Carotene, beta.....mcg	16		0	FLC					4
Carotene, alpha.....mcg	0		0	FLC					4
Cryptoxanthin, beta.....mcg	0		0	FLC					4
Vitamin A, IU.....IU	458		0	NC					4
Lycopene.....mcg	0		0	FLC					4
Lutein + zeaxanthin.....mcg	0		0	FLC					4
Vitamin E (alpha-tocopherol).....mg	0.12		0	FLC					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	0.3		0	FLC					4
<b>Lipids:</b>									
Fatty acids, total saturated.....g	3.090		0						4
4:0.....g	0.000		0						4
6:0.....g	0.092		0						4
8:0.....g	0.057		0						4
10:0.....g	0.113		0						4



NDB No. 43269

Frozen novelties, ice cream type, sundae, prepackaged

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.338		0		4				
13:0.....g									
14:0.....g	0.451		0		4				
15:0.....g									
16:0.....g	1.267		0		4				
17:0.....g									
18:0.....g	0.654		0		4				
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.872		0		4				
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.110		0		4				
17:1.....g									
18:1 undifferentiated.....g	1.690		0		4				
20:1.....g	0.011		0		4				
22:1 undifferentiated.....g	0.000		0		4				
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.663		0		4				
18:2 undifferentiated.....g	0.576		0		4				
18:3 undifferentiated.....g	0.063		0		4				
18:4.....g	0.000		0		4				
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.024		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	13		0		1				
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLC	4				
Caffeine.....mg	0		0	FLC	4				
Theobromine.....mg	2		0	FLC	4				

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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: 19 Sweets

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

NDB No. 42074

Frozen novelties, ice cream type, vanilla ice cream, light, no sugar added, chocolate coated

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	54.82		0	O		4			
Energy.....kcal	226		0	NC		4			
Energy.....kj	948		0	NC		4			
Protein (N x 6.25).....g	6.40		1			1			
Total lipid (fat).....g	10.10		1			1			
Ash.....g	1.19		0	FLC		4			
Carbohydrate, by difference.....g	27.49		0	O		4			
Fiber, total dietary.....g	0.8		0	FLC		4			
Sugars, total.....g	8.52		0	NR		4			
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	222		1			1			
Iron, Fe.....mg	0.29		1			1			
Magnesium, Mg.....mg	28		1			1			
Phosphorus, P.....mg	173		1			1			
Potassium, K.....mg	305		1			1			
Sodium, Na.....mg	104		1			1			
Zinc, Zn.....mg	0.82		1			1			
Copper, Cu.....mg	0.076		1			1			
Manganese, Mn.....mg	0.078		0	FLC		4			
Selenium, Se.....mcg	2.4		0	FLC		4			
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0			4			
Thiamin.....mg	0.062		0	FLC		4			
Riboflavin.....mg	0.261		0	FLC		4			
Niacin.....mg	0.175		0	FLC		4			
Pantothenic acid.....mg	0.479		0	FLC		4			
Vitamin B-6.....mg	0.043		0	FLC		4			
Folate, total.....mcg	7		0	FLC		4			
Folic acid.....mcg	0		0	FLC		4			
Folate, food.....mcg	7		0	FLC		4			
Folate, DFE.....mcg_DFE	7		0	NC		4			
Choline, total.....mg	29.7		0	O		4			
Betaine.....mg									
Vitamin B-12.....mcg	0.49		0	FLC		4			
Vitamin B-12, added.....mcg	0.00		0	FLC		4			
Vitamin A, RAE.....mcg_RAE	19		0	O		4			
Retinol.....mcg	15		0	O		4			
Carotene, beta.....mcg	44		0	O		4			
Carotene, alpha.....mcg	0		0	FLC		4			
Cryptoxanthin, beta.....mcg	0		0	FLC		4			
Vitamin A, IU.....IU	125		0			4			
Lycopene.....mcg	0		0	FLC		4			
Lutein + zeaxanthin.....mcg	0		0	FLC		4			
Vitamin E (alpha-tocopherol).....mg	0.42		0	FLC		4			
Vitamin E, added.....mg	0.00		0	FLC		4			
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	1.3		0	FLC		4			
<b>Lipids:</b>									
Fatty acids, total saturated.....g	5.528		0			4			
4:0.....g	0.075		0			4			
6:0.....g	0.063		0			4			
8:0.....g	0.259		0			4			
10:0.....g	0.245		0			4			

NDB No. 42074

Frozen novelties, ice cream type, vanilla ice cream, light, no sugar added, chocolate coated

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	1.453		0						4
13:0.....g	0.000		0	FLC					4
14:0.....g	0.761		0						4
15:0.....g	0.014		0	FLC					4
16:0.....g	1.567		0						4
17:0.....g	0.013		0	FLC					4
18:0.....g	1.042		0						4
20:0.....g	0.035		0	FLC					4
22:0.....g	0.004		0	FLC					4
24:0.....g	0.000		0	FLC					4
Fatty acids, total monounsaturated.....g	2.700		0						4
14:1.....g	0.006		0	FLC					4
15:1.....g	0.000		0	FLC					4
16:1 undifferentiated.....g	0.067		0						4
17:1.....g	0.002		0	FLC					4
18:1 undifferentiated.....g	2.594		0						4
20:1.....g	0.000		0						4
22:1 undifferentiated.....g	0.000		0						4
24:1 c.....g	0.000		0	FLC					4
Fatty acids, total polyunsaturated.....g	1.359		0						4
18:2 undifferentiated.....g	1.239		0						4
18:3 undifferentiated.....g	0.118		0						4
18:4.....g	0.000		0						4
20:2 n-6 c,c.....g	0.000		0	FLC					4
20:3 undifferentiated.....g	0.000		0	FLC					4
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	10		0						4
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLC					4
Caffeine.....mg	3		0	FLC					4
Theobromine.....mg	32		0	FLC					4

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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 4

Fat 9

Carbohydrate4

Food Group: 19 Sweets

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



NDB No. 19217

Frozen novelties, ice type, fruit, no sugar 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 = 51g: 1 bar

**Calories Factors: Protein 3.9**

**Fat 9**

**Carbohydrate 3.5**

**Food Group: 19 Sweets**

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



NDB No. 19281

Frozen novelties, ice type, italian, restaurant-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	0.000		0	BFZN	4		0.000	0.000	
15:0.....g									
16:0.....g	0.000		0	BFZN	4		0.000	0.000	
17:0.....g									
18:0.....g	0.000		0	BFZN	4		0.000	0.000	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0	BFZN	4		0.000	0.000	
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	0.000		0	BFZN	4		0.000	0.000	
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	0.000		0	BFZN	4		0.000	0.000	
18:2 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	
18:3 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	
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>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 = 29.0g: 1 fl oz

Measure 2 = 116g: .5 cup

**Calories Factors: Protein 3.36**

**Fat 8.37**

**Carbohydrate 3.9**

**Food Group: 19 Sweets**

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

**NDB No. 19280**  
**Frozen novelties, ice type, lime**

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	66.90		1		4		66.23		
Energy.....kcal	128		0	NC	4		127		
Energy.....kj	536		0		4		530		
Protein (N x 6.25).....g	0.40		1		4		0.40		
Total lipid (fat).....g	0.00		1		4		0.00		
Ash.....g	0.03		0	T	4		0.03		
Carbohydrate, by difference.....g	32.60		0	NC	4		32.27		
Fiber, total dietary.....g	0.0		0		4		0.0		
Sugars, total.....g	32.60		0	NR	4		32.27		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	2		1		4		2		
Iron, Fe.....mg	0.16		1		4		0.16		
Magnesium, Mg.....mg	1		1		4		1		
Phosphorus, P.....mg	1		1		4		1		
Potassium, K.....mg	3		1		4		3		
Sodium, Na.....mg	22		1		4		22		
Zinc, Zn.....mg	0.02		1		4		0.02		
Copper, Cu.....mg	0.013		1		4		0.013		
Manganese, Mn.....mg	0.020		1		4		0.020		
Selenium, Se.....mcg	0.1		0	BFPN	4		0.1		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	1.0		1		4		1.0		
Thiamin.....mg	0.001		1		4		0.001		
Riboflavin.....mg	0.000		1		4		0.000		
Niacin.....mg	0.007		1		4		0.007		
Pantothenic acid.....mg	0.003		1		4		0.003		
Vitamin B-6.....mg	0.001		1		4		0.001		
Folate, total.....mcg	0		1		4		0		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	0		1		4		0		
Folate, DFE.....mcg_DFE	0		0	NC	4		0		
Choline, total.....mg	4.0		0	O	4		4.0		
Betaine.....mg									
Vitamin B-12.....mcg	0.00		1		4		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		1		4		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	Z	7		0.0		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.000		0		7		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. 19280  
Frozen novelties, ice type, lime

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures 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		7		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		7		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		1		4		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 = 99g: .5 cup (4 fl oz)

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate 3.9

Food Group: 19 Sweets

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



NDB No. 19387

Frozen novelties, ice type, pineapple-coconut

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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: .5 cup (4 fl oz)

**Calories Factors: Protein 3.4**

**Fat 8.4**

**Carbohydrate 3.8**

**Food Group: 19 Sweets**

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

NDB No. 19283  
 Frozen novelties, ice type, pop

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	80.49	0.152	3	A	1		41.85		
Energy.....kcal	79		0	NC	4		41		
Energy.....kj	331		0	NC	4		172		
Protein (N x 6.25).....g	0.00	0.000	3	A	1		0.00		
Total lipid (fat).....g	0.24	0.056	3	A	1		0.12		
Ash.....g	0.05	0.009	3	A	1		0.02		
Carbohydrate, by difference.....g	19.23		0	NC	4		10.00		
Fiber, total dietary.....g	0.0	0.000	3	A	1		0.0		
Sugars, total.....g	13.66		0	NR	4		7.10		
Sucrose.....g	6.28	0.035	3	A	1		3.26		
Glucose (dextrose).....g	3.96	0.023	3	A	1		2.06		
Fructose.....g	2.72	0.018	3	A	1		1.41		
Lactose.....g	0.00	0.000	3	A	1		0.00		
Maltose.....g	0.71	0.012	3	A	1		0.37		
Galactose.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	0	0.000	3	A	1		0		
Iron, Fe.....mg	0.54	0.151	3	A	1		0.28		
Magnesium, Mg.....mg	1	0.023	3	A	1		1		
Phosphorus, P.....mg	0	0.000	3	A	1		0		
Potassium, K.....mg	15	3.863	3	A	1		8		
Sodium, Na.....mg	7	0.088	3	A	1		4		
Zinc, Zn.....mg	0.15		2	A	1		0.08		
Copper, Cu.....mg	0.000	0.000	3	A	1		0.000		
Manganese, Mn.....mg	0.000	0.000	3	A	1		0.000		
Selenium, Se.....mcg	0.2	0.167	18	A	1		0.1		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.7	0.278	3	A	1		0.4		
Thiamin.....mg	0.000		1		4		0.000		
Riboflavin.....mg	0.000		1		4		0.000		
Niacin.....mg	0.000		1		4		0.000		
Pantothenic acid.....mg	0.001		0	FLA	4		0.000		
Vitamin B-6.....mg	0.000		0	FLA	4		0.000		
Folate, total.....mcg	0		0	FLA	4		0		
Folic acid.....mcg	0		0	FLA	4		0		
Folate, food.....mcg	0		0	FLA	4		0		
Folate, DFE.....mcg_DFE	0		0	NC	4		0		
Choline, total.....mg	0.0		0	Z	7		0.0		
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	FLA	4		0.00		
Vitamin B-12, added.....mcg	0.00		0	FLA	4		0.00		
Vitamin A, RAE.....mcg_RAE	0		0	FLA	4		0		
Retinol.....mcg	0		0	FLA	4		0		
Carotene, beta.....mcg	0		0	FLA	4		0		
Carotene, alpha.....mcg	0		0	FLA	4		0		
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0		
Vitamin A, IU.....IU	0		0	FLA	4		0		
Lycopene.....mcg	0		0	FLA	4		0		
Lutein + zeaxanthin.....mcg	0		0	FLA	4		0		
Vitamin E (alpha-tocopherol).....mg	0.00		0	FLA	4		0.00		
Vitamin E, added.....mg	0.00		0	FLA	4		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		1	A	1		0.0		

**NDB No. 19283**  
**Frozen novelties, ice type, pop**

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			
<b><u>Lipids:</u></b>							
Fatty acids, total saturated.....g	0.013		0	FLA	4	0.007	
4:0.....g	0.000		0	FLA	4	0.000	
6:0.....g	0.000		0	FLA	4	0.000	
8:0.....g	0.000		0	FLA	4	0.000	
10:0.....g	0.000		0	FLA	4	0.000	
12:0.....g	0.000		0	FLA	4	0.000	
13:0.....g							
14:0.....g	0.000		0	FLA	4	0.000	
15:0.....g							
16:0.....g	0.013		0	FLA	4	0.007	
17:0.....g							
18:0.....g	0.000		0	FLA	4	0.000	
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	0.051		0	FLA	4	0.027	
14:1.....g							
15:1.....g							
16:1 undifferentiated.....g	0.000		0	FLA	4	0.000	
17:1.....g							
18:1 undifferentiated.....g	0.051		0	FLA	4	0.027	
20:1.....g	0.000		0	FLA	4	0.000	
22:1 undifferentiated.....g	0.000		0	FLA	4	0.000	
24:1 c.....g							
Fatty acids, total polyunsaturated.....g	0.016		0	FLA	4	0.008	
18:2 undifferentiated.....g	0.015		0	FLA	4	0.008	
18:3 undifferentiated.....g	0.000		0	FLA	4	0.000	
18:4.....g	0.000		0	FLA	4	0.000	
20:2 n-6 c,c.....g							
20:3 undifferentiated.....g							
20:4 undifferentiated.....g	0.000		0	FLA	4	0.000	
20:5 n-3.....g	0.000		0	FLA	4	0.000	
22:5 n-3.....g	0.000		0	FLA	4	0.000	
22:6 n-3.....g	0.000		0	FLA	4	0.000	
Fatty acids, total trans.....g							
Cholesterol.....mg	0		0	FLA	4	0	
Phytosterols.....mg							
<b><u>Others:</u></b>							
Alcohol, ethyl.....g	0.0		0	Z	7	0.0	
Caffeine.....mg	0		0	FLA	4	0	
Theobromine.....mg	0		0	FLA	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 = 52g: 1 serving 1.75 fl oz pop

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate4**

**Food Group: 19 Sweets**

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

NDB No. 43514

Frozen novelties, ice type, pop, with low calorie sweetener

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	94.03		2	A	1		51.71		
Energy.....kcal	24		0	NC	4		13		
Energy.....kj	99		0	NC	4		54		
Protein (N x 6.25).....g	0.00	0.000	3	A	1		0.00		
Total lipid (fat).....g	0.00		1	MC	9		0.00		
Ash.....g	0.06	0.012	3	A	1		0.03		
Carbohydrate, by difference.....g	5.92		0	NC	4		3.26		
Fiber, total dietary.....g	0.0	0.000	3	A	1		0.0		
Sugars, total.....g	1.52		0	NR	4		0.84		
Sucrose.....g	0.70	0.015	3	A	1		0.39		
Glucose (dextrose).....g	0.47	0.025	3	A	1		0.26		
Fructose.....g	0.34	0.007	3	A	1		0.19		
Lactose.....g	0.00	0.000	3	A	1		0.00		
Maltose.....g	0.00	0.000	3	A	1		0.00		
Galactose.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	0	0.000	3	A	1		0		
Iron, Fe.....mg	0.67	0.270	3	A	1		0.37		
Magnesium, Mg.....mg	1	0.074	3	A	1		0		
Phosphorus, P.....mg	0	0.000	3	A	1		0		
Potassium, K.....mg	11	2.968	3	A	1		6		
Sodium, Na.....mg	10	2.238	3	A	1		5		
Zinc, Zn.....mg	0.47	0.215	3	A	1		0.26		
Copper, Cu.....mg	0.000	0.000	3	A	1		0.000		
Manganese, Mn.....mg	0.000	0.000	3	A	1		0.000		
Selenium, Se.....mcg	0.0		0	FLA	4		0.0		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	10.4	0.353	3	A	1		5.7		
Thiamin.....mg	0.000		0	FLA	4		0.000		
Riboflavin.....mg	0.000		0	FLA	4		0.000		
Niacin.....mg	0.000		0	FLA	4		0.000		
Pantothenic acid.....mg	0.000		0	FLA	4		0.000		
Vitamin B-6.....mg	0.000		0	FLA	4		0.000		
Folate, total.....mcg	0		0	FLA	4		0		
Folic acid.....mcg	0		0	FLA	4		0		
Folate, food.....mcg	0		0	FLA	4		0		
Folate, DFE.....mcg_DFE	0		0	NC	4		0		
Choline, total.....mg	0.0		0	Z	7		0.0		
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	FLA	4		0.00		
Vitamin B-12, added.....mcg	0.00		0	FLA	4		0.00		
Vitamin A, RAE.....mcg_RAE	0		0	FLA	4		0		
Retinol.....mcg	0		0	FLA	4		0		
Carotene, beta.....mcg	0		0	FLA	4		0		
Carotene, alpha.....mcg	0		0	FLA	4		0		
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0		
Vitamin A, IU.....IU	0		1	MC	9		0		
Lycopene.....mcg	0		0	FLA	4		0		
Lutein + zeaxanthin.....mcg	0		0	FLA	4		0		
Vitamin E (alpha-tocopherol).....mg	0.00		0	BFSN	4		0.00		
Vitamin E, added.....mg	0.00		0	FLA	4		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		

NDB No. 43514

Frozen novelties, ice type, pop, with low calorie sweetener

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of 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		1	MC	9		0.000		
4:0.....g	0.000		0	FLA	4		0.000		
6:0.....g	0.000		0	FLA	4		0.000		
8:0.....g	0.000		0	FLA	4		0.000		
10:0.....g	0.000		0	FLA	4		0.000		
12:0.....g	0.000		0	FLA	4		0.000		
13:0.....g									
14:0.....g	0.000		0		4		0.000		
15:0.....g									
16:0.....g	0.000		0	NR	4		0.000		
17:0.....g									
18:0.....g	0.000		0	NR	4		0.000		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0	NR	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	NR	4		0.000		
20:1.....g	0.000		0	FLA	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	NR	4		0.000		
18:2 undifferentiated.....g	0.000		0	NR	4		0.000		
18:3 undifferentiated.....g	0.000		0		4		0.000		
18:4.....g	0.000		0	FLA	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000		
20:5 n-3.....g	0.000		0	FLA	4		0.000		
22:5 n-3.....g	0.000		0	FLA	4		0.000		
22:6 n-3.....g	0.000		0	FLA	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1	MC	9		0		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0		
Caffeine.....mg	0		0	FLA	4		0		
Theobromine.....mg	0		0	FLA	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 = 55g: 1 serving 1.75 fl oz pop

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate4**

**Food Group: 19 Sweets**

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





NDB No. 19873

Frozen novelties, ice type, sugar free, orange, cherry, and grape POPSICLE pops

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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 serving 1.75 fl oz pop

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 19 Sweets

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

**NDB No. 19856**  
**Frozen novelties, juice type, POPSICLE SCRIBBLERS**  
*Good Humor - Breyers Ice Cream*

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	79.96		1	A	1		26.39		
Energy.....kcal	81		0	NC	4		27		
Energy.....kj	338		0	NC	4		112		
Protein (N x 6.25).....g	0.00		1	A	1		0.00		
Total lipid (fat).....g	0.24		1	A	1		0.08		
Ash.....g	0.12		1	A	1		0.04		
Carbohydrate, by difference.....g	19.68		0	NC	4		6.49		
Fiber, total dietary.....g	0.0		1	A	1		0.0		
Sugars, total.....g	14.57		0	NR	4		4.81		
Sucrose.....g	5.68		1	A	1		1.87		
Glucose (dextrose).....g	4.52		1	A	1		1.49		
Fructose.....g	3.70		1	A	1		1.22		
Lactose.....g	0.00		1	A	1		0.00		
Maltose.....g	0.67		1	A	1		0.22		
Galactose.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	5		1	A	1		2		
Iron, Fe.....mg	0.30		1	A	1		0.10		
Magnesium, Mg.....mg	3		1	A	1		1		
Phosphorus, P.....mg	2		1	A	1		1		
Potassium, K.....mg	23		1	A	1		8		
Sodium, Na.....mg	13		1	A	1		4		
Zinc, Zn.....mg	0.07		1	A	1		0.02		
Copper, Cu.....mg	0.000		1	A	1		0.000		
Manganese, Mn.....mg	0.000		1	A	1		0.000		
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	1.2		1	A	1		0.4		
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									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 serving 1.2 fl oz pop

**NDB No. 19856**

**Frozen novelties, juice type, POPSICLE SCRIBBLERS**

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate4**

**Food Group: 19 Sweets**

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

NDB No. 43346

Frozen novelties, juice type, orange

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	76.10		1		1		22.68		
Energy.....kcal	95		0	NC	4		28		
Energy.....kj	396		0	NC	4		118		
Protein (N x 6.25).....g	0.50		1		1		0.15		
Total lipid (fat).....g	0.00		1		1		0.00		
Ash.....g	0.23		0	FLC	4		0.07		
Carbohydrate, by difference.....g	23.17		0	NC	4		6.90		
Fiber, total dietary.....g	0.1		0		4		0.0		
Sugars, total.....g	19.99		0	BFCN	4		5.96		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	9		1		1		3		
Iron, Fe.....mg	0.47		1		1		0.14		
Magnesium, Mg.....mg	8		1		1		2		
Phosphorus, P.....mg	13		1		1		4		
Potassium, K.....mg	100		1		1		30		
Sodium, Na.....mg	8		1		1		2		
Zinc, Zn.....mg	0.02		0		4		0.01		
Copper, Cu.....mg	0.022		0		4		0.007		
Manganese, Mn.....mg	0.008		0	FLC	4		0.002		
Selenium, Se.....mcg	0.1		0	BFPN	4		0.0		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	25.7		1		1		7.7		
Thiamin.....mg	0.010		1		1		0.003		
Riboflavin.....mg	0.030		1		1		0.009		
Niacin.....mg	0.160		1		1		0.048		
Pantothenic acid.....mg	0.065		0	FLC	4		0.019		
Vitamin B-6.....mg	0.018		0	FLC	4		0.005		
Folate, total.....mcg	18		0	FLC	4		5		
Folic acid.....mcg	0		0	FLC	4		0		
Folate, food.....mcg	18		0	FLC	4		5		
Folate, DFE.....mcg_DFE	18		0	NC	4		5		
Choline, total.....mg	2.9		0	O	4		0.9		
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	FLC	4		0.00		
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....mcg_RAE	1		0	BFCN	4		0		
Retinol.....mcg	0		0	BFCN	4		0		
Carotene, beta.....mcg	12		0	BFCN	4		4		
Carotene, alpha.....mcg	0		0	BFCN	4		0		
Cryptoxanthin, beta.....mcg	0		0	BFCN	4		0		
Vitamin A, IU.....IU	21		0	BFCN	4		6		
Lycopene.....mcg	0		0	BFCN	4		0		
Lutein + zeaxanthin.....mcg	39		0	BFCN	4		12		
Vitamin E (alpha-tocopherol).....mg	0.04		0	NR	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	0.1		0	BFSN	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. 43346

Frozen novelties, juice type, orange

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures 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	FLC	4		0		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLC	4		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 = 29.8g: 1 fl oz

Calories Factors: Protein 4

Fat 9

Carbohydrate4

Food Group: 19 Sweets

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

NDB No. 42186  
Frozen yogurts, chocolate

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	71.20		0	O	4		123.89		
Energy.....kcal	127		0		4		221		
Energy.....kj	531		0		4		925		
Protein.....g	3.00		0		4		5.22		
Total lipid (fat).....g	3.60		0		4		6.26		
Ash.....g	0.60		0	NR	4		1.04		
Carbohydrate, by difference.....g	21.60		0		4		37.58		
Fiber, total dietary.....g	1.3		0	O	4		2.3		
Sugars, total.....g	21.42		0	BFFN	4		37.27		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	100		0		4		174		
Iron, Fe.....mg	0.46		0		4		0.80		
Magnesium, Mg.....mg	25		0		4		44		
Phosphorus, P.....mg	89		0		4		155		
Potassium, K.....mg	234		0		4		407		
Sodium, Na.....mg	63		0		4		110		
Zinc, Zn.....mg	0.28		0		4		0.49		
Copper, Cu.....mg	0.054		0		4		0.094		
Manganese, Mn.....mg									
Selenium, Se.....mcg	1.9		0	BFFN	4		3.3		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0		
Thiamin.....mg	0.040		0		4		0.070		
Riboflavin.....mg	0.180		0		4		0.313		
Niacin.....mg	0.140		0		4		0.244		
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.040		0		4		0.070		
Folate, total.....mcg	12		0		4		21		
Folic acid.....mcg	0		0	BFSN	4		0		
Folate, food.....mcg	12		0		4		21		
Folate, DFE.....mcg_DFE	12		0	NC	4		21		
Choline, total.....mg	14.1		0	O	4		24.5		
Betaine.....mg									
Vitamin B-12.....mcg	0.07		0		4		0.12		
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....mcg_RAE	39		0	BFFN	4		67		
Retinol.....mcg	38		0	BFFN	4		66		
Carotene, beta.....mcg	9		0	BFSN	4		15		
Carotene, alpha.....mcg	0		0	BFSN	4		0		
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0		
Vitamin A, IU.....IU	136		0	BFFN	4		237		
Lycopene.....mcg	0		0	BFFN	4		0		
Lutein + zeaxanthin.....mcg	0		0	BFFN	4		0		
Vitamin E (alpha-tocopherol).....mg	0.09		0	BFSN	4		0.16		
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	0.3		0	BFSN	4		0.5		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	2.272		0		4		3.953		
4:0.....g	0.096		0		4		0.167		
6:0.....g	0.067		0		4		0.117		
8:0.....g	0.038		0		4		0.066		
10:0.....g	0.086		0		4		0.150		

NDB No. 42186  
Frozen yogurts, chocolate

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.106		0		4		0.184		
13:0.....g									
14:0.....g	0.327		0		4		0.569		
15:0.....g									
16:0.....g	0.971		0		4		1.690		
17:0.....g									
18:0.....g	0.443		0		4		0.771		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.961		0		4		1.672		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.067		0		4		0.117		
17:1.....g									
18:1 undifferentiated.....g	0.817		0		4		1.422		
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	0.102		0		4		0.177		
18:2 undifferentiated.....g	0.073		0		4		0.127		
18:3 undifferentiated.....g	0.029		0		4		0.050		
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	13		0		4		23		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		4		0.0		
Caffeine.....mg	3		0	BFZN	4		5		
Theobromine.....mg	106		0	BFZN	4		184		

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

**Common Measures:**

Measure 1 = 174g: 1 cup

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group: 19 Sweets**

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

NDB No. 42185

Frozen yogurts, chocolate, nonfat milk, sweetened without sugar

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	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		4		136.71		
Energy.....kcal	107		0		4		199		
Energy.....kj	448		0		4		833		
Protein.....g	4.40		0		4		8.18		
Total lipid (fat).....g	0.80		0		4		1.49		
Ash.....g	1.60		0	O	4		2.98		
Carbohydrate, by difference.....g	19.70		0		4		36.64		
Fiber, total dietary.....g	1.0		0	O	4		1.9		
Sugars, total.....g	12.61		0	O	4		23.45		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	159		0		4		296		
Iron, Fe.....mg	0.04		0		4		0.07		
Magnesium, Mg.....mg	40		0		4		74		
Phosphorus, P.....mg	129		0		4		240		
Potassium, K.....mg	339		0		4		631		
Sodium, Na.....mg	81		0		4		151		
Zinc, Zn.....mg	0.49		0		4		0.91		
Copper, Cu.....mg	0.203		0		4		0.378		
Manganese, Mn.....mg									
Selenium, Se.....mcg	2.8		0	BFPN	4		5.2		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.7		0		4		1.3		
Thiamin.....mg	0.040		0		4		0.074		
Riboflavin.....mg	0.180		0		4		0.335		
Niacin.....mg	0.200		0		4		0.372		
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.040		0		4		0.074		
Folate, total.....mcg	12		0		4		22		
Folic acid.....mcg	0		0	O	4		0		
Folate, food.....mcg	12		0		4		22		
Folate, DFE.....mcg_DFE	12		0	NC	4		22		
Choline, total.....mg	3.1		0	O	4		5.8		
Betaine.....mg									
Vitamin B-12.....mcg	0.49		0		4		0.91		
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....mcg_RAE	2		0	NC	4		3		
Retinol.....mcg	1		0	O	4		2		
Carotene, beta.....mcg	8		0	BFSN	4		15		
Carotene, alpha.....mcg	0		0	BFSN	4		0		
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0		
Vitamin A, IU.....IU	17		0	NC	4		31		
Lycopene.....mcg	0		0	BFSN	4		0		
Lutein + zeaxanthin.....mcg	0		0	BFSN	4		0		
Vitamin E (alpha-tocopherol).....mg	0.08		0	BFSN	4		0.16		
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	0.3		0	BFSN	4		0.5		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.505		0		4		0.939		
4:0.....g	0.027		0		4		0.050		
6:0.....g	0.009		0		4		0.017		
8:0.....g	0.009		0		4		0.017		
10:0.....g	0.018		0		4		0.033		



NDB No. 42185

Frozen yogurts, chocolate, nonfat milk, sweetened without sugar

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.009		0		4		0.017		
13:0.....g					4		0.132		
14:0.....g	0.071		0		4		0.132		
15:0.....g					4		0.448		
16:0.....g	0.241		0		4		0.448		
17:0.....g					4		0.193		
18:0.....g	0.104		0		4		0.193		
20:0.....g					4				
22:0.....g					4				
24:0.....g					4				
Fatty acids, total monounsaturated.....g	0.214		0		4		0.398		
14:1.....g					4		0.033		
15:1.....g					4		0.348		
16:1 undifferentiated.....g	0.018		0		4		0.033		
17:1.....g					4		0.000		
18:1 undifferentiated.....g	0.187		0		4		0.348		
20:1.....g	0.000		0		4		0.000		
22:1 undifferentiated.....g	0.000		0		4		0.000		
24:1 c.....g					4				
Fatty acids, total polyunsaturated.....g	0.030		0		4		0.056		
18:2 undifferentiated.....g	0.021		0		4		0.039		
18:3 undifferentiated.....g	0.009		0		4		0.017		
18:4.....g	0.000		0		4		0.000		
20:2 n-6 c,c.....g					4		0.000		
20:3 undifferentiated.....g					4		0.000		
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					4		7		
Cholesterol.....mg	4		0		4				
Phytosterols.....mg					4				
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	3		0	BFZN	4		6		
Theobromine.....mg	106		0	BFZN	4		197		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 cup

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group: 19 Sweets**

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



NDB No. 19393

Frozen yogurts, chocolate, soft-serve

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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	0.500		1		1		0.360		
15:0.....g									
16:0.....g	1.610		1		1		1.159		
17:0.....g									
18:0.....g	0.960		1		1		0.691		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.750		0		1		1.260		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.110		1		1		0.079		
17:1.....g									
18:1 undifferentiated.....g	1.640		1		1		1.181		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.220		0		1		0.158		
18:2 undifferentiated.....g	0.140		1		1		0.101		
18:3 undifferentiated.....g	0.070		1		1		0.050		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 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		2		1		4		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.056		0		1		0.040		
Threonine.....g	0.171		0		1		0.123		
Isoleucine.....g	0.214		0		1		0.154		
Leucine.....g	0.344		0		1		0.248		
Lysine.....g	0.279		0		1		0.201		
Methionine.....g	0.083		0		1		0.060		
Cystine.....g	0.040		0		1		0.029		
Phenylalanine.....g	0.189		0		1		0.136		
Tyrosine.....g	0.178		0		1		0.128		
Valine.....g	0.256		0		1		0.184		
Arginine.....g	0.164		0		1		0.118		
Histidine.....g	0.096		0		1		0.069		
Alanine.....g	0.147		0		1		0.106		
Aspartic acid.....g	0.323		0		1		0.233		
Glutamic acid.....g	0.758		0		1		0.546		
Glycine.....g	0.108		0		1		0.078		
Proline.....g	0.321		0		1		0.231		
Serine.....g	0.201		0		1		0.145		
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g									
Caffeine.....mg	3		0	FLA	4		2		
Theobromine.....mg	106		0	FLA	4		76		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 (4 fl oz)

**NDB No. 19393**

**Frozen yogurts, chocolate, soft-serve**

**Calories Factors: Protein 3.6**

**Fat 8.7**

**Carbohydrate 3.7**

**Food Group: 19 Sweets**

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

NDB No. 42187

Frozen yogurts, flavors other than chocolate

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	71.20		0		4		123.89		
Energy.....kcal	127		0		4		221		
Energy.....kj	531		0		4		925		
Protein.....g	3.00		0		4		5.22		
Total lipid (fat).....g	3.60		0		4		6.26		
Ash.....g	0.60		0	NR	4		1.04		
Carbohydrate, by difference.....g	21.60		0		4		37.58		
Fiber, total dietary.....g	0.0		0		7		0.0		
Sugars, total.....g	21.42		0	BFCN	4		37.27		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	100		0		4		174		
Iron, Fe.....mg	0.46		0		4		0.80		
Magnesium, Mg.....mg	10		0		4		17		
Phosphorus, P.....mg	89		0		4		155		
Potassium, K.....mg	156		0		4		271		
Sodium, Na.....mg	63		0		4		110		
Zinc, Zn.....mg	0.28		0		4		0.49		
Copper, Cu.....mg	0.009		0		4		0.016		
Manganese, Mn.....mg									
Selenium, Se.....mcg	1.9		0	BFPN	4		3.3		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.7		0		4		1.2		
Thiamin.....mg	0.040		0		4		0.070		
Riboflavin.....mg	0.180		0		4		0.313		
Niacin.....mg	0.070		0		4		0.122		
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.040		0		4		0.070		
Folate, total.....mcg	4		0		4		7		
Folic acid.....mcg	0		0	BFSN	4		0		
Folate, food.....mcg	4		0		4		7		
Folate, DFE.....mcg_DFE	4		0	NC	4		7		
Choline, total.....mg	23.1		1	AS	1		40.2		
Betaine.....mg									
Vitamin B-12.....mcg	0.07		0		4		0.12		
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....mcg_RAE	49		0	BFSN	4		86		
Retinol.....mcg	48		0	BFSN	4		84		
Carotene, beta.....mcg	9		0	BFSN	4		15		
Carotene, alpha.....mcg	0		0	BFSN	4		0		
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0		
Vitamin A, IU.....IU	176		0	NC	4		306		
Lycopene.....mcg	0		0	BFSN	4		0		
Lutein + zeaxanthin.....mcg	0		0	BFSN	4		0		
Vitamin E (alpha-tocopherol).....mg	0.09		0	BFSN	4		0.16		
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	0.3		0	BFSN	4		0.5		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	2.326		0		4		4.047		
4:0.....g	0.111		0		4		0.193		
6:0.....g	0.078		0		4		0.136		
8:0.....g	0.044		0		4		0.077		
10:0.....g	0.100		0		4		0.174		

Frozen yogurts, flavors other than chocolate

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.122		0		4		0.212		
13:0.....g									
14:0.....g	0.377		0		4		0.656		
15:0.....g									
16:0.....g	0.986		0		4		1.716		
17:0.....g									
18:0.....g	0.355		0		4		0.618		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.986		0		4		1.716		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.078		0		4		0.136		
17:1.....g									
18:1 undifferentiated.....g	0.820		0		4		1.427		
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		0.174		
18:2 undifferentiated.....g	0.067		0		4		0.117		
18:3 undifferentiated.....g	0.033		0		4		0.057		
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	13		0		4		23		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		4		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:**

Measure 1 = 174g: 1 cup

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group: 19 Sweets**

**NDB No. 19293**  
**Frozen yogurts, vanilla, soft-serve**

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	65.30	0.386	8		1		47.02		
Energy.....kcal	163		0	NC	4		118		
Energy.....kj	683		0	NC	4		492		
Protein (N x 6.25).....g	4.00	0.119	8		1		2.88		
Total lipid (fat).....g	5.60	0.120	8		1		4.03		
Ash.....g	0.90	0.017	8		1		0.65		
Carbohydrate, by difference.....g	24.20		0	NC	4		17.42		
Fiber, total dietary.....g	0.0		0	FLM	4		0.0		
Sugars, total.....g	24.00		0	FLM	4		17.28		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	143	4.303	8		1		103		
Iron, Fe.....mg	0.30		1		1		0.22		
Magnesium, Mg.....mg	14	0.273	3		1		10		
Phosphorus, P.....mg	129	3.055	3		1		93		
Potassium, K.....mg	211	10.899	3		1		152		
Sodium, Na.....mg	87	4.037	8		1		63		
Zinc, Zn.....mg	0.42		2		1		0.30		
Copper, Cu.....mg	0.040		2		1		0.029		
Manganese, Mn.....mg	0.012		0	FLM	4		0.009		
Selenium, Se.....mcg	3.3		0	FLM	4		2.3		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.8		2		1		0.6		
Thiamin.....mg	0.037	0.007	3		1		0.027		
Riboflavin.....mg	0.224	0.007	8		1		0.161		
Niacin.....mg	0.287	0.003	3		1		0.207		
Pantothenic acid.....mg	0.645		1		1		0.464		
Vitamin B-6.....mg	0.080		2		1		0.058		
Folate, total.....mcg	6		2		1		4		
Folic acid.....mcg	0		0	FLM	4		0		
Folate, food.....mcg	6		2		1		4		
Folate, DFE.....mcg_DFE	6		0	NC	4		4		
Choline, total.....mg	20.2		0	AS	1		14.6		
Betaine.....mg									
Vitamin B-12.....mcg	0.29		2		1		0.21		
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....mcg_RAE	59		0	FLA	4		43		
Retinol.....mcg	58		0	FLA	4		42		
Carotene, beta.....mcg	11		0	FLA	4		8		
Carotene, alpha.....mcg	0		0	FLA	4		0		
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0		
Vitamin A, IU.....IU	212	8.609	3		1		153		
Lycopene.....mcg	0		0	FLA	4		0		
Lutein + zeaxanthin.....mcg	0		0	FLA	4		0		
Vitamin E (alpha-tocopherol).....mg	0.11		0	FLM	4		0.08		
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	FLM	4		0.2		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	3.420		0		1		2.462		
4:0.....g	0.180		1		1		0.130		
6:0.....g	0.100		1		1		0.072		
8:0.....g	0.060		1		1		0.043		
10:0.....g	0.140		1		1		0.101		

**NDB No. 19293**  
**Frozen yogurts, vanilla, soft-serve**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.160		1		1		0.115		
13:0.....g									
14:0.....g	0.570		1		1		0.410		
15:0.....g									
16:0.....g	1.520		1		1		1.094		
17:0.....g									
18:0.....g	0.680		1		1		0.490		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.590		0		1		1.145		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.130		1		1		0.094		
17:1.....g									
18:1 undifferentiated.....g	1.460		1		1		1.051		
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	0.210		0		1		0.151		
18:2 undifferentiated.....g	0.130		1		1		0.094		
18:3 undifferentiated.....g	0.080		1		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	0.000		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	2		2		1		1		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.053		0		1		0.038		
Threonine.....g	0.169		0		1		0.122		
Isoleucine.....g	0.228		0		1		0.164		
Leucine.....g	0.368		0		1		0.265		
Lysine.....g	0.298		0		1		0.215		
Methionine.....g	0.094		0		1		0.068		
Cystine.....g	0.035		0		1		0.025		
Phenylalanine.....g	0.181		0		1		0.130		
Tyrosine.....g	0.181		0		1		0.130		
Valine.....g	0.252		0		1		0.181		
Arginine.....g	0.136		0		1		0.098		
Histidine.....g	0.102		0		1		0.073		
Alanine.....g	0.129		0		1		0.093		
Aspartic acid.....g	0.285		0		1		0.205		
Glutamic acid.....g	0.786		0		1		0.566		
Glycine.....g	0.080		0		1		0.058		
Proline.....g	0.364		0		1		0.262		
Serine.....g	0.204		0		1		0.147		
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLM	4		0.0		
Caffeine.....mg	0		0	FLM	4		0		
Theobromine.....mg	0		0	FLM	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. 19293**

**Frozen yogurts, vanilla, soft-serve**

Measure 1 = 72g: .5 cup

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate4**

**Food Group: 19 Sweets**

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

NDB No. 19294  
Fruit butters, apple

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	56.45		1	MA	12		159.19	9.60	
Energy.....kcal	173		0	MC	9		488	29	
Energy.....kj	724		0	MC	9		2041	123	
Protein (N x 6.25).....g	0.39		1	MA	12		1.10	0.07	
Total lipid (fat).....g	0.30		0	FLA	4		0.85	0.05	
Ash.....g	0.39		1	MA	12		1.10	0.07	
Carbohydrate, by difference.....g	42.47		0	NC	4		119.77	7.22	
Fiber, total dietary.....g	1.5		1	MA	12		4.2	0.3	
Sugars, total.....g	35.30		1	MA	12		99.55	6.00	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	14		1	MA	12		39	2	
Iron, Fe.....mg	0.31		1	MA	12		0.87	0.05	
Magnesium, Mg.....mg	4		0	FLA	4		12	1	
Phosphorus, P.....mg	8		0	FLA	4		22	1	
Potassium, K.....mg	91		0	FLA	4		257	15	
Sodium, Na.....mg	15		1	LC	8		42	3	
Zinc, Zn.....mg	0.06		1		1		0.17	0.01	
Copper, Cu.....mg	0.080		1		1		0.226	0.014	
Manganese, Mn.....mg	0.315		0	FLA	4		0.890	0.054	
Selenium, Se.....mcg	0.4		0	FLA	4		1.2	0.1	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.6		0	FLA	4		1.8	0.1	
Thiamin.....mg	0.009		0	FLA	4		0.026	0.002	
Riboflavin.....mg	0.019		0	FLA	4		0.053	0.003	
Niacin.....mg	0.076		0	FLA	4		0.215	0.013	
Pantothenic acid.....mg	0.049		0	FLA	4		0.137	0.008	
Vitamin B-6.....mg	0.037		0	FLA	4		0.103	0.006	
Folate, total.....mcg	1		0	FLA	4		2	0	
Folic acid.....mcg	0		0	FLA	4		0	0	
Folate, food.....mcg	1		0	FLA	4		2	0	
Folate, DFE.....mcg_DFE	1		0	NC	4		2	0	
Choline, total.....mg	2.1		0	FLA	4		6.0	0.4	
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	FLA	4		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	FLA	4		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	1		0	FLA	4		4	0	
Retinol.....mcg	0		0	FLA	4		0	0	
Carotene, beta.....mcg	9		0	FLA	4		25	1	
Carotene, alpha.....mcg	0		0	FLA	4		0	0	
Cryptoxanthin, beta.....mcg	9		0	FLA	4		27	2	
Vitamin A, IU.....IU	22		0	FLA	4		63	4	
Lycopene.....mcg	0		0	FLA	4		1	0	
Lutein + zeaxanthin.....mcg	17		0	FLA	4		48	3	
Vitamin E (alpha-tocopherol).....mg	0.05		0	FLA	4		0.15	0.01	
Vitamin E, added.....mg	0.00		0	FLA	4		0.00	0.00	
Tocopherol, beta.....mg	0.00		0	FLA	4		0.00	0.00	
Tocopherol, gamma.....mg	0.01		0	FLA	4		0.02	0.00	
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.9		0	FLA	4		2.5	0.1	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.053		0	FLA	4		0.149	0.009	
4:0.....g	0.000		0	FLA	4		0.000	0.000	
6:0.....g	0.000		0	FLA	4		0.000	0.000	
8:0.....g	0.000		0	FLA	4		0.000	0.000	
10:0.....g	0.000		0	FLA	4		0.000	0.000	

NDB No. 19294  
Fruit butters, apple

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures 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	FLA	4		0.003	0.000	
13:0.....g									
14:0.....g	0.002		0	FLA	4		0.007	0.000	
15:0.....g									
16:0.....g	0.041		0	FLA	4		0.116	0.007	
17:0.....g									
18:0.....g	0.008		0	FLA	4		0.021	0.001	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.016		0	FLA	4		0.046	0.003	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0	FLA	4		0.003	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.016		0	FLA	4		0.045	0.003	
20:1.....g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.084		0	FLA	4		0.237	0.014	
18:2 undifferentiated.....g	0.066		0	FLA	4		0.188	0.011	
18:3 undifferentiated.....g	0.017		0	FLA	4		0.049	0.003	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3.....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1	LC	8		0	0	
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	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 = 282g: 1 cup

Measure 2 = 17g: 1 tbsp

Calories Factors: Protein 4

Fat 9

Carbohydrate4

Food Group: 19 Sweets

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

NDB No. 19172  
Gelatin desserts, dry mix

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	1.00	0.029	84		1		0.85	0.21	
Energy.....kcal	381		0		4		324	80	
Energy.....kj	1594		0		4		1355	335	
Protein (N x 5.55).....g	7.80	0.031	84		1		6.63	1.64	
Total lipid (fat).....g	0.00		1		4		0.00	0.00	
Ash.....g	0.70	0.016	84		1		0.60	0.15	
Carbohydrate, by difference.....g	90.50		0	NC	4		76.93	19.01	
Fiber, total dietary.....g	0.0		2	LC	8		0.0	0.0	
Sugars, total.....g	86.04		0	FLC	4		73.13	18.07	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	3	0.102	9		1		3	1	
Iron, Fe.....mg	0.13		0	FLC	4		0.11	0.03	
Magnesium, Mg.....mg	2		0	FLC	4		2	1	
Phosphorus, P.....mg	141		0	FLA	4		120	30	
Potassium, K.....mg	7	0.966	17		1		6	1	
Sodium, Na.....mg	466	54.339	4	LC	8		396	98	
Zinc, Zn.....mg	0.01		2		1		0.01	0.00	
Copper, Cu.....mg	0.118		1		1		0.100	0.025	
Manganese, Mn.....mg	0.011		0	FLC	4		0.010	0.002	
Selenium, Se.....mcg	6.7		1	A	1		5.7	1.4	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	FLC	4		0.0	0.0	
Thiamin.....mg	0.003		0	FLC	4		0.002	0.001	
Riboflavin.....mg	0.041		0	FLC	4		0.035	0.009	
Niacin.....mg	0.009		0	FLC	4		0.008	0.002	
Pantothenic acid.....mg	0.014		0	FLC	4		0.012	0.003	
Vitamin B-6.....mg	0.001		0	FLC	4		0.001	0.000	
Folate, total.....mcg	3		0	FLC	4		3	1	
Folic acid.....mcg	0		0	FLC	4		0	0	
Folate, food.....mcg	3		0	FLC	4		3	1	
Folate, DFE.....mcg_DFE	3		0	NC	4		3	1	
Choline, total.....mg	3.5		0	O	4		3.0	0.7	
Betaine.....mg									
Vitamin B-12.....mcg	0.00		1		4		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	FLC	4		0	0	
Retinol.....mcg	0		0	FLC	4		0	0	
Carotene, beta.....mcg	0		0	FLC	4		0	0	
Carotene, alpha.....mcg	0		0	FLC	4		0	0	
Cryptoxanthin, beta.....mcg	0		0	FLC	4		0	0	
Vitamin A, IU.....IU	0		0	NC	4		0	0	
Lycopene.....mcg	0		0	FLC	4		0	0	
Lutein + zeaxanthin.....mcg	0		0	FLC	4		0	0	
Vitamin E (alpha-tocopherol).....mg	0.00		0	FLC	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	FLC	4		0.0	0.0	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.000		2	LC	8		0.000	0.000	
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. 19172**  
**Gelatin desserts, dry mix**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures 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	0.000		0		4		0.000	0.000	
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	0.000		2	LC	8		0.000	0.000	
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	0.000		0		4		0.000	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	0.000		2	LC	8		0.000	0.000	
18:2 undifferentiated.....g	0.000		0		4		0.000	0.000	
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		2	LC	8		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.000		0		1		0.000	0.000	
Threonine.....g	0.151		0		1		0.128	0.032	
Isoleucine.....g	0.118		0		1		0.100	0.025	
Leucine.....g	0.251		0		1		0.213	0.053	
Lysine.....g	0.354		0		1		0.301	0.074	
Methionine.....g	0.062		0		1		0.053	0.013	
Cystine.....g	0.000		0		1		0.000	0.000	
Phenylalanine.....g	0.177		0		1		0.150	0.037	
Tyrosine.....g	0.031		0		1		0.026	0.007	
Valine.....g	0.213		0		1		0.181	0.045	
Arginine.....g	0.676		0		1		0.575	0.142	
Histidine.....g	0.068		0		1		0.058	0.014	
Alanine.....g	0.818		0		1		0.695	0.172	
Aspartic acid.....g	0.538		0		1		0.457	0.113	
Glutamic acid.....g	0.894		0		1		0.760	0.188	
Glycine.....g	1.947		0		1		1.655	0.409	
Proline.....g	1.256		0		1		1.068	0.264	
Serine.....g	0.266		0		1		0.226	0.056	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0	0.0	
Caffeine.....mg	0		0	FLC	4		0	0	
Theobromine.....mg	0		0	FLC	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. 19172**

**Gelatin desserts, dry mix**

Measure 1 = 85g: 1 package (3 oz)

Measure 2 = 21g: 1 portion, amount to make 1/2 cup

**Calories Factors: Protein 3.9**

**Fat 9.02**

**Carbohydrate 3.87**

**Food Group: 19 Sweets**

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

NDB No. 19173

Gelatin desserts, dry mix, prepared with water

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	84.39		0	RPI	6		455.68	113.92	
Energy.....kcal	62		0	RPI	6		333	83	
Energy.....kj	258		0	RPI	6		1393	348	
Protein.....g	1.22		0	RPI	6		6.61	1.65	
Total lipid (fat).....g	0.00		0	RPI	6		0.00	0.00	
Ash.....g	0.20		0	RPI	6		1.06	0.27	
Carbohydrate, by difference.....g	14.19		0	RPI	6		76.65	19.16	
Fiber, total dietary.....g	0.0		0	RPI	6		0.0	0.0	
Sugars, total.....g	13.49		0	RPI	6		72.85	18.21	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	3		0	RPA	1		14	4	
Iron, Fe.....mg	0.02		0	RPI	6		0.13	0.03	
Magnesium, Mg.....mg	1		0	RPI	6		5	1	
Phosphorus, P.....mg	22		0	RPI	6		119	30	
Potassium, K.....mg	1		0	RPA	1		7	2	
Sodium, Na.....mg	75		0	RPI	6		405	101	
Zinc, Zn.....mg	0.01		0	RPA	1		0.03	0.01	
Copper, Cu.....mg	0.024		0	RPA	1		0.132	0.033	
Manganese, Mn.....mg	0.002		0	RPI	6		0.012	0.003	
Selenium, Se.....mcg	1.1		0	RPI	6		5.7	1.4	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	RPI	6		0.0	0.0	
Thiamin.....mg	0.000		0	RPI	6		0.002	0.001	
Riboflavin.....mg	0.006		0	RPI	6		0.035	0.009	
Niacin.....mg	0.001		0	RPI	6		0.008	0.002	
Pantothenic acid.....mg	0.002		0	RPI	6		0.012	0.003	
Vitamin B-6.....mg	0.000		0	RPI	6		0.001	0.000	
Folate, total.....mcg	1		0	RPI	6		3	1	
Folic acid.....mcg	0		0	RPI	6		0	0	
Folate, food.....mcg	1		0	RPI	6		3	1	
Folate, DFE.....mcg_DFE	1		0	NC	4		3	1	
Choline, total.....mg	0.5		0	AS	1		3.0	0.7	
Betaine.....mg	0.5		2	A	1		2.5	0.6	
Vitamin B-12.....mcg	0.00		0	RPI	6		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	RPI	6		0	0	
Retinol.....mcg	0		0	RPI	6		0	0	
Carotene, beta.....mcg	0		0	RPI	6		0	0	
Carotene, alpha.....mcg	0		0	RPI	6		0	0	
Cryptoxanthin, beta.....mcg	0		0	RPI	6		0	0	
Vitamin A, IU.....IU	0		0	RPI	6		0	0	
Lycopene.....mcg	0		0	RPI	6		0	0	
Lutein + zeaxanthin.....mcg	0		0	RPI	6		0	0	
Vitamin E (alpha-tocopherol).....mg	0.00		0	RPI	6		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	RPI	6		0.0	0.0	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.000		0	RPI	6		0.000	0.000	
4:0.....g	0.000		0	RPI	6		0.000	0.000	
6:0.....g	0.000		0	RPI	6		0.000	0.000	
8:0.....g	0.000		0	RPI	6		0.000	0.000	
10:0.....g	0.000		0	RPI	6		0.000	0.000	

Gelatin desserts, dry mix, prepared with water

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures 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	RPI	6		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0	RPI	6		0.000	0.000	
15:0.....g									
16:0.....g	0.000		0	RPI	6		0.000	0.000	
17:0.....g									
18:0.....g	0.000		0	RPI	6		0.000	0.000	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0	RPI	6		0.000	0.000	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	
20:1.....g	0.000		0	RPI	6		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	RPI	6		0.000	0.000	
18:2 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	
18:3 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	
18:4.....g	0.000		0	RPI	6		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	
20:5 n-3.....g	0.000		0	RPI	6		0.000	0.000	
22:5 n-3.....g	0.000		0	RPI	6		0.000	0.000	
22:6 n-3.....g	0.000		0	RPI	6		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	RPI	6		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.000		0	RPA	1		0.000	0.000	
Threonine.....g	0.024		0	RPA	1		0.128	0.032	
Isoleucine.....g	0.019		0	RPA	1		0.100	0.025	
Leucine.....g	0.039		0	RPA	1		0.213	0.053	
Lysine.....g	0.056		0	RPA	1		0.300	0.075	
Methionine.....g	0.010		0	RPA	1		0.053	0.013	
Cystine.....g	0.000		0	RPA	1		0.000	0.000	
Phenylalanine.....g	0.028		0	RPA	1		0.150	0.037	
Tyrosine.....g	0.005		0	RPA	1		0.026	0.007	
Valine.....g	0.033		0	RPA	1		0.180	0.045	
Arginine.....g	0.106		0	RPA	1		0.573	0.143	
Histidine.....g	0.011		0	RPA	1		0.058	0.014	
Alanine.....g	0.128		0	RPA	1		0.693	0.173	
Aspartic acid.....g	0.084		0	RPA	1		0.456	0.114	
Glutamic acid.....g	0.140		0	RPA	1		0.757	0.189	
Glycine.....g	0.305		0	RPA	1		1.649	0.412	
Proline.....g	0.197		0	RPA	1		1.064	0.266	
Serine.....g	0.042		0	RPA	1		0.225	0.056	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	RPI	6		0.0	0.0	
Caffeine.....mg	0		0	RPI	6		0	0	
Theobromine.....mg	0		0	RPI	6		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. 19173**

**Gelatin desserts, dry mix, prepared with water**

Measure 1 = 540g: 1 package 3 oz, yields 2 cups

Measure 2 = 135g: .5 cup

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 19 Sweets

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

NDB No. 19175

Gelatin desserts, dry mix, reduced calorie, with aspartame

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	1.93		0	FLC	4		0.12		
Energy.....kcal	198		0	NC	4		13		
Energy.....kj	829		0	NC	4		53		
Protein (N x 5.55).....g	15.67		1	LC	8		1.00		
Total lipid (fat).....g	0.00		1	LC	8		0.00		
Ash.....g	2.18		0	NR	4		0.14		
Carbohydrate, by difference.....g	80.21		0	NC	4		5.13		
Fiber, total dietary.....g	0.1		0	FLC	4		0.0		
Sugars, total.....g	0.00		0	FLC	4		0.00		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	8		0	FLC	4		1		
Iron, Fe.....mg	0.06		0	FLC	4		0.00		
Magnesium, Mg.....mg	2		0	FLC	4		0		
Phosphorus, P.....mg	1293		0		4		83		
Potassium, K.....mg	14	1.459	7		1		1		
Sodium, Na.....mg	862		1	LC	8		55		
Zinc, Zn.....mg	0.00		0	FLC	4		0.00		
Copper, Cu.....mg	0.000		0	FLC	4		0.000		
Manganese, Mn.....mg	0.000		0	FLC	4		0.000		
Selenium, Se.....mcg	0.0		0	FLC	4		0.0		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	FLC	4		0.0		
Thiamin.....mg	0.000		0	FLC	4		0.000		
Riboflavin.....mg	0.000		0	FLC	4		0.000		
Niacin.....mg	0.000		0	FLC	4		0.000		
Pantothenic acid.....mg	0.000		0	FLC	4		0.000		
Vitamin B-6.....mg	0.000		0	FLC	4		0.000		
Folate, total.....mcg	0		0	FLC	4		0		
Folic acid.....mcg	0		0	FLC	4		0		
Folate, food.....mcg	0		0	FLC	4		0		
Folate, DFE.....mcg_DFE	0		0	NC	4		0		
Choline, total.....mg	0.0		0	O	4		0.0		
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	FLC	4		0.00		
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....mcg_RAE	0		0	FLC	4		0		
Retinol.....mcg	0		0	FLC	4		0		
Carotene, beta.....mcg	0		0	FLC	4		0		
Carotene, alpha.....mcg	0		0	FLC	4		0		
Cryptoxanthin, beta.....mcg	0		0	FLC	4		0		
Vitamin A, IU.....IU	0		0	FLC	4		0		
Lycopene.....mcg	0		0	FLC	4		0		
Lutein + zeaxanthin.....mcg	0		0	FLC	4		0		
Vitamin E (alpha-tocopherol).....mg	0.00		0	FLC	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	0.0		0	FLC	4		0.0		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.000		1	LC	8		0.000		
4:0.....g	0.000		0	FLC	4		0.000		
6:0.....g	0.000		0	FLC	4		0.000		
8:0.....g	0.000		0	FLC	4		0.000		
10:0.....g	0.000		0	FLC	4		0.000		

NDB No. 19175

Gelatin desserts, dry mix, reduced calorie, with aspartame

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures 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	FLC	4		0.000		
13:0.....g									
14:0.....g	0.000		0	FLC	4		0.000		
15:0.....g									
16:0.....g	0.000		0	FLC	4		0.000		
17:0.....g									
18:0.....g	0.000		0	FLC	4		0.000		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0	FLC	4		0.000		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	FLC	4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.000		0	FLC	4		0.000		
20:1.....g	0.000		0	FLC	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLC	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	FLC	4		0.000		
18:2 undifferentiated.....g	0.000		0	FLC	4		0.000		
18:3 undifferentiated.....g	0.000		0	FLC	4		0.000		
18:4.....g	0.000		0	FLC	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLC	4		0.000		
20:5 n-3.....g	0.000		0	FLC	4		0.000		
22:5 n-3.....g	0.000		0	FLC	4		0.000		
22:6 n-3.....g	0.000		0	FLC	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1	LC	8		0		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0		
Caffeine.....mg	0		0	FLC	4		0		
Theobromine.....mg	0		0	FLC	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 = 6.4g: 1 serving

Calories Factors: Protein 0

Fat 0

Carbohydrate 2.47

Food Group: 19 Sweets

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

NDB No. 19703

Gelatin desserts, dry mix, reduced calorie, with aspartame, added phosphorus, potassium, sodium, vitamin C

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	6.70		0		4		0.60	0.67	0.17
Energy.....kcal	345		0		4		31	35	9
Energy.....kj	1443				4		130	144	36
Protein (N x 5.55).....g	55.30		0		4		4.98	5.53	1.38
Total lipid (fat).....g	0.00		1		4		0.00	0.00	0.00
Ash.....g	4.70		0		4		0.42	0.47	0.12
Carbohydrate, by difference.....g	33.30		0	NC	4		3.00	3.33	0.83
Fiber, total dietary.....g	0.0		0		4		0.0	0.0	0.0
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	2		0		4		0	0	0
Iron, Fe.....mg	0.02		1		4		0.00	0.00	0.00
Magnesium, Mg.....mg	1		0		4		0	0	0
Phosphorus, P.....mg	0		0		1		0	0	0
Potassium, K.....mg	1985		0		1		179	199	50
Sodium, Na.....mg	2751		0		1		248	275	69
Zinc, Zn.....mg	0.07		1		4		0.01	0.01	0.00
Copper, Cu.....mg	1.016		1		4		0.091	0.102	0.025
Manganese, Mn.....mg	0.049		1		4		0.004	0.005	0.001
Selenium, Se.....mcg	25.5		0	BFPN	4		2.3	2.6	0.6
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	490.0		0		1		44.1	49.0	12.3
Thiamin.....mg	0.012		1		4		0.001	0.001	0.000
Riboflavin.....mg	0.108		1		4		0.010	0.011	0.003
Niacin.....mg	0.040		1		4		0.004	0.004	0.001
Pantothenic acid.....mg	0.059		1		4		0.005	0.006	0.001
Vitamin B-6.....mg	0.049		1		4		0.004	0.005	0.001
Folate, total.....mcg	14		1		4		1	1	0
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg	14		1		4		1	1	0
Folate, DFE.....mcg_DFE	14		0	NC	4		1	1	0
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0		4		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									
Carotene, alpha.....mcg									
Cryptoxanthin, beta.....mcg									
Vitamin A, IU.....IU	0		0		4		0	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	0.000		0		4		0.000	0.000	0.000
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	0
Phytosterols.....mg									
<b>Amino Acids:</b>									

NDB No. 19703

**Gelatin desserts, dry mix, reduced calorie, with aspartame, added phosphorus, potassium, sodium, vitamin C**

Nutrients and 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
Tryptophan.....g	0.000		0		1	0.000	0.000	0.000
Threonine.....g	1.066		0		1	0.096	0.107	0.027
Isoleucine.....g	0.837		0		1	0.075	0.084	0.021
Leucine.....g	1.774		0		1	0.160	0.177	0.044
Lysine.....g	2.501		0		1	0.225	0.250	0.063
Methionine.....g	0.439		0		1	0.040	0.044	0.011
Cystine.....g	0.000		0		1	0.000	0.000	0.000
Phenylalanine.....g	1.256		0		1	0.113	0.126	0.031
Tyrosine.....g	0.219		0		1	0.020	0.022	0.005
Valine.....g	1.505		0		1	0.135	0.151	0.038
Arginine.....g	4.784		0		1	0.431	0.478	0.120
Histidine.....g	0.478		0		1	0.043	0.048	0.012
Alanine.....g	5.790		0		1	0.521	0.579	0.145
Aspartic acid.....g	3.807		0		1	0.343	0.381	0.095
Glutamic acid.....g	6.328		0		1	0.570	0.633	0.158
Glycine.....g	13.773		0		1	1.240	1.377	0.344
Proline.....g	8.890		0		1	0.800	0.889	0.222
Serine.....g	1.884		0		1	0.170	0.188	0.047
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:**

Measure 1 = 9.0g: 1 tbsp

Measure 2 = 10.0g: 1 package (0.35 oz)

Measure 3 = 2.5g: 1 portion, amount to make 1/2 cup

**Calories Factors: Protein 3.9**

**Fat 9.02**

**Carbohydrate 3.87**

**Food Group: 19 Sweets**

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

NDB No. 19704

Gelatin desserts, dry mix, reduced calorie, with aspartame, no added 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	6.70		0		4		0.60	0.67	0.17
Energy.....kcal	345		0		4		31	35	9
Energy.....kj	1443				4		130	144	36
Protein (N x 5.55).....g	55.30		0		4		4.98	5.53	1.38
Total lipid (fat).....g	0.00		1		4		0.00	0.00	0.00
Ash.....g	4.70		0		4		0.42	0.47	0.12
Carbohydrate, by difference.....g	33.30		0	NC	4		3.00	3.33	0.83
Fiber, total dietary.....g	0.0		0		4		0.0	0.0	0.0
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	2		0		4		0	0	0
Iron, Fe.....mg	0.02		1		4		0.00	0.00	0.00
Magnesium, Mg.....mg	1		0		4		0	0	0
Phosphorus, P.....mg	1293		0		4		116	129	32
Potassium, K.....mg	14	1.459	7		1		1	1	0
Sodium, Na.....mg	158		0		1		14	16	4
Zinc, Zn.....mg	0.07		1		4		0.01	0.01	0.00
Copper, Cu.....mg	1.016		1		4		0.091	0.102	0.025
Manganese, Mn.....mg	0.049		1		4		0.004	0.005	0.001
Selenium, Se.....mcg	25.5		0	BFPN	4		2.3	2.6	0.6
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0	0.0	0.0
Thiamin.....mg	0.012		1		4		0.001	0.001	0.000
Riboflavin.....mg	0.108		1		4		0.010	0.011	0.003
Niacin.....mg	0.040		1		4		0.004	0.004	0.001
Pantothenic acid.....mg	0.059		1		4		0.005	0.006	0.001
Vitamin B-6.....mg	0.049		1		4		0.004	0.005	0.001
Folate, total.....mcg	14		1		4		1	1	0
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg	14		1		4		1	1	0
Folate, DFE.....mcg_DFE	14		0	NC	4		1	1	0
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0		4		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									
Carotene, alpha.....mcg									
Cryptoxanthin, beta.....mcg									
Vitamin A, IU.....IU	0		0		4		0	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	0.000		0		4		0.000	0.000	0.000
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	0
Phytosterols.....mg									
<b>Amino Acids:</b>									

NDB No. 19704

Gelatin desserts, dry mix, reduced calorie, with aspartame, no added 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
Tryptophan.....g	0.000		0		1		0.000	0.000	0.000
Threonine.....g	1.066		0		1		0.096	0.107	0.027
Isoleucine.....g	0.837		0		1		0.075	0.084	0.021
Leucine.....g	1.774		0		1		0.160	0.177	0.044
Lysine.....g	2.501		0		1		0.225	0.250	0.063
Methionine.....g	0.439		0		1		0.040	0.044	0.011
Cystine.....g	0.000		0		1		0.000	0.000	0.000
Phenylalanine.....g	1.256		0		1		0.113	0.126	0.031
Tyrosine.....g	0.219		0		1		0.020	0.022	0.005
Valine.....g	1.505		0		1		0.135	0.151	0.038
Arginine.....g	4.784		0		1		0.431	0.478	0.120
Histidine.....g	0.478		0		1		0.043	0.048	0.012
Alanine.....g	5.790		0		1		0.521	0.579	0.145
Aspartic acid.....g	3.807		0		1		0.343	0.381	0.095
Glutamic acid.....g	6.328		0		1		0.570	0.633	0.158
Glycine.....g	13.773		0		1		1.240	1.377	0.344
Proline.....g	8.890		0		1		0.800	0.889	0.222
Serine.....g	1.884		0		1		0.170	0.188	0.047
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:**

Measure 1 = 9.0g: 1 tbsp

Measure 2 = 10.0g: 1 package (0.35 oz)

Measure 3 = 2.5g: 1 portion, amount to make 1/2 cup

**Calories Factors: Protein 3.9**

**Fat 9.02**

**Carbohydrate 3.87**

**Food Group: 19 Sweets**

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

NDB No. 19176

Gelatin desserts, dry mix, reduced calorie, with aspartame, prepared with water

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	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	RPI	6		110.84	444.32	
Energy.....kcal	20		0	RPI	6		24	95	
Energy.....kj	85		0	RPI	6		99	396	
Protein.....g	0.83		0	RPI	6		0.97	3.87	
Total lipid (fat).....g	0.00		0	RPI	6		0.00	0.00	
Ash.....g	0.21		0	RPI	6		0.25	1.00	
Carbohydrate, by difference.....g	4.22		0	RPI	6		4.94	19.81	
Fiber, total dietary.....g	0.0		0	RPI	6		0.0	0.0	
Sugars, total.....g	0.00		0	RPI	6		0.00	0.00	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	3		0	RPI	6		3	13	
Iron, Fe.....mg	0.01		0	RPI	6		0.01	0.03	
Magnesium, Mg.....mg	1		0	RPI	6		1	3	
Phosphorus, P.....mg	68		0	RPI	6		80	319	
Potassium, K.....mg	1		0	RPA	1		1	4	
Sodium, Na.....mg	48		0	RPI	6		56	223	
Zinc, Zn.....mg	0.00		0	RPI	6		0.01	0.02	
Copper, Cu.....mg	0.007		0	RPI	6		0.008	0.031	
Manganese, Mn.....mg	0.000		0	RPI	6		0.000	0.002	
Selenium, Se.....mcg	0.0		0	RPI	6		0.0	0.0	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	RPI	6		0.0	0.0	
Thiamin.....mg	0.000		0	RPI	6		0.000	0.000	
Riboflavin.....mg	0.000		0	RPI	6		0.000	0.000	
Niacin.....mg	0.000		0	RPI	6		0.000	0.000	
Pantothenic acid.....mg	0.000		0	RPI	6		0.000	0.000	
Vitamin B-6.....mg	0.000		0	RPI	6		0.000	0.000	
Folate, total.....mcg	0		0	RPI	6		0	0	
Folic acid.....mcg	0		0	RPI	6		0	0	
Folate, food.....mcg	0		0	RPI	6		0	0	
Folate, DFE.....mcg_DFE	0		0	NC	4		0	0	
Choline, total.....mg	0.0		0	Z	7		0.0	0.0	
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	RPI	6		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	RPI	6		0	0	
Retinol.....mcg	0		0	RPI	6		0	0	
Carotene, beta.....mcg	0		0	RPI	6		0	0	
Carotene, alpha.....mcg	0		0	RPI	6		0	0	
Cryptoxanthin, beta.....mcg	0		0	RPI	6		0	0	
Vitamin A, IU.....IU	0		0	RPI	6		0	0	
Lycopene.....mcg	0		0	RPI	6		0	0	
Lutein + zeaxanthin.....mcg	0		0	RPI	6		0	0	
Vitamin E (alpha-tocopherol).....mg	0.00		0	RPI	6		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	RPI	6		0.0	0.0	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.000		0	RPI	6		0.000	0.000	
4:0.....g	0.000		0	RPI	6		0.000	0.000	
6:0.....g	0.000		0	RPI	6		0.000	0.000	
8:0.....g	0.000		0	RPI	6		0.000	0.000	
10:0.....g	0.000		0	RPI	6		0.000	0.000	



Gelatin desserts, dry mix, reduced calorie, with aspartame, prepared with water

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures 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	RPI	6		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0	RPI	6		0.000	0.000	
15:0.....g									
16:0.....g	0.000		0	RPI	6		0.000	0.000	
17:0.....g									
18:0.....g	0.000		0	RPI	6		0.000	0.000	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0	RPI	6		0.000	0.000	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	
20:1.....g	0.000		0	RPI	6		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	RPI	6		0.000	0.000	
18:2 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	
18:3 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	
18:4.....g	0.000		0	RPI	6		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	
20:5 n-3.....g	0.000		0	RPI	6		0.000	0.000	
22:5 n-3.....g	0.000		0	RPI	6		0.000	0.000	
22:6 n-3.....g	0.000		0	RPI	6		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	RPI	6		0	0	
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	RPI	6		0.0	0.0	
Caffeine.....mg	0		0	RPI	6		0	0	
Theobromine.....mg	0		0	RPI	6		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 = 117g: .5 cup

Measure 2 = 469g: 1 package yield (2 cups)

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group: 19 Sweets**

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

NDB No. 19702

Gelatin desserts, dry mix, with added ascorbic acid, sodium-citrate and 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	1.00	0.029	84		1		0.85	0.21	
Energy.....kcal	381		0		4		324	80	
Energy.....kj	1594				4		1355	335	
Protein (N x 5.55).....g	7.80	0.031	84		1		6.63	1.64	
Total lipid (fat).....g	0.00		1		4		0.00	0.00	
Ash.....g	0.70	0.016	84		1		0.60	0.15	
Carbohydrate, by difference.....g	90.50		0	NC	4		76.93	19.01	
Fiber, total dietary.....g	0.0		0		4		0.0	0.0	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	3	0.102	9		1		3	1	
Iron, Fe.....mg	0.15		1		4		0.13	0.03	
Magnesium, Mg.....mg	2		1		4		2	0	
Phosphorus, P.....mg	142		1		4		121	30	
Potassium, K.....mg	7	0.966	17		1		6	1	
Sodium, Na.....mg	491		0		1		417	103	
Zinc, Zn.....mg	0.01		2		1		0.01	0.00	
Copper, Cu.....mg	0.118		1		1		0.100	0.025	
Manganese, Mn.....mg	0.016		1		4		0.014	0.003	
Selenium, Se.....mcg	3.6		0	BFPN	4		3.1	0.8	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	62.8		0		1		53.4	13.2	
Thiamin.....mg	0.002		1		4		0.002	0.000	
Riboflavin.....mg	0.021		1		4		0.018	0.004	
Niacin.....mg	0.008		1		4		0.007	0.002	
Pantothenic acid.....mg	0.011		1		4		0.009	0.002	
Vitamin B-6.....mg	0.010		1		4		0.009	0.002	
Folate, total.....mcg	3		1		4		3	1	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	3		1		4		3	1	
Folate, DFE.....mcg_DFE	3		0	NC	4		3	1	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg	0.00		1		4		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		1		4		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	0.000		0		4		0.000	0.000	
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1		4		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									

NDB No. 19702

Gelatin desserts, dry mix, with added ascorbic acid, sodium-citrate and salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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	0.000		0		1		0.000	0.000	
Threonine.....g	0.151		0		1		0.128	0.032	
Isoleucine.....g	0.118		0		1		0.100	0.025	
Leucine.....g	0.251		0		1		0.213	0.053	
Lysine.....g	0.354		0		1		0.301	0.074	
Methionine.....g	0.062		0		1		0.053	0.013	
Cystine.....g	0.000		0		1		0.000	0.000	
Phenylalanine.....g	0.177		0		1		0.150	0.037	
Tyrosine.....g	0.031		0		1		0.026	0.007	
Valine.....g	0.213		0		1		0.181	0.045	
Arginine.....g	0.676		0		1		0.575	0.142	
Histidine.....g	0.068		0		1		0.058	0.014	
Alanine.....g	0.818		0		1		0.695	0.172	
Aspartic acid.....g	0.538		0		1		0.457	0.113	
Glutamic acid.....g	0.894		0		1		0.760	0.188	
Glycine.....g	1.947		0		1		1.655	0.409	
Proline.....g	1.256		0		1		1.068	0.264	
Serine.....g	0.266		0		1		0.226	0.056	
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:**

Measure 1 = 85g: 1 package (3 oz)

Measure 2 = 21g: 1 portion, amount to make 1/2 cup

**Calories Factors: Protein 3.9**

**Fat 9.02**

**Carbohydrate 3.87**

**Food Group: 19 Sweets**

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

NDB No. 19177

Gelatins, dry powder, unsweetened

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	13.00		1		4		0.91	3.64	
Energy.....kcal	335		0		4		23	94	
Energy.....kj	1402		0		4		98	392	
Protein (N x 5.55).....g	85.60		1		4		5.99	23.97	
Total lipid (fat).....g	0.10		1		4		0.01	0.03	
Ash.....g	1.30		1		4		0.09	0.36	
Carbohydrate, by difference.....g	0.00		0		1		0.00	0.00	
Fiber, total dietary.....g	0.0		0		4		0.0	0.0	
Sugars, total.....g	0.00		0	NR	4		0.00	0.00	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	55		2		1		4	15	
Iron, Fe.....mg	1.11		2		1		0.08	0.31	
Magnesium, Mg.....mg	22		2		1		2	6	
Phosphorus, P.....mg	39		2		1		3	11	
Potassium, K.....mg	16		2		1		1	4	
Sodium, Na.....mg	196		2		1		14	55	
Zinc, Zn.....mg	0.14		2		1		0.01	0.04	
Copper, Cu.....mg	2.161		2		1		0.151	0.605	
Manganese, Mn.....mg	0.105		2		1		0.007	0.029	
Selenium, Se.....mcg	39.5		1	A	1		2.8	11.1	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		2		1		0.0	0.0	
Thiamin.....mg	0.025		2		1		0.002	0.007	
Riboflavin.....mg	0.230		2		1		0.016	0.064	
Niacin.....mg	0.085		2		1		0.006	0.024	
Pantothenic acid.....mg	0.125		2		1		0.009	0.035	
Vitamin B-6.....mg	0.007		1		4		0.000	0.002	
Folate, total.....mcg	30		2		1		2	8	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	30		2		1		2	8	
Folate, DFE.....mcg_DFE	30		0	NC	4		2	8	
Choline, total.....mg	38.5		0	O	4		2.7	10.8	
Betaine.....mg									
Vitamin B-12.....mcg	0.00		1		4		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	NR	4		0	0	
Carotene, alpha.....mcg	0		0	NR	4		0	0	
Cryptoxanthin, beta.....mcg	0		0	NR	4		0	0	
Vitamin A, IU.....IU	0		2		1		0	0	
Lycopene.....mcg	0		0	NR	4		0	0	
Lutein + zeaxanthin.....mcg	0		0	NR	4		0	0	
Vitamin E (alpha-tocopherol).....mg	0.00		0	Z	7		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	Z	7		0.0	0.0	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.070		0		1		0.005	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	

## Gelatins, dry powder, unsweetened

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures 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	
13:0.....g									
14:0.....g	0.010		1		1		0.001	0.003	
15:0.....g									
16:0.....g	0.040		1		1		0.003	0.011	
17:0.....g									
18:0.....g	0.030		1		1		0.002	0.008	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.060		0		1		0.004	0.017	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.010		1		1		0.001	0.003	
17:1.....g									
18:1 undifferentiated.....g	0.050		1		1		0.004	0.014	
20:1.....g	0.000		1		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	0.010		0		1		0.001	0.003	
18:2 undifferentiated.....g	0.000		1		1		0.000	0.000	
18:3 undifferentiated.....g	0.000		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		1		4		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.000		0		1		0.000	0.000	
Threonine.....g	1.475		0		1		0.103	0.413	
Isoleucine.....g	1.158		0		1		0.081	0.324	
Leucine.....g	2.454		0		1		0.172	0.687	
Lysine.....g	3.460		0		1		0.242	0.969	
Methionine.....g	0.606		0		1		0.042	0.170	
Cystine.....g	0.000		0		1		0.000	0.000	
Phenylalanine.....g	1.737		0		1		0.122	0.486	
Tyrosine.....g	0.303		0		1		0.021	0.085	
Valine.....g	2.081		0		1		0.146	0.583	
Arginine.....g	6.616		0		1		0.463	1.852	
Histidine.....g	0.662		0		1		0.046	0.185	
Alanine.....g	8.009		0		1		0.561	2.243	
Aspartic acid.....g	5.265		0		1		0.369	1.474	
Glutamic acid.....g	8.753		0		1		0.613	2.451	
Glycine.....g	19.049		0		1		1.333	5.334	
Proline.....g	12.295		0		1		0.861	3.443	
Serine.....g	2.605		0		1		0.182	0.729	
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. 19177**

**Gelatins, dry powder, unsweetened**

Measure 1 = 7.0g: 1 envelope (1 tbsp)

Measure 2 = 28g: 1 package (1 oz)

**Calories Factors: Protein 3.9**

**Fat 9.02**

**Carbohydrate**

**Food Group: 19 Sweets**

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

NDB No. 19296

Honey

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	17.10	0.071	509		1		57.97	3.59	2.39
Energy.....kcal	304		0	NC	4		1031	64	43
Energy.....kj	1272		0		4		4312	267	178
Protein (N x 6.25).....g	0.30	0.007	508		1		1.02	0.06	0.04
Total lipid (fat).....g	0.00	0.002	3		1		0.00	0.00	0.00
Ash.....g	0.20	0.009	508		1		0.68	0.04	0.03
Carbohydrate, by difference.....g	82.40		0	NC	4		279.34	17.30	11.54
Fiber, total dietary.....g	0.2		0		4		0.7	0.0	0.0
Sugars, total.....g	82.12		0	NR	4		278.39	17.25	11.50
Sucrose.....g	0.89	0.245	9	AI	13		3.00	0.19	0.12
Glucose (dextrose).....g	35.75		1	AI	13		121.20	7.51	5.01
Fructose.....g	40.94		1	AI	13		138.80	8.60	5.73
Lactose.....g									
Maltose.....g	1.44	0.307	9	AI	13		4.88	0.30	0.20
Galactose.....g	3.10		1	AI	13		10.51	0.65	0.43
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	6	0.396	13		1		20	1	1
Iron, Fe.....mg	0.42	0.110	14		1		1.42	0.09	0.06
Magnesium, Mg.....mg	2	0.159	14		1		7	0	0
Phosphorus, P.....mg	4	0.348	13		1		14	1	1
Potassium, K.....mg	52	9.923	14		1		176	11	7
Sodium, Na.....mg	4	0.560	14		1		14	1	1
Zinc, Zn.....mg	0.22	0.042	12		1		0.75	0.05	0.03
Copper, Cu.....mg	0.036	0.008	14		1		0.122	0.008	0.005
Manganese, Mn.....mg	0.080	0.026	14		1		0.271	0.017	0.011
Selenium, Se.....mcg	0.8		2	A	1		2.7	0.2	0.1
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.5	0.141	4		1		1.7	0.1	0.1
Thiamin.....mg	0.000		1		4		0.000	0.000	0.000
Riboflavin.....mg	0.038	0.012	4		1		0.129	0.008	0.005
Niacin.....mg	0.121	0.025	4		1		0.410	0.025	0.017
Pantothenic acid.....mg	0.068	0.009	4		1		0.231	0.014	0.010
Vitamin B-6.....mg	0.024	0.005	4		1		0.081	0.005	0.003
Folate, total.....mcg	2		1		1		7	0	0
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg	2		1		1		7	0	0
Folate, DFE.....mcg_DFE	2		0	NC	4		7	0	0
Choline, total.....mg	2.2		1	A	1		7.3	0.5	0.3
Betaine.....mg	1.7		1	A	1		5.7	0.4	0.2
Vitamin B-12.....mcg	0.00		1		4		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		1		4		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		0	Z	7		0.00	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	0.0		2	JA	6		0.0	0.0	0.0

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	0.000		0		1		0.000	0.000	0.000
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
12:0.....g	0.000		0		4		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.000		0		4		0.000	0.000	0.000
15:0.....g									
16:0.....g	0.000		0		4		0.000	0.000	0.000
17:0.....g									
18:0.....g	0.000		0		4		0.000	0.000	0.000
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0		7		0.000	0.000	0.000
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
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									
Fatty acids, total polyunsaturated.....g	0.000		0		7		0.000	0.000	0.000
18:2 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
18:3 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
18:4.....g	0.000		0		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		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									
Cholesterol.....mg	0		1		4		0	0	0
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.004		0		1		0.014	0.001	0.001
Threonine.....g	0.004		0		1		0.014	0.001	0.001
Isoleucine.....g	0.008		0		1		0.027	0.002	0.001
Leucine.....g	0.010		0		1		0.034	0.002	0.001
Lysine.....g	0.008		0		1		0.027	0.002	0.001
Methionine.....g	0.001		0		1		0.003	0.000	0.000
Cystine.....g	0.003		0		1		0.010	0.001	0.000
Phenylalanine.....g	0.011		0		1		0.037	0.002	0.002
Tyrosine.....g	0.008		0		1		0.027	0.002	0.001
Valine.....g	0.009		0		1		0.031	0.002	0.001
Arginine.....g	0.005		0		1		0.017	0.001	0.001
Histidine.....g	0.001		0		1		0.003	0.000	0.000
Alanine.....g	0.006		0		1		0.020	0.001	0.001
Aspartic acid.....g	0.027		0		1		0.092	0.006	0.004
Glutamic acid.....g	0.018		0		1		0.061	0.004	0.003
Glycine.....g	0.007		0		1		0.024	0.001	0.001
Proline.....g	0.090		0		1		0.305	0.019	0.013
Serine.....g	0.006		0		1		0.020	0.001	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. 19296

Honey

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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 = 339g: 1 cup

Measure 2 = 21g: 1 tbsp

Measure 3 = 14.0g: 1 packet (0.5 oz)

**Calories Factors: Protein** 3.36

**Fat** 8.37

**Carbohydrate**3.68

**Food Group:** 19 Sweets

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

**NDB No. 19259**  
**Ice Creams, HEALTHY CHOICE Praline and Caramel**  
*ConAgra, Inc.*

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	60.19		1	MC	9		42.73		
Energy.....kcal	170		1	MC	9		121		
Energy.....kj	712		0	MC	9		506		
Protein.....g	3.67		1	MC	9		2.61		
Total lipid (fat).....g	2.97		0	NR	4		2.11		
Ash.....g	0.97		1	MC	9		0.69		
Carbohydrate, by difference.....g	32.20		1	MC	9		22.86		
Fiber, total dietary.....g	1.0		1	MC	9		0.7		
Sugars, total.....g	26.40		1	MC	9		18.74		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	132		1	MC	9		94		
Iron, Fe.....mg	0.07		1	MC	9		0.05		
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	89		1	MC	9		63		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		1	MC	9		0.0		
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	531		1	MC	9		377		
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	1.380		1	MC	9		0.980		
Fatty acids, total monounsaturated.....g	1.090		1	MC	9		0.774		
Fatty acids, total polyunsaturated.....g	0.440		1	MC	9		0.312		
Fatty acids, total trans.....g	0.060		1	MC	9		0.043		
Cholesterol.....mg	7		1	MC	9		5		
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. 19259**

**Ice Creams, HEALTHY CHOICE Praline and Caramel**

Measure 1 = 71g: 1 serving 1/2 cup

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 19 Sweets

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

NDB No. 19894

Ice creams, BREYERS, 98% Fat Free Chocolate

Good Humor - Breyers Ice Cream

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	63.20		0	O	4		42.98		
Energy.....kcal	136		1	MC	9		92		
Energy.....kj	568		0	MC	9		386		
Protein (N x 6.25).....g	3.89		1	MC	9		2.65		
Total lipid (fat).....g	2.17		1	MC	9		1.48		
Ash.....g	0.56		0	BFFN	4		0.38		
Carbohydrate, by difference.....g	30.18		1	MC	9		20.52		
Fiber, total dietary.....g	5.8		1	MC	9		3.9		
Sugars, total.....g	20.29		1	MC	9		13.80		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	126		1	MC	9		86		
Iron, Fe.....mg	0.84		1	MC	9		0.57		
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	75		1	MC	9		51		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.7		1	MC	9		0.5		
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	255		1	MC	9		174		
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	1.380		1	MC	9		0.938		
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	7		1	MC	9		5		
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. 19894**

**Ice creams, BREYERS, 98% Fat Free Chocolate**

Measure 1 = 68g: 1 serving 1/2 cup

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 19 Sweets

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

NDB No. 19877

Ice creams, BREYERS, 98% Fat Free Vanilla

Good Humor - Breyers Ice Cream

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	63.42		0	O	4		43.13		
Energy.....kcal	137		1	MC	9		93		
Energy.....kj	574		0	MC	9		390		
Protein (N x 6.25).....g	3.30		1	MC	9		2.24		
Total lipid (fat).....g	2.20		1	MC	9		1.50		
Ash.....g	0.57		0	FLC	4		0.39		
Carbohydrate, by difference.....g	30.51		1	MC	9		20.75		
Fiber, total dietary.....g	5.4		1	MC	9		3.7		
Sugars, total.....g	20.93		1	MC	9		14.23		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	122		1	MC	9		83		
Iron, Fe.....mg	0.09		1	MC	9		0.06		
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	73		1	MC	9		49		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.8		1	MC	9		0.5		
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	268		1	MC	9		182		
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	1.410		1	MC	9		0.959		
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	8		1	MC	9		5		
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. 19877**

**Ice creams, BREYERS, 98% Fat Free Vanilla**

Measure 1 = 68g: 1 serving 1/2 cup

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 19 Sweets

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

NDB No. 19893

Ice creams, BREYERS, All Natural Light French Chocolate

Good Humor - Breyers Ice Cream

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	56.58		0	O	4		38.48		
Energy.....kcal	201		1	MC	9		136		
Energy.....kj	839		0	MC	9		571		
Protein (N x 6.25).....g	5.30		1	MC	9		3.60		
Total lipid (fat).....g	7.28		1	MC	9		4.95		
Ash.....g	1.16		0	BFFN	4		0.79		
Carbohydrate, by difference.....g	29.68		1	MC	9		20.18		
Fiber, total dietary.....g	1.0		1	MC	9		0.6		
Sugars, total.....g	24.04		1	MC	9		16.35		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	158		1	MC	9		107		
Iron, Fe.....mg	0.85		1	MC	9		0.58		
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	75		1	MC	9		51		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	1.0		1	MC	9		0.7		
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	446		1	MC	9		303		
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	4.280		1	MC	9		2.910		
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	41		1	MC	9		28		
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. 19893**

**Ice creams, BREYERS, All Natural Light French Chocolate**

Measure 1 = 68g: 1 serving 1/2 cup

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 19 Sweets

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

NDB No. 19876

Ice creams, BREYERS, All Natural Light French Vanilla

Good Humor - Breyers Ice Cream

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	62.71		0	O	4		42.64		
Energy.....kcal	173		1	MC	9		117		
Energy.....kj	723		0	MC	9		491		
Protein (N x 6.25).....g	4.82		1	MC	9		3.28		
Total lipid (fat).....g	5.56		1	MC	9		3.78		
Ash.....g	0.88		0	FLC	4		0.60		
Carbohydrate, by difference.....g	26.03		1	MC	9		17.70		
Fiber, total dietary.....g	0.2		1	MC	9		0.1		
Sugars, total.....g	21.11		1	MC	9		14.35		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	155		1	MC	9		106		
Iron, Fe.....mg	0.21		1	MC	9		0.14		
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	73		1	MC	9		50		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.9		1	MC	9		0.6		
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	489		1	MC	9		332		
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	3.220		1	MC	9		2.190		
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	53		1	MC	9		36		
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. 19876**

**Ice creams, BREYERS, All Natural Light French Vanilla**

Measure 1 = 68g: 1 serving 1/2 cup

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 19 Sweets

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

NDB No. 19879

Ice creams, BREYERS, All Natural Light Mint Chocolate Chip

Good Humor - Breyers Ice Cream

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	59.11		0	O	4		40.20		
Energy.....kcal	196		1	MC	9		134		
Energy.....kj	822		0	MC	9		559		
Protein (N x 6.25).....g	4.69		1	MC	9		3.19		
Total lipid (fat).....g	7.09		1	MC	9		4.82		
Ash.....g	0.72		0	FLM	4		0.49		
Carbohydrate, by difference.....g	28.39		1	MC	9		19.31		
Fiber, total dietary.....g	0.6		1	MC	9		0.4		
Sugars, total.....g	25.38		1	MC	9		17.26		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	160		1	MC	9		109		
Iron, Fe.....mg	0.52		1	MC	9		0.35		
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	67		1	MC	9		46		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	1.4		1	MC	9		1.0		
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	404		1	MC	9		275		
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	4.480		1	MC	9		3.046		
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	15		1	MC	9		10		
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. 19879**

**Ice creams, BREYERS, All Natural Light Mint Chocolate Chip**

Measure 1 = 68g: 1 serving 1/2 cup

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 19 Sweets

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

NDB No. 19875

Ice creams, BREYERS, All Natural Light Vanilla

Good Humor - Breyers Ice Cream

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	64.89		0	FLC	4		44.13		
Energy.....kcal	162		1	MC	9		110		
Energy.....kj	678		0	MC	9		461		
Protein (N x 6.25).....g	4.84		1	MC	9		3.29		
Total lipid (fat).....g	4.59		1	MC	9		3.12		
Ash.....g	0.38		0	O	4		0.26		
Carbohydrate, by difference.....g	25.30		1	MC	9		17.20		
Fiber, total dietary.....g	0.2		1	MC	9		0.1		
Sugars, total.....g	22.78		1	MC	9		15.49		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	169		1	MC	9		115		
Iron, Fe.....mg	0.06		1	MC	9		0.04		
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	71		1	MC	9		48		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	1.1		1	MC	9		0.7		
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	437		1	MC	9		297		
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	2.860		1	MC	9		1.945		
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	15		1	MC	9		10		
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. 19875**

**Ice creams, BREYERS, All Natural Light Vanilla**

Measure 1 = 68g: 1 serving 1/2 cup

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 19 Sweets

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

NDB No. 19878

Ice creams, BREYERS, All Natural Light Vanilla Chocolate Strawberry

Good Humor - Breyers Ice Cream

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	63.32		0	O	4		43.06		
Energy.....kcal	161		1	MC	9		109		
Energy.....kj	673		0	MC	9		458		
Protein (N x 6.25).....g	4.69		1	MC	9		3.19		
Total lipid (fat).....g	4.35		1	MC	9		2.96		
Ash.....g	1.58		0	FLM	4		1.07		
Carbohydrate, by difference.....g	26.06		1	MC	9		17.72		
Fiber, total dietary.....g	0.4		1	MC	9		0.3		
Sugars, total.....g	22.47		1	MC	9		15.28		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	158		1	MC	9		108		
Iron, Fe.....mg	0.31		1	MC	9		0.21		
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	69		1	MC	9		47		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	1.7		1	MC	9		1.1		
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	417		1	MC	9		284		
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	2.700		1	MC	9		1.836		
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	14		1	MC	9		10		
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. 19878**

**Ice creams, BREYERS, All Natural Light Vanilla Chocolate Strawberry**

Measure 1 = 68g: 1 serving 1/2 cup

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 19 Sweets

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

NDB No. 19880

Ice creams, BREYERS, No Sugar Added, Butter Pecan

Good Humor - Breyers Ice Cream

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	63.52		0	O	4		43.20		
Energy.....kcal	180		1	MC	9		122		
Energy.....kj	752		0	MC	9		511		
Protein (N x 6.25).....g	3.99		1	MC	9		2.71		
Total lipid (fat).....g	10.30		1	MC	9		7.00		
Ash.....g	0.89		0	FLM	4		0.60		
Carbohydrate, by difference.....g	21.30		1	MC	9		14.48		
Fiber, total dietary.....g	0.9		1	MC	9		0.6		
Sugars, total.....g	5.90		1	MC	9		4.01		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	130		1	MC	9		88		
Iron, Fe.....mg	0.19		1	MC	9		0.13		
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	164		1	MC	9		111		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.9		1	MC	9		0.6		
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	281		1	MC	9		191		
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	4.180		1	MC	9		2.842		
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	18		1	MC	9		12		
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. 19880**

**Ice creams, BREYERS, No Sugar Added, Butter Pecan**

Measure 1 = 68g: 1 serving 1/2 cup

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 19 Sweets

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

NDB No. 19895

Ice creams, BREYERS, No Sugar Added, Chocolate Caramel

Good Humor - Breyers Ice Cream

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	64.71		0	O	4		45.94		
Energy.....kcal	151		1	MC	9		107		
Energy.....kj	632		0	MC	9		449		
Protein (N x 6.25).....g	3.54		1	MC	9		2.51		
Total lipid (fat).....g	5.80		1	MC	9		4.12		
Ash.....g	0.78		0	BFFN	4		0.55		
Carbohydrate, by difference.....g	25.17		1	MC	9		17.87		
Fiber, total dietary.....g	1.0		1	MC	9		0.7		
Sugars, total.....g	5.81		1	MC	9		4.13		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	121		1	MC	9		86		
Iron, Fe.....mg	0.59		1	MC	9		0.42		
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	77		1	MC	9		55		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.7		1	MC	9		0.5		
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	266		1	MC	9		189		
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	3.650		1	MC	9		2.592		
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	16		1	MC	9		12		
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. 19895**

**Ice creams, BREYERS, No Sugar Added, Chocolate Caramel**

Measure 1 = 71g: 1 serving 1/2 cup

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 19 Sweets

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

NDB No. 19881

Ice creams, BREYERS, No Sugar Added, French Vanilla

Good Humor - Breyers Ice Cream

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	66.48		0	O	4		45.21		
Energy.....kcal	154		1	MC	9		105		
Energy.....kj	645		0	MC	9		438		
Protein (N x 6.25).....g	4.50		1	MC	9		3.06		
Total lipid (fat).....g	7.05		1	MC	9		4.79		
Ash.....g	1.22		0	FLM	4		0.83		
Carbohydrate, by difference.....g	20.75		1	MC	9		14.11		
Fiber, total dietary.....g	0.5		1	MC	9		0.4		
Sugars, total.....g	7.70		1	MC	9		5.24		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	151		1	MC	9		103		
Iron, Fe.....mg	0.19		1	MC	9		0.13		
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	87		1	MC	9		59		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.9		1	MC	9		0.6		
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	345		1	MC	9		235		
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	4.170		1	MC	9		2.836		
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	53		1	MC	9		36		
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. 19881**

**Ice creams, BREYERS, No Sugar Added, French Vanilla**

Measure 1 = 68g: 1 serving 1/2 cup

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 19 Sweets

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

NDB No. 19882

Ice creams, BREYERS, No Sugar Added, Vanilla

Good Humor - Breyers Ice Cream

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	67.86		0	FLM	4		46.82		
Energy.....kcal	143		1	MC	9		99		
Energy.....kj	600		0	MC	9		414		
Protein (N x 6.25).....g	3.68		1	MC	9		2.54		
Total lipid (fat).....g	6.20		1	MC	9		4.28		
Ash.....g	0.84		0	FLM	4		0.58		
Carbohydrate, by difference.....g	21.92		1	MC	9		15.12		
Fiber, total dietary.....g	0.5		1	MC	9		0.4		
Sugars, total.....g	6.09		1	MC	9		4.20		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	133		1	MC	9		92		
Iron, Fe.....mg	0.09		1	MC	9		0.06		
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	66		1	MC	9		45		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.8		1	MC	9		0.6		
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	291		1	MC	9		201		
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	3.900		1	MC	9		2.691		
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	18		1	MC	9		13		
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. 19882**

**Ice creams, BREYERS, No Sugar Added, Vanilla**

Measure 1 = 69g: 1 serving 1/2 cup

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 19 Sweets

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

NDB No. 19884

Ice creams, BREYERS, No Sugar Added, Vanilla Chocolate Strawberry

Good Humor - Breyers Ice Cream

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	67.34		0	O	4		45.79		
Energy.....kcal	143		1	MC	9		98		
Energy.....kj	600		0	MC	9		408		
Protein (N x 6.25).....g	3.71		1	MC	9		2.52		
Total lipid (fat).....g	6.26		1	MC	9		4.26		
Ash.....g	0.99		0	FLM	4		0.67		
Carbohydrate, by difference.....g	21.70		1	MC	9		14.76		
Fiber, total dietary.....g	0.7		1	MC	9		0.5		
Sugars, total.....g	6.15		1	MC	9		4.18		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	132		1	MC	9		90		
Iron, Fe.....mg	0.27		1	MC	9		0.18		
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	68		1	MC	9		47		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.8		1	MC	9		0.5		
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	292		1	MC	9		198		
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	3.940		1	MC	9		2.679		
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	18		1	MC	9		12		
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. 19884**

**Ice creams, BREYERS, No Sugar Added, Vanilla Chocolate Strawberry**

Measure 1 = 68g: 1 serving 1/2 cup

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 19 Sweets

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

NDB No. 19883

Ice creams, BREYERS, No Sugar Added, Vanilla Fudge Twirl

Good Humor - Breyers Ice Cream

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	64.40		0	O	4		46.37		
Energy.....kcal	153		1	MC	9		110		
Energy.....kj	641		0	MC	9		461		
Protein (N x 6.25).....g	3.53		1	MC	9		2.54		
Total lipid (fat).....g	5.68		1	MC	9		4.09		
Ash.....g	0.76		0	FLM	4		0.55		
Carbohydrate, by difference.....g	25.63		1	MC	9		18.45		
Fiber, total dietary.....g	0.8		1	MC	9		0.5		
Sugars, total.....g	5.49		1	MC	9		3.95		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	121		1	MC	9		87		
Iron, Fe.....mg	0.36		1	MC	9		0.26		
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	72		1	MC	9		52		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.7		1	MC	9		0.5		
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	262		1	MC	9		189		
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	3.570		1	MC	9		2.570		
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	16		1	MC	9		12		
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. 19883**

**Ice creams, BREYERS, No Sugar Added, Vanilla Fudge Twirl**

Measure 1 = 72g: 1 serving 1/2 cup

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 19 Sweets

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

**NDB No. 19270**  
**Ice creams, chocolate**

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	55.70	0.813	11		1		32.31	36.76	
Energy.....kcal	216		0	NC	4		125	143	
Energy.....kj	904		0		4		524	596	
Protein (N x 6.1).....g	3.80	0.082	6		1		2.20	2.51	
Total lipid (fat).....g	11.00	0.427	6		1		6.38	7.26	
Ash.....g	1.00	0.050	6		1		0.58	0.66	
Carbohydrate, by difference.....g	28.20		0	NC	4		16.36	18.61	
Fiber, total dietary.....g	1.2		0		4		0.7	0.8	
Sugars, total.....g	25.36		0	BFCN	4		14.71	16.74	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	109	2.964	34		1		63	72	
Iron, Fe.....mg	0.93	0.061	35		1		0.54	0.61	
Magnesium, Mg.....mg	29	0.755	36		1		17	19	
Phosphorus, P.....mg	107	1.632	28		1		62	71	
Potassium, K.....mg	249	4.882	35		1		144	164	
Sodium, Na.....mg	76	2.707	36		1		44	50	
Zinc, Zn.....mg	0.58	0.021	35		1		0.34	0.38	
Copper, Cu.....mg	0.135	0.011	35		1		0.078	0.089	
Manganese, Mn.....mg	0.140	0.008	35		1		0.081	0.092	
Selenium, Se.....mcg	2.5	0.301	17	A	1		1.5	1.7	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.7		0		4		0.4	0.5	
Thiamin.....mg	0.042	0.004	5		1		0.024	0.028	
Riboflavin.....mg	0.194	0.009	5		1		0.113	0.128	
Niacin.....mg	0.226	0.015	5		1		0.131	0.149	
Pantothenic acid.....mg	0.554	0.063	5		1		0.321	0.366	
Vitamin B-6.....mg	0.055	0.003	5		1		0.032	0.036	
Folate, total.....mcg	16	1.147	5		1		9	11	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	16	1.147	5		1		9	11	
Folate, DFE.....mcg_DFE	16		0	NC	4		9	11	
Choline, total.....mg	22.5		0	AS	1		13.0	14.8	
Betaine.....mg	0.6		1	A	1		0.3	0.4	
Vitamin B-12.....mcg	0.29	0.055	5		1		0.17	0.19	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	118		0	BFFN	4		68	78	
Retinol.....mcg	116		0	BFFN	4		67	77	
Carotene, beta.....mcg	19		0	BFFN	4		11	12	
Carotene, alpha.....mcg	0		0	BFFN	4		0	0	
Cryptoxanthin, beta.....mcg	0		0	BFFN	4		0	0	
Vitamin A, IU.....IU	416	30.100	5		1		241	275	
Lycopene.....mcg	0		0	BFFN	4		0	0	
Lutein + zeaxanthin.....mcg	0		0	BFFN	4		0	0	
Vitamin E (alpha-tocopherol).....mg	0.30		0	BFFN	4		0.17	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	0.3		0	BFFN	4		0.2	0.2	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	6.800		0		1		3.944	4.488	
4:0.....g	0.340		1		1		0.197	0.224	
6:0.....g	0.200		1		1		0.116	0.132	
8:0.....g	0.120		1		1		0.070	0.079	
10:0.....g	0.260		1		1		0.151	0.172	

**NDB No. 19270**  
**Ice creams, chocolate**

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	0.290		1		1	0.168	0.191
13:0.....g							
14:0.....g	1.070		1		1	0.621	0.706
15:0.....g							
16:0.....g	3.060		1		1	1.775	2.020
17:0.....g							
18:0.....g	1.460		1		1	0.847	0.964
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	3.210		0		1	1.862	2.119
14:1.....g							
15:1.....g							
16:1 undifferentiated.....g	0.240		1		1	0.139	0.158
17:1.....g							
18:1 undifferentiated.....g	2.970		1		1	1.723	1.960
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	0.410		0		1	0.238	0.271
18:2 undifferentiated.....g	0.250		1		1	0.145	0.165
18:3 undifferentiated.....g	0.150		1		1	0.087	0.099
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	34		1		1	20	22
Phytosterols.....mg							
<b>Others:</b>							
Alcohol, ethyl.....g	0.0		0	Z	7	0.0	0.0
Caffeine.....mg	3		1		1	2	2
Theobromine.....mg	62		1		1	36	41

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 individual (3.5 fl oz)

Measure 2 = 66g: .5 cup (4 fl oz)

**Calories Factors: Protein 3.6**

**Fat 8.8**

**Carbohydrate 3.7**

**Food Group: 19 Sweets**

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

NDB No. 19114  
Ice creams, chocolate, light

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	61.43		0	FLM	4		41.77	61.43	
Energy.....kcal	201		2	NC	4		137	201	
Energy.....kj	840		0	NC	4		571	840	
Protein.....g	5.00		2	MC	9		3.40	5.00	
Total lipid (fat).....g	7.19		2	MC	9		4.89	7.19	
Ash.....g	0.69		0	FLM	4		0.47	0.69	
Carbohydrate, by difference.....g	25.70		0	NC	4		17.48	25.70	
Fiber, total dietary.....g	0.8		2	MC	9		0.5	0.8	
Sugars, total.....g	24.71		2	MC	9		16.80	24.71	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	159		2	MC	9		108	159	
Iron, Fe.....mg	0.69		2	MC	9		0.47	0.69	
Magnesium, Mg.....mg	20		0	FLM	4		13	20	
Phosphorus, P.....mg	83		0	FLM	4		57	83	
Potassium, K.....mg	170		0	FLM	4		116	170	
Sodium, Na.....mg	71		2	MC	9		48	71	
Zinc, Zn.....mg	0.43		0	FLM	4		0.30	0.43	
Copper, Cu.....mg	0.103		0	FLM	4		0.070	0.103	
Manganese, Mn.....mg	0.101		0	FLM	4		0.069	0.101	
Selenium, Se.....mcg	2.2		0	FLM	4		1.5	2.2	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	1.2		2	MC	9		0.8	1.2	
Thiamin.....mg	0.023		0	FLM	4		0.015	0.023	
Riboflavin.....mg	0.129		0	FLM	4		0.088	0.129	
Niacin.....mg	0.126		0	FLM	4		0.086	0.126	
Pantothenic acid.....mg	0.246		0	FLM	4		0.167	0.246	
Vitamin B-6.....mg	0.023		0	FLM	4		0.016	0.023	
Folate, total.....mcg	4		0	FLM	4		2	4	
Folic acid.....mcg	0		0	FLM	4		0	0	
Folate, food.....mcg	4		0	FLM	4		2	4	
Folate, DFE.....mcg_DFE	4		0	NC	4		2	4	
Choline, total.....mg	19.6		0	BFSN	4		13.3	19.6	
Betaine.....mg									
Vitamin B-12.....mcg	0.14		0	FLM	4		0.10	0.14	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	71		0	NC	4		48	71	
Retinol.....mcg	60		0	FLM	4		41	60	
Carotene, beta.....mcg	135		0	FLM	4		92	135	
Carotene, alpha.....mcg	0		0	FLM	4		0	0	
Cryptoxanthin, beta.....mcg	0		0	FLM	4		0	0	
Vitamin A, IU.....IU	424		0	NC	4		288	424	
Lycopene.....mcg	0		0	FLM	4		0	0	
Lutein + zeaxanthin.....mcg	1		0	FLM	4		1	1	
Vitamin E (alpha-tocopherol).....mg	0.20		0	FLM	4		0.13	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	11		0	FLM	4		8	11	
Vitamin K (phylloquinone).....mcg	0.6		0	FLM	4		0.4	0.6	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	4.380		2	MC	9		2.978	4.380	
4:0.....g	0.226		0	FLM	4		0.154	0.226	
6:0.....g	0.077		0	FLM	4		0.053	0.077	
8:0.....g	0.079		0	FLM	4		0.054	0.079	
10:0.....g	0.140		0	FLM	4		0.095	0.140	



NDB No. 19114  
Ice creams, chocolate, light

Nutrients and 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					
12:0.....g	0.091		0	FLM	4		0.062	0.091	
13:0.....g	0.000		0	FLM	4		0.000	0.000	
14:0.....g	0.705		0	FLM	4		0.479	0.705	
15:0.....g	0.000		0	FLM	4		0.000	0.000	
16:0.....g	1.996		0	FLM	4		1.357	1.996	
17:0.....g	0.000		0	FLM	4		0.000	0.000	
18:0.....g	0.846		0	FLM	4		0.575	0.846	
20:0.....g	0.000		0	FLM	4		0.000	0.000	
22:0.....g	0.000		0	FLM	4		0.000	0.000	
24:0.....g	0.000		0	FLM	4		0.000	0.000	
Fatty acids, total monounsaturated.....g	2.055		0	FLM	4		1.397	2.055	
14:1.....g	0.000		0	FLM	4		0.000	0.000	
15:1.....g									
16:1 undifferentiated.....g	0.199		0	FLM	4		0.135	0.199	
17:1.....g									
18:1 undifferentiated.....g	1.856		0	FLM	4		1.262	1.856	
20:1.....g	0.000		0	FLM	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.241		0	FLM	4		0.164	0.241	
18:2 undifferentiated.....g	0.168		0	FLM	4		0.114	0.168	
18:3 undifferentiated.....g	0.074		0	FLM	4		0.050	0.074	
18:4.....g	0.000		0	FLM	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	
20:5 n-3.....g	0.000		0	FLM	4		0.000	0.000	
22:5 n-3.....g	0.000		0	FLM	4		0.000	0.000	
22:6 n-3.....g	0.000		0	FLM	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	28		2	MC	9		19	28	
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0	0.0	
Caffeine.....mg	2		0	FLM	4		1	2	
Theobromine.....mg	69		0	FLM	4		47	69	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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: 1 serving

Measure 2 = 100g: 1 unit

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 19 Sweets

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

NDB No. 19265

Ice creams, chocolate, light, no sugar 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	64.44		0	O	4		46.40		
Energy.....kcal	152		2	MC	9		109		
Energy.....kj	636		0	MC	9		458		
Protein.....g	3.54		2	MC	9		2.55		
Total lipid (fat).....g	5.74		2	MC	9		4.13		
Ash.....g	0.94		0	FLM	4		0.68		
Carbohydrate, by difference.....g	25.40		2	MC	9		18.29		
Fiber, total dietary.....g	0.9		2	MC	9		0.6		
Sugars, total.....g	5.43		0	FLM	4		3.91		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	121		2	MC	9		87		
Iron, Fe.....mg	0.48		2	MC	9		0.34		
Magnesium, Mg.....mg	15		0	FLM	4		11		
Phosphorus, P.....mg	106		0	FLM	4		77		
Potassium, K.....mg	196		0	FLM	4		141		
Sodium, Na.....mg	75		2	MC	9		54		
Zinc, Zn.....mg	0.40		0	FLM	4		0.29		
Copper, Cu.....mg	0.018		0	FLM	4		0.013		
Manganese, Mn.....mg	0.009		0	FLM	4		0.006		
Selenium, Se.....mcg	2.9		0	FLM	4		2.1		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.7		2	MC	9		0.5		
Thiamin.....mg	0.044		0	FLM	4		0.032		
Riboflavin.....mg	0.180		0	FLM	4		0.130		
Niacin.....mg	0.111		0	FLM	4		0.080		
Pantothenic acid.....mg	0.414		0	FLM	4		0.298		
Vitamin B-6.....mg	0.042		0	FLM	4		0.030		
Folate, total.....mcg	5		0	FLM	4		3		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	5		0	FLM	4		3		
Folate, DFE.....mcg_DFE	5		0	NC	4		3		
Choline, total.....mg	11.7		0	O	4		8.4		
Betaine.....mg									
Vitamin B-12.....mcg	0.38		0	FLM	4		0.27		
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....mcg_RAE	75		0	NC	4		54		
Retinol.....mcg	74		0	FLM	4		53		
Carotene, beta.....mcg	10		0	FLM	4		7		
Carotene, alpha.....mcg	0		0	FLM	4		0		
Cryptoxanthin, beta.....mcg	0		0	FLM	4		0		
Vitamin A, IU.....IU	264		2	MC	9		190		
Lycopene.....mcg	0		0	FLM	4		0		
Lutein + zeaxanthin.....mcg	0		0	FLM	4		0		
Vitamin E (alpha-tocopherol).....mg	0.30		0	FLM	4		0.21		
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	3.6		0	FLM	4		2.6		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	3.610		2	MC	9		2.599		
4:0.....g	0.172		0	FLM	4		0.124		
6:0.....g	0.105		0	FLM	4		0.075		
8:0.....g	0.065		0	FLM	4		0.047		
10:0.....g	0.135		0	FLM	4		0.097		

NDB No. 19265

Ice creams, chocolate, light, no sugar 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	0.149		0	FLM	4		0.108		
13:0.....g	0.000		0	FLM	4		0.000		
14:0.....g	0.543		0	FLM	4		0.391		
15:0.....g	0.000		0	FLM	4		0.000		
16:0.....g	1.624		0	FLM	4		1.169		
17:0.....g	0.000		0	FLM	4		0.000		
18:0.....g	0.706		0	FLM	4		0.508		
20:0.....g	0.000		0	FLM	4		0.000		
22:0.....g	0.000		0	FLM	4		0.000		
24:0.....g	0.000		0	FLM	4		0.000		
Fatty acids, total monounsaturated.....g	0.930		0	FLM	4		0.669		
14:1.....g	0.000		0	FLM	4		0.000		
15:1.....g									
16:1 undifferentiated.....g	0.066		0	FLM	4		0.048		
17:1.....g									
18:1 undifferentiated.....g	0.863		0	FLM	4		0.622		
20:1.....g	0.000		0	FLM	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.527		0	FLM	4		0.379		
18:2 undifferentiated.....g	0.434		0	FLM	4		0.313		
18:3 undifferentiated.....g	0.092		0	FLM	4		0.066		
18:4.....g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLM	4		0.000		
20:5 n-3.....g	0.000		0	FLM	4		0.000		
22:5 n-3.....g	0.000		0	FLM	4		0.000		
22:6 n-3.....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	16		2	MC	9		12		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLM	4		0.0		
Caffeine.....mg	0		0	FLM	4		0		
Theobromine.....mg	5		0	FLM	4		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 = 72g: 1 serving 1/2 cup

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group: 19 Sweets**

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

**NDB No. 43541**  
**Ice creams, chocolate, rich**

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	56.55		0	NR	4		83.69	5.77	
Energy.....kcal	255		0	NC	4		377	26	
Energy.....kj	1066		0	NC	4		1577	109	
Protein.....g	4.72		1	LC	8		6.98	0.48	
Total lipid (fat).....g	16.98		1	LC	8		25.13	1.73	
Ash.....g	1.00		0	FLM	4		1.48	0.10	
Carbohydrate, by difference.....g	20.75		1	LC	8		30.72	2.12	
Fiber, total dietary.....g	0.9		1	LC	8		1.4	0.1	
Sugars, total.....g	17.35		0	FLM	4		25.67	1.77	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	142		1	LC	8		209	14	
Iron, Fe.....mg	1.02		1	LC	8		1.51	0.10	
Magnesium, Mg.....mg	32		0	FLM	4		47	3	
Phosphorus, P.....mg	115		0	FLM	4		170	12	
Potassium, K.....mg	238		0	FLM	4		353	24	
Sodium, Na.....mg	57		1	LC	8		84	6	
Zinc, Zn.....mg	0.64		0	FLM	4		0.95	0.07	
Copper, Cu.....mg	0.175		0	FLM	4		0.258	0.018	
Manganese, Mn.....mg	0.173		0	FLM	4		0.255	0.018	
Selenium, Se.....mcg	2.1		0	FLM	4		3.1	0.2	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.5		0	FLM	4		0.7	0.0	
Thiamin.....mg	0.030		0	FLM	4		0.044	0.003	
Riboflavin.....mg	0.167		0	FLM	4		0.247	0.017	
Niacin.....mg	0.182		0	FLM	4		0.269	0.019	
Pantothenic acid.....mg	0.336		0	FLM	4		0.498	0.034	
Vitamin B-6.....mg	0.033		0	FLM	4		0.048	0.003	
Folate, total.....mcg	5		0	FLM	4		8	1	
Folic acid.....mcg	0		0	FLM	4		0	0	
Folate, food.....mcg	5		0	FLM	4		8	1	
Folate, DFE.....mcg_DFE	5		0	NC	4		8	1	
Choline, total.....mg	34.7		0	O	4		51.3	3.5	
Betaine.....mg									
Vitamin B-12.....mcg	0.18		0	FLM	4		0.26	0.02	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	201		0	NC	4		297	20	
Retinol.....mcg	198		0	FLM	4		293	20	
Carotene, beta.....mcg	31		0	FLM	4		46	3	
Carotene, alpha.....mcg	0		0	FLM	4		0	0	
Cryptoxanthin, beta.....mcg	0		0	FLM	4		0	0	
Vitamin A, IU.....IU	713		0	NC	4		1055	73	
Lycopene.....mcg	0		0	FLM	4		0	0	
Lutein + zeaxanthin.....mcg	2		0	FLM	4		3	0	
Vitamin E (alpha-tocopherol).....mg	0.46		0	FLM	4		0.68	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	1.5		0	FLM	4		2.2	0.2	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	10.377		1	LC	8		15.358	1.058	
4:0.....g	0.517		0	FLM	4		0.766	0.053	
6:0.....g	0.312		0	FLM	4		0.462	0.032	
8:0.....g	0.188		0	FLM	4		0.278	0.019	
10:0.....g	0.403		0	FLM	4		0.597	0.041	

NDB No. 43541  
Ice creams, chocolate, rich

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.450		0	FLM	4		0.667	0.046	
13:0.....g	0.000		0	FLM	4		0.000	0.000	
14:0.....g	1.619		0	FLM	4		2.397	0.165	
15:0.....g	0.000		0	FLM	4		0.000	0.000	
16:0.....g	4.406		0	FLM	4		6.520	0.449	
17:0.....g	0.000		0	FLM	4		0.000	0.000	
18:0.....g	2.138		0	FLM	4		3.164	0.218	
20:0.....g	0.000		0	FLM	4		0.000	0.000	
22:0.....g	0.000		0	FLM	4		0.000	0.000	
24:0.....g	0.000		0	FLM	4		0.000	0.000	
Fatty acids, total monounsaturated.....g	4.794		0	FLM	4		7.095	0.489	
14:1.....g	0.000		0	FLM	4		0.000	0.000	
15:1.....g									
16:1 undifferentiated.....g	0.361		0	FLM	4		0.535	0.037	
17:1.....g									
18:1 undifferentiated.....g	4.433		0	FLM	4		6.561	0.452	
20:1.....g	0.000		0	FLM	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.658		0	FLM	4		0.975	0.067	
18:2 undifferentiated.....g	0.409		0	FLM	4		0.605	0.042	
18:3 undifferentiated.....g	0.250		0	FLM	4		0.369	0.025	
18:4.....g	0.000		0	FLM	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	
20:5 n-3.....g	0.000		0	FLM	4		0.000	0.000	
22:5 n-3.....g	0.000		0	FLM	4		0.000	0.000	
22:6 n-3.....g	0.000		0	FLM	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	60		0	FLM	4		89	6	
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLM	4		0.0	0.0	
Caffeine.....mg	4		0	FLM	4		5	0	
Theobromine.....mg	120		0	FLM	4		178	12	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 cup  
Measure 2 = 10.2g: 1 cubic inch

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group: 19 Sweets**

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

NDB No. 19090

Ice creams, french vanilla, soft-serve

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	59.80	0.361	11		1		51.43		
Energy.....kcal	222		0	NC	4		191		
Energy.....kj	930		0	NC	4		800		
Protein (N x 6.25).....g	4.10		1		1		3.53		
Total lipid (fat).....g	13.00	0.508	11		1		11.18		
Ash.....g	0.90		1		4		0.77		
Carbohydrate, by difference.....g	22.20		0	NC	4		19.09		
Fiber, total dietary.....g	0.7		0	FLA	4		0.6		
Sugars, total.....g	21.16		0	FLA	4		18.20		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	131		1		4		113		
Iron, Fe.....mg	0.21		1		4		0.18		
Magnesium, Mg.....mg	12		1		4		10		
Phosphorus, P.....mg	116		1		4		100		
Potassium, K.....mg	177		1		4		152		
Sodium, Na.....mg	61		1		4		52		
Zinc, Zn.....mg	0.52		1		4		0.45		
Copper, Cu.....mg	0.030		1		4		0.026		
Manganese, Mn.....mg	0.005		1		4		0.004		
Selenium, Se.....mcg	3.0		0	BFPN	4		2.6		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.8		1		4		0.7		
Thiamin.....mg	0.049		1		4		0.042		
Riboflavin.....mg	0.182		1		4		0.157		
Niacin.....mg	0.095		1		4		0.082		
Pantothenic acid.....mg	0.506		1		4		0.435		
Vitamin B-6.....mg	0.048		1		4		0.041		
Folate, total.....mcg	9		1		4		8		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	9		1		4		8		
Folate, DFE.....mcg_DFE	9		0	NC	4		8		
Choline, total.....mg	26.0		0	BFPN	4		22.4		
Betaine.....mg									
Vitamin B-12.....mcg	0.50		1		4		0.43		
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....mcg_RAE	162		0	FLA	4		139		
Retinol.....mcg	159		0	FLA	4		137		
Carotene, beta.....mcg	30		0	FLA	4		26		
Carotene, alpha.....mcg	5		0	FLA	4		4		
Cryptoxanthin, beta.....mcg	5		0	FLA	4		4		
Vitamin A, IU.....IU	589		0	FLA	4		506		
Lycopene.....mcg	0		0	FLA	4		0		
Lutein + zeaxanthin.....mcg	151		0	FLA	4		130		
Vitamin E (alpha-tocopherol).....mg	0.61		0	FLA	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	0.9		0	FLA	4		0.8		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	7.480		0		1		6.433		
4:0.....g	0.390		1		1		0.335		
6:0.....g	0.230		1		1		0.198		
8:0.....g	0.130		1		1		0.112		
10:0.....g	0.300		1		1		0.258		

NDB No. 19090

Ice creams, french vanilla, soft-serve

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.340		1		1		0.292		
13:0.....g									
14:0.....g	1.240		1		1		1.066		
15:0.....g									
16:0.....g	3.360		1		1		2.890		
17:0.....g									
18:0.....g	1.470		1		1		1.264		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	3.490		0		1		3.001		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.270		1		1		0.232		
17:1.....g									
18:1 undifferentiated.....g	3.220		1		1		2.769		
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	0.450		0		1		0.387		
18:2 undifferentiated.....g	0.280		1		1		0.241		
18:3 undifferentiated.....g	0.180		1		1		0.155		
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	91		1		4		78		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.048		0		1		0.041		
Threonine.....g	0.169		0		1		0.145		
Isoleucine.....g	0.215		0		1		0.185		
Leucine.....g	0.353		0		1		0.304		
Lysine.....g	0.296		0		1		0.255		
Methionine.....g	0.091		0		1		0.078		
Cystine.....g	0.036		0		1		0.031		
Phenylalanine.....g	0.176		0		1		0.151		
Tyrosine.....g	0.170		0		1		0.146		
Valine.....g	0.241		0		1		0.207		
Arginine.....g	0.172		0		1		0.148		
Histidine.....g	0.099		0		1		0.085		
Alanine.....g	0.164		0		1		0.141		
Aspartic acid.....g	0.300		0		1		0.258		
Glutamic acid.....g	0.745		0		1		0.641		
Glycine.....g	0.163		0		1		0.140		
Proline.....g	0.374		0		1		0.322		
Serine.....g	0.216		0		1		0.186		
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. 19090**

**Ice creams, french vanilla, soft-serve**

Measure 1 = 86g: .5 cup (4 fl oz)

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate4**

**Food Group: 19 Sweets**

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



NDB No. 19899

Ice creams, regular, low carbohydrate, chocolate

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	66.63		0	NR	4		38.65		
Energy.....kcal	193		0	NC	4		112		
Energy.....kj	807		0	NC	4		468		
Protein.....g	3.80	0.082	6		1		2.20		
Total lipid (fat).....g	12.70		1	LC	8		7.37		
Ash.....g	1.00	0.050	6		1		0.58		
Carbohydrate, by difference.....g	15.87		0	NC	4		9.21		
Fiber, total dietary.....g	4.8		1	LC	8		2.8		
Sugars, total.....g	6.35		1	LC	8		3.68		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	109	2.964	34		1		63		
Iron, Fe.....mg	0.93	0.061	35		1		0.54		
Magnesium, Mg.....mg	29	0.755	36		1		17		
Phosphorus, P.....mg	107	1.632	28		1		62		
Potassium, K.....mg	249	4.882	35		1		144		
Sodium, Na.....mg	76	2.707	36		1		44		
Zinc, Zn.....mg	0.58	0.021	35		1		0.34		
Copper, Cu.....mg	0.135	0.011	35		1		0.078		
Manganese, Mn.....mg	0.140	0.008	35		1		0.081		
Selenium, Se.....mcg	2.5	0.301	17	A	1		1.5		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.7		0		4		0.4		
Thiamin.....mg	0.042	0.004	5		1		0.024		
Riboflavin.....mg	0.194	0.009	5		1		0.113		
Niacin.....mg	0.226	0.015	5		1		0.131		
Pantothenic acid.....mg	0.554	0.063	5		1		0.321		
Vitamin B-6.....mg	0.055	0.003	5		1		0.032		
Folate, total.....mcg	16	1.147	5		1		9		
Folic acid.....mcg	0		0	BFZN	4		0		
Folate, food.....mcg	16		0	BFZN	4		9		
Folate, DFE.....mcg_DFE	16		0	NC	4		9		
Choline, total.....mg	22.5		0	BFZN	4		13.0		
Betaine.....mg									
Vitamin B-12.....mcg	0.29	0.055	5		1		0.17		
Vitamin B-12, added.....mcg	0.00		0	BFZN	4		0.00		
Vitamin A, RAE.....mcg_RAE	118		0	NC	4		68		
Retinol.....mcg	116		0	BFZN	4		67		
Carotene, beta.....mcg	19		0	BFZN	4		11		
Carotene, alpha.....mcg	0		0	BFZN	4		0		
Cryptoxanthin, beta.....mcg	0		0	BFZN	4		0		
Vitamin A, IU.....IU	419		0	NC	4		243		
Lycopene.....mcg	0		0	BFZN	4		0		
Lutein + zeaxanthin.....mcg	0		0	BFZN	4		0		
Vitamin E (alpha-tocopherol).....mg	0.30		0	BFZN	4		0.17		
Vitamin E, added.....mg	0.00		0	BFZN	4		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.3		0	BFZN	4		0.2		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	7.864		0		1		4.561		
4:0.....g	0.393		1		1		0.228		
6:0.....g	0.231		1		1		0.134		
8:0.....g	0.139		1		1		0.080		
10:0.....g	0.301		1		1		0.174		

NDB No. 19899

Ice creams, regular, low carbohydrate, chocolate

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.335		1		1		0.195		
13:0.....g									
14:0.....g	1.237		1		1		0.718		
15:0.....g									
16:0.....g	3.539		1		1		2.052		
17:0.....g									
18:0.....g	1.688		1		1		0.979		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	3.712		0		1		2.153		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.278		1		1		0.161		
17:1.....g									
18:1 undifferentiated.....g	3.434		1		1		1.992		
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	0.474		0		1		0.275		
18:2 undifferentiated.....g	0.289		1		1		0.168		
18:3 undifferentiated.....g	0.173		1		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	34		1		1		20		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	3		1		1		2		
Theobromine.....mg	62		1		1		36		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 individual (3.5 fl oz)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 19 Sweets

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

NDB No. 19898

Ice creams, regular, low carbohydrate, vanilla

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	67.36		0	NR	4		39.07	44.46	
Energy.....kcal	190		0	NC	4		110	126	
Energy.....kj	797		0	NC	4		462	526	
Protein.....g	3.17		1	LC	8		1.84	2.10	
Total lipid (fat).....g	12.70		1	LC	8		7.37	8.38	
Ash.....g	0.90	0.045	6		1		0.52	0.59	
Carbohydrate, by difference.....g	15.87		0	NC	4		9.20	10.47	
Fiber, total dietary.....g	4.8		1	LC	8		2.8	3.1	
Sugars, total.....g	6.35		1	LC	8		3.68	4.19	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	128	5.483	17		1		74	84	
Iron, Fe.....mg	0.09	0.007	35		1		0.05	0.06	
Magnesium, Mg.....mg	14	0.361	12		1		8	9	
Phosphorus, P.....mg	105	4.119	12		1		61	69	
Potassium, K.....mg	199	6.120	12		1		115	131	
Sodium, Na.....mg	48		1	LC	8		28	31	
Zinc, Zn.....mg	0.69	0.160	14		1		0.40	0.46	
Copper, Cu.....mg	0.023	0.002	7		1		0.013	0.015	
Manganese, Mn.....mg	0.008	0.001	6		1		0.005	0.005	
Selenium, Se.....mcg	2.6		0	BFPN	4		1.5	1.7	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.6	0.067	21		1		0.3	0.4	
Thiamin.....mg	0.041	0.003	13		1		0.024	0.027	
Riboflavin.....mg	0.240	0.013	14		1		0.139	0.158	
Niacin.....mg	0.116	0.011	6		1		0.067	0.077	
Pantothenic acid.....mg	0.581	0.170	3		1		0.337	0.383	
Vitamin B-6.....mg	0.048	0.001	10		1		0.028	0.032	
Folate, total.....mcg	5	1.830	4		1		3	3	
Folic acid.....mcg	0		0	BFZN	4		0	0	
Folate, food.....mcg	5		0	BFZN	4		3	3	
Folate, DFE.....mcg_DFE	5		0	NC	4		3	3	
Choline, total.....mg	26.0		0	BFZN	4		15.1	17.2	
Betaine.....mg									
Vitamin B-12.....mcg	0.39	0.043	3		1		0.23	0.26	
Vitamin B-12, added.....mcg	0.00		0	BFZN	4		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	118		0	NC	4		68	78	
Retinol.....mcg	116		0	BFZN	4		67	77	
Carotene, beta.....mcg	19		0	BFZN	4		11	12	
Carotene, alpha.....mcg	0		0	BFZN	4		0	0	
Cryptoxanthin, beta.....mcg	0		0	BFZN	4		0	0	
Vitamin A, IU.....IU	418		0	NC	4		243	276	
Lycopene.....mcg	0		0	BFZN	4		0	0	
Lutein + zeaxanthin.....mcg	0		0	BFZN	4		0	0	
Vitamin E (alpha-tocopherol).....mg	0.30		0	BFZN	4		0.17	0.19	
Vitamin E, added.....mg	0.00		0	BFZN	4		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		0.2	0.2	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	6.790		0		1		3.938	4.481	
4:0.....g	0.360		1		1		0.209	0.238	
6:0.....g	0.210		1		1		0.122	0.139	
8:0.....g	0.120		1		1		0.070	0.079	
10:0.....g	0.280		1		1		0.162	0.185	

Ice creams, regular, low carbohydrate, vanilla

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.310		1		1		0.180	0.205	
13:0.....g									
14:0.....g	1.130		1		1		0.655	0.746	
15:0.....g									
16:0.....g	3.060		1		1		1.775	2.020	
17:0.....g									
18:0.....g	1.330		1		1		0.771	0.878	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	3.170		0		1		1.839	2.092	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.250		1		1		0.145	0.165	
17:1.....g									
18:1 undifferentiated.....g	2.930		1		1		1.699	1.934	
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	0.410		0		1		0.238	0.271	
18:2 undifferentiated.....g	0.250		1		1		0.145	0.165	
18:3 undifferentiated.....g	0.160		1		1		0.093	0.106	
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	32		1	LC	8		18	21	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.045		0		1		0.026	0.030	
Threonine.....g	0.146		0		1		0.085	0.096	
Isoleucine.....g	0.195		0		1		0.113	0.129	
Leucine.....g	0.316		0		1		0.183	0.209	
Lysine.....g	0.258		0		1		0.150	0.170	
Methionine.....g	0.081		0		1		0.047	0.053	
Cystine.....g	0.029		0		1		0.017	0.019	
Phenylalanine.....g	0.157		0		1		0.091	0.104	
Tyrosine.....g	0.155		0		1		0.090	0.102	
Valine.....g	0.217		0		1		0.126	0.143	
Arginine.....g	0.125		0		1		0.073	0.083	
Histidine.....g	0.088		0		1		0.051	0.058	
Alanine.....g	0.121		0		1		0.070	0.080	
Aspartic acid.....g	0.250		0		1		0.145	0.165	
Glutamic acid.....g	0.681		0		1		0.395	0.449	
Glycine.....g	0.093		0		1		0.054	0.061	
Proline.....g	0.326		0		1		0.189	0.215	
Serine.....g	0.177		0		1		0.103	0.117	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	BFZN	4		0	0	
Theobromine.....mg	0		0	BFZN	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. 19898**

**Ice creams, regular, low carbohydrate, vanilla**

Measure 1 = 58g: 1 individual (3.5 fl oz)

Measure 2 = 66g: .5 cup (4 fl oz)

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 19 Sweets

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

**NDB No. 19271**  
**Ice creams, strawberry**

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	60.00	1.302	7		1		34.80	39.60	
Energy.....kcal	192		0	NC	4		111	127	
Energy.....kj	803				4		466	530	
Protein (N x 6.4).....g	3.20		2		1		1.86	2.11	
Total lipid (fat).....g	8.40		2		1		4.87	5.54	
Ash.....g	0.70		2		1		0.41	0.46	
Carbohydrate, by difference.....g	27.60		0	NC	4		16.01	18.22	
Fiber, total dietary.....g	0.9		0	FLA	4		0.5	0.6	
Sugars, total.....g									
Sucrose.....g									
Glucose (dextrose).....g									
Fructose.....g									
Lactose.....g	4.43		0	FLA	4		2.57	2.92	
Maltose.....g									
Galactose.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	120	4.974	4		1		70	79	
Iron, Fe.....mg	0.21	0.037	4		1		0.12	0.14	
Magnesium, Mg.....mg	14	0.421	4		1		8	9	
Phosphorus, P.....mg	100		2		1		58	66	
Potassium, K.....mg	188	8.003	4		1		109	124	
Sodium, Na.....mg	60	10.493	4		1		35	40	
Zinc, Zn.....mg	0.34	0.020	4		1		0.20	0.22	
Copper, Cu.....mg	0.037		2		1		0.021	0.024	
Manganese, Mn.....mg	0.078	0.035	4		1		0.045	0.051	
Selenium, Se.....mcg	1.9		0	FLA	4		1.1	1.2	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	7.7		2		1		4.5	5.1	
Thiamin.....mg	0.045		2		1		0.026	0.030	
Riboflavin.....mg	0.255		2		1		0.148	0.168	
Niacin.....mg	0.170		2		1		0.099	0.112	
Pantothenic acid.....mg	0.720		2		1		0.418	0.475	
Vitamin B-6.....mg	0.050		2		1		0.029	0.033	
Folate, total.....mcg	12		2		1		7	8	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	12		2		1		7	8	
Folate, DFE.....mcg_DFE	12		0	NC	4		7	8	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg	0.30		2		1		0.17	0.20	
Vitamin A, RAE.....mcg_RAE	96		0	NC	4		56	64	
Retinol.....mcg	96		0	FLA	4		56	64	
Carotene, beta.....mcg									
Carotene, alpha.....mcg									
Cryptoxanthin, beta.....mcg									
Vitamin A, IU.....IU	320		2		1		186	211	
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	5.190		0		4		3.010	3.425	

NDB No. 19271  
Ice creams, strawberry

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			
Fatty acids, total monounsaturated.....g							
Fatty acids, total polyunsaturated.....g							
Fatty acids, total trans.....g							
Cholesterol.....mg	29		2		1	17	19
Phytosterols.....mg							
<b>Others:</b>							
Alcohol, ethyl.....g	0.0		0	FLA	4	0.0	0.0
Caffeine.....mg	0		0	FLA	4	0	0
Theobromine.....mg	0		0	FLA	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 = 58g: 1 individual (3.5 fl oz)

Measure 2 = 66g: .5 cup (4 fl oz)

**Calories Factors: Protein 4.1**

**Fat 8.79**

**Carbohydrate 3.8**

**Food Group: 19 Sweets**

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

**NDB No. 19095**  
**Ice creams, vanilla**

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	61.00	0.360	50		1		40.26		
Energy.....kcal	207		0	NC	4		137		
Energy.....kj	868		0	NC	4		573		
Protein (N x 6.25).....g	3.50	0.199	152		1		2.31		
Total lipid (fat).....g	11.00	0.080	291		1		7.26		
Ash.....g	0.90	0.045	6		1		0.59		
Carbohydrate, by difference.....g	23.60		0	NC	4		15.58		
Fiber, total dietary.....g	0.7		0	FLC	4		0.5		
Sugars, total.....g	21.22	0.317	3	JO	11		14.01		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	128	5.483	17		1		84		
Iron, Fe.....mg	0.09	0.007	35		1		0.06		
Magnesium, Mg.....mg	14	0.361	12		1		9		
Phosphorus, P.....mg	105	4.119	12		1		69		
Potassium, K.....mg	199	6.120	12		1		131		
Sodium, Na.....mg	80	6.528	19		1		53		
Zinc, Zn.....mg	0.69	0.160	14		1		0.46		
Copper, Cu.....mg	0.023	0.002	7		1		0.015		
Manganese, Mn.....mg	0.008	0.001	6		1		0.005		
Selenium, Se.....mcg	1.8		1	A	1		1.2		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.6	0.067	21		1		0.4		
Thiamin.....mg	0.041	0.003	13		1		0.027		
Riboflavin.....mg	0.240	0.013	14		1		0.158		
Niacin.....mg	0.116	0.011	6		1		0.077		
Pantothenic acid.....mg	0.581	0.170	3		1		0.383		
Vitamin B-6.....mg	0.048	0.001	10		1		0.032		
Folate, total.....mcg	5	1.830	4		1		3		
Folic acid.....mcg	0		0	FLC	4		0		
Folate, food.....mcg	5	1.830	4		1		3		
Folate, DFE.....mcg_DFE	5		0	NC	4		3		
Choline, total.....mg	26.0		0	AS	1		17.2		
Betaine.....mg									
Vitamin B-12.....mcg	0.39	0.043	3		1		0.26		
Vitamin B-12, added.....mcg	0.00		0	FLC	4		0.00		
Vitamin A, RAE.....mcg_RAE	118		0	NC	4		78		
Retinol.....mcg	116		0	FLC	4		77		
Carotene, beta.....mcg	19		2	A	1		12		
Carotene, alpha.....mcg	0		2	A	1		0		
Cryptoxanthin, beta.....mcg	0		2	A	1		0		
Vitamin A, IU.....IU	421		0	FLC	4		278		
Lycopene.....mcg	0		2	A	1		0		
Lutein + zeaxanthin.....mcg	0		2	A	1		0		
Vitamin E (alpha-tocopherol).....mg	0.30		0	FLC	4		0.19		
Vitamin E, added.....mg	0.00		0	FLC	4		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.3		1	A	1		0.2		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	6.790		0		1		4.481		
4:0.....g	0.360		1		1		0.238		
6:0.....g	0.210		1		1		0.139		
8:0.....g	0.120		1		1		0.079		
10:0.....g	0.280		1		1		0.185		



**NDB No. 19095**  
**Ice creams, vanilla**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.310		1		1		0.205		
13:0.....g	0.000		0	FLC	4		0.000		
14:0.....g	1.130		1		1		0.746		
15:0.....g	0.000		0	FLC	4		0.000		
16:0.....g	3.060		1		1		2.020		
17:0.....g	0.000		0	FLC	4		0.000		
18:0.....g	1.316		0	FLC	4		0.868		
20:0.....g	0.000		0	FLC	4		0.000		
22:0.....g	0.000		0	FLC	4		0.000		
24:0.....g	0.000		0	FLC	4		0.000		
Fatty acids, total monounsaturated.....g	2.969		0	FLC	4		1.960		
14:1.....g	0.000		0	FLC	4		0.000		
15:1.....g									
16:1 undifferentiated.....g	0.206		0	FLC	4		0.136		
17:1.....g									
18:1 undifferentiated.....g	2.763		0	FLC	4		1.823		
20:1.....g	0.000		0	FLC	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLC	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.452		0	FLC	4		0.299		
18:2 undifferentiated.....g	0.275		0	FLC	4		0.181		
18:3 undifferentiated.....g	0.175		0	FLC	4		0.115		
18:4.....g	0.000		0	FLC	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLC	4		0.000		
20:5 n-3.....g	0.003		0	FLC	4		0.002		
22:5 n-3.....g	0.000		0	FLC	4		0.000		
22:6 n-3.....g	0.000		0	FLC	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	44	1.924	10		1		29		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.045		0		1		0.030		
Threonine.....g	0.146		0		1		0.096		
Isoleucine.....g	0.195		0		1		0.129		
Leucine.....g	0.316		0		1		0.209		
Lysine.....g	0.258		0		1		0.170		
Methionine.....g	0.081		0		1		0.053		
Cystine.....g	0.029		0		1		0.019		
Phenylalanine.....g	0.157		0		1		0.104		
Tyrosine.....g	0.155		0		1		0.102		
Valine.....g	0.217		0		1		0.143		
Arginine.....g	0.125		0		1		0.083		
Histidine.....g	0.088		0		1		0.058		
Alanine.....g	0.121		0		1		0.080		
Aspartic acid.....g	0.250		0		1		0.165		
Glutamic acid.....g	0.681		0		1		0.449		
Glycine.....g	0.093		0		1		0.061		
Proline.....g	0.326		0		1		0.215		
Serine.....g	0.177		0		1		0.117		
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	FLC	4		0		
Theobromine.....mg	0		0	FLC	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. 19095**  
**Ice creams, vanilla**

Measure 1 = 66g: 1 serving 1/2 cup

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate4**

**Food Group:** 19 Sweets

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

NDB No. 19867  
Ice creams, vanilla, fat free

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	64.35	1.666	4						
Energy.....kcal	138		0	NC					
Energy.....kj	578		0	NC					
Protein.....g	4.48		1	LC					
Total lipid (fat).....g	0.00		1	LC					
Ash.....g	1.11		0	BFNN					
Carbohydrate, by difference.....g	30.06		0	NC					
Fiber, total dietary.....g	1.0	0.407	4						
Sugars, total.....g	6.30		0	O					
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	149		1	LC					
Iron, Fe.....mg	0.00		1	LC					
Magnesium, Mg.....mg	21		0	BFNN					
Phosphorus, P.....mg	150		0	BFNN					
Potassium, K.....mg	302		0	BFNN					
Sodium, Na.....mg	97		1	LC					
Zinc, Zn.....mg	1.06		0	BFNN					
Copper, Cu.....mg	0.028		0	BFNN					
Manganese, Mn.....mg									
Selenium, Se.....mcg	2.9		0	BFNN					
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		1	LC					
Thiamin.....mg	0.051		0	BFNN					
Riboflavin.....mg	0.248		0	BFNN					
Niacin.....mg	0.140		0	BFNN					
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.047		0	BFNN					
Folate, total.....mcg	7		0	BFNN					
Folic acid.....mcg	0		0	BFNN					
Folate, food.....mcg	7		0	BFNN					
Folate, DFE.....mcg_DFE	7		0	NC					
Choline, total.....mg	23.8		0	O					
Betaine.....mg									
Vitamin B-12.....mcg	0.45		0	BFNN					
Vitamin B-12, added.....mcg	0.00		0	Z					
Vitamin A, RAE.....mcg_RAE	200		0	NC					
Retinol.....mcg	198		0	BFNN					
Carotene, beta.....mcg	23		0	BFNN					
Carotene, alpha.....mcg	0		0	BFNN					
Cryptoxanthin, beta.....mcg	0		0	BFNN					
Vitamin A, IU.....IU	698		0	NC					
Lycopene.....mcg	0		0	BFNN					
Lutein + zeaxanthin.....mcg	0		0	BFNN					
Vitamin E (alpha-tocopherol).....mg	0.00		0	BFFN					
Vitamin E, added.....mg	0.00		0	Z					
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		0	BFFN					
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.000		1	LC					
4:0.....g	0.000		0	BFFN					
6:0.....g	0.000		0	BFFN					
8:0.....g	0.000		0	BFFN					
10:0.....g	0.000		0	BFFN					

NDB No. 19867  
Ice creams, vanilla, fat free

Nutrients and 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					
12:0.....g	0.000		0	BFFN	4				
13:0.....g									
14:0.....g	0.000		0	BFFN	4				
15:0.....g									
16:0.....g	0.000		0	BFFN	4				
17:0.....g									
18:0.....g	0.000		0	BFFN	4				
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0	BFFN	4				
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	BFFN	4				
17:1.....g									
18:1 undifferentiated.....g	0.000		0	BFFN	4				
20:1.....g	0.000		0	BFFN	4				
22:1 undifferentiated.....g	0.000		0	BFFN	4				
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	BFFN	4				
18:2 undifferentiated.....g	0.000		0	BFFN	4				
18:3 undifferentiated.....g	0.000		0	BFFN	4				
18:4.....g	0.000		0	BFFN	4				
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFFN	4				
20:5 n-3.....g	0.000		0	BFFN	4				
22:5 n-3.....g	0.000		0	BFFN	4				
22:6 n-3.....g	0.000		0	BFFN	4				
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1	LC	8				
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	BFNN	4				
Caffeine.....mg	0		0	BFNN	4				
Theobromine.....mg	0		0	BFNN	4				

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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: 19 Sweets

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

**NDB No. 19088**  
**Ice creams, vanilla, light**

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	63.51		0	O	4		48.27		
Energy.....kcal	165	3.751	3	MC	9		126		
Energy.....kj	691		0	MC	9		525		
Protein (N x 6.25).....g	4.78	0.047	3	MC	9		3.64		
Total lipid (fat).....g	4.83	0.370	3	MC	9		3.67		
Ash.....g	1.07		0	FLC	4		0.82		
Carbohydrate, by difference.....g	25.80	0.248	3	MC	9		19.61		
Fiber, total dietary.....g	0.3	0.092	3	MC	9		0.2		
Sugars, total.....g	22.12	0.513	3	MC	9		16.81		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	161	4.057	3	MC	9		122		
Iron, Fe.....mg	0.19	0.073	3	MC	9		0.15		
Magnesium, Mg.....mg	14	0.419	18	A	1		11		
Phosphorus, P.....mg	103	3.694	18	A	1		78		
Potassium, K.....mg	208	6.828	18	A	1		158		
Sodium, Na.....mg	74	2.417	18	A	1		56		
Zinc, Zn.....mg	0.73	0.353	18	A	1		0.56		
Copper, Cu.....mg	0.017		0	FLC	4		0.013		
Manganese, Mn.....mg	0.005		0	FLC	4		0.003		
Selenium, Se.....mcg	2.0	0.714	16	A	1		1.5		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	1.2	0.237	3	MC	9		0.9		
Thiamin.....mg	0.053		0	FLC	4		0.040		
Riboflavin.....mg	0.255		0	FLC	4		0.194		
Niacin.....mg	0.136		0	FLC	4		0.103		
Pantothenic acid.....mg	0.481		0	FLC	4		0.365		
Vitamin B-6.....mg	0.045		0	FLC	4		0.034		
Folate, total.....mcg	6		0	FLC	4		5		
Folic acid.....mcg	0		0	FLC	4		0		
Folate, food.....mcg	6		0	FLC	4		5		
Folate, DFE.....mcg_DFE	6		0	NC	4		5		
Choline, total.....mg	26.0		0	BFZN	4		19.8		
Betaine.....mg									
Vitamin B-12.....mcg	0.47		0	FLC	4		0.35		
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....mcg_RAE	128		0	FLA	4		98		
Retinol.....mcg	127		0	FLA	4		97		
Carotene, beta.....mcg	14		0	FLA	4		11		
Carotene, alpha.....mcg	0		0	FLA	4		0		
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0		
Vitamin A, IU.....IU	448	21.349	3	MC	9		340		
Lycopene.....mcg	0		0	FLA	4		0		
Lutein + zeaxanthin.....mcg	0		0	FLA	4		0		
Vitamin E (alpha-tocopherol).....mg	0.12		0	FLC	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	26		0	FLC	4		20		
Vitamin K (phylloquinone).....mcg	0.4		0	FLC	4		0.3		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	2.927	0.154	3	MC	9		2.224		
4:0.....g	0.141		0	FLC	4		0.107		
6:0.....g	0.099		0	FLC	4		0.075		
8:0.....g	0.074		0	FLC	4		0.056		
10:0.....g	0.117		0	FLC	4		0.089		

NDB No. 19088  
Ice creams, vanilla, light

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.127		0	FLC	4		0.097		
13:0.....g	0.000		0	FLC	4		0.000		
14:0.....g	0.471		0	FLC	4		0.358		
15:0.....g	0.000		0	FLC	4		0.000		
16:0.....g	1.260		0	FLC	4		0.958		
17:0.....g	0.000		0	FLC	4		0.000		
18:0.....g	0.570		0	FLC	4		0.433		
20:0.....g	0.000		0	FLC	4		0.000		
22:0.....g	0.000		0	FLC	4		0.000		
24:0.....g	0.000		0	FLC	4		0.000		
Fatty acids, total monounsaturated.....g	1.281		0	FLC	4		0.974		
14:1.....g	0.000		0	FLC	4		0.000		
15:1.....g									
16:1 undifferentiated.....g	0.070		0	FLC	4		0.053		
17:1.....g									
18:1 undifferentiated.....g	1.211		0	FLC	4		0.920		
20:1.....g	0.000		0	FLC	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLC	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.219		0	FLC	4		0.166		
18:2 undifferentiated.....g	0.134		0	FLC	4		0.102		
18:3 undifferentiated.....g	0.085		0	FLC	4		0.064		
18:4.....g	0.000		0	FLC	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLC	4		0.000		
20:5 n-3.....g	0.000		0	FLC	4		0.000		
22:5 n-3.....g	0.000		0	FLC	4		0.000		
22:6 n-3.....g	0.000		0	FLC	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	27	12.719	3	MC	9		21		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	FLC	4		0		
Theobromine.....mg	0		0	FLC	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 = 76g: 1 serving 1/2 cup

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate4**

**Food Group: 19 Sweets**

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

NDB No. 19260

Ice creams, vanilla, light, no sugar 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	65.52		0	FLA	4		44.56		
Energy.....kcal	155	8.553	4	MC	9		105		
Energy.....kj	649		0	MC	9		441		
Protein (N x 6.25).....g	3.97	0.190	4	MC	9		2.70		
Total lipid (fat).....g	7.45	0.969	4	MC	9		5.07		
Ash.....g	1.20		1	A	1		0.82		
Carbohydrate, by difference.....g	21.42	0.257	4	MC	9		14.56		
Fiber, total dietary.....g	0.7	0.082	4	MC	9		0.4		
Sugars, total.....g	6.46	0.417	4	MC	9		4.39		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	136	4.924	4	MC	9		93		
Iron, Fe.....mg	0.19	0.037	4	MC	9		0.13		
Magnesium, Mg.....mg	9		0	FLM	4		6		
Phosphorus, P.....mg	75		0	FLM	4		51		
Potassium, K.....mg	196		0	LC	8		133		
Sodium, Na.....mg	96	23.018	4	MC	9		65		
Zinc, Zn.....mg	0.31		0	FLM	4		0.21		
Copper, Cu.....mg	0.030		0	FLM	4		0.020		
Manganese, Mn.....mg	0.006		0	FLM	4		0.004		
Selenium, Se.....mcg	1.9		0	FLM	4		1.3		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.9	0.028	4	MC	9		0.6		
Thiamin.....mg	0.029		0	FLM	4		0.020		
Riboflavin.....mg	0.122		0	FLM	4		0.083		
Niacin.....mg	0.074		0	FLM	4		0.050		
Pantothenic acid.....mg	0.256		0	FLM	4		0.174		
Vitamin B-6.....mg	0.029		0	FLM	4		0.019		
Folate, total.....mcg	4		0	FLM	4		3		
Folic acid.....mcg	0		0	FLA	4		0		
Folate, food.....mcg	4		0	FLM	4		3		
Folate, DFE.....mcg_DFE	4		0	NC	4		3		
Choline, total.....mg	23.0		0	O	4		15.7		
Betaine.....mg									
Vitamin B-12.....mcg	0.52		0	LC	8		0.35		
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....mcg_RAE	86		0	NC	4		58		
Retinol.....mcg	85		0	FLM	4		58		
Carotene, beta.....mcg	12		0	FLM	4		8		
Carotene, alpha.....mcg	0		0	FLM	4		0		
Cryptoxanthin, beta.....mcg	0		0	FLM	4		0		
Vitamin A, IU.....IU	302	14.418	4	MC	9		206		
Lycopene.....mcg	0		0	FLM	4		0		
Lutein + zeaxanthin.....mcg	0		0	FLM	4		0		
Vitamin E (alpha-tocopherol).....mg	0.29		0	FLM	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	2.8		0	FLM	4		1.9		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	4.048	0.074	4	MC	9		2.752		
4:0.....g	0.213		1	A	1		0.145		
6:0.....g	0.116		1	A	1		0.079		
8:0.....g	0.067		1	A	1		0.046		
10:0.....g	0.149		1	A	1		0.101		

NDB No. 19260

Ice creams, vanilla, light, no sugar 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	0.153		1	A	1		0.104		
13:0.....g	0.000		0	FLM	4		0.000		
14:0.....g	0.495		1	A	1		0.337		
15:0.....g	0.053		1	A	1		0.036		
16:0.....g	1.439		1	A	1		0.979		
17:0.....g	0.032		1	A	1		0.022		
18:0.....g	0.956		1	A	1		0.650		
20:0.....g	0.012		1	A	1		0.008		
22:0.....g	0.006		1	A	1		0.004		
24:0.....g	0.005		1	A	1		0.003		
Fatty acids, total monounsaturated.....g	1.855		0	FLM	4		1.262		
14:1.....g	0.048		1	A	1		0.033		
15:1.....g									
16:1 undifferentiated.....g	0.088		1	A	1		0.060		
17:1.....g	0.016		1	A	1		0.011		
18:1 undifferentiated.....g	1.388		1	A	1		0.944		
20:1.....g	0.012		1	A	1		0.008		
22:1 undifferentiated.....g	0.005		1	A	1		0.003		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.740		0	FLM	4		0.503		
18:2 undifferentiated.....g	0.165		1	A	1		0.112		
18:3 undifferentiated.....g	0.032		1	A	1		0.022		
18:4.....g	0.005		1	A	1		0.003		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g	0.002		1	A	1		0.002		
20:4 undifferentiated.....g	0.011		1	A	1		0.007		
20:5 n-3.....g	0.002		1	A	1		0.001		
22:5 n-3.....g	0.000		0	FLM	4		0.000		
22:6 n-3.....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	27	8.738	4	MC	9		18		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0		
Caffeine.....mg	0		0	FLM	4		0		
Theobromine.....mg	0		0	FLM	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 = 68g: 1 serving 1/2 cup

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate4**

**Food Group: 19 Sweets**

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



NDB No. 19096

Ice creams, vanilla, light, soft-serve

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	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	0.153	45		1		61.25		
Energy.....kcal	126		0		4		111		
Energy.....kj	527		0		4		464		
Protein (N x 6.4).....g	4.90		1		4		4.31		
Total lipid (fat).....g	2.60	0.116	67		1		2.29		
Ash.....g	1.10		1		4		0.97		
Carbohydrate, by difference.....g	21.80		0	NC	4		19.18		
Fiber, total dietary.....g	0.0		0		4		0.0		
Sugars, total.....g	10.84		0	FLA	4		9.54		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	157		1		4		138		
Iron, Fe.....mg	0.06		1		4		0.05		
Magnesium, Mg.....mg	14		1		4		12		
Phosphorus, P.....mg	121		1		4		106		
Potassium, K.....mg	221		1		4		194		
Sodium, Na.....mg	70		1		4		62		
Zinc, Zn.....mg	0.53		1		4		0.47		
Copper, Cu.....mg	0.027		1		4		0.024		
Manganese, Mn.....mg	0.008		1		4		0.007		
Selenium, Se.....mcg	3.6		0	BFPN	4		3.2		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.9		1		4		0.8		
Thiamin.....mg	0.052		1		4		0.046		
Riboflavin.....mg	0.198		1		4		0.174		
Niacin.....mg	0.118		1		4		0.104		
Pantothenic acid.....mg	0.447		1		4		0.393		
Vitamin B-6.....mg	0.046		1		4		0.040		
Folate, total.....mcg	5		0	FLA	4		4		
Folic acid.....mcg	0		0	FLA	4		0		
Folate, food.....mcg	5		0	FLA	4		4		
Folate, DFE.....mcg_DFE	5		0	NC	4		4		
Choline, total.....mg	20.3		0	O	4		17.9		
Betaine.....mg									
Vitamin B-12.....mcg	0.50		1		4		0.44		
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....mcg_RAE	29		0	FLA	4		25		
Retinol.....mcg	28		0	FLA	4		25		
Carotene, beta.....mcg	5		0	FLA	4		5		
Carotene, alpha.....mcg	0		0	FLA	4		0		
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0		
Vitamin A, IU.....IU	103		1		4		91		
Lycopene.....mcg	0		0	FLA	4		0		
Lutein + zeaxanthin.....mcg	0		0	FLA	4		0		
Vitamin E (alpha-tocopherol).....mg	0.06		0	FLA	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	BFZN	4		0.3		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	1.630		0		1		1.434		
4:0.....g	0.090		2		1		0.079		
6:0.....g	0.050		2		1		0.044		
8:0.....g	0.030		2		1		0.026		
10:0.....g	0.070		2		1		0.062		

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.070		2		1		0.062		
13:0.....g									
14:0.....g	0.270		2		1		0.238		
15:0.....g									
16:0.....g	0.730		2		1		0.642		
17:0.....g									
18:0.....g	0.320		2		1		0.282		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.760		0		1		0.669		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.060		2		1		0.053		
17:1.....g									
18:1 undifferentiated.....g	0.700		2		1		0.616		
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		0.088		
18:2 undifferentiated.....g	0.060		2		1		0.053		
18:3 undifferentiated.....g	0.040		2		1		0.035		
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	12		1		4		11		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.059		0		1		0.052		
Threonine.....g	0.197		0		1		0.173		
Isoleucine.....g	0.260		0		1		0.229		
Leucine.....g	0.424		0		1		0.373		
Lysine.....g	0.351		0		1		0.309		
Methionine.....g	0.109		0		1		0.096		
Cystine.....g	0.039		0		1		0.034		
Phenylalanine.....g	0.211		0		1		0.186		
Tyrosine.....g	0.204		0		1		0.180		
Valine.....g	0.292		0		1		0.257		
Arginine.....g	0.185		0		1		0.163		
Histidine.....g	0.117		0		1		0.103		
Alanine.....g	0.184		0		1		0.162		
Aspartic acid.....g	0.345		0		1		0.304		
Glutamic acid.....g	0.923		0		1		0.812		
Glycine.....g	0.182		0		1		0.160		
Proline.....g	0.466		0		1		0.410		
Serine.....g	0.241		0		1		0.212		
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. 19096**

**Ice creams, vanilla, light, soft-serve**

Measure 1 = 88g: 1 serving 1/2 cup

**Calories Factors: Protein 4.1**

**Fat 8.79**

**Carbohydrate 3.8**

**Food Group: 19 Sweets**

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

**NDB No. 19089**  
**Ice creams, vanilla, rich**

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	57.20	0.555	7		1		61.20		
Energy.....kcal	249		0	NC	4		266		
Energy.....kj	1042		0	NC	4		1115		
Protein (N x 6.25).....g	3.50	0.416	4		1		3.75		
Total lipid (fat).....g	16.20	0.212	11		1		17.33		
Ash.....g	0.81		0	FLA	4		0.86		
Carbohydrate, by difference.....g	22.29		0	NC	4		23.86		
Fiber, total dietary.....g	0.0		1	LC	8		0.0		
Sugars, total.....g	20.65		2	LC	8		22.10		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	117		2	LC	8		126		
Iron, Fe.....mg	0.34		1	LC	8		0.36		
Magnesium, Mg.....mg	11		0	FLA	4		12		
Phosphorus, P.....mg	105		0	FLA	4		112		
Potassium, K.....mg	157		0	FLA	4		168		
Sodium, Na.....mg	61		2	LC	8		65		
Zinc, Zn.....mg	0.47		0	FLA	4		0.50		
Copper, Cu.....mg	0.008		0	FLA	4		0.009		
Manganese, Mn.....mg	0.004		0	FLA	4		0.004		
Selenium, Se.....mcg	3.5		0	FLA	4		3.7		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		1	LC	8		0.0		
Thiamin.....mg	0.041		0	FLA	4		0.044		
Riboflavin.....mg	0.167		0	FLA	4		0.179		
Niacin.....mg	0.082		0	FLA	4		0.087		
Pantothenic acid.....mg	0.460		0	FLA	4		0.492		
Vitamin B-6.....mg	0.045		0	FLA	4		0.048		
Folate, total.....mcg	8		0	FLA	4		8		
Folic acid.....mcg	0		0	FLA	4		0		
Folate, food.....mcg	8		0	FLA	4		8		
Folate, DFE.....mcg_DFE	8		0	NC	4		8		
Choline, total.....mg	26.0		0	BFZN	4		27.9		
Betaine.....mg									
Vitamin B-12.....mcg	0.39		0	FLA	4		0.42		
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....mcg_RAE	182		0	FLA	4		195		
Retinol.....mcg	179		0	FLA	4		192		
Carotene, beta.....mcg	32		0	FLA	4		34		
Carotene, alpha.....mcg	1		0	FLA	4		1		
Cryptoxanthin, beta.....mcg	1		0	FLA	4		1		
Vitamin A, IU.....IU	653		0	FLA	4		699		
Lycopene.....mcg	0		0	FLA	4		0		
Lutein + zeaxanthin.....mcg	34		0	FLA	4		36		
Vitamin E (alpha-tocopherol).....mg	0.51		0	FLA	4		0.55		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU	44		0	FLA	4		47		
Vitamin K (phylloquinone).....mcg	1.3		0	FLA	4		1.4		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	10.329		2	LC	8		11.052		
4:0.....g	0.491		0	FLA	4		0.526		
6:0.....g	0.290		0	FLA	4		0.310		
8:0.....g	0.169		0	FLA	4		0.181		
10:0.....g	0.380		0	FLA	4		0.406		

**NDB No. 19089**  
**Ice creams, vanilla, rich**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.425		0	FLA	4		0.454		
13:0.....g									
14:0.....g	1.526		0	FLA	4		1.632		
15:0.....g	0.000		0	FLA	4		0.000		
16:0.....g	4.168		0	FLA	4		4.460		
17:0.....g	0.000		0	FLA	4		0.000		
18:0.....g	1.899		0	FLA	4		2.032		
20:0.....g	0.000		0	FLA	4		0.000		
22:0.....g	0.000		0	FLA	4		0.000		
24:0.....g	0.000		0	FLA	4		0.000		
Fatty acids, total monounsaturated.....g	4.460		0	FLA	4		4.772		
14:1.....g	0.000		0	FLA	4		0.000		
15:1.....g									
16:1 undifferentiated.....g	0.360		0	FLA	4		0.385		
17:1.....g									
18:1 undifferentiated.....g	4.098		0	FLA	4		4.385		
20:1.....g	0.002		0	FLA	4		0.002		
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.680		0	FLA	4		0.727		
18:2 undifferentiated.....g	0.437		0	FLA	4		0.468		
18:3 undifferentiated.....g	0.222		0	FLA	4		0.238		
18:4.....g	0.001		0	FLA	4		0.001		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.014		0	FLA	4		0.015		
20:5 n-3.....g	0.001		0	FLA	4		0.001		
22:5 n-3.....g	0.000		0	FLA	4		0.000		
22:6 n-3.....g	0.004		0	FLA	4		0.004		
Fatty acids, total trans.....g									
Cholesterol.....mg	92		2	LC	8		98		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.041		0		1		0.044		
Threonine.....g	0.138		0		1		0.148		
Isoleucine.....g	0.182		0		1		0.195		
Leucine.....g	0.298		0		1		0.319		
Lysine.....g	0.248		0		1		0.265		
Methionine.....g	0.076		0		1		0.081		
Cystine.....g	0.027		0		1		0.029		
Phenylalanine.....g	0.149		0		1		0.159		
Tyrosine.....g	0.142		0		1		0.152		
Valine.....g	0.205		0		1		0.219		
Arginine.....g	0.135		0		1		0.144		
Histidine.....g	0.083		0		1		0.089		
Alanine.....g	0.136		0		1		0.146		
Aspartic acid.....g									
Glutamic acid.....g	0.652		0		1		0.698		
Glycine.....g	0.147		0		1		0.157		
Proline.....g	0.338		0		1		0.362		
Serine.....g	0.171		0		1		0.183		
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0		
Caffeine.....mg	0		0	FLA	4		0		
Theobromine.....mg	0		0	FLA	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. 19089**

**Ice creams, vanilla, rich**

Measure 1 = 107g: .5 cup

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate4**

**Food Group: 19 Sweets**

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

**NDB No. 19297**  
**Jams and preserves**

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	30.47	2.280	8	A	1		6.09	4.27	
Energy.....kcal	278		0	NC	4		56	39	
Energy.....kj	1163		0	NC	4		233	163	
Protein (N x 6.25).....g	0.37	0.180	13	A	1		0.07	0.05	
Total lipid (fat).....g	0.07	0.070	10	A	1		0.01	0.01	
Ash.....g	0.23	0.030	3	A	1		0.05	0.03	
Carbohydrate, by difference.....g	68.86		0	NC	4		13.77	9.64	
Fiber, total dietary.....g	1.1		0		1		0.2	0.2	
Sugars, total.....g	48.50		2	A	1		9.70	6.79	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	20		1		1		4	3	
Iron, Fe.....mg	0.49	0.070	3		1		0.10	0.07	
Magnesium, Mg.....mg	4		1		1		1	1	
Phosphorus, P.....mg	19		0	FLC	4		4	3	
Potassium, K.....mg	77	2.028	3		1		15	11	
Sodium, Na.....mg	32	9.040	5	A	1		6	4	
Zinc, Zn.....mg	0.06	0.023	4		1		0.01	0.01	
Copper, Cu.....mg	0.100		1		1		0.020	0.014	
Manganese, Mn.....mg	0.040		1		1		0.008	0.006	
Selenium, Se.....mcg	2.0		1	A	1		0.4	0.3	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	8.8		2		1		1.8	1.2	
Thiamin.....mg	0.016		0	FLC	4		0.003	0.002	
Riboflavin.....mg	0.076		0	FLC	4		0.015	0.011	
Niacin.....mg	0.036		1		1		0.007	0.005	
Pantothenic acid.....mg	0.020		1		1		0.004	0.003	
Vitamin B-6.....mg	0.020		2		1		0.004	0.003	
Folate, total.....mcg	11		0	FLC	4		2	2	
Folic acid.....mcg	0		0	FLC	4		0	0	
Folate, food.....mcg	11		0	FLC	4		2	2	
Folate, DFE.....mcg_DFE	11		0	NC	4		2	2	
Choline, total.....mg	10.2		0	AS	1		2.0	1.4	
Betaine.....mg									
Vitamin B-12.....mcg	0.00		1		1		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	FLC	4		0	0	
Carotene, beta.....mcg	0		0	FLC	4		0	0	
Carotene, alpha.....mcg	0		0	FLC	4		0	0	
Cryptoxanthin, beta.....mcg	0		0	FLC	4		0	0	
Vitamin A, IU.....IU	0		0	NC	4		0	0	
Lycopene.....mcg	0		0	FLC	4		0	0	
Lutein + zeaxanthin.....mcg	0		0	FLC	4		0	0	
Vitamin E (alpha-tocopherol).....mg	0.12		0	FLC	4		0.02	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	FLC	4		0.0	0.0	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.010		0		1		0.002	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	

**NDB No. 19297**  
**Jams and preserves**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures 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	0.004		0	BFFN	4		0.001	0.001	
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	0.038		0	BFFN	4		0.008	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	BFFN	4		0.001	0.001	
20:1.....g	0.018		0	BFFN	4		0.004	0.003	
22:1 undifferentiated.....g	0.014		0	BFFN	4		0.003	0.002	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0		1		0.000	0.000	
18:2 undifferentiated.....g	0.000		0		1		0.000	0.000	
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	FLC	4		0	0	
Phytosterols.....mg	12		0	FLC	4		2	2	
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.008		0		1		0.002	0.001	
Threonine.....g	0.023		0		1		0.005	0.003	
Isoleucine.....g	0.017		0		1		0.003	0.002	
Leucine.....g	0.037		0		1		0.007	0.005	
Lysine.....g	0.030		0		1		0.006	0.004	
Methionine.....g	0.001		0		1		0.000	0.000	
Cystine.....g	0.006		0		1		0.001	0.001	
Phenylalanine.....g	0.021		0		1		0.004	0.003	
Tyrosine.....g	0.025		0		1		0.005	0.004	
Valine.....g	0.021		0		1		0.004	0.003	
Arginine.....g	0.032		0		1		0.006	0.004	
Histidine.....g	0.014		0		1		0.003	0.002	
Alanine.....g	0.037		0		1		0.007	0.005	
Aspartic acid.....g	0.166		0		1		0.033	0.023	
Glutamic acid.....g	0.109		0		1		0.022	0.015	
Glycine.....g	0.029		0		1		0.006	0.004	
Proline.....g	0.023		0		1		0.005	0.003	
Serine.....g	0.028		0		1		0.006	0.004	
Hydroxyproline.....g									
<b><u>Others:</u></b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	FLC	4		0	0	
Theobromine.....mg	0		0	FLC	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. 19297**

**Jams and preserves**

Measure 1 = 20g: 1 tbsp

Measure 2 = 14.0g: 1 packet (0.5 oz)

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate4**

**Food Group: 19 Sweets**

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

**NDB No. 19719**  
**Jams and preserves, apricot**

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	34.50	0.811	6		1		6.90	4.83	
Energy.....kcal	242		0	NC	4		48	34	
Energy.....kj	1014		0	NC	4		203	142	
Protein (N x 6.25).....g	0.70	0.106	11		1		0.14	0.10	
Total lipid (fat).....g	0.20	0.029	8		1		0.04	0.03	
Ash.....g	0.20		1		1		0.04	0.03	
Carbohydrate, by difference.....g	64.40		0	NC	4		12.88	9.02	
Fiber, total dietary.....g	0.3		0	FLM	4		0.1	0.0	
Sugars, total.....g	43.40		0	FLM	4		8.68	6.08	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	20		1		1		4	3	
Iron, Fe.....mg	0.49	0.070	3		1		0.10	0.07	
Magnesium, Mg.....mg	4		1		1		1	1	
Phosphorus, P.....mg	3		0	FLM	4		1	0	
Potassium, K.....mg	77	2.028	3		1		15	11	
Sodium, Na.....mg	40	9.735	3		1		8	6	
Zinc, Zn.....mg	0.06	0.023	4		1		0.01	0.01	
Copper, Cu.....mg	0.100		1		1		0.020	0.014	
Manganese, Mn.....mg	0.040		1		1		0.008	0.006	
Selenium, Se.....mcg	2.0		0	BFZN	4		0.4	0.3	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	8.8		2		1		1.8	1.2	
Thiamin.....mg	0.000		1		1		0.000	0.000	
Riboflavin.....mg	0.022		0	FLM	4		0.004	0.003	
Niacin.....mg	0.036		1		1		0.007	0.005	
Pantothenic acid.....mg	0.020		1		1		0.004	0.003	
Vitamin B-6.....mg	0.020		2		1		0.004	0.003	
Folate, total.....mcg	1		0	FLM	4		0	0	
Folic acid.....mcg	0		0	FLM	4		0	0	
Folate, food.....mcg	1		0	FLM	4		0	0	
Folate, DFE.....mcg_DFE	1		0	NC	4		0	0	
Choline, total.....mg	0.4		0	FLM	4		0.1	0.1	
Betaine.....mg									
Vitamin B-12.....mcg	0.00		1		1		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	FLM	4		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	14		0	FLM	4		3	2	
Retinol.....mcg	0		0	FLM	4		0	0	
Carotene, beta.....mcg	116		0	FLM	4		23	16	
Carotene, alpha.....mcg	2		0	FLM	4		0	0	
Cryptoxanthin, beta.....mcg	11		0	FLM	4		2	2	
Vitamin A, IU.....IU	205		0	FLM	4		41	29	
Lycopene.....mcg	0		0	FLM	4		0	0	
Lutein + zeaxanthin.....mcg	9		0	FLM	4		2	1	
Vitamin E (alpha-tocopherol).....mg	0.13		0	FLM	4		0.03	0.02	
Vitamin E, added.....mg	0.00		0	FLM	4		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	0.010		0		1		0.002	0.001	
4:0.....g	0.000		0	FLM	4		0.000	0.000	
6:0.....g	0.000		0	FLM	4		0.000	0.000	
8:0.....g	0.000		0	FLM	4		0.000	0.000	
10:0.....g	0.000		0	FLM	4		0.000	0.000	

NDB No. 19719  
 Jams and preserves, apricot

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures 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	FLM	4		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0	FLM	4		0.000	0.000	
15:0.....g									
16:0.....g	0.000		0	FLM	4		0.000	0.000	
17:0.....g									
18:0.....g	0.000		0	FLM	4		0.000	0.000	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0	FLM	4		0.000	0.000	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	
20:1.....g	0.000		0	FLM	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	FLM	4		0.000	0.000	
18:2 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	
18:3 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	
18:4.....g	0.000		0	FLM	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	
20:5 n-3.....g	0.000		0	FLM	4		0.000	0.000	
22:5 n-3.....g	0.000		0	FLM	4		0.000	0.000	
22:6 n-3.....g	0.000		0	FLM	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	FLM	4		0	0	
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLM	4		0.0	0.0	
Caffeine.....mg	0		0	FLM	4		0	0	
Theobromine.....mg	0		0	FLM	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 = 20g: 1 tbsp  
 Measure 2 = 14.0g: 1 packet (0.5 oz)

**Calories Factors: Protein 3.36      Fat 8.37      Carbohydrate 3.7**

**Food Group: 19 Sweets**

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

NDB No. 43028

Jams and preserves, dietetic (with sodium saccharin), any flavor

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	45.80		0		4		102.59	6.41	
Energy.....kcal	132		0	NC	4		297	19	
Energy.....kj	554		0	NC	4		1241	78	
Protein (N x 6.25).....g	0.30		1		1		0.67	0.04	
Total lipid (fat).....g	0.30		1		1		0.67	0.04	
Ash.....g	0.18		0	BFSN	4		0.40	0.03	
Carbohydrate, by difference.....g	53.60		0		4		120.06	7.50	
Fiber, total dietary.....g	2.5		0		4		5.6	0.4	
Sugars, total.....g	37.81		0	BFSN	4		84.69	5.29	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	9		0		4		20	1	
Iron, Fe.....mg	0.40		0		4		0.90	0.06	
Magnesium, Mg.....mg	5		0		4		11	1	
Phosphorus, P.....mg	9		0		4		20	1	
Potassium, K.....mg	69		0		4		155	10	
Sodium, Na.....mg	0		0		4		0	0	
Zinc, Zn.....mg	0.06		0		4		0.13	0.01	
Copper, Cu.....mg	0.024		0		4		0.054	0.003	
Manganese, Mn.....mg									
Selenium, Se.....mcg	1.7		0	BFSN	4		3.8	0.2	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0	0.0	
Thiamin.....mg	0.000		0		4		0.000	0.000	
Riboflavin.....mg	0.000		0		4		0.000	0.000	
Niacin.....mg	0.000		0		4		0.000	0.000	
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.020		0		4		0.045	0.003	
Folate, total.....mcg	9		0		4		20	1	
Folic acid.....mcg	0		0	BFSN	4		0	0	
Folate, food.....mcg	9		0		4		20	1	
Folate, DFE.....mcg_DFE	9		0	NC	4		20	1	
Choline, total.....mg	8.0		0	O	4		17.8	1.1	
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	0		0	NC	4		0	0	
Retinol.....mcg	0		0	BFSN	4		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		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	0.09		0	BFSN	4		0.21	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	0.0		0	BFSN	4		0.0	0.0	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.016		0		4		0.036	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. 43028

Jams and preserves, dietetic (with sodium saccharin), any flavor

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures 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	0.011		0		4		0.025	0.002	
17:0.....g									
18:0.....g	0.003		0		4		0.007	0.000	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.042		0		4		0.094	0.006	
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	0.041		0		4		0.092	0.006	
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	0.151		0		4		0.338	0.021	
18:2 undifferentiated.....g	0.088		0		4		0.197	0.012	
18:3 undifferentiated.....g	0.063		0		4		0.141	0.009	
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	BFSN	4		0	0	
Theobromine.....mg	0		0	BFSN	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 = 224g: 1 cup

Measure 2 = 14.0g: 1 tbsp

Calories Factors: Protein 0

Fat 0

Carbohydrate 2.47

Food Group: 19 Sweets

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	29.77	0.598	12	JO	11		6.25	4.17	
Energy.....kcal	266		0	NC	4		56	37	
Energy.....kj	1115		0	NC	4		234	156	
Protein (N x 6.25).....g	0.15	0.050	15	JO	11		0.03	0.02	
Total lipid (fat).....g	0.02	0.015	10	JO	11		0.00	0.00	
Ash.....g	0.12	0.015	6	JO	11		0.02	0.02	
Carbohydrate, by difference.....g	69.95		0	NC	4		14.69	9.79	
Fiber, total dietary.....g	1.0		0		1		0.2	0.1	
Sugars, total.....g	51.22		0	FLA	4		10.76	7.17	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	7	0.631	70	JA	6		2	1	
Iron, Fe.....mg	0.19	0.006	50	JA	6		0.04	0.03	
Magnesium, Mg.....mg	6	0.195	70	JA	6		1	1	
Phosphorus, P.....mg	6	1.070	67	JA	6		1	1	
Potassium, K.....mg	54	10.356	72	JA	6		11	8	
Sodium, Na.....mg	30	1.514	77	JO	11		6	4	
Zinc, Zn.....mg	0.03	0.008	56	JA	6		0.01	0.00	
Copper, Cu.....mg	0.011	0.007	51	JA	6		0.002	0.002	
Manganese, Mn.....mg	0.132	0.007	48	JA	6		0.028	0.018	
Selenium, Se.....mcg	0.4	0.119	21	JA	6		0.1	0.1	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.9	0.130	3		1		0.2	0.1	
Thiamin.....mg	0.001		1		1		0.000	0.000	
Riboflavin.....mg	0.026		1		4		0.005	0.004	
Niacin.....mg	0.036		1		1		0.008	0.005	
Pantothenic acid.....mg	0.197		1		1		0.041	0.028	
Vitamin B-6.....mg	0.020		1		1		0.004	0.003	
Folate, total.....mcg	2		0	FLA	4		0	0	
Folic acid.....mcg	0		0	FLA	4		0	0	
Folate, food.....mcg	2		0	FLA	4		0	0	
Folate, DFE.....mcg_DFE	2		0	NC	4		0	0	
Choline, total.....mg	10.3		0	O	4		2.2	1.4	
Betaine.....mg									
Vitamin B-12.....mcg	0.00		1		1		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	FLA	4		0	0	
Retinol.....mcg	0		0	FLA	4		0	0	
Carotene, beta.....mcg	3		0	FLA	4		1	0	
Carotene, alpha.....mcg	0		0	FLA	4		0	0	
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0	0	
Vitamin A, IU.....IU	5		0	FLA	4		1	1	
Lycopene.....mcg	0		0	FLA	4		0	0	
Lutein + zeaxanthin.....mcg	22		0	FLA	4		5	3	
Vitamin E (alpha-tocopherol).....mg	0.00		0	FLA	4		0.00	0.00	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg	0.00		0	FLA	4		0.00	0.00	
Tocopherol, gamma.....mg	0.00		0	FLA	4		0.00	0.00	
Tocopherol, delta.....mg	0.00		0	FLA	4		0.00	0.00	
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.3		0	FLA	4		0.1	0.0	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.005		0	FLA	4		0.001	0.001	
4:0.....g	0.000		0	FLA	4		0.000	0.000	
6:0.....g	0.000		0	FLA	4		0.000	0.000	
8:0.....g	0.000		0	FLA	4		0.000	0.000	
10:0.....g	0.000		0	FLA	4		0.000	0.000	

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
12:0.....g	0.000		0	FLA	4		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0	FLA	4		0.000	0.000	
15:0.....g									
16:0.....g	0.004		0	FLA	4		0.001	0.001	
17:0.....g									
18:0.....g	0.001		0	FLA	4		0.000	0.000	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.001		0	FLA	4		0.000	0.000	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.001		0	FLA	4		0.000	0.000	
20:1.....g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.004		0	FLA	4		0.001	0.001	
18:2 undifferentiated.....g	0.003		0	FLA	4		0.001	0.000	
18:3 undifferentiated.....g	0.001		0	FLA	4		0.000	0.000	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3.....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	FLA	4		0	0	
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	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 = 21g: 1 serving 1 tbsp  
Measure 2 = 14.0g: 1 packet (0.5 oz)

**Calories Factors: Protein 3.36      Fat 8.37      Carbohydrate 3.8**

**Food Group: 19 Sweets**

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

NDB No. 44110

Jellies, reduced sugar, home preserved

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	53.00		0		4		159.00	10.07	
Energy.....kcal	179		0		4		537	34	
Energy.....kj	749		0		4		2247	142	
Protein.....g	0.30		0		4		0.90	0.06	
Total lipid (fat).....g	0.03		0		4		0.09	0.01	
Ash.....g	0.08		0	BFSN	4		0.23	0.01	
Carbohydrate, by difference.....g	46.10		0		4		138.30	8.76	
Fiber, total dietary.....g	0.8		0		4		2.4	0.2	
Sugars, total.....g	45.30		0	NR	4		135.90	8.61	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	5		0		4		15	1	
Iron, Fe.....mg	0.18		0		4		0.54	0.03	
Magnesium, Mg.....mg	6		0		4		18	1	
Phosphorus, P.....mg	6		0		4		18	1	
Potassium, K.....mg	71		0		4		213	13	
Sodium, Na.....mg	2		0		4		6	0	
Zinc, Zn.....mg	0.03		0		4		0.09	0.01	
Copper, Cu.....mg	0.023		0		4		0.069	0.004	
Manganese, Mn.....mg									
Selenium, Se.....mcg	1.4		0	BFSN	4		4.2	0.3	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0	0.0	
Thiamin.....mg	0.010		0		4		0.030	0.002	
Riboflavin.....mg	0.020		0		4		0.060	0.004	
Niacin.....mg	0.140		0		4		0.420	0.027	
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.040		0		4		0.120	0.008	
Folate, total.....mcg	1		0		4		3	0	
Folic acid.....mcg	0		0	BFSN	4		0	0	
Folate, food.....mcg	1		0		4		3	0	
Folate, DFE.....mcg_DFE	1		0	NC	4		3	0	
Choline, total.....mg	6.9		0	O	4		20.7	1.3	
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	0		0	BFSN	4		0	0	
Retinol.....mcg	0		0	BFSN	4		0	0	
Carotene, beta.....mcg	2		0	BFSN	4		6	0	
Carotene, alpha.....mcg	0		0	BFSN	4		0	0	
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0	0	
Vitamin A, IU.....IU	3		0	NC	4		10	1	
Lycopene.....mcg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin.....mcg	14		0	BFSN	4		43	3	
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	0.2		0	BFSN	4		0.5	0.0	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.009		0		4		0.027	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. 44110

Jellies, reduced sugar, home preserved

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures 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	0.008		0		4		0.024	0.002	
17:0.....g									
18:0.....g	0.001		0		4		0.003	0.000	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.001		0		4		0.003	0.000	
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	0.001		0		4		0.003	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	0.008		0		4		0.024	0.002	
18:2 undifferentiated.....g	0.006		0		4		0.018	0.001	
18:3 undifferentiated.....g	0.002		0		4		0.006	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	BFSN	4		0	0	
Theobromine.....mg	0		0	BFSN	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 = 300g: 1 cup

Measure 2 = 19g: 1 tbsp

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group: 19 Sweets**

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

**NDB No. 19303**  
**Marmalade, orange**

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	33.20		1		1		106.24	6.64	4.65
Energy.....kcal	246		0	NC	4		787	49	34
Energy.....kj	1029		0		4		3294	206	144
Protein (N x 6.25).....g	0.30	0.058	3		1		0.96	0.06	0.04
Total lipid (fat).....g	0.00		1		1		0.00	0.00	0.00
Ash.....g	0.20		1		1		0.64	0.04	0.03
Carbohydrate, by difference.....g	66.30		0	NC	4		212.16	13.26	9.28
Fiber, total dietary.....g	0.7		0	FLC	4		2.4	0.1	0.1
Sugars, total.....g	60.00		0	FLC	4		192.00	12.00	8.40
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	38		1		1		122	8	5
Iron, Fe.....mg	0.15	0.029	3		1		0.48	0.03	0.02
Magnesium, Mg.....mg	2		1		1		6	0	0
Phosphorus, P.....mg	4		0	FLC	4		14	1	1
Potassium, K.....mg	37		1		1		118	7	5
Sodium, Na.....mg	56		1		1		179	11	8
Zinc, Zn.....mg	0.04	0.018	4		1		0.13	0.01	0.01
Copper, Cu.....mg	0.090		1		1		0.288	0.018	0.013
Manganese, Mn.....mg	0.020		1		1		0.064	0.004	0.003
Selenium, Se.....mcg	0.6		0	FLC	4		1.8	0.1	0.1
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	4.8	2.285	3		1		15.4	1.0	0.7
Thiamin.....mg	0.005		1		1		0.016	0.001	0.001
Riboflavin.....mg	0.025		0	FLC	4		0.079	0.005	0.003
Niacin.....mg	0.052		1		1		0.166	0.010	0.007
Pantothenic acid.....mg	0.015		1		1		0.048	0.003	0.002
Vitamin B-6.....mg	0.019		0	FLC	4		0.060	0.004	0.003
Folate, total.....mcg	9		0	FLC	4		30	2	1
Folic acid.....mcg	0		0	FLC	4		0	0	0
Folate, food.....mcg	9		0	FLC	4		30	2	1
Folate, DFE.....mcg_DFE	9		0	NC	4		30	2	1
Choline, total.....mg	3.0		0	O	4		9.7	0.6	0.4
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	3		0	FLC	4		10	1	0
Retinol.....mcg	0		0	FLC	4		0	0	0
Carotene, beta.....mcg	15		0	FLC	4		49	3	2
Carotene, alpha.....mcg	5		0	FLC	4		17	1	1
Cryptoxanthin, beta.....mcg	38		0	FLC	4		122	8	5
Vitamin A, IU.....IU	62		0	FLC	4		198	12	9
Lycopene.....mcg	0		0	FLC	4		0	0	0
Lutein + zeaxanthin.....mcg	58		0	FLC	4		187	12	8
Vitamin E (alpha-tocopherol).....mg	0.06		0	FLC	4		0.18	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	0.0		0	FLC	4		0.1	0.0	0.0
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.000		0		7		0.000	0.000	0.000
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. 19303**  
**Marmalade, orange**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures 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									
16:0.....g	0.000		0		4		0.000	0.000	0.000
17:0.....g									
18:0.....g	0.000		0		4		0.000	0.000	0.000
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0		7		0.000	0.000	0.000
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
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									
Fatty acids, total polyunsaturated.....g	0.000		0		7		0.000	0.000	0.000
18:2 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
18:3 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
18:4.....g	0.000		0		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		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									
Cholesterol.....mg	0		1	LC	8		0	0	0
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.003		0		1		0.010	0.001	0.000
Threonine.....g	0.005		0		1		0.016	0.001	0.001
Isoleucine.....g	0.008		0		1		0.026	0.002	0.001
Leucine.....g	0.007		0		1		0.022	0.001	0.001
Lysine.....g	0.015		0		1		0.048	0.003	0.002
Methionine.....g	0.006		0		1		0.019	0.001	0.001
Cystine.....g	0.003		0		1		0.010	0.001	0.000
Phenylalanine.....g	0.010		0		1		0.032	0.002	0.001
Tyrosine.....g	0.005		0		1		0.016	0.001	0.001
Valine.....g	0.013		0		1		0.042	0.003	0.002
Arginine.....g	0.021		0		1		0.067	0.004	0.003
Histidine.....g	0.006		0		1		0.019	0.001	0.001
Alanine.....g	0.016		0		1		0.051	0.003	0.002
Aspartic acid.....g	0.036		0		1		0.115	0.007	0.005
Glutamic acid.....g	0.030		0		1		0.096	0.006	0.004
Glycine.....g	0.030		0		1		0.096	0.006	0.004
Proline.....g	0.015		0		1		0.048	0.003	0.002
Serine.....g	0.010		0		1		0.032	0.002	0.001
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0	0.0	0.0
Caffeine.....mg	0		0	FLC	4		0	0	0
Theobromine.....mg	0		0	FLC	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. 19303**

**Marmalade, orange**

Measure 1 = 320g: 1 cup

Measure 2 = 20g: 1 tbsp

Measure 3 = 14.0g: 1 package (0.5 oz)

**Calories Factors: Protein 3.4**

**Fat 8.4**

**Carbohydrate 3.7**

**Food Group: 19 Sweets**

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

NDB No. 42131

Milk dessert, frozen, milk-fat free, chocolate

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	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	O	4		76.86		
Energy.....kcal	167		0		4		229		
Energy.....kj	699		0		4		957		
Protein.....g	4.30		0		4		5.89		
Total lipid (fat).....g	1.00		0		4		1.37		
Ash.....g	0.90		0	NR	4		1.23		
Carbohydrate, by difference.....g	37.70		0	NR	4		51.65		
Fiber, total dietary.....g	0.0		0	O	4		0.0		
Sugars, total.....g	37.70		0	NR	4		51.65		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	154		0		4		211		
Iron, Fe.....mg	0.04		0		4		0.05		
Magnesium, Mg.....mg	45		0		4		62		
Phosphorus, P.....mg	123		0		4		169		
Potassium, K.....mg	333		0		4		456		
Sodium, Na.....mg	97		0		4		133		
Zinc, Zn.....mg	0.47		0		4		0.64		
Copper, Cu.....mg	0.008		0		4		0.011		
Manganese, Mn.....mg									
Selenium, Se.....mcg	2.6		0	BFPN	4		3.6		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.7		0		4		1.0		
Thiamin.....mg	0.050		0		4		0.069		
Riboflavin.....mg	0.260		0		4		0.356		
Niacin.....mg	0.100		0		4		0.137		
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.040		0		4		0.055		
Folate, total.....mcg	6		0		4		8		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	6		0		4		8		
Folate, DFE.....mcg_DFE	6		0	NC	4		8		
Choline, total.....mg	0.9		0	O	4		1.2		
Betaine.....mg									
Vitamin B-12.....mcg	0.55		0		4		0.75		
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	18		0	NR	4		25		
Carotene, alpha.....mcg	0		0	Z	7		0		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0		
Vitamin A, IU.....IU	62		0		4		85		
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	Z	7		0.0		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.597		0		4		0.818		
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. 42131

Milk dessert, frozen, milk-fat free, chocolate

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures 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	0.254		0		4		0.348		
17:0.....g									
18:0.....g	0.332		0		4		0.455		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.329		0		4		0.451		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0		4		0.003		
17:1.....g									
18:1 undifferentiated.....g	0.326		0		4		0.447		
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	0.030		0		4		0.041		
18:2 undifferentiated.....g	0.028		0		4		0.038		
18:3 undifferentiated.....g	0.001		0		4		0.001		
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	3		0	BFZN	4		4		
Theobromine.....mg	62		0	BFZN	4		85		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group: 19 Sweets**

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

NDB No. 19304

Molasses

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	21.87	1.314	12	AI	13		73.71	4.37	
Energy.....kcal	290		0	NC	4		977	58	
Energy.....kj	1213		0	NC	4		4089	243	
Protein (N x 6.25).....g	0.00		1	LC	8		0.00	0.00	
Total lipid (fat).....g	0.10		2		1		0.34	0.02	
Ash.....g	3.30		2		1		11.12	0.66	
Carbohydrate, by difference.....g	74.73		0	NC	4		251.83	14.95	
Fiber, total dietary.....g	0.0		1	LC	8		0.0	0.0	
Sugars, total.....g	55.49	1.784	7	AI	13		187.01	11.10	
Sucrose.....g	29.40	3.454	12	AI	13		99.09	5.88	
Glucose (dextrose).....g	11.92	2.056	11	AI	13		40.18	2.38	
Fructose.....g	12.79	1.186	10	AI	13		43.09	2.56	
Lactose.....g									
Maltose.....g									
Galactose.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	205		2		1		691	41	
Iron, Fe.....mg	4.72		2		1		15.91	0.94	
Magnesium, Mg.....mg	242		2		1		816	48	
Phosphorus, P.....mg	31		2		1		104	6	
Potassium, K.....mg	1464		2		1		4934	293	
Sodium, Na.....mg	37		2		1		125	7	
Zinc, Zn.....mg	0.29	0.038	3		1		0.98	0.06	
Copper, Cu.....mg	0.487	0.035	3		1		1.641	0.097	
Manganese, Mn.....mg	1.530		2		1		5.156	0.306	
Selenium, Se.....mcg	17.8	4.906	5	A	1		60.0	3.6	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		1	LC	8		0.0	0.0	
Thiamin.....mg	0.041		2		1		0.138	0.008	
Riboflavin.....mg	0.002		1		1		0.007	0.000	
Niacin.....mg	0.930		2		1		3.134	0.186	
Pantothenic acid.....mg	0.804		2		1		2.709	0.161	
Vitamin B-6.....mg	0.670		2		1		2.258	0.134	
Folate, total.....mcg	0		2		1		0	0	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	0		2		1		0	0	
Folate, DFE.....mcg_DFE	0		0	NC	4		0	0	
Choline, total.....mg	13.3		0	AS	1		44.8	2.7	
Betaine.....mg									
Vitamin B-12.....mcg	0.00		1		4		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	NR	4		0	0	
Carotene, alpha.....mcg	0		0	NR	4		0	0	
Cryptoxanthin, beta.....mcg	0		0	NR	4		0	0	
Vitamin A, IU.....IU	0		1	LC	8		0	0	
Lycopene.....mcg	0		0	NR	4		0	0	
Lutein + zeaxanthin.....mcg	0		0	NR	4		0	0	
Vitamin E (alpha-tocopherol).....mg	0.00		0	NR	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	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....mcg	0.0		0	Z	7		0.0	0.0	

**NDB No. 19304**  
**Molasses**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of 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		4		0.061	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	
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	0.018		0		4		0.061	0.004	
17:0.....g									
18:0.....g	0.002		0		4		0.007	0.000	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.032		0		4		0.108	0.006	
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	0.032		0		4		0.108	0.006	
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	0.050		0		4		0.169	0.010	
18:2 undifferentiated.....g	0.050		0		4		0.169	0.010	
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		1	LC	8		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 = 337g: 1 cup  
 Measure 2 = 20g: 1 serving 1 tbsp

**Calories Factors: Protein**

**Fat 8.37**

**Carbohydrate 3.87**

**Food Group: 19 Sweets**

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



NDB No. 42063

Pectin, liquid

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	96.90		0						4
Energy.....kcal	11		0						4
Energy.....kj	46		0						4
Protein.....g	0.00		0						7
Total lipid (fat).....g	0.00		0						7
Ash.....g	1.00		0	O					4
Carbohydrate, by difference.....g	2.10		0	NC					4
Fiber, total dietary.....g	2.1		0	NR					4
Sugars, total.....g	0.00		0	Z					7
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	0		0						7
Iron, Fe.....mg	0.00		0						7
Magnesium, Mg.....mg	0		0						7
Phosphorus, P.....mg	0		0						7
Potassium, K.....mg	0		0						7
Sodium, Na.....mg	0		0						7
Zinc, Zn.....mg	0.00		0						7
Copper, Cu.....mg	0.000		0						7
Manganese, Mn.....mg									
Selenium, Se.....mcg	0.0		0	Z					7
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0						7
Thiamin.....mg	0.000		0						7
Riboflavin.....mg	0.000		0						7
Niacin.....mg	0.000		0						7
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.000		0						7
Folate, total.....mcg	0		0						7
Folic acid.....mcg	0		0	Z					7
Folate, food.....mcg	0		0						7
Folate, DFE.....mcg_DFE	0		0	NC					4
Choline, total.....mg	0.0		0	Z					7
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	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						7
Lycopene.....mcg	0		0	Z					7
Lutein + zeaxanthin.....mcg	0		0	Z					7
Vitamin E (alpha-tocopherol).....mg	0.00		0	Z					7
Vitamin E, added.....mg	0.00		0	Z					7
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU	0		0	Z					7
Vitamin K (phylloquinone).....mcg	0.0		0	Z					7
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.000		0						7
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		Measure 1	Measure 2	Measure 3
			Deriv Code	Source Code			
12:0.....g	0.000		0		4		
13:0.....g							
14:0.....g	0.000		0		4		
15:0.....g							
16:0.....g	0.000		0		4		
17:0.....g							
18:0.....g	0.000		0		4		
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	0.000		0		7		
14:1.....g							
15:1.....g							
16:1 undifferentiated.....g	0.000		0		4		
17:1.....g							
18:1 undifferentiated.....g	0.000		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	0.000		0		7		
18:2 undifferentiated.....g	0.000		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: 19 Sweets

**NDB No. 19310**  
**Pectin, unsweetened, dry mix**

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	8.70	2.791	3		1		4.35		
Energy.....kcal	325		0	NC	4		163		
Energy.....kj	1360		0		4		680		
Protein (N x 6.25).....g	0.30		2		1		0.15		
Total lipid (fat).....g	0.30		2		1		0.15		
Ash.....g	0.30		2		1		0.15		
Carbohydrate, by difference.....g	90.40		0	NC	4		45.20		
Fiber, total dietary.....g	8.6		0		4		4.3		
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	7		2		1		4		
Iron, Fe.....mg	2.71		2		1		1.36		
Magnesium, Mg.....mg	1		2		1		1		
Phosphorus, P.....mg	2		2		1		1		
Potassium, K.....mg	7		2		1		4		
Sodium, Na.....mg	200		2		1		100		
Zinc, Zn.....mg	0.47		2		1		0.24		
Copper, Cu.....mg	0.420		2		1		0.210		
Manganese, Mn.....mg	0.070		2		1		0.035		
Selenium, Se.....mcg	0.0		0	Z	7		0.0		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		1		4		0.0		
Thiamin.....mg	0.008		2		1		0.004		
Riboflavin.....mg	0.060		2		1		0.030		
Niacin.....mg	0.005		2		1		0.003		
Pantothenic acid.....mg	0.110		2		1		0.055		
Vitamin B-6.....mg	0.010		2		1		0.005		
Folate, total.....mcg	1		2		1		1		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	1		2		1		1		
Folate, DFE.....mcg_DFE	1		0	NC	4		1		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg	0.00		1		4		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									
Carotene, alpha.....mcg									
Cryptoxanthin, beta.....mcg									
Vitamin A, IU.....IU	3		2		1		2		
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	0.050		0		4		0.025		
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		
12:0.....g	0.001		0		4		0.001		

**NDB No. 19310**  
**Pectin, unsweetened, dry mix**

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
13:0.....g									
14:0.....g	0.002		0		4		0.001		
15:0.....g									
16:0.....g	0.040		0		4		0.020		
17:0.....g									
18:0.....g	0.006		0		4		0.003		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.010		0		4		0.005		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		4		0.001		
17:1.....g									
18:1 undifferentiated.....g	0.012		0		4		0.006		
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	0.090		0		4		0.045		
18:2 undifferentiated.....g	0.072		0		4		0.036		
18:3 undifferentiated.....g	0.015		0		4		0.008		
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		1		4		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 = 50g: 1 package (1.75 oz)

**Calories Factors: Protein**

**Fat**

**Carbohydrate3.6**

**Food Group: 19 Sweets**

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

NDB No. 19312  
Pie fillings, apple, 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	73.40	0.815	3		1		436.73	54.32	
Energy.....kcal	100		0	NC	4		597	74	
Energy.....kj	420		0	NC	4		2498	311	
Protein (N x 6.25).....g	0.10		2		1		0.60	0.07	
Total lipid (fat).....g	0.10		2		1		0.60	0.07	
Ash.....g	0.30		2		1		1.79	0.22	
Carbohydrate, by difference.....g	26.10		0	NC	4		155.30	19.31	
Fiber, total dietary.....g	1.0		1	AI	13		6.0	0.7	
Sugars, total.....g	13.80		0	FLC	4		82.09	10.21	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	4		2		1		24	3	
Iron, Fe.....mg	0.29		2		1		1.73	0.21	
Magnesium, Mg.....mg	2		2		1		12	1	
Phosphorus, P.....mg	7		2		1		42	5	
Potassium, K.....mg	45		2		1		268	33	
Sodium, Na.....mg	47		1	LC	8		280	35	
Zinc, Zn.....mg	0.04		2		1		0.24	0.03	
Copper, Cu.....mg	0.055		2		1		0.327	0.041	
Manganese, Mn.....mg	0.027		2		1		0.161	0.020	
Selenium, Se.....mcg	0.3		0	FLC	4		1.9	0.2	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	1.7		0	FLC	4		9.8	1.2	
Thiamin.....mg	0.012		2		1		0.071	0.009	
Riboflavin.....mg	0.011		2		1		0.065	0.008	
Niacin.....mg	0.035		2		1		0.208	0.026	
Pantothenic acid.....mg	0.042		2		1		0.250	0.031	
Vitamin B-6.....mg	0.016		2		1		0.095	0.012	
Folate, total.....mcg	0		0	FLC	4		1	0	
Folic acid.....mcg	0		0	FLC	4		0	0	
Folate, food.....mcg	0		0	FLC	4		1	0	
Folate, DFE.....mcg_DFE	0		0	NC	4		1	0	
Choline, total.....mg	2.8		0	FLC	4		16.9	2.1	
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	FLC	4		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	FLC	4		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	2		0	FLC	4		9	1	
Retinol.....mcg	0		0	FLC	4		0	0	
Carotene, beta.....mcg	10		0	FLC	4		62	8	
Carotene, alpha.....mcg	0		0	FLC	4		0	0	
Cryptoxanthin, beta.....mcg	8		0	FLC	4		46	6	
Vitamin A, IU.....IU	24		0	FLC	4		142	18	
Lycopene.....mcg	0		0	FLC	4		0	0	
Lutein + zeaxanthin.....mcg	11		0	FLC	4		66	8	
Vitamin E (alpha-tocopherol).....mg	0.04		0	FLC	4		0.22	0.03	
Vitamin E, added.....mg	0.00		0	FLC	4		0.00	0.00	
Tocopherol, beta.....mg	0.00		0	FLC	4		0.02	0.00	
Tocopherol, gamma.....mg	0.00		0	FLC	4		0.00	0.00	
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.5		0	FLC	4		2.9	0.4	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.000		1	LC	8		0.000	0.000	
4:0.....g	0.000		0	FLC	4		0.000	0.000	
6:0.....g	0.000		0	FLC	4		0.000	0.000	
8:0.....g	0.000		0	FLC	4		0.000	0.000	
10:0.....g	0.000		0	FLC	4		0.000	0.000	

NDB No. 19312  
Pie fillings, apple, 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		0	FLC	4		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0	FLC	4		0.000	0.000	
15:0.....g									
16:0.....g	0.000		0	FLC	4		0.000	0.000	
17:0.....g									
18:0.....g	0.000		0	FLC	4		0.000	0.000	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0	FLC	4		0.000	0.000	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	FLC	4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.000		0	FLC	4		0.000	0.000	
20:1.....g	0.000		0	FLC	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLC	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	FLC	4		0.000	0.000	
18:2 undifferentiated.....g	0.000		0	FLC	4		0.000	0.000	
18:3 undifferentiated.....g	0.000		0	FLC	4		0.000	0.000	
18:4.....g	0.000		0	FLC	4		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	FLC	4		0.000	0.000	
22:5 n-3.....g	0.000		0	FLC	4		0.000	0.000	
22:6 n-3.....g	0.000		0	FLC	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1	LC	8		0	0	
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0	0.0	
Caffeine.....mg	0		0	FLC	4		0	0	
Theobromine.....mg	0		0	FLC	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 = 595g: 1 can (21 oz)

Measure 2 = 74g: .125 can

**Calories Factors: Protein 3.4**

**Fat 8.4**

**Carbohydrate 3.8**

**Food Group: 19 Sweets**

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

NDB No. 44158  
Pie fillings, blueberry, 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	54.66		0	FLC	4		143.20		
Energy.....kcal	181		0	NC	4		474		
Energy.....kj	757		0	NC	4		1984		
Protein.....g	0.41		0	FLC	4		1.08		
Total lipid (fat).....g	0.20		0	FLC	4		0.54		
Ash.....g	0.35		0	FLC	4		0.92		
Carbohydrate, by difference.....g	44.38		0	NC	4		116.27		
Fiber, total dietary.....g	2.6		1	LC	8		6.9		
Sugars, total.....g	37.75		1	LC	8		98.90		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	27		0	FLC	4		69		
Iron, Fe.....mg	0.80		0	FLC	4		2.09		
Magnesium, Mg.....mg	10		0	FLC	4		26		
Phosphorus, P.....mg	12		0	FLC	4		32		
Potassium, K.....mg	115		0	FLC	4		301		
Sodium, Na.....mg	12		0	FLC	4		32		
Zinc, Zn.....mg	0.10		0	FLC	4		0.26		
Copper, Cu.....mg	0.112		0	FLC	4		0.292		
Manganese, Mn.....mg	0.215		0	FLC	4		0.563		
Selenium, Se.....mcg	0.4		0	FLC	4		1.1		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.7		0	FLC	4		1.8		
Thiamin.....mg	0.023		0	FLC	4		0.061		
Riboflavin.....mg	0.034		0	FLC	4		0.090		
Niacin.....mg	0.091		0	FLC	4		0.238		
Pantothenic acid.....mg	0.092		0	FLC	4		0.241		
Vitamin B-6.....mg	0.029		0	FLC	4		0.077		
Folate, total.....mcg	1		0	FLC	4		4		
Folic acid.....mcg	0		0	FLC	4		0		
Folate, food.....mcg	1		0	FLC	4		4		
Folate, DFE.....mcg_DFE	1		0	NC	4		4		
Choline, total.....mg	3.8		0	O	4		9.9		
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	FLC	4		0.00		
Vitamin B-12, added.....mcg	0.00		0	FLC	4		0.00		
Vitamin A, RAE.....mcg_RAE	1		0	FLC	4		3		
Retinol.....mcg	0		0	FLC	4		0		
Carotene, beta.....mcg	13		0	FLC	4		35		
Carotene, alpha.....mcg	0		0	FLC	4		0		
Cryptoxanthin, beta.....mcg	0		0	FLC	4		0		
Vitamin A, IU.....IU	22		0	FLC	4		58		
Lycopene.....mcg	0		0	FLC	4		0		
Lutein + zeaxanthin.....mcg	33		0	FLC	4		86		
Vitamin E (alpha-tocopherol).....mg	0.23		0	FLC	4		0.61		
Vitamin E, added.....mg	0.00		0	FLC	4		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	3.9		0	FLC	4		10.3		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.000		1	LC	8		0.000		
4:0.....g	0.000		0	FLC	4		0.000		
6:0.....g	0.000		0	FLC	4		0.000		
8:0.....g	0.000		0	FLC	4		0.000		
10:0.....g	0.000		0	FLC	4		0.000		

NDB No. 44158  
Pie fillings, blueberry, 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		0	FLC	4		0.000		
13:0.....g									
14:0.....g	0.000		0	FLC	4		0.000		
15:0.....g									
16:0.....g	0.000		0	FLC	4		0.000		
17:0.....g									
18:0.....g	0.000		0	FLC	4		0.000		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		1	LC	8		0.000		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	FLC	4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.000		0	FLC	4		0.000		
20:1.....g	0.000		0	FLC	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLC	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	FLC	4		0.000		
18:2 undifferentiated.....g	0.000		0	FLC	4		0.000		
18:3 undifferentiated.....g	0.000		0	FLC	4		0.000		
18:4.....g	0.000		0	FLC	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLC	4		0.000		
20:5 n-3.....g	0.000		0	FLC	4		0.000		
22:5 n-3.....g	0.000		0	FLC	4		0.000		
22:6 n-3.....g	0.000		0	FLC	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1	LC	8		0		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0		
Caffeine.....mg	0		0	FLC	4		0		
Theobromine.....mg	0		0	FLC	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 = 262g: 1 cup

Calories Factors: Protein 4

Fat 9

Carbohydrate4

Food Group: 19 Sweets

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





**NDB No. 19314**  
**Pie fillings, canned, cherry**

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	0.010		0	BFFN	4		0.060	0.007	
17:0.....g									
18:0.....g	0.004		0	BFFN	4		0.024	0.003	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.021		0	BFFN	4		0.125	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	0.021		0	BFFN	4		0.125	0.016	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.021		0	BFFN	4		0.125	0.016	
18:2 undifferentiated.....g	0.010		0	BFFN	4		0.060	0.007	
18:3 undifferentiated.....g	0.010		0	BFFN	4		0.060	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		4		0	0	
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.002		0		1		0.012	0.001	
Threonine.....g	0.009		0		1		0.054	0.007	
Isoleucine.....g	0.009		0		1		0.054	0.007	
Leucine.....g	0.013		0		1		0.077	0.010	
Lysine.....g	0.016		0		1		0.095	0.012	
Methionine.....g	0.002		0		1		0.012	0.001	
Cystine.....g	0.002		0		1		0.012	0.001	
Phenylalanine.....g	0.008		0		1		0.048	0.006	
Tyrosine.....g	0.005		0		1		0.030	0.004	
Valine.....g	0.012		0		1		0.071	0.009	
Arginine.....g	0.007		0		1		0.042	0.005	
Histidine.....g	0.006		0		1		0.036	0.004	
Alanine.....g	0.013		0		1		0.077	0.010	
Aspartic acid.....g	0.247		0		1		1.470	0.183	
Glutamic acid.....g	0.017		0		1		0.101	0.013	
Glycine.....g	0.010		0		1		0.060	0.007	
Proline.....g	0.014		0		1		0.083	0.010	
Serine.....g	0.014		0		1		0.083	0.010	
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 = 595g: 1 can (21 oz)

Measure 2 = 74g: .125 can

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate4**

**NDB No. 19314**  
**Pie fillings, canned, cherry**

**Food Group:** 19 Sweets  
USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 43098

Pie fillings, cherry, low calorie

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	86.76		0	FLC	4		229.04		
Energy.....kcal	53		0	NC	4		139		
Energy.....kj	220		0	NC	4		582		
Protein.....g	0.82		0	FLC	4		2.18		
Total lipid (fat).....g	0.16		0	FLC	4		0.42		
Ash.....g	0.28		0	FLC	4		0.73		
Carbohydrate, by difference.....g	11.98		0	NC	4		31.63		
Fiber, total dietary.....g	1.2		1	LC	8		3.1		
Sugars, total.....g	9.15		0	O	4		24.16		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	11		0	FLC	4		29		
Iron, Fe.....mg	0.33		0	FLC	4		0.86		
Magnesium, Mg.....mg	8		0	FLC	4		21		
Phosphorus, P.....mg	15		0	FLC	4		40		
Potassium, K.....mg	118		0	FLC	4		312		
Sodium, Na.....mg	12		1	LC	8		31		
Zinc, Zn.....mg	0.07		0	FLC	4		0.19		
Copper, Cu.....mg	0.084		0	FLC	4		0.221		
Manganese, Mn.....mg	0.057		0	FLC	4		0.149		
Selenium, Se.....mcg	0.1		0	FLC	4		0.1		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	2.8		1	LC	8		7.5		
Thiamin.....mg	0.020		0	FLC	4		0.053		
Riboflavin.....mg	0.039		0	FLC	4		0.102		
Niacin.....mg	0.361		0	FLC	4		0.952		
Pantothenic acid.....mg	0.000		0	FLC	4		0.000		
Vitamin B-6.....mg	0.027		0	FLC	4		0.072		
Folate, total.....mcg	4		0	FLC	4		11		
Folic acid.....mcg	0		0	FLC	4		0		
Folate, food.....mcg	4		0	NR	4		11		
Folate, DFE.....mcg_DFE	4		0	NC	4		11		
Choline, total.....mg	4.9		0	O	4		12.9		
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	FLC	4		0.00		
Vitamin B-12, added.....mcg	0.00		0	FLC	4		0.00		
Vitamin A, RAE.....mcg_RAE	10		0	NC	4		27		
Retinol.....mcg	0		0	FLC	4		0		
Carotene, beta.....mcg	125		0	NR	4		330		
Carotene, alpha.....mcg	0		0	FLC	4		0		
Cryptoxanthin, beta.....mcg	0		0	FLC	4		0		
Vitamin A, IU.....IU	208		0	NC	4		550		
Lycopene.....mcg	0		0	FLC	4		0		
Lutein + zeaxanthin.....mcg	70		0	NR	4		185		
Vitamin E (alpha-tocopherol).....mg	0.00		0	FLC	4		0.00		
Vitamin E, added.....mg	0.00		0	FLC	4		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		0	FLC	4		0.0		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.000		1	LC	8		0.000		
4:0.....g	0.000		0	FLC	4		0.000		
6:0.....g	0.000		0	FLC	4		0.000		
8:0.....g	0.000		0	FLC	4		0.000		
10:0.....g	0.000		0	FLC	4		0.000		

NDB No. 43098  
Pie fillings, cherry, low calorie

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures 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	FLC	4		0.000		
13:0.....g									
14:0.....g	0.000		0	FLC	4		0.000		
15:0.....g									
16:0.....g	0.000		0	FLC	4		0.000		
17:0.....g									
18:0.....g	0.000		0	FLC	4		0.000		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		1	LC	8		0.000		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	FLC	4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.000		0	FLC	4		0.000		
20:1.....g	0.000		0	FLC	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLC	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		1	LC	8		0.000		
18:2 undifferentiated.....g	0.000		0	FLC	4		0.000		
18:3 undifferentiated.....g	0.000		0	FLC	4		0.000		
18:4.....g	0.000		0	FLC	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLC	4		0.000		
20:5 n-3.....g	0.000		0	FLC	4		0.000		
22:5 n-3.....g	0.000		0	FLC	4		0.000		
22:6 n-3.....g	0.000		0	FLC	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1	LC	8		0		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0		
Caffeine.....mg	0		0	FLC	4		0		
Theobromine.....mg	0		0	FLC	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 = 264g: 1 cup

Calories Factors: Protein 4

Fat 9

Carbohydrate4

Food Group: 19 Sweets

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

NDB No. 19333

Pudding, lemon, dry mix, regular, prepared with sugar, egg yolk and water

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	73.62		0	RP	4				
Energy.....kcal	109		0	NC	4				
Energy.....kj	458		0	NC	4				
Protein.....g	0.65		0	RP	4				
Total lipid (fat).....g	1.12		0	RP	4				
Ash.....g	0.42		0	RP	4				
Carbohydrate, by difference.....g	24.20		0	RP	4				
Fiber, total dietary.....g	0.0		0	RP	4				
Sugars, total.....g	13.51		0	RP	4				
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	8		0	RP	4				
Iron, Fe.....mg	0.13		0	RP	4				
Magnesium, Mg.....mg	1		0	RP	4				
Phosphorus, P.....mg	16		0	RP	4				
Potassium, K.....mg	6		0	RP	4				
Sodium, Na.....mg	63		0	RP	4				
Zinc, Zn.....mg	0.10		0	RP	4				
Copper, Cu.....mg	0.013		0	RP	4				
Manganese, Mn.....mg	0.005		0	RP	4				
Selenium, Se.....mcg	2.4		0	RP	4				
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	RP	4				
Thiamin.....mg	0.006		0	RP	4				
Riboflavin.....mg	0.023		0	RP	4				
Niacin.....mg	0.003		0	RP	4				
Pantothenic acid.....mg	0.123		0	RP	4				
Vitamin B-6.....mg	0.012		0	RP	4				
Folate, total.....mcg	4		0	RP	4				
Folic acid.....mcg	0		0	RP	4				
Folate, food.....mcg	4		0	RP	4				
Folate, DFE.....mcg_DFE	4		0	NC	4				
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg	0.06		0	RP	4				
Vitamin B-12, added.....mcg	0.00		0	RP	4				
Vitamin A, RAE.....mcg_RAE	15		0	RP	4				
Retinol.....mcg	15		0	RP	4				
Carotene, beta.....mcg	4		0	RP	4				
Carotene, alpha.....mcg	2		0	RP	4				
Cryptoxanthin, beta.....mcg	1		0	RP	4				
Vitamin A, IU.....IU	58		0	RP	4				
Lycopene.....mcg	0		0	RP	4				
Lutein + zeaxanthin.....mcg	44		0	RP	4				
Vitamin E (alpha-tocopherol).....mg	0.10		0	RP	4				
Vitamin E, added.....mg	0.00		0	RP	4				
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		0	RP	4				
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.382		0	RP	4				
4:0.....g	0.000		0	RP	4				
6:0.....g	0.000		0	RP	4				
8:0.....g	0.000		0	RP	4				
10:0.....g	0.000		0	RP	4				

NDB No. 19333

Pudding, lemon, dry mix, regular, prepared with sugar, egg yolk and water

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures 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	RP		4			
13:0.....g									
14:0.....g	0.004		0	RP		4			
15:0.....g	0.001		0	RP		4			
16:0.....g	0.274		0	RP		4			
17:0.....g	0.002		0	RP		4			
18:0.....g	0.097		0	RP		4			
20:0.....g	0.001		0	RP		4			
22:0.....g	0.002		0	RP		4			
24:0.....g	0.000		0	RP		4			
Fatty acids, total monounsaturated.....g	0.470		0	RP		4			
14:1.....g	0.001		0	RP		4			
15:1.....g									
16:1 undifferentiated.....g	0.037		0	RP		4			
17:1.....g									
18:1 undifferentiated.....g	0.428		0	RP		4			
20:1.....g	0.003		0	RP		4			
22:1 undifferentiated.....g	0.000		0	RP		4			
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.168		0	RP		4			
18:2 undifferentiated.....g	0.142		0	RP		4			
18:3 undifferentiated.....g	0.004		0	RP		4			
18:4.....g	0.000		0	RP		4			
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.018		0	RP		4			
20:5 n-3.....g	0.000		0	RP		4			
22:5 n-3.....g	0.000		0	RP		4			
22:6 n-3.....g	0.005		0	RP		4			
Fatty acids, total trans.....g									
Cholesterol.....mg	49		0	RP		4			
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	RP		4			
Caffeine.....mg	0		0	RP		4			
Theobromine.....mg	0		0	RP		4			

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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: 19 Sweets

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

NDB No. 44260

Puddings, all flavors except chocolate, low calorie, instant, dry mix

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	6.84		0	FLM	4		0.55	2.19	
Energy.....kcal	350		0	NC	4		28	112	
Energy.....kj	1464		0	NC	4		117	469	
Protein (N x 6.25).....g	0.81		0	FLM	4		0.06	0.26	
Total lipid (fat).....g	0.90		0	FLM	4		0.07	0.29	
Ash.....g	6.80		0	NR	4		0.54	2.17	
Carbohydrate, by difference.....g	84.66		0	NC	4		6.77	27.09	
Fiber, total dietary.....g	0.8		0	FLM	4		0.1	0.3	
Sugars, total.....g	0.90		0	FLM	4		0.07	0.29	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	143		0	FLM	4		11	46	
Iron, Fe.....mg	0.38		0	FLM	4		0.03	0.12	
Magnesium, Mg.....mg	5		0	FLM	4		0	1	
Phosphorus, P.....mg	2368		0	FLM	4		189	758	
Potassium, K.....mg	30		0	FLM	4		2	9	
Sodium, Na.....mg	4250		1	LC	8		340	1360	
Zinc, Zn.....mg	0.10		0	FLM	4		0.01	0.03	
Copper, Cu.....mg	0.038		0	FLM	4		0.003	0.012	
Manganese, Mn.....mg	0.041		0	FLM	4		0.003	0.013	
Selenium, Se.....mcg	0.8		0	BFZN	4		0.1	0.3	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		1	LC	8		0.0	0.0	
Thiamin.....mg	0.005		0	FLM	4		0.000	0.002	
Riboflavin.....mg	0.021		0	FLM	4		0.002	0.007	
Niacin.....mg	0.014		0	FLM	4		0.001	0.005	
Pantothenic acid.....mg	0.047		0	FLM	4		0.004	0.015	
Vitamin B-6.....mg	0.005		0	FLM	4		0.000	0.002	
Folate, total.....mcg	1		0	FLM	4		0	0	
Folic acid.....mcg	0		0	FLM	4		0	0	
Folate, food.....mcg	1		0	FLM	4		0	0	
Folate, DFE.....mcg_DFE	1		0	NC	4		0	0	
Choline, total.....mg	1.1		0	O	4		0.1	0.3	
Betaine.....mg									
Vitamin B-12.....mcg	0.05		0	FLM	4		0.00	0.02	
Vitamin B-12, added.....mcg	0.00		0	FLM	4		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	0		0	FLM	4		0	0	
Retinol.....mcg	0		0	FLM	4		0	0	
Carotene, beta.....mcg	0		0	FLM	4		0	0	
Carotene, alpha.....mcg	0		0	FLM	4		0	0	
Cryptoxanthin, beta.....mcg	0		0	FLM	4		0	0	
Vitamin A, IU.....IU	0		0	FLM	4		0	0	
Lycopene.....mcg	0		0	FLM	4		0	0	
Lutein + zeaxanthin.....mcg	0		0	FLM	4		0	0	
Vitamin E (alpha-tocopherol).....mg	0.08		0	FLM	4		0.01	0.02	
Vitamin E, added.....mg	0.00		0	FLM	4		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	1.7		0	FLM	4		0.1	0.5	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.099		0	FLM	4		0.008	0.032	
4:0.....g	0.000		0	FLM	4		0.000	0.000	
6:0.....g	0.000		0	FLM	4		0.000	0.000	
8:0.....g	0.000		0	FLM	4		0.000	0.000	
10:0.....g	0.000		0	FLM	4		0.000	0.000	



NDB No. 44260

Puddings, all flavors except chocolate, low calorie, instant, dry mix

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures 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	FLM	4		0.000	0.000	
13:0.....g									
14:0.....g	0.001		0	FLM	4		0.000	0.000	
15:0.....g									
16:0.....g	0.078		0	FLM	4		0.006	0.025	
17:0.....g									
18:0.....g	0.019		0	FLM	4		0.001	0.006	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.116		0	FLM	4		0.009	0.037	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.004		0	FLM	4		0.000	0.001	
17:1.....g									
18:1 undifferentiated.....g	0.112		0	FLM	4		0.009	0.036	
20:1.....g	0.000		0	FLM	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.433		0	FLM	4		0.035	0.139	
18:2 undifferentiated.....g	0.386		0	FLM	4		0.031	0.124	
18:3 undifferentiated.....g	0.047		0	FLM	4		0.004	0.015	
18:4.....g	0.000		0	FLM	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	
20:5 n-3.....g	0.000		0	FLM	4		0.000	0.000	
22:5 n-3.....g	0.000		0	FLM	4		0.000	0.000	
22:6 n-3.....g	0.000		0	FLM	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	FLM	4		0	0	
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLM	4		0.0	0.0	
Caffeine.....mg	0		0	FLM	4		0	0	
Theobromine.....mg	0		0	FLM	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 = 8.0g: 1 serving

Measure 2 = 32g: 1 package 4 servings

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate4**

**Food Group: 19 Sweets**

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

NDB No. 44259

Puddings, all flavors except chocolate, low calorie, regular, dry mix

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	10.40		0						4
Energy.....kcal	351		0	NC					4
Energy.....kj	1470		0	NC					4
Protein (N x 6.25).....g	1.60		0						4
Total lipid (fat).....g	0.10		0						4
Ash.....g	1.86		0	O					4
Carbohydrate, by difference.....g	86.04		0	NC					4
Fiber, total dietary.....g	0.9		0	MC					9
Sugars, total.....g	2.90		0	MC					9
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	49		0						4
Iron, Fe.....mg	0.05		0						4
Magnesium, Mg.....mg	17		0						4
Phosphorus, P.....mg	12		0						4
Potassium, K.....mg	18		0						4
Sodium, Na.....mg	1765		0						4
Zinc, Zn.....mg	0.19		0						4
Copper, Cu.....mg	0.040		0						4
Manganese, Mn.....mg									
Selenium, Se.....mcg	0.9		0	BFSN					4
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0						4
Thiamin.....mg	0.000		0						4
Riboflavin.....mg	0.000		0						4
Niacin.....mg	0.000		0						4
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.000		0						4
Folate, total.....mcg	0		0						4
Folic acid.....mcg	0		0	BFSN					4
Folate, food.....mcg	0		0	BFSN					4
Folate, DFE.....mcg_DFE	0		0	NC					4
Choline, total.....mg	0.0		0	O					4
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0						4
Vitamin B-12, added.....mcg	0.00		0	Z					7
Vitamin A, RAE.....mcg_RAE	0		0	BFSN					4
Retinol.....mcg	0		0	BFSN					4
Carotene, beta.....mcg	0		0	BFSN					4
Carotene, alpha.....mcg	0		0	BFSN					4
Cryptoxanthin, beta.....mcg	0		0	BFSN					4
Vitamin A, IU.....IU	0		0						4
Lycopene.....mcg	0		0	BFSN					4
Lutein + zeaxanthin.....mcg	0		0	BFSN					4
Vitamin E (alpha-tocopherol).....mg	0.05		0	BFSN					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	1.1		0	BFSN					4
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.018		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. 44259

Puddings, all flavors except chocolate, low calorie, regular, dry mix

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures 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			
13:0.....g									
14:0.....g	0.000		0			4			
15:0.....g									
16:0.....g	0.018		0			4			
17:0.....g									
18:0.....g	0.002		0			4			
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.032		0			4			
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0			4			
17:1.....g									
18:1 undifferentiated.....g	0.032		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	0.050		0			4			
18:2 undifferentiated.....g	0.050		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			4			
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0			7			
Caffeine.....mg	0		0	BFSN		4			
Theobromine.....mg	0		0	BFSN		4			

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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 4**

**Fat 9**

**Carbohydrate 4**

**Food Group: 19 Sweets**

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

NDB No. 19318  
 Puddings, banana, dry mix, instant

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	2.80	0.054	6		1		2.77	0.70	
Energy.....kcal	367		0	NC	4		363	92	
Energy.....kj	1536		0		4		1520	384	
Protein (N x 6.4).....g	0.00	0.000	6		1		0.00	0.00	
Total lipid (fat).....g	0.60	0.074	6		1		0.59	0.15	
Ash.....g	3.80	0.013	6		1		3.76	0.95	
Carbohydrate, by difference.....g	92.70		0	NC	4		91.77	23.18	
Fiber, total dietary.....g	0.0		0	FLM	4		0.0	0.0	
Sugars, total.....g	76.57		0	O	4		75.80	19.14	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	6		1		4		6	2	
Iron, Fe.....mg	0.12		1		4		0.12	0.03	
Magnesium, Mg.....mg	2		1		4		2	1	
Phosphorus, P.....mg	804		1		4		796	201	
Potassium, K.....mg	15		0		4		15	4	
Sodium, Na.....mg	1499		0		4		1484	375	
Zinc, Zn.....mg	0.04		1		4		0.04	0.01	
Copper, Cu.....mg	0.021		1		4		0.021	0.005	
Manganese, Mn.....mg	0.010		1		4		0.010	0.003	
Selenium, Se.....mcg	0.8		0	BFZN	4		0.8	0.2	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		1		4		0.0	0.0	
Thiamin.....mg	0.001		1		4		0.001	0.000	
Riboflavin.....mg	0.003		1		4		0.003	0.001	
Niacin.....mg	0.002		1		4		0.002	0.001	
Pantothenic acid.....mg	0.006		1		4		0.006	0.002	
Vitamin B-6.....mg	0.001		1		4		0.001	0.000	
Folate, total.....mcg	0		1		4		0	0	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	0		1		4		0	0	
Folate, DFE.....mcg_DFE	0		0	NC	4		0	0	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg	0.01		1		4		0.01	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									
Carotene, alpha.....mcg									
Cryptoxanthin, beta.....mcg									
Vitamin A, IU.....IU	0		1		4		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	0.090		0		1		0.089	0.023	
4:0.....g	0.000		1		1		0.000	0.000	
6:0.....g	0.000		1		1		0.000	0.000	
8:0.....g	0.000		1		1		0.000	0.000	
10:0.....g	0.000		1		1		0.000	0.000	
12:0.....g	0.000		1		1		0.000	0.000	

NDB No. 19318  
 Puddings, banana, dry mix, instant

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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		1		1		0.000	0.000	
15:0.....g									
16:0.....g	0.060		1		1		0.059	0.015	
17:0.....g									
18:0.....g	0.020		1		1		0.020	0.005	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.140		0		1		0.139	0.035	
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	0.140		1		1		0.139	0.035	
20:1.....g	0.000		1		1		0.000	0.000	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.350		0		1		0.347	0.088	
18:2 undifferentiated.....g	0.310		1		1		0.307	0.078	
18:3 undifferentiated.....g	0.040		1		1		0.040	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		1		4		0	0	
Phytosterols.....mg									
<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:**

Measure 1 = 99g: 1 package (3.5 oz)

Measure 2 = 25g: 1 portion, amount to make 1/2 cup

Calories Factors: Protein 4.2

Fat 8.8

Carbohydrate 3.9

Food Group: 19 Sweets

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



NDB No. 19121

Puddings, banana, dry mix, instant, prepared with 2% milk

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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	0.160		0	RPA	1				
15:0.....g									
16:0.....g	0.429		0	RPA	1				
17:0.....g									
18:0.....g	0.197		0	RPA	1				
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.460		0	RPA	1				
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.036		0	RPA	1				
17:1.....g									
18:1 undifferentiated.....g	0.425		0	RPA	1				
20:1.....g	0.000		0	RPA	1				
22:1 undifferentiated.....g	0.000		0	RPA	1				
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.118		0	RPA	1				
18:2 undifferentiated.....g	0.088		0	RPA	1				
18:3 undifferentiated.....g	0.030		0	RPA	1				
18:4.....g	0.000		0	RPA	1				
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RPA	1				
20:5 n-3.....g	0.000		0	RPA	1				
22:5 n-3.....g	0.000		0	RPA	1				
22:6 n-3.....g	0.000		0	RPA	1				
Fatty acids, total trans.....g									
Cholesterol.....mg	6		0	RPI	6				
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.039		0	RPA	1				
Threonine.....g	0.125		0	RPA	1				
Isoleucine.....g	0.167		0	RPA	1				
Leucine.....g	0.271		0	RPA	1				
Lysine.....g	0.219		0	RPA	1				
Methionine.....g	0.070		0	RPA	1				
Cystine.....g	0.026		0	RPA	1				
Phenylalanine.....g	0.134		0	RPA	1				
Tyrosine.....g	0.134		0	RPA	1				
Valine.....g	0.185		0	RPA	1				
Arginine.....g	0.100		0	RPA	1				
Histidine.....g	0.075		0	RPA	1				
Alanine.....g	0.095		0	RPA	1				
Aspartic acid.....g	0.210		0	RPA	1				
Glutamic acid.....g	0.579		0	RPA	1				
Glycine.....g	0.058		0	RPA	1				
Proline.....g	0.268		0	RPA	1				
Serine.....g	0.150		0	RPA	1				
Hydroxyproline.....g									
<b><u>Others:</u></b>									
Alcohol, ethyl.....g	0.0		0	RPI	6				
Caffeine.....mg	0		0	RPI	6				
Theobromine.....mg	0		0	RPI	6				

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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. 19121**

**Puddings, banana, dry mix, instant, prepared with 2% milk**

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group: 19 Sweets**

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





NDB No. 19319

Puddings, banana, dry mix, instant, prepared with whole milk

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion 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	0.279		0	RPA	1				
15:0.....g									
16:0.....g	0.740		0	RPA	1				
17:0.....g									
18:0.....g	0.340		0	RPA	1				
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.783		0	RPA	1				
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.062		0	RPA	1				
17:1.....g									
18:1 undifferentiated.....g	0.721		0	RPA	1				
20:1.....g	0.000		0	RPA	1				
22:1 undifferentiated.....g	0.000		0	RPA	1				
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.162		0	RPA	1				
18:2 undifferentiated.....g	0.115		0	RPA	1				
18:3 undifferentiated.....g	0.047		0	RPA	1				
18:4.....g	0.000		0	RPA	1				
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RPA	1				
20:5 n-3.....g	0.000		0	RPA	1				
22:5 n-3.....g	0.000		0	RPA	1				
22:6 n-3.....g	0.000		0	RPA	1				
Fatty acids, total trans.....g									
Cholesterol.....mg	11		0	RPI	6				
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.038		0	RPA	1				
Threonine.....g	0.124		0	RPA	1				
Isoleucine.....g	0.165		0	RPA	1				
Leucine.....g	0.267		0	RPA	1				
Lysine.....g	0.217		0	RPA	1				
Methionine.....g	0.069		0	RPA	1				
Cystine.....g	0.025		0	RPA	1				
Phenylalanine.....g	0.132		0	RPA	1				
Tyrosine.....g	0.132		0	RPA	1				
Valine.....g	0.183		0	RPA	1				
Arginine.....g	0.099		0	RPA	1				
Histidine.....g	0.074		0	RPA	1				
Alanine.....g	0.094		0	RPA	1				
Aspartic acid.....g	0.208		0	RPA	1				
Glutamic acid.....g	0.572		0	RPA	1				
Glycine.....g	0.058		0	RPA	1				
Proline.....g	0.265		0	RPA	1				
Serine.....g	0.149		0	RPA	1				
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	RPI	6				
Caffeine.....mg	0		0	RPI	6				
Theobromine.....mg	0		0	RPI	6				

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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. 19319**

**Puddings, banana, dry mix, instant, prepared with whole milk**

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group: 19 Sweets**

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



NDB No. 19705

Puddings, banana, dry mix, instant, with added oil

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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	0.620		0			4	0.614	0.155	
17:0.....g									
18:0.....g	0.160		0			4	0.158	0.040	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.300		0			4	1.287	0.325	
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	1.290		0			4	1.277	0.323	
20:1.....g	0.000		0			4	0.000	0.000	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.120		0			4	2.099	0.530	
18:2 undifferentiated.....g	1.990		0			4	1.970	0.498	
18:3 undifferentiated.....g	0.120		0			4	0.119	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			4	0	0	
Phytosterols.....mg									
<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:**

Measure 1 = 99g: 1 package (3.5 oz)

Measure 2 = 25g: 1 portion, amount to make 1/2 cup

**Calories Factors: Protein 4.2**

**Fat 8.8**

**Carbohydrate 3.9**

**Food Group: 19 Sweets**

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



NDB No. 19320

Puddings, banana, dry mix, regular

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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									
15:0.....g									
16:0.....g	0.080		1		1		0.070	0.018	
17:0.....g									
18:0.....g	0.000		1		1		0.000	0.000	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.030		0			1	0.026	0.007	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.030		1		1		0.026	0.007	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.160		0			1	0.141	0.035	
18:2 undifferentiated.....g	0.160		1		1		0.141	0.035	
18:3 undifferentiated.....g	0.010		1		1		0.009	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		1			4	0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.000		0			1	0.000	0.000	
Threonine.....g	0.001		0			1	0.001	0.000	
Isoleucine.....g	0.001		0			1	0.001	0.000	
Leucine.....g	0.005		0			1	0.004	0.001	
Lysine.....g	0.001		0			1	0.001	0.000	
Methionine.....g	0.001		0			1	0.001	0.000	
Cystine.....g	0.001		0			1	0.001	0.000	
Phenylalanine.....g	0.002		0			1	0.002	0.000	
Tyrosine.....g	0.001		0			1	0.001	0.000	
Valine.....g	0.002		0			1	0.002	0.000	
Arginine.....g	0.002		0			1	0.002	0.000	
Histidine.....g	0.001		0			1	0.001	0.000	
Alanine.....g	0.003		0			1	0.003	0.001	
Aspartic acid.....g	0.003		0			1	0.003	0.001	
Glutamic acid.....g	0.007		0			1	0.006	0.002	
Glycine.....g	0.001		0			1	0.001	0.000	
Proline.....g	0.003		0			1	0.003	0.001	
Serine.....g	0.002		0			1	0.002	0.000	
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:**

Measure 1 = 88g: 1 package (3.12 oz)

**NDB No. 19320**

**Puddings, banana, dry mix, regular**

Measure 2 = 22g: 1 portion, amount to make 1/2 cup

**Calories Factors: Protein 3.5**

**Fat 8.4**

**Carbohydrate 3.9**

**Food Group: 19 Sweets**

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





Puddings, banana, dry mix, regular, prepared with 2% milk

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion 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	0.168		0	RP	4				
15:0.....g									
16:0.....g	0.452		0	RP	4				
17:0.....g									
18:0.....g	0.203		0	RP	4				
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.462		0	RP	4				
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.037		0	RP	4				
17:1.....g									
18:1 undifferentiated.....g	0.425		0	RP	4				
20:1.....g	0.000		0	RP	4				
22:1 undifferentiated.....g	0.000		0	RP	4				
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.088		0	RP	4				
18:2 undifferentiated.....g	0.062		0	RP	4				
18:3 undifferentiated.....g	0.026		0	RP	4				
18:4.....g	0.000		0	RP	4				
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RP	4				
20:5 n-3.....g	0.000		0	RP	4				
22:5 n-3.....g	0.000		0	RP	4				
22:6 n-3.....g	0.000		0	RP	4				
Fatty acids, total trans.....g									
Cholesterol.....mg	7		0	RP	4				
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.041		0	RP	4				
Threonine.....g	0.131		0	RP	4				
Isoleucine.....g	0.175		0	RP	4				
Leucine.....g	0.284		0	RP	4				
Lysine.....g	0.230		0	RP	4				
Methionine.....g	0.073		0	RP	4				
Cystine.....g	0.027		0	RP	4				
Phenylalanine.....g	0.140		0	RP	4				
Tyrosine.....g	0.140		0	RP	4				
Valine.....g	0.194		0	RP	4				
Arginine.....g	0.106		0	RP	4				
Histidine.....g	0.078		0	RP	4				
Alanine.....g	0.100		0	RP	4				
Aspartic acid.....g	0.221		0	RP	4				
Glutamic acid.....g	0.607		0	RP	4				
Glycine.....g	0.061		0	RP	4				
Proline.....g	0.281		0	RP	4				
Serine.....g	0.158		0	RP	4				
Hydroxyproline.....g									
<b><u>Others:</u></b>									
Alcohol, ethyl.....g	0.0		0	RP	4				
Caffeine.....mg	0		0	RP	4				
Theobromine.....mg	0		0	RP	4				

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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. 19122**

**Puddings, banana, dry mix, regular, prepared with 2% milk**

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 19 Sweets

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



NDB No. 19321

Puddings, banana, dry mix, regular, prepared with whole milk

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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	0.292		0	RP		4			
15:0.....g									
16:0.....g	0.777		0	RP		4			
17:0.....g									
18:0.....g	0.352		0	RP		4			
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.800		0	RP		4			
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.065		0	RP		4			
17:1.....g									
18:1 undifferentiated.....g	0.735		0	RP		4			
20:1.....g	0.000		0	RP		4			
22:1 undifferentiated.....g	0.000		0	RP		4			
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.134		0	RP		4			
18:2 undifferentiated.....g	0.090		0	RP		4			
18:3 undifferentiated.....g	0.044		0	RP		4			
18:4.....g	0.000		0	RP		4			
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RP		4			
20:5 n-3.....g	0.000		0	RP		4			
22:5 n-3.....g	0.000		0	RP		4			
22:6 n-3.....g	0.000		0	RP		4			
Fatty acids, total trans.....g									
Cholesterol.....mg	12		0	RP		4			
Phytosterols.....mg	0		0	RP		4			
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.040		0	RP		4			
Threonine.....g	0.130		0	RP		4			
Isoleucine.....g	0.173		0	RP		4			
Leucine.....g	0.281		0	RP		4			
Lysine.....g	0.227		0	RP		4			
Methionine.....g	0.072		0	RP		4			
Cystine.....g	0.026		0	RP		4			
Phenylalanine.....g	0.139		0	RP		4			
Tyrosine.....g	0.138		0	RP		4			
Valine.....g	0.192		0	RP		4			
Arginine.....g	0.104		0	RP		4			
Histidine.....g	0.078		0	RP		4			
Alanine.....g	0.099		0	RP		4			
Aspartic acid.....g	0.218		0	RP		4			
Glutamic acid.....g	0.600		0	RP		4			
Glycine.....g	0.061		0	RP		4			
Proline.....g	0.278		0	RP		4			
Serine.....g	0.156		0	RP		4			
Hydroxyproline.....g									
<b><u>Others:</u></b>									
Alcohol, ethyl.....g	0.0		0	RP		4			
Caffeine.....mg	0		0	RP		4			
Theobromine.....mg	0		0	RP		4			

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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. 19321**

**Puddings, banana, dry mix, regular, prepared with whole milk**

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 19 Sweets

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



NDB No. 19706

Puddings, banana, dry mix, regular, with added oil

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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	0.700		0		1		0.616	0.154	
17:0.....g									
18:0.....g	0.180		0		1		0.158	0.040	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.480		0		1		1.302	0.326	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	1.470		0		1		1.294	0.323	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.410		0		1		2.121	0.530	
18:2 undifferentiated.....g	2.270		0		1		1.998	0.499	
18:3 undifferentiated.....g	0.140		0		1		0.123	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		1		4		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.000		0		1		0.000	0.000	
Threonine.....g	0.001		0		1		0.001	0.000	
Isoleucine.....g	0.001		0		1		0.001	0.000	
Leucine.....g	0.005		0		1		0.004	0.001	
Lysine.....g	0.001		0		1		0.001	0.000	
Methionine.....g	0.001		0		1		0.001	0.000	
Cystine.....g	0.001		0		1		0.001	0.000	
Phenylalanine.....g	0.002		0		1		0.002	0.000	
Tyrosine.....g	0.001		0		1		0.001	0.000	
Valine.....g	0.002		0		1		0.002	0.000	
Arginine.....g	0.002		0		1		0.002	0.000	
Histidine.....g	0.001		0		1		0.001	0.000	
Alanine.....g	0.003		0		1		0.003	0.001	
Aspartic acid.....g	0.003		0		1		0.003	0.001	
Glutamic acid.....g	0.007		0		1		0.006	0.002	
Glycine.....g	0.001		0		1		0.001	0.000	
Proline.....g	0.003		0		1		0.003	0.001	
Serine.....g	0.002		0		1		0.002	0.000	
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:**

Measure 1 = 88g: 1 package (3.12 oz)

Measure 2 = 22g: 1 portion, amount to make 1/2 cup



**NDB No. 19706**

**Puddings, banana, dry mix, regular, with added oil**

**Calories Factors: Protein 3.5**

**Fat 8.4**

**Carbohydrate 3.9**

**Food Group: 19 Sweets**

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

NDB No. 44061

Puddings, chocolate flavor, low calorie, instant, dry mix

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	4.20		0		4		0.42	1.68	
Energy.....kcal	356		0	NC	4		35	142	
Energy.....kj	1488		0	NC	4		147	595	
Protein (N x 6.25).....g	5.30		0		4		0.52	2.12	
Total lipid (fat).....g	2.40		0	FLM	4		0.24	0.96	
Ash.....g	9.90		0	MC	9		0.98	3.96	
Carbohydrate, by difference.....g	78.20		0	NC	4		7.74	31.28	
Fiber, total dietary.....g	6.1		0	FLM	4		0.6	2.5	
Sugars, total.....g	0.70		0	FLM	4		0.07	0.28	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	126		0	MC	9		12	50	
Iron, Fe.....mg	3.11		0	FLM	4		0.31	1.24	
Magnesium, Mg.....mg	89		0	FLM	4		9	36	
Phosphorus, P.....mg	1660		0		4		164	664	
Potassium, K.....mg	1279		0		4		127	512	
Sodium, Na.....mg	2838		0		4		281	1135	
Zinc, Zn.....mg	0.41		0		4		0.04	0.16	
Copper, Cu.....mg	0.838		0		4		0.083	0.335	
Manganese, Mn.....mg	0.703		0	FLM	4		0.070	0.281	
Selenium, Se.....mcg	3.9		0	BFPN	4		0.4	1.6	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0	0.0	
Thiamin.....mg	0.020		0		4		0.002	0.008	
Riboflavin.....mg	0.090		0		4		0.009	0.036	
Niacin.....mg	0.400		0		4		0.040	0.160	
Pantothenic acid.....mg	0.055		0	FLM	4		0.005	0.022	
Vitamin B-6.....mg	0.040		0		4		0.004	0.016	
Folate, total.....mcg	6		0	FLM	4		1	2	
Folic acid.....mcg	0		0	FLM	4		0	0	
Folate, food.....mcg	6		0	FLM	4		1	2	
Folate, DFE.....mcg_DFE	6		0	NC	4		1	2	
Choline, total.....mg	3.3		0	O	4		0.3	1.3	
Betaine.....mg									
Vitamin B-12.....mcg	0.01		0	FLM	4		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	FLM	4		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	0		0	FLM	4		0	0	
Retinol.....mcg	0		0	FLM	4		0	0	
Carotene, beta.....mcg	0		0	FLM	4		0	0	
Carotene, alpha.....mcg	0		0	FLM	4		0	0	
Cryptoxanthin, beta.....mcg	0		0	FLM	4		0	0	
Vitamin A, IU.....IU	0		0	FLM	4		0	0	
Lycopene.....mcg	0		0	FLM	4		0	0	
Lutein + zeaxanthin.....mcg	7		0	FLM	4		1	3	
Vitamin E (alpha-tocopherol).....mg	0.02		0	FLM	4		0.00	0.01	
Vitamin E, added.....mg	0.00		0	FLM	4		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.4		0	FLM	4		0.0	0.2	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.984		0	FLM	4		0.097	0.394	
4:0.....g	0.000		0	FLM	4		0.000	0.000	
6:0.....g	0.000		0	FLM	4		0.000	0.000	
8:0.....g	0.000		0	FLM	4		0.000	0.000	
10:0.....g	0.000		0	FLM	4		0.000	0.000	

NDB No. 44061

Puddings, chocolate flavor, low calorie, instant, dry mix

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures 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	FLM	4		0.000	0.000	
13:0.....g									
14:0.....g	0.003		0	FLM	4		0.000	0.001	
15:0.....g									
16:0.....g	0.459		0	FLM	4		0.045	0.183	
17:0.....g									
18:0.....g	0.523		0	FLM	4		0.052	0.209	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.154		0	FLM	4		0.114	0.462	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	1.154		0	FLM	4		0.114	0.461	
20:1.....g	0.000		0	FLM	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.131		0	FLM	4		0.013	0.053	
18:2 undifferentiated.....g	0.131		0	FLM	4		0.013	0.053	
18:3 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	
18:4.....g	0.000		0	FLM	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	
20:5 n-3.....g	0.000		0	FLM	4		0.000	0.000	
22:5 n-3.....g	0.000		0	FLM	4		0.000	0.000	
22:6 n-3.....g	0.000		0	FLM	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	FLM	4		0	0	
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLM	4		0.0	0.0	
Caffeine.....mg	14		0	FLM	4		1	6	
Theobromine.....mg	473		0	FLM	4		47	189	

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

**Common Measures:**

Measure 1 = 9.9g: 1 serving

Measure 2 = 40g: 1 package 1.4 oz box, 4 servings

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate4**

**Food Group: 19 Sweets**

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

NDB No. 44258

Puddings, chocolate flavor, low calorie, regular, dry mix

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	6.80		0	FLM	4		0.67	2.72	
Energy.....kcal	365		0	NC	4		36	146	
Energy.....kj	1527		0	NC	4		151	611	
Protein (N x 6.25).....g	10.08		1	LC	8		1.00	4.03	
Total lipid (fat).....g	3.00		0	FLM	4		0.30	1.20	
Ash.....g	5.70		0	NR	4		0.56	2.28	
Carbohydrate, by difference.....g	74.42		0	NC	4		7.37	29.77	
Fiber, total dietary.....g	10.1		1	LC	8		1.0	4.0	
Sugars, total.....g	0.70		0	FLM	4		0.07	0.28	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	1512		1	LC	8		150	605	
Iron, Fe.....mg	3.87		0	FLM	4		0.38	1.55	
Magnesium, Mg.....mg	110		0	FLM	4		11	44	
Phosphorus, P.....mg	174		0	FLM	4		17	70	
Potassium, K.....mg	570		0	FLM	4		56	228	
Sodium, Na.....mg	3326		1	LC	8		329	1330	
Zinc, Zn.....mg	1.49		0	FLM	4		0.15	0.60	
Copper, Cu.....mg	0.854		0	FLM	4		0.085	0.341	
Manganese, Mn.....mg	0.887		0	FLM	4		0.088	0.355	
Selenium, Se.....mcg	5.1		0	FLM	4		0.5	2.0	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	FLM	4		0.0	0.0	
Thiamin.....mg	0.025		0	FLM	4		0.002	0.010	
Riboflavin.....mg	0.105		0	FLM	4		0.010	0.042	
Niacin.....mg	0.545		0	FLM	4		0.054	0.218	
Pantothenic acid.....mg	0.058		0	FLM	4		0.006	0.023	
Vitamin B-6.....mg	0.027		0	FLM	4		0.003	0.011	
Folate, total.....mcg	0		0		4		0	0	
Folic acid.....mcg	0		0	FLM	4		0	0	
Folate, food.....mcg	0		0	BFSN	4		0	0	
Folate, DFE.....mcg_DFE	0		0	NC	4		0	0	
Choline, total.....mg	3.3		0	O	4		0.3	1.3	
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	FLM	4		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	FLM	4		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	0		0	NR	4		0	0	
Retinol.....mcg	0		0	BFSN	4		0	0	
Carotene, beta.....mcg	0		0	NR	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	O	4		0	0	
Lycopene.....mcg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin.....mcg	9		0	BFSN	4		1	3	
Vitamin E (alpha-tocopherol).....mg	0.02		0	FLM	4		0.00	0.01	
Vitamin E, added.....mg	0.00		0	FLM	4		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.5		0	FLM	4		0.1	0.2	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	1.578		0	FLM	4		0.156	0.631	
4:0.....g	0.000		0	FLM	4		0.000	0.000	
6:0.....g	0.000		0	FLM	4		0.000	0.000	
8:0.....g	0.000		0	FLM	4		0.000	0.000	
10:0.....g	0.000		0	FLM	4		0.000	0.000	

NDB No. 44258

Puddings, chocolate flavor, low calorie, regular, dry mix

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures 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	FLM	4		0.000	0.000	
13:0.....g									
14:0.....g	0.004		0	FLM	4		0.000	0.002	
15:0.....g									
16:0.....g	0.735		0	FLM	4		0.073	0.294	
17:0.....g									
18:0.....g	0.839		0	FLM	4		0.083	0.335	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.150		0	FLM	4		0.114	0.460	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	1.150		0	FLM	4		0.114	0.460	
20:1.....g	0.000		0	FLM	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.130		0	FLM	4		0.013	0.052	
18:2 undifferentiated.....g	0.130		0	FLM	4		0.013	0.052	
18:3 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	
18:4.....g	0.000		0	FLM	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	
20:5 n-3.....g	0.000		0	FLM	4		0.000	0.000	
22:5 n-3.....g	0.000		0	FLM	4		0.000	0.000	
22:6 n-3.....g	0.000		0	FLM	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	FLM	4		0	0	
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLM	4		0.0	0.0	
Caffeine.....mg	18		0	FLM	4		2	7	
Theobromine.....mg	596		0	FLM	4		59	238	

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

**Common Measures:**

Measure 1 = 9.9g: 1 serving

Measure 2 = 40g: 1 package

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate4**

**Food Group: 19 Sweets**

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

NDB No. 19184

Puddings, chocolate, dry mix, instant

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	3.20	0.067	8		1		3.17	0.80	
Energy.....kcal	378		0	NC	4		374	94	
Energy.....kj	1581		0	NC	4		1565	395	
Protein (N x 6.25).....g	2.30	0.122	8		1		2.28	0.58	
Total lipid (fat).....g	1.90	0.117	8		1		1.88	0.48	
Ash.....g	4.70	0.025	8		1		4.65	1.18	
Carbohydrate, by difference.....g	87.90		0	O	4		87.02	21.98	
Fiber, total dietary.....g	3.6		1	LC	8		3.5	0.9	
Sugars, total.....g	67.86		1	LC	8		67.18	16.96	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	12		0	FLC	4		12	3	
Iron, Fe.....mg	1.29		1	LC	8		1.27	0.32	
Magnesium, Mg.....mg	45		0	FLC	4		45	11	
Phosphorus, P.....mg	72		0	FLC	4		72	18	
Potassium, K.....mg	236	10.534	17		1		234	59	
Sodium, Na.....mg	1429	30.403	17		1		1415	357	
Zinc, Zn.....mg	0.62		0	FLC	4		0.61	0.15	
Copper, Cu.....mg	0.354		0	FLC	4		0.350	0.088	
Manganese, Mn.....mg	0.367		0	FLC	4		0.364	0.092	
Selenium, Se.....mcg	2.5		0	FLC	4		2.5	0.6	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	FLC	4		0.0	0.0	
Thiamin.....mg	0.010		0	FLC	4		0.010	0.003	
Riboflavin.....mg	0.055		0	FLC	4		0.054	0.014	
Niacin.....mg	0.234		0	FLC	4		0.232	0.058	
Pantothenic acid.....mg	0.025		0	FLC	4		0.024	0.006	
Vitamin B-6.....mg	0.012		0	FLC	4		0.012	0.003	
Folate, total.....mcg	3		0	FLC	4		3	1	
Folic acid.....mcg	0		0	FLC	4		0	0	
Folate, food.....mcg	3		0	FLC	4		3	1	
Folate, DFE.....mcg_DFE	3		0	NC	4		3	1	
Choline, total.....mg	3.4		0	FLC	4		3.3	0.8	
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	FLC	4		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	FLC	4		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	0		0	FLC	4		0	0	
Retinol.....mcg	0		0	FLC	4		0	0	
Carotene, beta.....mcg	0		0	FLC	4		0	0	
Carotene, alpha.....mcg	0		0	FLC	4		0	0	
Cryptoxanthin, beta.....mcg	0		0	FLC	4		0	0	
Vitamin A, IU.....IU	0		0	FLC	4		0	0	
Lycopene.....mcg	0		0	FLC	4		0	0	
Lutein + zeaxanthin.....mcg	4		0	FLC	4		3	1	
Vitamin E (alpha-tocopherol).....mg	0.07		0	FLC	4		0.07	0.02	
Vitamin E, added.....mg	0.00		0	FLC	4		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	1.5		0	FLC	4		1.5	0.4	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.825		0	FLC	4		0.817	0.206	
4:0.....g	0.000		0	FLC	4		0.000	0.000	
6:0.....g	0.000		0	FLC	4		0.000	0.000	
8:0.....g	0.000		0	FLC	4		0.000	0.000	
10:0.....g	0.000		0	FLC	4		0.000	0.000	

NDB No. 19184

Puddings, chocolate, dry mix, instant

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures 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	FLC	4		0.000	0.000	
13:0.....g									
14:0.....g	0.003		0	FLC	4		0.003	0.001	
15:0.....g									
16:0.....g	0.413		0	FLC	4		0.409	0.103	
17:0.....g									
18:0.....g	0.400		0	FLC	4		0.396	0.100	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.487		0	FLC	4		0.482	0.122	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.003		0	FLC	4		0.003	0.001	
17:1.....g									
18:1 undifferentiated.....g	0.485		0	FLC	4		0.480	0.121	
20:1.....g	0.000		0	FLC	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLC	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.348		0	FLC	4		0.345	0.087	
18:2 undifferentiated.....g	0.314		0	FLC	4		0.311	0.078	
18:3 undifferentiated.....g	0.034		0	FLC	4		0.034	0.009	
18:4.....g	0.000		0	FLC	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLC	4		0.000	0.000	
20:5 n-3.....g	0.000		0	FLC	4		0.000	0.000	
22:5 n-3.....g	0.000		0	FLC	4		0.000	0.000	
22:6 n-3.....g	0.000		0	FLC	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	FLC	4		0	0	
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0	0.0	
Caffeine.....mg	7		0	FLC	4		7	2	
Theobromine.....mg	245		0	FLC	4		243	61	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 package (3.5 oz)

Measure 2 = 25g: 1 portion, amount to make 1/2 cup

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate4**

**Food Group: 19 Sweets**

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





NDB No. 19123

Puddings, chocolate, dry mix, instant, prepared with 2% milk

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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	0.160		0	RPA	1				
15:0.....g									
16:0.....g	0.472		0	RPA	1				
17:0.....g									
18:0.....g	0.248		0	RPA	1				
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.561		0	RPA	1				
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.037		0	RPA	1				
17:1.....g									
18:1 undifferentiated.....g	0.523		0	RPA	1				
20:1.....g	0.000		0	RPA	1				
22:1 undifferentiated.....g	0.000		0	RPA	1				
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.132		0	RPA	1				
18:2 undifferentiated.....g	0.104		0	RPA	1				
18:3 undifferentiated.....g	0.028		0	RPA	1				
18:4.....g	0.000		0	RPA	1				
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RPA	1				
20:5 n-3.....g	0.000		0	RPA	1				
22:5 n-3.....g	0.000		0	RPA	1				
22:6 n-3.....g	0.000		0	RPA	1				
Fatty acids, total trans.....g									
Cholesterol.....mg	6		0	RPI	6				
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.044		0	RPA	1				
Threonine.....g	0.139		0	RPA	1				
Isoleucine.....g	0.182		0	RPA	1				
Leucine.....g	0.295		0	RPA	1				
Lysine.....g	0.239		0	RPA	1				
Methionine.....g	0.074		0	RPA	1				
Cystine.....g	0.030		0	RPA	1				
Phenylalanine.....g	0.151		0	RPA	1				
Tyrosine.....g	0.148		0	RPA	1				
Valine.....g	0.208		0	RPA	1				
Arginine.....g	0.121		0	RPA	1				
Histidine.....g	0.082		0	RPA	1				
Alanine.....g	0.112		0	RPA	1				
Aspartic acid.....g	0.246		0	RPA	1				
Glutamic acid.....g	0.636		0	RPA	1				
Glycine.....g	0.074		0	RPA	1				
Proline.....g	0.286		0	RPA	1				
Serine.....g	0.167		0	RPA	1				
Hydroxyproline.....g									
<b><u>Others:</u></b>									
Alcohol, ethyl.....g	0.0		0	RPI	6				
Caffeine.....mg	1		0	RPI	6				
Theobromine.....mg	39		0	RPI	6				

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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. 19123**

**Puddings, chocolate, dry mix, instant, prepared with 2% milk**

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 19 Sweets

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



NDB No. 19185

Puddings, chocolate, dry mix, instant, prepared with whole milk

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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	0.290		0		1		0.426	1.702	
15:0.....g									
16:0.....g	0.820		0		1		1.205	4.813	
17:0.....g									
18:0.....g	0.410		0		1		0.603	2.407	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.920		0		1		1.352	5.400	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.070		0		1		0.103	0.411	
17:1.....g									
18:1 undifferentiated.....g	0.850		0		1		1.250	4.990	
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		0.265	1.057	
18:2 undifferentiated.....g	0.130		0		1		0.191	0.763	
18:3 undifferentiated.....g	0.050		0		1		0.074	0.294	
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	11		0		1		16	65	
Phytosterols.....mg	0		0		1		0	0	
<b>Amino Acids:</b>									
Tryptophan.....g	0.042		0		1		0.062	0.247	
Threonine.....g	0.132		0		1		0.194	0.775	
Isoleucine.....g	0.173		0		1		0.254	1.016	
Leucine.....g	0.279		0		1		0.410	1.638	
Lysine.....g	0.226		0		1		0.332	1.327	
Methionine.....g	0.069		0		1		0.101	0.405	
Cystine.....g	0.029		0		1		0.043	0.170	
Phenylalanine.....g	0.143		0		1		0.210	0.839	
Tyrosine.....g	0.140		0		1		0.206	0.822	
Valine.....g	0.197		0		1		0.290	1.156	
Arginine.....g	0.115		0		1		0.169	0.675	
Histidine.....g	0.078		0		1		0.115	0.458	
Alanine.....g	0.107		0		1		0.157	0.628	
Aspartic acid.....g	0.234		0		1		0.344	1.374	
Glutamic acid.....g	0.603		0		1		0.886	3.540	
Glycine.....g	0.071		0		1		0.104	0.417	
Proline.....g	0.270		0		1		0.397	1.585	
Serine.....g	0.158		0		1		0.232	0.927	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	2		0	BFZN	4		3	12	
Theobromine.....mg	62		0	BFZN	4		91	364	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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: .5 cup

**NDB No. 19185**

**Puddings, chocolate, dry mix, instant, prepared with whole milk**

Measure 2 = 587g: 1 package yield (2 cups)

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 19 Sweets

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

NDB No. 19188

Puddings, chocolate, dry mix, regular

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	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	0.061	11		1		3.96	1.00	
Energy.....kcal	362		0	NC	4		358	90	
Energy.....kj	1514		0	NC	4		1499	379	
Protein (N x 5.6).....g	2.60	0.109	11		1		2.57	0.65	
Total lipid (fat).....g	2.10	0.148	11		1		2.08	0.53	
Ash.....g	2.00	0.056	11		1		1.98	0.50	
Carbohydrate, by difference.....g	89.30		0	NC	4		88.41	22.33	
Fiber, total dietary.....g	4.5		0	FLA	4		4.4	1.1	
Sugars, total.....g	42.88		0	FLA	4		42.45	10.72	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	53	2.086	4		1		52	13	
Iron, Fe.....mg	1.82	0.031	4		1		1.80	0.46	
Magnesium, Mg.....mg	67		0	FLA	4		66	17	
Phosphorus, P.....mg	88	9.481	4		1		87	22	
Potassium, K.....mg	209	13.072	20		1		207	52	
Sodium, Na.....mg	353	23.265	18		1		349	88	
Zinc, Zn.....mg	0.90		0	FLA	4		0.89	0.23	
Copper, Cu.....mg	0.518		0	FLA	4		0.512	0.129	
Manganese, Mn.....mg	0.537		0	FLA	4		0.532	0.134	
Selenium, Se.....mcg	3.3		0	FLA	4		3.2	0.8	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	FLA	4		0.0	0.0	
Thiamin.....mg	0.015		0	FLA	4		0.015	0.004	
Riboflavin.....mg	0.071		0	FLA	4		0.071	0.018	
Niacin.....mg	0.330		0	FLA	4		0.327	0.083	
Pantothenic acid.....mg	0.035		0	FLA	4		0.035	0.009	
Vitamin B-6.....mg	0.016		0	FLA	4		0.016	0.004	
Folate, total.....mcg	4		0	FLA	4		4	1	
Folic acid.....mcg	0		0	FLA	4		0	0	
Folate, food.....mcg	4		0	FLA	4		4	1	
Folate, DFE.....mcg_DFE	4		0	NC	4		4	1	
Choline, total.....mg	1.6		0	FLA	4		1.6	0.4	
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	FLA	4		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	FLA	4		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	0		0	FLA	4		0	0	
Retinol.....mcg	0		0	FLA	4		0	0	
Carotene, beta.....mcg	0		0	FLA	4		0	0	
Carotene, alpha.....mcg	0		0	FLA	4		0	0	
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0	0	
Vitamin A, IU.....IU	0		0	FLA	4		0	0	
Lycopene.....mcg	0		0	FLA	4		0	0	
Lutein + zeaxanthin.....mcg	5		0	FLA	4		5	1	
Vitamin E (alpha-tocopherol).....mg	0.01		0	FLA	4		0.01	0.00	
Vitamin E, added.....mg	0.00		0	FLA	4		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.3		0	FLA	4		0.3	0.1	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	1.234		0	FLA	4		1.221	0.308	
4:0.....g	0.000		0	FLA	4		0.000	0.000	
6:0.....g	0.000		0	FLA	4		0.000	0.000	
8:0.....g	0.000		0	FLA	4		0.000	0.000	
10:0.....g	0.000		0	FLA	4		0.000	0.000	

NDB No. 19188

Puddings, chocolate, dry mix, regular

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures 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	FLA	4		0.000	0.000	
13:0.....g									
14:0.....g	0.003		0	FLA	4		0.003	0.001	
15:0.....g									
16:0.....g	0.567		0	FLA	4		0.561	0.142	
17:0.....g									
18:0.....g	0.647		0	FLA	4		0.640	0.162	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.703		0	FLA	4		0.696	0.176	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.703		0	FLA	4		0.696	0.176	
20:1.....g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.079		0	FLA	4		0.078	0.020	
18:2 undifferentiated.....g	0.079		0	FLA	4		0.078	0.020	
18:3 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3.....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	FLA	4		0	0	
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0	0.0	
Caffeine.....mg	11		0	FLA	4		11	3	
Theobromine.....mg	362		0	FLA	4		359	91	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 package (3.5 oz)

Measure 2 = 25g: 1 portion, amount to make 1/2 cup

**Calories Factors: Protein 1.9**

**Fat 8.4**

**Carbohydrate 3.8**

**Food Group: 19 Sweets**

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





NDB No. 19190

Puddings, chocolate, dry mix, regular, prepared with 2% milk

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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	0.164		0	RP		4			
15:0.....g									
16:0.....g	0.521		0	RP		4			
17:0.....g									
18:0.....g	0.316		0	RP		4			
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.565		0	RP		4			
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.037		0	RP		4			
17:1.....g									
18:1 undifferentiated.....g	0.528		0	RP		4			
20:1.....g	0.000		0	RP		4			
22:1 undifferentiated.....g	0.000		0	RP		4			
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.072		0	RP		4			
18:2 undifferentiated.....g	0.049		0	RP		4			
18:3 undifferentiated.....g	0.024		0	RP		4			
18:4.....g	0.000		0	RP		4			
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RP		4			
20:5 n-3.....g	0.000		0	RP		4			
22:5 n-3.....g	0.000		0	RP		4			
22:6 n-3.....g	0.000		0	RP		4			
Fatty acids, total trans.....g									
Cholesterol.....mg	7		0	RP		4			
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.046		0	RP		4			
Threonine.....g	0.145		0	RP		4			
Isoleucine.....g	0.188		0	RP		4			
Leucine.....g	0.304		0	RP		4			
Lysine.....g	0.246		0	RP		4			
Methionine.....g	0.076		0	RP		4			
Cystine.....g	0.032		0	RP		4			
Phenylalanine.....g	0.158		0	RP		4			
Tyrosine.....g	0.153		0	RP		4			
Valine.....g	0.216		0	RP		4			
Arginine.....g	0.128		0	RP		4			
Histidine.....g	0.084		0	RP		4			
Alanine.....g	0.118		0	RP		4			
Aspartic acid.....g	0.259		0	RP		4			
Glutamic acid.....g	0.659		0	RP		4			
Glycine.....g	0.079		0	RP		4			
Proline.....g	0.293		0	RP		4			
Serine.....g	0.173		0	RP		4			
Hydroxyproline.....g									
<b><u>Others:</u></b>									
Alcohol, ethyl.....g	0.0		0	RP		4			
Caffeine.....mg	2		0	RP		4			
Theobromine.....mg	63		0	RP		4			

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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. 19190**

**Puddings, chocolate, dry mix, regular, prepared with 2% milk**

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 19 Sweets

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

NDB No. 19189

Puddings, chocolate, dry mix, regular, prepared with whole milk

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	73.30		0	RP	4		104.08	417.78	
Energy.....kcal	119		0	RP	4		169	677	
Energy.....kj	497		0	RP	4		706	2834	
Protein.....g	3.21		0	RP	4		4.56	18.32	
Total lipid (fat).....g	3.15		0	RP	4		4.47	17.96	
Ash.....g	0.94		0	RP	4		1.33	5.35	
Carbohydrate, by difference.....g	19.40		0	RP	4		27.55	110.59	
Fiber, total dietary.....g	0.8		0	RP	4		1.1	4.4	
Sugars, total.....g	11.96		0	RP	4		16.99	68.19	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	106		0	RP	4		151	605	
Iron, Fe.....mg	0.35		0	RP	4		0.49	1.97	
Magnesium, Mg.....mg	20		0	RP	4		29	116	
Phosphorus, P.....mg	93		0	RP	4		132	532	
Potassium, K.....mg	159		0	RP	4		226	906	
Sodium, Na.....mg	96		0	RP	4		136	545	
Zinc, Zn.....mg	0.50		0	RP	4		0.71	2.85	
Copper, Cu.....mg	0.099		0	RP	4		0.141	0.567	
Manganese, Mn.....mg	0.096		0	RP	4		0.136	0.548	
Selenium, Se.....mcg	3.7		0	RP	4		5.3	21.2	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	RP	4		0.0	0.0	
Thiamin.....mg	0.036		0	RP	4		0.052	0.207	
Riboflavin.....mg	0.169		0	RP	4		0.240	0.963	
Niacin.....mg	0.149		0	RP	4		0.212	0.852	
Pantothenic acid.....mg	0.317		0	RP	4		0.449	1.804	
Vitamin B-6.....mg	0.031		0	RP	4		0.044	0.176	
Folate, total.....mcg	4		0	RP	4		6	25	
Folic acid.....mcg	0		0	RP	4		0	0	
Folate, food.....mcg	4		0	RP	4		6	25	
Folate, DFE.....mcg_DFE	4		0	NC	4		6	25	
Choline, total.....mg	12.5		0	RP	4		17.8	71.4	
Betaine.....mg									
Vitamin B-12.....mcg	0.30		0	RP	4		0.43	1.71	
Vitamin B-12, added.....mcg	0.00		0	RP	4		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	24		0	RP	4		35	139	
Retinol.....mcg	24		0	RP	4		34	137	
Carotene, beta.....mcg	4		0	RP	4		6	25	
Carotene, alpha.....mcg	0		0	RP	4		0	0	
Cryptoxanthin, beta.....mcg	0		0	RP	4		0	0	
Vitamin A, IU.....IU	87		0	RP	4		124	498	
Lycopene.....mcg	0		0	RP	4		0	0	
Lutein + zeaxanthin.....mcg	1		0	RP	4		1	5	
Vitamin E (alpha-tocopherol).....mg	0.05		0	RP	4		0.07	0.30	
Vitamin E, added.....mg	0.00		0	RP	4		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.3		0	RP	4		0.4	1.4	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	1.813		0	RP	4		2.575	10.334	
4:0.....g	0.064		0	RP	4		0.091	0.364	
6:0.....g	0.064		0	RP	4		0.091	0.364	
8:0.....g	0.064		0	RP	4		0.091	0.364	
10:0.....g	0.064		0	RP	4		0.091	0.364	

NDB No. 19189

Puddings, chocolate, dry mix, regular, prepared with whole milk

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.066		0	RP	4		0.093	0.374	
13:0.....g	0.000		0	RP	4		0.000	0.000	
14:0.....g	0.255		0	RP	4		0.362	1.453	
15:0.....g	0.000		0	RP	4		0.000	0.000	
16:0.....g	0.809		0	RP	4		1.149	4.611	
17:0.....g	0.000		0	RP	4		0.000	0.000	
18:0.....g	0.425		0	RP	4		0.604	2.423	
20:0.....g	0.000		0	RP	4		0.000	0.000	
22:0.....g	0.000		0	RP	4		0.000	0.000	
24:0.....g	0.000		0	RP	4		0.000	0.000	
Fatty acids, total monounsaturated.....g	0.819		0	RP	4		1.162	4.666	
14:1.....g	0.000		0	RP	4		0.000	0.000	
15:1.....g									
16:1 undifferentiated.....g	0.000		0	RP	4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.819		0	RP	4		1.162	4.666	
20:1.....g	0.000		0	RP	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	RP	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.180		0	RP	4		0.256	1.029	
18:2 undifferentiated.....g	0.117		0	RP	4		0.166	0.665	
18:3 undifferentiated.....g	0.064		0	RP	4		0.091	0.364	
18:4.....g	0.000		0	RP	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RP	4		0.000	0.000	
20:5 n-3.....g	0.000		0	RP	4		0.000	0.000	
22:5 n-3.....g	0.000		0	RP	4		0.000	0.000	
22:6 n-3.....g	0.000		0	RP	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	9		0	RP	4		13	51	
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	RP	4		0.0	0.0	
Caffeine.....mg	2		0	RP	4		3	11	
Theobromine.....mg	63		0	RP	4		89	359	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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: .5 cup

Measure 2 = 570g: 1 package yield (2 cups)

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group: 19 Sweets**

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

NDB No. 19183

Puddings, chocolate, ready-to-eat

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	69.46	0.880	4	A	1	C	19.69	75.02	68.07
Energy.....kcal	142		0	NC	4		40	153	139
Energy.....kj	593		0	NC	4		168	641	581
Protein (N x 6.25).....g	2.09	0.230	4	A	1	C	0.59	2.26	2.05
Total lipid (fat).....g	4.60	0.537	4	A	1	C	1.30	4.97	4.51
Ash.....g	0.84	0.083	4	A	1	C	0.24	0.91	0.82
Carbohydrate, by difference.....g	23.01		0	NC	4		6.52	24.85	22.55
Fiber, total dietary.....g	0.0	0.000	3	A	1	C	0.0	0.0	0.0
Sugars, total.....g	17.17	0.752	4	A	1	C	4.87	18.54	16.82
Sucrose.....g	15.47	0.699	4	A	1	C	4.38	16.70	15.16
Glucose (dextrose).....g	0.00	0.000	4	A	1	C	0.00	0.00	0.00
Fructose.....g	0.00	0.000	4	A	1	C	0.00	0.00	0.00
Lactose.....g	1.70	0.331	4	A	1	C	0.48	1.84	1.67
Maltose.....g	0.00	0.000	4	A	1	C	0.00	0.00	0.00
Galactose.....g	0.00	0.000	4	A	1	C	0.00	0.00	0.00
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	51	10.822	4	A	1	C	15	56	50
Iron, Fe.....mg	1.27	0.167	4	A	1	C	0.36	1.37	1.24
Magnesium, Mg.....mg	18	0.749	4	A	1	C	5	19	17
Phosphorus, P.....mg	56	8.580	4	A	1	C	16	61	55
Potassium, K.....mg	184	14.857	4	A	1	C	52	198	180
Sodium, Na.....mg	152	3.750	4	A	1	C	43	164	149
Zinc, Zn.....mg	0.34	0.031	4	A	1	C	0.10	0.37	0.33
Copper, Cu.....mg	0.092	0.009	4	A	1	C	0.026	0.100	0.090
Manganese, Mn.....mg	0.118	0.008	4	A	1	C	0.033	0.127	0.116
Selenium, Se.....mcg	0.0	0.000	4	A	1	C	0.0	0.0	0.0
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.3		0	FLA	4		0.1	0.3	0.2
Thiamin.....mg	0.024	0.008	4	A	1	C	0.007	0.026	0.023
Riboflavin.....mg	0.072	0.014	4	A	1	C	0.020	0.078	0.070
Niacin.....mg	0.123	0.013	4	A	1	C	0.035	0.133	0.120
Pantothenic acid.....mg	0.244	0.064	4	A	1	C	0.069	0.263	0.239
Vitamin B-6.....mg	0.018	0.004	4	A	1	C	0.005	0.019	0.017
Folate, total.....mcg	3		0	FLA	4		1	3	3
Folic acid.....mcg	0		0	NR	4		0	0	0
Folate, food.....mcg	3		0	FLA	4		1	3	3
Folate, DFE.....mcg_DFE	3		0	NC	4		1	3	3
Choline, total.....mg	9.5		0	AS	1		2.7	10.2	9.3
Betaine.....mg	0.9		2	A	1		0.3	1.0	0.9
Vitamin B-12.....mcg	0.09	0.000	4	A	1	C	0.03	0.10	0.09
Vitamin B-12, added.....mcg	0.00		0	FLA	4		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	14		0	FLA	4		4	15	13
Retinol.....mcg	14		0	FLA	4		4	15	13
Carotene, beta.....mcg	0	0.000	4	A	1	C	0	0	0
Carotene, alpha.....mcg	0	0.000	4	A	1	C	0	0	0
Cryptoxanthin, beta.....mcg	0	0.000	4	A	1	C	0	0	0
Vitamin A, IU.....IU	46		0	FLA	4		13	49	45
Lycopene.....mcg	0	0.000	4	A	1	C	0	0	0
Lutein + zeaxanthin.....mcg	1		0	FLA	4		0	1	1
Vitamin E (alpha-tocopherol).....mg	0.31	0.130	4	A	1	C	0.09	0.34	0.31
Vitamin E, added.....mg	0.00		0	FLA	4		0.00	0.00	0.00
Tocopherol, beta.....mg	0.01	0.005	4	A	1	C	0.00	0.01	0.01
Tocopherol, gamma.....mg	1.64	0.469	4	A	1	C	0.47	1.78	1.61
Tocopherol, delta.....mg	0.63	0.272	4	A	1	C	0.18	0.68	0.62
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.6	0.104	4	A	1	C	0.2	0.7	0.6

NDB No. 19183  
 Puddings, chocolate, ready-to-eat

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of 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	1.263		0	NC	4		0.358	1.364	1.238
4:0.....g	0.001		0	FLA	4		0.000	0.001	0.001
6:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
8:0.....g	0.000	0.000	4	A	1	C	0.000	0.000	0.000
10:0.....g	0.000	0.000	4	A	1	C	0.000	0.000	0.000
12:0.....g	0.000	0.000	4	A	1	C	0.000	0.000	0.000
13:0.....g									
14:0.....g	0.006	0.006	4	A	1	C	0.002	0.006	0.006
15:0.....g	0.000	0.000	4	A	1	C	0.000	0.000	0.000
16:0.....g	0.580	0.091	4	A	1	C	0.164	0.626	0.568
17:0.....g	0.000	0.000	4	A	1	C	0.000	0.000	0.000
18:0.....g	0.646	0.090	4	A	1	C	0.183	0.697	0.633
20:0.....g	0.019	0.002	4	A	1	C	0.005	0.020	0.018
22:0.....g	0.012	0.003	4	A	1	C	0.004	0.013	0.012
24:0.....g									
Fatty acids, total monounsaturated.....g	2.731		0	NC	4		0.774	2.950	2.677
14:1.....g	0.000	0.000	4	A	1	C	0.000	0.000	0.000
15:1.....g	0.000	0.000	4	A	1	C	0.000	0.000	0.000
16:1 undifferentiated.....g	0.004	0.003	4	A	1	C	0.001	0.005	0.004
17:1.....g	0.000	0.000	4	A	1	C	0.000	0.000	0.000
18:1 undifferentiated.....g	2.718	0.370	4	A	1	C	0.770	2.935	2.663
20:1.....g	0.009	0.005	4	A	1	C	0.003	0.010	0.009
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.105		0	NC	4		0.030	0.113	0.103
18:2 undifferentiated.....g	0.103	0.013	4	A	1	C	0.029	0.111	0.101
18:3 undifferentiated.....g	0.002	0.002	4	AS	1		0.001	0.002	0.002
18:3 n-3 c,c,c.....g	0.002	0.002	4	A	1	C	0.001	0.002	0.002
18:3 n-6 c,c,c.....g	0.000	0.000	4	A	1	C	0.000	0.000	0.000
18:3i.....g									
18:4.....g	0.000		0	FLA	4		0.000	0.000	0.000
20:2 n-6 c,c,c.....g	0.000	0.000	4	A	1	C	0.000	0.000	0.000
20:3 undifferentiated.....g	0.000	0.000	4	A	1	C	0.000	0.000	0.000
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000	0.000	4	A	1	C	0.000	0.000	0.000
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	FLA	4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	1		0	FLA	4		0	1	1
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0	0.0	0.0
Caffeine.....mg	2		0	FLA	4		1	2	2
Theobromine.....mg	70		0	FLA	4		20	76	69

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

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 108g: 1 container refrigerated, 4 oz container

Measure 3 = 98g: 1 container shelf stable, 3.5 oz container

**NDB No. 19183**  
**Puddings, chocolate, ready-to-eat**

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate4**

**Food Group: 19 Sweets**

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

NDB No. 19235

Puddings, chocolate, ready-to-eat, fat free

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	76.23		0	FLC		4			
Energy.....kcal	93	3.849	3	LC		8			
Energy.....kj	390		0	LC		8			
Protein (N x 6.25).....g	1.93	0.084	3	LC		8			
Total lipid (fat).....g	0.30		0	FLC		4			
Ash.....g	0.70		0	FLC		4			
Carbohydrate, by difference.....g	20.87	0.652	3	LC		8			
Fiber, total dietary.....g	0.3	0.294	3	LC		8			
Sugars, total.....g	15.75	0.694	3	LC		8			
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	39	17.688	3	LC		8			
Iron, Fe.....mg	1.69	1.176	3	LC		8			
Magnesium, Mg.....mg	15		0	FLC		4			
Phosphorus, P.....mg	54		0	FLC		4			
Potassium, K.....mg	208		0	BFZN		4			
Sodium, Na.....mg	110	55.130	3	LC		8			
Zinc, Zn.....mg	0.30		0	FLC		4			
Copper, Cu.....mg	0.083		0	FLC		4			
Manganese, Mn.....mg	0.078		0	FLC		4			
Selenium, Se.....mcg	1.6		0	FLC		4			
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0	0.000	3	LC		8			
Thiamin.....mg	0.018		0	FLC		4			
Riboflavin.....mg	0.074		0	FLC		4			
Niacin.....mg	0.087		0	FLC		4			
Pantothenic acid.....mg	0.148		0	FLC		4			
Vitamin B-6.....mg	0.016		0	FLC		4			
Folate, total.....mcg	3		0	FLC		4			
Folic acid.....mcg	0		0	NR		4			
Folate, food.....mcg	3		0	FLC		4			
Folate, DFE.....mcg_DFE	3		0	NC		4			
Choline, total.....mg	7.0		0	FLC		4			
Betaine.....mg									
Vitamin B-12.....mcg	0.15		0	FLC		4			
Vitamin B-12, added.....mcg	0.00		0	FLC		4			
Vitamin A, RAE.....mcg_RAE	0		0	NC		4			
Retinol.....mcg	0		0	FLC		4			
Carotene, beta.....mcg	0		0	FLC		4			
Carotene, alpha.....mcg	0		0	FLC		4			
Cryptoxanthin, beta.....mcg	0		0	FLC		4			
Vitamin A, IU.....IU	1		0	NR		4			
Lycopene.....mcg	0		0	FLC		4			
Lutein + zeaxanthin.....mcg	1		0	FLC		4			
Vitamin E (alpha-tocopherol).....mg	0.00		0	FLC		4			
Vitamin E, added.....mg	0.00		0	FLC		4			
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.1		0	FLC		4			
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.000	0.000	3	LC		8			
4:0.....g	0.000		0	FLC		4			
6:0.....g	0.000		0	FLC		4			
8:0.....g	0.000		0	FLC		4			
10:0.....g	0.000		0	FLC		4			



NDB No. 19235

Puddings, chocolate, ready-to-eat, fat free

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures 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	FLC		4			
13:0.....g									
14:0.....g	0.000		0	FLC		4			
15:0.....g									
16:0.....g	0.000		0	FLC		4			
17:0.....g									
18:0.....g	0.000		0	FLC		4			
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0	FLC		4			
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	FLC		4			
17:1.....g									
18:1 undifferentiated.....g	0.000		0	FLC		4			
20:1.....g	0.000		0	FLC		4			
22:1 undifferentiated.....g	0.000		0	FLC		4			
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	FLC		4			
18:2 undifferentiated.....g	0.000		0	FLC		4			
18:3 undifferentiated.....g	0.000		0	FLC		4			
18:4.....g	0.000		0	FLC		4			
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLC		4			
20:5 n-3.....g	0.000		0	FLC		4			
22:5 n-3.....g	0.000		0	FLC		4			
22:6 n-3.....g	0.000		0	FLC		4			
Fatty acids, total trans.....g									
Cholesterol.....mg	1		0	FLM		4			
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLC		4			
Caffeine.....mg	2		0	FLC		4			
Theobromine.....mg	53		0	FLC		4			

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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 4**

**Fat 9**

**Carbohydrate 4**

**Food Group: 19 Sweets**

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

NDB No. 19322

Puddings, coconut cream, dry mix, instant

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	2.20	0.496	4		1		2.18	0.55	
Energy.....kcal	389		0	NC	4		385	97	
Energy.....kj	1628		0	NC	4		1612	407	
Protein (N x 6.25).....g	0.90	0.159	4		1		0.89	0.23	
Total lipid (fat).....g	2.30		0	O	4		2.28	0.58	
Ash.....g	3.40	0.194	4		1		3.37	0.85	
Carbohydrate, by difference.....g	91.20		0	NC	4		90.29	22.80	
Fiber, total dietary.....g	4.0		1	LC	8		4.0	1.0	
Sugars, total.....g	64.00		1	LC	8		63.36	16.00	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	8		0	FLA	4		8	2	
Iron, Fe.....mg	0.72		0	FLA	4		0.71	0.18	
Magnesium, Mg.....mg	17		0	FLA	4		17	4	
Phosphorus, P.....mg	721		1		4		714	180	
Potassium, K.....mg	96		0	FLA	4		95	24	
Sodium, Na.....mg	1040		1	LC	8		1030	260	
Zinc, Zn.....mg	0.30		1		1		0.30	0.08	
Copper, Cu.....mg	0.151		0	FLA	4		0.149	0.038	
Manganese, Mn.....mg	0.489		0	FLA	4		0.484	0.122	
Selenium, Se.....mcg	4.0		0	FLA	4		4.0	1.0	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.3		0	FLA	4		0.3	0.1	
Thiamin.....mg	0.013		0	FLA	4		0.013	0.003	
Riboflavin.....mg	0.053		0	FLA	4		0.052	0.013	
Niacin.....mg	0.219		0	FLA	4		0.217	0.055	
Pantothenic acid.....mg	0.115		1		1		0.114	0.029	
Vitamin B-6.....mg	0.041		1		1		0.041	0.010	
Folate, total.....mcg	2		0	FLA	4		2	0	
Folic acid.....mcg	0		0	FLA	4		0	0	
Folate, food.....mcg	2		0	FLA	4		2	0	
Folate, DFE.....mcg_DFE	2		0	NC	4		2	0	
Choline, total.....mg	3.9		0	FLA	4		3.8	1.0	
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	FLA	4		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	FLA	4		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0	0	
Retinol.....mcg	0		0	FLA	4		0	0	
Carotene, beta.....mcg	0		0	FLA	4		0	0	
Carotene, alpha.....mcg	0		0	FLA	4		0	0	
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0	0	
Vitamin A, IU.....IU	0		0	FLA	4		0	0	
Lycopene.....mcg	0		0	FLA	4		0	0	
Lutein + zeaxanthin.....mcg	0		0	FLA	4		0	0	
Vitamin E (alpha-tocopherol).....mg	0.08		0	FLA	4		0.08	0.02	
Vitamin E, added.....mg	0.00		0	FLA	4		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.1		0	FLA	4		0.1	0.0	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	2.200		0		1		2.178	0.550	
4:0.....g	0.000		0	FLA	4		0.000	0.000	
6:0.....g	0.014		0	FLA	4		0.014	0.004	
8:0.....g	0.174		0	FLA	4		0.172	0.043	
10:0.....g	0.138		0	FLA	4		0.137	0.035	

Puddings, coconut cream, dry mix, instant

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	1.100		0	FLA	4		1.089	0.275	
13:0.....g									
14:0.....g	0.434		0	FLA	4		0.430	0.109	
15:0.....g									
16:0.....g	0.211		0	FLA	4		0.209	0.053	
17:0.....g									
18:0.....g	0.128		0	FLA	4		0.127	0.032	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0	Z	7		0.000	0.000	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.000		0	Z	7		0.000	0.000	
20:1.....g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	Z	7		0.000	0.000	
18:2 undifferentiated.....g	0.000		0	Z	7		0.000	0.000	
18:3 undifferentiated.....g	0.000		0	Z	7		0.000	0.000	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3.....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1	LC	8		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g									
Threonine.....g									
Isoleucine.....g									
Leucine.....g									
Lysine.....g									
Methionine.....g									
Cystine.....g									
Phenylalanine.....g									
Tyrosine.....g									
Valine.....g									
Arginine.....g									
Histidine.....g									
Alanine.....g									
Aspartic acid.....g									
Glutamic acid.....g									
Glycine.....g	0.036		0		1		0.036	0.009	
Proline.....g	0.042		0		1		0.042	0.011	
Serine.....g	0.043		0		1		0.043	0.011	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	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. 19322**

**Puddings, coconut cream, dry mix, instant**

Measure 1 = 99g: 1 package (3.5 oz)

Measure 2 = 25g: 1 portion, amount to make 1/2 cup

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate4**

**Food Group: 19 Sweets**

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



Puddings, coconut cream, dry mix, instant, prepared with 2% milk

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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	0.230		0		1		0.338	1.350	
15:0.....g									
16:0.....g	0.500		0		1		0.735	2.935	
17:0.....g									
18:0.....g	0.230		0		1		0.338	1.350	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.620		0		1		0.911	3.639	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.040		0		1		0.059	0.235	
17:1.....g									
18:1 undifferentiated.....g	0.580		0		1		0.853	3.405	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.190		0		1		0.279	1.115	
18:2 undifferentiated.....g	0.160		0		1		0.235	0.939	
18:3 undifferentiated.....g	0.030		0		1		0.044	0.176	
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	6		0		1		9	35	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.038		0		1		0.056	0.223	
Threonine.....g	0.124		0		1		0.182	0.728	
Isoleucine.....g	0.165		0		1		0.243	0.969	
Leucine.....g	0.269		0		1		0.395	1.579	
Lysine.....g	0.216		0		1		0.318	1.268	
Methionine.....g	0.069		0		1		0.101	0.405	
Cystine.....g	0.027		0		1		0.040	0.158	
Phenylalanine.....g	0.134		0		1		0.197	0.787	
Tyrosine.....g	0.132		0		1		0.194	0.775	
Valine.....g	0.185		0		1		0.272	1.086	
Arginine.....g	0.115		0		1		0.169	0.675	
Histidine.....g	0.075		0		1		0.110	0.440	
Alanine.....g	0.098		0		1		0.144	0.575	
Aspartic acid.....g	0.213		0		1		0.313	1.250	
Glutamic acid.....g	0.583		0		1		0.857	3.422	
Glycine.....g	0.062		0		1		0.091	0.364	
Proline.....g	0.262		0		1		0.385	1.538	
Serine.....g	0.150		0		1		0.221	0.881	
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:**

Measure 1 = 147g: .5 cup

Measure 2 = 587g: 1 package yield (2 cups)

**NDB No. 19191**

**Puddings, coconut cream, dry mix, instant, prepared with 2% milk**

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 19 Sweets

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





NDB No. 19323

Puddings, coconut cream, dry mix, instant, prepared with whole milk

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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	0.350		0		1		0.515	2.055	
15:0.....g									
16:0.....g	0.830		0		1		1.220	4.872	
17:0.....g									
18:0.....g	0.380		0		1		0.559	2.231	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.960		0		1		1.411	5.635	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.070		0		1		0.103	0.411	
17:1.....g									
18:1 undifferentiated.....g	0.890		0		1		1.308	5.224	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.240		0		1		0.353	1.409	
18:2 undifferentiated.....g	0.190		0		1		0.279	1.115	
18:3 undifferentiated.....g	0.050		0		1		0.074	0.294	
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	11		0		1		16	65	
Phytosterols.....mg	0		0		1		0	0	
<b>Amino Acids:</b>									
Tryptophan.....g	0.038		0		1		0.056	0.223	
Threonine.....g	0.123		0		1		0.181	0.722	
Isoleucine.....g	0.164		0		1		0.241	0.963	
Leucine.....g	0.266		0		1		0.391	1.561	
Lysine.....g	0.213		0		1		0.313	1.250	
Methionine.....g	0.068		0		1		0.100	0.399	
Cystine.....g	0.027		0		1		0.040	0.158	
Phenylalanine.....g	0.133		0		1		0.196	0.781	
Tyrosine.....g	0.130		0		1		0.191	0.763	
Valine.....g	0.183		0		1		0.269	1.074	
Arginine.....g	0.114		0		1		0.168	0.669	
Histidine.....g	0.074		0		1		0.109	0.434	
Alanine.....g	0.097		0		1		0.143	0.569	
Aspartic acid.....g	0.211		0		1		0.310	1.239	
Glutamic acid.....g	0.577		0		1		0.848	3.387	
Glycine.....g	0.061		0		1		0.090	0.358	
Proline.....g	0.259		0		1		0.381	1.520	
Serine.....g	0.149		0		1		0.219	0.875	
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: .5 cup

Measure 2 = 587g: 1 package yield (2 cups)

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**NDB No. 19323**

**Puddings, coconut cream, dry mix, instant, prepared with whole milk**

**Food Group:** 19 Sweets

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

NDB No. 19324

Puddings, coconut cream, dry mix, regular

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	3.70	0.051	6		1		3.26	0.93	
Energy.....kcal	434		0	NC	4		382	108	
Energy.....kj	1814		0	NC	4		1597	454	
Protein (N x 6.25).....g	1.00		1		1		0.88	0.25	
Total lipid (fat).....g	11.36		1	LC	8		10.00	2.84	
Ash.....g	2.10	0.075	6		1		1.85	0.53	
Carbohydrate, by difference.....g	81.84		0	NC	4		72.02	20.46	
Fiber, total dietary.....g	1.6		0	FLA	4		1.4	0.4	
Sugars, total.....g	80.54		0	FLA	4		70.88	20.14	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	8		0	FLA	4		7	2	
Iron, Fe.....mg	0.57		0	FLA	4		0.50	0.14	
Magnesium, Mg.....mg	15		0	FLA	4		13	4	
Phosphorus, P.....mg	35		0	FLA	4		31	9	
Potassium, K.....mg	133		0	FLA	4		117	33	
Sodium, Na.....mg	682		1	LC	8		600	170	
Zinc, Zn.....mg	0.35		0	FLA	4		0.31	0.09	
Copper, Cu.....mg	0.143		0	FLA	4		0.126	0.036	
Manganese, Mn.....mg	0.462		0	FLA	4		0.407	0.116	
Selenium, Se.....mcg	3.6		0	FLA	4		3.2	0.9	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.3		0	FLA	4		0.2	0.1	
Thiamin.....mg	0.010		0	FLA	4		0.009	0.003	
Riboflavin.....mg	0.029		0	FLA	4		0.026	0.007	
Niacin.....mg	0.102		0	FLA	4		0.090	0.025	
Pantothenic acid.....mg	0.135		0	FLA	4		0.118	0.034	
Vitamin B-6.....mg	0.050		0	FLA	4		0.044	0.013	
Folate, total.....mcg	2		0	FLA	4		1	0	
Folic acid.....mcg	0		0	FLA	4		0	0	
Folate, food.....mcg	2		0	FLA	4		1	0	
Folate, DFE.....mcg_DFE	2		0	NC	4		1	0	
Choline, total.....mg	3.7		0	FLA	4		3.3	0.9	
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	FLA	4		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	FLA	4		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	0		0	FLA	4		0	0	
Retinol.....mcg	0		0	FLA	4		0	0	
Carotene, beta.....mcg	0		0	FLA	4		0	0	
Carotene, alpha.....mcg	0		0	FLA	4		0	0	
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0	0	
Vitamin A, IU.....IU	0		0	FLA	4		0	0	
Lycopene.....mcg	0		0	FLA	4		0	0	
Lutein + zeaxanthin.....mcg	0		0	FLA	4		0	0	
Vitamin E (alpha-tocopherol).....mg	0.07		0	FLA	4		0.06	0.02	
Vitamin E, added.....mg	0.00		0	FLA	4		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.1		0	FLA	4		0.0	0.0	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	11.364		1	LC	8		10.000	2.841	
4:0.....g	0.000		0	FLA	4		0.000	0.000	
6:0.....g	0.073		0	FLA	4		0.064	0.018	
8:0.....g	0.898		0	FLA	4		0.790	0.224	
10:0.....g	0.713		0	FLA	4		0.628	0.178	

NDB No. 19324

Puddings, coconut cream, dry mix, regular

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	5.684		0	FLA	4		5.002	1.421	
13:0.....g									
14:0.....g	2.244		0	FLA	4		1.975	0.561	
15:0.....g									
16:0.....g	1.088		0	FLA	4		0.957	0.272	
17:0.....g									
18:0.....g	0.663		0	FLA	4		0.584	0.166	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0	Z	7		0.000	0.000	
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	0.000		0	Z	7		0.000	0.000	
20:1.....g	0.000		0	Z	7		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	Z	7		0.000	0.000	
18:2 undifferentiated.....g	0.000		0	Z	7		0.000	0.000	
18:3 undifferentiated.....g	0.000		0	Z	7		0.000	0.000	
18:4.....g	0.000		0	FLA	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	Z	7		0.000	0.000	
22:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3.....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	FLA	4		0	0	
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	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 = 88g: 1 package (3.12 oz)

Measure 2 = 25g: 1 portion, amount to make 1/2 cup

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate4**

**Food Group: 19 Sweets**

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



NDB No. 19219

Puddings, coconut cream, dry mix, regular, prepared with 2% milk

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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	0.320		0		1		0.448	1.789	
15:0.....g									
16:0.....g	0.530		0		1		0.742	2.963	
17:0.....g									
18:0.....g	0.260		0		1		0.364	1.453	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.520		0		1		0.728	2.907	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.040		0		1		0.056	0.224	
17:1.....g									
18:1 undifferentiated.....g	0.470		0		1		0.658	2.627	
20:1.....g	0.000		0		7		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		7		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.070		0		1		0.098	0.391	
18:2 undifferentiated.....g	0.050		0		1		0.070	0.280	
18:3 undifferentiated.....g	0.030		0		1		0.042	0.168	
18:4.....g	0.000		0		7		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		7		0.000	0.000	
22:5 n-3.....g	0.000		0		7		0.000	0.000	
22:6 n-3.....g	0.000		0		7		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	7		0		1		10	39	
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.041		0		1		0.057	0.229	
Threonine.....g	0.131		0		1		0.183	0.732	
Isoleucine.....g	0.174		0		1		0.244	0.973	
Leucine.....g	0.283		0		1		0.396	1.582	
Lysine.....g	0.227		0		1		0.318	1.269	
Methionine.....g	0.072		0		1		0.101	0.402	
Cystine.....g	0.028		0		1		0.039	0.157	
Phenylalanine.....g	0.141		0		1		0.197	0.788	
Tyrosine.....g	0.138		0		1		0.193	0.771	
Valine.....g	0.195		0		1		0.273	1.090	
Arginine.....g	0.123		0		1		0.172	0.688	
Histidine.....g	0.079		0		1		0.111	0.442	
Alanine.....g	0.103		0		1		0.144	0.576	
Aspartic acid.....g	0.225		0		1		0.315	1.258	
Glutamic acid.....g	0.614		0		1		0.860	3.432	
Glycine.....g	0.066		0		1		0.092	0.369	
Proline.....g	0.275		0		1		0.385	1.537	
Serine.....g	0.158		0		1		0.221	0.883	
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 = 140g: .5 cup

**NDB No. 19219**

**Puddings, coconut cream, dry mix, regular, prepared with 2% milk**

Measure 2 = 559g: 1 package yield (2 cups)

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 19 Sweets

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





NDB No. 19325

Puddings, coconut cream, dry mix, regular, prepared with whole milk

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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	0.450		0		1		0.630	2.516	
15:0.....g									
16:0.....g	0.880		0		1		1.232	4.919	
17:0.....g									
18:0.....g	0.420		0		1		0.588	2.348	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.880		0		1		1.232	4.919	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.070		0		1		0.098	0.391	
17:1.....g									
18:1 undifferentiated.....g	0.810		0		1		1.134	4.528	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.120		0		1		0.168	0.671	
18:2 undifferentiated.....g	0.080		0		1		0.112	0.447	
18:3 undifferentiated.....g	0.050		0		1		0.070	0.280	
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	12		0		1		17	67	
Phytosterols.....mg	0		0		1		0	0	
<b>Amino Acids:</b>									
Tryptophan.....g	0.040		0		1		0.056	0.224	
Threonine.....g	0.129		0		1		0.181	0.721	
Isoleucine.....g	0.172		0		1		0.241	0.961	
Leucine.....g	0.280		0		1		0.392	1.565	
Lysine.....g	0.224		0		1		0.314	1.252	
Methionine.....g	0.072		0		1		0.101	0.402	
Cystine.....g	0.028		0		1		0.039	0.157	
Phenylalanine.....g	0.140		0		1		0.196	0.783	
Tyrosine.....g	0.137		0		1		0.192	0.766	
Valine.....g	0.193		0		1		0.270	1.079	
Arginine.....g	0.122		0		1		0.171	0.682	
Histidine.....g	0.078		0		1		0.109	0.436	
Alanine.....g	0.102		0		1		0.143	0.570	
Aspartic acid.....g	0.223		0		1		0.312	1.247	
Glutamic acid.....g	0.608		0		1		0.851	3.399	
Glycine.....g	0.065		0		1		0.091	0.363	
Proline.....g	0.272		0		1		0.381	1.520	
Serine.....g	0.157		0		1		0.220	0.878	
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: .5 cup

Measure 2 = 559g: 1 package yield (2 cups)

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**NDB No. 19325**

**Puddings, coconut cream, dry mix, regular, prepared with whole milk**

**Food Group:** 19 Sweets

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

NDB No. 19330  
 Puddings, lemon, dry mix, instant

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	0.70		2		1		0.69	0.18	
Energy.....kcal	378		0	NC	4		374	95	
Energy.....kj	1582		0		4		1566	395	
Protein (N x 6.4).....g	0.00		2		1		0.00	0.00	
Total lipid (fat).....g	0.70		2		1		0.69	0.18	
Ash.....g	3.20		2		1		3.17	0.80	
Carbohydrate, by difference.....g	95.40		0	NC	4		94.45	23.85	
Fiber, total dietary.....g	0.0		0	FLM	4		0.0	0.0	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	2		1		4		2	1	
Iron, Fe.....mg	0.08		1		4		0.08	0.02	
Magnesium, Mg.....mg	0		1		4		0	0	
Phosphorus, P.....mg	752		2		1		744	188	
Potassium, K.....mg	8	1.932	12		1		8	2	
Sodium, Na.....mg	1332	32.979	13		1		1319	333	
Zinc, Zn.....mg	0.05		1		4		0.05	0.01	
Copper, Cu.....mg	0.015		1		4		0.015	0.004	
Manganese, Mn.....mg	0.009		1		4		0.009	0.002	
Selenium, Se.....mcg	0.8		0		1		0.8	0.2	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		1		4		0.0	0.0	
Thiamin.....mg	0.001		1		4		0.001	0.000	
Riboflavin.....mg	0.003		1		4		0.003	0.001	
Niacin.....mg	0.001		1		4		0.001	0.000	
Pantothenic acid.....mg	0.006		1		4		0.006	0.002	
Vitamin B-6.....mg	0.001		1		4		0.001	0.000	
Folate, total.....mcg	0		1		4		0	0	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	0		1		4		0	0	
Folate, DFE.....mcg_DFE	0		0	NC	4		0	0	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg	0.01		1		4		0.01	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									
Carotene, alpha.....mcg									
Cryptoxanthin, beta.....mcg									
Vitamin A, IU.....IU	0		1		4		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	0.100		0		1		0.099	0.025	
4:0.....g	0.000		1		1		0.000	0.000	
6:0.....g	0.000		1		1		0.000	0.000	
8:0.....g	0.000		1		1		0.000	0.000	
10:0.....g	0.000		1		1		0.000	0.000	
12:0.....g	0.000		1		1		0.000	0.000	

NDB No. 19330  
 Puddings, lemon, dry mix, instant

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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		1		1		0.000	0.000	
15:0.....g									
16:0.....g	0.070		1		1		0.069	0.018	
17:0.....g									
18:0.....g	0.030		1		1		0.030	0.008	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.280		0		1		0.277	0.070	
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	0.280		1		1		0.277	0.070	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.250		0		1		0.248	0.063	
18:2 undifferentiated.....g	0.230		1		1		0.228	0.058	
18:3 undifferentiated.....g	0.020		1		1		0.020	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		1		4		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.000		0		1		0.000	0.000	
Threonine.....g	0.000		0		1		0.000	0.000	
Isoleucine.....g	0.000		0		1		0.000	0.000	
Leucine.....g	0.000		0		1		0.000	0.000	
Lysine.....g	0.000		0		1		0.000	0.000	
Methionine.....g	0.000		0		1		0.000	0.000	
Cystine.....g	0.000		0		1		0.000	0.000	
Phenylalanine.....g	0.000		0		1		0.000	0.000	
Tyrosine.....g	0.000		0		1		0.000	0.000	
Valine.....g	0.000		0		1		0.000	0.000	
Arginine.....g	0.000		0		1		0.000	0.000	
Histidine.....g	0.000		0		1		0.000	0.000	
Alanine.....g	0.000		0		1		0.000	0.000	
Aspartic acid.....g	0.000		0		1		0.000	0.000	
Glutamic acid.....g	0.000		0		1		0.000	0.000	
Glycine.....g	0.000		0		1		0.000	0.000	
Proline.....g	0.000		0		1		0.000	0.000	
Serine.....g	0.000		0		1		0.000	0.000	
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:**

Measure 1 = 99g: 1 package (3.5 oz)

**NDB No. 19330**

**Puddings, lemon, dry mix, instant**

Measure 2 = 25g: 1 portion, amount to make 1/2 cup

**Calories Factors: Protein 4.2**

**Fat 8.8**

**Carbohydrate 3.9**

**Food Group: 19 Sweets**

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



NDB No. 19204

Puddings, lemon, dry mix, instant, prepared with 2% milk

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion 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	0.160		0	RPA	1				
15:0.....g									
16:0.....g	0.431		0	RPA	1				
17:0.....g									
18:0.....g	0.198		0	RPA	1				
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.484		0	RPA	1				
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.036		0	RPA	1				
17:1.....g									
18:1 undifferentiated.....g	0.448		0	RPA	1				
20:1.....g	0.000		0	RPA	1				
22:1 undifferentiated.....g	0.000		0	RPA	1				
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.101		0	RPA	1				
18:2 undifferentiated.....g	0.075		0	RPA	1				
18:3 undifferentiated.....g	0.027		0	RPA	1				
18:4.....g	0.000		0	RPA	1				
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RPA	1				
20:5 n-3.....g	0.000		0	RPA	1				
22:5 n-3.....g	0.000		0	RPA	1				
22:6 n-3.....g	0.000		0	RPA	1				
Fatty acids, total trans.....g									
Cholesterol.....mg	6		0	RPI	6				
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.039		0	RPA	1				
Threonine.....g	0.125		0	RPA	1				
Isoleucine.....g	0.167		0	RPA	1				
Leucine.....g	0.271		0	RPA	1				
Lysine.....g	0.219		0	RPA	1				
Methionine.....g	0.070		0	RPA	1				
Cystine.....g	0.026		0	RPA	1				
Phenylalanine.....g	0.134		0	RPA	1				
Tyrosine.....g	0.134		0	RPA	1				
Valine.....g	0.185		0	RPA	1				
Arginine.....g	0.100		0	RPA	1				
Histidine.....g	0.075		0	RPA	1				
Alanine.....g	0.095		0	RPA	1				
Aspartic acid.....g	0.210		0	RPA	1				
Glutamic acid.....g	0.579		0	RPA	1				
Glycine.....g	0.058		0	RPA	1				
Proline.....g	0.268		0	RPA	1				
Serine.....g	0.150		0	RPA	1				
Hydroxyproline.....g									
<b><u>Others:</u></b>									
Alcohol, ethyl.....g	0.0		0	RPI	6				
Caffeine.....mg	0		0	RPI	6				
Theobromine.....mg	0		0	RPI	6				

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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. 19204**

**Puddings, lemon, dry mix, instant, prepared with 2% milk**

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 19 Sweets

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





NDB No. 19331

Puddings, lemon, dry mix, instant, prepared with whole milk

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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	0.290		0		1		0.426	1.702	
15:0.....g									
16:0.....g	0.770		0		1		1.132	4.520	
17:0.....g									
18:0.....g	0.360		0		1		0.529	2.113	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.850		0		1		1.250	4.990	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.070		0		1		0.103	0.411	
17:1.....g									
18:1 undifferentiated.....g	0.780		0		1		1.147	4.579	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.150		0		1		0.221	0.881	
18:2 undifferentiated.....g	0.100		0		1		0.147	0.587	
18:3 undifferentiated.....g	0.050		0		1		0.074	0.294	
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	11		0		1		16	65	
Phytosterols.....mg	0		0		1		0	0	
<b>Amino Acids:</b>									
Tryptophan.....g	0.036		0		1		0.053	0.211	
Threonine.....g	0.117		0		1		0.172	0.687	
Isoleucine.....g	0.158		0		1		0.232	0.927	
Leucine.....g	0.255		0		1		0.375	1.497	
Lysine.....g	0.207		0		1		0.304	1.215	
Methionine.....g	0.065		0		1		0.096	0.382	
Cystine.....g	0.024		0		1		0.035	0.141	
Phenylalanine.....g	0.126		0		1		0.185	0.740	
Tyrosine.....g	0.126		0		1		0.185	0.740	
Valine.....g	0.174		0		1		0.256	1.021	
Arginine.....g	0.094		0		1		0.138	0.552	
Histidine.....g	0.071		0		1		0.104	0.417	
Alanine.....g	0.090		0		1		0.132	0.528	
Aspartic acid.....g	0.198		0		1		0.291	1.162	
Glutamic acid.....g	0.545		0		1		0.801	3.199	
Glycine.....g	0.055		0		1		0.081	0.323	
Proline.....g	0.252		0		1		0.370	1.479	
Serine.....g	0.141		0		1		0.207	0.828	
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: .5 cup

Measure 2 = 587g: 1 package yield (2 cups)

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**NDB No. 19331**

**Puddings, lemon, dry mix, instant, prepared with whole milk**

**Food Group:** 19 Sweets

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



**NDB No. 19332**  
**Puddings, lemon, dry mix, regular**

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u>			
	Mean	Std. Error	Number		measures of food			
			of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2
<b><u>Amino Acids:</u></b>								
Tryptophan.....g	0.000		0		1		0.000	0.000
Threonine.....g	0.002		0		1		0.002	0.000
Isoleucine.....g	0.002		0		1		0.002	0.000
Leucine.....g	0.008		0		1		0.007	0.002
Lysine.....g	0.001		0		1		0.001	0.000
Methionine.....g	0.001		0		1		0.001	0.000
Cystine.....g	0.001		0		1		0.001	0.000
Phenylalanine.....g	0.003		0		1		0.003	0.001
Tyrosine.....g	0.002		0		1		0.002	0.000
Valine.....g	0.003		0		1		0.003	0.001
Arginine.....g	0.003		0		1		0.003	0.001
Histidine.....g	0.002		0		1		0.002	0.000
Alanine.....g	0.004		0		1		0.003	0.001
Aspartic acid.....g	0.004		0		1		0.003	0.001
Glutamic acid.....g	0.011		0		1		0.009	0.002
Glycine.....g	0.002		0		1		0.002	0.000
Proline.....g	0.005		0		1		0.004	0.001
Serine.....g	0.002		0		1		0.002	0.000
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 = 85g: 1 package (3 oz)

Measure 2 = 21g: 1 portion, amount to make 1/2 cup

**Calories Factors: Protein 3.5**

**Fat 8.8**

**Carbohydrate 3.9**

**Food Group: 19 Sweets**

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



NDB No. 19708

Puddings, lemon, dry mix, regular, with added oil, potassium, 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
14:0.....g	0.000		1		1		0.000	0.000	
15:0.....g									
16:0.....g	0.210		0		1		0.179	0.044	
17:0.....g									
18:0.....g	0.050		0		1		0.043	0.011	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.440		0		1		0.374	0.092	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.010		1		1		0.009	0.002	
17:1.....g									
18:1 undifferentiated.....g	0.440		0		1		0.374	0.092	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.720		0		1		0.612	0.151	
18:2 undifferentiated.....g	0.680		0		1		0.578	0.143	
18:3 undifferentiated.....g	0.040		0		1		0.034	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		1		4		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.000		0		1		0.000	0.000	
Threonine.....g	0.002		0		1		0.002	0.000	
Isoleucine.....g	0.002		0		1		0.002	0.000	
Leucine.....g	0.008		0		1		0.007	0.002	
Lysine.....g	0.001		0		1		0.001	0.000	
Methionine.....g	0.001		0		1		0.001	0.000	
Cystine.....g	0.001		0		1		0.001	0.000	
Phenylalanine.....g	0.003		0		1		0.003	0.001	
Tyrosine.....g	0.002		0		1		0.002	0.000	
Valine.....g	0.003		0		1		0.003	0.001	
Arginine.....g	0.003		0		1		0.003	0.001	
Histidine.....g	0.002		0		1		0.002	0.000	
Alanine.....g	0.004		0		1		0.003	0.001	
Aspartic acid.....g	0.004		0		1		0.003	0.001	
Glutamic acid.....g	0.011		0		1		0.009	0.002	
Glycine.....g	0.002		0		1		0.002	0.000	
Proline.....g	0.005		0		1		0.004	0.001	
Serine.....g	0.002		0		1		0.002	0.000	
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:**

Measure 1 = 85g: 1 package (3 oz)

Measure 2 = 21g: 1 portion, amount to make 1/2 cup

**NDB No. 19708**

**Puddings, lemon, dry mix, regular, with added oil, potassium, sodium**

**Calories Factors: Protein 3.5**

**Fat 8.8**

**Carbohydrate 3.9**

**Food Group: 19 Sweets**

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





NDB No. 19194  
Puddings, rice, dry mix

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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 = 106g: 1 package

Measure 2 = 27g: 1 portion, amount to make 1/2 cup

**Calories Factors: Protein** 3.8

**Fat** 8.4

**Carbohydrate**4

**Food Group:** 19 Sweets

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



NDB No. 19208

Puddings, rice, dry mix, prepared with 2% milk

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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	0.162		0	RP		4			
15:0.....g									
16:0.....g	0.423		0	RP		4			
17:0.....g									
18:0.....g	0.195		0	RP		4			
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.441		0	RP		4			
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.036		0	RP		4			
17:1.....g									
18:1 undifferentiated.....g	0.405		0	RP		4			
20:1.....g	0.000		0	RP		4			
22:1 undifferentiated.....g	0.000		0	RP		4			
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.060		0	RP		4			
18:2 undifferentiated.....g	0.036		0	RP		4			
18:3 undifferentiated.....g	0.023		0	RP		4			
18:4.....g	0.000		0	RP		4			
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RP		4			
20:5 n-3.....g	0.000		0	RP		4			
22:5 n-3.....g	0.000		0	RP		4			
22:6 n-3.....g	0.000		0	RP		4			
Fatty acids, total trans.....g									
Cholesterol.....mg	6		0	RP		4			
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.039		0	RP		4			
Threonine.....g	0.126		0	RP		4			
Isoleucine.....g	0.169		0	RP		4			
Leucine.....g	0.273		0	RP		4			
Lysine.....g	0.221		0	RP		4			
Methionine.....g	0.070		0	RP		4			
Cystine.....g	0.026		0	RP		4			
Phenylalanine.....g	0.135		0	RP		4			
Tyrosine.....g	0.135		0	RP		4			
Valine.....g	0.187		0	RP		4			
Arginine.....g	0.101		0	RP		4			
Histidine.....g	0.075		0	RP		4			
Alanine.....g	0.096		0	RP		4			
Aspartic acid.....g	0.212		0	RP		4			
Glutamic acid.....g	0.584		0	RP		4			
Glycine.....g	0.059		0	RP		4			
Proline.....g	0.271		0	RP		4			
Serine.....g	0.152		0	RP		4			
Hydroxyproline.....g									
<b><u>Others:</u></b>									
Alcohol, ethyl.....g	0.0		0	RP		4			
Caffeine.....mg	0		0	RP		4			
Theobromine.....mg	0		0	RP		4			

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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. 19208**

**Puddings, rice, dry mix, prepared with 2% milk**

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 19 Sweets

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



## Puddings, rice, dry mix, prepared with whole milk

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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	0.282		0	RP		4			
15:0.....g									
16:0.....g	0.737		0	RP		4			
17:0.....g									
18:0.....g	0.339		0	RP		4			
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.767		0	RP		4			
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.063		0	RP		4			
17:1.....g									
18:1 undifferentiated.....g	0.704		0	RP		4			
20:1.....g	0.000		0	RP		4			
22:1 undifferentiated.....g	0.000		0	RP		4			
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.104		0	RP		4			
18:2 undifferentiated.....g	0.063		0	RP		4			
18:3 undifferentiated.....g	0.041		0	RP		4			
18:4.....g	0.000		0	RP		4			
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RP		4			
20:5 n-3.....g	0.000		0	RP		4			
22:5 n-3.....g	0.000		0	RP		4			
22:6 n-3.....g	0.000		0	RP		4			
Fatty acids, total trans.....g									
Cholesterol.....mg	11		0	RP		4			
Phytosterols.....mg	0		0	RP		4			
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.039		0	RP		4			
Threonine.....g	0.125		0	RP		4			
Isoleucine.....g	0.167		0	RP		4			
Leucine.....g	0.270		0	RP		4			
Lysine.....g	0.219		0	RP		4			
Methionine.....g	0.070		0	RP		4			
Cystine.....g	0.025		0	RP		4			
Phenylalanine.....g	0.133		0	RP		4			
Tyrosine.....g	0.133		0	RP		4			
Valine.....g	0.184		0	RP		4			
Arginine.....g	0.100		0	RP		4			
Histidine.....g	0.075		0	RP		4			
Alanine.....g	0.095		0	RP		4			
Aspartic acid.....g	0.210		0	RP		4			
Glutamic acid.....g	0.577		0	RP		4			
Glycine.....g	0.059		0	RP		4			
Proline.....g	0.267		0	RP		4			
Serine.....g	0.150		0	RP		4			
Hydroxyproline.....g									
<b><u>Others:</u></b>									
Alcohol, ethyl.....g	0.0		0	RP		4			
Caffeine.....mg	0		0	RP		4			
Theobromine.....mg	0		0	RP		4			

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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. 19195**

**Puddings, rice, dry mix, prepared with whole milk**

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group: 19 Sweets**

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



**NDB No. 19193**  
**Puddings, rice, ready-to-eat**

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	73.34		0	NR	4		20.79	82.87	72.61
Energy.....kcal	118		1	NC	4		33	133	116
Energy.....kj	492		0	NC	4		139	556	487
Protein (N x 6.25).....g	3.53		1	LC	8		1.00	3.99	3.49
Total lipid (fat).....g	2.65		1	LC	8		0.75	2.99	2.62
Ash.....g	0.80		0	FLC	4		0.23	0.90	0.79
Carbohydrate, by difference.....g	19.40		1	LC	8		5.50	21.92	19.21
Fiber, total dietary.....g	0.9		1	LC	8		0.3	1.0	0.9
Sugars, total.....g	14.11		1	LC	8		4.00	15.94	13.97
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	52	1.429	15		1		15	59	51
Iron, Fe.....mg	0.11		0	FLC	4		0.03	0.13	0.11
Magnesium, Mg.....mg	8		1		4		2	9	8
Phosphorus, P.....mg	68		1		4		19	77	67
Potassium, K.....mg	60		1		4		17	68	59
Sodium, Na.....mg	123		1	LC	8		35	140	122
Zinc, Zn.....mg	0.49		1		1		0.14	0.55	0.49
Copper, Cu.....mg	0.025		0	FLC	4		0.007	0.028	0.024
Manganese, Mn.....mg	0.126		1		1		0.036	0.142	0.125
Selenium, Se.....mcg	4.8		0	FLC	4		1.4	5.4	4.8
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	FLC	4		0.0	0.0	0.0
Thiamin.....mg	0.018	0.001	15		1		0.005	0.020	0.018
Riboflavin.....mg	0.072	0.002	15		1		0.020	0.081	0.071
Niacin.....mg	0.161	0.006	14		1		0.046	0.182	0.159
Pantothenic acid.....mg	0.354		0	FLC	4		0.100	0.400	0.350
Vitamin B-6.....mg	0.041		0	FLC	4		0.011	0.046	0.040
Folate, total.....mcg	4		0	FLC	4		1	5	4
Folic acid.....mcg	0		0	FLC	4		0	0	0
Folate, food.....mcg	4		0	FLC	4		1	5	4
Folate, DFE.....mcg_DFE	4		0	NC	4		1	5	4
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg	0.18		0	FLC	4		0.05	0.21	0.18
Vitamin B-12, added.....mcg	0.00		0	FLC	4		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	22		0	NC	4		6	25	22
Retinol.....mcg	22		0	FLC	4		6	25	22
Carotene, beta.....mcg	4		0	FLC	4		1	4	4
Carotene, alpha.....mcg	0		0	FLC	4		0	0	0
Cryptoxanthin, beta.....mcg	0		0	FLC	4		0	0	0
Vitamin A, IU.....IU	79		0	FLC	4		22	89	78
Lycopene.....mcg	0		0	FLC	4		0	0	0
Lutein + zeaxanthin.....mcg	9		0	FLC	4		2	10	8
Vitamin E (alpha-tocopherol).....mg	0.07		0	FLC	4		0.02	0.08	0.07
Vitamin E, added.....mg	0.00		0	FLC	4		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	FLC	4		0.0	0.2	0.2
<b>Lipids:</b>									
Fatty acids, total saturated.....g	1.764		1	LC	8		0.500	1.993	1.746
4:0.....g	0.065		0	FLC	4		0.019	0.074	0.065
6:0.....g	0.065		0	FLC	4		0.019	0.074	0.065
8:0.....g	0.065		0	FLC	4		0.019	0.074	0.065
10:0.....g	0.065		0	FLC	4		0.019	0.074	0.065

NDB No. 19193  
 Puddings, rice, ready-to-eat

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.067		0	FLC	4		0.019	0.076	0.067
13:0.....g	0.000		0	FLC	4		0.000	0.000	0.000
14:0.....g	0.262		0	FLC	4		0.074	0.296	0.259
15:0.....g	0.000		0	FLC	4		0.000	0.000	0.000
16:0.....g	0.823		0	FLC	4		0.233	0.930	0.814
17:0.....g	0.001		0	FLC	4		0.000	0.001	0.001
18:0.....g	0.348		0	FLC	4		0.099	0.394	0.345
20:0.....g	0.000		0	FLC	4		0.000	0.000	0.000
22:0.....g	0.000		0	FLC	4		0.000	0.000	0.000
24:0.....g	0.000		0	FLC	4		0.000	0.000	0.000
Fatty acids, total monounsaturated.....g	0.438		0	FLC	4		0.124	0.495	0.433
14:1.....g	0.000		0	FLC	4		0.000	0.000	0.000
15:1.....g									
16:1 undifferentiated.....g	0.005		0	FLC	4		0.002	0.006	0.005
17:1.....g									
18:1 undifferentiated.....g	0.000		0	Z	7		0.000	0.000	0.000
20:1.....g	0.000		0	FLC	4		0.000	0.001	0.000
22:1 undifferentiated.....g	0.000		0	FLC	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.120		0	FLC	4		0.034	0.136	0.119
18:2 undifferentiated.....g	0.082		0	FLC	4		0.023	0.092	0.081
18:3 undifferentiated.....g	0.035		0	FLC	4		0.010	0.040	0.035
18:4.....g	0.000		0	FLC	4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.002		0	FLC	4		0.001	0.003	0.002
20:5 n-3.....g	0.000		0	FLC	4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0	FLC	4		0.000	0.000	0.000
22:6 n-3.....g	0.001		0	FLC	4		0.000	0.001	0.001
Fatty acids, total trans.....g									
Cholesterol.....mg	18		1	LC	8		5	20	17
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine.....mg	0		0	FLC	4		0	0	0
Theobromine.....mg	0		0	FLC	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:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 113g: 1 serving 4 oz refrigerated

Measure 3 = 99g: 1 serving 3.5 oz shelf stable

Calories Factors: Protein 4

Fat 9

Carbohydrate4

Food Group: 19 Sweets

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



**NDB No. 19198**  
**Puddings, tapioca, dry mix**

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u>				
	Mean	Std. Error	Number			measures of food			
			Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.002		0		1		0.002	0.000	
Threonine.....g	0.004		0		1		0.004	0.001	
Isoleucine.....g	0.004		0		1		0.004	0.001	
Leucine.....g	0.009		0		1		0.008	0.002	
Lysine.....g	0.004		0		1		0.004	0.001	
Methionine.....g	0.002		0		1		0.002	0.000	
Cystine.....g	0.003		0		1		0.003	0.001	
Phenylalanine.....g	0.004		0		1		0.004	0.001	
Tyrosine.....g	0.003		0		1		0.003	0.001	
Valine.....g	0.005		0		1		0.005	0.001	
Arginine.....g	0.012		0		1		0.011	0.003	
Histidine.....g	0.003		0		1		0.003	0.001	
Alanine.....g	0.006		0		1		0.006	0.001	
Aspartic acid.....g	0.009		0		1		0.008	0.002	
Glutamic acid.....g	0.024		0		1		0.022	0.006	
Glycine.....g	0.004		0		1		0.004	0.001	
Proline.....g	0.007		0		1		0.006	0.002	
Serine.....g	0.004		0		1		0.004	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 = 92g: 1 package (3.5 oz)

Measure 2 = 23g: 1 portion, amount to make 1/2 cup

**Calories Factors: Protein 3**

**Fat 8.4**

**Carbohydrate 3.9**

**Food Group: 19 Sweets**

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



NDB No. 19209

Puddings, tapioca, dry mix, prepared with 2% milk

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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	0.166		0	RP		4			
15:0.....g									
16:0.....g	0.434		0	RP		4			
17:0.....g									
18:0.....g	0.200		0	RP		4			
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.452		0	RP		4			
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.037		0	RP		4			
17:1.....g									
18:1 undifferentiated.....g	0.415		0	RP		4			
20:1.....g	0.000		0	RP		4			
22:1 undifferentiated.....g	0.000		0	RP		4			
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.061		0	RP		4			
18:2 undifferentiated.....g	0.037		0	RP		4			
18:3 undifferentiated.....g	0.024		0	RP		4			
18:4.....g	0.000		0	RP		4			
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RP		4			
20:5 n-3.....g	0.000		0	RP		4			
22:5 n-3.....g	0.000		0	RP		4			
22:6 n-3.....g	0.000		0	RP		4			
Fatty acids, total trans.....g									
Cholesterol.....mg	6		0	RP		4			
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.041		0	RP		4			
Threonine.....g	0.130		0	RP		4			
Isoleucine.....g	0.173		0	RP		4			
Leucine.....g	0.282		0	RP		4			
Lysine.....g	0.228		0	RP		4			
Methionine.....g	0.073		0	RP		4			
Cystine.....g	0.027		0	RP		4			
Phenylalanine.....g	0.139		0	RP		4			
Tyrosine.....g	0.139		0	RP		4			
Valine.....g	0.192		0	RP		4			
Arginine.....g	0.106		0	RP		4			
Histidine.....g	0.078		0	RP		4			
Alanine.....g	0.100		0	RP		4			
Aspartic acid.....g	0.219		0	RP		4			
Glutamic acid.....g	0.603		0	RP		4			
Glycine.....g	0.061		0	RP		4			
Proline.....g	0.279		0	RP		4			
Serine.....g	0.156		0	RP		4			
Hydroxyproline.....g									
<b><u>Others:</u></b>									
Alcohol, ethyl.....g	0.0		0	RP		4			
Caffeine.....mg	0		0	RP		4			
Theobromine.....mg	0		0	RP		4			

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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. 19209**

**Puddings, tapioca, dry mix, prepared with 2% milk**

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group: 19 Sweets**

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





NDB No. 19199

Puddings, tapioca, dry mix, prepared with whole milk

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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	0.289		0	RP		4			
15:0.....g									
16:0.....g	0.755		0	RP		4			
17:0.....g									
18:0.....g	0.348		0	RP		4			
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.786		0	RP		4			
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.064		0	RP		4			
17:1.....g									
18:1 undifferentiated.....g	0.722		0	RP		4			
20:1.....g	0.000		0	RP		4			
22:1 undifferentiated.....g	0.000		0	RP		4			
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.107		0	RP		4			
18:2 undifferentiated.....g	0.064		0	RP		4			
18:3 undifferentiated.....g	0.042		0	RP		4			
18:4.....g	0.000		0	RP		4			
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RP		4			
20:5 n-3.....g	0.000		0	RP		4			
22:5 n-3.....g	0.000		0	RP		4			
22:6 n-3.....g	0.000		0	RP		4			
Fatty acids, total trans.....g									
Cholesterol.....mg	12		0	RP		4			
Phytosterols.....mg	0		0	RP		4			
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.040		0	RP		4			
Threonine.....g	0.129		0	RP		4			
Isoleucine.....g	0.172		0	RP		4			
Leucine.....g	0.278		0	RP		4			
Lysine.....g	0.225		0	RP		4			
Methionine.....g	0.072		0	RP		4			
Cystine.....g	0.026		0	RP		4			
Phenylalanine.....g	0.137		0	RP		4			
Tyrosine.....g	0.137		0	RP		4			
Valine.....g	0.190		0	RP		4			
Arginine.....g	0.104		0	RP		4			
Histidine.....g	0.077		0	RP		4			
Alanine.....g	0.098		0	RP		4			
Aspartic acid.....g	0.216		0	RP		4			
Glutamic acid.....g	0.596		0	RP		4			
Glycine.....g	0.061		0	RP		4			
Proline.....g	0.275		0	RP		4			
Serine.....g	0.154		0	RP		4			
Hydroxyproline.....g									
<b><u>Others:</u></b>									
Alcohol, ethyl.....g	0.0		0	RP		4			
Caffeine.....mg	0		0	RP		4			
Theobromine.....mg	0		0	RP		4			

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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. 19199

Puddings, tapioca, dry mix, prepared with whole milk

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 19 Sweets

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

NDB No. 19709

Puddings, tapioca, dry mix, with no added 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 Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Points	Code						
<b>Proximates:</b>										
Water.....g	4.00	0.043	6		1			3.68	0.92	
Energy.....kcal	369		0		4			339	85	
Energy.....kj	1544				4			1420	355	
Protein (N x 6.25).....g	0.10		1		4			0.09	0.02	
Total lipid (fat).....g	0.10		1		4			0.09	0.02	
Ash.....g	1.40	0.040	6		1			1.29	0.32	
Carbohydrate, by difference.....g	94.30		0		NC	4		86.76	21.69	
Fiber, total dietary.....g	0.2		0		BFZN	4		0.2	0.0	
Sugars, total.....g										
Starch.....g										
<b>Minerals:</b>										
Calcium, Ca.....mg	4		1		4			4	1	
Iron, Fe.....mg	0.12		1		4			0.11	0.03	
Magnesium, Mg.....mg	2		1		4			2	0	
Phosphorus, P.....mg	4		1		4			4	1	
Potassium, K.....mg	5		1		4			5	1	
Sodium, Na.....mg	8		0		1			7	2	
Zinc, Zn.....mg	0.08		1		4			0.07	0.02	
Copper, Cu.....mg	0.029		1		4			0.027	0.007	
Manganese, Mn.....mg	0.033		1		4			0.030	0.008	
Selenium, Se.....mcg	0.1		0		BFZN	4		0.1	0.0	
<b>Vitamins:</b>										
Vitamin C, total ascorbic acid.....mg	0.0		1		4			0.0	0.0	
Thiamin.....mg	0.001		1		4			0.001	0.000	
Riboflavin.....mg	0.006		1		4			0.006	0.001	
Niacin.....mg	0.004		1		4			0.004	0.001	
Pantothenic acid.....mg	0.015		1		4			0.014	0.003	
Vitamin B-6.....mg	0.032		1		4			0.029	0.007	
Folate, total.....mcg	0		1		4			0	0	
Folic acid.....mcg	0		0		Z	7		0	0	
Folate, food.....mcg	0		1		4			0	0	
Folate, DFE.....mcg_DFE	0		0		NC	4		0	0	
Choline, total.....mg										
Betaine.....mg										
Vitamin B-12.....mcg	0.00		1		4			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		1		4			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		1		4			0	0	
Phytosterols.....mg										
<b>Amino Acids:</b>										

NDB No. 19709

Puddings, tapioca, dry mix, with no added salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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	0.002		0		1		0.002	0.000	
Threonine.....g	0.004		0		1		0.004	0.001	
Isoleucine.....g	0.004		0		1		0.004	0.001	
Leucine.....g	0.009		0		1		0.008	0.002	
Lysine.....g	0.004		0		1		0.004	0.001	
Methionine.....g	0.002		0		1		0.002	0.000	
Cystine.....g	0.003		0		1		0.003	0.001	
Phenylalanine.....g	0.004		0		1		0.004	0.001	
Tyrosine.....g	0.003		0		1		0.003	0.001	
Valine.....g	0.005		0		1		0.005	0.001	
Arginine.....g	0.012		0		1		0.011	0.003	
Histidine.....g	0.003		0		1		0.003	0.001	
Alanine.....g	0.006		0		1		0.006	0.001	
Aspartic acid.....g	0.009		0		1		0.008	0.002	
Glutamic acid.....g	0.024		0		1		0.022	0.006	
Glycine.....g	0.004		0		1		0.004	0.001	
Proline.....g	0.007		0		1		0.006	0.002	
Serine.....g	0.004		0		1		0.004	0.001	
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:**

Measure 1 = 92g: 1 package (3.5 oz)

Measure 2 = 23g: 1 portion, amount to make 1/2 cup

**Calories Factors: Protein 3**

**Fat 8.4**

**Carbohydrate 3.9**

**Food Group: 19 Sweets**

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

**NDB No. 19218**  
**Puddings, tapioca, ready-to-eat**

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	71.84		2	A	1		20.37	79.02	69.68
Energy.....kcal	130		0	NC	4		37	142	126
Energy.....kj	542		0	NC	4		154	596	526
Protein (N x 6.25).....g	1.95		2	A	1		0.55	2.15	1.89
Total lipid (fat).....g	3.88		2	A	1		1.10	4.27	3.77
Ash.....g	0.64		2	A	1		0.18	0.70	0.62
Carbohydrate, by difference.....g	21.69		0	NC	4		6.15	23.86	21.04
Fiber, total dietary.....g	0.0		2	A	1		0.0	0.0	0.0
Sugars, total.....g	14.91		2	A	1		4.23	16.40	14.46
Sucrose.....g	12.55		2	A	1		3.56	13.80	12.17
Glucose (dextrose).....g	0.00		2	A	1		0.00	0.00	0.00
Fructose.....g	0.00		2	A	1		0.00	0.00	0.00
Lactose.....g	2.36		2	A	1		0.67	2.59	2.29
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									
<b>Minerals:</b>									
Calcium, Ca.....mg	71		2	A	1		20	79	69
Iron, Fe.....mg	0.11		2	A	1		0.03	0.12	0.10
Magnesium, Mg.....mg	6		2	A	1		2	7	6
Phosphorus, P.....mg	60		2	A	1		17	66	58
Potassium, K.....mg	92		2	A	1		26	101	89
Sodium, Na.....mg	145		2	A	1		41	160	141
Zinc, Zn.....mg	0.22		2	A	1		0.06	0.24	0.21
Copper, Cu.....mg	0.018		2	A	1		0.005	0.020	0.018
Manganese, Mn.....mg	0.011		2	A	1		0.003	0.012	0.011
Selenium, Se.....mcg	0.0		2	A	1		0.0	0.0	0.0
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.3		0	FLA	4		0.1	0.4	0.3
Thiamin.....mg	0.024		2	A	1		0.007	0.027	0.023
Riboflavin.....mg	0.097		2	A	1		0.027	0.107	0.094
Niacin.....mg	0.065		2	A	1		0.018	0.071	0.063
Pantothenic acid.....mg	0.235		2	A	1		0.067	0.258	0.228
Vitamin B-6.....mg	0.024		2	A	1		0.007	0.026	0.023
Folate, total.....mcg	3		0	FLA	4		1	3	3
Folic acid.....mcg	0		0	FLA	4		0	0	0
Folate, food.....mcg	3		0	FLA	4		1	3	3
Folate, DFE.....mcg_DFE	3		0	NC	4		1	3	3
Choline, total.....mg	6.2		0	O	4		1.8	6.8	6.0
Betaine.....mg									
Vitamin B-12.....mcg	0.21		2	A	1		0.06	0.23	0.20
Vitamin B-12, added.....mcg	0.00		0	FLA	4		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	0		0	AS	1		0	0	0
Retinol.....mcg	0		0	FLA	4		0	0	0
Carotene, beta.....mcg	0		2	A	1		0	0	0
Carotene, alpha.....mcg	0		2	A	1		0	0	0
Cryptoxanthin, beta.....mcg	0		2	A	1		0	0	0
Vitamin A, IU.....IU	0		0	AS	1		0	0	0
Lycopene.....mcg	0		2	A	1		0	0	0
Lutein + zeaxanthin.....mcg	0		0	FLA	4		0	0	0
Vitamin E (alpha-tocopherol).....mg	0.15		2	A	1		0.04	0.17	0.15
Vitamin E, added.....mg	0.00		0	FLA	4		0.00	0.00	0.00
Tocopherol, beta.....mg	0.02		2	A	1		0.00	0.02	0.02
Tocopherol, gamma.....mg	1.79		2	A	1		0.51	1.97	1.74
Tocopherol, delta.....mg	0.83		2	A	1		0.23	0.91	0.80
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.4		2	A	1		0.1	0.4	0.4

NDB No. 19218  
 Puddings, tapioca, ready-to-eat

Nutrients and 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	Code					
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.962		0	NC	4		0.273	1.058	0.933
4:0.....g	0.001		0	FLA	4		0.000	0.002	0.001
6:0.....g	0.000		0	FLA	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
14:0.....g	0.006		2	A	1		0.002	0.007	0.006
15:0.....g	0.001		0	FLA	4		0.000	0.002	0.001
16:0.....g	0.417		2	A	1		0.118	0.459	0.404
17:0.....g	0.002		2	A	1		0.001	0.003	0.002
18:0.....g	0.511		2	A	1		0.145	0.562	0.495
20:0.....g	0.013		2	A	1		0.004	0.015	0.013
22:0.....g	0.012		2	A	1		0.004	0.014	0.012
24:0.....g									
Fatty acids, total monounsaturated.....g	2.538		0	NC	4		0.719	2.792	2.462
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	2.530		2	A	1		0.717	2.783	2.454
20:1.....g	0.007		2	A	1		0.002	0.008	0.007
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.072		0	NC	4		0.020	0.079	0.070
18:2 undifferentiated.....g	0.072		2	A	1		0.020	0.079	0.070
18:3 undifferentiated.....g	0.000		0	AS	1		0.000	0.000	0.000
18:3 n-3 c,c,c.....g	0.000		2	A	1		0.000	0.000	0.000
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	FLA	4		0.000	0.000	0.000
20:2 n-6 c,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	FLA	4		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	FLA	4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	1		0	FLA	4		0	1	1
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0	0.0	0.0
Caffeine.....mg	0		0	FLA	4		0	0	0
Theobromine.....mg	0		0	FLA	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:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 110g: 1 container refrigerated 4 oz

Measure 3 = 97g: 1 container shelf stable 3.5 oz

**NDB No. 19218**  
**Puddings, tapioca, ready-to-eat**

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate4**

**Food Group: 19 Sweets**

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

NDB No. 19234

Puddings, tapioca, ready-to-eat, fat free

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	76.25		1	A	1		85.40		
Energy.....kcal	94		0	NC	4		105		
Energy.....kj	394		0	NC	4		441		
Protein (N x 6.25).....g	1.44		1	A	1		1.62		
Total lipid (fat).....g	0.35		1	A	1		0.39		
Ash.....g	0.64		1	A	1		0.72		
Carbohydrate, by difference.....g	21.31		0	NC	4		23.87		
Fiber, total dietary.....g	0.0		1	A	1		0.0		
Sugars, total.....g	14.18		1	A	1		15.88		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	52		1	A	1		58		
Iron, Fe.....mg	0.11		1	A	1		0.12		
Magnesium, Mg.....mg	5		1	A	1		5		
Phosphorus, P.....mg	66		1	A	1		74		
Potassium, K.....mg	70		1	A	1		78		
Sodium, Na.....mg	187		1	A	1		209		
Zinc, Zn.....mg	0.17		1	A	1		0.19		
Copper, Cu.....mg	0.018		1	A	1		0.021		
Manganese, Mn.....mg	0.011		1	A	1		0.012		
Selenium, Se.....mcg	0.0		1	A	1		0.0		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.3		0	FLA	4		0.3		
Thiamin.....mg	0.013		1	A	1		0.015		
Riboflavin.....mg	0.075		1	A	1		0.084		
Niacin.....mg	0.101		1	A	1		0.113		
Pantothenic acid.....mg	0.030		1	A	1		0.033		
Vitamin B-6.....mg	0.020		1	A	1		0.023		
Folate, total.....mcg	2		0	FLA	4		2		
Folic acid.....mcg	0		0	NR	4		0		
Folate, food.....mcg	2		0	FLA	4		2		
Folate, DFE.....mcg_DFE	2		0	NC	4		2		
Choline, total.....mg	6.5		0	O	4		7.3		
Betaine.....mg									
Vitamin B-12.....mcg	0.31		1	A	1		0.35		
Vitamin B-12, added.....mcg	0.00		0	FLA	4		0.00		
Vitamin A, RAE.....mcg_RAE	0		0	FLA	4		0		
Retinol.....mcg	0		0	FLA	4		0		
Carotene, beta.....mcg	0		1	A	1		0		
Carotene, alpha.....mcg	0		1	A	1		0		
Cryptoxanthin, beta.....mcg	0		1	A	1		0		
Vitamin A, IU.....IU	1		0	FLA	4		1		
Lycopene.....mcg	0		1	A	1		0		
Lutein + zeaxanthin.....mcg	0		0	FLA	4		0		
Vitamin E (alpha-tocopherol).....mg	0.01		1	A	1		0.02		
Vitamin E, added.....mg	0.00		0	FLA	4		0.00		
Tocopherol, beta.....mg	0.00		1	A	1		0.00		
Tocopherol, gamma.....mg	0.01		1	A	1		0.02		
Tocopherol, delta.....mg	0.00		1	A	1		0.00		
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		1	A	1		0.0		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.122		0	NC	4		0.137		
4:0.....g	0.007		0	FLA	4		0.007		
6:0.....g	0.001		0	FLA	4		0.002		
8:0.....g	0.000		1	A	1		0.000		
10:0.....g	0.000		1	A	1		0.000		



NDB No. 19234

Puddings, tapioca, ready-to-eat, fat free

Nutrients and 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					
12:0.....g	0.000		1	A	1		0.000		
13:0.....g									
14:0.....g	0.002		1	A	1		0.002		
15:0.....g	0.000		1	A	1		0.000		
16:0.....g	0.014		1	A	1		0.016		
17:0.....g	0.000		1	A	1		0.000		
18:0.....g	0.105		1	A	1		0.117		
20:0.....g	0.001		1	A	1		0.001		
22:0.....g	0.000		1	A	1		0.000		
24:0.....g									
Fatty acids, total monounsaturated.....g	0.012		0	NC	4		0.013		
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	0.012		1	A	1		0.013		
20:1.....g	0.000		1	A	1		0.000		
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.002		0	NC	4		0.002		
18:2 undifferentiated.....g	0.002		1	A	1		0.002		
18:3 undifferentiated.....g	0.000		0	AS	1		0.000		
18:3 n-3 c,c,c.....g	0.000		1	A	1		0.000		
18:3 n-6 c,c,c.....g	0.000		1	A	1		0.000		
18:3i.....g									
18:4.....g	0.000		0	FLA	4		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	A	1		0.000		
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g	0.000		0	FLA	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3.....g	0.000		0	FLA	4		0.000		
22:6 n-3.....g	0.000		0	FLA	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	1		0	FLA	4		1		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0		
Caffeine.....mg	0		0	FLA	4		0		
Theobromine.....mg	0		0	FLA	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 = 112g: 1 container refrigerated 4 oz

Calories Factors: Protein 4

Fat 9

Carbohydrate4

Food Group: 19 Sweets

NDB No. 19202  
 Puddings, vanilla, dry mix, instant

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	2.60	0.158	20		1		2.57	0.65	
Energy.....kcal	377		0	NC	4		373	94	
Energy.....kj	1577		0	NC	4		1562	394	
Protein (N x 6.25).....g	0.00	0.000	20		1		0.00	0.00	
Total lipid (fat).....g	0.60	0.024	20		1		0.59	0.15	
Ash.....g	3.90	0.067	20		1		3.86	0.98	
Carbohydrate, by difference.....g	92.90		0	NC	4		91.97	23.22	
Fiber, total dietary.....g	0.0		0	FLA	4		0.0	0.0	
Sugars, total.....g	92.90		0	NR	4		91.97	23.22	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	12	1.932	3		1		12	3	
Iron, Fe.....mg	0.01		0	FLA	4		0.01	0.00	
Magnesium, Mg.....mg	1		0	FLA	4		1	0	
Phosphorus, P.....mg	705	9.672	3		1		698	176	
Potassium, K.....mg	12	1.856	16		1		12	3	
Sodium, Na.....mg	1441	33.880	16		1		1427	360	
Zinc, Zn.....mg	0.06	0.002	4		1		0.06	0.02	
Copper, Cu.....mg	0.093		2		1		0.092	0.023	
Manganese, Mn.....mg	0.000		0	FLA	4		0.000	0.000	
Selenium, Se.....mcg	0.7		0	FLA	4		0.7	0.2	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	FLA	4		0.0	0.0	
Thiamin.....mg	0.002		0	FLA	4		0.002	0.001	
Riboflavin.....mg	0.028		0	FLA	4		0.028	0.007	
Niacin.....mg	0.006		0	FLA	4		0.006	0.001	
Pantothenic acid.....mg	0.026		0	FLA	4		0.025	0.006	
Vitamin B-6.....mg	0.002		0	FLA	4		0.002	0.001	
Folate, total.....mcg	0		0	FLA	4		0	0	
Folic acid.....mcg	0		0	FLA	4		0	0	
Folate, food.....mcg	0		0	FLA	4		0	0	
Folate, DFE.....mcg_DFE	0		0	NC	4		0	0	
Choline, total.....mg	1.1		0	O	4		1.1	0.3	
Betaine.....mg									
Vitamin B-12.....mcg	0.02		0	FLA	4		0.02	0.00	
Vitamin B-12, added.....mcg	0.00		0	FLA	4		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	1		0	FLA	4		1	0	
Retinol.....mcg	1		0	FLA	4		1	0	
Carotene, beta.....mcg	0		0	FLA	4		0	0	
Carotene, alpha.....mcg	0		0	FLA	4		0	0	
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0	0	
Vitamin A, IU.....IU	2		0	FLA	4		2	0	
Lycopene.....mcg	0		0	FLA	4		0	0	
Lutein + zeaxanthin.....mcg	0		0	FLA	4		0	0	
Vitamin E (alpha-tocopherol).....mg	0.02		0	FLA	4		0.02	0.00	
Vitamin E, added.....mg	0.00		0	FLA	4		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.1		0	FLA	4		0.1	0.0	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.432		0	FLA	4		0.428	0.108	
4:0.....g	0.002		0	FLA	4		0.002	0.001	
6:0.....g	0.002		0	FLA	4		0.002	0.000	
8:0.....g	0.011		0	FLA	4		0.011	0.003	
10:0.....g	0.010		0	FLA	4		0.010	0.003	

**NDB No. 19202**  
**Puddings, vanilla, dry mix, instant**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.123		0	FLA	4		0.121	0.031	
13:0.....g									
14:0.....g	0.044		0	FLA	4		0.044	0.011	
15:0.....g									
16:0.....g	0.105		0	FLA	4		0.104	0.026	
17:0.....g									
18:0.....g	0.136		0	FLA	4		0.134	0.034	
20:0.....g	0.000		0	FLA	4		0.000	0.000	
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.120		0	FLA	4		0.119	0.030	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0	FLA	4		0.002	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.118		0	FLA	4		0.117	0.030	
20:1.....g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.010		0	FLA	4		0.010	0.003	
18:2 undifferentiated.....g	0.009		0	FLA	4		0.009	0.002	
18:3 undifferentiated.....g	0.001		0	FLA	4		0.001	0.000	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3.....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	FLA	4		0	0	
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	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 = 99g: 1 package (3.5 oz)

Measure 2 = 25g: 1 portion, amount to make 1/2 cup

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate4**

**Food Group: 19 Sweets**

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



Puddings, vanilla, dry mix, instant, prepared with whole milk

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	0.290		0		1		0.412	1.650	
15:0.....g									
16:0.....g	0.770		0		1		1.093	4.381	
17:0.....g									
18:0.....g	0.360		0		1		0.511	2.048	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.840		0		1		1.193	4.780	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.070		0		1		0.099	0.398	
17:1.....g									
18:1 undifferentiated.....g	0.780		0		1		1.108	4.438	
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	0.150		0		1		0.213	0.854	
18:2 undifferentiated.....g	0.100		0		1		0.142	0.569	
18:3 undifferentiated.....g	0.050		0		1		0.071	0.285	
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	11		0		1		16	63	
Phytosterols.....mg	0		0		1		0	0	
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.036		0		1		0.051	0.205	
Threonine.....g	0.117		0		1		0.166	0.666	
Isoleucine.....g	0.158		0		1		0.224	0.899	
Leucine.....g	0.255		0		1		0.362	1.451	
Lysine.....g	0.207		0		1		0.294	1.178	
Methionine.....g	0.065		0		1		0.092	0.370	
Cystine.....g	0.024		0		1		0.034	0.137	
Phenylalanine.....g	0.126		0		1		0.179	0.717	
Tyrosine.....g	0.126		0		1		0.179	0.717	
Valine.....g	0.174		0		1		0.247	0.990	
Arginine.....g	0.094		0		1		0.133	0.535	
Histidine.....g	0.071		0		1		0.101	0.404	
Alanine.....g	0.090		0		1		0.128	0.512	
Aspartic acid.....g	0.198		0		1		0.281	1.127	
Glutamic acid.....g	0.545		0		1		0.774	3.101	
Glycine.....g	0.055		0		1		0.078	0.313	
Proline.....g	0.252		0		1		0.358	1.434	
Serine.....g	0.141		0		1		0.200	0.802	
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	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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: .5 cup

**NDB No. 19203**

**Puddings, vanilla, dry mix, instant, prepared with whole milk**

Measure 2 = 569g: 1 package yield (2 cups)

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 19 Sweets

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

NDB No. 19206

Puddings, vanilla, dry mix, regular

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	3.90	0.165	22		1		3.43	0.86	
Energy.....kcal	379		0	NC	4		333	83	
Energy.....kj	1585		0	NC	4		1395	349	
Protein (N x 6.25).....g	0.30		1		1		0.26	0.07	
Total lipid (fat).....g	0.40	0.037	11		1		0.35	0.09	
Ash.....g	2.00	0.087	22		1		1.76	0.44	
Carbohydrate, by difference.....g	93.50		0	NC	4		82.28	20.57	
Fiber, total dietary.....g	0.6		0	FLA	4		0.5	0.1	
Sugars, total.....g	79.34		0	FLA	4		69.82	17.46	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	5		0	FLA	4		4	1	
Iron, Fe.....mg	0.08		0	FLA	4		0.07	0.02	
Magnesium, Mg.....mg	0		0	FLA	4		0	0	
Phosphorus, P.....mg	2		0	FLA	4		2	0	
Potassium, K.....mg	20	1.431	17		1		18	4	
Sodium, Na.....mg	754	17.337	17		1		664	166	
Zinc, Zn.....mg	0.02		0	FLA	4		0.02	0.01	
Copper, Cu.....mg	0.021		0	FLA	4		0.018	0.005	
Manganese, Mn.....mg	0.008		0	FLA	4		0.007	0.002	
Selenium, Se.....mcg	0.9		0	FLA	4		0.8	0.2	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	FLA	4		0.0	0.0	
Thiamin.....mg	0.000		0	FLA	4		0.000	0.000	
Riboflavin.....mg	0.013		0	FLA	4		0.011	0.003	
Niacin.....mg	0.001		0	FLA	4		0.001	0.000	
Pantothenic acid.....mg	0.000		0	FLA	4		0.000	0.000	
Vitamin B-6.....mg	0.000		0	FLA	4		0.000	0.000	
Folate, total.....mcg	0		0	FLA	4		0	0	
Folic acid.....mcg	0		0	FLA	4		0	0	
Folate, food.....mcg	0		0	FLA	4		0	0	
Folate, DFE.....mcg_DFE	0		0	NC	4		0	0	
Choline, total.....mg	0.0		0	Z	7		0.0	0.0	
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	FLA	4		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	FLA	4		0	0	
Retinol.....mcg	0		0	Z	7		0	0	
Carotene, beta.....mcg	0		0	FLA	4		0	0	
Carotene, alpha.....mcg	0		0	FLA	4		0	0	
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0	0	
Vitamin A, IU.....IU	0		0	FLA	4		0	0	
Lycopene.....mcg	0		0	FLA	4		0	0	
Lutein + zeaxanthin.....mcg	0		0	FLA	4		0	0	
Vitamin E (alpha-tocopherol).....mg	0.00		0	FLA	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	FLA	4		0.0	0.0	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.090		0		1		0.079	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. 19206  
 Puddings, vanilla, dry mix, regular

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures 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	0.090		1		1		0.079	0.020	
17:0.....g									
18:0.....g	0.000		1		1		0.000	0.000	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.030		0		1		0.026	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	0.030		1		1		0.026	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	0.170		0		1		0.150	0.037	
18:2 undifferentiated.....g	0.160		1		1		0.141	0.035	
18:3 undifferentiated.....g	0.010		1		1		0.009	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	FLA	4		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.001		0		1		0.001	0.000	
Threonine.....g	0.009		0		1		0.008	0.002	
Isoleucine.....g	0.010		0		1		0.009	0.002	
Leucine.....g	0.035		0		1		0.031	0.008	
Lysine.....g	0.006		0		1		0.005	0.001	
Methionine.....g	0.005		0		1		0.004	0.001	
Cystine.....g	0.006		0		1		0.005	0.001	
Phenylalanine.....g	0.013		0		1		0.011	0.003	
Tyrosine.....g	0.010		0		1		0.009	0.002	
Valine.....g	0.013		0		1		0.011	0.003	
Arginine.....g	0.012		0		1		0.011	0.003	
Histidine.....g	0.008		0		1		0.007	0.002	
Alanine.....g	0.019		0		1		0.017	0.004	
Aspartic acid.....g	0.020		0		1		0.018	0.004	
Glutamic acid.....g	0.052		0		1		0.046	0.011	
Glycine.....g	0.009		0		1		0.008	0.002	
Proline.....g	0.024		0		1		0.021	0.005	
Serine.....g	0.011		0		1		0.010	0.002	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	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. 19206**

**Puddings, vanilla, dry mix, regular**

Measure 1 = 88g: 1 package (3.12 oz)

Measure 2 = 22g: 1 portion, amount to make 1/2 cup

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate4**

**Food Group: 19 Sweets**

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



NDB No. 19212

Puddings, vanilla, dry mix, regular, prepared with 2% milk

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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	0.168		0	RP		4			
15:0.....g									
16:0.....g	0.453		0	RP		4			
17:0.....g									
18:0.....g	0.203		0	RP		4			
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.462		0	RP		4			
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.037		0	RP		4			
17:1.....g									
18:1 undifferentiated.....g	0.425		0	RP		4			
20:1.....g	0.000		0	RP		4			
22:1 undifferentiated.....g	0.000		0	RP		4			
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.088		0	RP		4			
18:2 undifferentiated.....g	0.062		0	RP		4			
18:3 undifferentiated.....g	0.026		0	RP		4			
18:4.....g	0.000		0	RP		4			
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RP		4			
20:5 n-3.....g	0.000		0	RP		4			
22:5 n-3.....g	0.000		0	RP		4			
22:6 n-3.....g	0.000		0	RP		4			
Fatty acids, total trans.....g									
Cholesterol.....mg	7		0	RP		4			
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.041		0	RP		4			
Threonine.....g	0.132		0	RP		4			
Isoleucine.....g	0.176		0	RP		4			
Leucine.....g	0.289		0	RP		4			
Lysine.....g	0.231		0	RP		4			
Methionine.....g	0.074		0	RP		4			
Cystine.....g	0.028		0	RP		4			
Phenylalanine.....g	0.142		0	RP		4			
Tyrosine.....g	0.142		0	RP		4			
Valine.....g	0.196		0	RP		4			
Arginine.....g	0.107		0	RP		4			
Histidine.....g	0.080		0	RP		4			
Alanine.....g	0.103		0	RP		4			
Aspartic acid.....g	0.223		0	RP		4			
Glutamic acid.....g	0.614		0	RP		4			
Glycine.....g	0.062		0	RP		4			
Proline.....g	0.285		0	RP		4			
Serine.....g	0.159		0	RP		4			
Hydroxyproline.....g									
<b><u>Others:</u></b>									
Alcohol, ethyl.....g	0.0		0	RP		4			
Caffeine.....mg	0		0	RP		4			
Theobromine.....mg	0		0	RP		4			

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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. 19212**

**Puddings, vanilla, dry mix, regular, prepared with 2% milk**

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 19 Sweets

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

NDB No. 19207

Puddings, vanilla, dry mix, regular, prepared with whole milk

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	74.66		0	RP	4		104.52	417.35	
Energy.....kcal	112		0	RP	4		157	628	
Energy.....kj	470		0	RP	4		658	2626	
Protein.....g	2.86		0	RP	4		4.01	16.00	
Total lipid (fat).....g	2.90		0	RP	4		4.06	16.22	
Ash.....g	0.92		0	RP	4		1.28	5.12	
Carbohydrate, by difference.....g	18.68		0	RP	4		26.15	104.40	
Fiber, total dietary.....g	0.1		0	RP	4		0.1	0.5	
Sugars, total.....g	17.09		0	RP	4		23.93	95.53	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	99		0	RP	4		139	556	
Iron, Fe.....mg	0.04		0	RP	4		0.06	0.23	
Magnesium, Mg.....mg	9		0	RP	4		12	50	
Phosphorus, P.....mg	80		0	RP	4		112	446	
Potassium, K.....mg	128		0	RP	4		179	716	
Sodium, Na.....mg	154		0	RP	4		215	859	
Zinc, Zn.....mg	0.35		0	RP	4		0.49	1.97	
Copper, Cu.....mg	0.013		0	RP	4		0.018	0.072	
Manganese, Mn.....mg	0.004		0	RP	4		0.006	0.022	
Selenium, Se.....mcg	3.3		0	RP	4		4.7	18.7	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	RP	4		0.0	0.0	
Thiamin.....mg	0.034		0	RP	4		0.048	0.192	
Riboflavin.....mg	0.162		0	RP	4		0.226	0.903	
Niacin.....mg	0.094		0	RP	4		0.131	0.525	
Pantothenic acid.....mg	0.316		0	RP	4		0.443	1.769	
Vitamin B-6.....mg	0.029		0	RP	4		0.040	0.160	
Folate, total.....mcg	4		0	RP	4		5	21	
Folic acid.....mcg	0		0	RP	4		0	0	
Folate, food.....mcg	4		0	RP	4		5	21	
Folate, DFE.....mcg_DFE	4		0	NC	4		5	21	
Choline, total.....mg	12.5		0	RP	4		17.5	69.8	
Betaine.....mg									
Vitamin B-12.....mcg	0.31		0	RP	4		0.43	1.71	
Vitamin B-12, added.....mcg	0.00		0	RP	4		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	25		0	RP	4		35	139	
Retinol.....mcg	24		0	RP	4		34	137	
Carotene, beta.....mcg	5		0	RP	4		6	25	
Carotene, alpha.....mcg	0		0	RP	4		0	0	
Cryptoxanthin, beta.....mcg	0		0	RP	4		0	0	
Vitamin A, IU.....IU	89		0	RP	4		125	498	
Lycopene.....mcg	0		0	RP	4		0	0	
Lutein + zeaxanthin.....mcg	0		0	RP	4		0	0	
Vitamin E (alpha-tocopherol).....mg	0.05		0	RP	4		0.07	0.28	
Vitamin E, added.....mg	0.00		0	RP	4		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.2		0	RP	4		0.3	1.1	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	1.643		0	RP	4		2.301	9.186	
4:0.....g	0.065		0	RP	4		0.091	0.364	
6:0.....g	0.065		0	RP	4		0.091	0.364	
8:0.....g	0.065		0	RP	4		0.091	0.364	
10:0.....g	0.065		0	RP	4		0.091	0.364	

NDB No. 19207

Puddings, vanilla, dry mix, regular, prepared with whole milk

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.067		0	RP	4		0.094	0.374	
13:0.....g	0.000		0	RP	4		0.000	0.000	
14:0.....g	0.259		0	RP	4		0.363	1.449	
15:0.....g	0.000		0	RP	4		0.000	0.000	
16:0.....g	0.738		0	RP	4		1.033	4.126	
17:0.....g	0.000		0	RP	4		0.000	0.000	
18:0.....g	0.319		0	RP	4		0.446	1.781	
20:0.....g	0.000		0	RP	4		0.000	0.000	
22:0.....g	0.000		0	RP	4		0.000	0.000	
24:0.....g	0.000		0	RP	4		0.000	0.000	
Fatty acids, total monounsaturated.....g	0.714		0	RP	4		1.000	3.993	
14:1.....g	0.000		0	RP	4		0.000	0.000	
15:1.....g									
16:1 undifferentiated.....g	0.000		0	RP	4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.714		0	RP	4		1.000	3.993	
20:1.....g	0.000		0	RP	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	RP	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.197		0	RP	4		0.275	1.100	
18:2 undifferentiated.....g	0.130		0	RP	4		0.182	0.727	
18:3 undifferentiated.....g	0.067		0	RP	4		0.093	0.373	
18:4.....g	0.000		0	RP	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RP	4		0.000	0.000	
20:5 n-3.....g	0.000		0	RP	4		0.000	0.000	
22:5 n-3.....g	0.000		0	RP	4		0.000	0.000	
22:6 n-3.....g	0.000		0	RP	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	9		0	RP	4		13	51	
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	RP	4		0.0	0.0	
Caffeine.....mg	0		0	RP	4		0	0	
Theobromine.....mg	0		0	RP	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 = 140g: .5 cup

Measure 2 = 559g: 1 package yield (2 cups)

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group: 19 Sweets**

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



NDB No. 19710

Puddings, vanilla, dry mix, regular, with added oil

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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	0.160		0		1		0.141	0.035	
17:0.....g									
18:0.....g	0.040		0		1		0.035	0.009	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.320		0		1		0.282	0.070	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.320		0		1		0.282	0.070	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.530		0		1		0.466	0.117	
18:2 undifferentiated.....g	0.500		0		1		0.440	0.110	
18:3 undifferentiated.....g	0.030		0		1		0.026	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		4		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.001		0		1		0.001	0.000	
Threonine.....g	0.009		0		1		0.008	0.002	
Isoleucine.....g	0.010		0		1		0.009	0.002	
Leucine.....g	0.035		0		1		0.031	0.008	
Lysine.....g	0.006		0		1		0.005	0.001	
Methionine.....g	0.005		0		1		0.004	0.001	
Cystine.....g	0.006		0		1		0.005	0.001	
Phenylalanine.....g	0.013		0		1		0.011	0.003	
Tyrosine.....g	0.010		0		1		0.009	0.002	
Valine.....g	0.013		0		1		0.011	0.003	
Arginine.....g	0.012		0		1		0.011	0.003	
Histidine.....g	0.008		0		1		0.007	0.002	
Alanine.....g	0.019		0		1		0.017	0.004	
Aspartic acid.....g	0.020		0		1		0.018	0.004	
Glutamic acid.....g	0.052		0		1		0.046	0.011	
Glycine.....g	0.009		0		1		0.008	0.002	
Proline.....g	0.024		0		1		0.021	0.005	
Serine.....g	0.011		0		1		0.010	0.002	
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:**

Measure 1 = 88g: 1 package (3.12 oz)

Measure 2 = 22g: 1 portion, amount to make 1/2 cup



**NDB No. 19710**

**Puddings, vanilla, dry mix, regular, with added oil**

**Calories Factors: Protein 3.5**

**Fat 8.4**

**Carbohydrate 3.9**

**Food Group: 19 Sweets**

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

NDB No. 19201  
 Puddings, vanilla, ready-to-eat

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	71.66	0.657	4	A	1	C	20.32	78.83	69.51
Energy.....kcal	130		0	NC	4		37	143	126
Energy.....kj	545		0	NC	4		154	599	528
Protein (N x 6.25).....g	1.45	0.050	4	A	1	C	0.41	1.59	1.41
Total lipid (fat).....g	3.78	0.345	4	A	1	C	1.07	4.15	3.66
Ash.....g	0.51	0.007	4	A	1	C	0.14	0.56	0.49
Carbohydrate, by difference.....g	22.60		0	NC	4		6.41	24.86	21.93
Fiber, total dietary.....g	0.0	0.000	4	A	1	C	0.0	0.0	0.0
Sugars, total.....g	16.97	1.135	4	A	1	C	4.81	18.67	16.47
Sucrose.....g	15.17	1.118	4	A	1	C	4.30	16.69	14.72
Glucose (dextrose).....g	0.00	0.000	4	A	1	C	0.00	0.00	0.00
Fructose.....g	0.00	0.000	4	A	1	C	0.00	0.00	0.00
Lactose.....g	1.80	0.017	4	A	1	C	0.51	1.98	1.75
Maltose.....g	0.00	0.000	4	A	1	C	0.00	0.00	0.00
Galactose.....g	0.00	0.000	4	A	1	C	0.00	0.00	0.00
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	49	0.400	4	A	1	C	14	54	47
Iron, Fe.....mg	0.09	0.007	4	A	1	C	0.03	0.10	0.09
Magnesium, Mg.....mg	4	0.058	4	A	1	C	1	5	4
Phosphorus, P.....mg	41	2.325	4	A	1	C	12	45	40
Potassium, K.....mg	65	1.200	4	A	1	C	18	71	63
Sodium, Na.....mg	142	0.500	4	A	1	C	40	156	138
Zinc, Zn.....mg	0.16	0.004	4	A	1	C	0.04	0.17	0.15
Copper, Cu.....mg	0.018	0.000	4	A	1	C	0.005	0.020	0.018
Manganese, Mn.....mg	0.011	0.000	4	A	1	C	0.003	0.012	0.011
Selenium, Se.....mcg	0.0	0.000	4	A	1	C	0.0	0.0	0.0
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.2		0	FLA	4		0.1	0.2	0.2
Thiamin.....mg	0.019	0.005	4	A	1	C	0.005	0.021	0.018
Riboflavin.....mg	0.071	0.004	4	A	1	C	0.020	0.079	0.069
Niacin.....mg	0.057		3	A	1	C	0.016	0.063	0.055
Pantothenic acid.....mg	0.153	0.010	4	A	1	C	0.043	0.168	0.148
Vitamin B-6.....mg	0.019	0.000	4	A	1	C	0.005	0.020	0.018
Folate, total.....mcg	2		0	FLA	4		0	2	2
Folic acid.....mcg	0		0	FLA	4		0	0	0
Folate, food.....mcg	2		0	FLA	4		0	2	2
Folate, DFE.....mcg_DFE	2		0	NC	4		0	2	2
Choline, total.....mg	6.2		0	FLA	4		1.8	6.8	6.0
Betaine.....mg									
Vitamin B-12.....mcg	0.15	0.038	4	A	1	C	0.04	0.17	0.15
Vitamin B-12, added.....mcg	0.00		0	FLA	4		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	2		0	FLA	4		0	2	2
Retinol.....mcg	2		0	FLA	4		0	2	2
Carotene, beta.....mcg	0	0.000	4	A	1	C	0	0	0
Carotene, alpha.....mcg	0	0.000	4	A	1	C	0	0	0
Cryptoxanthin, beta.....mcg	0	0.000	4	A	1	C	0	0	0
Vitamin A, IU.....IU	6		0	FLA	4		2	7	6
Lycopene.....mcg	0	0.000	4	A	1	C	0	0	0
Lutein + zeaxanthin.....mcg	0		0	FLA	4		0	0	0
Vitamin E (alpha-tocopherol).....mg	0.30		0	FLA	4		0.08	0.33	0.29
Vitamin E, added.....mg	0.00		0	FLA	4		0.00	0.00	0.00
Tocopherol, beta.....mg	0.01	0.005	4	A	1	C	0.00	0.01	0.01
Tocopherol, gamma.....mg	1.13	0.383	4	A	1	C	0.32	1.24	1.10
Tocopherol, delta.....mg	0.45	0.193	4	A	1	C	0.13	0.50	0.44
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.6	0.025	4	A	1	C	0.2	0.7	0.6

**NDB No. 19201**  
**Puddings, vanilla, ready-to-eat**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of 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	1.016		0	FLA	4		0.288	1.118	0.986
4:0.....g	0.005		0	FLA	4		0.001	0.005	0.005
6:0.....g	0.004		0	FLA	4		0.001	0.004	0.004
8:0.....g	0.000	0.000	4	A	1	C	0.000	0.000	0.000
10:0.....g	0.000	0.000	4	A	1	C	0.000	0.000	0.000
12:0.....g	0.000	0.000	4	A	1	C	0.000	0.000	0.000
13:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
14:0.....g	0.010	0.000	4	A	1	C	0.003	0.011	0.009
15:0.....g	0.000	0.000	4	A	1	C	0.000	0.000	0.000
16:0.....g	0.508	0.054	4	A	1	C	0.144	0.559	0.493
17:0.....g	0.001	0.001	4	A	1	C	0.000	0.001	0.001
18:0.....g	0.473	0.037	4	A	1	C	0.134	0.521	0.459
20:0.....g	0.015	0.000	4	A	1	C	0.004	0.016	0.014
22:0.....g	0.009	0.001	4	A	1	C	0.003	0.010	0.009
24:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
Fatty acids, total monounsaturated.....g	2.286		0	FLA	4		0.648	2.515	2.218
14:1.....g	0.000	0.000	4	A	1	C	0.000	0.000	0.000
15:1.....g	0.000	0.000	4	A	1	C	0.000	0.000	0.000
16:1 undifferentiated.....g	0.005	0.002	4	A	1	C	0.001	0.005	0.004
17:1.....g	0.000	0.000	4	A	1	C	0.000	0.000	0.000
18:1 undifferentiated.....g	2.275	0.171	4	A	1	C	0.645	2.502	2.206
20:1.....g	0.007	0.003	4	A	1	C	0.002	0.008	0.007
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.087		0	FLA	4		0.025	0.095	0.084
18:2 undifferentiated.....g	0.087	0.004	4	A	1	C	0.025	0.095	0.084
18:3 undifferentiated.....g	0.000	0.000	4	AS	1		0.000	0.000	0.000
18:3 n-3 c,c,c.....g	0.000	0.000	4	A	1	C	0.000	0.000	0.000
18:3 n-6 c,c,c.....g	0.000	0.000	4	A	1	C	0.000	0.000	0.000
18:3i.....g									
18:4.....g	0.000		0	FLA	4		0.000	0.000	0.000
20:2 n-6 c,c.....g	0.000	0.000	4	A	1	C	0.000	0.000	0.000
20:3 undifferentiated.....g	0.000	0.000	4	A	1	C	0.000	0.000	0.000
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000	0.000	4	A	1	C	0.000	0.000	0.000
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	FLA	4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	1		0	FLA	4		0	1	1
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0	0.0	0.0
Caffeine.....mg	0		0	FLA	4		0	0	0
Theobromine.....mg	0		0	FLA	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:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 110g: 1 container refrigerated 4 oz

Measure 3 = 97g: 1 container shelf stable 3.5 oz

**NDB No. 19201**  
**Puddings, vanilla, ready-to-eat**

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate4**

**Food Group: 19 Sweets**

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

NDB No. 19233

Puddings, vanilla, ready-to-eat, fat free

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	76.93		0	O	4		76.16		
Energy.....kcal	89		0	NC	4		88		
Energy.....kj	371		0	NC	4		367		
Protein (N x 6.25).....g	2.02		1	LC	8		2.00		
Total lipid (fat).....g	0.00		1	LC	8		0.00		
Ash.....g	0.90		0	FLC	4		0.89		
Carbohydrate, by difference.....g	20.16		1	LC	8		19.95		
Fiber, total dietary.....g	0.0		1	LC	8		0.0		
Sugars, total.....g	15.12		1	LC	8		14.97		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	40		1	LC	8		40		
Iron, Fe.....mg	0.36		1	LC	8		0.36		
Magnesium, Mg.....mg	7		0	FLC	4		7		
Phosphorus, P.....mg	54		0	FLC	4		53		
Potassium, K.....mg	108		0	FLC	4		107		
Sodium, Na.....mg	191		1	LC	8		190		
Zinc, Zn.....mg	0.23		0	FLC	4		0.23		
Copper, Cu.....mg	0.013		0	FLC	4		0.013		
Manganese, Mn.....mg	0.004		0	FLC	4		0.004		
Selenium, Se.....mcg	1.7		0	FLC	4		1.7		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	1.2		1	LC	8		1.2		
Thiamin.....mg	0.022		0	FLC	4		0.021		
Riboflavin.....mg	0.088		0	FLC	4		0.087		
Niacin.....mg	0.052		0	FLC	4		0.052		
Pantothenic acid.....mg	0.196		0	FLC	4		0.194		
Vitamin B-6.....mg	0.019		0	FLC	4		0.019		
Folate, total.....mcg	3		0	FLC	4		3		
Folic acid.....mcg	0		0	FLC	4		0		
Folate, food.....mcg	3		0	FLC	4		3		
Folate, DFE.....mcg_DFE	3		0	NC	4		3		
Choline, total.....mg	4.8		0	O	4		4.8		
Betaine.....mg									
Vitamin B-12.....mcg	0.21		0	FLC	4		0.21		
Vitamin B-12, added.....mcg	0.00		0	FLC	4		0.00		
Vitamin A, RAE.....mcg_RAE	1		0	NC	4		1		
Retinol.....mcg	0		0	FLC	4		0		
Carotene, beta.....mcg	5		0	FLC	4		5		
Carotene, alpha.....mcg	0		0	FLC	4		0		
Cryptoxanthin, beta.....mcg	0		0	FLC	4		0		
Vitamin A, IU.....IU	1		0	NR	4		1		
Lycopene.....mcg	0		0	FLC	4		0		
Lutein + zeaxanthin.....mcg	0		0	FLC	4		0		
Vitamin E (alpha-tocopherol).....mg	0.00		0	FLC	4		0.00		
Vitamin E, added.....mg	0.00		0	FLC	4		0.00		
Tocopherol, beta.....mg	0.00		0	FLC	4		0.00		
Tocopherol, gamma.....mg	0.00		0	FLC	4		0.00		
Tocopherol, delta.....mg	0.00		0	FLC	4		0.00		
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		0	FLC	4		0.0		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.000		1	LC	8		0.000		
4:0.....g	0.000		0	FLC	4		0.000		
6:0.....g	0.000		0	FLC	4		0.000		
8:0.....g	0.000		0	FLC	4		0.000		
10:0.....g	0.000		0	FLC	4		0.000		

NDB No. 19233

Puddings, vanilla, ready-to-eat, fat free

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures 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	FLC	4		0.000		
13:0.....g									
14:0.....g	0.000		0	FLC	4		0.000		
15:0.....g									
16:0.....g	0.000		0	FLC	4		0.000		
17:0.....g									
18:0.....g	0.000		0	FLC	4		0.000		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0	FLC	4		0.000		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	FLC	4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.000		0	FLC	4		0.000		
20:1.....g	0.000		0	FLC	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLC	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	FLC	4		0.000		
18:2 undifferentiated.....g	0.000		0	FLC	4		0.000		
18:3 undifferentiated.....g	0.000		0	FLC	4		0.000		
18:4.....g	0.000		0	FLC	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLC	4		0.000		
20:5 n-3.....g	0.000		0	FLC	4		0.000		
22:5 n-3.....g	0.000		0	FLC	4		0.000		
22:6 n-3.....g	0.000		0	FLC	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1	LC	8		0		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0		
Caffeine.....mg	0		0	FLC	4		0		
Theobromine.....mg	0		0	FLC	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 = 99g: 1 serving 3.5 oz shelf stable

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 19 Sweets

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



NDB No. 19213

Rennin, chocolate, dry mix, prepared with 2% milk

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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	0.174		0	RPA	1				
15:0.....g									
16:0.....g	0.539		0	RPA	1				
17:0.....g									
18:0.....g	0.319		0	RPA	1				
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.581		0	RPA	1				
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.040		0	RPA	1				
17:1.....g									
18:1 undifferentiated.....g	0.542		0	RPA	1				
20:1.....g	0.000		0	RPA	1				
22:1 undifferentiated.....g	0.000		0	RPA	1				
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.073		0	RPA	1				
18:2 undifferentiated.....g	0.048		0	RPA	1				
18:3 undifferentiated.....g	0.025		0	RPA	1				
18:4.....g	0.000		0	RPA	1				
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RPA	1				
20:5 n-3.....g	0.000		0	RPA	1				
22:5 n-3.....g	0.000		0	RPA	1				
22:6 n-3.....g	0.000		0	RPA	1				
Fatty acids, total trans.....g									
Cholesterol.....mg	7		0	RPI	6				
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.045		0	RPA	1				
Threonine.....g	0.144		0	RPA	1				
Isoleucine.....g	0.189		0	RPA	1				
Leucine.....g	0.307		0	RPA	1				
Lysine.....g	0.250		0	RPA	1				
Methionine.....g	0.078		0	RPA	1				
Cystine.....g	0.030		0	RPA	1				
Phenylalanine.....g	0.156		0	RPA	1				
Tyrosine.....g	0.153		0	RPA	1				
Valine.....g	0.214		0	RPA	1				
Arginine.....g	0.124		0	RPA	1				
Histidine.....g	0.085		0	RPA	1				
Alanine.....g	0.117		0	RPA	1				
Aspartic acid.....g	0.251		0	RPA	1				
Glutamic acid.....g	0.662		0	RPA	1				
Glycine.....g	0.082		0	RPA	1				
Proline.....g	0.306		0	RPA	1				
Serine.....g	0.173		0	RPA	1				
Hydroxyproline.....g									
<b><u>Others:</u></b>									
Alcohol, ethyl.....g	0.0		0	RPI	6				
Caffeine.....mg	1		0	RPI	6				
Theobromine.....mg	42		0	RPI	6				

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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. 19213**

**Rennin, chocolate, dry mix, prepared with 2% milk**

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 19 Sweets

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Rennin, chocolate, dry mix, prepared with whole milk

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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	0.302		0	RPA	1				
15:0.....g									
16:0.....g	0.875		0	RPA	1				
17:0.....g									
18:0.....g	0.474		0	RPA	1				
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.932		0	RPA	1				
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.069		0	RPA	1				
17:1.....g									
18:1 undifferentiated.....g	0.863		0	RPA	1				
20:1.....g	0.000		0	RPA	1				
22:1 undifferentiated.....g	0.000		0	RPA	1				
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.121		0	RPA	1				
18:2 undifferentiated.....g	0.077		0	RPA	1				
18:3 undifferentiated.....g	0.044		0	RPA	1				
18:4.....g	0.000		0	RPA	1				
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RPA	1				
20:5 n-3.....g	0.000		0	RPA	1				
22:5 n-3.....g	0.000		0	RPA	1				
22:6 n-3.....g	0.000		0	RPA	1				
Fatty acids, total trans.....g									
Cholesterol.....mg	12		0	RPI	6				
Phytosterols.....mg	0		0	RPA	1				
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.044		0	RPA	1				
Threonine.....g	0.143		0	RPA	1				
Isoleucine.....g	0.188		0	RPA	1				
Leucine.....g	0.303		0	RPA	1				
Lysine.....g	0.247		0	RPA	1				
Methionine.....g	0.077		0	RPA	1				
Cystine.....g	0.030		0	RPA	1				
Phenylalanine.....g	0.154		0	RPA	1				
Tyrosine.....g	0.151		0	RPA	1				
Valine.....g	0.211		0	RPA	1				
Arginine.....g	0.122		0	RPA	1				
Histidine.....g	0.084		0	RPA	1				
Alanine.....g	0.115		0	RPA	1				
Aspartic acid.....g	0.248		0	RPA	1				
Glutamic acid.....g	0.655		0	RPA	1				
Glycine.....g	0.082		0	RPA	1				
Proline.....g	0.302		0	RPA	1				
Serine.....g	0.171		0	RPA	1				
Hydroxyproline.....g									
<b><u>Others:</u></b>									
Alcohol, ethyl.....g	0.0		0	RPI	6				
Caffeine.....mg	1		0	RPI	6				
Theobromine.....mg	42		0	RPI	6				

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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. 19221**

**Rennin, chocolate, dry mix, prepared with whole milk**

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 19 Sweets

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



NDB No. 19214

Rennin, vanilla, dry mix, prepared with 2% milk

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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	0.178		0	RPA		1			
15:0.....g									
16:0.....g	0.465		0	RPA		1			
17:0.....g									
18:0.....g	0.214		0	RPA		1			
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.484		0	RPA		1			
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.040		0	RPA		1			
17:1.....g									
18:1 undifferentiated.....g	0.444		0	RPA		1			
20:1.....g	0.000		0	RPA		1			
22:1 undifferentiated.....g	0.000		0	RPA		1			
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.065		0	RPA		1			
18:2 undifferentiated.....g	0.040		0	RPA		1			
18:3 undifferentiated.....g	0.026		0	RPA		1			
18:4.....g	0.000		0	RPA		1			
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RPA		1			
20:5 n-3.....g	0.000		0	RPA		1			
22:5 n-3.....g	0.000		0	RPA		1			
22:6 n-3.....g	0.000		0	RPA		1			
Fatty acids, total trans.....g									
Cholesterol.....mg	7		0	RPI		6			
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.043		0	RPA		1			
Threonine.....g	0.138		0	RPA		1			
Isoleucine.....g	0.185		0	RPA		1			
Leucine.....g	0.300		0	RPA		1			
Lysine.....g	0.243		0	RPA		1			
Methionine.....g	0.077		0	RPA		1			
Cystine.....g	0.029		0	RPA		1			
Phenylalanine.....g	0.148		0	RPA		1			
Tyrosine.....g	0.148		0	RPA		1			
Valine.....g	0.205		0	RPA		1			
Arginine.....g	0.111		0	RPA		1			
Histidine.....g	0.083		0	RPA		1			
Alanine.....g	0.106		0	RPA		1			
Aspartic acid.....g	0.233		0	RPA		1			
Glutamic acid.....g	0.641		0	RPA		1			
Glycine.....g	0.064		0	RPA		1			
Proline.....g	0.297		0	RPA		1			
Serine.....g	0.167		0	RPA		1			
Hydroxyproline.....g									
<b><u>Others:</u></b>									
Alcohol, ethyl.....g	0.0		0	RPI		6			
Caffeine.....mg	0		0	RPI		6			
Theobromine.....mg	0		0	RPI		6			

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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. 19214**

**Rennin, vanilla, dry mix, prepared with 2% milk**

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 19 Sweets

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	0.309		0	RPA	1				
15:0.....g									
16:0.....g	0.809		0	RPA	1				
17:0.....g									
18:0.....g	0.373		0	RPA	1				
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.842		0	RPA	1				
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.069		0	RPA	1				
17:1.....g									
18:1 undifferentiated.....g	0.773		0	RPA	1				
20:1.....g	0.000		0	RPA	1				
22:1 undifferentiated.....g	0.000		0	RPA	1				
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.114		0	RPA	1				
18:2 undifferentiated.....g	0.069		0	RPA	1				
18:3 undifferentiated.....g	0.045		0	RPA	1				
18:4.....g	0.000		0	RPA	1				
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RPA	1				
20:5 n-3.....g	0.000		0	RPA	1				
22:5 n-3.....g	0.000		0	RPA	1				
22:6 n-3.....g	0.000		0	RPA	1				
Fatty acids, total trans.....g									
Cholesterol.....mg	13		0	RPI	6				
Phytosterols.....mg	0		0	RPA	1				
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.042		0	RPA	1				
Threonine.....g	0.137		0	RPA	1				
Isoleucine.....g	0.183		0	RPA	1				
Leucine.....g	0.296		0	RPA	1				
Lysine.....g	0.240		0	RPA	1				
Methionine.....g	0.076		0	RPA	1				
Cystine.....g	0.028		0	RPA	1				
Phenylalanine.....g	0.146		0	RPA	1				
Tyrosine.....g	0.146		0	RPA	1				
Valine.....g	0.202		0	RPA	1				
Arginine.....g	0.109		0	RPA	1				
Histidine.....g	0.082		0	RPA	1				
Alanine.....g	0.104		0	RPA	1				
Aspartic acid.....g	0.230		0	RPA	1				
Glutamic acid.....g	0.634		0	RPA	1				
Glycine.....g	0.064		0	RPA	1				
Proline.....g	0.293		0	RPA	1				
Serine.....g	0.165		0	RPA	1				
Hydroxyproline.....g									
<b><u>Others:</u></b>									
Alcohol, ethyl.....g	0.0		0	RPI	6				
Caffeine.....mg	0		0	RPI	6				
Theobromine.....mg	0		0	RPI	6				

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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. 19223**

**Rennin, vanilla, dry mix, prepared with whole milk**

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 19 Sweets

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

**NDB No. 19097**  
**Sherbet, orange**

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	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	0.297	40		1		48.91	43.63	
Energy.....kcal	144		0	NC	4		107	95	
Energy.....kj	602		0	NC	4		446	398	
Protein (N x 6.25).....g	1.10	0.330	41		1		0.81	0.73	
Total lipid (fat).....g	2.00	0.057	23		1		1.48	1.32	
Ash.....g	0.40		1		1		0.30	0.26	
Carbohydrate, by difference.....g	30.40		0	NC	4		22.50	20.06	
Fiber, total dietary.....g	1.3		0	FLA	4		1.0	0.9	
Sugars, total.....g	24.32		0	LC	8		18.00	16.05	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	54	4.021	10		1		40	36	
Iron, Fe.....mg	0.14	0.027	6		1		0.10	0.09	
Magnesium, Mg.....mg	8	1.167	8		1		6	5	
Phosphorus, P.....mg	40	4.817	7		1		30	26	
Potassium, K.....mg	96	13.153	12		1		71	63	
Sodium, Na.....mg	46	5.938	12		1		34	30	
Zinc, Zn.....mg	0.48	0.292	10		1		0.36	0.32	
Copper, Cu.....mg	0.028	0.005	5		1		0.021	0.018	
Manganese, Mn.....mg	0.011	0.002	4		1		0.008	0.007	
Selenium, Se.....mcg	1.5		0	FLA	4		1.1	1.0	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	2.3		0	FLA	4		1.7	1.5	
Thiamin.....mg	0.027		0	FLA	4		0.020	0.018	
Riboflavin.....mg	0.097		0	FLA	4		0.072	0.064	
Niacin.....mg	0.063		0	FLA	4		0.047	0.041	
Pantothenic acid.....mg	0.224		0	FLA	4		0.166	0.148	
Vitamin B-6.....mg	0.023		0	FLA	4		0.017	0.015	
Folate, total.....mcg	4		0	FLA	4		3	2	
Folic acid.....mcg	0		0	FLA	4		0	0	
Folate, food.....mcg	4		0	FLA	4		3	2	
Folate, DFE.....mcg_DFE	4		0	NC	4		3	2	
Choline, total.....mg	7.7		0	O	4		5.7	5.1	
Betaine.....mg									
Vitamin B-12.....mcg	0.13		0	FLA	4		0.10	0.09	
Vitamin B-12, added.....mcg	0.00		0	FLA	4		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	12		0	FLA	4		9	8	
Retinol.....mcg	12		0	FLA	4		9	8	
Carotene, beta.....mcg	1		0	FLA	4		1	1	
Carotene, alpha.....mcg	0		0	FLA	4		0	0	
Cryptoxanthin, beta.....mcg	5		0	FLA	4		4	3	
Vitamin A, IU.....IU	46		0	FLA	4		34	30	
Lycopene.....mcg	0		0	FLA	4		0	0	
Lutein + zeaxanthin.....mcg	7		0	FLA	4		5	4	
Vitamin E (alpha-tocopherol).....mg	0.01		0	FLA	4		0.01	0.01	
Vitamin E, added.....mg	0.00		0	FLA	4		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		0	FLA	4		0.0	0.0	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	1.160		0	FLA	4		0.858	0.766	
4:0.....g	0.094		0	FLA	4		0.070	0.062	
6:0.....g	0.013		0	FLA	4		0.010	0.009	
8:0.....g	0.018		0	FLA	4		0.013	0.012	
10:0.....g	0.033		0	FLA	4		0.025	0.022	

NDB No. 19097  
 Sherbet, orange

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.023		0	FLA	4		0.017	0.015	
13:0.....g									
14:0.....g	0.170		0	FLA	4		0.126	0.113	
15:0.....g									
16:0.....g	0.585		0	FLA	4		0.433	0.386	
17:0.....g									
18:0.....g	0.170		0	FLA	4		0.126	0.113	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.530		0	FLA	4		0.392	0.350	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.052		0	FLA	4		0.038	0.034	
17:1.....g									
18:1 undifferentiated.....g	0.470		0	FLA	4		0.347	0.310	
20:1.....g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.080		0	FLA	4		0.059	0.053	
18:2 undifferentiated.....g	0.065		0	FLA	4		0.048	0.043	
18:3 undifferentiated.....g	0.015		0	FLA	4		0.011	0.010	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3.....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	1		0	FLA	4		0	0	
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	

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**Common Measures:**

Measure 1 = 74g: .5 cup (4 fl oz)  
 Measure 2 = 66g: 1 bar (2.75 fl oz)

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate4**

**Food Group: 19 Sweets**

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

**NDB No. 19013**  
**Snacks, fruit leather, pieces**

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	12.30	0.676	8		1		3.49	3.32	2.58
Energy.....kcal	359		0	NC	4		102	97	75
Energy.....kj	1504		0	NC	4		426	406	316
Protein (N x 6.25).....g	1.00	0.084	8		1		0.28	0.27	0.21
Total lipid (fat).....g	2.68		0	NR	4		0.76	0.72	0.56
Ash.....g	1.20	0.143	8		1		0.34	0.32	0.25
Carbohydrate, by difference.....g	82.82		0	NC	4		23.48	22.36	17.39
Fiber, total dietary.....g	0.0	0.000	4	LC	8		0.0	0.0	0.0
Sugars, total.....g	57.58	2.507	4	LC	8		16.32	15.55	12.09
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	18		2		1		5	5	4
Iron, Fe.....mg	0.75		2		1		0.21	0.20	0.16
Magnesium, Mg.....mg	14	0.949	7		1		4	4	3
Phosphorus, P.....mg	24	3.157	6		1		7	6	5
Potassium, K.....mg	164	6.462	7		1		46	44	34
Sodium, Na.....mg	403	27.419	7		1		114	109	85
Zinc, Zn.....mg	0.19		0		4		0.05	0.05	0.04
Copper, Cu.....mg	0.171		0		4		0.048	0.046	0.036
Manganese, Mn.....mg	0.184		0		4		0.052	0.050	0.039
Selenium, Se.....mcg	2.7		0	BFSN	4		0.8	0.7	0.6
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	56.0	0.000	7		1		15.9	15.1	11.8
Thiamin.....mg	0.043		0		4		0.012	0.012	0.009
Riboflavin.....mg	0.100		1		1		0.028	0.027	0.021
Niacin.....mg	0.100		1		1		0.028	0.027	0.021
Pantothenic acid.....mg	0.319		0		4		0.090	0.086	0.067
Vitamin B-6.....mg	0.300		0		4		0.085	0.081	0.063
Folate, total.....mcg	4		0	BFZN	4		1	1	1
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg	4		0	BFZN	4		1	1	1
Folate, DFE.....mcg_DFE	4		0	NC	4		1	1	1
Choline, total.....mg	12.9		0	O	4		3.7	3.5	2.7
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0		4		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	BFZN	4		2	2	1
Retinol.....mcg	0		0	O	4		0	0	0
Carotene, beta.....mcg	34		0	BFZN	4		10	9	7
Carotene, alpha.....mcg	1		0	BFZN	4		0	0	0
Cryptoxanthin, beta.....mcg	0		0	BFZN	4		0	0	0
Vitamin A, IU.....IU	58		0	BFZN	4		16	16	12
Lycopene.....mcg	0		0	BFZN	4		0	0	0
Lutein + zeaxanthin.....mcg	51		0	BFZN	4		14	14	11
Vitamin E (alpha-tocopherol).....mg	0.56		0	BFZN	4		0.16	0.15	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	18.2		0	BFZN	4		5.2	4.9	3.8
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.650		0	BFZN	4		0.184	0.176	0.137
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. 19013  
Snacks, fruit leather, pieces

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures 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	0.000
13:0.....g									
14:0.....g	0.010		0	BFZN	4		0.003	0.003	0.002
15:0.....g									
16:0.....g	0.340		0	BFZN	4		0.096	0.092	0.071
17:0.....g									
18:0.....g	0.300		0	BFZN	4		0.085	0.081	0.063
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.480		0	NC	4		0.420	0.400	0.311
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	1.480		0	BFZN	4		0.420	0.400	0.311
20:1.....g	0.000		0	BFZN	4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.550		0	NC	4		0.156	0.149	0.116
18:2 undifferentiated.....g	0.430		0	BFZN	4		0.122	0.116	0.090
18:3 undifferentiated.....g	0.120		0	BFZN	4		0.034	0.032	0.025
18:4.....g	0.000		0	BFZN	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	BFZN	4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0	BFZN	4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0	BFZN	4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0	0.000	4	LC	8		0	0	0
Phytosterols.....mg									
<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 = 28.35g: 1 oz
- Measure 2 = 27g: 1 package
- Measure 3 = 21g: 1 packet (.75 oz)

Calories Factors: Protein 4

Fat 9

Carbohydrate4

Food Group: 19 Sweets

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

NDB No. 19014  
Snacks, fruit leather, rolls

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	10.20		1	AI	13		2.14	1.43	
Energy.....kcal	371		0	NC	4		78	52	
Energy.....kj	1551		0	NC	4		326	217	
Protein (N x 6.25).....g	0.10		1	AI	13		0.02	0.01	
Total lipid (fat).....g	3.00	0.510	17		1		0.63	0.42	
Ash.....g	0.90	0.042	17		1		0.19	0.13	
Carbohydrate, by difference.....g	85.80		0	NC	4		18.02	12.01	
Fiber, total dietary.....g	0.0		0	LC	8		0.0	0.0	
Sugars, total.....g	49.16		0	NR	4		10.32	6.88	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	32	1.164	17		1		7	4	
Iron, Fe.....mg	1.01	0.115	17		1		0.21	0.14	
Magnesium, Mg.....mg	20	0.843	17		1		4	3	
Phosphorus, P.....mg	31	1.230	16		1		7	4	
Potassium, K.....mg	294	11.212	17		1		62	41	
Sodium, Na.....mg	317		1	AI	13		67	44	
Zinc, Zn.....mg	0.19	0.012	7		1		0.04	0.03	
Copper, Cu.....mg	0.171	0.006	7		1		0.036	0.024	
Manganese, Mn.....mg	0.184	0.020	7		1		0.039	0.026	
Selenium, Se.....mcg	0.4		0	FLA	4		0.1	0.1	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	120.0		1	AI	13		25.2	16.8	
Thiamin.....mg	0.084		0	FLA	4		0.018	0.012	
Riboflavin.....mg	0.020		1		1		0.004	0.003	
Niacin.....mg	0.100		1		1		0.021	0.014	
Pantothenic acid.....mg	0.029		0	FLA	4		0.006	0.004	
Vitamin B-6.....mg	0.300	0.073	6		1		0.063	0.042	
Folate, total.....mcg	2		0	FLA	4		0	0	
Folic acid.....mcg	0		0	FLA	4		0	0	
Folate, food.....mcg	2		0	FLA	4		0	0	
Folate, DFE.....mcg_DFE	2		0	NC	4		0	0	
Choline, total.....mg	13.2		0	O	4		2.8	1.8	
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	FLA	4		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	FLA	4		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	6		0	FLA	4		1	1	
Retinol.....mcg	0		0	FLA	4		0	0	
Carotene, beta.....mcg	34		0	FLA	4		7	5	
Carotene, alpha.....mcg	1		0	FLA	4		0	0	
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0	0	
Vitamin A, IU.....IU	57		0	FLA	4		12	8	
Lycopene.....mcg	0		0	FLA	4		0	0	
Lutein + zeaxanthin.....mcg	41		0	FLA	4		9	6	
Vitamin E (alpha-tocopherol).....mg	0.56		0	FLA	4		0.12	0.08	
Vitamin E, added.....mg	0.00		0	FLA	4		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	18.2		0	FLA	4		3.8	2.5	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.672		0	NR	4		0.141	0.094	
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. 19014  
Snacks, fruit leather, rolls

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures 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		4		0.000	0.000	
13:0.....g									
14:0.....g	0.010		1		4		0.002	0.001	
15:0.....g	0.002		1	AI	13		0.000	0.000	
16:0.....g	0.340		1		4		0.071	0.048	
17:0.....g	0.004		1	AI	13		0.001	0.001	
18:0.....g	0.300		1		4		0.063	0.042	
20:0.....g	0.010		1	AI	13		0.002	0.001	
22:0.....g	0.006		1	AI	13		0.001	0.001	
24:0.....g									
Fatty acids, total monounsaturated.....g	1.480		0		4		0.311	0.207	
14:1.....g	0.002		1	AI	13		0.000	0.000	
15:1.....g									
16:1 undifferentiated.....g	0.000		1		4		0.000	0.000	
17:1.....g	0.004		1	AI	13		0.001	0.001	
18:1 undifferentiated.....g	1.480		1		4		0.311	0.207	
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	0.552		0	NR	4		0.116	0.077	
18:2 undifferentiated.....g	0.430		1		4		0.090	0.060	
18:3 undifferentiated.....g	0.120		1		4		0.025	0.017	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g	0.002		1	AI	13		0.000	0.000	
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	FLA	4		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g									
Threonine.....g									
Isoleucine.....g									
Leucine.....g									
Lysine.....g									
Methionine.....g									
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>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	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. 19014**

**Snacks, fruit leather, rolls**

Measure 1 = 21g: 1 large

Measure 2 = 14.0g: 1 small

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate4**

**Food Group: 19 Sweets**

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

NDB No. 19334

Sugars, brown

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	1.34	0.064	15	A	1		2.94	1.94	0.04
Energy.....kcal	380		0	NC	4		836	551	12
Energy.....kj	1590		0	NC	4		3499	2306	51
Protein (N x 6.25).....g	0.12	0.018	15	A	1		0.27	0.18	0.00
Total lipid (fat).....g	0.00	0.000	3	A	1		0.00	0.00	0.00
Ash.....g	0.45	0.070	15	A	1		0.99	0.65	0.01
Carbohydrate, by difference.....g	98.09		0	NC	4		215.80	142.23	3.14
Fiber, total dietary.....g	0.0		0		4		0.0	0.0	0.0
Sugars, total.....g	97.02	0.506	15	A	1		213.44	140.68	3.10
Sucrose.....g	94.56	0.457	15	A	1		208.02	137.11	3.03
Glucose (dextrose).....g	1.35	0.107	15	A	1		2.98	1.96	0.04
Fructose.....g	1.11	0.094	15	A	1		2.44	1.61	0.04
Lactose.....g	0.00	0.000	15	A	1		0.00	0.00	0.00
Maltose.....g	0.00	0.000	15	A	1		0.00	0.00	0.00
Galactose.....g	0.00	0.000	15	A	1		0.00	0.00	0.00
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	83	16.518	14	A	1		183	120	3
Iron, Fe.....mg	0.71	0.067	15	A	1		1.56	1.03	0.02
Magnesium, Mg.....mg	9	0.579	15	A	1		21	14	0
Phosphorus, P.....mg	4	1.579	15	A	1		9	6	0
Potassium, K.....mg	133	15.039	15	A	1		293	193	4
Sodium, Na.....mg	28	4.559	15	A	1		61	40	1
Zinc, Zn.....mg	0.03	0.006	15	A	1		0.07	0.05	0.00
Copper, Cu.....mg	0.047	0.007	15	A	1		0.102	0.067	0.001
Manganese, Mn.....mg	0.064	0.024	15	A	1		0.141	0.093	0.002
Selenium, Se.....mcg	1.2	0.433	4	AI	13		2.7	1.8	0.0
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		1		1		0.0	0.0	0.0
Thiamin.....mg	0.000	0.000	4	A	1		0.000	0.000	0.000
Riboflavin.....mg	0.000	0.000	4	A	1		0.000	0.000	0.000
Niacin.....mg	0.110	0.031	4	A	1		0.241	0.159	0.004
Pantothenic acid.....mg	0.132	0.009	4	A	1		0.291	0.192	0.004
Vitamin B-6.....mg	0.041	0.009	4	A	1		0.091	0.060	0.001
Folate, total.....mcg	1		2		1		2	1	0
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg	1		2		1		2	1	0
Folate, DFE.....mcg_DFE	1		0	NC	4		2	1	0
Choline, total.....mg	2.3		0	AS	1		5.1	3.3	0.1
Betaine.....mg	0.1		2	A	1		0.2	0.1	0.0
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	NC	4		0	0	0
Retinol.....mcg	0		0	Z	7		0	0	0
Carotene, beta.....mcg	0		0	NR	4		0	0	0
Carotene, alpha.....mcg	0		0	NR	4		0	0	0
Cryptoxanthin, beta.....mcg	0		0	NR	4		0	0	0
Vitamin A, IU.....IU	0		1		1		0	0	0
Lycopene.....mcg	0		0	NR	4		0	0	0
Lutein + zeaxanthin.....mcg	0		0	NR	4		0	0	0
Vitamin E (alpha-tocopherol).....mg	0.00		0	Z	7		0.00	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	0.0		0	Z	7		0.0	0.0	0.0

**NDB No. 19334**  
**Sugars, brown**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of 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		1		0.000	0.000	0.000
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
12:0.....g	0.000		0		4		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.000		0		4		0.000	0.000	0.000
15:0.....g									
16:0.....g	0.000		0		4		0.000	0.000	0.000
17:0.....g									
18:0.....g	0.000		0		4		0.000	0.000	0.000
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0		7		0.000	0.000	0.000
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
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									
Fatty acids, total polyunsaturated.....g	0.000		0		7		0.000	0.000	0.000
18:2 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
18:3 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
18:4.....g	0.000		0		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		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	Z	7		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1		4		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 = 220g: 1 cup packed
- Measure 2 = 145g: 1 cup unpacked
- Measure 3 = 3.2g: 1 tsp brownulated

**Calories Factors: Protein 4**

**Fat 0**

**Carbohydrate 3.87**

**Food Group: 19 Sweets**

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

**NDB No. 19335**  
**Sugars, granulated**

SUCROSE  
 Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	0.03	0.005	4	MC	9		0.00	0.00	0.05
Energy.....kcal	387		0	NC	4		11	16	774
Energy.....kj	1619		0	NC	4		45	68	3238
Protein (N x 6.25).....g	0.00		1		4		0.00	0.00	0.00
Total lipid (fat).....g	0.00	0.005	3		1		0.00	0.00	0.00
Ash.....g	0.00	0.015	6		1		0.00	0.00	0.00
Carbohydrate, by difference.....g	99.98		0	NC	4		2.80	4.20	199.95
Fiber, total dietary.....g	0.0		0		4		0.0	0.0	0.0
Sugars, total.....g	99.91		0	NR	4		2.80	4.20	199.81
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	1	0.226	17	A	1		0	0	2
Iron, Fe.....mg	0.01	0.007	17	A	1		0.00	0.00	0.02
Magnesium, Mg.....mg	0	0.000	17	A	1		0	0	0
Phosphorus, P.....mg	0	0.000	17	A	1		0	0	0
Potassium, K.....mg	2	0.105	17	A	1		0	0	5
Sodium, Na.....mg	0	0.068	17	A	1		0	0	1
Zinc, Zn.....mg	0.00	0.001	17	A	1		0.00	0.00	0.00
Copper, Cu.....mg	0.000	0.000	17	A	1		0.000	0.000	0.000
Manganese, Mn.....mg	0.000	0.000	17	A	1		0.000	0.000	0.000
Selenium, Se.....mcg	0.6		2	A	1		0.0	0.0	1.2
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		1		4		0.0	0.0	0.0
Thiamin.....mg	0.000		1		4		0.000	0.000	0.000
Riboflavin.....mg	0.019	0.006	3		1		0.001	0.001	0.038
Niacin.....mg	0.000	0.000	3		1		0.000	0.000	0.000
Pantothenic acid.....mg	0.000	0.000	3		1		0.000	0.000	0.000
Vitamin B-6.....mg	0.000	0.000	3		1		0.000	0.000	0.000
Folate, total.....mcg	0	0.000	3		1		0	0	0
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg	0	0.000	3		1		0	0	0
Folate, DFE.....mcg_DFE	0		0	NC	4		0	0	0
Choline, total.....mg	0.0		0	Z	7		0.0	0.0	0.0
Betaine.....mg									
Vitamin B-12.....mcg	0.00		1		4		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		1		4		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		0	Z	7		0.00	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	0.0		2	JA	6		0.0	0.0	0.0
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.000		0		1		0.000	0.000	0.000
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. 19335**  
**Sugars, granulated**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures 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		0.000	0.000	0.000
16:0.....g	0.000		0		4		0.000	0.000	0.000
17:0.....g					4		0.000	0.000	0.000
18:0.....g	0.000		0		4		0.000	0.000	0.000
20:0.....g					4		0.000	0.000	0.000
22:0.....g					4		0.000	0.000	0.000
24:0.....g					4		0.000	0.000	0.000
Fatty acids, total monounsaturated.....g	0.000		0		7		0.000	0.000	0.000
14:1.....g					4		0.000	0.000	0.000
15:1.....g					4		0.000	0.000	0.000
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
17:1.....g					4		0.000	0.000	0.000
18:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
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		0.000	0.000	0.000
Fatty acids, total polyunsaturated.....g	0.000		0		7		0.000	0.000	0.000
18:2 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
18:3 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
18:4.....g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c.....g					4		0.000	0.000	0.000
20:3 undifferentiated.....g					4		0.000	0.000	0.000
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		0.000	0.000	0.000
Cholesterol.....mg	0		1		4		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 = 2.8g: 1 serving packet
- Measure 2 = 4.2g: 1 tsp
- Measure 3 = 200g: 1 cup

**Calories Factors: Protein**

**Fat**

**Carbohydrate 3.87**

**Food Group: 19 Sweets**

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

NDB No. 19340

Sugars, maple

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	8.00		1		4		0.24	2.27	2.24
Energy.....kcal	354		0		4		11	100	99
Energy.....kj	1481		0		4		44	420	415
Protein (N x 6.25).....g	0.10		1		4		0.00	0.03	0.03
Total lipid (fat).....g	0.20		1		4		0.01	0.06	0.06
Ash.....g	0.80		1		4		0.02	0.23	0.22
Carbohydrate, by difference.....g	90.90		0	NC	4		2.73	25.77	25.45
Fiber, total dietary.....g	0.0		0		4		0.0	0.0	0.0
Sugars, total.....g	84.87		0	FLA	4		2.55	24.06	23.76
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	90		1		4		3	26	25
Iron, Fe.....mg	1.61		1		4		0.05	0.46	0.45
Magnesium, Mg.....mg	19		1		4		1	5	5
Phosphorus, P.....mg	3		1		4		0	1	1
Potassium, K.....mg	274		1		4		8	78	77
Sodium, Na.....mg	11		1		4		0	3	3
Zinc, Zn.....mg	6.06		1		4		0.18	1.72	1.70
Copper, Cu.....mg	0.099		1		4		0.003	0.028	0.028
Manganese, Mn.....mg	4.422		1		4		0.133	1.254	1.238
Selenium, Se.....mcg	0.8		0	BFSN	4		0.0	0.2	0.2
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		1		4		0.0	0.0	0.0
Thiamin.....mg	0.009		1		4		0.000	0.003	0.003
Riboflavin.....mg	0.013		1		4		0.000	0.004	0.004
Niacin.....mg	0.040		1		4		0.001	0.011	0.011
Pantothenic acid.....mg	0.048		1		4		0.001	0.014	0.013
Vitamin B-6.....mg	0.003		1		4		0.000	0.001	0.001
Folate, total.....mcg	0		0	FLA	4		0	0	0
Folic acid.....mcg	0		0	FLA	4		0	0	0
Folate, food.....mcg	0		0	FLA	4		0	0	0
Folate, DFE.....mcg_DFE	0		0	NC	4		0	0	0
Choline, total.....mg	2.1		0	O	4		0.1	0.6	0.6
Betaine.....mg									
Vitamin B-12.....mcg	0.00		1		4		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	FLA	4		0	0	0
Retinol.....mcg	0		0	FLA	4		0	0	0
Carotene, beta.....mcg	0		0	FLA	4		0	0	0
Carotene, alpha.....mcg	0		0	FLA	4		0	0	0
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0	0	0
Vitamin A, IU.....IU	0		0	FLA	4		0	0	0
Lycopene.....mcg	0		0	FLA	4		0	0	0
Lutein + zeaxanthin.....mcg	0		0	FLA	4		0	0	0
Vitamin E (alpha-tocopherol).....mg	0.00		0	FLA	4		0.00	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	0.0		0	FLA	4		0.0	0.0	0.0
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.036		0		4		0.001	0.010	0.010
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. 19340**  
**Sugars, maple**

Nutrients and 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	0.000		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	0.001	0.010	0.010
16:0.....g	0.036		0		4	0.001	0.010	0.010
17:0.....g					4	0.000	0.001	0.001
18:0.....g	0.004		0		4	0.000	0.001	0.001
20:0.....g					4			
22:0.....g					4			
24:0.....g					4			
Fatty acids, total monounsaturated.....g	0.064		0		4	0.002	0.018	0.018
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	0.064		0		4	0.002	0.018	0.018
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	0.100		0		4	0.003	0.028	0.028
18:2 undifferentiated.....g	0.100		0		4	0.003	0.028	0.028
18:3 undifferentiated.....g	0.000		0		4	0.000	0.000	0.000
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		1		4	0	0	0
Phytosterols.....mg					4			
<b>Others:</b>								
Alcohol, ethyl.....g	0.0		0		7	0.0	0.0	0.0
Caffeine.....mg	0		0	FLA	4	0	0	0
Theobromine.....mg	0		0	FLA	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:**

Measure 1 = 3.0g: 1 tsp

Measure 2 = 28.35g: 1 oz

Measure 3 = 28g: 1 piece (1-3/4" x 1-1/4" x 1/2")

**Calories Factors: Protein 3.36**

**Fat 8.37**

**Carbohydrate 3.87**

**Food Group: 19 Sweets**

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

**NDB No. 19336**  
**Sugars, powdered**

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	0.30	0.031	4		1		0.36	0.30	0.02
Energy.....kcal	389		0	NC	4		467	389	31
Energy.....kj	1629		0	NC	4		1954	1629	130
Protein (N x 6.25).....g	0.00		1		1		0.00	0.00	0.00
Total lipid (fat).....g	0.10	0.027	4		1		0.12	0.10	0.01
Ash.....g	0.00		0	FLA	4		0.00	0.00	0.00
Carbohydrate, by difference.....g	99.60		0	NC	4		119.52	99.60	7.97
Fiber, total dietary.....g	0.0		1	LC	8		0.0	0.0	0.0
Sugars, total.....g	97.91		0	FLA	4		117.49	97.91	7.83
Sucrose.....g									
Glucose (dextrose).....g									
Fructose.....g									
Lactose.....g									
Maltose.....g									
Galactose.....g									
Starch.....g	1.69		0	NR	4		2.03	1.69	0.14
<b>Minerals:</b>									
Calcium, Ca.....mg	1		0	FLA	4		1	1	0
Iron, Fe.....mg	0.02		0	FLA	4		0.02	0.02	0.00
Magnesium, Mg.....mg	0		0	FLA	4		0	0	0
Phosphorus, P.....mg	0		0	FLA	4		0	0	0
Potassium, K.....mg	2		0	FLA	4		3	2	0
Sodium, Na.....mg	1		0	FLA	4		1	1	0
Zinc, Zn.....mg	0.00		0	FLA	4		0.00	0.00	0.00
Copper, Cu.....mg	0.001		0	FLA	4		0.001	0.001	0.000
Manganese, Mn.....mg	0.001		0	FLA	4		0.001	0.001	0.000
Selenium, Se.....mcg	0.6		0	FLA	4		0.8	0.6	0.1
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	FLA	4		0.0	0.0	0.0
Thiamin.....mg	0.000		0	FLA	4		0.000	0.000	0.000
Riboflavin.....mg	0.019		0	FLA	4		0.022	0.019	0.001
Niacin.....mg	0.000	0.000	4		1		0.000	0.000	0.000
Pantothenic acid.....mg	0.000	0.000	4		1		0.000	0.000	0.000
Vitamin B-6.....mg	0.000	0.000	4		1		0.000	0.000	0.000
Folate, total.....mcg	0	0.000	4		1		0	0	0
Folic acid.....mcg	0		0	NR	4		0	0	0
Folate, food.....mcg	0	0.000	4		1		0	0	0
Folate, DFE.....mcg_DFE	0		0	NC	4		0	0	0
Choline, total.....mg	0.0		0	Z	7		0.0	0.0	0.0
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	FLA	4		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	FLA	4		0	0	0
Carotene, beta.....mcg	0		0	FLA	4		0	0	0
Carotene, alpha.....mcg	0		0	FLA	4		0	0	0
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0	0	0
Vitamin A, IU.....IU	0		0	FLA	4		0	0	0
Lycopene.....mcg	0		0	FLA	4		0	0	0
Lutein + zeaxanthin.....mcg	0		0	FLA	4		0	0	0
Vitamin E (alpha-tocopherol).....mg	0.00		0	FLA	4		0.00	0.00	0.00
Vitamin E, added.....mg	0.00		0	FLA	4		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone).....mcg	0.0		0	FLA	4		0.0	0.0	0.0



**NDB No. 19336**  
**Sugars, powdered**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of 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	FLA	4		0.024	0.020	0.002
4:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
6:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
8:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
10:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
12:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
15:0.....g									
16:0.....g	0.018		0	FLA	4		0.022	0.018	0.001
17:0.....g									
18:0.....g	0.002		0	FLA	4		0.002	0.002	0.000
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.032		0	FLA	4		0.038	0.032	0.003
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.032		0	FLA	4		0.038	0.032	0.003
20:1.....g	0.000		0	FLA	4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.050		0	FLA	4		0.060	0.050	0.004
18:2 undifferentiated.....g	0.050		0	FLA	4		0.060	0.050	0.004
18:3 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
18:4.....g	0.000		0	FLA	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	FLA	4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	FLA	4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	FLA	4		0	0	0
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine.....mg	0		0	FLA	4		0	0	0
Theobromine.....mg	0		0	FLA	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:**

Measure 1 = 120g: 1 cup unsifted

Measure 2 = 100g: 1 cup sifted

Measure 3 = 8.0g: 1 tbsp unsifted

**Calories Factors: Protein 3.5**

**Fat 8.4**

**Carbohydrate 3.9**

**Food Group: 19 Sweets**

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

**NDB No. 19337**  
**Sweeteners, tabletop, aspartame, EQUAL, packets**  
*Merisant Company*

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	8.75	0.047	3	A	1		0.31	0.09	
Energy.....kcal	365		0	NC	4		13	4	
Energy.....kj	1527		0	NC	4		53	15	
Protein (N x 6.25).....g	2.17		1	A	1		0.08	0.02	
Total lipid (fat).....g	0.00	0.000	3	A	1		0.00	0.00	
Ash.....g	0.00		2	A	1		0.00	0.00	
Carbohydrate, by difference.....g	89.08		0	NC	4		3.12	0.89	
Fiber, total dietary.....g	0.0		0	FLA	4		0.0	0.0	
Sugars, total.....g	80.70		0	O	4		2.82	0.81	
Starch.....g	8.36		2	A	1		0.29	0.08	
<b>Minerals:</b>									
Calcium, Ca.....mg	0	0.000	3	A	1		0	0	
Iron, Fe.....mg	0.04	0.038	3	A	1		0.00	0.00	
Magnesium, Mg.....mg	0	0.000	3	A	1		0	0	
Phosphorus, P.....mg	0	0.000	3	A	1		0	0	
Potassium, K.....mg	4	0.621	3	A	1		0	0	
Sodium, Na.....mg	0		2	A	1		0	0	
Zinc, Zn.....mg	0.01	0.007	3	A	1		0.00	0.00	
Copper, Cu.....mg	0.000	0.000	3	A	1		0.000	0.000	
Manganese, Mn.....mg	0.000	0.000	3	A	1		0.000	0.000	
Selenium, Se.....mcg	0.5		0	FLA	4		0.0	0.0	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	FLA	4		0.0	0.0	
Thiamin.....mg	0.000		0	FLA	4		0.000	0.000	
Riboflavin.....mg	0.000		0	FLA	4		0.000	0.000	
Niacin.....mg	0.000		0	FLA	4		0.000	0.000	
Pantothenic acid.....mg	0.000		0	FLA	4		0.000	0.000	
Vitamin B-6.....mg	0.000		0	FLA	4		0.000	0.000	
Folate, total.....mcg	0		0	FLA	4		0	0	
Folic acid.....mcg	0		0	FLA	4		0	0	
Folate, food.....mcg	0		0	FLA	4		0	0	
Folate, DFE.....mcg_DFE	0		0	NC	4		0	0	
Choline, total.....mg	0.0		0	Z	7		0.0	0.0	
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	FLA	4		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	FLA	4		0	0	
Retinol.....mcg	0		0	FLA	4		0	0	
Carotene, beta.....mcg	0		0	FLA	4		0	0	
Carotene, alpha.....mcg	0		0	FLA	4		0	0	
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0	0	
Vitamin A, IU.....IU	0		0	FLA	4		0	0	
Lycopene.....mcg	0		0	FLA	4		0	0	
Lutein + zeaxanthin.....mcg	0		0	FLA	4		0	0	
Vitamin E (alpha-tocopherol).....mg	0.00		0	FLA	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	FLA	4		0.0	0.0	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.000		0	FLA	4		0.000	0.000	
4:0.....g	0.000		0	FLA	4		0.000	0.000	
6:0.....g	0.000		0	FLA	4		0.000	0.000	
8:0.....g	0.000		0	FLA	4		0.000	0.000	
10:0.....g	0.000		0	FLA	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	FLA	4		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0	FLA	4		0.000	0.000	
15:0.....g									
16:0.....g	0.000		0	FLA	4		0.000	0.000	
17:0.....g									
18:0.....g	0.000		0	FLA	4		0.000	0.000	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0	FLA	4		0.000	0.000	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
20:1.....g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	FLA	4		0.000	0.000	
18:2 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
18:3 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3.....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	FLA	4		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.000		0	A	1		0.000	0.000	
Threonine.....g	0.000		0	A	1		0.000	0.000	
Isoleucine.....g	0.000		0	A	1		0.000	0.000	
Leucine.....g	0.000		0	A	1		0.000	0.000	
Lysine.....g	0.000		0	A	1		0.000	0.000	
Methionine.....g	0.000		0	A	1		0.000	0.000	
Cystine.....g	0.000		0	A	1		0.000	0.000	
Phenylalanine.....g	1.186		0	O	4		0.042	0.012	
Tyrosine.....g	0.000		0	A	1		0.000	0.000	
Valine.....g	0.000		0	A	1		0.000	0.000	
Arginine.....g	0.000		0	A	1		0.000	0.000	
Histidine.....g	0.000		0	A	1		0.000	0.000	
Alanine.....g	0.000		0	A	1		0.000	0.000	
Aspartic acid.....g	0.983		0	O	4		0.034	0.010	
Glutamic acid.....g	0.000		0	A	1		0.000	0.000	
Glycine.....g	0.000		0	A	1		0.000	0.000	
Proline.....g	0.000		0	A	1		0.000	0.000	
Serine.....g	0.000		0	A	1		0.000	0.000	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	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. 19337**

**Sweeteners, tabletop, aspartame, EQUAL, packets**

Measure 1 = 3.5g: 1 tsp

Measure 2 = 1.0g: 1 serving 1 packet

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate4**

**Food Group: 19 Sweets**

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

NDB No. 43216

Sweeteners, tabletop, fructose, dry, powder

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	0.00		0		4		0.00	0.00	0.00
Energy.....kcal	368		0		4		721	15	11
Energy.....kj	1540		0		4		3018	65	46
Protein.....g	0.00		0		4		0.00	0.00	0.00
Total lipid (fat).....g	0.00		0		4		0.00	0.00	0.00
Ash.....g	0.00		0	BFSN	4		0.00	0.00	0.00
Carbohydrate, by difference.....g	100.00		0		4		196.00	4.20	3.00
Fiber, total dietary.....g	0.0		0		4		0.0	0.0	0.0
Sugars, total.....g	92.70		0	O	4		181.69	3.89	2.78
Starch.....g	7.30		0	O	4		14.31	0.31	0.22
<b>Minerals:</b>									
Calcium, Ca.....mg	0		0		4		0	0	0
Iron, Fe.....mg	0.10		1		1		0.20	0.00	0.00
Magnesium, Mg.....mg	0		0		4		0	0	0
Phosphorus, P.....mg	0		0		4		0	0	0
Potassium, K.....mg	0		0		4		0	0	0
Sodium, Na.....mg	12		0		4		23	1	0
Zinc, Zn.....mg	0.00		0		4		0.00	0.00	0.00
Copper, Cu.....mg	0.221		0		4		0.433	0.009	0.007
Manganese, Mn.....mg									
Selenium, Se.....mcg	0.6		0	BFSN	4		1.2	0.0	0.0
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0	0.0	0.0
Thiamin.....mg	0.000		0		4		0.000	0.000	0.000
Riboflavin.....mg	0.000		0		4		0.000	0.000	0.000
Niacin.....mg	0.000		0		4		0.000	0.000	0.000
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.000		0		4		0.000	0.000	0.000
Folate, total.....mcg	0		0		4		0	0	0
Folic acid.....mcg	0		0	BFSN	4		0	0	0
Folate, food.....mcg	0		0	BFSN	4		0	0	0
Folate, DFE.....mcg_DFE	0		0	NC	4		0	0	0
Choline, total.....mg	0.0		0	Z	7		0.0	0.0	0.0
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0		4		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	BFSN	4		0	0	0
Retinol.....mcg	0		0	BFSN	4		0	0	0
Carotene, beta.....mcg	0		0	BFSN	4		0	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	0		0	NC	4		0	0	0
Lycopene.....mcg	0		0	BFSN	4		0	0	0
Lutein + zeaxanthin.....mcg	0		0	BFSN	4		0	0	0
Vitamin E (alpha-tocopherol).....mg	0.00		0	BFSN	4		0.00	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	0		0	Z	7		0	0	0
Vitamin K (phylloquinone).....mcg	0.0		0	BFSN	4		0.0	0.0	0.0
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.000		0		7		0.000	0.000	0.000
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. 43216

Sweeteners, tabletop, fructose, dry, 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	0.000		0			4	0.000	0.000	0.000
13:0.....g									
14:0.....g	0.000		0			4	0.000	0.000	0.000
15:0.....g									
16:0.....g	0.000		0			4	0.000	0.000	0.000
17:0.....g									
18:0.....g	0.000		0			4	0.000	0.000	0.000
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0			7	0.000	0.000	0.000
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0			4	0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.000		0			4	0.000	0.000	0.000
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									
Fatty acids, total polyunsaturated.....g	0.000		0			7	0.000	0.000	0.000
18:2 undifferentiated.....g	0.000		0			4	0.000	0.000	0.000
18:3 undifferentiated.....g	0.000		0			4	0.000	0.000	0.000
18:4.....g	0.000		0			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			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									
Cholesterol.....mg	0		0			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 = 196g: 1 cup
- Measure 2 = 4.2g: 1 tsp
- Measure 3 = 3.0g: 1 individual packet

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group: 19 Sweets**

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

NDB No. 44018

Sweeteners, tabletop, fructose, liquid

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	23.90		0						1
Energy.....kcal	279		0	NC					4
Energy.....kj	1165		0	NC					4
Protein.....g	0.00		0						1
Total lipid (fat).....g	0.00		0						1
Ash.....g	0.00		0	BFSN					4
Carbohydrate, by difference.....g	76.10		0	NC					4
Fiber, total dietary.....g	0.1		0						1
Sugars, total.....g	76.00		0	NR					4
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	1		0						1
Iron, Fe.....mg	0.11		0						1
Magnesium, Mg.....mg	0		0						1
Phosphorus, P.....mg	0		0						1
Potassium, K.....mg	0		0						1
Sodium, Na.....mg	2		0						1
Zinc, Zn.....mg	0.09		0						1
Copper, Cu.....mg	0.037		0						1
Manganese, Mn.....mg									
Selenium, Se.....mcg	0.5		0	BFSN					4
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0						1
Thiamin.....mg	0.000		0						1
Riboflavin.....mg	0.020		0						1
Niacin.....mg	0.000		0						1
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.000		0						1
Folate, total.....mcg	0		0						1
Folic acid.....mcg	0		0	BFSN					4
Folate, food.....mcg	0		0						1
Folate, DFE.....mcg_DFE	0		0	NC					4
Choline, total.....mg	0.0		0	Z					7
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	0		0	BFSN					4
Retinol.....mcg	0		0	BFSN					4
Carotene, beta.....mcg	0		0	BFSN					4
Carotene, alpha.....mcg	0		0	BFSN					4
Cryptoxanthin, beta.....mcg	0		0	BFSN					4
Vitamin A, IU.....IU	0		0						1
Lycopene.....mcg	0		0	BFSN					4
Lutein + zeaxanthin.....mcg	0		0	BFSN					4
Vitamin E (alpha-tocopherol).....mg	0.00		0	BFSN					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	BFSN					4
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.000		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. 44018

Sweeteners, tabletop, fructose, liquid

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures 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			
13:0.....g									
14:0.....g	0.000		0			4			
15:0.....g									
16:0.....g	0.000		0			4			
17:0.....g									
18:0.....g	0.000		0			4			
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0			4			
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0			4			
17:1.....g									
18:1 undifferentiated.....g	0.000		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	0.000		0			4			
18:2 undifferentiated.....g	0.000		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	BFSN		4			
Theobromine.....mg	0		0	BFSN		4			

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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 0

Fat 0

Carbohydrate 3.66

Food Group: 19 Sweets

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



**NDB No. 43158**  
**Sweeteners, tabletop, saccharin**

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	8.75	0.047	3	A	1		0.09	0.07	
Energy.....kcal	360		0	NC	4		4	3	
Energy.....kj	1507		0	NC	4		15	12	
Protein (N x 6.25).....g	0.94		2	A	1		0.01	0.01	
Total lipid (fat).....g	0.00	0.000	3	A	1		0.00	0.00	
Ash.....g	1.19		1	A	1		0.01	0.01	
Carbohydrate, by difference.....g	89.11		0	NC	4		0.89	0.71	
Fiber, total dietary.....g	0.0		0	FLA	4		0.0	0.0	
Sugars, total.....g	85.19		0	O	4		0.85	0.68	
Starch.....g	3.91		1	A	1		0.04	0.03	
<b>Minerals:</b>									
Calcium, Ca.....mg	0	0.000	3	A	1		0	0	
Iron, Fe.....mg	0.04	0.038	3	A	1		0.00	0.00	
Magnesium, Mg.....mg	0	0.000	3	A	1		0	0	
Phosphorus, P.....mg	0	0.000	3	A	1		0	0	
Potassium, K.....mg	4	0.621	3	A	1		0	0	
Sodium, Na.....mg	428		1	A	1		4	3	
Zinc, Zn.....mg	0.01	0.007	3	A	1		0.00	0.00	
Copper, Cu.....mg	0.000	0.000	3	A	1		0.000	0.000	
Manganese, Mn.....mg	0.000	0.000	3	A	1		0.000	0.000	
Selenium, Se.....mcg	0.0		0	Z	7		0.0	0.0	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	FLA	4		0.0	0.0	
Thiamin.....mg	0.000		0	FLA	4		0.000	0.000	
Riboflavin.....mg	0.000		0	FLA	4		0.000	0.000	
Niacin.....mg	0.000		0	FLA	4		0.000	0.000	
Pantothenic acid.....mg	0.000		0	FLA	4		0.000	0.000	
Vitamin B-6.....mg	0.000		0	FLA	4		0.000	0.000	
Folate, total.....mcg	0		0	FLA	4		0	0	
Folic acid.....mcg	0		0	FLA	4		0	0	
Folate, food.....mcg	0		0	FLA	4		0	0	
Folate, DFE.....mcg_DFE	0		0	NC	4		0	0	
Choline, total.....mg	0.0		0	Z	7		0.0	0.0	
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	FLA	4		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	NR	4		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	0		0	FLA	4		0	0	
Retinol.....mcg	0		0	FLA	4		0	0	
Carotene, beta.....mcg	0		0	FLA	4		0	0	
Carotene, alpha.....mcg	0		0	FLA	4		0	0	
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0	0	
Vitamin A, IU.....IU	0		0	FLA	4		0	0	
Lycopene.....mcg	0		0	FLA	4		0	0	
Lutein + zeaxanthin.....mcg	0		0	FLA	4		0	0	
Vitamin E (alpha-tocopherol).....mg	0.00		0	FLA	4		0.00	0.00	
Vitamin E, added.....mg	0.00		0	NR	4		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		0	FLA	4		0.0	0.0	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.000		0	FLA	4		0.000	0.000	
4:0.....g	0.000		0	FLA	4		0.000	0.000	
6:0.....g	0.000		0	FLA	4		0.000	0.000	
8:0.....g	0.000		0	FLA	4		0.000	0.000	
10:0.....g	0.000		0	FLA	4		0.000	0.000	

NDB No. 43158  
Sweeteners, tabletop, saccharin

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures 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	FLA	4		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0	FLA	4		0.000	0.000	
15:0.....g									
16:0.....g	0.000		0	FLA	4		0.000	0.000	
17:0.....g									
18:0.....g	0.000		0	FLA	4		0.000	0.000	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0	FLA	4		0.000	0.000	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
20:1.....g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	FLA	4		0.000	0.000	
18:2 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
18:3 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3.....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	FLA	4		0	0	
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	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 = 1.0g: 1 serving 1 packet

Measure 2 = 0.8g: 1 serving 1 packet SUGAR TWIN

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate4**

**Food Group: 19 Sweets**

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

NDB No. 19868

Sweeteners, tabletop, sucralose, SPLENDA packets

McNeil Nutritionals/McNeil\_PPC, Inc.

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	8.83		1	A	1		0.09		
Energy.....kcal	331		0	NC	4		3		
Energy.....kj	1385		0	NC	4		14		
Protein (N x 6.25).....g	0.00		0	O	4		0.00		
Total lipid (fat).....g	0.00		1	A	1		0.00		
Ash.....g	0.00		1	A	1		0.00		
Carbohydrate, by difference (1).....g	89.97		0	O	4		0.90		
Fiber, total dietary.....g	0.0		0	BFZN	4		0.0		
Sugars, total (2).....g	80.33		0	NR	4		0.80		
Starch.....g	9.64		1	A	1		0.10		
<b>Minerals:</b>									
Calcium, Ca.....mg	0		1	A	1		0		
Iron, Fe.....mg	0.00		1	A	1		0.00		
Magnesium, Mg.....mg	0		1	A	1		0		
Phosphorus, P.....mg	0		1	A	1		0		
Potassium, K.....mg	4		1	A	1		0		
Sodium, Na.....mg	0		1	A	1		0		
Zinc, Zn.....mg	0.00		1	A	1		0.00		
Copper, Cu.....mg	0.000		1	A	1		0.000		
Manganese, Mn.....mg	0.000		1	A	1		0.000		
Selenium, Se.....mcg	0.0		0	BFZN	4		0.0		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	FLA	4		0.0		
Thiamin.....mg	0.000		0	FLA	4		0.000		
Riboflavin.....mg	0.000		0	FLA	4		0.000		
Niacin.....mg	0.000		0	FLA	4		0.000		
Pantothenic acid.....mg	0.000		0	FLA	4		0.000		
Vitamin B-6.....mg	0.000		0	FLA	4		0.000		
Folate, total.....mcg	0		0	FLA	4		0		
Folic acid.....mcg	0		0	FLA	4		0		
Folate, food.....mcg	0		0	FLA	4		0		
Folate, DFE.....mcg_DFE	0		0	NC	4		0		
Choline, total.....mg	0.0		0	Z	7		0.0		
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	FLA	4		0.00		
Vitamin B-12, added.....mcg	0.00		0	NR	4		0.00		
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0		
Retinol.....mcg	0		0	FLA	4		0		
Carotene, beta.....mcg	0		0	FLA	4		0		
Carotene, alpha.....mcg	0		0	FLA	4		0		
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0		
Vitamin A, IU.....IU	0		0	FLA	4		0		
Lycopene.....mcg	0		0	FLA	4		0		
Lutein + zeaxanthin.....mcg	0		0	FLA	4		0		
Vitamin E (alpha-tocopherol).....mg	0.00		0	FLA	4		0.00		
Vitamin E, added.....mg	0.00		0	NR	4		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		0	FLA	4		0.0		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.000		0	FLA	4		0.000		
4:0.....g	0.000		0	FLA	4		0.000		
6:0.....g	0.000		0	FLA	4		0.000		
8:0.....g	0.000		0	FLA	4		0.000		
10:0.....g	0.000		0	FLA	4		0.000		

NDB No. 19868

Sweeteners, tabletop, sucralose, SPLENDA packets

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures 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	FLA	4		0.000		
13:0.....g									
14:0.....g	0.000		0	FLA	4		0.000		
15:0.....g									
16:0.....g	0.000		0	FLA	4		0.000		
17:0.....g									
18:0.....g	0.000		0	FLA	4		0.000		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0	FLA	4		0.000		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	FLA	4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.000		0	FLA	4		0.000		
20:1.....g	0.000		0	FLA	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	FLA	4		0.000		
18:2 undifferentiated.....g	0.000		0	FLA	4		0.000		
18:3 undifferentiated.....g	0.000		0	FLA	4		0.000		
18:4.....g	0.000		0	FLA	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000		
20:5 n-3.....g	0.000		0	FLA	4		0.000		
22:5 n-3.....g	0.000		0	FLA	4		0.000		
22:6 n-3.....g	0.000		0	FLA	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	FLA	4		0		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0		
Caffeine.....mg	0		0	FLA	4		0		
Theobromine.....mg	0		0	FLA	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 = 1.0g: 1 serving 1 packet

**Footnotes:**

- 1 Adjusted. Subtracted non-digestible, non-caloric sucralose.
- 2 Sucralose not included.

Calories Factors: Protein 0

Fat 0

Carbohydrate 3.68

Food Group: 19 Sweets

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

NDB No. 19345

Syrups, chocolate, HERSHEY'S Genuine Chocolate Flavored Lite Syrup

Hershey Food Corp.

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	62.16		0	FLM	4		21.76		
Energy.....kcal	143		0	MC	9		50		
Energy.....kj	598		0	MC	9		209		
Protein.....g	1.40		0	FLM	4		0.49		
Total lipid (fat).....g	0.97		0	FLM	4		0.34		
Ash.....g	0.91		0	FLM	4		0.32		
Carbohydrate, by difference.....g	34.56		0	NC	4		12.10		
Fiber, total dietary.....g	0.0		1	LC	8		0.0		
Sugars, total.....g	28.57		1	LC	8		10.00		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	11		1	MA	12		4		
Iron, Fe.....mg	0.00		1	MA	12		0.00		
Magnesium, Mg.....mg	36		0	FLM	4		13		
Phosphorus, P.....mg	54		0	FLM	4		19		
Potassium, K.....mg	187		0	FLM	4		65		
Sodium, Na.....mg	100		1	LC	8		35		
Zinc, Zn.....mg	0.48		0	FLM	4		0.17		
Copper, Cu.....mg	0.276		0	FLM	4		0.096		
Manganese, Mn.....mg	0.278		0	FLM	4		0.097		
Selenium, Se.....mcg	1.2		0	FLM	4		0.4		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		1	LC	8		0.0		
Thiamin.....mg	0.008		0	FLM	4		0.003		
Riboflavin.....mg	0.040		0	FLM	4		0.014		
Niacin.....mg	0.178		0	FLM	4		0.062		
Pantothenic acid.....mg	0.019		0	FLM	4		0.007		
Vitamin B-6.....mg	0.009		0	FLM	4		0.003		
Folate, total.....mcg	2		0	FLM	4		1		
Folic acid.....mcg	0		0	FLM	4		0		
Folate, food.....mcg	2		0	FLM	4		1		
Folate, DFE.....mcg_DFE	2		0	NC	4		1		
Choline, total.....mg	0.8		0	FLM	4		0.3		
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	FLM	4		0.00		
Vitamin B-12, added.....mcg	0.00		0	FLM	4		0.00		
Vitamin A, RAE.....mcg_RAE	0		0	FLM	4		0		
Retinol.....mcg	0		0	FLM	4		0		
Carotene, beta.....mcg	0		0	FLM	4		0		
Carotene, alpha.....mcg	0		0	FLM	4		0		
Cryptoxanthin, beta.....mcg	0		0	FLM	4		0		
Vitamin A, IU.....IU	0		1	LC	8		0		
Lycopene.....mcg	0		0	FLM	4		0		
Lutein + zeaxanthin.....mcg	3		0	FLM	4		1		
Vitamin E (alpha-tocopherol).....mg	0.01		0	FLM	4		0.00		
Vitamin E, added.....mg	0.00		0	FLM	4		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.2		0	FLM	4		0.1		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.000		1	LC	8		0.000		
4:0.....g	0.000		0	FLM	4		0.000		
6:0.....g	0.000		0	FLM	4		0.000		
8:0.....g	0.000		0	FLM	4		0.000		
10:0.....g	0.000		0	FLM	4		0.000		

NDB No. 19345

Syrups, chocolate, HERSHEY'S Genuine Chocolate Flavored Lite Syrup

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures 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	FLM	4		0.000		
13:0.....g									
14:0.....g	0.000		0	FLM	4		0.000		
15:0.....g									
16:0.....g	0.000		0	FLM	4		0.000		
17:0.....g									
18:0.....g	0.000		0	FLM	4		0.000		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0	FLM	4		0.000		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
20:1.....g	0.000		0	FLM	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	FLM	4		0.000		
18:2 undifferentiated.....g	0.000		0	FLM	4		0.000		
18:3 undifferentiated.....g	0.000		0	FLM	4		0.000		
18:4.....g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLM	4		0.000		
20:5 n-3.....g	0.000		0	FLM	4		0.000		
22:5 n-3.....g	0.000		0	FLM	4		0.000		
22:6 n-3.....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1	LC	8		0		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLM	4		0.0		
Caffeine.....mg	6		0	FLM	4		2		
Theobromine.....mg	195		0	FLM	4		68		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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: 2 tbsp

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate4**

**Food Group: 19 Sweets**

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

**NDB No. 19348**  
**Syrups, chocolate, fudge-type**

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	21.80		2	A	1		66.27	8.28	
Energy.....kcal	350		0	NC	4		1064	133	
Energy.....kj	1465		0	NC	4		4453	557	
Protein (N x 6.25).....g	4.60		1	A	1		13.98	1.75	
Total lipid (fat).....g	8.90		1	A	1		27.06	3.38	
Ash.....g	1.80		1	A	1		5.47	0.68	
Carbohydrate, by difference.....g	62.90		0	NC	4		191.22	23.90	
Fiber, total dietary.....g	2.8		1	A	1		8.5	1.1	
Sugars, total.....g	34.82		0	FLM	4		105.85	13.23	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	49		0	FLM	4		149	19	
Iron, Fe.....mg	1.30		0	FLA	4		3.95	0.49	
Magnesium, Mg.....mg	48		0	FLM	4		146	18	
Phosphorus, P.....mg	97		0	FLM	4		295	37	
Potassium, K.....mg	284		0	FLM	4		862	108	
Sodium, Na.....mg	346		1	A	1		1052	131	
Zinc, Zn.....mg	0.83		0	FLM	4		2.53	0.32	
Copper, Cu.....mg	0.348		0	FLM	4		1.058	0.132	
Manganese, Mn.....mg	0.371		0	FLM	4		1.129	0.141	
Selenium, Se.....mcg	2.3		0	FLM	4		7.0	0.9	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.2		0	FLM	4		0.5	0.1	
Thiamin.....mg	0.034		0	FLM	4		0.103	0.013	
Riboflavin.....mg	0.091		0	FLM	4		0.276	0.035	
Niacin.....mg	0.250		0	FLM	4		0.761	0.095	
Pantothenic acid.....mg	0.119		0	FLM	4		0.363	0.045	
Vitamin B-6.....mg	0.020		0	FLM	4		0.060	0.007	
Folate, total.....mcg	4		0	FLM	4		13	2	
Folic acid.....mcg	0		0	FLM	4		0	0	
Folate, food.....mcg	4		0	FLM	4		13	2	
Folate, DFE.....mcg_DFE	4		0	NC	4		13	2	
Choline, total.....mg	5.5		0	O	4		16.7	2.1	
Betaine.....mg									
Vitamin B-12.....mcg	0.06		0	FLM	4		0.18	0.02	
Vitamin B-12, added.....mcg	0.00		0	FLM	4		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	1		0	FLM	4		2	0	
Retinol.....mcg	1		0	FLM	4		2	0	
Carotene, beta.....mcg	0		0	FLM	4		0	0	
Carotene, alpha.....mcg	0		0	FLM	4		0	0	
Cryptoxanthin, beta.....mcg	0		0	FLM	4		0	0	
Vitamin A, IU.....IU	2		0	FLM	4		6	1	
Lycopene.....mcg	0		0	FLM	4		0	0	
Lutein + zeaxanthin.....mcg	4		0	FLM	4		11	1	
Vitamin E (alpha-tocopherol).....mg	2.63		0	FLM	4		8.00	1.00	
Vitamin E, added.....mg	0.00		0	FLM	4		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	2.5		0	FLM	4		7.6	0.9	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	3.980		1	A	1		12.099	1.512	
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	0.018		1	A	1		0.055	0.007	
10:0.....g	0.047		1	A	1		0.143	0.018	

**NDB No. 19348**  
**Syrups, chocolate, fudge-type**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.056		1	A	1		0.170	0.021	
13:0.....g									
14:0.....g	0.237		1	A	1		0.720	0.090	
15:0.....g									
16:0.....g	1.801		1	A	1		5.475	0.684	
17:0.....g									
18:0.....g	0.756		1	A	1		2.298	0.287	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	3.857		0		4		11.725	1.466	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.067		1	A	1		0.204	0.025	
17:1.....g									
18:1 undifferentiated.....g	3.780		1	A	1		11.491	1.436	
20:1.....g	0.010		1	A	1		0.030	0.004	
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.278		0		4		0.845	0.106	
18:2 undifferentiated.....g	0.249		1	A	1		0.757	0.095	
18:3 undifferentiated.....g	0.024		1	A	1		0.073	0.009	
18:4.....g	0.000		0	FLM	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.005		1	A	1		0.015	0.002	
20:5 n-3.....g	0.000		0	FLM	4		0.000	0.000	
22:5 n-3.....g	0.000		0	FLM	4		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	1		0	FLM	4		2	0	
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLM	4		0.0	0.0	
Caffeine.....mg	7		0	FLM	4		22	3	
Theobromine.....mg	247		0	FLM	4		752	94	

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

**Common Measures:**

Measure 1 = 304g: 1 cup

Measure 2 = 38g: 2 tbsp

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate4**

**Food Group: 19 Sweets**

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



NDB No. 19349  
Syrups, corn, dark

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	22.01	0.790	6	JO	11		72.19	4.40	
Energy.....kcal	286		0	NC	4		937	57	
Energy.....kj	1195		0	NC	4		3918	239	
Protein (N x 6.25).....g	0.00		1		4		0.00	0.00	
Total lipid (fat).....g	0.00	0.037	5		1		0.00	0.00	
Ash.....g	0.40	0.074	4		1		1.31	0.08	
Carbohydrate, by difference.....g	77.59		0	NC	4		254.50	15.52	
Fiber, total dietary.....g	0.0		0		4		0.0	0.0	
Sugars, total.....g	26.70		0	NR	4		87.58	5.34	
Sucrose.....g									
Glucose (dextrose).....g									
Fructose.....g									
Lactose.....g									
Maltose.....g									
Galactose.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	18		1		1		59	4	
Iron, Fe.....mg	0.37		1		1		1.21	0.07	
Magnesium, Mg.....mg	8		1		1		26	2	
Phosphorus, P.....mg	11		1		1		36	2	
Potassium, K.....mg	44		1		1		144	9	
Sodium, Na.....mg	155		2		1		508	31	
Zinc, Zn.....mg	0.04	0.014	5		1		0.13	0.01	
Copper, Cu.....mg	0.053	0.009	5		1		0.174	0.011	
Manganese, Mn.....mg	0.100	0.007	5		1		0.328	0.020	
Selenium, Se.....mcg	2.9		1	AI	13		9.5	0.6	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		1		4		0.0	0.0	
Thiamin.....mg	0.011		2		1		0.036	0.002	
Riboflavin.....mg	0.009		2		1		0.030	0.002	
Niacin.....mg	0.020		2		1		0.066	0.004	
Pantothenic acid.....mg	0.023		2		1		0.075	0.005	
Vitamin B-6.....mg	0.009		2		1		0.030	0.002	
Folate, total.....mcg	0		2		1		0	0	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	0		2		1		0	0	
Folate, DFE.....mcg_DFE	0		0	NC	4		0	0	
Choline, total.....mg	13.3		0	O	4		43.5	2.7	
Betaine.....mg									
Vitamin B-12.....mcg	0.00		1		4		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	NR	4		0	0	
Carotene, alpha.....mcg	0		0	NR	4		0	0	
Cryptoxanthin, beta.....mcg	0		0	NR	4		0	0	
Vitamin A, IU.....IU	0		1		4		0	0	
Lycopene.....mcg	0		0	NR	4		0	0	
Lutein + zeaxanthin.....mcg	0		0	NR	4		0	0	
Vitamin E (alpha-tocopherol).....mg	0.00		0	Z	7		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	Z	7		0.0	0.0	

NDB No. 19349  
Syrups, corn, dark

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of 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		7		0.000	0.000	
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	
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	0.000		0		4		0.000	0.000	
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	0.000		0		7		0.000	0.000	
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	0.000		0		4		0.000	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	0.000		0		7		0.000	0.000	
18:2 undifferentiated.....g	0.000		0		4		0.000	0.000	
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		1		4		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 = 328g: 1 cup

Measure 2 = 20g: 1 tbs

Calories Factors: Protein 0

Fat 0

Carbohydrate 3.68

Food Group: 19 Sweets

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

NDB No. 19351  
Syrups, corn, high-fructose

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	24.00	1.499	6		1		74.40	4.56	
Energy.....kcal	281		0	NC	4		871	53	
Energy.....kj	1176		0		4		3645	223	
Protein (N x 6.25).....g	0.00	0.000	3		1		0.00	0.00	
Total lipid (fat).....g	0.00	0.000	3		1		0.00	0.00	
Ash.....g	0.00	0.004	6		1		0.00	0.00	
Carbohydrate, by difference.....g	76.00		0	NC	4		235.60	14.44	
Fiber, total dietary.....g	0.0		0		4		0.0	0.0	
Sugars, total.....g	26.36		0	BFSN	4		81.71	5.01	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	0	0.051	19		1		0	0	
Iron, Fe.....mg	0.03	0.009	19		1		0.09	0.01	
Magnesium, Mg.....mg	0	0.015	19		1		0	0	
Phosphorus, P.....mg	0		1		4		0	0	
Potassium, K.....mg	0	0.005	16		1		0	0	
Sodium, Na.....mg	2	0.491	19		1		6	0	
Zinc, Zn.....mg	0.02	0.008	19		1		0.06	0.00	
Copper, Cu.....mg	0.029	0.005	10		1		0.090	0.006	
Manganese, Mn.....mg	0.094		1		4		0.291	0.018	
Selenium, Se.....mcg	0.7		0	BFSN	4		2.2	0.1	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		1		4		0.0	0.0	
Thiamin.....mg	0.000		1		4		0.000	0.000	
Riboflavin.....mg	0.019	0.009	3		1		0.059	0.004	
Niacin.....mg	0.000	0.000	3		1		0.000	0.000	
Pantothenic acid.....mg	0.011	0.011	3		1		0.034	0.002	
Vitamin B-6.....mg	0.000	0.000	3		1		0.000	0.000	
Folate, total.....mcg	0		1		4		0	0	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	0		1		4		0	0	
Folate, DFE.....mcg_DFE	0		0	NC	4		0	0	
Choline, total.....mg	0.0		0	Z	7		0.0	0.0	
Betaine.....mg									
Vitamin B-12.....mcg	0.00		1		4		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	NR	4		0	0	
Carotene, alpha.....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta.....mcg	0		0	NR	4		0	0	
Vitamin A, IU.....IU	0		1		4		0	0	
Lycopene.....mcg	0		0	NR	4		0	0	
Lutein + zeaxanthin.....mcg	0		0	NR	4		0	0	
Vitamin E (alpha-tocopherol).....mg	0.00		0	NR	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	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....mcg	0.0		0	Z	7		0.0	0.0	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.000		0		1		0.000	0.000	
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. 19351  
Syrups, corn, high-fructose

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures 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	0.000		0		4		0.000	0.000	
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	0.000		0		7		0.000	0.000	
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	0.000		0		4		0.000	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	0.000		0		7		0.000	0.000	
18:2 undifferentiated.....g	0.000		0		4		0.000	0.000	
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		1		4		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 = 310g: 1 cup

Measure 2 = 19g: 1 tbsp

**Calories Factors: Protein**

**Fat**

**Carbohydrate3.7**

**Food Group: 19 Sweets**

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

NDB No. 19350  
Syrups, corn, light

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	22.81		1	A	1		77.78	5.02	
Energy.....kcal	283		0	NC	4		964	62	
Energy.....kj	1182		0	NC	4		4032	260	
Protein (N x 6.25).....g	0.00		1	A	1		0.00	0.00	
Total lipid (fat).....g	0.20		1	A	1		0.68	0.04	
Ash.....g	0.20		1	A	1		0.68	0.04	
Carbohydrate, by difference.....g	76.79		0	NC	4		261.85	16.89	
Fiber, total dietary.....g	0.0		0		4		0.0	0.0	
Sugars, total.....g	26.77		1	A	1		91.29	5.89	
Sucrose.....g	0.00		1	A	1		0.00	0.00	
Glucose (dextrose).....g									
Fructose.....g									
Lactose.....g									
Maltose.....g									
Galactose.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	13		1	A	1		45	3	
Iron, Fe.....mg	0.00		1	A	1		0.00	0.00	
Magnesium, Mg.....mg	1		1	A	1		2	0	
Phosphorus, P.....mg	0		1	A	1		0	0	
Potassium, K.....mg	1		1	A	1		3	0	
Sodium, Na.....mg	62		1	A	1		213	14	
Zinc, Zn.....mg	0.44		1	A	1		1.50	0.10	
Copper, Cu.....mg	0.000		1	A	1		0.000	0.000	
Manganese, Mn.....mg	0.000		1	A	1		0.000	0.000	
Selenium, Se.....mcg	0.7		0	BFSN	4		2.4	0.2	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		1		4		0.0	0.0	
Thiamin.....mg	0.059		1	A	1		0.202	0.013	
Riboflavin.....mg	0.000		1	A	1		0.000	0.000	
Niacin.....mg	0.000		1	A	1		0.000	0.000	
Pantothenic acid.....mg	0.000		1	A	1		0.000	0.000	
Vitamin B-6.....mg	0.000		1	A	1		0.000	0.000	
Folate, total.....mcg	0		2		1		0	0	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	0		2		1		0	0	
Folate, DFE.....mcg_DFE	0		0	NC	4		0	0	
Choline, total.....mg	0.0		0	Z	7		0.0	0.0	
Betaine.....mg									
Vitamin B-12.....mcg	0.00		1		4		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	NR	4		0	0	
Carotene, alpha.....mcg	0		0	NR	4		0	0	
Cryptoxanthin, beta.....mcg	0		0	NR	4		0	0	
Vitamin A, IU.....IU	0		1		4		0	0	
Lycopene.....mcg	0		0	NR	4		0	0	
Lutein + zeaxanthin.....mcg	0		0	NR	4		0	0	
Vitamin E (alpha-tocopherol).....mg	0.00		0	Z	7		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	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....mcg	0.0		0	Z	7		0.0	0.0	

NDB No. 19350  
Syrups, corn, light

Nutrients and 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			
<b>Lipids:</b>							
Fatty acids, total saturated.....g	0.000		0		4	0.000	0.000
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
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	0.000		0		4	0.000	0.000
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	0.000		0		4	0.000	0.000
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	0.000		0		4	0.000	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	0.000		0		4	0.000	0.000
18:2 undifferentiated.....g	0.000		0		4	0.000	0.000
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		1		4	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 = 341g: 1 cup

Measure 2 = 22g: 1 tbs

Calories Factors: Protein 0

Fat 0

Carbohydrate 3.68

Food Group: 19 Sweets

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

NDB No. 43026  
Syrups, dietetic

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	50.00		0		4		120.00	7.50	
Energy.....kcal	40		1		1		96	6	
Energy.....kj	167		1		1		402	25	
Protein.....g	0.80		1		1		1.92	0.12	
Total lipid (fat).....g	0.00		1		1		0.00	0.00	
Ash.....g	0.07		0	FLC	4		0.17	0.01	
Carbohydrate, by difference.....g	49.20		0		4		118.08	7.38	
Fiber, total dietary.....g	3.0		0	FLC	4		7.2	0.5	
Sugars, total.....g	0.01		0	FLC	4		0.01	0.00	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	0		0		4		0	0	
Iron, Fe.....mg	0.00		0		4		0.00	0.00	
Magnesium, Mg.....mg	0		0		4		0	0	
Phosphorus, P.....mg	0		0		4		0	0	
Potassium, K.....mg	0		0		4		0	0	
Sodium, Na.....mg	21		0		4		50	3	
Zinc, Zn.....mg	0.00		0		4		0.00	0.00	
Copper, Cu.....mg	0.000		0		4		0.000	0.000	
Manganese, Mn.....mg	0.000		0	FLC	4		0.001	0.000	
Selenium, Se.....mcg	0.5		0	BFSN	4		1.2	0.1	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0	0.0	
Thiamin.....mg	0.000		0		4		0.000	0.000	
Riboflavin.....mg	0.000		0		4		0.000	0.000	
Niacin.....mg	0.000		0		4		0.000	0.000	
Pantothenic acid.....mg	0.002		0	FLC	4		0.004	0.000	
Vitamin B-6.....mg	0.000		0		4		0.000	0.000	
Folate, total.....mcg	0		0		4		0	0	
Folic acid.....mcg	0		0	FLC	4		0	0	
Folate, food.....mcg	0		0	FLC	4		0	0	
Folate, DFE.....mcg_DFE	0		0	NC	4		0	0	
Choline, total.....mg	0.0		0	Z	7		0.0	0.0	
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0		4		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	FLC	4		0	0	
Retinol.....mcg	0		0	FLC	4		0	0	
Carotene, beta.....mcg	0		0	FLC	4		0	0	
Carotene, alpha.....mcg	0		0	FLC	4		0	0	
Cryptoxanthin, beta.....mcg	0		0	FLC	4		0	0	
Vitamin A, IU.....IU	0		0		4		0	0	
Lycopene.....mcg	0		0	FLC	4		0	0	
Lutein + zeaxanthin.....mcg	0		0	FLC	4		0	0	
Vitamin E (alpha-tocopherol).....mg	0.00		0	FLC	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	FLC	4		0.0	0.0	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.000		0	Z	7		0.000	0.000	
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. 43026  
Syrups, dietetic

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures 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	0.000		0		4		0.000	0.000	
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	0.000		0	Z	7		0.000	0.000	
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	0.000		0		4		0.000	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	0.000		0	Z	7		0.000	0.000	
18:2 undifferentiated.....g	0.000		0		4		0.000	0.000	
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	Z	7		0.0	0.0	
Caffeine.....mg	0		0	FLC	4		0	0	
Theobromine.....mg	0		0	FLC	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 = 240g: 1 cup

Measure 2 = 15.0g: 1 tbsp

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group: 19 Sweets**

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



**NDB No. 42040**  
**Syrups, grenadine**

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	32.40		0		4		6.48	2.17	
Energy.....kcal	268		0	NC	4		54	18	
Energy.....kj	1120		0	NC	4		224	75	
Protein (N x 6.25).....g	0.00		0		4		0.00	0.00	
Total lipid (fat).....g	0.00		0		4		0.00	0.00	
Ash.....g	0.69		0	O	4		0.14	0.05	
Carbohydrate, by difference.....g	66.91		0	NC	4		13.38	4.48	
Fiber, total dietary.....g	0.0		0		4		0.0	0.0	
Sugars, total.....g	46.55		0	FLC	4		9.31	3.12	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	6		0		4		1	0	
Iron, Fe.....mg	0.05		0		4		0.01	0.00	
Magnesium, Mg.....mg	4		0		4		1	0	
Phosphorus, P.....mg	4		0		4		1	0	
Potassium, K.....mg	28		0		4		6	2	
Sodium, Na.....mg	27		0		4		5	2	
Zinc, Zn.....mg	0.13		0		4		0.03	0.01	
Copper, Cu.....mg	0.026		0		4		0.005	0.002	
Manganese, Mn.....mg									
Selenium, Se.....mcg	0.6		0	BFSN	4		0.1	0.0	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0	0.0	
Thiamin.....mg	0.000		0		4		0.000	0.000	
Riboflavin.....mg	0.010		0		4		0.002	0.001	
Niacin.....mg	0.000		0		4		0.000	0.000	
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.000		0		4		0.000	0.000	
Folate, total.....mcg	0		0		4		0	0	
Folic acid.....mcg	0		0	BFSN	4		0	0	
Folate, food.....mcg	0		0		4		0	0	
Folate, DFE.....mcg_DFE	0		0	NC	4		0	0	
Choline, total.....mg	0.0		0	Z	7		0.0	0.0	
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	0		0	BFSN	4		0	0	
Retinol.....mcg	0		0	BFSN	4		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		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	0.000		0		4		0.000	0.000	
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. 42040**  
**Syrups, grenadine**

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
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	0.000		0		4		0.000	0.000	
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	0.000		0		4		0.000	0.000	
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	0.000		0		4		0.000	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	0.000		0		4		0.000	0.000	
18:2 undifferentiated.....g	0.000		0		4		0.000	0.000	
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	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 = 20g: 1 tbsp

Measure 2 = 6.7g: 1 tsp

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate4**

**Food Group: 19 Sweets**

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



NDB No. 19352

Syrups, malt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Amino Acids:</b>									
Tryptophan.....g	0.075		0		1		0.288	0.018	
Threonine.....g	0.208		0		1		0.799	0.050	
Isoleucine.....g	0.210		0		1		0.806	0.050	
Leucine.....g	0.378		0		1		1.452	0.091	
Lysine.....g	0.267		0		1		1.025	0.064	
Methionine.....g	0.110		0		1		0.422	0.026	
Cystine.....g	0.065		0		1		0.250	0.016	
Phenylalanine.....g	0.260		0		1		0.998	0.062	
Tyrosine.....g	0.169		0		1		0.649	0.041	
Valine.....g	0.304		0		1		1.167	0.073	
Arginine.....g	0.283		0		1		1.087	0.068	
Histidine.....g	0.132		0		1		0.507	0.032	
Alanine.....g	0.271		0		1		1.041	0.065	
Aspartic acid.....g	0.558		0		1		2.143	0.134	
Glutamic acid.....g	1.006		0		1		3.863	0.241	
Glycine.....g	0.252		0		1		0.968	0.060	
Proline.....g	0.459		0		1		1.763	0.110	
Serine.....g	0.232		0		1		0.891	0.056	
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 = 384g: 1 cup

Measure 2 = 24g: 1 tbsp

**Calories Factors: Protein 3.87**

**Fat 8.37**

**Carbohydrate 4.12**

**Food Group: 19 Sweets**

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

NDB No. 19353

Syrups, maple

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	32.11	0.429	7	JA	6		103.41	6.42	
Energy.....kcal	261		0	NC	4		841	52	
Energy.....kj	1093		0	NC	4		3520	219	
Protein (N x 6.25).....g	0.00	0.010	3		1		0.00	0.00	
Total lipid (fat).....g	0.20	0.116	3		1		0.64	0.04	
Ash.....g	0.60	0.019	3		1		1.93	0.12	
Carbohydrate, by difference.....g	67.09		0	NC	4		216.02	13.42	
Fiber, total dietary.....g	0.0		2	LC	8		0.0	0.0	
Sugars, total.....g	59.52		0	NR	4		191.67	11.90	
Sucrose.....g	56.28	1.650	9	AI	13		181.21	11.26	
Glucose (dextrose).....g	2.37	0.591	9	AI	13		7.64	0.47	
Fructose.....g	0.88	0.190	9	AI	13		2.82	0.18	
Lactose.....g									
Maltose.....g									
Galactose.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	67	3.466	10		1		216	13	
Iron, Fe.....mg	1.20		1		4		3.86	0.24	
Magnesium, Mg.....mg	14	2.204	11		1		45	3	
Phosphorus, P.....mg	2	0.929	3		1		6	0	
Potassium, K.....mg	204	12.020	10		1		657	41	
Sodium, Na.....mg	9	3.455	13		1		29	2	
Zinc, Zn.....mg	4.16	0.700	10		1		13.40	0.83	
Copper, Cu.....mg	0.074	0.015	10		1		0.238	0.015	
Manganese, Mn.....mg	3.298	0.974	10		1		10.620	0.660	
Selenium, Se.....mcg	0.6		0	BFSN	4		1.9	0.1	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		2	LC	8		0.0	0.0	
Thiamin.....mg	0.006	0.001	3		1		0.019	0.001	
Riboflavin.....mg	0.010	0.004	3		1		0.032	0.002	
Niacin.....mg	0.030	0.000	3		1		0.097	0.006	
Pantothenic acid.....mg	0.036	0.003	3		1		0.116	0.007	
Vitamin B-6.....mg	0.002	0.002	3		1		0.006	0.000	
Folate, total.....mcg	0	0.167	3		1		0	0	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	0	0.167	3		1		0	0	
Folate, DFE.....mcg_DFE	0		0	NC	4		0	0	
Choline, total.....mg	1.6		0	O	4		5.1	0.3	
Betaine.....mg									
Vitamin B-12.....mcg	0.00		1		4		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	NR	4		0	0	
Carotene, alpha.....mcg	0		0	NR	4		0	0	
Cryptoxanthin, beta.....mcg	0		0	NR	4		0	0	
Vitamin A, IU.....IU	0		2	LC	8		0	0	
Lycopene.....mcg	0		0	NR	4		0	0	
Lutein + zeaxanthin.....mcg	0		0	NR	4		0	0	
Vitamin E (alpha-tocopherol).....mg	0.00		0	Z	7		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	Z	7		0.0	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	0.036		0		4		0.116	0.007	
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	
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	0.036		0		4		0.116	0.007	
17:0.....g									
18:0.....g	0.004		0		4		0.013	0.001	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.064		0		4		0.206	0.013	
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	0.064		0		4		0.206	0.013	
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	0.100		0		4		0.322	0.020	
18:2 undifferentiated.....g	0.100		0		4		0.322	0.020	
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		2	LC	8		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 = 322g: 1 cup

Measure 2 = 20g: 1 tbsp

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate 3.87

Food Group: 19 Sweets

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

NDB No. 19355  
Syrups, sorghum

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	22.70		0	O	4		74.91	4.77	
Energy.....kcal	290		0	NC	4		957	61	
Energy.....kj	1213		0	NC	4		4002	255	
Protein (N x 6.25).....g	0.00		1		4		0.00	0.00	
Total lipid (fat).....g	0.00		1		4		0.00	0.00	
Ash.....g	2.40		1		1		7.92	0.50	
Carbohydrate, by difference.....g	74.90		0	NC	4		247.17	15.73	
Fiber, total dietary.....g	0.0		0		4		0.0	0.0	
Sugars, total.....g	74.90		0	NR	4		247.17	15.73	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	150		1		1		495	32	
Iron, Fe.....mg	3.80		1		1		12.54	0.80	
Magnesium, Mg.....mg	100		1		1		330	21	
Phosphorus, P.....mg	56		1		1		185	12	
Potassium, K.....mg	1000		1		1		3300	210	
Sodium, Na.....mg	8		1		1		26	2	
Zinc, Zn.....mg	0.41		1		1		1.35	0.09	
Copper, Cu.....mg	0.130		1		1		0.429	0.027	
Manganese, Mn.....mg	1.530		1		4		5.049	0.321	
Selenium, Se.....mcg	1.7		1	AI	13		5.6	0.4	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		1		4		0.0	0.0	
Thiamin.....mg	0.100		1		4		0.330	0.021	
Riboflavin.....mg	0.155		1		1		0.512	0.033	
Niacin.....mg	0.100		1		4		0.330	0.021	
Pantothenic acid.....mg	0.804		1		4		2.653	0.169	
Vitamin B-6.....mg	0.670		1		4		2.211	0.141	
Folate, total.....mcg	0		1		4		0	0	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	0		1		4		0	0	
Folate, DFE.....mcg_DFE	0		0	NC	4		0	0	
Choline, total.....mg	13.3		0	O	4		43.9	2.8	
Betaine.....mg									
Vitamin B-12.....mcg	0.00		1		4		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		1		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	0.00		0	Z	7		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	Z	7		0.0	0.0	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.000		0		7		0.000	0.000	
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. 19355  
Syrups, sorghum

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures 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	0.000		0		4		0.000	0.000	
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	0.000		0		7		0.000	0.000	
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	0.000		0		4		0.000	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	0.000		0		7		0.000	0.000	
18:2 undifferentiated.....g	0.000		0		4		0.000	0.000	
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		1		4		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 = 330g: 1 cup

Measure 2 = 21g: 1 tbsp

**Calories Factors: Protein**

**Fat**

**Carbohydrate**3.87

**Food Group:** 19 Sweets

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



NDB No. 19361

Syrups, table blends, cane and 15% maple

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	30.10		0	BFZN	4		94.82	6.02	
Energy.....kcal	278		0	NC	4		877	56	
Energy.....kj	1165		0	NC	4		3669	233	
Protein (N x 6.25).....g	0.00		0	FLA	4		0.00	0.00	
Total lipid (fat).....g	0.10		0	T	4		0.32	0.02	
Ash.....g	0.35		0	FLA	4		1.10	0.07	
Carbohydrate, by difference.....g	69.52		0	NC	4		218.98	13.90	
Fiber, total dietary.....g	0.1		0	FLA	4		0.5	0.0	
Sugars, total.....g	68.20		0	FLA	4		214.84	13.64	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	12		0	FLA	4		39	2	
Iron, Fe.....mg	0.19		0	FLA	4		0.59	0.04	
Magnesium, Mg.....mg	2		0	FLA	4		7	0	
Phosphorus, P.....mg	0		0	FLA	4		1	0	
Potassium, K.....mg	53		0	FLA	4		166	11	
Sodium, Na.....mg	104		0	FLA	4		328	21	
Zinc, Zn.....mg	0.63		0	FLA	4		1.98	0.13	
Copper, Cu.....mg	0.017		0	FLA	4		0.053	0.003	
Manganese, Mn.....mg	0.495		0	FLA	4		1.559	0.099	
Selenium, Se.....mcg	0.5		0	FLA	4		1.5	0.1	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	FLA	4		0.0	0.0	
Thiamin.....mg	0.001		0	FLA	4		0.003	0.000	
Riboflavin.....mg	0.014		0	FLA	4		0.044	0.003	
Niacin.....mg	0.005		0	FLA	4		0.015	0.001	
Pantothenic acid.....mg	0.005		0	FLA	4		0.017	0.001	
Vitamin B-6.....mg	0.000		0	FLA	4		0.001	0.000	
Folate, total.....mcg	0		0	FLA	4		0	0	
Folic acid.....mcg	0		0	FLA	4		0	0	
Folate, food.....mcg	0		0	FLA	4		0	0	
Folate, DFE.....mcg_DFE	0		0	NC	4		0	0	
Choline, total.....mg	0.2		0	O	4		0.7	0.0	
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	FLA	4		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	FLA	4		0	0	
Carotene, beta.....mcg	0		0	FLA	4		0	0	
Carotene, alpha.....mcg	0		0	FLA	4		0	0	
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0	0	
Vitamin A, IU.....IU	0		0	FLA	4		0	0	
Lycopene.....mcg	0		0	FLA	4		0	0	
Lutein + zeaxanthin.....mcg	0		0	FLA	4		0	0	
Vitamin E (alpha-tocopherol).....mg	0.00		0	FLA	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	FLA	4		0.0	0.0	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.020		0	NC	4		0.062	0.004	
4:0.....g	0.000		0	FLA	4		0.000	0.000	
6:0.....g	0.000		0	FLA	4		0.000	0.000	
8:0.....g	0.000		0	FLA	4		0.000	0.000	
10:0.....g	0.000		0	FLA	4		0.000	0.000	

**NDB No. 19361**  
**Syrups, table blends, cane and 15% maple**

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
12:0.....g	0.000		0	FLA	4		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0	FLA	4		0.000	0.000	
15:0.....g									
16:0.....g	0.018		0	FLA	4		0.056	0.004	
17:0.....g									
18:0.....g	0.002		0	FLA	4		0.006	0.000	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.032		0	NC	4		0.101	0.006	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	FLA	4		0.001	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.031		0	FLA	4		0.098	0.006	
20:1.....g	0.000		0	FLA	4		0.001	0.000	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.050		0	NC	4		0.157	0.010	
18:2 undifferentiated.....g	0.046		0	FLA	4		0.144	0.009	
18:3 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.001	0.000	
20:5 n-3.....g	0.004		0	FLA	4		0.012	0.001	
22:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3.....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	FLA	4		0	0	
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	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 = 315g: 1 cup

Measure 2 = 20g: 1 tbsp

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate4**

**Food Group: 19 Sweets**

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



NDB No. 19362

Syrups, table blends, corn, refiner, and sugar

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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 = 316g: 1 cup

Measure 2 = 20g: 1 tbsp

**Calories Factors: Protein** 3.36

**Fat** 8.37

**Carbohydrate**3.8

**Food Group:** 19 Sweets

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

NDB No. 19129  
Syrups, table blends, pancake

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	37.98		0	FLC	4		119.25	7.60	
Energy.....kcal	234		0	NC	4		733	47	
Energy.....kj	977		0	NC	4		3069	195	
Protein (N x 6.25).....g	0.00		2		1		0.00	0.00	
Total lipid (fat).....g	0.00		2		1		0.00	0.00	
Ash.....g	0.20		2		1		0.63	0.04	
Carbohydrate, by difference.....g	61.47		1	LC	8		193.00	12.29	
Fiber, total dietary.....g	0.0		0	FLC	4		0.1	0.0	
Sugars, total.....g	21.47		0	FLC	4		67.42	4.29	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	3	0.246	18	A	1		10	1	
Iron, Fe.....mg	0.03	0.011	18	A	1		0.10	0.01	
Magnesium, Mg.....mg	2	0.166	18	A	1		6	0	
Phosphorus, P.....mg	9	1.462	18	A	1		29	2	
Potassium, K.....mg	15	1.432	18	A	1		48	3	
Sodium, Na.....mg	82	7.230	18	A	1		259	16	
Zinc, Zn.....mg	0.08	0.017	18	A	1		0.24	0.02	
Copper, Cu.....mg	0.000	0.000	18	A	1		0.000	0.000	
Manganese, Mn.....mg	0.068	0.013	18	A	1		0.213	0.014	
Selenium, Se.....mcg	0.0	0.037	20	JA	6		0.1	0.0	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	FLC	4		0.0	0.0	
Thiamin.....mg	0.024		0	FLC	4		0.075	0.005	
Riboflavin.....mg	0.008		0	FLC	4		0.024	0.002	
Niacin.....mg	0.000		0	FLC	4		0.000	0.000	
Pantothenic acid.....mg	0.004		0	FLC	4		0.014	0.001	
Vitamin B-6.....mg	0.000		0	FLC	4		0.000	0.000	
Folate, total.....mcg	0		0	FLC	4		0	0	
Folic acid.....mcg	0		0	FLC	4		0	0	
Folate, food.....mcg	0		0	FLC	4		0	0	
Folate, DFE.....mcg_DFE	0		0	NC	4		0	0	
Choline, total.....mg	0.0		0	FLC	4		0.0	0.0	
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	FLC	4		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	FLC	4		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	0		0	FLC	4		0	0	
Retinol.....mcg	0		0	FLC	4		0	0	
Carotene, beta.....mcg	0		0	FLC	4		0	0	
Carotene, alpha.....mcg	0		0	FLC	4		0	0	
Cryptoxanthin, beta.....mcg	0		0	FLC	4		0	0	
Vitamin A, IU.....IU	0		0	FLC	4		0	0	
Lycopene.....mcg	0		0	FLC	4		0	0	
Lutein + zeaxanthin.....mcg	0		0	FLC	4		0	0	
Vitamin E (alpha-tocopherol).....mg	0.00		0	FLC	4		0.00	0.00	
Vitamin E, added.....mg	0.00		0	FLC	4		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		1	A	1		0.0	0.0	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.000		1	LC	8		0.000	0.000	
4:0.....g	0.000		0	FLC	4		0.000	0.000	
6:0.....g	0.000		0	FLC	4		0.000	0.000	
8:0.....g	0.000		0	FLC	4		0.000	0.000	
10:0.....g	0.000		0	FLC	4		0.000	0.000	

NDB No. 19129  
Syrups, table blends, pancake

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
12:0.....g	0.000		0	FLC	4		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0	FLC	4		0.000	0.000	
15:0.....g									
16:0.....g	0.000		0	FLC	4		0.000	0.000	
17:0.....g									
18:0.....g	0.000		0	FLC	4		0.000	0.000	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		1	LC	8		0.000	0.000	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	FLC	4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.000		0	FLC	4		0.000	0.000	
20:1.....g	0.000		0	FLC	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLC	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		1	LC	8		0.000	0.000	
18:2 undifferentiated.....g	0.000		0	FLC	4		0.000	0.000	
18:3 undifferentiated.....g	0.000		0	FLC	4		0.000	0.000	
18:4.....g	0.000		0	FLC	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLC	4		0.000	0.000	
20:5 n-3.....g	0.000		0	FLC	4		0.000	0.000	
22:5 n-3.....g	0.000		0	FLC	4		0.000	0.000	
22:6 n-3.....g	0.000		0	FLC	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1	LC	8		0	0	
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0	0.0	
Caffeine.....mg	0		0	FLC	4		0	0	
Theobromine.....mg	0		0	FLC	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 = 314g: 1 cup

Measure 2 = 20g: 1 tbsp

**Calories Factors: Protein 3.36**

**Fat 8.37**

**Carbohydrate 3.8**

**Food Group: 19 Sweets**

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

NDB No. 19128

Syrups, table blends, pancake, reduced-calorie

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	54.90		0	FLA	4		131.76	8.24	15.56
Energy.....kcal	165		0	NC	4		396	25	47
Energy.....kj	690		0	NC	4		1655	103	196
Protein (N x 6.25).....g	0.00		2	LC	8		0.00	0.00	0.00
Total lipid (fat).....g	0.00		2	LC	8		0.00	0.00	0.00
Ash.....g	0.55		0	FLA	4		1.32	0.08	0.16
Carbohydrate, by difference.....g	44.55		0	NC	4		106.92	6.68	12.63
Fiber, total dietary.....g	0.0		2	LC	8		0.0	0.0	0.0
Sugars, total.....g	32.80		2	LC	8		78.72	4.92	9.30
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	10		0	FLA	4		24	2	3
Iron, Fe.....mg	0.03		0	FLA	4		0.06	0.00	0.01
Magnesium, Mg.....mg	2		0	FLA	4		4	0	0
Phosphorus, P.....mg	43		1		4		103	6	12
Potassium, K.....mg	3		0	O	4		7	0	1
Sodium, Na.....mg	178		2	LC	8		426	27	50
Zinc, Zn.....mg	0.20		0	FLA	4		0.47	0.03	0.06
Copper, Cu.....mg	0.018		0	FLA	4		0.042	0.003	0.005
Manganese, Mn.....mg	0.022		0	FLA	4		0.052	0.003	0.006
Selenium, Se.....mcg	0.5		0	FLA	4		1.1	0.1	0.1
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	FLA	4		0.0	0.0	0.0
Thiamin.....mg	0.025		0	FLA	4		0.060	0.004	0.007
Riboflavin.....mg	0.003		0	FLA	4		0.007	0.000	0.001
Niacin.....mg	0.004		0	FLA	4		0.011	0.001	0.001
Pantothenic acid.....mg	0.005		0	FLA	4		0.012	0.001	0.001
Vitamin B-6.....mg	0.003		0	FLA	4		0.007	0.000	0.001
Folate, total.....mcg	0		0	FLA	4		0	0	0
Folic acid.....mcg	0		0	FLA	4		0	0	0
Folate, food.....mcg	0		0	FLA	4		0	0	0
Folate, DFE.....mcg_DFE	0		0	NC	4		0	0	0
Choline, total.....mg	0.1		0	FLA	4		0.1	0.0	0.0
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	FLA	4		0.00	0.00	0.00
Vitamin B-12, added.....mcg	0.00		0	FLA	4		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0	0	0
Retinol.....mcg	0		0	FLA	4		0	0	0
Carotene, beta.....mcg	0		0	FLA	4		0	0	0
Carotene, alpha.....mcg	0		0	FLA	4		0	0	0
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0	0	0
Vitamin A, IU.....IU	0		0	FLA	4		0	0	0
Lycopene.....mcg	0		0	FLA	4		0	0	0
Lutein + zeaxanthin.....mcg	0		0	FLA	4		0	0	0
Vitamin E (alpha-tocopherol).....mg	0.00		0	FLA	4		0.00	0.00	0.00
Vitamin E, added.....mg	0.00		0	FLA	4		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		0	FLA	4		0.0	0.0	0.0
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.000		2	LC	8		0.000	0.000	0.000
4:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
6:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
8:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
10:0.....g	0.000		0	FLA	4		0.000	0.000	0.000

Syrups, table blends, pancake, reduced-calorie

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures 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	FLA	4		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
15:0.....g									
16:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
17:0.....g									
18:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0	FLA	4		0.000	0.000	0.000
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
20:1.....g	0.000		0	FLA	4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	FLA	4		0.000	0.000	0.000
18:2 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
18:3 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
18:4.....g	0.000		0	FLA	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	FLA	4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	FLA	4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		2	LC	8		0	0	0
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0	0.0	0.0
Caffeine.....mg	0		0	FLA	4		0	0	0
Theobromine.....mg	0		0	FLA	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:**

- Measure 1 = 240g: 1 cup
- Measure 2 = 15.0g: 1 tbsp
- Measure 3 = 28.35g: 1 oz

Calories Factors: Protein

Fat

Carbohydrate 3.7

Food Group: 19 Sweets



NDB No. 19360

Syrups, table blends, pancake, with 2% maple

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	30.10	1.274	3		1		94.82	6.02	
Energy.....kcal	265		0	NC	4		835	53	
Energy.....kj	1109		0		4		3493	222	
Protein (N x 6.25).....g	0.00		1		1		0.00	0.00	
Total lipid (fat).....g	0.10	0.060	3		1		0.32	0.02	
Ash.....g	0.20	0.064	3		1		0.63	0.04	
Carbohydrate, by difference.....g	69.60		0	NC	4		219.24	13.92	
Fiber, total dietary.....g	0.0		0	FLC	4		0.0	0.0	
Sugars, total.....g	42.00		0	FLC	4		132.30	8.40	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	5		2		1		16	1	
Iron, Fe.....mg	0.07		2		1		0.22	0.01	
Magnesium, Mg.....mg	2		2		1		6	0	
Phosphorus, P.....mg	10		2		1		32	2	
Potassium, K.....mg	6		1		1		19	1	
Sodium, Na.....mg	61	10.136	7		1		192	12	
Zinc, Zn.....mg	0.23		2		1		0.72	0.05	
Copper, Cu.....mg	0.045		2		1		0.142	0.009	
Manganese, Mn.....mg	0.185		2		1		0.583	0.037	
Selenium, Se.....mcg	0.4		0	FLC	4		1.4	0.1	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	FLC	4		0.0	0.0	
Thiamin.....mg	0.005		2		1		0.016	0.001	
Riboflavin.....mg	0.017		2		1		0.054	0.003	
Niacin.....mg	0.003		0	FLC	4		0.009	0.001	
Pantothenic acid.....mg	0.008		2		1		0.025	0.002	
Vitamin B-6.....mg	0.000		2		1		0.000	0.000	
Folate, total.....mcg	0		2		1		0	0	
Folic acid.....mcg	0		0	FLC	4		0	0	
Folate, food.....mcg	0		0	FLC	4		0	0	
Folate, DFE.....mcg_DFE	0		0	NC	4		0	0	
Choline, total.....mg	0.0		0	O	4		0.1	0.0	
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	FLC	4		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	FLC	4		0	0	
Retinol.....mcg	0		0	FLC	4		0	0	
Carotene, beta.....mcg	0		0	FLC	4		0	0	
Carotene, alpha.....mcg	0		0	FLC	4		0	0	
Cryptoxanthin, beta.....mcg	0		0	FLC	4		0	0	
Vitamin A, IU.....IU	0		0	FLC	4		0	0	
Lycopene.....mcg	0		0	FLC	4		0	0	
Lutein + zeaxanthin.....mcg	0		0	FLC	4		0	0	
Vitamin E (alpha-tocopherol).....mg	0.00		0	FLC	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	FLC	4		0.0	0.0	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.018		0		4		0.057	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. 19360

Syrups, table blends, pancake, with 2% maple

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures 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					4		0.000	0.000	
14:0.....g	0.000		0		4		0.000	0.000	
15:0.....g					4		0.000	0.000	
16:0.....g	0.018		0		4		0.057	0.004	
17:0.....g					4		0.006	0.000	
18:0.....g	0.002		0		4		0.006	0.000	
20:0.....g					4		0.006	0.000	
22:0.....g					4		0.006	0.000	
24:0.....g					4		0.006	0.000	
Fatty acids, total monounsaturated.....g	0.032		0		4		0.101	0.006	
14:1.....g					4		0.000	0.000	
15:1.....g					4		0.000	0.000	
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
17:1.....g					4		0.000	0.000	
18:1 undifferentiated.....g	0.032		0		4		0.101	0.006	
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	0.050		0		4		0.158	0.010	
18:2 undifferentiated.....g	0.050		0		4		0.158	0.010	
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					4		0.000	0.000	
20:3 undifferentiated.....g					4		0.000	0.000	
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					4		0.000	0.000	
Cholesterol.....mg	0		1	LC	8		0	0	
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0	0.0	
Caffeine.....mg	0		0	FLC	4		0	0	
Theobromine.....mg	0		0	FLC	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 = 315g: 1 cup

Measure 2 = 20g: 1 tbsp

**Calories Factors: Protein 3.36**

**Fat 8.37**

**Carbohydrate 3.8**

**Food Group: 19 Sweets**

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



NDB No. 19720

Syrups, table blends, pancake, with 2% maple, with added potassium

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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 = 315g: 1 cup

Measure 2 = 20g: 1 tbsp

**Calories Factors: Protein** 3.36

**Fat** 8.37

**Carbohydrate**3.8

**Food Group:** 19 Sweets

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



NDB No. 19113

Syrups, table blends, pancake, with 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	0.160		0		1		0.504	0.032	
15:0.....g									
16:0.....g	0.430		0		1		1.355	0.086	
17:0.....g									
18:0.....g	0.200		0		1		0.630	0.040	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.470		0		1		1.481	0.094	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.040		0		1		0.126	0.008	
17:1.....g									
18:1 undifferentiated.....g	0.410		0		1		1.292	0.082	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.060		0		1		0.189	0.012	
18:2 undifferentiated.....g	0.040		0		1		0.126	0.008	
18:3 undifferentiated.....g	0.020		0		1		0.063	0.004	
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	4		0		1		13	1	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.000		0		1		0.000	0.000	
Threonine.....g	0.001		0		1		0.003	0.000	
Isoleucine.....g	0.001		0		1		0.003	0.000	
Leucine.....g	0.002		0		1		0.006	0.000	
Lysine.....g	0.001		0		1		0.003	0.000	
Methionine.....g	0.000		0		1		0.000	0.000	
Cystine.....g	0.000		0		1		0.000	0.000	
Phenylalanine.....g	0.001		0		1		0.003	0.000	
Tyrosine.....g	0.001		0		1		0.003	0.000	
Valine.....g	0.001		0		1		0.003	0.000	
Arginine.....g	0.001		0		1		0.003	0.000	
Histidine.....g	0.000		0		1		0.000	0.000	
Alanine.....g	0.001		0		1		0.003	0.000	
Aspartic acid.....g	0.001		0		1		0.003	0.000	
Glutamic acid.....g	0.004		0		1		0.013	0.001	
Glycine.....g	0.000		0		1		0.000	0.000	
Proline.....g	0.002		0		1		0.006	0.000	
Serine.....g	0.001		0		1		0.003	0.000	
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 = 315g: 1 cup

Measure 2 = 20g: 1 tbsp

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**NDB No. 19113**

**Syrups, table blends, pancake, with butter**

**Food Group:** 19 Sweets

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

NDB No. 19364

Toppings, butterscotch or caramel

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	32.00		1		4		13.12		
Energy.....kcal	252		0		4		103		
Energy.....kj	1054		0		4		432		
Protein (N x 6.38).....g	1.50		2		1		0.62		
Total lipid (fat).....g	0.10		2		1		0.04		
Ash.....g	0.50		1		4		0.21		
Carbohydrate, by difference.....g	65.90		0	NC	4		27.02		
Fiber, total dietary.....g	0.9		0		4		0.4		
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	53		2		1		22		
Iron, Fe.....mg	0.20		2		1		0.08		
Magnesium, Mg.....mg	7		1		1		3		
Phosphorus, P.....mg	47		1		4		19		
Potassium, K.....mg	84		1		4		34		
Sodium, Na.....mg	349		1		4		143		
Zinc, Zn.....mg	0.19		1		4		0.08		
Copper, Cu.....mg	0.024		1		4		0.010		
Manganese, Mn.....mg	0.050		1		4		0.021		
Selenium, Se.....mcg	0.0		0	BFFN	4		0.0		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.3		1		4		0.1		
Thiamin.....mg	0.012		1		4		0.005		
Riboflavin.....mg	0.095		2		1		0.039		
Niacin.....mg	0.039		1		4		0.016		
Pantothenic acid.....mg	0.158		1		4		0.065		
Vitamin B-6.....mg	0.014		1		4		0.006		
Folate, total.....mcg	2		1		4		1		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	2		1		4		1		
Folate, DFE.....mcg_DFE	2		0	NC	4		1		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg	0.09		1		4		0.04		
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....mcg_RAE	27		0	NC	4		11		
Retinol.....mcg	27		0	O	4		11		
Carotene, beta.....mcg									
Carotene, alpha.....mcg									
Cryptoxanthin, beta.....mcg									
Vitamin A, IU.....IU	90		1		4		37		
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	0.110		0		1		0.045		
4:0.....g	0.000		1		1		0.000		
6:0.....g	0.000		1		1		0.000		
8:0.....g	0.010		1		1		0.004		
10:0.....g	0.010		1		1		0.004		
12:0.....g	0.040		1		1		0.016		



NDB No. 19364

Toppings, butterscotch or caramel

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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	0.020		1		1		0.008		
15:0.....g									
16:0.....g	0.020		1		1		0.008		
17:0.....g									
18:0.....g	0.010		1		1		0.004		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.020		0		1		0.008		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		1		1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.020		1		1		0.008		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0		1		0.000		
18:2 undifferentiated.....g	0.000		1		1		0.000		
18:3 undifferentiated.....g	0.000		1		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	1		1		4		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.020		0		1		0.008		
Threonine.....g	0.066		0		1		0.027		
Isoleucine.....g	0.088		0		1		0.036		
Leucine.....g	0.143		0		1		0.059		
Lysine.....g	0.116		0		1		0.048		
Methionine.....g	0.036		0		1		0.015		
Cystine.....g	0.013		0		1		0.005		
Phenylalanine.....g	0.070		0		1		0.029		
Tyrosine.....g	0.070		0		1		0.029		
Valine.....g	0.098		0		1		0.040		
Arginine.....g	0.053		0		1		0.022		
Histidine.....g	0.040		0		1		0.016		
Alanine.....g	0.050		0		1		0.021		
Aspartic acid.....g	0.111		0		1		0.046		
Glutamic acid.....g	0.305		0		1		0.125		
Glycine.....g	0.031		0		1		0.013		
Proline.....g	0.141		0		1		0.058		
Serine.....g	0.079		0		1		0.032		
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 = 41g: 2 tbsp

**Calories Factors: Protein 4.27**

**Fat 8.8**

**Carbohydrate 3.7**

**NDB No. 19364**

**Toppings, butterscotch or caramel**

**Food Group:** 19 Sweets

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

NDB No. 19365  
Toppings, marshmallow cream

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	19.80		1	A	1		5.61	39.20	
Energy.....kcal	322		0	NC	4		91	638	
Energy.....kj	1347		0		4		382	2668	
Protein (N x 0).....g	0.80		1	A	1		0.23	1.58	
Total lipid (fat).....g	0.30		1	A	1		0.09	0.59	
Ash.....g	0.10		1	A	1		0.03	0.20	
Carbohydrate, by difference.....g	79.00		0	NC	4		22.40	156.42	
Fiber, total dietary.....g	0.1		0	BFSN	4		0.0	0.2	
Sugars, total.....g	46.80		1	A	1		13.27	92.66	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	3		0	BFSN	4		1	6	
Iron, Fe.....mg	0.22		0	BFSN	4		0.06	0.44	
Magnesium, Mg.....mg	2		0	BFSN	4		1	4	
Phosphorus, P.....mg	8		0	BFSN	4		2	16	
Potassium, K.....mg	5		0	BFSN	4		1	10	
Sodium, Na.....mg	80	12.963	3	LC	8		23	158	
Zinc, Zn.....mg	0.04		0	BFSN	4		0.01	0.08	
Copper, Cu.....mg	0.095		0	BFSN	4		0.027	0.188	
Manganese, Mn.....mg	0.008		0	BFSN	4		0.002	0.016	
Selenium, Se.....mcg	1.9		0	BFSN	4		0.5	3.8	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	BFSN	4		0.0	0.0	
Thiamin.....mg	0.001		0	BFSN	4		0.000	0.002	
Riboflavin.....mg	0.001		0	BFSN	4		0.000	0.002	
Niacin.....mg	0.076		0	BFSN	4		0.022	0.150	
Pantothenic acid.....mg	0.005		0	BFSN	4		0.001	0.010	
Vitamin B-6.....mg	0.002		0	BFSN	4		0.001	0.004	
Folate, total.....mcg	1		0	BFSN	4		0	2	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	1		0	BFSN	4		0	2	
Folate, DFE.....mcg_DFE	1		0	NC	4		0	2	
Choline, total.....mg	0.1		0	O	4		0.0	0.2	
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	BFSN	4		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	1		0	BFSN	4		0	2	
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		7		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	0.056		0	BFFN	4		0.016	0.111	
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. 19365  
Toppings, marshmallow cream

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures 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		0.000	0.002	
15:0.....g									
16:0.....g	0.040		0	BFFN	4		0.011	0.079	
17:0.....g									
18:0.....g	0.015		0	BFFN	4		0.004	0.030	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.080		0	BFFN	4		0.023	0.158	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.004		0	BFFN	4		0.001	0.008	
17:1.....g									
18:1 undifferentiated.....g	0.076		0	BFFN	4		0.022	0.150	
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	0.047		0	BFFN	4		0.013	0.093	
18:2 undifferentiated.....g	0.045		0	BFFN	4		0.013	0.089	
18:3 undifferentiated.....g	0.001		0	BFFN	4		0.000	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	0.001		0	BFFN	4		0.000	0.002	
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	BFSN	4		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g									
Threonine.....g									
Isoleucine.....g									
Leucine.....g									
Lysine.....g									
Methionine.....g									
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>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	BFSN	4		0	0	
Theobromine.....mg	0		0	BFSN	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. 19365**

**Toppings, marshmallow cream**

Measure 1 = 28.35g: 1 oz

Measure 2 = 198g: 1 jar

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate4**

**Food Group: 19 Sweets**

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

NDB No. 19367  
Toppings, nuts in syrup

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	14.69		0	FLA	4		48.19	6.02	
Energy.....kcal	448		0	NC	4		1470	184	
Energy.....kj	1876		0	NC	4		6152	769	
Protein (N x 6.25).....g	4.50		2		1		14.76	1.85	
Total lipid (fat).....g	22.00		2		1		72.16	9.02	
Ash.....g	0.73		0	FLA	4		2.40	0.30	
Carbohydrate, by difference.....g	58.08		0	NC	4		190.49	23.81	
Fiber, total dietary.....g	2.3		0	FLA	4		7.4	0.9	
Sugars, total.....g	36.72		1	LC	8		120.44	15.06	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	35		0	FLA	4		114	14	
Iron, Fe.....mg	1.05		2		1		3.44	0.43	
Magnesium, Mg.....mg	54		0	FLA	4		178	22	
Phosphorus, P.....mg	118		0	FLA	4		386	48	
Potassium, K.....mg	151		0	FLA	4		495	62	
Sodium, Na.....mg	42		1		4		138	17	
Zinc, Zn.....mg	1.05		0	FLA	4		3.45	0.43	
Copper, Cu.....mg	0.540		0	FLA	4		1.771	0.221	
Manganese, Mn.....mg	1.207		0	FLA	4		3.958	0.495	
Selenium, Se.....mcg	2.1		0	FLA	4		6.9	0.9	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.3		0	FLA	4		1.1	0.1	
Thiamin.....mg	0.180		2		1		0.590	0.074	
Riboflavin.....mg	0.120		1		1		0.394	0.049	
Niacin.....mg	0.373		0	FLA	4		1.223	0.153	
Pantothenic acid.....mg	0.207		0	FLA	4		0.679	0.085	
Vitamin B-6.....mg	0.178		0	FLA	4		0.583	0.073	
Folate, total.....mcg	26		0	FLA	4		86	11	
Folic acid.....mcg	0		0	FLA	4		0	0	
Folate, food.....mcg	26		0	FLA	4		86	11	
Folate, DFE.....mcg_DFE	26		0	NC	4		86	11	
Choline, total.....mg	11.8		0	O	4		38.6	4.8	
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	FLA	4		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	FLA	4		1	0	
Retinol.....mcg	0		0	FLA	4		0	0	
Carotene, beta.....mcg	4		0	FLA	4		13	2	
Carotene, alpha.....mcg	0		0	FLA	4		0	0	
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0	0	
Vitamin A, IU.....IU	7		0	FLA	4		21	3	
Lycopene.....mcg	0		0	FLA	4		0	0	
Lutein + zeaxanthin.....mcg	3		0	FLA	4		9	1	
Vitamin E (alpha-tocopherol).....mg	0.23		0	FLA	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	0.9		0	FLA	4		2.9	0.4	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	1.960		0		1		6.429	0.804	
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. 19367**  
**Toppings, nuts in syrup**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures 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	0.070		1		1		0.230	0.029	
15:0.....g									
16:0.....g	1.510		1		1		4.953	0.619	
17:0.....g									
18:0.....g	0.380		1		1		1.246	0.156	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	4.970		0		1		16.302	2.038	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.060		1		1		0.197	0.025	
17:1.....g									
18:1 undifferentiated.....g	4.730		1		1		15.514	1.939	
20:1.....g	0.190		1		1		0.623	0.078	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	13.730		0		1		45.034	5.629	
18:2 undifferentiated.....g	11.300		1		1		37.064	4.633	
18:3 undifferentiated.....g	2.420		1		1		7.938	0.992	
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	0.010		1		1		0.033	0.004	
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	FLA	4		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.059		0		1		0.194	0.024	
Threonine.....g	0.139		0		1		0.456	0.057	
Isoleucine.....g	0.176		0		1		0.577	0.072	
Leucine.....g	0.309		0		1		1.014	0.127	
Lysine.....g	0.121		0		1		0.397	0.050	
Methionine.....g	0.087		0		1		0.285	0.036	
Cystine.....g	0.108		0		1		0.354	0.044	
Phenylalanine.....g	0.196		0		1		0.643	0.080	
Tyrosine.....g	0.137		0		1		0.449	0.056	
Valine.....g	0.225		0		1		0.738	0.092	
Arginine.....g	0.655		0		1		2.148	0.269	
Histidine.....g	0.112		0		1		0.367	0.046	
Alanine.....g	0.190		0		1		0.623	0.078	
Aspartic acid.....g	0.459		0		1		1.506	0.188	
Glutamic acid.....g	0.875		0		1		2.870	0.359	
Glycine.....g	0.235		0		1		0.771	0.096	
Proline.....g	0.172		0		1		0.564	0.071	
Serine.....g	0.244		0		1		0.800	0.100	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	

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**Common Measures:**

**NDB No. 19367**

**Toppings, nuts in syrup**

Measure 1 = 328g: 1 cup

Measure 2 = 41g: 2 tbsp

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate4**

**Food Group: 19 Sweets**

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



NDB No. 19366  
Toppings, pineapple

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	33.00		1		4		112.20	13.86	
Energy.....kcal	253		0		4		860	106	
Energy.....kj	1059		0		4		3599	445	
Protein (N x 6.25).....g	0.10		0		4		0.34	0.04	
Total lipid (fat).....g	0.10		1		4		0.34	0.04	
Ash.....g	0.40		1		4		1.36	0.17	
Carbohydrate, by difference.....g	66.40		0	NC	4		225.76	27.89	
Fiber, total dietary.....g	0.4		0	FLC	4		1.5	0.2	
Sugars, total.....g	21.01		0	FLC	4		71.43	8.82	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	6		0	FLC	4		21	3	
Iron, Fe.....mg	0.12		0	FLC	4		0.42	0.05	
Magnesium, Mg.....mg	6		0	FLC	4		19	2	
Phosphorus, P.....mg	3		0	FLC	4		10	1	
Potassium, K.....mg	43		0	FLC	4		146	18	
Sodium, Na.....mg	42		0	FLC	4		141	17	
Zinc, Zn.....mg	0.05		0	FLC	4		0.17	0.02	
Copper, Cu.....mg	0.052		0	FLC	4		0.175	0.022	
Manganese, Mn.....mg	0.070		0	FLC	4		0.239	0.030	
Selenium, Se.....mcg	0.7		0	FLC	4		2.3	0.3	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	3.1		0	FLC	4		10.7	1.3	
Thiamin.....mg	0.038		0	FLC	4		0.128	0.016	
Riboflavin.....mg	0.018		0	FLC	4		0.062	0.008	
Niacin.....mg	0.101		0	FLC	4		0.345	0.043	
Pantothenic acid.....mg	0.012		0	FLC	4		0.042	0.005	
Vitamin B-6.....mg	0.028		0	FLC	4		0.096	0.012	
Folate, total.....mcg	2		0	FLC	4		6	1	
Folic acid.....mcg	0		0	FLC	4		0	0	
Folate, food.....mcg	2		0	FLC	4		6	1	
Folate, DFE.....mcg_DFE	2		0	NC	4		6	1	
Choline, total.....mg	1.6		0	O	4		5.3	0.7	
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	FLC	4		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	FLC	4		3	0	
Retinol.....mcg	0		0	FLC	4		0	0	
Carotene, beta.....mcg	10		0	FLC	4		34	4	
Carotene, alpha.....mcg	0		0	FLC	4		0	0	
Cryptoxanthin, beta.....mcg	0		0	FLC	4		0	0	
Vitamin A, IU.....IU	17		0	FLC	4		57	7	
Lycopene.....mcg	0		0	FLC	4		0	0	
Lutein + zeaxanthin.....mcg	0		0	FLC	4		0	0	
Vitamin E (alpha-tocopherol).....mg	0.01		0	FLC	4		0.02	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	0.2		0	FLC	4		0.8	0.1	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.018		0		4		0.061	0.008	
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. 19366  
Toppings, pineapple

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures 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	0.018		0		4		0.061	0.008	
17:0.....g									
18:0.....g	0.002		0		4		0.007	0.001	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.032		0		4		0.109	0.013	
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	0.032		0		4		0.109	0.013	
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	0.050		0		4		0.170	0.021	
18:2 undifferentiated.....g	0.050		0		4		0.170	0.021	
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	FLC	4		0	0	
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0	0.0	
Caffeine.....mg	0		0	FLC	4		0	0	
Theobromine.....mg	0		0	FLC	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 = 340g: 1 cup

Measure 2 = 42g: 2 tbsp

**Calories Factors: Protein 3.36**

**Fat 8.37**

**Carbohydrate 3.8**

**Food Group: 19 Sweets**

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

NDB No. 19137  
Toppings, strawberry

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	33.00		1		4		112.20	13.86	
Energy.....kcal	254		0		4		864	107	
Energy.....kj	1063		0		4		3613	446	
Protein (N x 6.25).....g	0.20		0		4		0.68	0.08	
Total lipid (fat).....g	0.10		0		4		0.34	0.04	
Ash.....g	0.40		1		4		1.36	0.17	
Carbohydrate, by difference.....g	66.30		0	NC	4		225.42	27.85	
Fiber, total dietary.....g	0.7		0	FLC	4		2.4	0.3	
Sugars, total.....g	27.38		0	FLC	4		93.08	11.50	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	6		0	FLC	4		22	3	
Iron, Fe.....mg	0.28		0	FLC	4		0.95	0.12	
Magnesium, Mg.....mg	4		0	FLC	4		15	2	
Phosphorus, P.....mg	5		0	FLC	4		17	2	
Potassium, K.....mg	51		0	FLC	4		172	21	
Sodium, Na.....mg	21		0		4		71	9	
Zinc, Zn.....mg	0.06		0	FLC	4		0.20	0.02	
Copper, Cu.....mg	0.032		0	FLC	4		0.110	0.014	
Manganese, Mn.....mg	0.167		0	FLC	4		0.568	0.070	
Selenium, Se.....mcg	0.8		0	FLC	4		2.6	0.3	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	13.7		0	FLC	4		46.7	5.8	
Thiamin.....mg	0.011		0	FLC	4		0.037	0.005	
Riboflavin.....mg	0.024		0	FLC	4		0.080	0.010	
Niacin.....mg	0.161		0	FLC	4		0.546	0.067	
Pantothenic acid.....mg	0.048		0	FLC	4		0.165	0.020	
Vitamin B-6.....mg	0.012		0	FLC	4		0.042	0.005	
Folate, total.....mcg	6		0	FLC	4		19	2	
Folic acid.....mcg	0		0	FLC	4		0	0	
Folate, food.....mcg	6		0	FLC	4		19	2	
Folate, DFE.....mcg_DFE	6		0	NC	4		19	2	
Choline, total.....mg	9.8		0	BFSN	4		33.5	4.1	
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	FLC	4		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	FLC	4		3	0	
Retinol.....mcg	0		0	FLC	4		0	0	
Carotene, beta.....mcg	9		0	FLC	4		31	4	
Carotene, alpha.....mcg	0		0	FLC	4		0	0	
Cryptoxanthin, beta.....mcg	0		0	FLC	4		0	0	
Vitamin A, IU.....IU	18		0		4		61	8	
Lycopene.....mcg	0		0	FLC	4		0	0	
Lutein + zeaxanthin.....mcg	9		0	FLC	4		30	4	
Vitamin E (alpha-tocopherol).....mg	0.10		0	FLC	4		0.32	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	0.7		0	FLC	4		2.5	0.3	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.005		0		4		0.017	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. 19137  
Toppings, strawberry

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures 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	0.004		0		4		0.014	0.002	
17:0.....g									
18:0.....g	0.001		0		4		0.003	0.000	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.014		0		4		0.048	0.006	
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		0.048	0.006	
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	0.050		0		4		0.170	0.021	
18:2 undifferentiated.....g	0.029		0		4		0.099	0.012	
18:3 undifferentiated.....g	0.021		0		4		0.071	0.009	
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	FLC	4		0	0	
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	FLC	4		0	0	
Theobromine.....mg	0		0	FLC	4		0	0	

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**Food Group:** 19 Sweets

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