NDB No. 11001 Alfalfa seeds, sprouted, raw

Medicago sativa

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 33g	Measure 2* 3g	Measure 3*
Proximates:							
Water	g	91.14	1.226	10	30.08	2.73	
Energy	kcal	29		0	10	1	
Energy	kj	121		0	40	4	
Protein (N x 5.95)	g	3.99	0.563	10	1.32	0.12	
Total lipid (fat)	g	0.69	0.141	10	0.23	0.02	
Carbohydrate, by difference	g	3.78		0	1.25	0.11	
Fiber, total dietary	g	2.5		0	0.8	0.1	
Ash	g	0.40	0.044	10	0.13	0.01	
Sugars, total	g						
Minerals:							
Calcium	mg	32	4.659	10	11	1	
Iron	mg	0.96	0.114	10	0.32	0.03	
Magnesium	mg	27	3.978	10	9	1	
Phosphorus	mg	70	7.914	10	23	2	
Potassium	mg	79	9.790	10	26	2	
Sodium	mg	6	1.094	10	2	0	
Zinc	mg	0.92	0.273	10	0.30	0.03	
Copper	mg	0.157	0.017	10	0.052	0.005	
Manganese	mg	0.188	0.019	10	0.062	0.006	
Selenium	µg	0.6		0	0.2	0.0	
Vitamins:							
Ascorbic acid	mg	8.2	0.678	10	2.7	0.2	
Thiamin	mg	0.076	0.005	10	0.025	0.002	
Riboflavin	mg	0.126	0.017	10	0.042	0.004	
Niacin	mg	0.481	0.044	10	0.159	0.014	
Pantothenic acid	mg	0.563	0.069	10	0.186	0.017	
Vitamin B-6	mg	0.034	0.005	10	0.011	0.001	
Folate	µg	36	0.800	10	12	1	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	155	48.516	10	51	5	
Vitamin A, RE	µg	16	4.852	10	5	0	
Vitamin E, α-TE	mg	0.020		0	0.007	0.001	
Lipids:							
Saturated, total	g	0.069		0	0.023	0.002	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.002		0	0.001	0.000	
15.0	g						
16:0	g	0.059		0	0.019	0.002	
17:0	g						
18:0	g	0.008		0	0.003	0.000	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.056	0	0.018	0.002
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.056	0	0.018	0.002
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.409	0	0.135	0.012
18:2	g	0.234	0	0.077	0.007
18:3	g	0.175	0	0.058	0.005
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g	0.134	1	0.044	0.004
Isoleucine	g	0.143	1	0.047	0.004
Leucine	g	0.267	1	0.088	0.008
Lysine	g	0.214	1	0.071	0.006
Methionine	g				
Cystine	g				
Phenylalanine	g				
Tyrosine	g				
Valine	g	0.145	1	0.048	0.004
Arginine	g				
Histidine	g				
Alanine	g				
Aspartic acid	g				
Glutamic acid	g				
Glycine	g				
Proline	g				
Serine	g				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 tablespoon

NDB No. 11003 Amaranth leaves, raw

Amaranthus spp.

Refuse: 6% Tough stems

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 14g	Measure 3*
Proximates:							
Water	g	91.69		1	25.67	12.84	
Energy	kcal	23		0	6	3	
Energy	kj	96		0	27	13	
Protein (N x 5.95)	g	2.46	0.175	6	0.69	0.34	
Total lipid (fat)	g	0.33	0.089	6	0.09	0.05	
Carbohydrate, by difference	g	4.03		0	1.13	0.56	
Fiber, total dietary	g						
Ash	g	1.50	0.320	6	0.42	0.21	
Sugars, total	g						
Minerals:							
Calcium	mg	215	59.071	6	60	30	
Iron	mg	2.32		0	0.65	0.32	
Magnesium	mg	55		1	15	8	
Phosphorus	mg	50	1.236	15	14	7	
Potassium	mg	611		1	171	86	
Sodium	mg	20		1	6	3	
Zinc	mg	0.90		0	0.25	0.13	
Copper	mg	0.162		0	0.045	0.023	
Manganese	mg	0.885		0	0.248	0.124	
Selenium	µg	0.9		0	0.3	0.1	
Vitamins:							
Ascorbic acid	mg	43.3	8.763	5	12.1	6.1	
Thiamin	mg	0.027	0.014	5	0.008	0.004	
Riboflavin	mg	0.158	0.032	5	0.044	0.022	
Niacin	mg	0.658	0.106	5	0.184	0.092	
Pantothenic acid	mg	0.064		0	0.018	0.009	
Vitamin B-6	mg	0.192		0	0.054	0.027	
Folate	µg	85		0	24	12	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	2917	1200.755	5	817	408	
Vitamin A, RE	µg	292	120.076	5	82	41	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.091		0	0.025	0.013	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.001		6	0.000	0.000	
15.0	g						
16:0	g	0.073		6	0.020	0.010	
17:0	g						
18:0	g	0.012		6	0.003	0.002	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.076	0	0.021	0.011
14:1	g				
16:1	g				
18:1	g	0.076	6	0.021	0.011
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.147	0	0.041	0.021
18:2	g	0.145	6	0.041	0.020
18:3	g	0.002	6	0.001	0.000
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.031	14	0.009	0.004
Threonine	g	0.099	12	0.028	0.014
Isoleucine	g	0.119	12	0.033	0.017
Leucine	g	0.195	12	0.055	0.027
Lysine	g	0.127	16	0.036	0.018
Methionine	g	0.036	16	0.010	0.005
Cystine	g	0.029	13	0.008	0.004
Phenylalanine	g	0.133	11	0.037	0.019
Tyrosine	g	0.080	10	0.022	0.011
Valine	g	0.137	12	0.038	0.019
Arginine	g	0.121	11	0.034	0.017
Histidine	g	0.052	11	0.015	0.007
Alanine	g	0.139	6	0.039	0.019
Aspartic acid	g	0.229	6	0.064	0.032
Glutamic acid	g	0.292	6	0.082	0.041
Glycine	g	0.132	6	0.037	0.018
Proline	g	0.121	6	0.034	0.017
Serine	g	0.111	6	0.031	0.016
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 leaf

NDB No. 11004 Amaranth leaves, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 132g	Measure 2*	Measure 3*
Proximates:							
Water	g	91.49		1	120.77		
Energy	kcal	21		0	28		
Energy	kj	88		0	116		
Protein (N x 5.95)	g	2.11		1	2.79		
Total lipid (fat)	g	0.18		1	0.24		
Carbohydrate, by difference	g	4.11		0	5.43		
Fiber, total dietary	g						
Ash	g	2.11		1	2.79		
Sugars, total	g						
Minerals:							
Calcium	mg	209		0	276		
Iron	mg	2.26		1	2.98		
Magnesium	mg	55		1	73		
Phosphorus	mg	72		1	95		
Potassium	mg	641		1	846		
Sodium	mg	21		1	28		
Zinc	mg	0.88		0	1.16		
Copper	mg	0.158		0	0.209		
Manganese	mg	0.861		0	1.137		
Selenium	µg	0.9		0	1.2		
Vitamins:							
Ascorbic acid	mg	41.1	8.325	5	54.3		
Thiamin	mg	0.020	0.010	5	0.026		
Riboflavin	mg	0.134	0.027	5	0.177		
Niacin	mg	0.559	0.090	5	0.738		
Pantothenic acid	mg	0.062		0	0.082		
Vitamin B-6	mg	0.177		0	0.234		
Folate	µg	57		0	75		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	2770	1140.712	5	3656		
Vitamin A, RE	µg	277	114.071	5	366		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.050		0	0.066		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.000		0	0.000		
15.0	g						
16:0	g	0.040		0	0.053		
17:0	g						
18:0	g	0.006		0	0.008		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.041	0	0.054
14:1	g			
16:1	g			
18:1	g	0.041	0	0.054
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.080	0	0.106
18:2	g	0.079	0	0.104
18:3	g	0.001	0	0.001
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.027	0	0.036
Threonine	g	0.085	0	0.112
Isoleucine	g	0.102	0	0.135
Leucine	g	0.167	0	0.220
Lysine	g	0.109	0	0.144
Methionine	g	0.031	0	0.041
Cystine	g	0.025	0	0.033
Phenylalanine	g	0.114	0	0.150
Tyrosine	g	0.068	0	0.090
Valine	g	0.118	0	0.156
Arginine	g	0.104	0	0.137
Histidine	g	0.044	0	0.058
Alanine	g	0.119	0	0.157
Aspartic acid	g	0.196	0	0.259
Glutamic acid	g	0.250	0	0.330
Glycine	g	0.113	0	0.149
Proline	g	0.104	0	0.137
Serine	g	0.095	0	0.125
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 1 cup

NDB No. 11005 Arrowhead, raw

Sagittaria latifolia

Refuse: 25% Skin and sprout

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 25g	Measure 2* 12g	Measure 3*
Proximates:							
Water	g	72.48		1	18.12	8.70	
Energy	kcal	99		0	25	12	
Energy	kj	414		0	104	50	
Protein (N x 5.95)	g	5.33		0	1.33	0.64	
Total lipid (fat)	g	0.29		0	0.07	0.03	
Carbohydrate, by difference	g	20.23		0	5.06	2.43	
Fiber, total dietary	g						
Ash	g	1.67		0	0.42	0.20	
Sugars, total	g						
Minerals:							
Calcium	mg	10		0	3	1	
Iron	mg	2.57		0	0.64	0.31	
Magnesium	mg	51		1	13	6	
Phosphorus	mg	174		0	44	21	
Potassium	mg	922		1	231	111	
Sodium	mg	22		1	6	3	
Zinc	mg	0.28		0	0.07	0.03	
Copper	mg	0.171		0	0.043	0.021	
Manganese	mg	0.360		0	0.090	0.043	
Selenium	µg	0.7		0	0.2	0.1	
Vitamins:							
Ascorbic acid	mg	1.1		1	0.3	0.1	
Thiamin	mg	0.170		1	0.043	0.020	
Riboflavin	mg	0.073		1	0.018	0.009	
Niacin	mg	1.650		1	0.413	0.198	
Pantothenic acid	mg	0.599		0	0.150	0.072	
Vitamin B-6	mg	0.260		0	0.065	0.031	
Folate	µg	14		0	4	2	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g						
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g				
14:1	g				
16:1	g				
18:1	g				
20:1	g				
22.1	g				
Polyunsaturated, total	g				
18:2	g				
18:3	g				
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 large
Measure 2: 1 medium

NDB No. 11006 Arrowhead, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 12g	Measure 2*	Measure 3*
Proximates:							
Water	g	77.08		1	9.25		
Energy	kcal	78		0	9		
Energy	kj	326		0	39		
Protein (N x 5.95)	g	4.49		1	0.54		
Total lipid (fat)	g	0.10		1	0.01		
Carbohydrate, by difference	g	16.14		0	1.94		
Fiber, total dietary	g						
Ash	g	2.19		1	0.26		
Sugars, total	g						
Minerals:							
Calcium	mg	7		1	1		
Iron	mg	1.21		1	0.15		
Magnesium	mg	49		1	6		
Phosphorus	mg	197		1	24		
Potassium	mg	881		1	106		
Sodium	mg	18		1	2		
Zinc	mg	0.22		0	0.03		
Copper	mg	0.135		0	0.016		
Manganese	mg	0.285		0	0.034		
Selenium	µg	0.6		0	0.1		
Vitamins:							
Ascorbic acid	mg	0.3		1	0.0		
Thiamin	mg	0.144		1	0.017		
Riboflavin	mg	0.060		1	0.007		
Niacin	mg	1.160		1	0.139		
Pantothenic acid	mg	0.449		0	0.054		
Vitamin B-6	mg	0.206		0	0.025		
Folate	µg	9		0	1		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	0		0	0		
Vitamin A, RE	µg	0		0	0		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g						
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g			
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g			
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 1 medium

NDB No. 11007 Artichokes, (globe or french), raw

Cynara scolymus

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

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 128g	Measure 2* 162g	Measure 3*
Proximates:							
Water	g	84.94	0.547	15	108.72	137.60	
Energy	kcal	47		0	60	76	
Energy	kj	197		0	252	319	
Protein (N x 5.95)	g	3.27	0.179	11	4.19	5.30	
Total lipid (fat)	g	0.15	0.023	11	0.19	0.24	
Carbohydrate, by difference	g	10.51		0	13.45	17.03	
Fiber, total dietary	g	5.4		0	6.9	8.7	
Ash	g	1.13	0.071	6	1.45	1.83	
Sugars, total	g						
Minerals:							
Calcium	mg	44	2.801	11	56	71	
Iron	mg	1.28	0.118	11	1.64	2.07	
Magnesium	mg	60	4.370	11	77	97	
Phosphorus	mg	90	3.976	11	115	146	
Potassium	mg	370	19.867	12	474	599	
Sodium	mg	94	8.974	12	120	152	
Zinc	mg	0.49	0.055	6	0.63	0.79	
Copper	mg	0.231	0.128	6	0.296	0.374	
Manganese	mg	0.256	0.005	6	0.328	0.415	
Selenium	µg	0.2		0	0.3	0.3	
Vitamins:							
Ascorbic acid	mg	11.7	0.422	11	15.0	19.0	
Thiamin	mg	0.072	0.003	11	0.092	0.117	
Riboflavin	mg	0.066	0.005	11	0.084	0.107	
Niacin	mg	1.046	0.086	11	1.339	1.695	
Pantothenic acid	mg	0.338	0.013	6	0.433	0.548	
Vitamin B-6	mg	0.116	0.007	6	0.148	0.188	
Folate	µg	68	2.845	9	87	110	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	185	14.375	5	237	300	
Vitamin A, RE	µg	18		0	23	29	
Vitamin E, α-TE	mg	0.190		0	0.243	0.308	
Lipids:							
Saturated, total	g	0.035		0	0.045	0.057	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.002		1	0.003	0.003	
14:0	g	0.002		1	0.003	0.003	
15.0	g						
16:0	g	0.029		1	0.037	0.047	
17:0	g						
18:0	g	0.003		1	0.004	0.005	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.005	0	0.006	0.008
14:1	g				
16:1	g				
18:1	g	0.005	1	0.006	0.008
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.063	0	0.081	0.102
18:2	g	0.046	1	0.059	0.075
18:3	g	0.017	1	0.022	0.028
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 medium artichoke
Measure 2: 1 large artichoke

NDB No. 11008 Artichokes, (globe or french), cooked, boiled, drained, without salt

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

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 120g	Measure 2* 84g	Measure 3*
Proximates:							
Water	g	83.97		0	100.76	70.53	
Energy	kcal	50		0	60	42	
Energy	kj	209		0	251	176	
Protein (N x 5.95)	g	3.48		0	4.18	2.92	
Total lipid (fat)	g	0.16		0	0.19	0.13	
Carbohydrate, by difference	g	11.18		0	13.42	9.39	
Fiber, total dietary	g	5.4		0	6.5	4.5	
Ash	g	1.21		0	1.45	1.02	
Sugars, total	g						
Minerals:							
Calcium	mg	45		0	54	38	
Iron	mg	1.29		0	1.55	1.08	
Magnesium	mg	60		0	72	50	
Phosphorus	mg	86		0	103	72	
Potassium	mg	354		0	425	297	
Sodium	mg	95		0	114	80	
Zinc	mg	0.49		0	0.59	0.41	
Copper	mg	0.233		0	0.280	0.196	
Manganese	mg	0.259		0	0.311	0.218	
Selenium	µg	0.2		0	0.2	0.2	
Vitamins:							
Ascorbic acid	mg	10.0		0	12.0	8.4	
Thiamin	mg	0.065		0	0.078	0.055	
Riboflavin	mg	0.066		0	0.079	0.055	
Niacin	mg	1.001		0	1.201	0.841	
Pantothenic acid	mg	0.342		0	0.410	0.287	
Vitamin B-6	mg	0.111		0	0.133	0.093	
Folate	µg	51		0	61	43	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	177		0	212	149	
Vitamin A, RE	µg	18		0	22	15	
Vitamin E, α-TE	mg	0.190		0	0.228	0.160	
Lipids:							
Saturated, total	g	0.037		0	0.044	0.031	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.002		0	0.002	0.002	
14:0	g	0.002		0	0.002	0.002	
15.0	g						
16:0	g	0.031		0	0.037	0.026	
17:0	g						
18:0	g	0.003		0	0.004	0.003	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.005	0	0.006	0.004
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.005	0	0.006	0.004
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.068	0	0.082	0.057
18:2	g	0.049	0	0.059	0.041
18:3	g	0.018	0	0.022	0.015
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 medium artichoke
Measure 2: 1/2 cup hearts

NDB No. 11009 Artichokes, (globe or french), frozen, unprepared

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 255g	Measure 2*	Measure 3*
Proximates:							
Water	g	88.59	0.431	7	225.90		
Energy	kcal	38		0	97		
Energy	kj	159		0	405		
Protein (N x 5.95)	g	2.63	0.100	4	6.71		
Total lipid (fat)	g	0.43	0.103	4	1.10		
Carbohydrate, by difference	g	7.76		0	19.79		
Fiber, total dietary	g	3.9		0	9.9		
Ash	g	0.60	0.041	4	1.53		
Sugars, total	g						
Minerals:							
Calcium	mg	19	2.068	4	48		
Iron	mg	0.50	0.149	4	1.27		
Magnesium	mg	27	2.067	3	69		
Phosphorus	mg	58	4.330	4	148		
Potassium	mg	248	20.763	3	632		
Sodium	mg	47	5.276	3	120		
Zinc	mg	0.32	0.010	3	0.82		
Copper	mg	0.054	0.008	3	0.138		
Manganese	mg	0.243	0.009	3	0.620		
Selenium	µg	0.2		0	0.5		
Vitamins:							
Ascorbic acid	mg	5.3	1.364	3	13.5		
Thiamin	mg	0.058	0.002	4	0.148		
Riboflavin	mg	0.140	0.024	4	0.357		
Niacin	mg	0.860	0.124	4	2.193		
Pantothenic acid	mg	0.188	0.064	2	0.479		
Vitamin B-6	mg	0.082	0.004	2	0.209		
Folate	µg	126	4.115	3	320		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	154	8.056	4	393		
Vitamin A, RE	µg	15	0.806	4	38		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.099		0	0.252		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g	0.004		0	0.010		
14:0	g	0.004		0	0.010		
15.0	g						
16:0	g	0.082		0	0.209		
17:0	g						
18:0	g	0.008		0	0.020		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.012	0	0.031
14:1	g			
16:1	g			
18:1	g	0.012	0	0.031
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.179	0	0.456
18:2	g	0.130	0	0.331
18:3	g	0.049	0	0.125
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 9 oz package

NDB No. 11010 Artichokes, (globe or french), frozen, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 168g	Measure 2* 240g	Measure 3* 80g
Proximates:							
Water	g	86.50		0	145.32	207.60	69.20
Energy	kcal	45		0	76	108	36
Energy	kj	188		0	316	451	150
Protein (N x 5.95)	g	3.11		0	5.22	7.46	2.49
Total lipid (fat)	g	0.50		0	0.84	1.20	0.40
Carbohydrate, by difference	g	9.18		0	15.42	22.03	7.34
Fiber, total dietary	g	4.6		0	7.7	11.0	3.7
Ash	g	0.71		0	1.19	1.70	0.57
Sugars, total	g						
Minerals:							
Calcium	mg	21		0	35	50	17
Iron	mg	0.56		0	0.94	1.34	0.45
Magnesium	mg	31		0	52	74	25
Phosphorus	mg	61		0	102	146	49
Potassium	mg	264		0	444	634	211
Sodium	mg	53		0	89	127	42
Zinc	mg	0.36		0	0.60	0.86	0.29
Copper	mg	0.061		0	0.102	0.146	0.049
Manganese	mg	0.273		0	0.459	0.655	0.218
Selenium	µg	0.2		0	0.3	0.5	0.2
Vitamins:							
Ascorbic acid	mg	5.0		0	8.4	12.0	4.0
Thiamin	mg	0.062		0	0.104	0.149	0.050
Riboflavin	mg	0.158		0	0.265	0.379	0.126
Niacin	mg	0.915		0	1.537	2.196	0.732
Pantothenic acid	mg	0.200		0	0.336	0.480	0.160
Vitamin B-6	mg	0.087		0	0.146	0.209	0.070
Folate	µg	119		0	200	285	95
Vitamin B-12	µg	0.00		0	0.00	0.00	0.00
Vitamin A	IU	164		0	276	394	131
Vitamin A, RE	µg	16		0	27	38	13
Vitamin E, α-TE	mg	0.190		0	0.319	0.456	0.152
Lipids:							
Saturated, total	g	0.117		0	0.197	0.281	0.094
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.005		0	0.008	0.012	0.004
14:0	g	0.005		0	0.008	0.012	0.004
15.0	g						
16:0	g	0.097		0	0.163	0.233	0.078
17:0	g						
18:0	g	0.010		0	0.017	0.024	0.008
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.015	0	0.025	0.036	0.012
14:1	g					
16:1	g	0.000	0	0.000	0.000	0.000
18:1	g	0.015	0	0.025	0.036	0.012
20:1	g	0.000	0	0.000	0.000	0.000
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.212	0	0.356	0.509	0.170
18:2	g	0.154	0	0.259	0.370	0.123
18:3	g	0.058	0	0.097	0.139	0.046
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
Phytosterols	mg					
Amino acids:						
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					
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 package (9 oz), yields
Measure 3: yield, 1/3 of 9 oz package

NDB No. 11011 Asparagus, raw

Asparagus officinalis

Refuse: 47% Butt ends

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 134g	Measure 2* 12g	Measure 3* 16g
Proximates:							
Water	g	92.40	0.081	23	123.82	11.09	14.78
Energy	kcal	23		0	31	3	4
Energy	kj	96		0	129	12	15
Protein (N x 5.95)	g	2.28	0.130	6	3.06	0.27	0.36
Total lipid (fat)	g	0.20	0.038	6	0.27	0.02	0.03
Carbohydrate, by difference	g	4.54		0	6.08	0.54	0.73
Fiber, total dietary	g	2.1		0	2.8	0.3	0.3
Ash	g	0.57	0.025	4	0.76	0.07	0.09
Sugars, total	g						
Minerals:							
Calcium	mg	21	1.148	18	28	3	3
Iron	mg	0.87	0.074	18	1.17	0.10	0.14
Magnesium	mg	18	1.344	17	24	2	3
Phosphorus	mg	56	1.944	18	75	7	9
Potassium	mg	273	4.319	17	366	33	44
Sodium	mg	2	0.257	17	3	0	0
Zinc	mg	0.46	0.029	5	0.62	0.06	0.07
Copper	mg	0.176	0.013	17	0.236	0.021	0.028
Manganese	mg	0.262	0.025	16	0.351	0.031	0.042
Selenium	µg	2.3		2	3.1	0.3	0.4
Vitamins:							
Ascorbic acid	mg	13.2	2.592	16	17.7	1.6	2.1
Thiamin	mg	0.140	0.018	6	0.188	0.017	0.022
Riboflavin	mg	0.128	0.013	6	0.172	0.015	0.020
Niacin	mg	1.170	0.209	6	1.568	0.140	0.187
Pantothenic acid	mg	0.174	0.000	1	0.233	0.021	0.028
Vitamin B-6	mg	0.131	0.004	4	0.176	0.016	0.021
Folate	µg	128	15.075	12	172	15	20
Vitamin B-12	µg	0.00		0	0.00	0.00	0.00
Vitamin A	IU	583	123.094	6	781	70	93
Vitamin A, RE	µg	58		0	78	7	9
Vitamin E, α-TE	mg	2.000		0	2.680	0.240	0.320
Lipids:							
Saturated, total	g	0.046		0	0.062	0.006	0.007
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.001		1	0.001	0.000	0.000
14:0	g	0.001		1	0.001	0.000	0.000
15.0	g						
16:0	g	0.041		1	0.055	0.005	0.007
17:0	g						
18:0	g	0.003		1	0.004	0.000	0.000
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.006	0	0.008	0.001	0.001
14:1	g					
16:1	g	0.001	1	0.001	0.000	0.000
18:1	g	0.005	1	0.007	0.001	0.001
20:1	g	0.000	0	0.000	0.000	0.000
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.088	0	0.118	0.011	0.014
18:2	g	0.083	1	0.111	0.010	0.013
18:3	g	0.005	1	0.007	0.001	0.001
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
Phytosterols	mg	24	1	32	3	4
Amino acids:						
Tryptophan	g	0.022	0	0.029	0.003	0.004
Threonine	g	0.064	0	0.086	0.008	0.010
Isoleucine	g	0.084	0	0.113	0.010	0.013
Leucine	g	0.099	0	0.133	0.012	0.016
Lysine	g	0.108	0	0.145	0.013	0.017
Methionine	g	0.022	0	0.029	0.003	0.004
Cystine	g	0.027	0	0.036	0.003	0.004
Phenylalanine	g	0.054	0	0.072	0.006	0.009
Tyrosine	g	0.036	0	0.048	0.004	0.006
Valine	g	0.088	0	0.118	0.011	0.014
Arginine	g	0.107	0	0.143	0.013	0.017
Histidine	g	0.035	0	0.047	0.004	0.006
Alanine	g	0.107	0	0.143	0.013	0.017
Aspartic acid	g	0.265	0	0.355	0.032	0.042
Glutamic acid	g	0.374	0	0.501	0.045	0.060
Glycine	g	0.074	0	0.099	0.009	0.012
Proline	g	0.121	0	0.162	0.015	0.019
Serine	g	0.087	0	0.117	0.010	0.014
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 small spear (5" long or less)
Measure 3: 1 medium spear (5-1/4" to 7" long)

NDB No. 11012 Asparagus, cooked, boiled, drained

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 90g	Measure 2* 60g	Measure 3*
Proximates:							
Water	g	92.20	0.493	2	82.98	55.32	
Energy	kcal	24		0	22	14	
Energy	kj	100		0	90	60	
Protein (N x 5.95)	g	2.59	0.035	2	2.33	1.55	
Total lipid (fat)	g	0.31	0.180	2	0.28	0.19	
Carbohydrate, by difference	g	4.23		0	3.81	2.54	
Fiber, total dietary	g	1.6		0	1.4	1.0	
Ash	g	0.66	0.100	2	0.59	0.40	
Sugars, total	g						
Minerals:							
Calcium	mg	20	0.538	32	18	12	
Iron	mg	0.73	0.052	34	0.66	0.44	
Magnesium	mg	10	0.413	33	9	6	
Phosphorus	mg	54	1.552	32	49	32	
Potassium	mg	160	8.751	33	144	96	
Sodium	mg	11	9.316	33	10	7	
Zinc	mg	0.42	0.014	33	0.38	0.25	
Copper	mg	0.112	0.004	33	0.101	0.067	
Manganese	mg	0.152	0.005	32	0.137	0.091	
Selenium	µg	1.7	0.359	15	1.5	1.0	
Vitamins:							
Ascorbic acid	mg	10.8		1	9.7	6.5	
Thiamin	mg	0.123		1	0.111	0.074	
Riboflavin	mg	0.126		1	0.113	0.076	
Niacin	mg	1.082		1	0.974	0.649	
Pantothenic acid	mg	0.161	0.000	1	0.145	0.097	
Vitamin B-6	mg	0.122		1	0.110	0.073	
Folate	µg	146	8.000	4	131	88	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	539		1	485	323	
Vitamin A, RE	µg	54		0	49	32	
Vitamin E, α-TE	mg	0.380		0	0.342	0.228	
Lipids:							
Saturated, total	g	0.071		0	0.064	0.043	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.001		1	0.001	0.001	
14:0	g	0.001		1	0.001	0.001	
15.0	g						
16:0	g	0.064		1	0.058	0.038	
17:0	g						
18:0	g	0.004		1	0.004	0.002	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.010	0	0.009	0.006
14:1	g				
16:1	g	0.001	1	0.001	0.001
18:1	g	0.009	1	0.008	0.005
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.136	0	0.122	0.082
18:2	g	0.129	1	0.116	0.077
18:3	g	0.007	1	0.006	0.004
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg	24	1	22	14
Amino acids:					
Tryptophan	g	0.025	0	0.023	0.015
Threonine	g	0.072	0	0.065	0.043
Isoleucine	g	0.095	0	0.086	0.057
Leucine	g	0.113	0	0.102	0.068
Lysine	g	0.123	0	0.111	0.074
Methionine	g	0.025	0	0.023	0.015
Cystine	g	0.031	0	0.028	0.019
Phenylalanine	g	0.061	0	0.055	0.037
Tyrosine	g	0.041	0	0.037	0.025
Valine	g	0.100	0	0.090	0.060
Arginine	g	0.121	0	0.109	0.073
Histidine	g	0.040	0	0.036	0.024
Alanine	g	0.122	0	0.110	0.073
Aspartic acid	g	0.301	0	0.271	0.181
Glutamic acid	g	0.425	0	0.383	0.255
Glycine	g	0.084	0	0.076	0.050
Proline	g	0.138	0	0.124	0.083
Serine	g	0.099	0	0.089	0.059
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1/2 cup
Measure 2: 4 spears, (1/2" base)

NDB No. 11013 Asparagus, canned, regular pack, solids and liquids

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 122g	Measure 2* 411g	Measure 3*
Proximates:							
Water	g	94.32	0.036	186	115.07	387.66	
Energy	kcal	15		0	18	62	
Energy	kj	63		0	77	259	
Protein (N x 5.95)	g	1.80	0.021	158	2.20	7.40	
Total lipid (fat)	g	0.18	0.006	142	0.22	0.74	
Carbohydrate, by difference	g	2.47		0	3.01	10.15	
Fiber, total dietary	g	1.0		0	1.2	4.1	
Ash	g	1.22	0.024	146	1.49	5.01	
Sugars, total	g						
Minerals:							
Calcium	mg	15	0.326	166	18	62	
Iron	mg	0.60	0.034	195	0.73	2.47	
Magnesium	mg	9	0.129	143	11	37	
Phosphorus	mg	38	0.385	153	46	156	
Potassium	mg	172	3.682	112	210	707	
Sodium	mg	284	16.414	21	346	1167	
Zinc	mg	0.47	0.009	78	0.57	1.93	
Copper	mg	0.107	0.004	78	0.131	0.440	
Manganese	mg	0.152		0	0.185	0.625	
Selenium	µg	1.6		0	2.0	6.6	
Vitamins:							
Ascorbic acid	mg	16.5	0.468	120	20.1	67.8	
Thiamin	mg	0.054	0.002	138	0.066	0.222	
Riboflavin	mg	0.089	0.002	156	0.109	0.366	
Niacin	mg	0.851		153	1.038	3.498	
Pantothenic acid	mg	0.124		0	0.151	0.510	
Vitamin B-6	mg	0.098		0	0.120	0.403	
Folate	µg	85	10.820	3	104	351	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	526	11.237	203	642	2162	
Vitamin A, RE	µg	53		0	65	218	
Vitamin E, α-TE	mg	2.153		0	2.627	8.849	
Lipids:							
Saturated, total	g	0.044		0	0.054	0.181	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.001		0	0.001	0.004	
14:0	g	0.001		0	0.001	0.004	
15.0	g						
16:0	g	0.039		0	0.048	0.160	
17:0	g						
18:0	g	0.003		0	0.004	0.012	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.006	0	0.007	0.025
14:1	g				
16:1	g	0.001	0	0.001	0.004
18:1	g	0.005	0	0.006	0.021
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.085	0	0.104	0.349
18:2	g	0.080	0	0.098	0.329
18:3	g	0.004	0	0.005	0.016
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.018	0	0.022	0.074
Threonine	g	0.050	0	0.061	0.206
Isoleucine	g	0.066	0	0.081	0.271
Leucine	g	0.078	0	0.095	0.321
Lysine	g	0.085	0	0.104	0.349
Methionine	g	0.017	0	0.021	0.070
Cystine	g	0.021	0	0.026	0.086
Phenylalanine	g	0.043	0	0.052	0.177
Tyrosine	g	0.029	0	0.035	0.119
Valine	g	0.069	0	0.084	0.284
Arginine	g	0.084	0	0.102	0.345
Histidine	g	0.028	0	0.034	0.115
Alanine	g	0.085	0	0.104	0.349
Aspartic acid	g	0.209	0	0.255	0.859
Glutamic acid	g	0.295	0	0.360	1.212
Glycine	g	0.058	0	0.071	0.238
Proline	g	0.096	0	0.117	0.395
Serine	g	0.069	0	0.084	0.284
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1/2 cup
Measure 2: 1 can (300 x 407)

NDB No. 11015 Asparagus, canned, drained solids

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 242g	Measure 2* 18g	Measure 3* 248g
Proximates:							
Water	g	93.98	0.651	4	227.43	16.92	233.07
Energy	kcal	19		0	46	3	47
Energy	kj	79		0	191	14	196
Protein (N x 5.95)	g	2.14	0.146	4	5.18	0.39	5.31
Total lipid (fat)	g	0.65	0.065	4	1.57	0.12	1.61
Carbohydrate, by difference	g	2.48		0	6.00	0.45	6.15
Fiber, total dietary	g	1.6		0	3.9	0.3	4.0
Ash	g	0.77	0.271	4	1.86	0.14	1.91
Sugars, total	g						
Minerals:							
Calcium	mg	16		0	39	3	40
Iron	mg	1.83	0.783	4	4.43	0.33	4.54
Magnesium	mg	10		0	24	2	25
Phosphorus	mg	43		0	104	8	107
Potassium	mg	172		0	416	31	427
Sodium	mg	287		0	695	52	712
Zinc	mg	0.40	0.022	4	0.97	0.07	0.99
Copper	mg	0.096	0.012	4	0.232	0.017	0.238
Manganese	mg	0.170		0	0.411	0.031	0.422
Selenium	µg	1.7	0.359	15	4.1	0.3	4.2
Vitamins:							
Ascorbic acid	mg	18.4		0	44.5	3.3	45.6
Thiamin	mg	0.061		0	0.148	0.011	0.151
Riboflavin	mg	0.100		0	0.242	0.018	0.248
Niacin	mg	0.954		0	2.309	0.172	2.366
Pantothenic acid	mg	0.139		0	0.336	0.025	0.345
Vitamin B-6	mg	0.110		0	0.266	0.020	0.273
Folate	µg	96		0	231	17	237
Vitamin B-12	µg	0.00		0	0.00	0.00	0.00
Vitamin A	IU	531		0	1285	96	1317
Vitamin A, RE	µg	53		0	128	10	131
Vitamin E, α-TE	mg	0.430		0	1.041	0.077	1.066
Lipids:							
Saturated, total	g	0.147		0	0.356	0.026	0.365
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.002		0	0.005	0.000	0.005
14:0	g	0.004		0	0.010	0.001	0.010
15.0	g						
16:0	g	0.132		0	0.319	0.024	0.327
17:0	g						
18:0	g	0.009		0	0.022	0.002	0.022
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.021	0	0.051	0.004	0.052
14:1	g					
16:1	g	0.004	0	0.010	0.001	0.010
18:1	g	0.017	0	0.041	0.003	0.042
20:1	g	0.000	0	0.000	0.000	0.000
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.284	0	0.687	0.051	0.704
18:2	g	0.269	0	0.651	0.048	0.667
18:3	g	0.015	0	0.036	0.003	0.037
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.021	0	0.051	0.004	0.052
Threonine	g	0.060	0	0.145	0.011	0.149
Isoleucine	g	0.079	0	0.191	0.014	0.196
Leucine	g	0.093	0	0.225	0.017	0.231
Lysine	g	0.101	0	0.244	0.018	0.250
Methionine	g	0.021	0	0.051	0.004	0.052
Cystine	g	0.025	0	0.061	0.005	0.062
Phenylalanine	g	0.051	0	0.123	0.009	0.126
Tyrosine	g	0.034	0	0.082	0.006	0.084
Valine	g	0.082	0	0.198	0.015	0.203
Arginine	g	0.100	0	0.242	0.018	0.248
Histidine	g	0.033	0	0.080	0.006	0.082
Alanine	g	0.101	0	0.244	0.018	0.250
Aspartic acid	g	0.248	0	0.600	0.045	0.615
Glutamic acid	g	0.350	0	0.847	0.063	0.868
Glycine	g	0.069	0	0.167	0.012	0.171
Proline	g	0.114	0	0.276	0.021	0.283
Serine	g	0.081	0	0.196	0.015	0.201
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 spear (about 5" long)
Measure 3: 1 can (300 x 407)

NDB No. 11018 Asparagus, frozen, unprepared

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 284g	Measure 2* 58g	Measure 3*
Proximates:							
Water	g	91.82	0.090	46	260.77	53.26	
Energy	kcal	24		0	68	14	
Energy	kj	100		0	284	58	
Protein (N x 5.95)	g	3.23	0.054	43	9.17	1.87	
Total lipid (fat)	g	0.23	0.024	43	0.65	0.13	
Carbohydrate, by difference	g	4.10		0	11.64	2.38	
Fiber, total dietary	g	1.9		0	5.4	1.1	
Ash	g	0.62	0.015	43	1.76	0.36	
Sugars, total	g						
Minerals:							
Calcium	mg	25	1.428	43	71	15	
Iron	mg	0.73	0.032	43	2.07	0.42	
Magnesium	mg	14	0.437	14	40	8	
Phosphorus	mg	64	2.255	20	182	37	
Potassium	mg	253	13.450	15	719	147	
Sodium	mg	8	2.385	15	23	5	
Zinc	mg	0.59	0.026	10	1.68	0.34	
Copper	mg	0.137	0.007	12	0.389	0.079	
Manganese	mg	0.203	0.008	9	0.577	0.118	
Selenium	µg	1.7	0.359	15	4.8	1.0	
Vitamins:							
Ascorbic acid	mg	31.8	2.676	35	90.3	18.4	
Thiamin	mg	0.121	0.007	43	0.344	0.070	
Riboflavin	mg	0.131	0.005	43	0.372	0.076	
Niacin	mg	1.202	0.055	43	3.414	0.697	
Pantothenic acid	mg	0.184	0.024	8	0.523	0.107	
Vitamin B-6	mg	0.111	0.008	8	0.315	0.064	
Folate	µg	191	9.304	3	542	111	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	948	50.614	39	2692	550	
Vitamin A, RE	µg	95	5.061	39	270	55	
Vitamin E, α-TE	mg	2.153		0	6.115	1.249	
Lipids:							
Saturated, total	g	0.052		0	0.148	0.030	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.001		0	0.003	0.001	
14:0	g	0.001		0	0.003	0.001	
15.0	g						
16:0	g	0.047		0	0.133	0.027	
17:0	g						
18:0	g	0.003		0	0.009	0.002	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.007	0	0.020	0.004
14:1	g				
16:1	g	0.001	0	0.003	0.001
18:1	g	0.006	0	0.017	0.003
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.101	0	0.287	0.059
18:2	g	0.096	0	0.273	0.056
18:3	g	0.005	0	0.014	0.003
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.031	0	0.088	0.018
Threonine	g	0.090	0	0.256	0.052
Isoleucine	g	0.119	0	0.338	0.069
Leucine	g	0.140	0	0.398	0.081
Lysine	g	0.153	0	0.435	0.089
Methionine	g	0.031	0	0.088	0.018
Cystine	g	0.038	0	0.108	0.022
Phenylalanine	g	0.076	0	0.216	0.044
Tyrosine	g	0.051	0	0.145	0.030
Valine	g	0.124	0	0.352	0.072
Arginine	g	0.151	0	0.429	0.088
Histidine	g	0.050	0	0.142	0.029
Alanine	g	0.152	0	0.432	0.088
Aspartic acid	g	0.374	0	1.062	0.217
Glutamic acid	g	0.528	0	1.500	0.306
Glycine	g	0.105	0	0.298	0.061
Proline	g	0.171	0	0.486	0.099
Serine	g	0.123	0	0.349	0.071
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 package (10 oz)
Measure 2: 4 spears

NDB No. 11019 Asparagus, frozen, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 180g	Measure 2* 293g	Measure 3* 60g
Proximates:							
Water	g	91.15		0	164.07	267.07	54.69
Energy	kcal	28		0	50	82	17
Energy	kj	117		0	211	343	70
Protein (N x 5.95)	g	2.95	0.108	4	5.31	8.64	1.77
Total lipid (fat)	g	0.42	0.079	4	0.76	1.23	0.25
Carbohydrate, by difference	g	4.87		0	8.77	14.27	2.92
Fiber, total dietary	g	1.6		0	2.9	4.7	1.0
Ash	g	0.61	0.043	4	1.10	1.79	0.37
Sugars, total	g						
Minerals:							
Calcium	mg	23		0	41	67	14
Iron	mg	0.64	0.065	4	1.15	1.88	0.38
Magnesium	mg	13		0	23	38	8
Phosphorus	mg	55		0	99	161	33
Potassium	mg	218		0	392	639	131
Sodium	mg	4	0.482	6	7	12	2
Zinc	mg	0.56	0.057	4	1.01	1.64	0.34
Copper	mg	0.171	0.005	4	0.308	0.501	0.103
Manganese	mg	0.185		0	0.333	0.542	0.111
Selenium	µg	1.7	0.359	15	3.1	5.0	1.0
Vitamins:							
Ascorbic acid	mg	24.4		0	43.9	71.5	14.6
Thiamin	mg	0.065	0.025	3	0.117	0.190	0.039
Riboflavin	mg	0.103	0.018	3	0.185	0.302	0.062
Niacin	mg	1.038		0	1.868	3.041	0.623
Pantothenic acid	mg	0.158		0	0.284	0.463	0.095
Vitamin B-6	mg	0.020	0.005	3	0.036	0.059	0.012
Folate	µg	135	25.658	6	242	395	81
Vitamin B-12	µg	0.00		0	0.00	0.00	0.00
Vitamin A	IU	818		0	1472	2397	491
Vitamin A, RE	µg	82		0	148	240	49
Vitamin E, α-TE	mg	1.250		0	2.250	3.663	0.750
Lipids:							
Saturated, total	g	0.095		0	0.171	0.278	0.057
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.001		0	0.002	0.003	0.001
14:0	g	0.003		0	0.005	0.009	0.002
15.0	g						
16:0	g	0.085		0	0.153	0.249	0.051
17:0	g						
18:0	g	0.006		0	0.011	0.018	0.004
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.013	0	0.023	0.038	0.008
14:1	g					
16:1	g	0.002	0	0.004	0.006	0.001
18:1	g	0.011	0	0.020	0.032	0.007
20:1	g	0.000	0	0.000	0.000	0.000
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.184	0	0.331	0.539	0.110
18:2	g	0.174	0	0.313	0.510	0.104
18:3	g	0.010	0	0.018	0.029	0.006
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.029	0	0.052	0.085	0.017
Threonine	g	0.082	0	0.148	0.240	0.049
Isoleucine	g	0.109	0	0.196	0.319	0.065
Leucine	g	0.128	0	0.230	0.375	0.077
Lysine	g	0.140	0	0.252	0.410	0.084
Methionine	g	0.028	0	0.050	0.082	0.017
Cystine	g	0.035	0	0.063	0.103	0.021
Phenylalanine	g	0.070	0	0.126	0.205	0.042
Tyrosine	g	0.047	0	0.085	0.138	0.028
Valine	g	0.114	0	0.205	0.334	0.068
Arginine	g	0.138	0	0.248	0.404	0.083
Histidine	g	0.046	0	0.083	0.135	0.028
Alanine	g	0.139	0	0.250	0.407	0.083
Aspartic acid	g	0.342	0	0.616	1.002	0.205
Glutamic acid	g	0.483	0	0.869	1.415	0.290
Glycine	g	0.096	0	0.173	0.281	0.058
Proline	g	0.157	0	0.283	0.460	0.094
Serine	g	0.112	0	0.202	0.328	0.067
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 package (10 oz) yields
Measure 3: 4 spears

NDB No. 11022 Balsam-pear (bitter gourd), leafy tips, raw

Momordica charantia

Refuse: 62% Tough stems and leaves

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 4g	Measure 2* 24g	Measure 3*
Proximates:							
Water	g	89.25		1	3.57	21.42	
Energy	kcal	30		0	1	7	
Energy	kj	126		0	5	30	
Protein (N x 5.95)	g	5.30		0	0.21	1.27	
Total lipid (fat)	g	0.69		0	0.03	0.17	
Carbohydrate, by difference	g	3.29		0	0.13	0.79	
Fiber, total dietary	g						
Ash	g	1.47		0	0.06	0.35	
Sugars, total	g						
Minerals:							
Calcium	mg	84		0	3	20	
Iron	mg	2.04		0	0.08	0.49	
Magnesium	mg	85		1	3	20	
Phosphorus	mg	99		0	4	24	
Potassium	mg	608		1	24	146	
Sodium	mg	11		1	0	3	
Zinc	mg	0.30		0	0.01	0.07	
Copper	mg	0.201		0	0.008	0.048	
Manganese	mg	0.536		0	0.021	0.129	
Selenium	µg	0.9		0	0.0	0.2	
Vitamins:							
Ascorbic acid	mg	88.0		0	3.5	21.1	
Thiamin	mg	0.181		0	0.007	0.043	
Riboflavin	mg	0.362		0	0.014	0.087	
Niacin	mg	1.110		0	0.044	0.266	
Pantothenic acid	mg	0.063		0	0.003	0.015	
Vitamin B-6	mg	0.803		0	0.032	0.193	
Folate	µg	128		0	5	31	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	1734		0	69	416	
Vitamin A, RE	µg	173		0	7	42	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g						
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g				
14:1	g				
16:1	g				
18:1	g				
20:1	g				
22.1	g				
Polyunsaturated, total	g				
18:2	g				
18:3	g				
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 leaf
Measure 2: 1/2 cup

NDB No. 11023 Balsam-pear (bitter gourd), leafy tips, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 58g	Measure 2*	Measure 3*
Proximates:							
Water	g	88.69		1	51.44		
Energy	kcal	35		0	20		
Energy	kj	146		0	85		
Protein (N x 5.95)	g	3.60		1	2.09		
Total lipid (fat)	g	0.20		1	0.12		
Carbohydrate, by difference	g	6.78		0	3.93		
Fiber, total dietary	g	1.9		0	1.1		
Ash	g	0.73		1	0.42		
Sugars, total	g						
Minerals:							
Calcium	mg	42		0	24		
Iron	mg	1.02		0	0.59		
Magnesium	mg	94		1	55		
Phosphorus	mg	77		1	45		
Potassium	mg	602		1	349		
Sodium	mg	13		1	8		
Zinc	mg	0.30		0	0.17		
Copper	mg	0.201		0	0.117		
Manganese	mg	0.536		0	0.311		
Selenium	µg	0.9		0	0.5		
Vitamins:							
Ascorbic acid	mg	55.6		0	32.2		
Thiamin	mg	0.147		0	0.085		
Riboflavin	mg	0.282		0	0.164		
Niacin	mg	0.995		0	0.577		
Pantothenic acid	mg	0.060		0	0.035		
Vitamin B-6	mg	0.760		0	0.441		
Folate	µg	88		0	51		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	1733		0	1005		
Vitamin A, RE	µg	173		0	100		
Vitamin E, α-TE	mg	0.500		0	0.290		
Lipids:							
Saturated, total	g	0.032		0	0.019		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.000		0	0.000		
10:0	g	0.000		0	0.000		
12:0	g	0.000		0	0.000		
14:0	g	0.005		0	0.003		
15.0	g						
16:0	g	0.024		0	0.014		
17:0	g						
18:0	g	0.002		0	0.001		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.005	0	0.003
14:1	g			
16:1	g	0.002	0	0.001
18:1	g	0.002	0	0.001
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.083	0	0.048
18:2	g	0.012	0	0.007
18:3	g	0.065	0	0.038
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 1 cup

NDB No. 11024 Balsam-pear (bitter gourd), pods, raw

Momordica charantia

Refuse: 17% Tough stems and leaves

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 93g	Measure 2* 124g	Measure 3*
Proximates:							
Water	g	94.03	0.030	2	87.45	116.60	
Energy	kcal	17		0	16	21	
Energy	kj	71		0	66	88	
Protein (N x 5.95)	g	1.00	0.097	2	0.93	1.24	
Total lipid (fat)	g	0.17	0.030	2	0.16	0.21	
Carbohydrate, by difference	g	3.70		0	3.44	4.59	
Fiber, total dietary	g	2.8		0	2.6	3.5	
Ash	g	1.10		0	1.02	1.36	
Sugars, total	g						
Minerals:							
Calcium	mg	19		1	18	24	
Iron	mg	0.43	0.075	2	0.40	0.53	
Magnesium	mg	17		1	16	21	
Phosphorus	mg	31	3.250	2	29	38	
Potassium	mg	296		1	275	367	
Sodium	mg	5		1	5	6	
Zinc	mg	0.80		0	0.74	0.99	
Copper	mg	0.034		0	0.032	0.042	
Manganese	mg	0.089		0	0.083	0.110	
Selenium	µg	0.2		0	0.2	0.2	
Vitamins:							
Ascorbic acid	mg	84.0		1	78.1	104.2	
Thiamin	mg	0.040		1	0.037	0.050	
Riboflavin	mg	0.040		1	0.037	0.050	
Niacin	mg	0.400		1	0.372	0.496	
Pantothenic acid	mg	0.212		0	0.197	0.263	
Vitamin B-6	mg	0.043		0	0.040	0.053	
Folate	µg	72		0	67	89	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	380		1	353	471	
Vitamin A, RE	µg	38		1	35	47	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g						
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g				
14:1	g				
16:1	g				
18:1	g				
20:1	g				
22.1	g				
Polyunsaturated, total	g				
18:2	g				
18:3	g				
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, (1/2" pieces)
Measure 2: 1 balsam-pear

NDB No. 11025 Balsam-pear (bitter gourd), pods, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 124g	Measure 2* 62g	Measure 3*
Proximates:							
Water	g	93.95		1	116.50	58.25	
Energy	kcal	19		0	24	12	
Energy	kj	79		0	98	49	
Protein (N x 5.95)	g	0.84		1	1.04	0.52	
Total lipid (fat)	g	0.18		1	0.22	0.11	
Carbohydrate, by difference	g	4.32		0	5.36	2.68	
Fiber, total dietary	g	2.0		0	2.5	1.2	
Ash	g	0.71		1	0.88	0.44	
Sugars, total	g						
Minerals:							
Calcium	mg	9		1	11	6	
Iron	mg	0.38		1	0.47	0.24	
Magnesium	mg	16		1	20	10	
Phosphorus	mg	36		1	45	22	
Potassium	mg	319		1	396	198	
Sodium	mg	6		1	7	4	
Zinc	mg	0.77		0	0.95	0.48	
Copper	mg	0.033		0	0.041	0.020	
Manganese	mg	0.086		0	0.107	0.053	
Selenium	µg	0.2		0	0.2	0.1	
Vitamins:							
Ascorbic acid	mg	33.0		0	40.9	20.5	
Thiamin	mg	0.051		0	0.063	0.032	
Riboflavin	mg	0.053		0	0.066	0.033	
Niacin	mg	0.280		0	0.347	0.174	
Pantothenic acid	mg	0.193		0	0.239	0.120	
Vitamin B-6	mg	0.041		0	0.051	0.025	
Folate	µg	51		0	63	32	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	113		0	140	70	
Vitamin A, RE	µg	11		0	14	7	
Vitamin E, α-TE	mg	0.700		0	0.868	0.434	
Lipids:							
Saturated, total	g	0.014		0	0.017	0.009	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.000		0	0.000	0.000	
15.0	g						
16:0	g	0.010		0	0.012	0.006	
17:0	g						
18:0	g	0.004		0	0.005	0.002	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.033	0	0.041	0.020
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.033	0	0.041	0.020
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.078	0	0.097	0.048
18:2	g	0.078	0	0.097	0.048
18:3	g	0.000	0	0.000	0.000
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, (1/2" pieces)
Measure 2: 1/2 cup, 1/2 in pieces

NDB No. 11026 Bamboo shoots, raw

Phyllostachys spp.

Refuse: 71% Sheath

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 151g	Measure 2* 76g	Measure 3*
Proximates:							
Water	g	91.00		0	137.41	69.16	
Energy	kcal	27		0	41	21	
Energy	kj	113		0	171	86	
Protein (N x 5.95)	g	2.60		0	3.93	1.98	
Total lipid (fat)	g	0.30		0	0.45	0.23	
Carbohydrate, by difference	g	5.20		0	7.85	3.95	
Fiber, total dietary	g	2.2		0	3.3	1.7	
Ash	g	0.90		0	1.36	0.68	
Sugars, total	g						
Minerals:							
Calcium	mg	13		0	20	10	
Iron	mg	0.50		0	0.76	0.38	
Magnesium	mg	3		1	5	2	
Phosphorus	mg	59		0	89	45	
Potassium	mg	533		0	805	405	
Sodium	mg	4		1	6	3	
Zinc	mg	1.10		0	1.66	0.84	
Copper	mg	0.190		0	0.287	0.144	
Manganese	mg	0.262		0	0.396	0.199	
Selenium	µg	0.8		0	1.2	0.6	
Vitamins:							
Ascorbic acid	mg	4.0		0	6.0	3.0	
Thiamin	mg	0.150		0	0.226	0.114	
Riboflavin	mg	0.070		0	0.106	0.053	
Niacin	mg	0.600		0	0.906	0.456	
Pantothenic acid	mg	0.161		0	0.243	0.122	
Vitamin B-6	mg	0.240		0	0.362	0.182	
Folate	µg	7		0	11	5	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	20		0	30	15	
Vitamin A, RE	µg	2		0	3	2	
Vitamin E, α-TE	mg	1.000		0	1.510	0.760	
Lipids:							
Saturated, total	g	0.069		0	0.104	0.052	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.002		0	0.003	0.002	
14:0	g	0.002		0	0.003	0.002	
15.0	g						
16:0	g	0.051		0	0.077	0.039	
17:0	g						
18:0	g	0.006		0	0.009	0.005	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.007	0	0.011	0.005
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.007	0	0.011	0.005
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.134	0	0.202	0.102
18:2	g	0.114	0	0.172	0.087
18:3	g	0.020	0	0.030	0.015
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg	19	0	29	14
Amino acids:					
Tryptophan	g	0.027	1	0.041	0.021
Threonine	g	0.086	1	0.130	0.065
Isoleucine	g	0.088	1	0.133	0.067
Leucine	g	0.140	1	0.211	0.106
Lysine	g	0.134	1	0.202	0.102
Methionine	g	0.030	1	0.045	0.023
Cystine	g	0.022	1	0.033	0.017
Phenylalanine	g	0.090	1	0.136	0.068
Tyrosine	g				
Valine	g	0.106	1	0.160	0.081
Arginine	g	0.097	1	0.146	0.074
Histidine	g	0.042	1	0.063	0.032
Alanine	g	0.124	1	0.187	0.094
Aspartic acid	g	0.425	1	0.642	0.323
Glutamic acid	g	0.248	1	0.374	0.188
Glycine	g	0.087	1	0.131	0.066
Proline	g	0.219	1	0.331	0.166
Serine	g	0.127	1	0.192	0.097
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, (1/2" slices)
Measure 2: 1/2 cup, 1/2 in pieces

NDB No. 11027 Bamboo shoots, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 120g	Measure 2* 144g	Measure 3*
Proximates:							
Water	g	95.92		0	115.10	138.12	
Energy	kcal	12		0	14	17	
Energy	kj	50		0	60	72	
Protein (N x 5.95)	g	1.53		0	1.84	2.20	
Total lipid (fat)	g	0.22		0	0.26	0.32	
Carbohydrate, by difference	g	1.92		0	2.30	2.76	
Fiber, total dietary	g	1.0		0	1.2	1.4	
Ash	g	0.41		0	0.49	0.59	
Sugars, total	g						
Minerals:							
Calcium	mg	12		0	14	17	
Iron	mg	0.24		0	0.29	0.35	
Magnesium	mg	3		0	4	4	
Phosphorus	mg	20		0	24	29	
Potassium	mg	533	45.174	7	640	768	
Sodium	mg	4		0	5	6	
Zinc	mg	0.47		0	0.56	0.68	
Copper	mg	0.082		0	0.098	0.118	
Manganese	mg	0.113		0	0.136	0.163	
Selenium	µg	0.4		0	0.5	0.6	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.020		0	0.024	0.029	
Riboflavin	mg	0.050		0	0.060	0.072	
Niacin	mg	0.300		0	0.360	0.432	
Pantothenic acid	mg	0.066		0	0.079	0.095	
Vitamin B-6	mg	0.098		0	0.118	0.141	
Folate	µg	2		0	3	3	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.051		0	0.061	0.073	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g	0.001		0	0.001	0.001	
14:0	g	0.002		0	0.002	0.003	
15.0	g						
16:0	g	0.038		0	0.046	0.055	
17:0	g						
18:0	g	0.004		0	0.005	0.006	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.005	0	0.006	0.007
14:1	g				
16:1	g				
18:1	g	0.005	0	0.006	0.007
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.098	0	0.118	0.141
18:2	g	0.083	0	0.100	0.120
18:3	g	0.015	0	0.018	0.022
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.016	0	0.019	0.023
Threonine	g	0.050	0	0.060	0.072
Isoleucine	g	0.051	0	0.061	0.073
Leucine	g	0.082	0	0.098	0.118
Lysine	g	0.079	0	0.095	0.114
Methionine	g	0.017	0	0.020	0.024
Cystine	g	0.013	0	0.016	0.019
Phenylalanine	g	0.053	0	0.064	0.076
Tyrosine	g				
Valine	g	0.062	0	0.074	0.089
Arginine	g	0.057	0	0.068	0.082
Histidine	g	0.025	0	0.030	0.036
Alanine	g	0.072	0	0.086	0.104
Aspartic acid	g	0.249	0	0.299	0.359
Glutamic acid	g	0.145	0	0.174	0.209
Glycine	g	0.051	0	0.061	0.073
Proline	g	0.129	0	0.155	0.186
Serine	g	0.075	0	0.090	0.108
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, (1/2" slices)
Measure 2: 1 shoot

NDB No. 11028 Bamboo shoots, canned, drained solids

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 131g	Measure 2* 262g	Measure 3*
Proximates:							
Water	g	94.32	5.160	9	123.56	247.12	
Energy	kcal	19		0	25	50	
Energy	kj	79		0	103	207	
Protein (N x 5.95)	g	1.72	0.315	2	2.25	4.51	
Total lipid (fat)	g	0.40	0.140	2	0.52	1.05	
Carbohydrate, by difference	g	3.22		0	4.22	8.44	
Fiber, total dietary	g	1.4		0	1.8	3.7	
Ash	g	0.34	0.140	2	0.45	0.89	
Sugars, total	g						
Minerals:							
Calcium	mg	8	1.145	7	10	21	
Iron	mg	0.32	0.023	7	0.42	0.84	
Magnesium	mg	4	2.950	2	5	10	
Phosphorus	mg	25	3.400	2	33	66	
Potassium	mg	80	10.579	7	105	210	
Sodium	mg	7	0.907	7	9	18	
Zinc	mg	0.65		0	0.85	1.70	
Copper	mg	0.114		0	0.149	0.299	
Manganese	mg	0.157		0	0.206	0.411	
Selenium	µg	0.5		0	0.7	1.3	
Vitamins:							
Ascorbic acid	mg	1.1	0.042	7	1.4	2.9	
Thiamin	mg	0.026	0.013	7	0.034	0.068	
Riboflavin	mg	0.026	0.003	7	0.034	0.068	
Niacin	mg	0.140	0.053	7	0.183	0.367	
Pantothenic acid	mg	0.092		0	0.121	0.241	
Vitamin B-6	mg	0.136		0	0.178	0.356	
Folate	µg	3		0	4	8	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	8	1.538	7	10	21	
Vitamin A, RE	µg	1	0.154	7	1	3	
Vitamin E, α-TE	mg	0.380		0	0.498	0.996	
Lipids:							
Saturated, total	g	0.092		0	0.121	0.241	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.003		0	0.004	0.008	
14:0	g	0.003		0	0.004	0.008	
15.0	g						
16:0	g	0.069		0	0.090	0.181	
17:0	g						
18:0	g	0.008		0	0.010	0.021	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.009	0	0.012	0.024
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.009	0	0.012	0.024
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.178	0	0.233	0.466
18:2	g	0.151	0	0.198	0.396
18:3	g	0.027	0	0.035	0.071
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.018	0	0.024	0.047
Threonine	g	0.057	0	0.075	0.149
Isoleucine	g	0.058	0	0.076	0.152
Leucine	g	0.093	0	0.122	0.244
Lysine	g	0.089	0	0.117	0.233
Methionine	g	0.020	0	0.026	0.052
Cystine	g	0.014	0	0.018	0.037
Phenylalanine	g	0.060	0	0.079	0.157
Tyrosine	g				
Valine	g	0.071	0	0.093	0.186
Arginine	g	0.064	0	0.084	0.168
Histidine	g	0.028	0	0.037	0.073
Alanine	g	0.082	0	0.107	0.215
Aspartic acid	g	0.282	0	0.369	0.739
Glutamic acid	g	0.164	0	0.215	0.430
Glycine	g	0.057	0	0.075	0.149
Proline	g	0.145	0	0.190	0.380
Serine	g	0.084	0	0.110	0.220
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup (1/8" slices)
Measure 2: 1 can (303 x 406)

NDB No. 11029 Beans, kidney, mature seeds, sprouted, raw

Phaseolus vulgaris

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 184g	Measure 2*	Measure 3*
Proximates:							
Water	g	90.70		1	166.89		
Energy	kcal	29		0	53		
Energy	kj	121		0	223		
Protein (N x 5.95)	g	4.20		1	7.73		
Total lipid (fat)	g	0.50		1	0.92		
Carbohydrate, by difference	g	4.10		0	7.54		
Fiber, total dietary	g						
Ash	g	0.50		1	0.92		
Sugars, total	g						
Minerals:							
Calcium	mg	17		1	31		
Iron	mg	0.81		1	1.49		
Magnesium	mg	21		1	39		
Phosphorus	mg	37		1	68		
Potassium	mg	187		1	344		
Sodium	mg	6		0	11		
Zinc	mg	0.40		0	0.74		
Copper	mg	0.159		0	0.293		
Manganese	mg	0.182		0	0.335		
Selenium	µg	0.6		0	1.1		
Vitamins:							
Ascorbic acid	mg	38.7		1	71.2		
Thiamin	mg	0.370		1	0.681		
Riboflavin	mg	0.250		1	0.460		
Niacin	mg	2.920		1	5.373		
Pantothenic acid	mg	0.368		0	0.677		
Vitamin B-6	mg	0.085		0	0.156		
Folate	µg	59		0	108		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	2		1	4		
Vitamin A, RE	µg	0		1	0		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.072		0	0.132		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g	0.064		1	0.118		
17:0	g						
18:0	g	0.009		1	0.017		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.039	0	0.072
14:1	g			
16:1	g			
18:1	g	0.039	1	0.072
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.276	0	0.508
18:2	g	0.107	1	0.197
18:3	g	0.169	1	0.311
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.044	2	0.081
Threonine	g	0.176	2	0.324
Isoleucine	g	0.186	2	0.342
Leucine	g	0.302	2	0.556
Lysine	g	0.239	2	0.440
Methionine	g	0.044	2	0.081
Cystine	g	0.048	2	0.088
Phenylalanine	g	0.212	2	0.390
Tyrosine	g	0.144	2	0.265
Valine	g	0.216	2	0.397
Arginine	g	0.228	2	0.420
Histidine	g	0.118	2	0.217
Alanine	g	0.174	2	0.320
Aspartic acid	g	0.546	2	1.005
Glutamic acid	g	0.512	2	0.942
Glycine	g	0.144	2	0.265
Proline	g	0.169	2	0.311
Serine	g	0.224	2	0.412
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 1 cup

NDB No. 11030 Beans, kidney, mature seeds, sprouted, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1*	Measure 2*	Measure 3*
Proximates:							
Water	g	89.30		0			
Energy	kcal	33		0			
Energy	kj	138		0			
Protein (N x 5.95)	g	4.83		0			
Total lipid (fat)	g	0.58		0			
Carbohydrate, by difference	g	4.72		0			
Fiber, total dietary	g						
Ash	g	0.58		0			
Sugars, total	g						
Minerals:							
Calcium	mg	19		0			
Iron	mg	0.89		0			
Magnesium	mg	23		0			
Phosphorus	mg	38		0			
Potassium	mg	194		0			
Sodium	mg	7		0			
Zinc	mg	0.44		0			
Copper	mg	0.174		0			
Manganese	mg	0.199		0			
Selenium	µg	0.6		0			
Vitamins:							
Ascorbic acid	mg	35.6		0			
Thiamin	mg	0.362		0			
Riboflavin	mg	0.273		0			
Niacin	mg	3.024		0			
Pantothenic acid	mg	0.381		0			
Vitamin B-6	mg	0.093		0			
Folate	µg	47		0			
Vitamin B-12	µg	0.00		0			
Vitamin A	IU	2		0			
Vitamin A, RE	µg	0		0			
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.083		0			
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g	0.074		0			
17:0	g						
18:0	g	0.010		0			
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.045	0
14:1	g		
16:1	g		
18:1	g	0.045	0
20:1	g		
22.1	g		
Polyunsaturated, total	g	0.318	0
18:2	g	0.123	0
18:3	g	0.194	0
18:4	g		
20:4	g		
20:5	g		
22:5	g		
22:6	g		
Cholesterol	mg	0	0
Phytosterols	mg		
Amino acids:			
Tryptophan	g	0.050	0
Threonine	g	0.203	0
Isoleucine	g	0.214	0
Leucine	g	0.347	0
Lysine	g	0.275	0
Methionine	g	0.050	0
Cystine	g	0.055	0
Phenylalanine	g	0.243	0
Tyrosine	g	0.166	0
Valine	g	0.248	0
Arginine	g	0.263	0
Histidine	g	0.135	0
Alanine	g	0.200	0
Aspartic acid	g	0.628	0
Glutamic acid	g	0.589	0
Glycine	g	0.166	0
Proline	g	0.195	0
Serine	g	0.258	0
Other:			
Caffeine	mg		
Theobromine	mg		
Alcohol	g		

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

NDB No. 11031 Lima beans, immature seeds, raw

Phaseolus lunatus

Refuse: 56% Pods and imperfect beans

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 156g	Measure 2*	Measure 3*
Proximates:							
Water	g	70.24		13	109.57		
Energy	kcal	113		0	176		
Energy	kj	473		0	738		
Protein (N x 5.95)	g	6.84		10	10.67		
Total lipid (fat)	g	0.86		10	1.34		
Carbohydrate, by difference	g	20.16		0	31.45		
Fiber, total dietary	g	4.9		0	7.6		
Ash	g	1.89	0.158	8	2.95		
Sugars, total	g						
Minerals:							
Calcium	mg	34		10	53		
Iron	mg	3.14		10	4.90		
Magnesium	mg	58		8	90		
Phosphorus	mg	136		8	212		
Potassium	mg	467		10	729		
Sodium	mg	8		6	12		
Zinc	mg	0.78	0.046	6	1.22		
Copper	mg	0.318	0.022	6	0.496		
Manganese	mg	1.215	0.108	6	1.895		
Selenium	µg	1.8		0	2.8		
Vitamins:							
Ascorbic acid	mg	23.4		8	36.5		
Thiamin	mg	0.217		10	0.339		
Riboflavin	mg	0.103		10	0.161		
Niacin	mg	1.474		10	2.299		
Pantothenic acid	mg	0.247	0.011	6	0.385		
Vitamin B-6	mg	0.204	0.009	6	0.318		
Folate	µg	34		0	53		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	303		10	473		
Vitamin A, RE	µg	30		10	47		
Vitamin E, α-TE	mg	0.720		0	1.123		
Lipids:							
Saturated, total	g	0.198		0	0.309		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.000		0	0.000		
10:0	g	0.000		0	0.000		
12:0	g	0.000		0	0.000		
14:0	g	0.002		2	0.003		
15.0	g						
16:0	g	0.173		3	0.270		
17:0	g						
18:0	g	0.022		3	0.034		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.050	0	0.078
14:1	g			
16:1	g	0.000	0	0.000
18:1	g	0.050	3	0.078
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.419	0	0.654
18:2	g	0.283	3	0.441
18:3	g	0.136	3	0.212
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.090	32	0.140
Threonine	g	0.290	32	0.452
Isoleucine	g	0.440	32	0.686
Leucine	g	0.538	32	0.839
Lysine	g	0.452	32	0.705
Methionine	g	0.068	32	0.106
Cystine	g	0.083	4	0.129
Phenylalanine	g	0.337	32	0.526
Tyrosine	g	0.220	4	0.343
Valine	g	0.427	32	0.666
Arginine	g	0.458	29	0.714
Histidine	g	0.232	32	0.362
Alanine	g	0.260	1	0.406
Aspartic acid	g	0.735	1	1.147
Glutamic acid	g	0.881	1	1.374
Glycine	g	0.274	1	0.427
Proline	g	0.102	1	0.159
Serine	g	0.427	1	0.666
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 1 cup

NDB No. 11032 Lima beans, immature seeds, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 170g	Measure 2*	Measure 3*
Proximates:							
Water	g	67.17	0.946	12	114.19		
Energy	kcal	123		0	209		
Energy	kj	515		0	876		
Protein (N x 5.95)	g	6.81	0.110	12	11.58		
Total lipid (fat)	g	0.32	0.043	12	0.54		
Carbohydrate, by difference	g	23.64		0	40.19		
Fiber, total dietary	g	5.3		0	9.0		
Ash	g	2.06	0.052	12	3.50		
Sugars, total	g						
Minerals:							
Calcium	mg	32	1.150	12	54		
Iron	mg	2.45	0.082	12	4.17		
Magnesium	mg	74	1.821	12	126		
Phosphorus	mg	130	5.484	12	221		
Potassium	mg	570	11.768	12	969		
Sodium	mg	17	0.519	4	29		
Zinc	mg	0.79	0.032	12	1.34		
Copper	mg	0.305	0.012	12	0.518		
Manganese	mg	1.252	0.097	12	2.128		
Selenium	µg	2.0		0	3.4		
Vitamins:							
Ascorbic acid	mg	10.1	0.660	12	17.2		
Thiamin	mg	0.140	0.002	12	0.238		
Riboflavin	mg	0.096	0.001	12	0.163		
Niacin	mg	1.040	0.033	12	1.768		
Pantothenic acid	mg	0.257	0.014	12	0.437		
Vitamin B-6	mg	0.193	0.013	12	0.328		
Folate	µg	26		0	45		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	370	38.105	12	629		
Vitamin A, RE	µg	37	3.811	12	63		
Vitamin E, α-TE	mg	0.140		0	0.238		
Lipids:							
Saturated, total	g	0.073		0	0.124		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.000		0	0.000		
10:0	g	0.000		0	0.000		
12:0	g	0.000		0	0.000		
14:0	g	0.001		0	0.002		
15.0	g						
16:0	g	0.064		0	0.109		
17:0	g						
18:0	g	0.008		0	0.014		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.019	0	0.032
14:1	g			
16:1	g	0.000	0	0.000
18:1	g	0.019	0	0.032
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.154	0	0.262
18:2	g	0.104	0	0.177
18:3	g	0.050	0	0.085
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.089	0	0.151
Threonine	g	0.289	0	0.491
Isoleucine	g	0.438	0	0.745
Leucine	g	0.535	0	0.910
Lysine	g	0.450	0	0.765
Methionine	g	0.068	0	0.116
Cystine	g	0.083	0	0.141
Phenylalanine	g	0.336	0	0.571
Tyrosine	g	0.219	0	0.372
Valine	g	0.425	0	0.723
Arginine	g	0.456	0	0.775
Histidine	g	0.231	0	0.393
Alanine	g	0.258	0	0.439
Aspartic acid	g	0.731	0	1.243
Glutamic acid	g	0.877	0	1.491
Glycine	g	0.273	0	0.464
Proline	g	0.101	0	0.172
Serine	g	0.425	0	0.723
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 1 cup

NDB No. 11033 Beans, lima, immature seeds, canned, regular pack, solids and liquids

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 124g	Measure 2* 454g	Measure 3*
Proximates:							
Water	g	81.17	0.243	106	100.65	368.51	
Energy	kcal	71		0	88	322	
Energy	kj	297		0	368	1348	
Protein (N x 5.95)	g	4.07	0.068	109	5.05	18.48	
Total lipid (fat)	g	0.29	0.016	107	0.36	1.32	
Carbohydrate, by difference	g	13.33		0	16.53	60.52	
Fiber, total dietary	g	3.6		0	4.5	16.3	
Ash	g	1.14	0.039	108	1.41	5.18	
Sugars, total	g						
Minerals:							
Calcium	mg	28	0.908	115	35	127	
Iron	mg	1.61	0.062	115	2.00	7.31	
Magnesium	mg	34	0.578	82	42	154	
Phosphorus	mg	71	1.541	120	88	322	
Potassium	mg	285	7.240	106	353	1294	
Sodium	mg	252	8.572	37	312	1144	
Zinc	mg	0.64	0.019	44	0.79	2.91	
Copper	mg	0.162	0.008	44	0.201	0.735	
Manganese	mg	0.700	0.051	6	0.868	3.178	
Selenium	µg	1.1		0	1.4	5.0	
Vitamins:							
Ascorbic acid	mg	7.3	0.402	117	9.1	33.1	
Thiamin	mg	0.029	0.001	134	0.036	0.132	
Riboflavin	mg	0.043	0.000	134	0.053	0.195	
Niacin	mg	0.532	0.012	140	0.660	2.415	
Pantothenic acid	mg	0.095	0.006	6	0.118	0.431	
Vitamin B-6	mg	0.062	0.003	6	0.077	0.281	
Folate	µg	16		0	20	73	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	150	8.200	122	186	681	
Vitamin A, RE	µg	15		0	19	68	
Vitamin E, α-TE	mg	0.290		0	0.360	1.317	
Lipids:							
Saturated, total	g	0.066		0	0.082	0.300	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g						
14:0	g	0.001		0	0.001	0.005	
15.0	g						
16:0	g	0.057		0	0.071	0.259	
17:0	g						
18:0	g	0.007		0	0.009	0.032	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.016	0	0.020	0.073
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.016	0	0.020	0.073
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.139	0	0.172	0.631
18:2	g	0.094	0	0.117	0.427
18:3	g	0.045	0	0.056	0.204
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.054	0	0.067	0.245
Threonine	g	0.173	0	0.215	0.785
Isoleucine	g	0.261	0	0.324	1.185
Leucine	g	0.319	0	0.396	1.448
Lysine	g	0.268	0	0.332	1.217
Methionine	g	0.040	0	0.050	0.182
Cystine	g	0.049	0	0.061	0.222
Phenylalanine	g	0.200	0	0.248	0.908
Tyrosine	g	0.131	0	0.162	0.595
Valine	g	0.254	0	0.315	1.153
Arginine	g	0.272	0	0.337	1.235
Histidine	g	0.138	0	0.171	0.627
Alanine	g	0.154	0	0.191	0.699
Aspartic acid	g	0.436	0	0.541	1.979
Glutamic acid	g	0.523	0	0.649	2.374
Glycine	g	0.163	0	0.202	0.740
Proline	g	0.068	0	0.084	0.309
Serine	g	0.254	0	0.315	1.153
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1/2 cup
Measure 2: 1 can (303 x 406)

NDB No. 11037 Lima beans, immature seeds, frozen, fordhook, unprepared

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 80g	Measure 2* 284g	Measure 3*
Proximates:							
Water	g	72.05	0.399	22	57.64	204.62	
Energy	kcal	106		0	85	301	
Energy	kj	444		0	355	1261	
Protein (N x 5.95)	g	6.40	0.102	22	5.12	18.18	
Total lipid (fat)	g	0.35	0.048	22	0.28	0.99	
Carbohydrate, by difference	g	19.83		0	15.86	56.32	
Fiber, total dietary	g	5.5		0	4.4	15.6	
Ash	g	1.37	0.068	22	1.10	3.89	
Sugars, total	g						
Minerals:							
Calcium	mg	24	1.258	22	19	68	
Iron	mg	1.51	0.107	22	1.21	4.29	
Magnesium	mg	38	3.183	8	30	108	
Phosphorus	mg	74	4.267	10	59	210	
Potassium	mg	478	20.340	8	382	1358	
Sodium	mg	58	18.654	8	46	165	
Zinc	mg	0.49	0.032	7	0.39	1.39	
Copper	mg	0.062	0.020	8	0.050	0.176	
Manganese	mg	0.345	0.015	7	0.276	0.980	
Selenium	µg	1.7	0.548	3	1.4	4.8	
Vitamins:							
Ascorbic acid	mg	19.3	0.828	15	15.4	54.8	
Thiamin	mg	0.092	0.006	22	0.074	0.261	
Riboflavin	mg	0.067	0.002	22	0.054	0.190	
Niacin	mg	1.187	0.070	22	0.950	3.371	
Pantothenic acid	mg	0.191		1	0.153	0.542	
Vitamin B-6	mg	0.136	0.018	5	0.109	0.386	
Folate	µg	32		0	26	91	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	223	13.268	22	178	633	
Vitamin A, RE	µg	22	1.327	22	18	62	
Vitamin E, α-TE	mg	0.720		0	0.576	2.045	
Lipids:							
Saturated, total	g	0.081		0	0.065	0.230	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.001		0	0.001	0.003	
15.0	g						
16:0	g	0.071		0	0.057	0.202	
17:0	g						
18:0	g	0.009		0	0.007	0.026	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.021	0	0.017	0.060
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.021	0	0.017	0.060
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.172	0	0.138	0.488
18:2	g	0.116	0	0.093	0.329
18:3	g	0.056	0	0.045	0.159
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.084	0	0.067	0.239
Threonine	g	0.271	0	0.217	0.770
Isoleucine	g	0.412	0	0.330	1.170
Leucine	g	0.503	0	0.402	1.429
Lysine	g	0.423	0	0.338	1.201
Methionine	g	0.063	0	0.050	0.179
Cystine	g	0.078	0	0.062	0.222
Phenylalanine	g	0.315	0	0.252	0.895
Tyrosine	g	0.206	0	0.165	0.585
Valine	g	0.399	0	0.319	1.133
Arginine	g	0.428	0	0.342	1.216
Histidine	g	0.217	0	0.174	0.616
Alanine	g	0.243	0	0.194	0.690
Aspartic acid	g	0.687	0	0.550	1.951
Glutamic acid	g	0.824	0	0.659	2.340
Glycine	g	0.256	0	0.205	0.727
Proline	g	0.095	0	0.076	0.270
Serine	g	0.399	0	0.319	1.133
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1/2 cup
Measure 2: 1 package (10 oz)

NDB No. 11038 Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 311g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	73.50		0	228.59	62.48	
Energy	kcal	100		0	311	85	
Energy	kj	418		0	1300	355	
Protein (N x 5.95)	g	6.07		0	18.88	5.16	
Total lipid (fat)	g	0.34		0	1.06	0.29	
Carbohydrate, by difference	g	18.80		0	58.47	15.98	
Fiber, total dietary	g	5.8		0	18.0	4.9	
Ash	g	1.30		0	4.04	1.10	
Sugars, total	g						
Minerals:							
Calcium	mg	22		0	68	19	
Iron	mg	1.36		0	4.23	1.16	
Magnesium	mg	34		0	106	29	
Phosphorus	mg	63		0	196	54	
Potassium	mg	408		0	1269	347	
Sodium	mg	53		0	165	45	
Zinc	mg	0.44		0	1.37	0.37	
Copper	mg	0.055		0	0.171	0.047	
Manganese	mg	0.311		0	0.967	0.264	
Selenium	µg	1.6		0	5.0	1.4	
Vitamins:							
Ascorbic acid	mg	12.8		0	39.8	10.9	
Thiamin	mg	0.074		0	0.230	0.063	
Riboflavin	mg	0.061		0	0.190	0.052	
Niacin	mg	1.069		0	3.325	0.909	
Pantothenic acid	mg	0.163		0	0.507	0.139	
Vitamin B-6	mg	0.122		0	0.379	0.104	
Folate	µg	21		0	66	18	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	190		0	591	162	
Vitamin A, RE	µg	19		0	59	16	
Vitamin E, α-TE	mg	0.290		0	0.902	0.247	
Lipids:							
Saturated, total	g	0.077		0	0.239	0.065	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.001		0	0.003	0.001	
15.0	g						
16:0	g	0.067		0	0.208	0.057	
17:0	g						
18:0	g	0.008		0	0.025	0.007	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.020	0	0.062	0.017
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.020	0	0.062	0.017
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.163	0	0.507	0.139
18:2	g	0.110	0	0.342	0.094
18:3	g	0.053	0	0.165	0.045
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.080	0	0.249	0.068
Threonine	g	0.257	0	0.799	0.218
Isoleucine	g	0.390	0	1.213	0.331
Leucine	g	0.477	0	1.483	0.405
Lysine	g	0.401	0	1.247	0.341
Methionine	g	0.060	0	0.187	0.051
Cystine	g	0.074	0	0.230	0.063
Phenylalanine	g	0.299	0	0.930	0.254
Tyrosine	g	0.195	0	0.606	0.166
Valine	g	0.379	0	1.179	0.322
Arginine	g	0.406	0	1.263	0.345
Histidine	g	0.206	0	0.641	0.175
Alanine	g	0.230	0	0.715	0.196
Aspartic acid	g	0.652	0	2.028	0.554
Glutamic acid	g	0.782	0	2.432	0.665
Glycine	g	0.243	0	0.756	0.207
Proline	g	0.090	0	0.280	0.077
Serine	g	0.379	0	1.179	0.322
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 package (10 oz) yields

Measure 2: 1/2 cup

NDB No. 11039 Lima beans, immature seeds, frozen, baby, unprepared

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 82g	Measure 2* 284g	Measure 3*
Proximates:							
Water	g	65.46	0.458	71	53.68	185.91	
Energy	kcal	132		0	108	375	
Energy	kj	552		0	453	1568	
Protein (N x 5.95)	g	7.59	0.117	67	6.22	21.56	
Total lipid (fat)	g	0.44	0.036	66	0.36	1.25	
Carbohydrate, by difference	g	25.13		0	20.61	71.37	
Fiber, total dietary	g	6.0		0	4.9	17.0	
Ash	g	1.37	0.040	64	1.12	3.89	
Sugars, total	g						
Minerals:							
Calcium	mg	35	1.184	66	29	99	
Iron	mg	2.21	0.074	66	1.81	6.28	
Magnesium	mg	50	2.105	20	41	142	
Phosphorus	mg	104	2.598	26	85	295	
Potassium	mg	452	22.645	29	371	1284	
Sodium	mg	52	9.084	28	43	148	
Zinc	mg	0.63	0.025	19	0.52	1.79	
Copper	mg	0.128	0.014	20	0.105	0.364	
Manganese	mg	0.702	0.036	19	0.576	1.994	
Selenium	µg	2.1		0	1.7	6.0	
Vitamins:							
Ascorbic acid	mg	8.3		0	6.8	23.6	
Thiamin	mg	0.114	0.005	67	0.093	0.324	
Riboflavin	mg	0.075	0.008	67	0.061	0.213	
Niacin	mg	1.023	0.068	67	0.839	2.905	
Pantothenic acid	mg	0.187	0.020	9	0.153	0.531	
Vitamin B-6	mg	0.160	0.010	15	0.131	0.454	
Folate	µg	28		0	23	78	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	189	14.989	55	155	537	
Vitamin A, RE	µg	19	1.499	55	16	54	
Vitamin E, α-TE	mg	0.890		0	0.730	2.528	
Lipids:							
Saturated, total	g	0.102		0	0.084	0.290	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.001		0	0.001	0.003	
15.0	g						
16:0	g	0.089		0	0.073	0.253	
17:0	g						
18:0	g	0.011		0	0.009	0.031	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.026	0	0.021	0.074
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.026	0	0.021	0.074
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.216	0	0.177	0.613
18:2	g	0.146	0	0.120	0.415
18:3	g	0.070	0	0.057	0.199
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.100	0	0.082	0.284
Threonine	g	0.322	0	0.264	0.914
Isoleucine	g	0.488	0	0.400	1.386
Leucine	g	0.597	0	0.490	1.695
Lysine	g	0.502	0	0.412	1.426
Methionine	g	0.075	0	0.061	0.213
Cystine	g	0.092	0	0.075	0.261
Phenylalanine	g	0.374	0	0.307	1.062
Tyrosine	g	0.244	0	0.200	0.693
Valine	g	0.474	0	0.389	1.346
Arginine	g	0.508	0	0.417	1.443
Histidine	g	0.258	0	0.212	0.733
Alanine	g	0.288	0	0.236	0.818
Aspartic acid	g	0.815	0	0.668	2.315
Glutamic acid	g	0.978	0	0.802	2.778
Glycine	g	0.304	0	0.249	0.863
Proline	g	0.113	0	0.093	0.321
Serine	g	0.474	0	0.389	1.346
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1/2 cup
Measure 2: 1 package (10 oz)

NDB No. 11040 Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 311g	Measure 2* 90g	Measure 3*
Proximates:							
Water	g	72.35	0.438	6	225.01	65.11	
Energy	kcal	105		0	327	95	
Energy	kj	439		0	1365	395	
Protein (N x 5.95)	g	6.65	0.468	6	20.68	5.99	
Total lipid (fat)	g	0.30	0.051	6	0.93	0.27	
Carbohydrate, by difference	g	19.45		0	60.49	17.50	
Fiber, total dietary	g	6.0		0	18.7	5.4	
Ash	g	1.25	0.056	6	3.89	1.13	
Sugars, total	g						
Minerals:							
Calcium	mg	28	1.613	6	87	25	
Iron	mg	1.96	0.087	6	6.10	1.76	
Magnesium	mg	56	0.839	6	174	50	
Phosphorus	mg	112	2.260	6	348	101	
Potassium	mg	411	24.148	6	1278	370	
Sodium	mg	29	5.185	6	90	26	
Zinc	mg	0.55	0.023	6	1.71	0.50	
Copper	mg	0.197	0.020	6	0.613	0.177	
Manganese	mg	0.813	0.054	6	2.528	0.732	
Selenium	µg	1.7		0	5.3	1.5	
Vitamins:							
Ascorbic acid	mg	5.8		0	18.0	5.2	
Thiamin	mg	0.070	0.002	6	0.218	0.063	
Riboflavin	mg	0.055	0.000	6	0.171	0.050	
Niacin	mg	0.770	0.040	6	2.395	0.693	
Pantothenic acid	mg	0.177	0.009	6	0.550	0.159	
Vitamin B-6	mg	0.115	0.009	6	0.358	0.104	
Folate	µg	16		0	48	14	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	167	8.281	6	519	150	
Vitamin A, RE	µg	17	0.828	6	53	15	
Vitamin E, α-TE	mg	0.640		0	1.990	0.576	
Lipids:							
Saturated, total	g	0.068		0	0.211	0.061	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.001		0	0.003	0.001	
15.0	g						
16:0	g	0.060		0	0.187	0.054	
17:0	g						
18:0	g	0.008		0	0.025	0.007	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.017	0	0.053	0.015
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.017	0	0.053	0.015
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.145	0	0.451	0.130
18:2	g	0.098	0	0.305	0.088
18:3	g	0.047	0	0.146	0.042
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.087	0	0.271	0.078
Threonine	g	0.282	0	0.877	0.254
Isoleucine	g	0.428	0	1.331	0.385
Leucine	g	0.522	0	1.623	0.470
Lysine	g	0.439	0	1.365	0.395
Methionine	g	0.066	0	0.205	0.059
Cystine	g	0.081	0	0.252	0.073
Phenylalanine	g	0.328	0	1.020	0.295
Tyrosine	g	0.214	0	0.666	0.193
Valine	g	0.415	0	1.291	0.374
Arginine	g	0.445	0	1.384	0.401
Histidine	g	0.226	0	0.703	0.203
Alanine	g	0.252	0	0.784	0.227
Aspartic acid	g	0.714	0	2.221	0.643
Glutamic acid	g	0.857	0	2.665	0.771
Glycine	g	0.266	0	0.827	0.239
Proline	g	0.099	0	0.308	0.089
Serine	g	0.415	0	1.291	0.374
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 package (10 oz) yields
Measure 2: 1/2 cup

NDB No. 11043 Mung beans, mature seeds, sprouted, raw

Vigna radiata

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 104g	Measure 2* 340g	Measure 3*
Proximates:							
Water	g	90.40	1.586	8	94.02	307.36	
Energy	kcal	30		0	31	102	
Energy	kj	126		0	131	428	
Protein (N x 5.95)	g	3.04	0.466	8	3.16	10.34	
Total lipid (fat)	g	0.18	0.045	8	0.19	0.61	
Carbohydrate, by difference	g	5.93		0	6.17	20.16	
Fiber, total dietary	g	1.8		0	1.9	6.1	
Ash	g	0.44	0.065	8	0.46	1.50	
Sugars, total	g						
Minerals:							
Calcium	mg	13	1.966	8	14	44	
Iron	mg	0.91	0.351	8	0.95	3.09	
Magnesium	mg	21	3.384	8	22	71	
Phosphorus	mg	54	8.476	8	56	184	
Potassium	mg	149	23.307	8	155	507	
Sodium	mg	6	1.449	4	6	20	
Zinc	mg	0.41	0.052	8	0.43	1.39	
Copper	mg	0.164	0.058	8	0.171	0.558	
Manganese	mg	0.188	0.049	8	0.196	0.639	
Selenium	µg	0.6		0	0.6	2.0	
Vitamins:							
Ascorbic acid	mg	13.2	1.861	8	13.7	44.9	
Thiamin	mg	0.084	0.014	8	0.087	0.286	
Riboflavin	mg	0.124	0.020	8	0.129	0.422	
Niacin	mg	0.749	0.064	8	0.779	2.547	
Pantothenic acid	mg	0.380	0.082	4	0.395	1.292	
Vitamin B-6	mg	0.088	0.012	8	0.092	0.299	
Folate	µg	61	6.866	16	63	207	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	21	2.252	7	22	71	
Vitamin A, RE	µg	2	0.225	7	2	7	
Vitamin E, α-TE	mg	0.010		0	0.010	0.034	
Lipids:							
Saturated, total	g	0.046		0	0.048	0.156	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.000		1	0.000	0.000	
15.0	g						
16:0	g	0.032		0	0.033	0.109	
17:0	g						
18:0	g	0.008		0	0.008	0.027	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.022	0	0.023	0.075
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.022	0	0.023	0.075
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.058	0	0.060	0.197
18:2	g	0.042	0	0.044	0.143
18:3	g	0.016	0	0.017	0.054
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg	15	0	16	51
Amino acids:					
Tryptophan	g	0.037	4	0.038	0.126
Threonine	g	0.078	4	0.081	0.265
Isoleucine	g	0.132	4	0.137	0.449
Leucine	g	0.175	4	0.182	0.595
Lysine	g	0.166	4	0.173	0.564
Methionine	g	0.034	3	0.035	0.116
Cystine	g	0.017	1	0.018	0.058
Phenylalanine	g	0.117	4	0.122	0.398
Tyrosine	g	0.052	2	0.054	0.177
Valine	g	0.130	4	0.135	0.442
Arginine	g	0.197	2	0.205	0.670
Histidine	g	0.070	2	0.073	0.238
Alanine	g	0.099	1	0.103	0.337
Aspartic acid	g	0.479	1	0.498	1.629
Glutamic acid	g	0.161	1	0.167	0.547
Glycine	g	0.063	1	0.066	0.214
Proline	g				
Serine	g	0.033	1	0.034	0.112
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 package (12 oz)

NDB No. 11044 Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 124g	Measure 2*	Measure 3*
Proximates:							
Water	g	93.39		1	115.80		
Energy	kcal	21		0	26		
Energy	kj	88		0	109		
Protein (N x 5.95)	g	2.03		0	2.52		
Total lipid (fat)	g	0.09		0	0.11		
Carbohydrate, by difference	g	4.19		0	5.20		
Fiber, total dietary	g	0.8		0	1.0		
Ash	g	0.30		1	0.37		
Sugars, total	g						
Minerals:							
Calcium	mg	12		0	15		
Iron	mg	0.65		0	0.81		
Magnesium	mg	14		1	17		
Phosphorus	mg	28		0	35		
Potassium	mg	101		1	125		
Sodium	mg	10		1	12		
Zinc	mg	0.47		0	0.58		
Copper	mg	0.122		0	0.151		
Manganese	mg	0.140		0	0.174		
Selenium	µg	0.6		0	0.7		
Vitamins:							
Ascorbic acid	mg	11.4		0	14.1		
Thiamin	mg	0.050		0	0.062		
Riboflavin	mg	0.102		0	0.126		
Niacin	mg	0.817		0	1.013		
Pantothenic acid	mg	0.243		0	0.301		
Vitamin B-6	mg	0.054		0	0.067		
Folate	µg	29		0	36		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	14		0	17		
Vitamin A, RE	µg	1		0	1		
Vitamin E, α-TE	mg	0.010		0	0.012		
Lipids:							
Saturated, total	g	0.025		0	0.031		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.000		0	0.000		
10:0	g	0.000		0	0.000		
12:0	g	0.000		0	0.000		
14:0	g	0.000		0	0.000		
15.0	g						
16:0	g	0.018		0	0.022		
17:0	g						
18:0	g	0.005		0	0.006		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.012	0	0.015
14:1	g			
16:1	g	0.000	0	0.000
18:1	g	0.012	0	0.015
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.032	0	0.040
18:2	g	0.023	0	0.029
18:3	g	0.009	0	0.011
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.028	0	0.035
Threonine	g	0.058	0	0.072
Isoleucine	g	0.098	0	0.122
Leucine	g	0.130	0	0.161
Lysine	g	0.123	0	0.153
Methionine	g	0.025	0	0.031
Cystine	g	0.012	0	0.015
Phenylalanine	g	0.086	0	0.107
Tyrosine	g	0.038	0	0.047
Valine	g	0.097	0	0.120
Arginine	g	0.146	0	0.181
Histidine	g	0.052	0	0.064
Alanine	g	0.073	0	0.091
Aspartic acid	g	0.355	0	0.440
Glutamic acid	g	0.120	0	0.149
Glycine	g	0.046	0	0.057
Proline	g			
Serine	g	0.024	0	0.030
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 1 cup

NDB No. 11045 Mung beans, mature seeds, sprouted, cooked, stir-fried

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 124g	Measure 2*	Measure 3*
Proximates:							
Water	g	84.30		1	104.53		
Energy	kcal	50		0	62		
Energy	kj	209		0	259		
Protein (N x 5.95)	g	4.30		1	5.33		
Total lipid (fat)	g	0.21		0	0.26		
Carbohydrate, by difference	g	10.59		0	13.13		
Fiber, total dietary	g	1.9		0	2.4		
Ash	g	0.60		1	0.74		
Sugars, total	g						
Minerals:							
Calcium	mg	13		1	16		
Iron	mg	1.90		1	2.36		
Magnesium	mg	33		0	41		
Phosphorus	mg	79		0	98		
Potassium	mg	219		0	272		
Sodium	mg	9		0	11		
Zinc	mg	0.90		1	1.12		
Copper	mg	0.255		0	0.316		
Manganese	mg	0.292		0	0.362		
Selenium	µg	0.6		0	0.7		
Vitamins:							
Ascorbic acid	mg	16.0		1	19.8		
Thiamin	mg	0.140		1	0.174		
Riboflavin	mg	0.180		1	0.223		
Niacin	mg	1.200		1	1.488		
Pantothenic acid	mg	0.559		0	0.693		
Vitamin B-6	mg	0.130		0	0.161		
Folate	µg	70		0	86		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	31		0	38		
Vitamin A, RE	µg	3		0	4		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.039		0	0.048		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.000		0	0.000		
15.0	g						
16:0	g	0.027		0	0.033		
17:0	g						
18:0	g	0.009		0	0.011		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.056	0	0.069
14:1	g			
16:1	g	0.000	0	0.000
18:1	g	0.056	0	0.069
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.068	0	0.084
18:2	g	0.058	0	0.072
18:3	g	0.011	0	0.014
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.058	0	0.072
Threonine	g	0.122	0	0.151
Isoleucine	g	0.207	0	0.257
Leucine	g	0.275	0	0.341
Lysine	g	0.261	0	0.324
Methionine	g	0.053	0	0.066
Cystine	g	0.026	0	0.032
Phenylalanine	g	0.183	0	0.227
Tyrosine	g	0.081	0	0.100
Valine	g	0.204	0	0.253
Arginine	g	0.309	0	0.383
Histidine	g	0.109	0	0.135
Alanine	g	0.155	0	0.192
Aspartic acid	g	0.752	0	0.932
Glutamic acid	g	0.253	0	0.314
Glycine	g	0.098	0	0.122
Proline	g			
Serine	g	0.052	0	0.064
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 1 cup

NDB No. 11046 Beans, navy, mature seeds, sprouted, raw

Phaseolus vulgaris

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 104g	Measure 2*	Measure 3*
Proximates:							
Water	g	79.15	13.450	2	82.32		
Energy	kcal	67		0	70		
Energy	kj	280		0	291		
Protein (N x 5.95)	g	6.15	2.550	2	6.40		
Total lipid (fat)	g	0.70	0.300	2	0.73		
Carbohydrate, by difference	g	13.05		0	13.57		
Fiber, total dietary	g						
Ash	g	0.95	0.350	2	0.99		
Sugars, total	g						
Minerals:							
Calcium	mg	15		1	16		
Iron	mg	1.93	0.870	2	2.01		
Magnesium	mg	101	82.350	2	105		
Phosphorus	mg	100	37.600	2	104		
Potassium	mg	307	101.600	2	319		
Sodium	mg	13		0	14		
Zinc	mg	0.89		0	0.93		
Copper	mg	0.356		0	0.370		
Manganese	mg	0.408		0	0.424		
Selenium	µg	0.6		0	0.6		
Vitamins:							
Ascorbic acid	mg	18.8	3.550	2	19.6		
Thiamin	mg	0.390	0.070	2	0.406		
Riboflavin	mg	0.215	0.015	2	0.224		
Niacin	mg	1.220	0.600	2	1.269		
Pantothenic acid	mg	0.825		0	0.858		
Vitamin B-6	mg	0.191		0	0.199		
Folate	µg	132		0	137		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	4	0.175	2	4		
Vitamin A, RE	µg	0	0.018	2	0		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.085		0	0.088		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g	0.076		0	0.079		
17:0	g						
18:0	g	0.009		0	0.009		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.052	0	0.054
14:1	g			
16:1	g			
18:1	g	0.052	0	0.054
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.407	0	0.423
18:2	g	0.147	0	0.153
18:3	g	0.260	0	0.270
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.064	0	0.067
Threonine	g	0.258	0	0.268
Isoleucine	g	0.273	0	0.284
Leucine	g	0.442	0	0.460
Lysine	g	0.350	0	0.364
Methionine	g	0.064	0	0.067
Cystine	g	0.070	0	0.073
Phenylalanine	g	0.310	0	0.322
Tyrosine	g	0.212	0	0.220
Valine	g	0.316	0	0.329
Arginine	g	0.335	0	0.348
Histidine	g	0.172	0	0.179
Alanine	g	0.255	0	0.265
Aspartic acid	g	0.799	0	0.831
Glutamic acid	g	0.750	0	0.780
Glycine	g	0.212	0	0.220
Proline	g	0.248	0	0.258
Serine	g	0.329	0	0.342
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 1 cup

NDB No. 11047 Beans, navy, mature seeds, sprouted, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1*	Measure 2*	Measure 3*
Proximates:							
Water	g	76.02		0			
Energy	kcal	78		0			
Energy	kj	326		0			
Protein (N x 5.95)	g	7.07		0			
Total lipid (fat)	g	0.81		0			
Carbohydrate, by difference	g	15.01		0			
Fiber, total dietary	g						
Ash	g	1.09		0			
Sugars, total	g						
Minerals:							
Calcium	mg	16		0			
Iron	mg	2.11		0			
Magnesium	mg	111		0			
Phosphorus	mg	103		0			
Potassium	mg	317		0			
Sodium	mg	14		0			
Zinc	mg	0.97		0			
Copper	mg	0.389		0			
Manganese	mg	0.446		0			
Selenium	µg	0.6		0			
Vitamins:							
Ascorbic acid	mg	17.3		0			
Thiamin	mg	0.381		0			
Riboflavin	mg	0.235		0			
Niacin	mg	1.263		0			
Pantothenic acid	mg	0.854		0			
Vitamin B-6	mg	0.198		0			
Folate	µg	106		0			
Vitamin B-12	µg	0.00		0			
Vitamin A	IU	4		0			
Vitamin A, RE	µg	0		0			
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.098		0			
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g	0.087		0			
17:0	g						
18:0	g	0.011		0			
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.060	0
14:1	g		
16:1	g		
18:1	g	0.060	0
20:1	g		
22.1	g		
Polyunsaturated, total	g	0.468	0
18:2	g	0.169	0
18:3	g	0.299	0
18:4	g		
20:4	g		
20:5	g		
22:5	g		
22:6	g		
Cholesterol	mg	0	0
Phytosterols	mg		
Amino acids:			
Tryptophan	g	0.074	0
Threonine	g	0.297	0
Isoleucine	g	0.314	0
Leucine	g	0.508	0
Lysine	g	0.403	0
Methionine	g	0.074	0
Cystine	g	0.080	0
Phenylalanine	g	0.357	0
Tyrosine	g	0.243	0
Valine	g	0.363	0
Arginine	g	0.385	0
Histidine	g	0.198	0
Alanine	g	0.293	0
Aspartic acid	g	0.919	0
Glutamic acid	g	0.863	0
Glycine	g	0.243	0
Proline	g	0.285	0
Serine	g	0.378	0
Other:			
Caffeine	mg		
Theobromine	mg		
Alcohol	g		

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

NDB No. 11048 Beans, pinto, immature seeds, frozen, unprepared

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 284g	Measure 2* 94g	Measure 3*
Proximates:							
Water	g	55.80		1	158.47	52.45	
Energy	kcal	170		0	483	160	
Energy	kj	711		0	2019	668	
Protein (N x 5.95)	g	9.80		1	27.83	9.21	
Total lipid (fat)	g	0.50		1	1.42	0.47	
Carbohydrate, by difference	g	32.50		0	92.30	30.55	
Fiber, total dietary	g	5.7		0	16.2	5.4	
Ash	g	1.40		1	3.98	1.32	
Sugars, total	g						
Minerals:							
Calcium	mg	58		1	165	55	
Iron	mg	3.00		1	8.52	2.82	
Magnesium	mg	60		0	170	56	
Phosphorus	mg	117		0	332	110	
Potassium	mg	756		0	2147	711	
Sodium	mg	92		0	261	86	
Zinc	mg	0.77		0	2.19	0.72	
Copper	mg	0.098		0	0.278	0.092	
Manganese	mg	0.546		0	1.551	0.513	
Selenium	µg	1.5		0	4.3	1.4	
Vitamins:							
Ascorbic acid	mg	1.0		1	2.8	0.9	
Thiamin	mg	0.340		1	0.966	0.320	
Riboflavin	mg	0.120		1	0.341	0.113	
Niacin	mg	0.700		1	1.988	0.658	
Pantothenic acid	mg	0.302		0	0.858	0.284	
Vitamin B-6	mg	0.215		0	0.611	0.202	
Folate	µg	50		0	143	47	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	0		1	0	0	
Vitamin A, RE	µg	0		1	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.061		0	0.173	0.057	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g	0.054		0	0.153	0.051	
17:0	g						
18:0	g	0.007		0	0.020	0.007	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.037	0	0.105	0.035
14:1	g				
16:1	g				
18:1	g	0.037	0	0.105	0.035
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.291	0	0.826	0.274
18:2	g	0.105	0	0.298	0.099
18:3	g	0.186	0	0.528	0.175
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 package (10 oz)
Measure 2: 1/3 of 10 oz package

NDB No. 11049 Beans, pinto, immature seeds, frozen, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 284g	Measure 2* 94g	Measure 3*
Proximates:							
Water	g	58.01		0	164.75	54.53	
Energy	kcal	162		0	460	152	
Energy	kj	678		0	1926	637	
Protein (N x 5.95)	g	9.31		0	26.44	8.75	
Total lipid (fat)	g	0.48		0	1.36	0.45	
Carbohydrate, by difference	g	30.88		0	87.70	29.03	
Fiber, total dietary	g	8.6		0	24.4	8.1	
Ash	g	1.33		0	3.78	1.25	
Sugars, total	g						
Minerals:							
Calcium	mg	52		0	148	49	
Iron	mg	2.71		0	7.70	2.55	
Magnesium	mg	54		0	153	51	
Phosphorus	mg	100		0	284	94	
Potassium	mg	646		0	1835	607	
Sodium	mg	83		0	236	78	
Zinc	mg	0.69		0	1.96	0.65	
Copper	mg	0.088		0	0.250	0.083	
Manganese	mg	0.493		0	1.400	0.463	
Selenium	µg	1.4		0	4.0	1.3	
Vitamins:							
Ascorbic acid	mg	0.7		0	2.0	0.7	
Thiamin	mg	0.274		0	0.778	0.258	
Riboflavin	mg	0.108		0	0.307	0.102	
Niacin	mg	0.632		0	1.795	0.594	
Pantothenic acid	mg	0.258		0	0.733	0.243	
Vitamin B-6	mg	0.194		0	0.551	0.182	
Folate	µg	34		0	95	31	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.058		0	0.165	0.055	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g	0.051		0	0.145	0.048	
17:0	g						
18:0	g	0.006		0	0.017	0.006	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.035	0	0.099	0.033
14:1	g				
16:1	g				
18:1	g	0.035	0	0.099	0.033
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.276	0	0.784	0.259
18:2	g	0.099	0	0.281	0.093
18:3	g	0.177	0	0.503	0.166
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 package (10 oz) yields

Measure 2: yield, 1/3 of 10 oz package

NDB No. 11050 Beans, shell, canned, solids and liquids

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 245g	Measure 2*	Measure 3*
Proximates:							
Water	g	90.69	0.222	12	222.19		
Energy	kcal	30		0	74		
Energy	kj	126		0	309		
Protein (N x 5.95)	g	1.76	0.098	12	4.31		
Total lipid (fat)	g	0.19	0.009	11	0.47		
Carbohydrate, by difference	g	6.19		0	15.17		
Fiber, total dietary	g	3.4		0	8.3		
Ash	g	1.17	0.046	12	2.87		
Sugars, total	g						
Minerals:							
Calcium	mg	29	1.383	12	71		
Iron	mg	0.99	0.078	12	2.43		
Magnesium	mg	15		0	37		
Phosphorus	mg	30		0	74		
Potassium	mg	109	4.359	12	267		
Sodium	mg	334	16.252	12	818		
Zinc	mg	0.27		0	0.66		
Copper	mg	0.080		0	0.196		
Manganese	mg	0.382		0	0.936		
Selenium	µg	0.8		0	2.0		
Vitamins:							
Ascorbic acid	mg	3.1	0.375	12	7.6		
Thiamin	mg	0.032	0.003	12	0.078		
Riboflavin	mg	0.054	0.003	12	0.132		
Niacin	mg	0.205	0.013	12	0.502		
Pantothenic acid	mg	0.133		0	0.326		
Vitamin B-6	mg	0.049		0	0.120		
Folate	µg	18		0	44		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	228	16.743	12	559		
Vitamin A, RE	µg	23	1.674	12	56		
Vitamin E, α-TE	mg	0.030		0	0.074		
Lipids:							
Saturated, total	g	0.023		0	0.056		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.000		0	0.000		
10:0	g	0.000		0	0.000		
12:0	g	0.000		0	0.000		
14:0	g	0.000		0	0.000		
15.0	g						
16:0	g	0.021		0	0.051		
17:0	g						
18:0	g	0.003		0	0.007		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.014	0	0.034
14:1	g			
16:1	g	0.000	0	0.000
18:1	g	0.014	0	0.034
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.110	0	0.270
18:2	g	0.040	0	0.098
18:3	g	0.071	0	0.174
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 1 cup

NDB No. 11052 Beans, snap, green, raw

Phaseolus vulgaris

Refuse: 12% Ends, strings, trimmings

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 110g	Measure 2* 55g	Measure 3*
Proximates:							
Water	g	90.27	0.280	161	99.30	49.65	
Energy	kcal	31		0	34	17	
Energy	kj	130		0	143	72	
Protein (N x 5.95)	g	1.82	0.050	100	2.00	1.00	
Total lipid (fat)	g	0.12	0.033	10	0.13	0.07	
Carbohydrate, by difference	g	7.14		0	7.85	3.93	
Fiber, total dietary	g	3.4		0	3.7	1.9	
Ash	g	0.66	0.019	140	0.73	0.36	
Sugars, total	g						
Minerals:							
Calcium	mg	37	1.405	149	41	20	
Iron	mg	1.04	0.079	151	1.14	0.57	
Magnesium	mg	25	0.647	147	28	14	
Phosphorus	mg	38	0.807	136	42	21	
Potassium	mg	209	4.557	150	230	115	
Sodium	mg	6	0.177	150	7	3	
Zinc	mg	0.24	0.022	148	0.26	0.13	
Copper	mg	0.069	0.004	157	0.076	0.038	
Manganese	mg	0.214	0.008	146	0.235	0.118	
Selenium	µg	0.6		1	0.7	0.3	
Vitamins:							
Ascorbic acid	mg	16.3	1.289	5	17.9	9.0	
Thiamin	mg	0.084	0.002	98	0.092	0.046	
Riboflavin	mg	0.105	0.003	98	0.116	0.058	
Niacin	mg	0.752		8	0.827	0.414	
Pantothenic acid	mg	0.094		0	0.103	0.052	
Vitamin B-6	mg	0.074		0	0.081	0.041	
Folate	µg	37	3.519	6	40	20	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	668	18.792	97	735	367	
Vitamin A, RE	µg	67	1.879	97	74	37	
Vitamin E, α-TE	mg	0.410		0	0.451	0.226	
Lipids:							
Saturated, total	g	0.026		0	0.029	0.014	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.000		1	0.000	0.000	
15.0	g						
16:0	g	0.022		2	0.024	0.012	
17:0	g						
18:0	g	0.004		2	0.004	0.002	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.005	0	0.006	0.003
14:1	g				
16:1	g	0.000	1	0.000	0.000
18:1	g	0.004	2	0.004	0.002
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.059	0	0.065	0.032
18:2	g	0.023	2	0.025	0.013
18:3	g	0.036	2	0.040	0.020
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.019	3	0.021	0.010
Threonine	g	0.079	94	0.087	0.043
Isoleucine	g	0.066	94	0.073	0.036
Leucine	g	0.112	94	0.123	0.062
Lysine	g	0.088	94	0.097	0.048
Methionine	g	0.022	15	0.024	0.012
Cystine	g	0.018	15	0.020	0.010
Phenylalanine	g	0.067	94	0.074	0.037
Tyrosine	g	0.042	94	0.046	0.023
Valine	g	0.090	94	0.099	0.050
Arginine	g	0.073	94	0.080	0.040
Histidine	g	0.034	94	0.037	0.019
Alanine	g	0.084	94	0.092	0.046
Aspartic acid	g	0.255	94	0.281	0.140
Glutamic acid	g	0.187	94	0.206	0.103
Glycine	g	0.065	94	0.072	0.036
Proline	g	0.068	94	0.075	0.037
Serine	g	0.099	94	0.109	0.054
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 10 beans (4" long)

NDB No. 11053 Beans, snap, green, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 125g	Measure 2*	Measure 3*
Proximates:							
Water	g	89.22	1.145	6	111.53		
Energy	kcal	35		0	44		
Energy	kj	146		0	183		
Protein (N x 5.95)	g	1.89	0.288	5	2.36		
Total lipid (fat)	g	0.28	0.066	5	0.35		
Carbohydrate, by difference	g	7.89		0	9.86		
Fiber, total dietary	g	3.2		0	4.0		
Ash	g	0.73	0.072	5	0.91		
Sugars, total	g						
Minerals:							
Calcium	mg	46		0	58		
Iron	mg	1.28	0.218	5	1.60		
Magnesium	mg	25		1	31		
Phosphorus	mg	39		0	49		
Potassium	mg	299		1	374		
Sodium	mg	3		1	4		
Zinc	mg	0.36	0.045	5	0.45		
Copper	mg	0.103	0.014	5	0.129		
Manganese	mg	0.294	0.036	5	0.368		
Selenium	µg	0.4	0.103	8	0.5		
Vitamins:							
Ascorbic acid	mg	9.7	0.256	9	12.1		
Thiamin	mg	0.074		0	0.093		
Riboflavin	mg	0.097		0	0.121		
Niacin	mg	0.614		0	0.768		
Pantothenic acid	mg	0.074		0	0.093		
Vitamin B-6	mg	0.056		0	0.070		
Folate	µg	33		0	42		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	666		0	833		
Vitamin A, RE	µg	67		0	84		
Vitamin E, α-TE	mg	0.140		0	0.175		
Lipids:							
Saturated, total	g	0.064		0	0.080		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.000		0	0.000		
10:0	g	0.000		0	0.000		
12:0	g	0.000		0	0.000		
14:0	g	0.000		0	0.000		
15.0	g						
16:0	g	0.053		0	0.066		
17:0	g						
18:0	g	0.009		0	0.011		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.011	0	0.014
14:1	g			
16:1	g	0.001	0	0.001
18:1	g	0.011	0	0.014
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.145	0	0.181
18:2	g	0.056	0	0.070
18:3	g	0.089	0	0.111
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.020	0	0.025
Threonine	g	0.082	0	0.103
Isoleucine	g	0.069	0	0.086
Leucine	g	0.116	0	0.145
Lysine	g	0.091	0	0.114
Methionine	g	0.023	0	0.029
Cystine	g	0.018	0	0.023
Phenylalanine	g	0.069	0	0.086
Tyrosine	g	0.044	0	0.055
Valine	g	0.093	0	0.116
Arginine	g	0.076	0	0.095
Histidine	g	0.035	0	0.044
Alanine	g	0.087	0	0.109
Aspartic acid	g	0.265	0	0.331
Glutamic acid	g	0.194	0	0.243
Glycine	g	0.068	0	0.085
Proline	g	0.070	0	0.088
Serine	g	0.103	0	0.129
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 1 cup

NDB No. 11054 Beans, snap, green variety, canned, regular pack, solids and liquids

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 120g	Measure 2* 439g	Measure 3*
Proximates:							
Water	g	94.68	0.053	948	113.62	415.65	
Energy	kcal	15		0	18	66	
Energy	kj	63		0	76	277	
Protein (N x 5.95)	g	0.80	0.010	999	0.96	3.51	
Total lipid (fat)	g	0.10	0.005	932	0.12	0.44	
Carbohydrate, by difference	g	3.50		0	4.20	15.37	
Fiber, total dietary	g	1.5		1	1.8	6.6	
Ash	g	0.92	0.012	852	1.10	4.04	
Sugars, total	g						
Minerals:							
Calcium	mg	24	0.229	1032	29	105	
Iron	mg	0.90	0.026	1016	1.08	3.95	
Magnesium	mg	13	0.108	996	16	57	
Phosphorus	mg	19	0.278	1082	23	83	
Potassium	mg	92	1.886	701	110	404	
Sodium	mg	259	8.812	58	311	1137	
Zinc	mg	0.20	0.004	454	0.24	0.88	
Copper	mg	0.070	0.002	400	0.084	0.307	
Manganese	mg	0.335	0.015	115	0.402	1.471	
Selenium	µg	0.2		0	0.2	0.9	
Vitamins:							
Ascorbic acid	mg	3.4	0.065	1073	4.1	14.9	
Thiamin	mg	0.025	0.001	1443	0.030	0.110	
Riboflavin	mg	0.051	0.001	1380	0.061	0.224	
Niacin	mg	0.200	0.005	1371	0.240	0.878	
Pantothenic acid	mg	0.106	0.028	6	0.127	0.465	
Vitamin B-6	mg	0.030	0.002	6	0.036	0.132	
Folate	µg	18	1.913	3	22	80	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	321	4.211	1113	385	1409	
Vitamin A, RE	µg	32		0	38	140	
Vitamin E, α-TE	mg	0.115		0	0.138	0.505	
Lipids:							
Saturated, total	g	0.023		0	0.028	0.101	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.000		0	0.000	0.000	
15.0	g						
16:0	g	0.019		0	0.023	0.083	
17:0	g						
18:0	g	0.003		0	0.004	0.013	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.004	0	0.005	0.018
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.004	0	0.005	0.018
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.052	0	0.062	0.228
18:2	g	0.020	0	0.024	0.088
18:3	g	0.032	0	0.038	0.140
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.008	0	0.010	0.035
Threonine	g	0.035	0	0.042	0.154
Isoleucine	g	0.029	0	0.035	0.127
Leucine	g	0.049	0	0.059	0.215
Lysine	g	0.039	0	0.047	0.171
Methionine	g	0.009	0	0.011	0.040
Cystine	g	0.008	0	0.010	0.035
Phenylalanine	g	0.029	0	0.035	0.127
Tyrosine	g	0.019	0	0.023	0.083
Valine	g	0.040	0	0.048	0.176
Arginine	g	0.032	0	0.038	0.140
Histidine	g	0.015	0	0.018	0.066
Alanine	g	0.037	0	0.044	0.162
Aspartic acid	g	0.111	0	0.133	0.487
Glutamic acid	g	0.082	0	0.098	0.360
Glycine	g	0.028	0	0.034	0.123
Proline	g	0.029	0	0.035	0.127
Serine	g	0.043	0	0.052	0.189
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1/2 cup
Measure 2: 1 can (303 x 406)

NDB No. 11056 Beans, snap, green, canned, regular pack, drained solids

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 135g	Measure 2* 62g	Measure 3* 262g
Proximates:							
Water	g	93.30	0.184	17	125.95	57.85	244.45
Energy	kcal	20		0	27	12	52
Energy	kj	84		0	113	52	220
Protein (N x 5.95)	g	1.15	0.045	17	1.55	0.71	3.01
Total lipid (fat)	g	0.10	0.005	17	0.14	0.06	0.26
Carbohydrate, by difference	g	4.50		0	6.08	2.79	11.79
Fiber, total dietary	g	1.9		0	2.6	1.2	5.0
Ash	g	0.95	0.041	17	1.28	0.59	2.49
Sugars, total	g						
Minerals:							
Calcium	mg	26	1.197	12	35	16	68
Iron	mg	0.90	0.106	12	1.22	0.56	2.36
Magnesium	mg	13	0.290	12	18	8	34
Phosphorus	mg	19	0.654	12	26	12	50
Potassium	mg	109	1.286	12	147	68	286
Sodium	mg	262		0	354	162	686
Zinc	mg	0.29	0.036	17	0.39	0.18	0.76
Copper	mg	0.038	0.003	11	0.051	0.024	0.100
Manganese	mg	0.200	0.019	16	0.270	0.124	0.524
Selenium	µg	0.4	0.103	8	0.5	0.2	1.0
Vitamins:							
Ascorbic acid	mg	4.8	0.397	12	6.5	3.0	12.6
Thiamin	mg	0.015	0.001	12	0.020	0.009	0.039
Riboflavin	mg	0.056	0.002	12	0.076	0.035	0.147
Niacin	mg	0.201	0.007	12	0.271	0.125	0.527
Pantothenic acid	mg	0.129		0	0.174	0.080	0.338
Vitamin B-6	mg	0.037		0	0.050	0.023	0.097
Folate	µg	32	7.950	6	43	20	83
Vitamin B-12	µg	0.00		0	0.00	0.00	0.00
Vitamin A	IU	349	23.568	11	471	216	914
Vitamin A, RE	µg	35	2.357	11	47	22	92
Vitamin E, α-TE	mg	0.140		0	0.189	0.087	0.367
Lipids:							
Saturated, total	g	0.022		0	0.030	0.014	0.058
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.000		0	0.000	0.000	0.000
14:0	g	0.000		0	0.000	0.000	0.000
15.0	g						
16:0	g	0.019		0	0.026	0.012	0.050
17:0	g						
18:0	g	0.003		0	0.004	0.002	0.008
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.004	0	0.005	0.002	0.010
14:1	g					
16:1	g	0.000	0	0.000	0.000	0.000
18:1	g	0.004	0	0.005	0.002	0.010
20:1	g	0.000	0	0.000	0.000	0.000
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.051	0	0.069	0.032	0.134
18:2	g	0.019	0	0.026	0.012	0.050
18:3	g	0.031	0	0.042	0.019	0.081
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.012	0	0.016	0.007	0.031
Threonine	g	0.050	0	0.068	0.031	0.131
Isoleucine	g	0.042	0	0.057	0.026	0.110
Leucine	g	0.071	0	0.096	0.044	0.186
Lysine	g	0.055	0	0.074	0.034	0.144
Methionine	g	0.014	0	0.019	0.009	0.037
Cystine	g	0.011	0	0.015	0.007	0.029
Phenylalanine	g	0.042	0	0.057	0.026	0.110
Tyrosine	g	0.027	0	0.036	0.017	0.071
Valine	g	0.057	0	0.077	0.035	0.149
Arginine	g	0.046	0	0.062	0.029	0.121
Histidine	g	0.022	0	0.030	0.014	0.058
Alanine	g	0.053	0	0.072	0.033	0.139
Aspartic acid	g	0.161	0	0.217	0.100	0.422
Glutamic acid	g	0.118	0	0.159	0.073	0.309
Glycine	g	0.041	0	0.055	0.025	0.107
Proline	g	0.043	0	0.058	0.027	0.113
Serine	g	0.063	0	0.085	0.039	0.165
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 10 beans
Measure 3: 1 can (303 x 406)

NDB No. 11058 Beans, snap, canned, all styles, seasoned, solids and liquids

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 114g	Measure 2* 439g	Measure 3*
Proximates:							
Water	g	94.30	0.061	22	107.50	413.98	
Energy	kcal	16		0	18	70	
Energy	kj	67		0	76	294	
Protein (N x 5.95)	g	0.83	0.012	22	0.95	3.64	
Total lipid (fat)	g	0.20	0.011	22	0.23	0.88	
Carbohydrate, by difference	g	3.49		0	3.98	15.32	
Fiber, total dietary	g	1.5		0	1.7	6.6	
Ash	g	1.18	0.018	22	1.35	5.18	
Sugars, total	g						
Minerals:							
Calcium	mg	22	1.003	22	25	97	
Iron	mg	0.47	0.016	22	0.54	2.06	
Magnesium	mg	13	0.160	22	15	57	
Phosphorus	mg	16	0.383	22	18	70	
Potassium	mg	93	2.107	22	106	408	
Sodium	mg	373	6.805	22	425	1637	
Zinc	mg	0.14	0.003	22	0.16	0.61	
Copper	mg	0.060	0.002	22	0.068	0.263	
Manganese	mg	0.312		0	0.356	1.370	
Selenium	µg	0.2		0	0.2	0.9	
Vitamins:							
Ascorbic acid	mg	3.1	0.173	22	3.5	13.6	
Thiamin	mg	0.025	0.001	22	0.029	0.110	
Riboflavin	mg	0.049	0.001	22	0.056	0.215	
Niacin	mg	0.233	0.011	22	0.266	1.023	
Pantothenic acid	mg	0.098		0	0.112	0.430	
Vitamin B-6	mg	0.044		0	0.050	0.193	
Folate	µg	18		0	20	78	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	525	20.503	22	599	2305	
Vitamin A, RE	µg	53	2.050	22	60	233	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.045		0	0.051	0.198	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.000		0	0.000	0.000	
15.0	g						
16:0	g	0.037		0	0.042	0.162	
17:0	g						
18:0	g	0.007		0	0.008	0.031	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.008	0	0.009	0.035
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.007	0	0.008	0.031
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.102	0	0.116	0.448
18:2	g	0.039	0	0.044	0.171
18:3	g	0.063	0	0.072	0.277
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.009	0	0.010	0.040
Threonine	g	0.036	0	0.041	0.158
Isoleucine	g	0.030	0	0.034	0.132
Leucine	g	0.051	0	0.058	0.224
Lysine	g	0.040	0	0.046	0.176
Methionine	g	0.010	0	0.011	0.044
Cystine	g	0.008	0	0.009	0.035
Phenylalanine	g	0.030	0	0.034	0.132
Tyrosine	g	0.019	0	0.022	0.083
Valine	g	0.041	0	0.047	0.180
Arginine	g	0.034	0	0.039	0.149
Histidine	g	0.016	0	0.018	0.070
Alanine	g	0.038	0	0.043	0.167
Aspartic acid	g	0.117	0	0.133	0.514
Glutamic acid	g	0.086	0	0.098	0.378
Glycine	g	0.030	0	0.034	0.132
Proline	g	0.031	0	0.035	0.136
Serine	g	0.045	0	0.051	0.198
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1/2 cup
Measure 2: 1 can (303 x 406)

NDB No. 11060 Beans, snap, green, frozen, all styles, unprepared

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 124g	Measure 2* 284g	Measure 3*
Proximates:							
Water	g	89.88	0.254	95	111.45	255.26	
Energy	kcal	33		0	41	94	
Energy	kj	138		0	171	392	
Protein (N x 5.95)	g	1.80	0.084	99	2.23	5.11	
Total lipid (fat)	g	0.21	0.057	97	0.26	0.60	
Carbohydrate, by difference	g	7.57		0	9.39	21.50	
Fiber, total dietary	g	2.8		0	3.5	8.0	
Ash	g	0.53	0.026	92	0.66	1.51	
Sugars, total	g						
Minerals:							
Calcium	mg	42	1.455	99	52	119	
Iron	mg	0.86	0.042	98	1.07	2.44	
Magnesium	mg	22	0.243	28	27	62	
Phosphorus	mg	32	1.777	39	40	91	
Potassium	mg	186	12.416	27	231	528	
Sodium	mg	3	0.368	34	4	9	
Zinc	mg	0.26	0.023	20	0.32	0.74	
Copper	mg	0.049	0.009	21	0.061	0.139	
Manganese	mg	0.385	0.039	19	0.477	1.093	
Selenium	µg	0.4	0.103	8	0.5	1.1	
Vitamins:							
Ascorbic acid	mg	12.9	1.481	80	16.0	36.6	
Thiamin	mg	0.099	0.034	99	0.123	0.281	
Riboflavin	mg	0.092	0.005	99	0.114	0.261	
Niacin	mg	0.499	0.031	96	0.619	1.417	
Pantothenic acid	mg	0.085	0.018	6	0.105	0.241	
Vitamin B-6	mg	0.042		13	0.052	0.119	
Folate	µg	15	2.599	3	18	42	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	480	21.406	93	595	1363	
Vitamin A, RE	µg	48	2.141	93	60	136	
Vitamin E, α-TE	mg	0.426		0	0.528	1.210	
Lipids:							
Saturated, total	g	0.047		0	0.058	0.133	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.000		0	0.000	0.000	
15.0	g						
16:0	g	0.039		0	0.048	0.111	
17:0	g						
18:0	g	0.007		0	0.009	0.020	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.008	0	0.010	0.023
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.008	0	0.010	0.023
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.108	0	0.134	0.307
18:2	g	0.041	0	0.051	0.116
18:3	g	0.066	0	0.082	0.187
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.019	0	0.024	0.054
Threonine	g	0.079	0	0.098	0.224
Isoleucine	g	0.066	0	0.082	0.187
Leucine	g	0.111	0	0.138	0.315
Lysine	g	0.087	0	0.108	0.247
Methionine	g	0.022	0	0.027	0.062
Cystine	g	0.018	0	0.022	0.051
Phenylalanine	g	0.066	0	0.082	0.187
Tyrosine	g	0.042	0	0.052	0.119
Valine	g	0.089	0	0.110	0.253
Arginine	g	0.073	0	0.091	0.207
Histidine	g	0.034	0	0.042	0.097
Alanine	g	0.083	0	0.103	0.236
Aspartic acid	g	0.253	0	0.314	0.719
Glutamic acid	g	0.186	0	0.231	0.528
Glycine	g	0.065	0	0.081	0.185
Proline	g	0.067	0	0.083	0.190
Serine	g	0.099	0	0.123	0.281
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 package (10 oz)

NDB No. 11061 Beans, snap, green, frozen, cooked, boiled, drained without salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 135g	Measure 2*	Measure 3*
Proximates:							
Water	g	91.42	0.441	10	123.42		
Energy	kcal	28		0	38		
Energy	kj	117		0	158		
Protein (N x 5.95)	g	1.49	0.079	10	2.01		
Total lipid (fat)	g	0.17	0.022	10	0.23		
Carbohydrate, by difference	g	6.45		0	8.71		
Fiber, total dietary	g	3.0	0.138	8	4.0		
Ash	g	0.47	0.030	10	0.63		
Sugars, total	g						
Minerals:							
Calcium	mg	49	2.320	7	66		
Iron	mg	0.88	0.071	10	1.19		
Magnesium	mg	24	1.546	7	32		
Phosphorus	mg	31	2.991	7	42		
Potassium	mg	126	9.529	7	170		
Sodium	mg	9	2.283	11	12		
Zinc	mg	0.48	0.239	10	0.65		
Copper	mg	0.061	0.004	10	0.082		
Manganese	mg	0.323	0.029	10	0.436		
Selenium	µg	0.4	0.103	8	0.5		
Vitamins:							
Ascorbic acid	mg	4.1	0.990	7	5.5		
Thiamin	mg	0.035	0.005	7	0.047		
Riboflavin	mg	0.090	0.007	7	0.122		
Niacin	mg	0.383	0.031	7	0.517		
Pantothenic acid	mg	0.049	0.007	7	0.066		
Vitamin B-6	mg	0.060	0.003	7	0.081		
Folate	µg	23	3.270	7	31		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	401	48.837	7	541		
Vitamin A, RE	µg	40		0	54		
Vitamin E, α-TE	mg	0.140		0	0.189		
Lipids:							
Saturated, total	g	0.044		0	0.059		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.000		0	0.000		
10:0	g	0.000		0	0.000		
12:0	g	0.000		0	0.000		
14:0	g	0.000		0	0.000		
15.0	g						
16:0	g	0.035		0	0.047		
17:0	g						
18:0	g	0.006		0	0.008		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.008	0	0.011
14:1	g			
16:1	g	0.000	0	0.000
18:1	g	0.007	0	0.009
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.083	0	0.112
18:2	g	0.036	0	0.049
18:3	g	0.047	0	0.063
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.016	0	0.022
Threonine	g	0.065	0	0.088
Isoleucine	g	0.054	0	0.073
Leucine	g	0.091	0	0.123
Lysine	g	0.072	0	0.097
Methionine	g	0.018	0	0.024
Cystine	g	0.014	0	0.019
Phenylalanine	g	0.054	0	0.073
Tyrosine	g	0.034	0	0.046
Valine	g	0.073	0	0.099
Arginine	g	0.060	0	0.081
Histidine	g	0.028	0	0.038
Alanine	g	0.068	0	0.092
Aspartic acid	g	0.208	0	0.281
Glutamic acid	g	0.153	0	0.207
Glycine	g	0.053	0	0.072
Proline	g	0.055	0	0.074
Serine	g	0.081	0	0.109
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 1 cup

NDB No. 11080 Beets, raw

Beta vulgaris

Refuse: 33% Parings and part tops

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 136g	Measure 2* 82g	Measure 3*
Proximates:							
Water	g	87.58	0.723	21	119.11	71.82	
Energy	kcal	43		0	58	35	
Energy	kj	180		0	245	148	
Protein (N x 5.95)	g	1.61	0.140	9	2.19	1.32	
Total lipid (fat)	g	0.17	0.051	9	0.23	0.14	
Carbohydrate, by difference	g	9.56		0	13.00	7.84	
Fiber, total dietary	g	2.8		0	3.8	2.3	
Ash	g	1.08	0.108	8	1.47	0.89	
Sugars, total	g						
Minerals:							
Calcium	mg	16	1.810	5	22	13	
Iron	mg	0.80	0.195	8	1.09	0.66	
Magnesium	mg	23	1.834	5	31	19	
Phosphorus	mg	40	4.927	5	54	33	
Potassium	mg	325	14.960	11	442	267	
Sodium	mg	78	10.198	13	106	64	
Zinc	mg	0.35	0.041	14	0.48	0.29	
Copper	mg	0.075	0.013	14	0.102	0.061	
Manganese	mg	0.329	0.053	15	0.447	0.270	
Selenium	µg	0.7		0	1.0	0.6	
Vitamins:							
Ascorbic acid	mg	4.9	1.544	5	6.7	4.0	
Thiamin	mg	0.031	0.009	5	0.042	0.025	
Riboflavin	mg	0.040	0.007	5	0.054	0.033	
Niacin	mg	0.334	0.026	5	0.454	0.274	
Pantothenic acid	mg	0.155	0.010	4	0.211	0.127	
Vitamin B-6	mg	0.067	0.005	4	0.091	0.055	
Folate	µg	109	12.313	8	148	89	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	38	15.775	4	52	31	
Vitamin A, RE	µg	4		0	5	3	
Vitamin E, α-TE	mg	0.300		0	0.408	0.246	
Lipids:							
Saturated, total	g	0.027		0	0.037	0.022	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.000		0	0.000	0.000	
15.0	g						
16:0	g	0.026		0	0.035	0.021	
17:0	g						
18:0	g	0.001		0	0.001	0.001	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.033	0	0.045	0.027
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.033	0	0.045	0.027
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.061	0	0.083	0.050
18:2	g	0.056	0	0.076	0.046
18:3	g	0.005	0	0.007	0.004
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg	25	1	34	21
Amino acids:					
Tryptophan	g	0.019	0	0.026	0.016
Threonine	g	0.047	0	0.064	0.039
Isoleucine	g	0.048	0	0.065	0.039
Leucine	g	0.068	0	0.092	0.056
Lysine	g	0.058	0	0.079	0.048
Methionine	g	0.018	0	0.024	0.015
Cystine	g	0.019	0	0.026	0.016
Phenylalanine	g	0.046	0	0.063	0.038
Tyrosine	g	0.038	0	0.052	0.031
Valine	g	0.056	0	0.076	0.046
Arginine	g	0.042	0	0.057	0.034
Histidine	g	0.021	0	0.029	0.017
Alanine	g	0.060	0	0.082	0.049
Aspartic acid	g	0.116	0	0.158	0.095
Glutamic acid	g	0.428	0	0.582	0.351
Glycine	g	0.031	0	0.042	0.025
Proline	g	0.042	0	0.057	0.034
Serine	g	0.059	0	0.080	0.048
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 beet (2" dia)

NDB No. 11081 Beets, cooked, boiled, drained

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 85g	Measure 2* 100g	Measure 3*
Proximates:							
Water	g	87.06		0	74.00	87.06	
Energy	kcal	44		0	37	44	
Energy	kj	184		0	156	184	
Protein (N x 5.95)	g	1.68		0	1.43	1.68	
Total lipid (fat)	g	0.18		0	0.15	0.18	
Carbohydrate, by difference	g	9.96		0	8.47	9.96	
Fiber, total dietary	g	2.0		0	1.7	2.0	
Ash	g	1.12		0	0.95	1.12	
Sugars, total	g						
Minerals:							
Calcium	mg	16		0	14	16	
Iron	mg	0.79		0	0.67	0.79	
Magnesium	mg	23		0	20	23	
Phosphorus	mg	38		0	32	38	
Potassium	mg	305		0	259	305	
Sodium	mg	77		0	65	77	
Zinc	mg	0.35		0	0.30	0.35	
Copper	mg	0.074		0	0.063	0.074	
Manganese	mg	0.326		0	0.277	0.326	
Selenium	µg	0.7		0	0.6	0.7	
Vitamins:							
Ascorbic acid	mg	3.6		0	3.1	3.6	
Thiamin	mg	0.027		0	0.023	0.027	
Riboflavin	mg	0.040		0	0.034	0.040	
Niacin	mg	0.331		0	0.281	0.331	
Pantothenic acid	mg	0.145		0	0.123	0.145	
Vitamin B-6	mg	0.067		0	0.057	0.067	
Folate	µg	80		0	68	80	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	35		0	30	35	
Vitamin A, RE	µg	4		0	3	4	
Vitamin E, α-TE	mg	0.300		0	0.255	0.300	
Lipids:							
Saturated, total	g	0.028		0	0.024	0.028	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.000		0	0.000	0.000	
15.0	g						
16:0	g	0.027		0	0.023	0.027	
17:0	g						
18:0	g	0.001		0	0.001	0.001	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.035	0	0.030	0.035
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.035	0	0.030	0.035
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.064	0	0.054	0.064
18:2	g	0.058	0	0.049	0.058
18:3	g	0.005	0	0.004	0.005
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.020	0	0.017	0.020
Threonine	g	0.049	0	0.042	0.049
Isoleucine	g	0.050	0	0.043	0.050
Leucine	g	0.071	0	0.060	0.071
Lysine	g	0.060	0	0.051	0.060
Methionine	g	0.019	0	0.016	0.019
Cystine	g	0.020	0	0.017	0.020
Phenylalanine	g	0.048	0	0.041	0.048
Tyrosine	g	0.040	0	0.034	0.040
Valine	g	0.059	0	0.050	0.059
Arginine	g	0.044	0	0.037	0.044
Histidine	g	0.022	0	0.019	0.022
Alanine	g	0.063	0	0.054	0.063
Aspartic acid	g	0.121	0	0.103	0.121
Glutamic acid	g	0.446	0	0.379	0.446
Glycine	g	0.033	0	0.028	0.033
Proline	g	0.043	0	0.037	0.043
Serine	g	0.062	0	0.053	0.062
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1/2 cup slices
Measure 2: 2 beets, (2" dia, sphere)

NDB No. 11082 Beets, canned, regular pack, solids and liquids

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 246g	Measure 2*	Measure 3*
Proximates:							
Water	g	91.62	0.096	196	225.39		
Energy	kcal	28		0	69		
Energy	kj	117		0	288		
Protein (N x 5.95)	g	0.80	0.013	203	1.97		
Total lipid (fat)	g	0.07	0.003	197	0.17		
Carbohydrate, by difference	g	6.58		0	16.19		
Fiber, total dietary	g	1.2		0	3.0		
Ash	g	0.94	0.015	197	2.31		
Sugars, total	g						
Minerals:							
Calcium	mg	13	0.336	200	32		
Iron	mg	0.63	0.023	206	1.55		
Magnesium	mg	16	0.246	134	39		
Phosphorus	mg	16	0.336	198	39		
Potassium	mg	132	2.385	145	325		
Sodium	mg	252	8.572	37	620		
Zinc	mg	0.23	0.009	67	0.57		
Copper	mg	0.097	0.006	67	0.239		
Manganese	mg	0.241		0	0.593		
Selenium	µg	0.5		0	1.2		
Vitamins:							
Ascorbic acid	mg	2.8	0.155	168	6.9		
Thiamin	mg	0.010	0.000	141	0.025		
Riboflavin	mg	0.038	0.002	174	0.093		
Niacin	mg	0.151	0.003	215	0.371		
Pantothenic acid	mg	0.150		0	0.369		
Vitamin B-6	mg	0.055		0	0.135		
Folate	µg	29	4.663	3	71		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	26	3.441	43	64		
Vitamin A, RE	µg	3		0	7		
Vitamin E, α-TE	mg	0.288		0	0.708		
Lipids:							
Saturated, total	g	0.011		0	0.027		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.000		0	0.000		
10:0	g	0.000		0	0.000		
12:0	g	0.000		0	0.000		
14:0	g						
15.0	g						
16:0	g	0.011		0	0.027		
17:0	g						
18:0	g	0.000		0	0.000		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.013	0	0.032
14:1	g			
16:1	g	0.000	0	0.000
18:1	g	0.013	0	0.032
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.025	0	0.062
18:2	g	0.023	0	0.057
18:3	g	0.002	0	0.005
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.010	0	0.025
Threonine	g	0.023	0	0.057
Isoleucine	g	0.024	0	0.059
Leucine	g	0.034	0	0.084
Lysine	g	0.029	0	0.071
Methionine	g	0.009	0	0.022
Cystine	g	0.010	0	0.025
Phenylalanine	g	0.023	0	0.057
Tyrosine	g	0.019	0	0.047
Valine	g	0.028	0	0.069
Arginine	g	0.021	0	0.052
Histidine	g	0.011	0	0.027
Alanine	g	0.030	0	0.074
Aspartic acid	g	0.058	0	0.143
Glutamic acid	g	0.213	0	0.524
Glycine	g	0.015	0	0.037
Proline	g	0.020	0	0.049
Serine	g	0.029	0	0.071
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 1 cup

NDB No. 11084 Beets, canned, drained solids

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 157g	Measure 2* 195g	Measure 3* 170g
Proximates:							
Water	g	90.96	0.739	5	142.81	177.37	154.63
Energy	kcal	31		0	49	60	53
Energy	kj	130		0	204	254	221
Protein (N x 5.95)	g	0.91	0.082	5	1.43	1.77	1.55
Total lipid (fat)	g	0.14	0.046	5	0.22	0.27	0.24
Carbohydrate, by difference	g	7.20		0	11.30	14.04	12.24
Fiber, total dietary	g	1.7		0	2.7	3.3	2.9
Ash	g	0.78	0.060	5	1.22	1.52	1.33
Sugars, total	g						
Minerals:							
Calcium	mg	15		0	24	29	26
Iron	mg	1.82	0.060	5	2.86	3.55	3.09
Magnesium	mg	17		0	27	33	29
Phosphorus	mg	17		0	27	33	29
Potassium	mg	148		0	232	289	252
Sodium	mg	194		0	305	378	330
Zinc	mg	0.21	0.021	5	0.33	0.41	0.36
Copper	mg	0.059	0.014	5	0.093	0.115	0.100
Manganese	mg	0.287	0.034	5	0.451	0.560	0.488
Selenium	µg	0.5		0	0.8	1.0	0.9
Vitamins:							
Ascorbic acid	mg	4.1		0	6.4	8.0	7.0
Thiamin	mg	0.010		0	0.016	0.020	0.017
Riboflavin	mg	0.040		0	0.063	0.078	0.068
Niacin	mg	0.157		0	0.246	0.306	0.267
Pantothenic acid	mg	0.156		0	0.245	0.304	0.265
Vitamin B-6	mg	0.057		0	0.089	0.111	0.097
Folate	µg	30		0	47	59	51
Vitamin B-12	µg	0.00		0	0.00	0.00	0.00
Vitamin A	IU	11		0	17	21	19
Vitamin A, RE	µg	1		0	2	2	2
Vitamin E, α-TE	mg	0.300		0	0.471	0.585	0.510
Lipids:							
Saturated, total	g	0.023		0	0.036	0.045	0.039
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.000		0	0.000	0.000	0.000
14:0	g	0.000		0	0.000	0.000	0.000
15.0	g						
16:0	g	0.022		0	0.035	0.043	0.037
17:0	g						
18:0	g	0.001		0	0.002	0.002	0.002
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.028	0	0.044	0.055	0.048
14:1	g					
16:1	g	0.000	0	0.000	0.000	0.000
18:1	g	0.028	0	0.044	0.055	0.048
20:1	g	0.000	0	0.000	0.000	0.000
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.051	0	0.080	0.099	0.087
18:2	g	0.046	0	0.072	0.090	0.078
18:3	g	0.004	0	0.006	0.008	0.007
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.011	0	0.017	0.021	0.019
Threonine	g	0.027	0	0.042	0.053	0.046
Isoleucine	g	0.027	0	0.042	0.053	0.046
Leucine	g	0.039	0	0.061	0.076	0.066
Lysine	g	0.033	0	0.052	0.064	0.056
Methionine	g	0.010	0	0.016	0.020	0.017
Cystine	g	0.011	0	0.017	0.021	0.019
Phenylalanine	g	0.026	0	0.041	0.051	0.044
Tyrosine	g	0.022	0	0.035	0.043	0.037
Valine	g	0.032	0	0.050	0.062	0.054
Arginine	g	0.024	0	0.038	0.047	0.041
Histidine	g	0.012	0	0.019	0.023	0.020
Alanine	g	0.034	0	0.053	0.066	0.058
Aspartic acid	g	0.066	0	0.104	0.129	0.112
Glutamic acid	g	0.242	0	0.380	0.472	0.411
Glycine	g	0.018	0	0.028	0.035	0.031
Proline	g	0.024	0	0.038	0.047	0.041
Serine	g	0.033	0	0.052	0.064	0.056
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, diced
Measure 2: 1 cup, shredded
Measure 3: 1 cup, slices

NDB No. 11086 Beet greens, raw

Beta vulgaris

Refuse: 44% Stems, bruised and old leaves

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 38g	Measure 2* 32g	Measure 3* 19g
Proximates:							
Water	g	92.15	0.466	6	35.02	29.49	17.51
Energy	kcal	19		0	7	6	4
Energy	kj	79		0	30	25	15
Protein (N x 5.95)	g	1.82		1	0.69	0.58	0.35
Total lipid (fat)	g	0.06		1	0.02	0.02	0.01
Carbohydrate, by difference	g	3.97		0	1.51	1.27	0.75
Fiber, total dietary	g	3.7		0	1.4	1.2	0.7
Ash	g	2.01		1	0.76	0.64	0.38
Sugars, total	g						
Minerals:							
Calcium	mg	119		1	45	38	23
Iron	mg	3.30		0	1.25	1.06	0.63
Magnesium	mg	72		1	27	23	14
Phosphorus	mg	40		0	15	13	8
Potassium	mg	547	103.041	5	208	175	104
Sodium	mg	201	39.962	5	76	64	38
Zinc	mg	0.38		1	0.14	0.12	0.07
Copper	mg	0.191		1	0.073	0.061	0.036
Manganese	mg	0.391		0	0.149	0.125	0.074
Selenium	µg	0.9		0	0.3	0.3	0.2
Vitamins:							
Ascorbic acid	mg	30.0		0	11.4	9.6	5.7
Thiamin	mg	0.100		0	0.038	0.032	0.019
Riboflavin	mg	0.220		0	0.084	0.070	0.042
Niacin	mg	0.400		0	0.152	0.128	0.076
Pantothenic acid	mg	0.250		0	0.095	0.080	0.048
Vitamin B-6	mg	0.106		0	0.040	0.034	0.020
Folate	µg	15		0	6	5	3
Vitamin B-12	µg	0.00		0	0.00	0.00	0.00
Vitamin A	IU	6100		0	2318	1952	1159
Vitamin A, RE	µg	610		0	232	195	116
Vitamin E, α-TE	mg	1.500		0	0.570	0.480	0.285
Lipids:							
Saturated, total	g	0.009		0	0.003	0.003	0.002
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.000		0	0.000	0.000	0.000
14:0	g	0.000		0	0.000	0.000	0.000
15.0	g						
16:0	g	0.009		0	0.003	0.003	0.002
17:0	g						
18:0	g	0.000		0	0.000	0.000	0.000
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.012	0	0.005	0.004	0.002
14:1	g					
16:1	g	0.000	0	0.000	0.000	0.000
18:1	g	0.012	0	0.005	0.004	0.002
20:1	g	0.000	0	0.000	0.000	0.000
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.021	0	0.008	0.007	0.004
18:2	g	0.019	0	0.007	0.006	0.004
18:3	g	0.002	0	0.001	0.001	0.000
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
Phytosterols	mg	21	0	8	7	4
Amino acids:						
Tryptophan	g	0.029	5	0.011	0.009	0.006
Threonine	g	0.054	5	0.021	0.017	0.010
Isoleucine	g	0.038	5	0.014	0.012	0.007
Leucine	g	0.081	5	0.031	0.026	0.015
Lysine	g	0.053	5	0.020	0.017	0.010
Methionine	g	0.015	5	0.006	0.005	0.003
Cystine	g	0.017	5	0.006	0.005	0.003
Phenylalanine	g	0.048	5	0.018	0.015	0.009
Tyrosine	g	0.043	5	0.016	0.014	0.008
Valine	g	0.054	5	0.021	0.017	0.010
Arginine	g	0.052	5	0.020	0.017	0.010
Histidine	g	0.028	5	0.011	0.009	0.005
Alanine	g	0.067	4	0.025	0.021	0.013
Aspartic acid	g	0.107	4	0.041	0.034	0.020
Glutamic acid	g	0.221	4	0.084	0.071	0.042
Glycine	g	0.067	4	0.025	0.021	0.013
Proline	g	0.043	4	0.016	0.014	0.008
Serine	g	0.058	4	0.022	0.019	0.011
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 leaf
Measure 3: 1/2 cup, 1 in pieces

NDB No. 11087 Beet greens, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 144g	Measure 2* 72g	Measure 3*
Proximates:							
Water	g	89.13		0	128.35	64.17	
Energy	kcal	27		0	39	19	
Energy	kj	113		0	163	81	
Protein (N x 5.95)	g	2.57		1	3.70	1.85	
Total lipid (fat)	g	0.20		1	0.29	0.14	
Carbohydrate, by difference	g	5.46		0	7.86	3.93	
Fiber, total dietary	g	2.9		0	4.2	2.1	
Ash	g	2.64		1	3.80	1.90	
Sugars, total	g						
Minerals:							
Calcium	mg	114		1	164	82	
Iron	mg	1.90		0	2.74	1.37	
Magnesium	mg	68		1	98	49	
Phosphorus	mg	41		1	59	30	
Potassium	mg	909		1	1309	654	
Sodium	mg	241		1	347	174	
Zinc	mg	0.50		0	0.72	0.36	
Copper	mg	0.251		0	0.361	0.181	
Manganese	mg	0.514		0	0.740	0.370	
Selenium	µg	0.9		0	1.3	0.6	
Vitamins:							
Ascorbic acid	mg	24.9		0	35.9	17.9	
Thiamin	mg	0.117		0	0.168	0.084	
Riboflavin	mg	0.289		0	0.416	0.208	
Niacin	mg	0.499		0	0.719	0.359	
Pantothenic acid	mg	0.329		0	0.474	0.237	
Vitamin B-6	mg	0.132		0	0.190	0.095	
Folate	µg	14		0	21	10	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	5100		0	7344	3672	
Vitamin A, RE	µg	510		0	734	367	
Vitamin E, α-TE	mg	0.300		0	0.432	0.216	
Lipids:							
Saturated, total	g	0.031		0	0.045	0.022	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.000		0	0.000	0.000	
15.0	g						
16:0	g	0.030		0	0.043	0.022	
17:0	g						
18:0	g	0.001		0	0.001	0.001	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.038	0	0.055	0.027
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.038	0	0.055	0.027
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.070	0	0.101	0.050
18:2	g	0.065	0	0.094	0.047
18:3	g	0.006	0	0.009	0.004
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.040	0	0.058	0.029
Threonine	g	0.076	0	0.109	0.055
Isoleucine	g	0.053	0	0.076	0.038
Leucine	g	0.115	0	0.166	0.083
Lysine	g	0.075	0	0.108	0.054
Methionine	g	0.021	0	0.030	0.015
Cystine	g	0.024	0	0.035	0.017
Phenylalanine	g	0.068	0	0.098	0.049
Tyrosine	g	0.061	0	0.088	0.044
Valine	g	0.076	0	0.109	0.055
Arginine	g	0.073	0	0.105	0.053
Histidine	g	0.039	0	0.056	0.028
Alanine	g	0.095	0	0.137	0.068
Aspartic acid	g	0.152	0	0.219	0.109
Glutamic acid	g	0.312	0	0.449	0.225
Glycine	g	0.094	0	0.135	0.068
Proline	g	0.061	0	0.088	0.044
Serine	g	0.082	0	0.118	0.059
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, (1" pieces)
Measure 2: 1/2 cup, 1 in pieces

NDB No. 11088 Broadbeans, immature seeds, raw

Vicia faba

Refuse: 3% Ends

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 109g	Measure 2* 8g	Measure 3*
Proximates:							
Water	g	81.00		1	88.29	6.48	
Energy	kcal	72		0	78	6	
Energy	kj	301		0	328	24	
Protein (N x 5.95)	g	5.60		1	6.10	0.45	
Total lipid (fat)	g	0.60		1	0.65	0.05	
Carbohydrate, by difference	g	11.70		0	12.75	0.94	
Fiber, total dietary	g	4.2		0	4.6	0.3	
Ash	g	1.10		0	1.20	0.09	
Sugars, total	g						
Minerals:							
Calcium	mg	22		1	24	2	
Iron	mg	1.90		1	2.07	0.15	
Magnesium	mg	38		1	41	3	
Phosphorus	mg	95		1	104	8	
Potassium	mg	250		1	273	20	
Sodium	mg	50		1	55	4	
Zinc	mg	0.58		0	0.63	0.05	
Copper	mg	0.074		0	0.081	0.006	
Manganese	mg	0.320		0	0.349	0.026	
Selenium	µg	1.2		0	1.3	0.1	
Vitamins:							
Ascorbic acid	mg	33.0		1	36.0	2.6	
Thiamin	mg	0.170		1	0.185	0.014	
Riboflavin	mg	0.110		1	0.120	0.009	
Niacin	mg	1.500		1	1.635	0.120	
Pantothenic acid	mg	0.086		0	0.094	0.007	
Vitamin B-6	mg	0.038		0	0.041	0.003	
Folate	µg	96		0	105	8	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	350		1	382	28	
Vitamin A, RE	µg	35		1	38	3	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.138		0	0.150	0.011	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.000		0	0.000	0.000	
15.0	g						
16:0	g	0.121		0	0.132	0.010	
17:0	g						
18:0	g	0.017		0	0.019	0.001	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.017	0	0.019	0.001
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.017	0	0.019	0.001
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.310	0	0.338	0.025
18:2	g	0.120	0	0.131	0.010
18:3	g	0.189	0	0.206	0.015
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.056	2	0.061	0.004
Threonine	g	0.208	3	0.227	0.017
Isoleucine	g	0.251	3	0.274	0.020
Leucine	g	0.432	3	0.471	0.035
Lysine	g	0.366	3	0.399	0.029
Methionine	g	0.043	3	0.047	0.003
Cystine	g	0.077	3	0.084	0.006
Phenylalanine	g	0.228	3	0.249	0.018
Tyrosine	g	0.196	3	0.214	0.016
Valine	g	0.274	3	0.299	0.022
Arginine	g	0.463	3	0.505	0.037
Histidine	g	0.134	3	0.146	0.011
Alanine	g	0.228	3	0.249	0.018
Aspartic acid	g	0.631	3	0.688	0.050
Glutamic acid	g	0.855	3	0.932	0.068
Glycine	g	0.230	3	0.251	0.018
Proline	g	0.252	3	0.275	0.020
Serine	g	0.246	3	0.268	0.020
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 broadbean

NDB No. 11089 Broadbeans, immature seeds, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1*	Measure 2*	Measure 3*
Proximates:							
Water	g	83.70		0			
Energy	kcal	62		0			
Energy	kj	259		0			
Protein (N x 5.95)	g	4.80		0			
Total lipid (fat)	g	0.50		0			
Carbohydrate, by difference	g	10.10		0			
Fiber, total dietary	g	3.6		0			
Ash	g	0.90		0			
Sugars, total	g						
Minerals:							
Calcium	mg	18		0			
Iron	mg	1.50		0			
Magnesium	mg	31		0			
Phosphorus	mg	73		0			
Potassium	mg	193		0			
Sodium	mg	41		0			
Zinc	mg	0.47		0			
Copper	mg	0.060		0			
Manganese	mg	0.261		0			
Selenium	µg	1.0		0			
Vitamins:							
Ascorbic acid	mg	19.8		0			
Thiamin	mg	0.128		0			
Riboflavin	mg	0.090		0			
Niacin	mg	1.200		0			
Pantothenic acid	mg	0.066		0			
Vitamin B-6	mg	0.029		0			
Folate	µg	58		0			
Vitamin B-12	µg	0.00		0			
Vitamin A	IU	270		0			
Vitamin A, RE	µg	27		0			
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.142		0			
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.000		0			
15.0	g						
16:0	g	0.121		0			
17:0	g						
18:0	g	0.020		0			
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.020	0
14:1	g		
16:1	g	0.000	0
18:1	g	0.020	0
20:1	g		
22.1	g		
Polyunsaturated, total	g	0.303	0
18:2	g	0.121	0
18:3	g	0.182	0
18:4	g		
20:4	g		
20:5	g		
22:5	g		
22:6	g		
Cholesterol	mg	0	0
Phytosterols	mg		
Amino acids:			
Tryptophan	g	0.048	0
Threonine	g	0.178	0
Isoleucine	g	0.215	0
Leucine	g	0.370	0
Lysine	g	0.313	0
Methionine	g	0.037	0
Cystine	g	0.066	0
Phenylalanine	g	0.195	0
Tyrosine	g	0.168	0
Valine	g	0.235	0
Arginine	g	0.397	0
Histidine	g	0.115	0
Alanine	g	0.195	0
Aspartic acid	g	0.541	0
Glutamic acid	g	0.733	0
Glycine	g	0.197	0
Proline	g	0.216	0
Serine	g	0.210	0
Other:			
Caffeine	mg		
Theobromine	mg		
Alcohol	g		

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

NDB No. 11090 Broccoli, raw

Brassica oleracea (Botrytis Group)

Refuse: 39% Leaves and tough stalks with trimmings

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 88g	Measure 2* 608g	Measure 3* 151g
Proximates:							
Water	g	90.69	0.333	33	79.81	551.40	136.94
Energy	kcal	28		0	25	170	42
Energy	kj	117		0	103	711	177
Protein (N x 5.95)	g	2.98	0.109	22	2.62	18.12	4.50
Total lipid (fat)	g	0.35	0.034	22	0.31	2.13	0.53
Carbohydrate, by difference	g	5.24		0	4.61	31.86	7.91
Fiber, total dietary	g	3.0		0	2.6	18.2	4.5
Ash	g	0.92	0.027	23	0.81	5.59	1.39
Sugars, total	g						
Minerals:							
Calcium	mg	48	2.510	28	42	292	72
Iron	mg	0.88	0.082	34	0.77	5.35	1.33
Magnesium	mg	25	3.601	27	22	152	38
Phosphorus	mg	66	1.593	27	58	401	100
Potassium	mg	325	7.243	25	286	1976	491
Sodium	mg	27	1.782	30	24	164	41
Zinc	mg	0.40	0.014	33	0.35	2.43	0.60
Copper	mg	0.045	0.003	33	0.040	0.274	0.068
Manganese	mg	0.229	0.016	22	0.202	1.392	0.346
Selenium	µg	3.0	0.434	5	2.6	18.2	4.5
Vitamins:							
Ascorbic acid	mg	93.2	2.068	15	82.0	566.7	140.7
Thiamin	mg	0.065	0.008	15	0.057	0.395	0.098
Riboflavin	mg	0.119	0.004	15	0.105	0.724	0.180
Niacin	mg	0.638	0.021	15	0.561	3.879	0.963
Pantothenic acid	mg	0.535	0.049	15	0.471	3.253	0.808
Vitamin B-6	mg	0.159	0.011	15	0.140	0.967	0.240
Folate	µg	71	7.000	26	62	432	107
Vitamin B-12	µg	0.00		0	0.00	0.00	0.00
Vitamin A	IU	1542	44.938	5	1357	9375	2328
Vitamin A, RE	µg	154	4.494	5	136	936	233
Vitamin E, α-TE	mg	1.660		0	1.461	10.093	2.507
Lipids:							
Saturated, total	g	0.054		0	0.048	0.328	0.082
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.000		0	0.000	0.000	0.000
14:0	g	0.000		0	0.000	0.000	0.000
15.0	g						
16:0	g	0.047		0	0.041	0.286	0.071
17:0	g						
18:0	g	0.007		0	0.006	0.043	0.011
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.024	0	0.021	0.146	0.036
14:1	g					
16:1	g	0.000	0	0.000	0.000	0.000
18:1	g	0.024	0	0.021	0.146	0.036
20:1	g	0.000	0	0.000	0.000	0.000
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.167	0	0.147	1.015	0.252
18:2	g	0.038	0	0.033	0.231	0.057
18:3	g	0.129	0	0.114	0.784	0.195
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.029	26	0.026	0.176	0.044
Threonine	g	0.091	26	0.080	0.553	0.137
Isoleucine	g	0.109	26	0.096	0.663	0.165
Leucine	g	0.131	26	0.115	0.796	0.198
Lysine	g	0.141	26	0.124	0.857	0.213
Methionine	g	0.034	26	0.030	0.207	0.051
Cystine	g	0.020	4	0.018	0.122	0.030
Phenylalanine	g	0.084	26	0.074	0.511	0.127
Tyrosine	g	0.063	4	0.055	0.383	0.095
Valine	g	0.128	26	0.113	0.778	0.193
Arginine	g	0.145	26	0.128	0.882	0.219
Histidine	g	0.050	24	0.044	0.304	0.076
Alanine	g	0.118	4	0.104	0.717	0.178
Aspartic acid	g	0.213	4	0.187	1.295	0.322
Glutamic acid	g	0.375	4	0.330	2.280	0.566
Glycine	g	0.095	4	0.084	0.578	0.143
Proline	g	0.114	4	0.100	0.693	0.172
Serine	g	0.100	4	0.088	0.608	0.151
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, chopped
Measure 2: 1 bunch
Measure 3: 1 spear

NDB No. 11091 Broccoli, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 280g	Measure 2* 180g	Measure 3* 140g
Proximates:							
Water	g	90.69		0	253.93	163.24	126.97
Energy	kcal	28		0	78	50	39
Energy	kj	117		0	328	211	164
Protein (N x 5.95)	g	2.98		0	8.34	5.36	4.17
Total lipid (fat)	g	0.35		0	0.98	0.63	0.49
Carbohydrate, by difference	g	5.06		0	14.17	9.11	7.08
Fiber, total dietary	g	2.9		0	8.1	5.2	4.1
Ash	g	0.92		0	2.58	1.66	1.29
Sugars, total	g						
Minerals:							
Calcium	mg	46		0	129	83	64
Iron	mg	0.84		0	2.35	1.51	1.18
Magnesium	mg	24		0	67	43	34
Phosphorus	mg	59		0	165	106	83
Potassium	mg	292		0	818	526	409
Sodium	mg	26		0	73	47	36
Zinc	mg	0.38		0	1.06	0.68	0.53
Copper	mg	0.043		0	0.120	0.077	0.060
Manganese	mg	0.218		0	0.610	0.392	0.305
Selenium	µg	1.9	0.307	9	5.3	3.4	2.7
Vitamins:							
Ascorbic acid	mg	74.6		0	208.9	134.3	104.4
Thiamin	mg	0.055		0	0.154	0.099	0.077
Riboflavin	mg	0.113		0	0.316	0.203	0.158
Niacin	mg	0.574		0	1.607	1.033	0.804
Pantothenic acid	mg	0.508		0	1.422	0.914	0.711
Vitamin B-6	mg	0.143		0	0.400	0.257	0.200
Folate	µg	50		0	140	90	70
Vitamin B-12	µg	0.00		0	0.00	0.00	0.00
Vitamin A	IU	1388		0	3886	2498	1943
Vitamin A, RE	µg	139		0	389	250	195
Vitamin E, α-TE	mg	1.690		0	4.732	3.042	2.366
Lipids:							
Saturated, total	g	0.054		0	0.151	0.097	0.076
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.000		0	0.000	0.000	0.000
14:0	g	0.000		0	0.000	0.000	0.000
15.0	g						
16:0	g	0.047		0	0.132	0.085	0.066
17:0	g						
18:0	g	0.007		0	0.020	0.013	0.010
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.024	0	0.067	0.043	0.034
14:1	g					
16:1	g	0.000	0	0.000	0.000	0.000
18:1	g	0.024	0	0.067	0.043	0.034
20:1	g	0.000	0	0.000	0.000	0.000
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.167	0	0.468	0.301	0.234
18:2	g	0.038	0	0.106	0.068	0.053
18:3	g	0.129	0	0.361	0.232	0.181
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.031	0	0.087	0.056	0.043
Threonine	g	0.097	0	0.272	0.175	0.136
Isoleucine	g	0.116	0	0.325	0.209	0.162
Leucine	g	0.139	0	0.389	0.250	0.195
Lysine	g	0.150	0	0.420	0.270	0.210
Methionine	g	0.036	0	0.101	0.065	0.050
Cystine	g	0.021	0	0.059	0.038	0.029
Phenylalanine	g	0.090	0	0.252	0.162	0.126
Tyrosine	g	0.067	0	0.188	0.121	0.094
Valine	g	0.136	0	0.381	0.245	0.190
Arginine	g	0.155	0	0.434	0.279	0.217
Histidine	g	0.053	0	0.148	0.095	0.074
Alanine	g	0.125	0	0.350	0.225	0.175
Aspartic acid	g	0.227	0	0.636	0.409	0.318
Glutamic acid	g	0.401	0	1.123	0.722	0.561
Glycine	g	0.101	0	0.283	0.182	0.141
Proline	g	0.122	0	0.342	0.220	0.171
Serine	g	0.106	0	0.297	0.191	0.148
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 large stalk (11" - 12" long)
Measure 2: 1 medium stalk (7-1/2" - 8" long)
Measure 3: 1 small stalk (5" long)

NDB No. 11092 Broccoli, frozen, chopped, unprepared

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 156g	Measure 2* 284g	Measure 3*
Proximates:							
Water	g	91.46	0.134	48	142.68	259.75	
Energy	kcal	26		0	41	74	
Energy	kj	109		0	170	310	
Protein (N x 5.95)	g	2.81	0.045	49	4.38	7.98	
Total lipid (fat)	g	0.29	0.022	49	0.45	0.82	
Carbohydrate, by difference	g	4.79		0	7.47	13.60	
Fiber, total dietary	g	3.0		0	4.7	8.5	
Ash	g	0.66	0.013	48	1.03	1.87	
Sugars, total	g						
Minerals:							
Calcium	mg	56	2.393	45	87	159	
Iron	mg	0.81	0.042	48	1.26	2.30	
Magnesium	mg	18	1.303	13	28	51	
Phosphorus	mg	50	1.712	18	78	142	
Potassium	mg	212	14.022	11	331	602	
Sodium	mg	24	4.771	14	37	68	
Zinc	mg	0.48	0.191	15	0.75	1.36	
Copper	mg	0.038	0.003	16	0.059	0.108	
Manganese	mg	0.294	0.026	14	0.459	0.835	
Selenium	µg	2.8		0	4.4	8.0	
Vitamins:							
Ascorbic acid	mg	56.4	2.850	32	88.0	160.2	
Thiamin	mg	0.053	0.002	45	0.083	0.151	
Riboflavin	mg	0.096	0.003	45	0.150	0.273	
Niacin	mg	0.470	0.026	45	0.733	1.335	
Pantothenic acid	mg	0.279	0.024	5	0.435	0.792	
Vitamin B-6	mg	0.130	0.007	12	0.203	0.369	
Folate	µg	67	1.844	3	105	190	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	2066	79.945	45	3223	5867	
Vitamin A, RE	µg	207	7.995	45	323	588	
Vitamin E, α-TE	mg	1.520		0	2.371	4.317	
Lipids:							
Saturated, total	g	0.044		0	0.069	0.125	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.000		0	0.000	0.000	
15.0	g						
16:0	g	0.039		0	0.061	0.111	
17:0	g						
18:0	g	0.005		0	0.008	0.014	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.020	0	0.031	0.057
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.020	0	0.031	0.057
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.136	0	0.212	0.386
18:2	g	0.031	0	0.048	0.088
18:3	g	0.105	0	0.164	0.298
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.029	0	0.045	0.082
Threonine	g	0.091	0	0.142	0.258
Isoleucine	g	0.109	0	0.170	0.310
Leucine	g	0.131	0	0.204	0.372
Lysine	g	0.141	0	0.220	0.400
Methionine	g	0.034	0	0.053	0.097
Cystine	g	0.020	0	0.031	0.057
Phenylalanine	g	0.085	0	0.133	0.241
Tyrosine	g	0.063	0	0.098	0.179
Valine	g	0.128	0	0.200	0.364
Arginine	g	0.146	0	0.228	0.415
Histidine	g	0.050	0	0.078	0.142
Alanine	g	0.118	0	0.184	0.335
Aspartic acid	g	0.214	0	0.334	0.608
Glutamic acid	g	0.377	0	0.588	1.071
Glycine	g	0.095	0	0.148	0.270
Proline	g	0.115	0	0.179	0.327
Serine	g	0.100	0	0.156	0.284
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 package (10 oz)

NDB No. 11093 Broccoli, frozen, chopped, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 184g	Measure 2*	Measure 3*
Proximates:							
Water	g	90.72	0.303	9	166.92		
Energy	kcal	28		0	52		
Energy	kj	117		0	215		
Protein (N x 5.95)	g	3.10	0.132	6	5.70		
Total lipid (fat)	g	0.12	0.021	6	0.22		
Carbohydrate, by difference	g	5.35		0	9.84		
Fiber, total dietary	g	3.0		0	5.5		
Ash	g	0.71	0.030	6	1.31		
Sugars, total	g						
Minerals:							
Calcium	mg	51	4.683	6	94		
Iron	mg	0.61	0.043	6	1.12		
Magnesium	mg	20	0.594	6	37		
Phosphorus	mg	55	3.268	6	101		
Potassium	mg	180	18.064	6	331		
Sodium	mg	24	1.353	12	44		
Zinc	mg	0.30	0.018	6	0.55		
Copper	mg	0.043	0.003	6	0.079		
Manganese	mg	0.325	0.034	6	0.598		
Selenium	µg	3.0		0	5.5		
Vitamins:							
Ascorbic acid	mg	40.1	5.569	6	73.8		
Thiamin	mg	0.055	0.004	7	0.101		
Riboflavin	mg	0.081	0.004	7	0.149		
Niacin	mg	0.458	0.036	6	0.843		
Pantothenic acid	mg	0.274	0.013	6	0.504		
Vitamin B-6	mg	0.130	0.009	7	0.239		
Folate	µg	56	4.028	3	104		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	1892	188.685	6	3481		
Vitamin A, RE	µg	189	18.869	6	348		
Vitamin E, α-TE	mg	1.650		0	3.036		
Lipids:							
Saturated, total	g	0.018		0	0.033		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.000		0	0.000		
10:0	g	0.000		0	0.000		
12:0	g	0.000		0	0.000		
14:0	g	0.000		0	0.000		
15.0	g						
16:0	g	0.016		0	0.029		
17:0	g						
18:0	g	0.002		0	0.004		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.008	0	0.015
14:1	g			
16:1	g	0.000	0	0.000
18:1	g	0.008	0	0.015
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.055	0	0.101
18:2	g	0.013	0	0.024
18:3	g	0.042	0	0.077
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.032	0	0.059
Threonine	g	0.101	0	0.186
Isoleucine	g	0.121	0	0.223
Leucine	g	0.145	0	0.267
Lysine	g	0.156	0	0.287
Methionine	g	0.037	0	0.068
Cystine	g	0.022	0	0.040
Phenylalanine	g	0.094	0	0.173
Tyrosine	g	0.070	0	0.129
Valine	g	0.142	0	0.261
Arginine	g	0.161	0	0.296
Histidine	g	0.055	0	0.101
Alanine	g	0.130	0	0.239
Aspartic acid	g	0.236	0	0.434
Glutamic acid	g	0.417	0	0.767
Glycine	g	0.105	0	0.193
Proline	g	0.127	0	0.234
Serine	g	0.111	0	0.204
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 1 cup

NDB No. 11094 Broccoli, frozen, spears, unprepared

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 284g	Measure 2* 907g	Measure 3*
Proximates:							
Water	g	90.55	0.284	53	257.16	821.29	
Energy	kcal	29		0	82	263	
Energy	kj	121		0	344	1097	
Protein (N x 5.95)	g	3.06	0.240	49	8.69	27.75	
Total lipid (fat)	g	0.34	0.041	49	0.97	3.08	
Carbohydrate, by difference	g	5.35		0	15.19	48.52	
Fiber, total dietary	g	3.0		0	8.5	27.2	
Ash	g	0.70	0.019	47	1.99	6.35	
Sugars, total	g						
Minerals:							
Calcium	mg	41	2.305	49	116	372	
Iron	mg	0.72	0.060	47	2.04	6.53	
Magnesium	mg	16	0.552	17	45	145	
Phosphorus	mg	59	2.745	30	168	535	
Potassium	mg	250	13.672	21	710	2268	
Sodium	mg	17	1.682	24	48	154	
Zinc	mg	0.34	0.016	15	0.97	3.08	
Copper	mg	0.036	0.005	17	0.102	0.327	
Manganese	mg	0.256	0.015	15	0.727	2.322	
Selenium	µg	1.9	0.307	9	5.4	17.2	
Vitamins:							
Ascorbic acid	mg	68.3	2.837	39	194.0	619.5	
Thiamin	mg	0.072	0.006	49	0.204	0.653	
Riboflavin	mg	0.114	0.008	48	0.324	1.034	
Niacin	mg	0.462	0.032	49	1.312	4.190	
Pantothenic acid	mg	0.242	0.024	7	0.687	2.195	
Vitamin B-6	mg	0.175	0.013	16	0.497	1.587	
Folate	µg	94	9.155	9	268	855	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	1429	66.242	43	4058	12961	
Vitamin A, RE	µg	143	6.624	43	406	1297	
Vitamin E, α-TE	mg	1.680		0	4.771	15.238	
Lipids:							
Saturated, total	g	0.052		0	0.148	0.472	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g	0.046		0	0.131	0.417	
17:0	g						
18:0	g	0.006		0	0.017	0.054	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.024	0	0.068	0.218
14:1	g				
16:1	g				
18:1	g	0.024	0	0.068	0.218
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.162	0	0.460	1.469
18:2	g	0.037	0	0.105	0.336
18:3	g	0.125	0	0.355	1.134
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.032	0	0.091	0.290
Threonine	g	0.099	0	0.281	0.898
Isoleucine	g	0.119	0	0.338	1.079
Leucine	g	0.143	0	0.406	1.297
Lysine	g	0.154	0	0.437	1.397
Methionine	g	0.037	0	0.105	0.336
Cystine	g	0.022	0	0.062	0.200
Phenylalanine	g	0.092	0	0.261	0.834
Tyrosine	g	0.069	0	0.196	0.626
Valine	g	0.140	0	0.398	1.270
Arginine	g	0.159	0	0.452	1.442
Histidine	g	0.054	0	0.153	0.490
Alanine	g	0.129	0	0.366	1.170
Aspartic acid	g	0.233	0	0.662	2.113
Glutamic acid	g	0.411	0	1.167	3.728
Glycine	g	0.104	0	0.295	0.943
Proline	g	0.125	0	0.355	1.134
Serine	g	0.109	0	0.310	0.989
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 package (10 oz)
Measure 2: 2 lb package

NDB No. 11095 Broccoli, frozen, spears, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 250g	Measure 2* 92g	Measure 3*
Proximates:							
Water	g	90.72	0.303	9	226.80	83.46	
Energy	kcal	28		0	70	26	
Energy	kj	117		0	293	108	
Protein (N x 5.95)	g	3.10	0.131	6	7.75	2.85	
Total lipid (fat)	g	0.11	0.021	6	0.28	0.10	
Carbohydrate, by difference	g	5.35		0	13.38	4.92	
Fiber, total dietary	g	3.0		0	7.5	2.8	
Ash	g	0.71	0.030	6	1.77	0.65	
Sugars, total	g						
Minerals:							
Calcium	mg	51	4.684	6	128	47	
Iron	mg	0.61	0.043	6	1.52	0.56	
Magnesium	mg	20	0.594	6	50	18	
Phosphorus	mg	55	3.268	6	138	51	
Potassium	mg	180	18.064	6	450	166	
Sodium	mg	24	1.353	12	60	22	
Zinc	mg	0.30	0.018	6	0.75	0.28	
Copper	mg	0.043	0.003	6	0.108	0.040	
Manganese	mg	0.325	0.034	6	0.813	0.299	
Selenium	µg	1.9	0.307	9	4.8	1.7	
Vitamins:							
Ascorbic acid	mg	40.1	5.568	6	100.3	36.9	
Thiamin	mg	0.055	0.004	7	0.138	0.051	
Riboflavin	mg	0.081	0.004	7	0.203	0.075	
Niacin	mg	0.458	0.035	6	1.145	0.421	
Pantothenic acid	mg	0.274	0.013	6	0.685	0.252	
Vitamin B-6	mg	0.130	0.009	7	0.325	0.120	
Folate	µg	30	6.888	16	75	28	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	1892	188.683	6	4730	1741	
Vitamin A, RE	µg	189		0	473	174	
Vitamin E, α-TE	mg	1.030		0	2.575	0.948	
Lipids:							
Saturated, total	g	0.018		0	0.045	0.017	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.000		0	0.000	0.000	
15.0	g						
16:0	g	0.016		1	0.040	0.015	
17:0	g						
18:0	g	0.002		1	0.005	0.002	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.008	0	0.020	0.007
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.008	1	0.020	0.007
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.055	0	0.138	0.051
18:2	g	0.013	1	0.033	0.012
18:3	g	0.042	1	0.105	0.039
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.032	0	0.080	0.029
Threonine	g	0.101	0	0.253	0.093
Isoleucine	g	0.121	0	0.303	0.111
Leucine	g	0.145	0	0.363	0.133
Lysine	g	0.156	0	0.390	0.144
Methionine	g	0.037	0	0.093	0.034
Cystine	g	0.022	0	0.055	0.020
Phenylalanine	g	0.094	0	0.235	0.086
Tyrosine	g	0.070	0	0.175	0.064
Valine	g	0.142	0	0.355	0.131
Arginine	g	0.161	0	0.403	0.148
Histidine	g	0.055	0	0.138	0.051
Alanine	g	0.131	0	0.328	0.121
Aspartic acid	g	0.236	0	0.590	0.217
Glutamic acid	g	0.417	0	1.042	0.384
Glycine	g	0.105	0	0.263	0.097
Proline	g	0.127	0	0.318	0.117
Serine	g	0.111	0	0.278	0.102
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 package (10 oz) yields
Measure 2: 1/2 cup

NDB No. 11098 Brussels sprouts, raw

Brassica oleracea (Gemmifera Group)

Refuse: 10% Outer leaves

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 88g	Measure 2* 19g	Measure 3*
Proximates:							
Water	g	86.00	0.435	8	75.68	16.34	
Energy	kcal	43		0	38	8	
Energy	kj	180		0	158	34	
Protein (N x 5.95)	g	3.38	0.122	2	2.97	0.64	
Total lipid (fat)	g	0.30	0.100	2	0.26	0.06	
Carbohydrate, by difference	g	8.96		0	7.88	1.70	
Fiber, total dietary	g	3.8		0	3.3	0.7	
Ash	g	1.37		1	1.21	0.26	
Sugars, total	g						
Minerals:							
Calcium	mg	42	2.500	2	37	8	
Iron	mg	1.40	0.500	2	1.23	0.27	
Magnesium	mg	23		1	20	4	
Phosphorus	mg	69		1	61	13	
Potassium	mg	389	21.971	4	342	74	
Sodium	mg	25	2.873	4	22	5	
Zinc	mg	0.42		1	0.37	0.08	
Copper	mg	0.070		1	0.062	0.013	
Manganese	mg	0.337		0	0.297	0.064	
Selenium	µg	1.6		0	1.4	0.3	
Vitamins:							
Ascorbic acid	mg	85.0		1	74.8	16.1	
Thiamin	mg	0.139	0.009	2	0.122	0.026	
Riboflavin	mg	0.090	0.050	2	0.079	0.017	
Niacin	mg	0.745	0.145	2	0.656	0.142	
Pantothenic acid	mg	0.309		0	0.272	0.059	
Vitamin B-6	mg	0.219		0	0.193	0.042	
Folate	µg	61	6.336	3	54	12	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	883	67.000	2	777	168	
Vitamin A, RE	µg	88	6.700	2	77	17	
Vitamin E, α-TE	mg	0.880		0	0.774	0.167	
Lipids:							
Saturated, total	g	0.062		0	0.055	0.012	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.002		2	0.002	0.000	
10:0	g	0.000		2	0.000	0.000	
12:0	g	0.000		2	0.000	0.000	
14:0	g	0.000		1	0.000	0.000	
15.0	g						
16:0	g	0.053		2	0.047	0.010	
17:0	g						
18:0	g	0.003		2	0.003	0.001	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.023	0	0.020	0.004
14:1	g				
16:1	g	0.002	2	0.002	0.000
18:1	g	0.019	2	0.017	0.004
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.153	0	0.135	0.029
18:2	g	0.045	2	0.040	0.009
18:3	g	0.099	2	0.087	0.019
18:4	g	0.000	0	0.000	0.000
20:4	g	0.001	2	0.001	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg	24	0	21	5
Amino acids:					
Tryptophan	g	0.037	14	0.033	0.007
Threonine	g	0.120	14	0.106	0.023
Isoleucine	g	0.132	14	0.116	0.025
Leucine	g	0.152	14	0.134	0.029
Lysine	g	0.154	14	0.136	0.029
Methionine	g	0.032	14	0.028	0.006
Cystine	g	0.022	1	0.019	0.004
Phenylalanine	g	0.098	14	0.086	0.019
Tyrosine	g				
Valine	g	0.155	14	0.136	0.029
Arginine	g	0.203	14	0.179	0.039
Histidine	g	0.076	14	0.067	0.014
Alanine	g				
Aspartic acid	g				
Glutamic acid	g				
Glycine	g				
Proline	g				
Serine	g				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 sprout

NDB No. 11099 Brussels sprouts, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 21g	Measure 2* 78g	Measure 3*
Proximates:							
Water	g	87.32		0	18.34	68.11	
Energy	kcal	39		0	8	30	
Energy	kj	163		0	34	127	
Protein (N x 5.95)	g	2.55	0.486	5	0.54	1.99	
Total lipid (fat)	g	0.51	0.111	5	0.11	0.40	
Carbohydrate, by difference	g	8.67		0	1.82	6.76	
Fiber, total dietary	g	2.6		0	0.5	2.0	
Ash	g	0.95	0.042	5	0.20	0.74	
Sugars, total	g						
Minerals:							
Calcium	mg	36		0	8	28	
Iron	mg	1.20		0	0.25	0.94	
Magnesium	mg	20		0	4	16	
Phosphorus	mg	56		0	12	44	
Potassium	mg	317		0	67	247	
Sodium	mg	21		0	4	16	
Zinc	mg	0.33	0.019	6	0.07	0.26	
Copper	mg	0.083	0.009	5	0.017	0.065	
Manganese	mg	0.227	0.027	5	0.048	0.177	
Selenium	µg	1.5		0	0.3	1.2	
Vitamins:							
Ascorbic acid	mg	62.0		0	13.0	48.4	
Thiamin	mg	0.107		0	0.022	0.083	
Riboflavin	mg	0.080		0	0.017	0.062	
Niacin	mg	0.607		0	0.127	0.473	
Pantothenic acid	mg	0.252		0	0.053	0.197	
Vitamin B-6	mg	0.178		0	0.037	0.139	
Folate	µg	60		1	13	47	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	719		0	151	561	
Vitamin A, RE	µg	72		0	15	56	
Vitamin E, α-TE	mg	0.850		0	0.179	0.663	
Lipids:							
Saturated, total	g	0.105		0	0.022	0.082	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.003		0	0.001	0.002	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.001		0	0.000	0.001	
15.0	g						
16:0	g	0.090		0	0.019	0.070	
17:0	g						
18:0	g	0.005		0	0.001	0.004	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.039	0	0.008	0.030
14:1	g				
16:1	g	0.004	0	0.001	0.003
18:1	g	0.033	0	0.007	0.026
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.260	0	0.055	0.203
18:2	g	0.077	0	0.016	0.060
18:3	g	0.168	0	0.035	0.131
18:4	g	0.000	0	0.000	0.000
20:4	g	0.002	0	0.000	0.002
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.028	0	0.006	0.022
Threonine	g	0.091	0	0.019	0.071
Isoleucine	g	0.100	0	0.021	0.078
Leucine	g	0.114	0	0.024	0.089
Lysine	g	0.116	0	0.024	0.090
Methionine	g	0.024	0	0.005	0.019
Cystine	g	0.016	0	0.003	0.012
Phenylalanine	g	0.074	0	0.016	0.058
Tyrosine	g				
Valine	g	0.117	0	0.025	0.091
Arginine	g	0.153	0	0.032	0.119
Histidine	g	0.057	0	0.012	0.044
Alanine	g				
Aspartic acid	g				
Glutamic acid	g				
Glycine	g				
Proline	g				
Serine	g				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 sprout
Measure 2: 1/2 cup

NDB No. 11100 Brussels sprouts, frozen, unprepared

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 284g	Measure 2* 907g	Measure 3*
Proximates:							
Water	g	87.07	0.309	41	247.28	789.72	
Energy	kcal	41		0	116	372	
Energy	kj	172		0	488	1560	
Protein (N x 5.95)	g	3.78	0.089	37	10.74	34.28	
Total lipid (fat)	g	0.41	0.034	36	1.16	3.72	
Carbohydrate, by difference	g	7.87		0	22.35	71.38	
Fiber, total dietary	g	3.8		0	10.8	34.5	
Ash	g	0.88	0.033	35	2.50	7.98	
Sugars, total	g						
Minerals:							
Calcium	mg	26	1.312	36	74	236	
Iron	mg	0.93	0.074	35	2.64	8.44	
Magnesium	mg	20	0.555	14	57	181	
Phosphorus	mg	62	2.320	25	176	562	
Potassium	mg	370	12.326	19	1051	3356	
Sodium	mg	10	1.275	19	28	91	
Zinc	mg	0.31	0.013	13	0.88	2.81	
Copper	mg	0.033	0.006	14	0.094	0.299	
Manganese	mg	0.311	0.015	13	0.883	2.821	
Selenium	µg	1.5		0	4.3	13.6	
Vitamins:							
Ascorbic acid	mg	74.1	3.678	28	210.4	672.1	
Thiamin	mg	0.105	0.004	37	0.298	0.952	
Riboflavin	mg	0.122	0.008	36	0.346	1.107	
Niacin	mg	0.638	0.036	37	1.812	5.787	
Pantothenic acid	mg	0.285		5	0.809	2.585	
Vitamin B-6	mg	0.202	0.011	13	0.574	1.832	
Folate	µg	123	25.454	9	350	1119	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	815	37.844	32	2315	7392	
Vitamin A, RE	µg	81	3.784	32	230	735	
Vitamin E, α-TE	mg	0.813		0	2.309	7.374	
Lipids:							
Saturated, total	g	0.084		0	0.239	0.762	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.003		0	0.009	0.027	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.001		0	0.003	0.009	
15.0	g						
16:0	g	0.072		0	0.204	0.653	
17:0	g						
18:0	g	0.004		0	0.011	0.036	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.031	0	0.088	0.281
14:1	g				
16:1	g	0.003	0	0.009	0.027
18:1	g	0.026	0	0.074	0.236
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.207	0	0.588	1.877
18:2	g	0.061	0	0.173	0.553
18:3	g	0.134	0	0.381	1.215
18:4	g	0.000	0	0.000	0.000
20:4	g	0.002	0	0.006	0.018
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.042	0	0.119	0.381
Threonine	g	0.135	0	0.383	1.224
Isoleucine	g	0.148	0	0.420	1.342
Leucine	g	0.170	0	0.483	1.542
Lysine	g	0.172	0	0.488	1.560
Methionine	g	0.036	0	0.102	0.327
Cystine	g	0.024	0	0.068	0.218
Phenylalanine	g	0.110	0	0.312	0.998
Tyrosine	g				
Valine	g	0.173	0	0.491	1.569
Arginine	g	0.227	0	0.645	2.059
Histidine	g	0.085	0	0.241	0.771
Alanine	g				
Aspartic acid	g				
Glutamic acid	g				
Glycine	g				
Proline	g				
Serine	g				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 package (10 oz)
Measure 2: 2 lb package

NDB No. 11101 Brussels sprouts, frozen, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 155g	Measure 2*	Measure 3*
Proximates:							
Water	g	86.74	0.416	10	134.45		
Energy	kcal	42		0	65		
Energy	kj	176		0	273		
Protein (N x 5.95)	g	3.64	0.166	7	5.64		
Total lipid (fat)	g	0.39	0.095	7	0.60		
Carbohydrate, by difference	g	8.32		0	12.90		
Fiber, total dietary	g	4.1		0	6.4		
Ash	g	0.91	0.057	7	1.41		
Sugars, total	g						
Minerals:							
Calcium	mg	24	0.400	3	37		
Iron	mg	0.74	0.059	7	1.15		
Magnesium	mg	24	1.330	3	37		
Phosphorus	mg	54	0.733	3	84		
Potassium	mg	325	48.254	3	504		
Sodium	mg	23	2.474	8	36		
Zinc	mg	0.36	0.023	7	0.56		
Copper	mg	0.070	0.013	7	0.109		
Manganese	mg	0.320	0.036	6	0.496		
Selenium	µg	1.5		0	2.3		
Vitamins:							
Ascorbic acid	mg	45.7	4.175	3	70.8		
Thiamin	mg	0.103	0.009	6	0.160		
Riboflavin	mg	0.113	0.006	6	0.175		
Niacin	mg	0.537	0.145	3	0.832		
Pantothenic acid	mg	0.342	0.009	3	0.530		
Vitamin B-6	mg	0.289	0.037	6	0.448		
Folate	µg	101	19.059	8	157		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	589	44.024	3	913		
Vitamin A, RE	µg	59	4.402	3	91		
Vitamin E, α-TE	mg	0.580		0	0.899		
Lipids:							
Saturated, total	g	0.081		0	0.126		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.002		0	0.003		
10:0	g	0.000		0	0.000		
12:0	g	0.000		0	0.000		
14:0	g	0.001		0	0.002		
15.0	g						
16:0	g	0.069		0	0.107		
17:0	g						
18:0	g	0.004		0	0.006		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.030	0	0.046
14:1	g			
16:1	g	0.003	0	0.005
18:1	g	0.025	0	0.039
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.200	0	0.310
18:2	g	0.059	0	0.091
18:3	g	0.129	0	0.200
18:4	g	0.000	0	0.000
20:4	g	0.002	0	0.003
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.040	0	0.062
Threonine	g	0.130	0	0.202
Isoleucine	g	0.143	0	0.222
Leucine	g	0.164	0	0.254
Lysine	g	0.166	0	0.257
Methionine	g	0.035	0	0.054
Cystine	g	0.023	0	0.036
Phenylalanine	g	0.106	0	0.164
Tyrosine	g			
Valine	g	0.167	0	0.259
Arginine	g	0.218	0	0.338
Histidine	g	0.082	0	0.127
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 1 cup

NDB No. 11104 Burdock root, raw

Arctium lappa

Refuse: 25% Skin, root and tips

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 118g	Measure 2* 156g	Measure 3*
Proximates:							
Water	g	80.09	6.020	3	94.51	124.94	
Energy	kcal	72		0	85	112	
Energy	kj	301		0	355	470	
Protein (N x 5.95)	g	1.53	0.425	2	1.81	2.39	
Total lipid (fat)	g	0.15	0.045	2	0.18	0.23	
Carbohydrate, by difference	g	17.35		0	20.47	27.07	
Fiber, total dietary	g	3.3		0	3.9	5.1	
Ash	g	0.89		0	1.05	1.39	
Sugars, total	g						
Minerals:							
Calcium	mg	41		1	48	64	
Iron	mg	0.80		1	0.94	1.25	
Magnesium	mg	38		1	45	59	
Phosphorus	mg	51		1	60	80	
Potassium	mg	308		1	363	480	
Sodium	mg	5		0	6	8	
Zinc	mg	0.33		0	0.39	0.51	
Copper	mg	0.077		0	0.091	0.120	
Manganese	mg	0.232		0	0.274	0.362	
Selenium	µg	0.7		0	0.8	1.1	
Vitamins:							
Ascorbic acid	mg	3.0		1	3.5	4.7	
Thiamin	mg	0.010		1	0.012	0.016	
Riboflavin	mg	0.030		1	0.035	0.047	
Niacin	mg	0.300		1	0.354	0.468	
Pantothenic acid	mg	0.321		0	0.379	0.501	
Vitamin B-6	mg	0.240		0	0.283	0.374	
Folate	µg	23		0	27	36	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	0		1	0	0	
Vitamin A, RE	µg	0		1	0	0	
Vitamin E, α-TE	mg	0.380		0	0.448	0.593	
Lipids:							
Saturated, total	g	0.025		0	0.030	0.039	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.000		0	0.000	0.000	
15.0	g						
16:0	g	0.025		0	0.030	0.039	
17:0	g						
18:0	g	0.000		0	0.000	0.000	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.037	0	0.044	0.058
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.037	0	0.044	0.058
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.059	0	0.070	0.092
18:2	g	0.056	0	0.066	0.087
18:3	g	0.002	0	0.002	0.003
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.006	2	0.007	0.009
Threonine	g	0.026	2	0.031	0.041
Isoleucine	g	0.030	2	0.035	0.047
Leucine	g	0.032	2	0.038	0.050
Lysine	g	0.067	2	0.079	0.105
Methionine	g	0.009	2	0.011	0.014
Cystine	g	0.006	2	0.007	0.009
Phenylalanine	g	0.033	2	0.039	0.051
Tyrosine	g	0.018	2	0.021	0.028
Valine	g	0.033	2	0.039	0.051
Arginine	g	0.105	2	0.124	0.164
Histidine	g	0.031	2	0.037	0.048
Alanine	g	0.025	2	0.030	0.039
Aspartic acid	g	0.177	2	0.209	0.276
Glutamic acid	g	0.157	2	0.185	0.245
Glycine	g	0.031	2	0.037	0.048
Proline	g	0.052	2	0.061	0.081
Serine	g	0.025	2	0.030	0.039
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, (1" pieces)
Measure 2: 1 root

NDB No. 11105 Burdock root, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 125g	Measure 2* 166g	Measure 3*
Proximates:							
Water	g	75.64		1	94.55	125.56	
Energy	kcal	88		0	110	146	
Energy	kj	368		0	460	611	
Protein (N x 5.95)	g	2.09		1	2.61	3.47	
Total lipid (fat)	g	0.14		1	0.18	0.23	
Carbohydrate, by difference	g	21.15		0	26.44	35.11	
Fiber, total dietary	g	1.8		0	2.3	3.0	
Ash	g	0.98		1	1.23	1.63	
Sugars, total	g						
Minerals:							
Calcium	mg	49		1	61	81	
Iron	mg	0.77		1	0.96	1.28	
Magnesium	mg	39		1	49	65	
Phosphorus	mg	93		1	116	154	
Potassium	mg	360		1	450	598	
Sodium	mg	4		1	5	7	
Zinc	mg	0.38		0	0.48	0.63	
Copper	mg	0.089		0	0.111	0.148	
Manganese	mg	0.270		0	0.338	0.448	
Selenium	µg	0.9		0	1.1	1.5	
Vitamins:							
Ascorbic acid	mg	2.6		0	3.3	4.3	
Thiamin	mg	0.039		0	0.049	0.065	
Riboflavin	mg	0.058		0	0.072	0.096	
Niacin	mg	0.320		0	0.400	0.531	
Pantothenic acid	mg	0.353		0	0.441	0.586	
Vitamin B-6	mg	0.279		0	0.349	0.463	
Folate	µg	20		0	24	32	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	0.190		0	0.238	0.315	
Lipids:							
Saturated, total	g	0.023		0	0.029	0.038	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.000		0	0.000	0.000	
15.0	g						
16:0	g	0.023		0	0.029	0.038	
17:0	g						
18:0	g	0.000		0	0.000	0.000	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.035	0	0.044	0.058
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.035	0	0.044	0.058
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.055	0	0.069	0.091
18:2	g	0.052	0	0.065	0.086
18:3	g	0.002	0	0.003	0.003
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.008	0	0.010	0.013
Threonine	g	0.035	0	0.044	0.058
Isoleucine	g	0.041	0	0.051	0.068
Leucine	g	0.044	0	0.055	0.073
Lysine	g	0.092	0	0.115	0.153
Methionine	g	0.012	0	0.015	0.020
Cystine	g	0.008	0	0.010	0.013
Phenylalanine	g	0.045	0	0.056	0.075
Tyrosine	g	0.024	0	0.030	0.040
Valine	g	0.046	0	0.058	0.076
Arginine	g	0.144	0	0.180	0.239
Histidine	g	0.042	0	0.053	0.070
Alanine	g	0.034	0	0.043	0.056
Aspartic acid	g	0.242	0	0.303	0.402
Glutamic acid	g	0.215	0	0.269	0.357
Glycine	g	0.042	0	0.053	0.070
Proline	g	0.071	0	0.089	0.118
Serine	g	0.034	0	0.043	0.056
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, (1" pieces)
Measure 2: 1 root

NDB No. 11106 Butterbur, (fuki), raw

Petasites japonicus

Refuse: 12% Leaves, stem ends, peels

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 94g	Measure 2* 5g	Measure 3*
Proximates:							
Water	g	94.50		0	88.83	4.72	
Energy	kcal	14		0	13	1	
Energy	kj	59		0	55	3	
Protein (N x 5.95)	g	0.39		0	0.37	0.02	
Total lipid (fat)	g	0.04		0	0.04	0.00	
Carbohydrate, by difference	g	3.61		0	3.39	0.18	
Fiber, total dietary	g						
Ash	g	1.46		0	1.37	0.07	
Sugars, total	g						
Minerals:							
Calcium	mg	103		0	97	5	
Iron	mg	0.10		0	0.09	0.01	
Magnesium	mg	14		0	13	1	
Phosphorus	mg	12		0	11	1	
Potassium	mg	655		0	616	33	
Sodium	mg	7		0	7	0	
Zinc	mg	0.16		0	0.15	0.01	
Copper	mg	0.103		0	0.097	0.005	
Manganese	mg	0.274		0	0.258	0.014	
Selenium	µg	0.9		0	0.8	0.0	
Vitamins:							
Ascorbic acid	mg	31.5		0	29.6	1.6	
Thiamin	mg	0.020		0	0.019	0.001	
Riboflavin	mg	0.020		0	0.019	0.001	
Niacin	mg	0.200		0	0.188	0.010	
Pantothenic acid	mg	0.032		0	0.030	0.002	
Vitamin B-6	mg	0.096		0	0.090	0.005	
Folate	µg	10		0	10	1	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	50		0	47	3	
Vitamin A, RE	µg	5		0	5	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g						
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g				
14:1	g				
16:1	g				
18:1	g				
20:1	g				
22.1	g				
Polyunsaturated, total	g				
18:2	g				
18:3	g				
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 petiole

NDB No. 11107 Butterbur, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1*	Measure 2*	Measure 3*
Proximates:							
Water	g	96.70		0			
Energy	kcal	8		0			
Energy	kj	33		0			
Protein (N x 5.95)	g	0.23		0			
Total lipid (fat)	g	0.02		0			
Carbohydrate, by difference	g	2.16		0			
Fiber, total dietary	g						
Ash	g	0.88		0			
Sugars, total	g						
Minerals:							
Calcium	mg	59		0			
Iron	mg	0.10		0			
Magnesium	mg	8		0			
Phosphorus	mg	7		0			
Potassium	mg	354		0			
Sodium	mg	4		0			
Zinc	mg	0.09		0			
Copper	mg	0.059		0			
Manganese	mg	0.156		0			
Selenium	µg	0.9		0			
Vitamins:							
Ascorbic acid	mg	18.9		0			
Thiamin	mg	0.010		0			
Riboflavin	mg	0.010		0			
Niacin	mg	0.100		0			
Pantothenic acid	mg	0.018		0			
Vitamin B-6	mg	0.052		0			
Folate	µg	4		0			
Vitamin B-12	µg	0.00		0			
Vitamin A	IU	27		0			
Vitamin A, RE	µg	3		0			
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g						
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g		
14:1	g		
16:1	g		
18:1	g		
20:1	g		
22.1	g		
Polyunsaturated, total	g		
18:2	g		
18:3	g		
18:4	g		
20:4	g		
20:5	g		
22:5	g		
22:6	g		
Cholesterol	mg	0	0
Phytosterols	mg		
Amino acids:			
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		
Other:			
Caffeine	mg		
Theobromine	mg		
Alcohol	g		

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

NDB No. 11108 Butterbur, 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	Samples	Measure 1* 124g	Measure 2* 45g	Measure 3*
Proximates:							
Water	g	97.92	0.005	2	121.42	44.06	
Energy	kcal	3		0	4	1	
Energy	kj	13		0	16	6	
Protein (N x 5.95)	g	0.11		0	0.14	0.05	
Total lipid (fat)	g	0.13		0	0.16	0.06	
Carbohydrate, by difference	g	0.38		0	0.47	0.17	
Fiber, total dietary	g						
Ash	g	1.46		0	1.81	0.66	
Sugars, total	g						
Minerals:							
Calcium	mg	34		0	42	15	
Iron	mg	0.63		0	0.78	0.28	
Magnesium	mg	2		0	2	1	
Phosphorus	mg	4		0	5	2	
Potassium	mg	12		0	15	5	
Sodium	mg	4		0	5	2	
Zinc	mg	0.06		0	0.07	0.03	
Copper	mg	0.037		0	0.046	0.017	
Manganese	mg	0.098		0	0.122	0.044	
Selenium	µg	0.9		0	1.1	0.4	
Vitamins:							
Ascorbic acid	mg	11.9		0	14.8	5.4	
Thiamin	mg	0.006		0	0.007	0.003	
Riboflavin	mg	0.006		0	0.007	0.003	
Niacin	mg	0.140		0	0.174	0.063	
Pantothenic acid	mg	0.011		0	0.014	0.005	
Vitamin B-6	mg	0.033		0	0.041	0.015	
Folate	µg	3		0	3	1	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g						
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g				
14:1	g				
16:1	g				
18:1	g				
20:1	g				
22.1	g				
Polyunsaturated, total	g				
18:2	g				
18:3	g				
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, chopped
Measure 2: 3 stalks

NDB No. 11109 Cabbage, raw

Brassica oleracea (Capitata Group)

Refuse: 20% Outer leaves and core

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 89g	Measure 2* 70g	Measure 3* 1248g
Proximates:							
Water	g	92.15	0.258	62	82.01	64.50	1150.03
Energy	kcal	25		0	22	18	312
Energy	kj	105		0	93	74	1310
Protein (N x 5.95)	g	1.44	0.253	7	1.28	1.01	17.97
Total lipid (fat)	g	0.27	0.104	6	0.24	0.19	3.37
Carbohydrate, by difference	g	5.43		0	4.83	3.80	67.77
Fiber, total dietary	g	2.3		0	2.0	1.6	28.7
Ash	g	0.71	0.021	28	0.63	0.50	8.86
Sugars, total	g						
Minerals:							
Calcium	mg	47	2.322	37	42	33	587
Iron	mg	0.59	0.149	30	0.53	0.41	7.36
Magnesium	mg	15	1.621	38	13	11	187
Phosphorus	mg	23	1.589	35	20	16	287
Potassium	mg	246	9.164	30	219	172	3070
Sodium	mg	18	1.651	46	16	13	225
Zinc	mg	0.18	0.010	39	0.16	0.13	2.25
Copper	mg	0.023	0.001	49	0.020	0.016	0.287
Manganese	mg	0.159	0.016	35	0.142	0.111	1.984
Selenium	µg	0.9	0.318	6	0.8	0.6	11.2
Vitamins:							
Ascorbic acid	mg	32.2	4.147	19	28.7	22.5	401.9
Thiamin	mg	0.050	0.000	2	0.045	0.035	0.624
Riboflavin	mg	0.040	0.010	2	0.036	0.028	0.499
Niacin	mg	0.300	0.000	2	0.267	0.210	3.744
Pantothenic acid	mg	0.140	0.005	6	0.125	0.098	1.747
Vitamin B-6	mg	0.096	0.005	2	0.085	0.067	1.198
Folate	µg	43	7.223	19	38	30	537
Vitamin B-12	µg	0.00		0	0.00	0.00	0.00
Vitamin A	IU	133	20.102	9	118	93	1660
Vitamin A, RE	µg	13		0	12	9	162
Vitamin E, α-TE	mg	0.105		0	0.093	0.074	1.310
Lipids:							
Saturated, total	g	0.033		0	0.029	0.023	0.412
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.001		0	0.001	0.001	0.012
14:0	g	0.001		0	0.001	0.001	0.012
15.0	g						
16:0	g	0.029		0	0.026	0.020	0.362
17:0	g						
18:0	g	0.001		0	0.001	0.001	0.012
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.019	0	0.017	0.013	0.237
14:1	g					
16:1	g	0.000	0	0.000	0.000	0.000
18:1	g	0.019	0	0.017	0.013	0.237
20:1	g	0.000	0	0.000	0.000	0.000
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.122	0	0.109	0.085	1.523
18:2	g	0.052	0	0.046	0.036	0.649
18:3	g	0.068	0	0.061	0.048	0.849
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.001	0	0.001	0.001	0.012
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
Phytosterols	mg	11	1	10	8	137
Amino acids:						
Tryptophan	g	0.015	0	0.013	0.011	0.187
Threonine	g	0.049	0	0.044	0.034	0.612
Isoleucine	g	0.072	0	0.064	0.050	0.899
Leucine	g	0.073	0	0.065	0.051	0.911
Lysine	g	0.067	0	0.060	0.047	0.836
Methionine	g	0.014	0	0.012	0.010	0.175
Cystine	g	0.012	0	0.011	0.008	0.150
Phenylalanine	g	0.045	0	0.040	0.032	0.562
Tyrosine	g	0.024	0	0.021	0.017	0.300
Valine	g	0.061	0	0.054	0.043	0.761
Arginine	g	0.081	0	0.072	0.057	1.011
Histidine	g	0.029	0	0.026	0.020	0.362
Alanine	g	0.050	0	0.045	0.035	0.624
Aspartic acid	g	0.140	0	0.125	0.098	1.747
Glutamic acid	g	0.316	0	0.281	0.221	3.944
Glycine	g	0.032	0	0.028	0.022	0.399
Proline	g	0.279	0	0.248	0.195	3.482
Serine	g	0.083	0	0.074	0.058	1.036
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, chopped
Measure 2: 1 cup, shredded
Measure 3: 1 large head (about 7" dia)

NDB No. 11110 Cabbage, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 1262g	Measure 2* 75g	Measure 3*
Proximates:							
Water	g	93.60	0.315	4	1181.23	70.20	
Energy	kcal	22		0	278	17	
Energy	kj	92		0	1161	69	
Protein (N x 5.95)	g	1.02		1	12.87	0.77	
Total lipid (fat)	g	0.43	0.340	2	5.43	0.32	
Carbohydrate, by difference	g	4.46		0	56.29	3.35	
Fiber, total dietary	g	2.3		0	29.0	1.7	
Ash	g	0.49		1	6.18	0.37	
Sugars, total	g						
Minerals:							
Calcium	mg	31	1.168	28	391	23	
Iron	mg	0.17	0.010	29	2.15	0.13	
Magnesium	mg	8	0.346	29	101	6	
Phosphorus	mg	15	0.670	28	189	11	
Potassium	mg	97	5.676	29	1224	73	
Sodium	mg	8	0.909	29	101	6	
Zinc	mg	0.09	0.006	28	1.14	0.07	
Copper	mg	0.012	0.002	28	0.151	0.009	
Manganese	mg	0.117	0.012	28	1.477	0.088	
Selenium	µg	0.6	0.170	5	7.6	0.5	
Vitamins:							
Ascorbic acid	mg	20.1		1	253.7	15.1	
Thiamin	mg	0.057		1	0.719	0.043	
Riboflavin	mg	0.055		1	0.694	0.041	
Niacin	mg	0.282		1	3.559	0.212	
Pantothenic acid	mg	0.139		1	1.754	0.104	
Vitamin B-6	mg	0.113		1	1.426	0.085	
Folate	µg	20	4.028	3	252	15	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	132		1	1666	99	
Vitamin A, RE	µg	13		0	164	10	
Vitamin E, α-TE	mg	0.105		0	1.325	0.079	
Lipids:							
Saturated, total	g	0.053		0	0.669	0.040	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.001		0	0.013	0.001	
14:0	g	0.002		0	0.025	0.002	
15.0	g						
16:0	g	0.047		0	0.593	0.035	
17:0	g						
18:0	g	0.002		0	0.025	0.002	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.030	0	0.379	0.023
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.030	0	0.379	0.023
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.196	0	2.474	0.147
18:2	g	0.085	0	1.073	0.064
18:3	g	0.110	0	1.388	0.083
18:4	g	0.000	0	0.000	0.000
20:4	g	0.001	0	0.013	0.001
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.010	0	0.126	0.008
Threonine	g	0.035	0	0.442	0.026
Isoleucine	g	0.051	0	0.644	0.038
Leucine	g	0.052	0	0.656	0.039
Lysine	g	0.047	0	0.593	0.035
Methionine	g	0.010	0	0.126	0.008
Cystine	g	0.008	0	0.101	0.006
Phenylalanine	g	0.032	0	0.404	0.024
Tyrosine	g	0.017	0	0.215	0.013
Valine	g	0.043	0	0.543	0.032
Arginine	g	0.057	0	0.719	0.043
Histidine	g	0.020	0	0.252	0.015
Alanine	g	0.035	0	0.442	0.026
Aspartic acid	g	0.099	0	1.249	0.074
Glutamic acid	g	0.224	0	2.827	0.168
Glycine	g	0.022	0	0.278	0.017
Proline	g	0.197	0	2.486	0.148
Serine	g	0.059	0	0.745	0.044
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 head

Measure 2: 1/2 cup shredded

NDB No. 11112 Cabbage, red, raw

Brassica oleracea (Capitata Group)

Refuse: 20% Outer leaves and core

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 89g	Measure 2* 70g	Measure 3* 1134g
Proximates:							
Water	g	91.55	0.267	7	81.48	64.08	1038.18
Energy	kcal	27		0	24	19	306
Energy	kj	113		0	101	79	1281
Protein (N x 5.95)	g	1.39	0.136	3	1.24	0.97	15.76
Total lipid (fat)	g	0.26	0.085	3	0.23	0.18	2.95
Carbohydrate, by difference	g	6.12		0	5.45	4.28	69.40
Fiber, total dietary	g	2.0		0	1.8	1.4	22.7
Ash	g	0.68	0.030	2	0.61	0.48	7.71
Sugars, total	g						
Minerals:							
Calcium	mg	51		1	45	36	578
Iron	mg	0.49	0.115	3	0.44	0.34	5.56
Magnesium	mg	15	1.600	2	13	11	170
Phosphorus	mg	42		1	37	29	476
Potassium	mg	206	15.500	2	183	144	2336
Sodium	mg	11	6.450	2	10	8	125
Zinc	mg	0.21	0.018	3	0.19	0.15	2.38
Copper	mg	0.097	0.057	3	0.086	0.068	1.100
Manganese	mg	0.180		0	0.160	0.126	2.041
Selenium	µg	0.9		0	0.8	0.6	10.2
Vitamins:							
Ascorbic acid	mg	57.0		1	50.7	39.9	646.4
Thiamin	mg	0.050		1	0.045	0.035	0.567
Riboflavin	mg	0.030		1	0.027	0.021	0.340
Niacin	mg	0.300		1	0.267	0.210	3.402
Pantothenic acid	mg	0.324		0	0.288	0.227	3.674
Vitamin B-6	mg	0.210		0	0.187	0.147	2.381
Folate	µg	21	1.359	3	18	14	235
Vitamin B-12	µg	0.00		0	0.00	0.00	0.00
Vitamin A	IU	40		1	36	28	454
Vitamin A, RE	µg	4		1	4	3	45
Vitamin E, α-TE	mg	0.105		0	0.093	0.074	1.191
Lipids:							
Saturated, total	g	0.034		0	0.030	0.024	0.386
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.001		0	0.001	0.001	0.011
14:0	g	0.001		0	0.001	0.001	0.011
15.0	g						
16:0	g	0.028		0	0.025	0.020	0.318
17:0	g						
18:0	g	0.001		0	0.001	0.001	0.011
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.019	0	0.017	0.013	0.215
14:1	g					
16:1	g	0.000	0	0.000	0.000	0.000
18:1	g	0.018	0	0.016	0.013	0.204
20:1	g	0.000	0	0.000	0.000	0.000
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.125	0	0.111	0.088	1.418
18:2	g	0.051	0	0.045	0.036	0.578
18:3	g	0.067	0	0.060	0.047	0.760
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.001	0	0.001	0.001	0.011
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.014	0	0.012	0.010	0.159
Threonine	g	0.048	0	0.043	0.034	0.544
Isoleucine	g	0.070	0	0.062	0.049	0.794
Leucine	g	0.072	0	0.064	0.050	0.816
Lysine	g	0.065	0	0.058	0.046	0.737
Methionine	g	0.014	0	0.012	0.010	0.159
Cystine	g	0.012	0	0.011	0.008	0.136
Phenylalanine	g	0.044	0	0.039	0.031	0.499
Tyrosine	g	0.024	0	0.021	0.017	0.272
Valine	g	0.059	0	0.053	0.041	0.669
Arginine	g	0.079	0	0.070	0.055	0.896
Histidine	g	0.028	0	0.025	0.020	0.318
Alanine	g	0.048	0	0.043	0.034	0.544
Aspartic acid	g	0.137	0	0.122	0.096	1.554
Glutamic acid	g	0.309	0	0.275	0.216	3.504
Glycine	g	0.031	0	0.028	0.022	0.352
Proline	g	0.272	0	0.242	0.190	3.084
Serine	g	0.081	0	0.072	0.057	0.919
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, chopped
Measure 2: 1 cup, shredded
Measure 3: 1 large head (about 5-1/2" dia)

NDB No. 11113 Cabbage, red, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 22g	Measure 2* 75g	Measure 3*
Proximates:							
Water	g	93.60		0	20.59	70.20	
Energy	kcal	21		0	5	16	
Energy	kj	88		0	19	66	
Protein (N x 5.95)	g	1.05		0	0.23	0.79	
Total lipid (fat)	g	0.20		0	0.04	0.15	
Carbohydrate, by difference	g	4.64		0	1.02	3.48	
Fiber, total dietary	g	2.0		0	0.4	1.5	
Ash	g	0.52		0	0.11	0.39	
Sugars, total	g						
Minerals:							
Calcium	mg	37		0	8	28	
Iron	mg	0.35		0	0.08	0.26	
Magnesium	mg	11		0	2	8	
Phosphorus	mg	29		0	6	22	
Potassium	mg	140		0	31	105	
Sodium	mg	8		0	2	6	
Zinc	mg	0.15		0	0.03	0.11	
Copper	mg	0.069		0	0.015	0.052	
Manganese	mg	0.129		0	0.028	0.097	
Selenium	µg	0.6		0	0.1	0.5	
Vitamins:							
Ascorbic acid	mg	34.4		0	7.6	25.8	
Thiamin	mg	0.034		0	0.007	0.026	
Riboflavin	mg	0.020		0	0.004	0.015	
Niacin	mg	0.200		0	0.044	0.150	
Pantothenic acid	mg	0.220		0	0.048	0.165	
Vitamin B-6	mg	0.140		0	0.031	0.105	
Folate	µg	13		0	3	9	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	27		0	6	20	
Vitamin A, RE	µg	3		0	1	2	
Vitamin E, α-TE	mg	0.120		0	0.026	0.090	
Lipids:							
Saturated, total	g	0.026		0	0.006	0.020	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.001		0	0.000	0.001	
14:0	g	0.001		0	0.000	0.001	
15.0	g						
16:0	g	0.021		0	0.005	0.016	
17:0	g						
18:0	g	0.001		0	0.000	0.001	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.015	0	0.003	0.011
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.014	0	0.003	0.011
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.095	0	0.021	0.071
18:2	g	0.039	0	0.009	0.029
18:3	g	0.051	0	0.011	0.038
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.011	0	0.002	0.008
Threonine	g	0.036	0	0.008	0.027
Isoleucine	g	0.053	0	0.012	0.040
Leucine	g	0.054	0	0.012	0.041
Lysine	g	0.050	0	0.011	0.038
Methionine	g	0.011	0	0.002	0.008
Cystine	g	0.009	0	0.002	0.007
Phenylalanine	g	0.034	0	0.007	0.026
Tyrosine	g	0.018	0	0.004	0.013
Valine	g	0.045	0	0.010	0.034
Arginine	g	0.060	0	0.013	0.045
Histidine	g	0.021	0	0.005	0.016
Alanine	g	0.037	0	0.008	0.028
Aspartic acid	g	0.103	0	0.023	0.077
Glutamic acid	g	0.234	0	0.051	0.176
Glycine	g	0.023	0	0.005	0.017
Proline	g	0.206	0	0.045	0.155
Serine	g	0.061	0	0.013	0.046
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 leaf
Measure 2: 1/2 cup shredded

NDB No. 11114 Cabbage, savoy, raw

Brassica oleracea (Capitata Group)

Refuse: 20% Outer leaves and core

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 70g	Measure 2*	Measure 3*
Proximates:							
Water	g	91.00		1	63.70		
Energy	kcal	27		0	19		
Energy	kj	113		0	79		
Protein (N x 5.95)	g	2.00		0	1.40		
Total lipid (fat)	g	0.10		1	0.07		
Carbohydrate, by difference	g	6.10		0	4.27		
Fiber, total dietary	g	3.1		0	2.2		
Ash	g	0.80		0	0.56		
Sugars, total	g						
Minerals:							
Calcium	mg	35		1	25		
Iron	mg	0.40		1	0.28		
Magnesium	mg	28		1	20		
Phosphorus	mg	42		1	29		
Potassium	mg	230		1	161		
Sodium	mg	28		1	20		
Zinc	mg	0.27		0	0.19		
Copper	mg	0.062		0	0.043		
Manganese	mg	0.180		0	0.126		
Selenium	µg	0.9		0	0.6		
Vitamins:							
Ascorbic acid	mg	31.0		1	21.7		
Thiamin	mg	0.070		1	0.049		
Riboflavin	mg	0.030		1	0.021		
Niacin	mg	0.300		1	0.210		
Pantothenic acid	mg	0.187		0	0.131		
Vitamin B-6	mg	0.190		0	0.133		
Folate	µg	80		0	56		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	1000		1	700		
Vitamin A, RE	µg	100		1	70		
Vitamin E, α-TE	mg	0.105		0	0.074		
Lipids:							
Saturated, total	g	0.013		0	0.009		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.000		0	0.000		
10:0	g	0.000		0	0.000		
12:0	g	0.000		0	0.000		
14:0	g	0.000		0	0.000		
15.0	g						
16:0	g	0.011		0	0.008		
17:0	g						
18:0	g	0.001		0	0.001		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.007	0	0.005
14:1	g			
16:1	g	0.000	0	0.000
18:1	g	0.007	0	0.005
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.048	0	0.034
18:2	g	0.020	0	0.014
18:3	g	0.026	0	0.018
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.020	0	0.014
Threonine	g	0.069	0	0.048
Isoleucine	g	0.101	0	0.071
Leucine	g	0.103	0	0.072
Lysine	g	0.094	0	0.066
Methionine	g	0.020	0	0.014
Cystine	g	0.017	0	0.012
Phenylalanine	g	0.064	0	0.045
Tyrosine	g	0.034	0	0.024
Valine	g	0.085	0	0.060
Arginine	g	0.114	0	0.080
Histidine	g	0.041	0	0.029
Alanine	g	0.070	0	0.049
Aspartic acid	g	0.197	0	0.138
Glutamic acid	g	0.445	0	0.312
Glycine	g	0.044	0	0.031
Proline	g	0.393	0	0.275
Serine	g	0.116	0	0.081
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, shredded

NDB No. 11115 Cabbage, savoy, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 145g	Measure 2*	Measure 3*
Proximates:							
Water	g	92.00		0	133.40		
Energy	kcal	24		0	35		
Energy	kj	100		0	145		
Protein (N x 5.95)	g	1.80		0	2.61		
Total lipid (fat)	g	0.09		0	0.13		
Carbohydrate, by difference	g	5.41		0	7.84		
Fiber, total dietary	g	2.8		0	4.1		
Ash	g	0.70		0	1.01		
Sugars, total	g						
Minerals:							
Calcium	mg	30		0	44		
Iron	mg	0.38		0	0.55		
Magnesium	mg	24		0	35		
Phosphorus	mg	33		0	48		
Potassium	mg	184		0	267		
Sodium	mg	24		0	35		
Zinc	mg	0.23		0	0.33		
Copper	mg	0.052		0	0.075		
Manganese	mg	0.152		0	0.220		
Selenium	µg	0.7		0	1.0		
Vitamins:							
Ascorbic acid	mg	17.0		0	24.6		
Thiamin	mg	0.051		0	0.074		
Riboflavin	mg	0.020		0	0.029		
Niacin	mg	0.024		0	0.035		
Pantothenic acid	mg	0.159		0	0.231		
Vitamin B-6	mg	0.152		0	0.220		
Folate	µg	46		0	67		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	889		0	1289		
Vitamin A, RE	µg	89		0	129		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.012		0	0.017		
4:0	g						
6.0	g						
8:0	g	0.000		0	0.000		
10:0	g	0.000		0	0.000		
12:0	g	0.000		0	0.000		
14:0	g	0.000		0	0.000		
15.0	g						
16:0	g	0.010		0	0.015		
17:0	g						
18:0	g	0.000		0	0.000		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.007	0	0.010
14:1	g			
16:1	g	0.000	0	0.000
18:1	g	0.006	0	0.009
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.043	0	0.062
18:2	g	0.018	0	0.026
18:3	g	0.023	0	0.033
18:4	g			
20:4	g	0.000	0	0.000
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.018	0	0.026
Threonine	g	0.062	0	0.090
Isoleucine	g	0.091	0	0.132
Leucine	g	0.093	0	0.135
Lysine	g	0.085	0	0.123
Methionine	g	0.018	0	0.026
Cystine	g	0.015	0	0.022
Phenylalanine	g	0.058	0	0.084
Tyrosine	g	0.031	0	0.045
Valine	g	0.077	0	0.112
Arginine	g	0.102	0	0.148
Histidine	g	0.037	0	0.054
Alanine	g	0.063	0	0.091
Aspartic acid	g	0.177	0	0.257
Glutamic acid	g	0.400	0	0.580
Glycine	g	0.040	0	0.058
Proline	g	0.353	0	0.512
Serine	g	0.105	0	0.152
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, shredded

NDB No. 11116 Cabbage, chinese (pak-choi), raw

Brassica rapa (Chinensis Group)

Refuse: 12% Base and damaged leaves

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 70g	Measure 2* 840g	Measure 3* 14g
Proximates:							
Water	g	95.32	0.320	2	66.72	800.69	13.34
Energy	kcal	13		0	9	109	2
Energy	kj	54		0	38	454	8
Protein (N x 5.95)	g	1.50		1	1.05	12.60	0.21
Total lipid (fat)	g	0.20		1	0.14	1.68	0.03
Carbohydrate, by difference	g	2.18		0	1.53	18.31	0.31
Fiber, total dietary	g	1.0		0	0.7	8.4	0.1
Ash	g	0.80		0	0.56	6.72	0.11
Sugars, total	g						
Minerals:							
Calcium	mg	105		1	74	882	15
Iron	mg	0.80		1	0.56	6.72	0.11
Magnesium	mg	19	8.350	2	13	160	3
Phosphorus	mg	37		1	26	311	5
Potassium	mg	252	71.550	2	176	2117	35
Sodium	mg	65	35.500	2	46	546	9
Zinc	mg	0.19		0	0.13	1.60	0.03
Copper	mg	0.021		0	0.015	0.176	0.003
Manganese	mg	0.159		0	0.111	1.336	0.022
Selenium	µg	0.5		0	0.4	4.2	0.1
Vitamins:							
Ascorbic acid	mg	45.0		1	31.5	378.0	6.3
Thiamin	mg	0.040		1	0.028	0.336	0.006
Riboflavin	mg	0.070		1	0.049	0.588	0.010
Niacin	mg	0.500		1	0.350	4.200	0.070
Pantothenic acid	mg	0.088		0	0.062	0.739	0.012
Vitamin B-6	mg	0.194		0	0.136	1.630	0.027
Folate	µg	66		0	46	552	9
Vitamin B-12	µg	0.00		0	0.00	0.00	0.00
Vitamin A	IU	3000		1	2100	25200	420
Vitamin A, RE	µg	300		1	210	2520	42
Vitamin E, α-TE	mg	0.120		0	0.084	1.008	0.017
Lipids:							
Saturated, total	g	0.026		0	0.018	0.218	0.004
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.001		0	0.001	0.008	0.000
14:0	g	0.001		0	0.001	0.008	0.000
15.0	g						
16:0	g	0.022		0	0.015	0.185	0.003
17:0	g						
18:0	g	0.001		0	0.001	0.008	0.000
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.015	0	0.011	0.126	0.002
14:1	g					
16:1	g	0.000	0	0.000	0.000	0.000
18:1	g	0.014	0	0.010	0.118	0.002
20:1	g	0.000	0	0.000	0.000	0.000
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.096	0	0.067	0.806	0.013
18:2	g	0.039	0	0.027	0.328	0.005
18:3	g	0.051	0	0.036	0.428	0.007
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.015	17	0.011	0.126	0.002
Threonine	g	0.049	17	0.034	0.412	0.007
Isoleucine	g	0.085	17	0.060	0.714	0.012
Leucine	g	0.088	17	0.062	0.739	0.012
Lysine	g	0.089	17	0.062	0.748	0.012
Methionine	g	0.009	17	0.006	0.076	0.001
Cystine	g	0.017	1	0.012	0.143	0.002
Phenylalanine	g	0.044	17	0.031	0.370	0.006
Tyrosine	g	0.029	1	0.020	0.244	0.004
Valine	g	0.066	17	0.046	0.554	0.009
Arginine	g	0.084	17	0.059	0.706	0.012
Histidine	g	0.026	17	0.018	0.218	0.004
Alanine	g	0.086	1	0.060	0.722	0.012
Aspartic acid	g	0.108	1	0.076	0.907	0.015
Glutamic acid	g	0.360	1	0.252	3.024	0.050
Glycine	g	0.043	1	0.030	0.361	0.006
Proline	g	0.031	1	0.022	0.260	0.004
Serine	g	0.048	1	0.034	0.403	0.007
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, shredded
Measure 2: 1 head
Measure 3: 1 leaf

NDB No. 11117 Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 170g	Measure 2*	Measure 3*
Proximates:							
Water	g	95.55		0	162.44		
Energy	kcal	12		0	20		
Energy	kj	50		0	85		
Protein (N x 5.95)	g	1.56		1	2.65		
Total lipid (fat)	g	0.16		1	0.27		
Carbohydrate, by difference	g	1.78		0	3.03		
Fiber, total dietary	g	1.6		0	2.7		
Ash	g	0.95		1	1.62		
Sugars, total	g						
Minerals:							
Calcium	mg	93		1	158		
Iron	mg	1.04		1	1.77		
Magnesium	mg	11		1	19		
Phosphorus	mg	29		1	49		
Potassium	mg	371		1	631		
Sodium	mg	34		1	58		
Zinc	mg	0.17		0	0.29		
Copper	mg	0.019		0	0.032		
Manganese	mg	0.144		0	0.245		
Selenium	µg	0.4		0	0.7		
Vitamins:							
Ascorbic acid	mg	26.0		0	44.2		
Thiamin	mg	0.032		0	0.054		
Riboflavin	mg	0.063		0	0.107		
Niacin	mg	0.428		0	0.728		
Pantothenic acid	mg	0.079		0	0.134		
Vitamin B-6	mg	0.166		0	0.282		
Folate	µg	41		0	69		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	2568		0	4366		
Vitamin A, RE	µg	257		0	437		
Vitamin E, α-TE	mg	0.120		0	0.204		
Lipids:							
Saturated, total	g	0.021		0	0.036		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.000		0	0.000		
10:0	g	0.000		0	0.000		
12:0	g	0.001		0	0.002		
14:0	g	0.001		0	0.002		
15.0	g						
16:0	g	0.017		0	0.029		
17:0	g						
18:0	g	0.001		0	0.002		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.012	0	0.020
14:1	g			
16:1	g	0.000	0	0.000
18:1	g	0.011	0	0.019
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.077	0	0.131
18:2	g	0.031	0	0.053
18:3	g	0.041	0	0.070
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.015	0	0.026
Threonine	g	0.051	0	0.087
Isoleucine	g	0.089	0	0.151
Leucine	g	0.091	0	0.155
Lysine	g	0.093	0	0.158
Methionine	g	0.009	0	0.015
Cystine	g	0.017	0	0.029
Phenylalanine	g	0.046	0	0.078
Tyrosine	g	0.030	0	0.051
Valine	g	0.069	0	0.117
Arginine	g	0.087	0	0.148
Histidine	g	0.027	0	0.046
Alanine	g	0.090	0	0.153
Aspartic acid	g	0.112	0	0.190
Glutamic acid	g	0.374	0	0.636
Glycine	g	0.045	0	0.077
Proline	g	0.032	0	0.054
Serine	g	0.050	0	0.085
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, shredded

NDB No. 11119 Cabbage, chinese (pe-tsai), raw

Brassica rapa (Pekinensis Group)

Refuse: 7% Outer leaves and root base

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 76g	Measure 2*	Measure 3*
Proximates:							
Water	g	94.39	0.438	20	71.74		
Energy	kcal	16		0	12		
Energy	kj	67		0	51		
Protein (N x 5.95)	g	1.20		1	0.91		
Total lipid (fat)	g	0.20		1	0.15		
Carbohydrate, by difference	g	3.23		0	2.45		
Fiber, total dietary	g	3.1		0	2.4		
Ash	g	0.98	0.037	2	0.74		
Sugars, total	g						
Minerals:							
Calcium	mg	77	9.098	3	59		
Iron	mg	0.31	0.096	3	0.24		
Magnesium	mg	13	1.084	4	10		
Phosphorus	mg	29	4.601	3	22		
Potassium	mg	238	22.214	9	181		
Sodium	mg	9	2.109	15	7		
Zinc	mg	0.23	0.021	12	0.17		
Copper	mg	0.036	0.005	11	0.027		
Manganese	mg	0.190	0.077	11	0.144		
Selenium	µg	0.6		0	0.5		
Vitamins:							
Ascorbic acid	mg	27.0		1	20.5		
Thiamin	mg	0.040		1	0.030		
Riboflavin	mg	0.050		1	0.038		
Niacin	mg	0.400		1	0.304		
Pantothenic acid	mg	0.105		0	0.080		
Vitamin B-6	mg	0.232		1	0.176		
Folate	µg	79	6.032	3	60		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	1200		1	912		
Vitamin A, RE	µg	120		1	91		
Vitamin E, α-TE	mg	0.120		0	0.091		
Lipids:							
Saturated, total	g	0.043		0	0.033		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.000		0	0.000		
10:0	g	0.000		0	0.000		
12:0	g	0.000		0	0.000		
14:0	g	0.000		0	0.000		
15.0	g						
16:0	g	0.038		3	0.029		
17:0	g						
18:0	g	0.005		3	0.004		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.023	0	0.017
14:1	g			
16:1	g	0.002	2	0.002
18:1	g	0.021	3	0.016
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.072	0	0.055
18:2	g	0.015	3	0.011
18:3	g	0.057	3	0.043
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.012	17	0.009
Threonine	g	0.039	17	0.030
Isoleucine	g	0.068	17	0.052
Leucine	g	0.070	17	0.053
Lysine	g	0.071	17	0.054
Methionine	g	0.007	17	0.005
Cystine	g	0.013	1	0.010
Phenylalanine	g	0.035	17	0.027
Tyrosine	g	0.023	1	0.017
Valine	g	0.053	17	0.040
Arginine	g	0.067	17	0.051
Histidine	g	0.021	17	0.016
Alanine	g	0.069	1	0.052
Aspartic acid	g	0.086	1	0.065
Glutamic acid	g	0.288	1	0.219
Glycine	g	0.035	1	0.027
Proline	g	0.025	1	0.019
Serine	g	0.038	1	0.029
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, shredded

NDB No. 11120 Cabbage, chinese (pe-tsai), cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 119g	Measure 2* 14g	Measure 3*
Proximates:							
Water	g	95.24	0.830	2	113.34	13.33	
Energy	kcal	14		0	17	2	
Energy	kj	59		0	70	8	
Protein (N x 5.95)	g	1.50		0	1.78	0.21	
Total lipid (fat)	g	0.17		0	0.20	0.02	
Carbohydrate, by difference	g	2.41		0	2.87	0.34	
Fiber, total dietary	g	2.7		0	3.2	0.4	
Ash	g	0.68		1	0.81	0.10	
Sugars, total	g						
Minerals:							
Calcium	mg	32		0	38	4	
Iron	mg	0.30		0	0.36	0.04	
Magnesium	mg	10		1	12	1	
Phosphorus	mg	39		0	46	5	
Potassium	mg	225		1	268	32	
Sodium	mg	9		1	11	1	
Zinc	mg	0.18		0	0.21	0.03	
Copper	mg	0.029		0	0.035	0.004	
Manganese	mg	0.153		0	0.182	0.021	
Selenium	µg	0.4		0	0.5	0.1	
Vitamins:							
Ascorbic acid	mg	15.8		0	18.8	2.2	
Thiamin	mg	0.044		0	0.052	0.006	
Riboflavin	mg	0.044		0	0.052	0.006	
Niacin	mg	0.500		0	0.595	0.070	
Pantothenic acid	mg	0.080		0	0.095	0.011	
Vitamin B-6	mg	0.177		0	0.211	0.025	
Folate	µg	53		0	64	7	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	967		0	1151	135	
Vitamin A, RE	µg	97		0	115	14	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.036		0	0.043	0.005	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g	0.032		0	0.038	0.004	
17:0	g						
18:0	g	0.004		0	0.005	0.001	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.020	0	0.024	0.003
14:1	g				
16:1	g	0.002	0	0.002	0.000
18:1	g	0.018	0	0.021	0.003
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.061	0	0.073	0.009
18:2	g	0.013	0	0.015	0.002
18:3	g	0.048	0	0.057	0.007
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.015	0	0.018	0.002
Threonine	g	0.049	0	0.058	0.007
Isoleucine	g	0.085	0	0.101	0.012
Leucine	g	0.088	0	0.105	0.012
Lysine	g	0.089	0	0.106	0.012
Methionine	g	0.009	0	0.011	0.001
Cystine	g	0.017	0	0.020	0.002
Phenylalanine	g	0.044	0	0.052	0.006
Tyrosine	g	0.029	0	0.035	0.004
Valine	g	0.066	0	0.079	0.009
Arginine	g	0.084	0	0.100	0.012
Histidine	g	0.026	0	0.031	0.004
Alanine	g	0.086	0	0.102	0.012
Aspartic acid	g	0.108	0	0.129	0.015
Glutamic acid	g	0.360	0	0.428	0.050
Glycine	g	0.043	0	0.051	0.006
Proline	g	0.031	0	0.037	0.004
Serine	g	0.048	0	0.057	0.007
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, shredded
Measure 2: 1 leaf

NDB No. 11122 Cardoon, raw

Cynara cardunculus

Refuse: 51% Tough stems and leaves

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 178g	Measure 2*	Measure 3*
Proximates:							
Water	g	94.00		1	167.32		
Energy	kcal	20		0	36		
Energy	kj	84		0	150		
Protein (N x 5.95)	g	0.70		1	1.25		
Total lipid (fat)	g	0.10		1	0.18		
Carbohydrate, by difference	g	4.89		0	8.70		
Fiber, total dietary	g	1.6		0	2.8		
Ash	g	0.31		0	0.55		
Sugars, total	g						
Minerals:							
Calcium	mg	70		1	125		
Iron	mg	0.70		1	1.25		
Magnesium	mg	42		1	75		
Phosphorus	mg	23		1	41		
Potassium	mg	400		1	712		
Sodium	mg	170		1	303		
Zinc	mg	0.17		0	0.30		
Copper	mg	0.028		0	0.050		
Manganese	mg	0.128		0	0.228		
Selenium	µg	0.9		0	1.6		
Vitamins:							
Ascorbic acid	mg	2.0		1	3.6		
Thiamin	mg	0.020		1	0.036		
Riboflavin	mg	0.030		1	0.053		
Niacin	mg	0.300		1	0.534		
Pantothenic acid	mg	0.099		0	0.176		
Vitamin B-6	mg	0.043		0	0.077		
Folate	µg	28		0	50		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	120		1	214		
Vitamin A, RE	µg	12		1	21		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.011		0	0.020		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g	0.009		0	0.016		
17:0	g						
18:0	g	0.002		0	0.004		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.018	0	0.032
14:1	g			
16:1	g	0.000	0	0.000
18:1	g	0.018	0	0.032
20:1	g	0.000	0	0.000
22.1	g			
Polyunsaturated, total	g	0.041	0	0.073
18:2	g	0.041	0	0.073
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, shredded

NDB No. 11123 Cardoon, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1*	Measure 2*	Measure 3*
Proximates:							
Water	g	93.46		0			
Energy	kcal	22		0			
Energy	kj	92		0			
Protein (N x 5.95)	g	0.76		0			
Total lipid (fat)	g	0.11		0			
Carbohydrate, by difference	g	5.33		0			
Fiber, total dietary	g	1.7		0			
Ash	g	0.34		0			
Sugars, total	g						
Minerals:							
Calcium	mg	72		0			
Iron	mg	0.73		0			
Magnesium	mg	43		0			
Phosphorus	mg	23		0			
Potassium	mg	392		0			
Sodium	mg	176		0			
Zinc	mg	0.18		0			
Copper	mg						
Manganese	mg	0.133		0			
Selenium	µg	1.0		0			
Vitamins:							
Ascorbic acid	mg	1.7		0			
Thiamin	mg	0.018		0			
Riboflavin	mg	0.031		0			
Niacin	mg	0.294		0			
Pantothenic acid	mg	0.097		0			
Vitamin B-6	mg	0.042		0			
Folate	µg	22		0			
Vitamin B-12	µg	0.00		0			
Vitamin A	IU	118		0			
Vitamin A, RE	µg	12		0			
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.012		0			
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g	0.010		0			
17:0	g						
18:0	g	0.002		0			
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.020	0
14:1	g		
16:1	g	0.000	0
18:1	g	0.020	0
20:1	g	0.000	0
22.1	g		
Polyunsaturated, total	g	0.044	0
18:2	g	0.044	0
18:3	g		
18:4	g		
20:4	g		
20:5	g		
22:5	g		
22:6	g		
Cholesterol	mg	0	0
Phytosterols	mg		
Amino acids:			
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		
Other:			
Caffeine	mg		
Theobromine	mg		
Alcohol	g		

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

NDB No. 11124 Carrots, raw

Daucus carota

Refuse: 11% Crown, tops and scrapings

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 128g	Measure 2* 110g	Measure 3* 122g
Proximates:							
Water	g	87.79	0.070	237	112.37	96.57	107.10
Energy	kcal	43		0	55	47	52
Energy	kj	180		0	230	198	220
Protein (N x 5.95)	g	1.03	0.010	182	1.32	1.13	1.26
Total lipid (fat)	g	0.19	0.020	28	0.24	0.21	0.23
Carbohydrate, by difference	g	10.14		0	12.98	11.15	12.37
Fiber, total dietary	g	3.0		0	3.8	3.3	3.7
Ash	g	0.87	0.026	46	1.11	0.96	1.06
Sugars, total	g						
Minerals:							
Calcium	mg	27	0.667	235	35	30	33
Iron	mg	0.50	0.019	241	0.64	0.55	0.61
Magnesium	mg	15	0.348	236	19	17	18
Phosphorus	mg	44	0.803	236	56	48	54
Potassium	mg	323	2.680	238	413	355	394
Sodium	mg	35	1.218	243	45	39	43
Zinc	mg	0.20	0.024	222	0.26	0.22	0.24
Copper	mg	0.047	0.002	90	0.060	0.052	0.057
Manganese	mg	0.142	0.007	229	0.182	0.156	0.173
Selenium	µg	1.1	0.355	6	1.4	1.2	1.3
Vitamins:							
Ascorbic acid	mg	9.3	0.168	162	11.9	10.2	11.3
Thiamin	mg	0.097	0.002	179	0.124	0.107	0.118
Riboflavin	mg	0.059	0.001	177	0.076	0.065	0.072
Niacin	mg	0.928	0.082	23	1.188	1.021	1.132
Pantothenic acid	mg	0.197	0.020	11	0.252	0.217	0.240
Vitamin B-6	mg	0.147	0.013	21	0.188	0.162	0.179
Folate	µg	14	0.874	9	18	15	17
Vitamin B-12	µg	0.00		0	0.00	0.00	0.00
Vitamin A	IU	28129	152.919	162	36005	30942	34317
Vitamin A, RE	µg	2813	15.292	162	3601	3094	3432
Vitamin E, α-TE	mg	0.460		0	0.589	0.506	0.561
Lipids:							
Saturated, total	g	0.030		0	0.038	0.033	0.037
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.002		1	0.003	0.002	0.002
14:0	g	0.001		1	0.001	0.001	0.001
15.0	g						
16:0	g	0.023		2	0.029	0.025	0.028
17:0	g						
18:0	g	0.001		2	0.001	0.001	0.001
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.008	0	0.010	0.009	0.010
14:1	g					
16:1	g	0.002	1	0.003	0.002	0.002
18:1	g	0.006	2	0.008	0.007	0.007
20:1	g	0.000	0	0.000	0.000	0.000
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.077	0	0.099	0.085	0.094
18:2	g	0.067	2	0.086	0.074	0.082
18:3	g	0.010	2	0.013	0.011	0.012
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
Phytosterols	mg	12	0	15	13	15
Amino acids:						
Tryptophan	g	0.011	57	0.014	0.012	0.013
Threonine	g	0.038	60	0.049	0.042	0.046
Isoleucine	g	0.041	60	0.052	0.045	0.050
Leucine	g	0.043	60	0.055	0.047	0.052
Lysine	g	0.040	64	0.051	0.044	0.049
Methionine	g	0.007	64	0.009	0.008	0.009
Cystine	g	0.008	12	0.010	0.009	0.010
Phenylalanine	g	0.032	60	0.041	0.035	0.039
Tyrosine	g	0.020	13	0.026	0.022	0.024
Valine	g	0.044	60	0.056	0.048	0.054
Arginine	g	0.043	59	0.055	0.047	0.052
Histidine	g	0.016	59	0.020	0.018	0.020
Alanine	g	0.059	12	0.076	0.065	0.072
Aspartic acid	g	0.137	12	0.175	0.151	0.167
Glutamic acid	g	0.202	12	0.259	0.222	0.246
Glycine	g	0.030	12	0.038	0.033	0.037
Proline	g	0.029	11	0.037	0.032	0.035
Serine	g	0.035	12	0.045	0.039	0.043
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, chopped
Measure 2: 1 cup, grated
Measure 3: 1 cup, strips or slices

NDB No. 11125 Carrots, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 10g	Measure 2* 78g	Measure 3* 46g
Proximates:							
Water	g	87.38	0.293	13	8.48	68.16	40.19
Energy	kcal	45		0	4	35	21
Energy	kj	188		0	18	147	86
Protein (N x 5.95)	g	1.09	0.039	13	0.11	0.85	0.50
Total lipid (fat)	g	0.18	0.015	13	0.02	0.14	0.08
Carbohydrate, by difference	g	10.48		0	1.02	8.17	4.82
Fiber, total dietary	g	3.3		0	0.3	2.6	1.5
Ash	g	0.87	0.028	13	0.08	0.68	0.40
Sugars, total	g						
Minerals:							
Calcium	mg	31	1.023	13	3	24	14
Iron	mg	0.62	0.042	12	0.06	0.48	0.29
Magnesium	mg	13	0.705	13	1	10	6
Phosphorus	mg	30	2.356	13	3	23	14
Potassium	mg	227	21.761	13	22	177	104
Sodium	mg	66	6.491	13	6	51	30
Zinc	mg	0.30	0.010	12	0.03	0.23	0.14
Copper	mg	0.134	0.010	12	0.013	0.105	0.062
Manganese	mg	0.752	0.061	12	0.073	0.587	0.346
Selenium	µg	0.8	0.264	5	0.1	0.6	0.4
Vitamins:							
Ascorbic acid	mg	2.3	0.176	12	0.2	1.8	1.1
Thiamin	mg	0.034	0.001	12	0.003	0.027	0.016
Riboflavin	mg	0.056	0.002	12	0.005	0.044	0.026
Niacin	mg	0.506	0.017	12	0.049	0.395	0.233
Pantothenic acid	mg	0.304	0.007	12	0.029	0.237	0.140
Vitamin B-6	mg	0.246	0.007	12	0.024	0.192	0.113
Folate	µg	14	0.944	12	1	11	6
Vitamin B-12	µg	0.00		0	0.00	0.00	0.00
Vitamin A	IU	24554	670.300	12	2382	19152	11295
Vitamin A, RE	µg	2455	67.030	12	238	1915	1129
Vitamin E, α-TE	mg	0.420		0	0.041	0.328	0.193
Lipids:							
Saturated, total	g	0.034		0	0.003	0.027	0.016
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.002		0	0.000	0.002	0.001
14:0	g	0.001		0	0.000	0.001	0.000
15.0	g						
16:0	g	0.026		0	0.003	0.020	0.012
17:0	g						
18:0	g	0.001		0	0.000	0.001	0.000
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.009	0	0.001	0.007	0.004
14:1	g					
16:1	g	0.002	0	0.000	0.002	0.001
18:1	g	0.006	0	0.001	0.005	0.003
20:1	g	0.000	0	0.000	0.000	0.000
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.088	0	0.009	0.069	0.040
18:2	g	0.076	0	0.007	0.059	0.035
18:3	g	0.011	0	0.001	0.009	0.005
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.012	0	0.001	0.009	0.006
Threonine	g	0.040	0	0.004	0.031	0.018
Isoleucine	g	0.043	0	0.004	0.034	0.020
Leucine	g	0.046	0	0.004	0.036	0.021
Lysine	g	0.043	0	0.004	0.034	0.020
Methionine	g	0.007	0	0.001	0.005	0.003
Cystine	g	0.009	0	0.001	0.007	0.004
Phenylalanine	g	0.034	0	0.003	0.027	0.016
Tyrosine	g	0.021	0	0.002	0.016	0.010
Valine	g	0.046	0	0.004	0.036	0.021
Arginine	g	0.045	0	0.004	0.035	0.021
Histidine	g	0.017	0	0.002	0.013	0.008
Alanine	g	0.062	0	0.006	0.048	0.029
Aspartic acid	g	0.144	0	0.014	0.112	0.066
Glutamic acid	g	0.213	0	0.021	0.166	0.098
Glycine	g	0.031	0	0.003	0.024	0.014
Proline	g	0.031	0	0.003	0.024	0.014
Serine	g	0.037	0	0.004	0.029	0.017
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 tablespoon
Measure 2: 1/2 cup slices
Measure 3: 1 carrot

NDB No. 11126 Carrots, canned, regular pack, solids and liquids

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 123g	Measure 2* 454g	Measure 3*
Proximates:							
Water	g	92.99	0.711	133	114.38	422.17	
Energy	kcal	23		0	28	104	
Energy	kj	96		0	118	436	
Protein (N x 5.95)	g	0.58	0.020	155	0.71	2.63	
Total lipid (fat)	g	0.14	0.007	152	0.17	0.64	
Carbohydrate, by difference	g	5.37		0	6.61	24.38	
Fiber, total dietary	g	1.8		0	2.2	8.2	
Ash	g	0.92	0.024	124	1.13	4.18	
Sugars, total	g						
Minerals:							
Calcium	mg	31	1.325	152	38	141	
Iron	mg	0.52	0.038	147	0.64	2.36	
Magnesium	mg	9	0.173	109	11	41	
Phosphorus	mg	20	0.347	152	25	91	
Potassium	mg	173	4.591	116	213	785	
Sodium	mg	240	10.560	51	295	1090	
Zinc	mg	0.29	0.006	73	0.36	1.32	
Copper	mg	0.103	0.007	73	0.127	0.468	
Manganese	mg	0.450	0.027	6	0.554	2.043	
Selenium	µg	0.4		0	0.5	1.8	
Vitamins:							
Ascorbic acid	mg	2.0	0.123	122	2.5	9.1	
Thiamin	mg	0.019	0.000	167	0.023	0.086	
Riboflavin	mg	0.027	0.000	167	0.033	0.123	
Niacin	mg	0.421	0.012	164	0.518	1.911	
Pantothenic acid	mg	0.139	0.005	6	0.171	0.631	
Vitamin B-6	mg	0.112	0.002	6	0.138	0.508	
Folate	µg	8	0.707	9	10	37	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	9670	413.553	136	11894	43902	
Vitamin A, RE	µg	967		0	1189	4390	
Vitamin E, α-TE	mg	0.402		0	0.494	1.825	
Lipids:							
Saturated, total	g	0.025		0	0.031	0.114	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.002		0	0.002	0.009	
14:0	g	0.001		0	0.001	0.005	
15.0	g						
16:0	g	0.019		0	0.023	0.086	
17:0	g						
18:0	g	0.001		0	0.001	0.005	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.006	0	0.007	0.027
14:1	g				
16:1	g	0.002	0	0.002	0.009
18:1	g	0.005	0	0.006	0.023
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.065	0	0.080	0.295
18:2	g	0.056	0	0.069	0.254
18:3	g	0.008	0	0.010	0.036
18:4	g	0.000	0	0.000	0.000
20:4	g				
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g				
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.006	0	0.007	0.027
Threonine	g	0.021	0	0.026	0.095
Isoleucine	g	0.023	0	0.028	0.104
Leucine	g	0.024	0	0.030	0.109
Lysine	g	0.023	0	0.028	0.104
Methionine	g	0.004	0	0.005	0.018
Cystine	g	0.005	0	0.006	0.023
Phenylalanine	g	0.018	0	0.022	0.082
Tyrosine	g	0.011	0	0.014	0.050
Valine	g	0.025	0	0.031	0.114
Arginine	g	0.024	0	0.030	0.109
Histidine	g	0.009	0	0.011	0.041
Alanine	g	0.033	0	0.041	0.150
Aspartic acid	g	0.077	0	0.095	0.350
Glutamic acid	g	0.113	0	0.139	0.513
Glycine	g	0.017	0	0.021	0.077
Proline	g	0.016	0	0.020	0.073
Serine	g	0.019	0	0.023	0.086
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1/2 cup slices
Measure 2: 1 can (303 x 406)

NDB No. 11128 Carrots, canned, regular pack, drained solids

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 228g	Measure 2* 146g	Measure 3* 3g
Proximates:							
Water	g	92.95	0.290	11	211.93	135.71	2.60
Energy	kcal	25		0	57	37	1
Energy	kj	105		0	239	153	3
Protein (N x 5.95)	g	0.64	0.029	11	1.46	0.93	0.02
Total lipid (fat)	g	0.19	0.013	11	0.43	0.28	0.01
Carbohydrate, by difference	g	5.54		0	12.63	8.09	0.16
Fiber, total dietary	g	1.5		0	3.4	2.2	0.0
Ash	g	0.68	0.068	11	1.55	0.99	0.02
Sugars, total	g						
Minerals:							
Calcium	mg	25	0.353	6	57	37	1
Iron	mg	0.64	0.025	6	1.46	0.93	0.02
Magnesium	mg	8	0.183	6	18	12	0
Phosphorus	mg	24	0.281	6	55	35	1
Potassium	mg	179	14.472	6	408	261	5
Sodium	mg	242		0	552	353	7
Zinc	mg	0.26	0.020	11	0.59	0.38	0.01
Copper	mg	0.104	0.013	10	0.237	0.152	0.003
Manganese	mg	0.450	0.027	6	1.026	0.657	0.013
Selenium	µg	0.4		0	0.9	0.6	0.0
Vitamins:							
Ascorbic acid	mg	2.7	0.062	6	6.2	3.9	0.1
Thiamin	mg	0.018	0.002	6	0.041	0.026	0.001
Riboflavin	mg	0.030	0.000	6	0.068	0.044	0.001
Niacin	mg	0.552	0.021	6	1.259	0.806	0.015
Pantothenic acid	mg	0.135	0.005	6	0.308	0.197	0.004
Vitamin B-6	mg	0.112	0.002	6	0.255	0.164	0.003
Folate	µg	9	0.297	6	21	13	0
Vitamin B-12	µg	0.00		0	0.00	0.00	0.00
Vitamin A	IU	13774		0	31405	20110	386
Vitamin A, RE	µg	1377		0	3140	2010	39
Vitamin E, α-TE	mg	0.420		0	0.958	0.613	0.012
Lipids:							
Saturated, total	g	0.036		0	0.082	0.053	0.001
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.002		0	0.005	0.003	0.000
14:0	g	0.001		0	0.002	0.001	0.000
15.0	g						
16:0	g	0.027		0	0.062	0.039	0.001
17:0	g						
18:0	g	0.001		0	0.002	0.001	0.000
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.009	0	0.021	0.013	0.000
14:1	g					
16:1	g	0.002	0	0.005	0.003	0.000
18:1	g	0.007	0	0.016	0.010	0.000
20:1	g	0.000	0	0.000	0.000	0.000
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.092	0	0.210	0.134	0.003
18:2	g	0.079	0	0.180	0.115	0.002
18:3	g	0.011	0	0.025	0.016	0.000
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.007	0	0.016	0.010	0.000
Threonine	g	0.023	0	0.052	0.034	0.001
Isoleucine	g	0.025	0	0.057	0.037	0.001
Leucine	g	0.027	0	0.062	0.039	0.001
Lysine	g	0.025	0	0.057	0.037	0.001
Methionine	g	0.004	0	0.009	0.006	0.000
Cystine	g	0.005	0	0.011	0.007	0.000
Phenylalanine	g	0.020	0	0.046	0.029	0.001
Tyrosine	g	0.012	0	0.027	0.018	0.000
Valine	g	0.027	0	0.062	0.039	0.001
Arginine	g	0.026	0	0.059	0.038	0.001
Histidine	g	0.010	0	0.023	0.015	0.000
Alanine	g	0.036	0	0.082	0.053	0.001
Aspartic acid	g	0.084	0	0.192	0.123	0.002
Glutamic acid	g	0.124	0	0.283	0.181	0.003
Glycine	g	0.018	0	0.041	0.026	0.001
Proline	g	0.018	0	0.041	0.026	0.001
Serine	g	0.021	0	0.048	0.031	0.001
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, mashed
Measure 2: 1 cup, sliced
Measure 3: 1 slice

NDB No. 11130 Carrots, frozen, unprepared

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 284g	Measure 2* 64g	Measure 3*
Proximates:							
Water	g	89.05	0.245	39	252.90	56.99	
Energy	kcal	39		0	111	25	
Energy	kj	163		0	463	104	
Protein (N x 5.95)	g	1.09	0.039	44	3.10	0.70	
Total lipid (fat)	g	0.21	0.013	44	0.60	0.13	
Carbohydrate, by difference	g	8.99		0	25.53	5.75	
Fiber, total dietary	g	3.2		0	9.1	2.0	
Ash	g	0.66	0.036	38	1.87	0.42	
Sugars, total	g						
Minerals:							
Calcium	mg	32	1.349	44	91	20	
Iron	mg	0.61	0.060	39	1.73	0.39	
Magnesium	mg	11	0.358	9	31	7	
Phosphorus	mg	23	1.271	16	65	15	
Potassium	mg	181	8.997	16	514	116	
Sodium	mg	59	2.757	18	168	38	
Zinc	mg	0.25	0.009	6	0.71	0.16	
Copper	mg	0.074	0.003	8	0.210	0.047	
Manganese	mg	0.392	0.021	6	1.113	0.251	
Selenium	µg	0.7		0	2.0	0.4	
Vitamins:							
Ascorbic acid	mg	4.3	0.302	32	12.2	2.8	
Thiamin	mg	0.039	0.002	44	0.111	0.025	
Riboflavin	mg	0.045	0.002	44	0.128	0.029	
Niacin	mg	0.632	0.039	44	1.795	0.404	
Pantothenic acid	mg	0.187	0.004	6	0.531	0.120	
Vitamin B-6	mg	0.181	0.001	6	0.514	0.116	
Folate	µg	10	0.308	6	27	6	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	21282	1286.724	38	60441	13620	
Vitamin A, RE	µg	2128	128.672	38	6044	1362	
Vitamin E, α-TE	mg	0.460		0	1.306	0.294	
Lipids:							
Saturated, total	g	0.039		0	0.111	0.025	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.002		0	0.006	0.001	
14:0	g	0.001		0	0.003	0.001	
15.0	g						
16:0	g	0.030		0	0.085	0.019	
17:0	g						
18:0	g	0.001		0	0.003	0.001	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.010	0	0.028	0.006
14:1	g				
16:1	g	0.003	0	0.009	0.002
18:1	g	0.007	0	0.020	0.004
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.101	0	0.287	0.065
18:2	g	0.088	0	0.250	0.056
18:3	g	0.012	0	0.034	0.008
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.011	0	0.031	0.007
Threonine	g	0.040	0	0.114	0.026
Isoleucine	g	0.043	0	0.122	0.028
Leucine	g	0.045	0	0.128	0.029
Lysine	g	0.042	0	0.119	0.027
Methionine	g	0.007	0	0.020	0.004
Cystine	g	0.009	0	0.026	0.006
Phenylalanine	g	0.034	0	0.097	0.022
Tyrosine	g	0.021	0	0.060	0.013
Valine	g	0.046	0	0.131	0.029
Arginine	g	0.045	0	0.128	0.029
Histidine	g	0.017	0	0.048	0.011
Alanine	g	0.062	0	0.176	0.040
Aspartic acid	g	0.144	0	0.409	0.092
Glutamic acid	g	0.212	0	0.602	0.136
Glycine	g	0.031	0	0.088	0.020
Proline	g	0.030	0	0.085	0.019
Serine	g	0.036	0	0.102	0.023
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 package (10 oz)
Measure 2: 1/2 cup slices

NDB No. 11131 Carrots, frozen, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 146g	Measure 2*	Measure 3*
Proximates:							
Water	g	89.88	0.128	6	131.22		
Energy	kcal	36		0	53		
Energy	kj	151		0	220		
Protein (N x 5.95)	g	1.19	0.037	6	1.74		
Total lipid (fat)	g	0.11	0.007	6	0.16		
Carbohydrate, by difference	g	8.25		0	12.04		
Fiber, total dietary	g	3.5		0	5.1		
Ash	g	0.58	0.004	6	0.85		
Sugars, total	g						
Minerals:							
Calcium	mg	28	0.285	6	41		
Iron	mg	0.47	0.007	6	0.69		
Magnesium	mg	10	0.192	6	15		
Phosphorus	mg	26	0.525	6	38		
Potassium	mg	158	4.023	6	231		
Sodium	mg	59	1.288	6	86		
Zinc	mg	0.24	0.005	6	0.35		
Copper	mg	0.073	0.002	6	0.107		
Manganese	mg	0.405	0.011	6	0.591		
Selenium	µg	0.6		0	0.9		
Vitamins:							
Ascorbic acid	mg	2.8	0.096	6	4.1		
Thiamin	mg	0.027	0.001	6	0.039		
Riboflavin	mg	0.037	0.000	6	0.054		
Niacin	mg	0.438	0.024	6	0.639		
Pantothenic acid	mg	0.161	0.006	6	0.235		
Vitamin B-6	mg	0.129	0.002	6	0.188		
Folate	µg	11	0.452	6	16		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	17702		0	25845		
Vitamin A, RE	µg	1770		0	2584		
Vitamin E, α-TE	mg	0.420		0	0.613		
Lipids:							
Saturated, total	g	0.021		0	0.031		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.000		0	0.000		
10:0	g	0.000		0	0.000		
12:0	g	0.001		0	0.001		
14:0	g	0.001		0	0.001		
15.0	g						
16:0	g	0.016		0	0.023		
17:0	g						
18:0	g	0.001		0	0.001		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.005	0	0.007
14:1	g			
16:1	g	0.001	0	0.001
18:1	g	0.004	0	0.006
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.053	0	0.077
18:2	g	0.046	0	0.067
18:3	g	0.007	0	0.010
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.013	0	0.019
Threonine	g	0.043	0	0.063
Isoleucine	g	0.047	0	0.069
Leucine	g	0.049	0	0.072
Lysine	g	0.046	0	0.067
Methionine	g	0.008	0	0.012
Cystine	g	0.010	0	0.015
Phenylalanine	g	0.037	0	0.054
Tyrosine	g	0.023	0	0.034
Valine	g	0.050	0	0.073
Arginine	g	0.049	0	0.072
Histidine	g	0.018	0	0.026
Alanine	g	0.068	0	0.099
Aspartic acid	g	0.157	0	0.229
Glutamic acid	g	0.232	0	0.339
Glycine	g	0.034	0	0.050
Proline	g	0.033	0	0.048
Serine	g	0.040	0	0.058
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, sliced

NDB No. 11134 Cassava, raw

Manihot esculenta

Refuse: %

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 206g	Measure 2* 408g	Measure 3*
Proximates:							
Water	g	59.68	0.975	2	122.94	243.49	
Energy	kcal	160		0	330	653	
Energy	kj	669		0	1378	2730	
Protein (N x 5.95)	g	1.36	0.088	2	2.80	5.55	
Total lipid (fat)	g	0.28	0.095	2	0.58	1.14	
Carbohydrate, by difference	g	38.05		0	78.38	155.24	
Fiber, total dietary	g	1.8	0.117	2	3.7	7.3	
Ash	g	0.62	0.059	2	1.28	2.53	
Sugars, total	g						
Minerals:							
Calcium	mg	16	0.636	2	33	65	
Iron	mg	0.27	0.019	2	0.56	1.10	
Magnesium	mg	21	2.369	2	43	86	
Phosphorus	mg	27	3.359	2	56	110	
Potassium	mg	271	19.940	2	558	1106	
Sodium	mg	14	4.844	2	29	57	
Zinc	mg	0.34	0.027	2	0.70	1.39	
Copper	mg	0.100		1	0.206	0.408	
Manganese	mg	0.384		1	0.791	1.567	
Selenium	µg	0.7		0	1.4	2.9	
Vitamins:							
Ascorbic acid	mg	20.6	1.747	2	42.4	84.0	
Thiamin	mg	0.087	0.100	2	0.179	0.355	
Riboflavin	mg	0.048	0.005	2	0.099	0.196	
Niacin	mg	0.854	0.084	2	1.759	3.484	
Pantothenic acid	mg	0.107	0.039	2	0.220	0.437	
Vitamin B-6	mg	0.088	0.007	2	0.181	0.359	
Folate	µg	27	13.117	2	56	110	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	25	0.615	2	52	102	
Vitamin A, RE	µg	2		0	4	8	
Vitamin E, α-TE	mg	0.190		0	0.391	0.775	
Lipids:							
Saturated, total	g	0.074		0	0.152	0.302	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.001		0	0.002	0.004	
14:0	g	0.000		0	0.000	0.000	
15.0	g						
16:0	g	0.069		0	0.142	0.282	
17:0	g						
18:0	g	0.005		0	0.010	0.020	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.075	0	0.155	0.306
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.075	0	0.155	0.306
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.048	0	0.099	0.196
18:2	g	0.032	0	0.066	0.131
18:3	g	0.017	0	0.035	0.069
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.019	23	0.039	0.078
Threonine	g	0.028	23	0.058	0.114
Isoleucine	g	0.027	23	0.056	0.110
Leucine	g	0.039	23	0.080	0.159
Lysine	g	0.044	23	0.091	0.180
Methionine	g	0.011	23	0.023	0.045
Cystine	g	0.028	20	0.058	0.114
Phenylalanine	g	0.026	23	0.054	0.106
Tyrosine	g	0.017	23	0.035	0.069
Valine	g	0.035	23	0.072	0.143
Arginine	g	0.137	23	0.282	0.559
Histidine	g	0.020	23	0.041	0.082
Alanine	g	0.038	22	0.078	0.155
Aspartic acid	g	0.079	22	0.163	0.322
Glutamic acid	g	0.206	22	0.424	0.840
Glycine	g	0.028	22	0.058	0.114
Proline	g	0.033	22	0.068	0.135
Serine	g	0.033	22	0.068	0.135
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 root

NDB No. 11135 Cauliflower, raw

Brassica oleracea (Botrytis Group)

Refuse: 61% Leaf stalks, cores and trimmings

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 100g	Measure 2* 13g	Measure 3* 840g
Proximates:							
Water	g	91.91	0.280	31	91.91	11.95	772.04
Energy	kcal	25		0	25	3	210
Energy	kj	105		0	105	14	882
Protein (N x 5.95)	g	1.98	0.061	16	1.98	0.26	16.63
Total lipid (fat)	g	0.21	0.025	16	0.21	0.03	1.76
Carbohydrate, by difference	g	5.20		0	5.20	0.68	43.68
Fiber, total dietary	g	2.5		0	2.5	0.3	21.0
Ash	g	0.71	0.024	15	0.71	0.09	5.96
Sugars, total	g						
Minerals:							
Calcium	mg	22	1.202	19	22	3	185
Iron	mg	0.44	0.028	19	0.44	0.06	3.70
Magnesium	mg	15	0.518	18	15	2	126
Phosphorus	mg	44	1.384	18	44	6	370
Potassium	mg	303	12.741	20	303	39	2545
Sodium	mg	30	2.935	33	30	4	252
Zinc	mg	0.28	0.010	15	0.28	0.04	2.35
Copper	mg	0.042	0.004	15	0.042	0.005	0.353
Manganese	mg	0.156	0.006	15	0.156	0.020	1.310
Selenium	µg	0.6		1	0.6	0.1	5.0
Vitamins:							
Ascorbic acid	mg	46.4	4.398	24	46.4	6.0	389.8
Thiamin	mg	0.057	0.003	15	0.057	0.007	0.479
Riboflavin	mg	0.063	0.004	15	0.063	0.008	0.529
Niacin	mg	0.526	0.024	15	0.526	0.068	4.418
Pantothenic acid	mg	0.652	0.028	12	0.652	0.085	5.477
Vitamin B-6	mg	0.222	0.009	13	0.222	0.029	1.865
Folate	µg	57	5.290	27	57	7	479
Vitamin B-12	µg	0.00		0	0.00	0.00	0.00
Vitamin A	IU	19	2.108	15	19	2	160
Vitamin A, RE	µg	2		0	2	0	17
Vitamin E, α-TE	mg	0.040		0	0.040	0.005	0.336
Lipids:							
Saturated, total	g	0.032		0	0.032	0.004	0.269
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.000		0	0.000	0.000	0.000
14:0	g	0.000		0	0.000	0.000	0.000
15.0	g						
16:0	g	0.028		0	0.028	0.004	0.235
17:0	g						
18:0	g	0.004		0	0.004	0.001	0.034
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.014	0	0.014	0.002	0.118
14:1	g					
16:1	g	0.000	0	0.000	0.000	0.000
18:1	g	0.014	0	0.014	0.002	0.118
20:1	g	0.000	0	0.000	0.000	0.000
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.099	0	0.099	0.013	0.832
18:2	g	0.023	0	0.023	0.003	0.193
18:3	g	0.076	0	0.076	0.010	0.638
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
Phytosterols	mg	18	0	18	2	151
Amino acids:						
Tryptophan	g	0.026	0	0.026	0.003	0.218
Threonine	g	0.072	0	0.072	0.009	0.605
Isoleucine	g	0.075	0	0.075	0.010	0.630
Leucine	g	0.116	0	0.116	0.015	0.974
Lysine	g	0.106	0	0.106	0.014	0.890
Methionine	g	0.028	0	0.028	0.004	0.235
Cystine	g	0.023	0	0.023	0.003	0.193
Phenylalanine	g	0.071	0	0.071	0.009	0.596
Tyrosine	g	0.043	0	0.043	0.006	0.361
Valine	g	0.099	0	0.099	0.013	0.832
Arginine	g	0.095	0	0.095	0.012	0.798
Histidine	g	0.040	0	0.040	0.005	0.336
Alanine	g	0.104	0	0.104	0.014	0.874
Aspartic acid	g	0.232	0	0.232	0.030	1.949
Glutamic acid	g	0.264	0	0.264	0.034	2.218
Glycine	g	0.064	0	0.064	0.008	0.538
Proline	g	0.085	0	0.085	0.011	0.714
Serine	g	0.104	0	0.104	0.014	0.874
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 floweret
Measure 3: 1 large head (6-7" dia)

NDB No. 11136 Cauliflower, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 62g	Measure 2* 54g	Measure 3*
Proximates:							
Water	g	93.00	0.336	7	57.66	50.22	
Energy	kcal	23		0	14	12	
Energy	kj	96		0	60	52	
Protein (N x 5.95)	g	1.84	0.087	4	1.14	0.99	
Total lipid (fat)	g	0.45	0.111	4	0.28	0.24	
Carbohydrate, by difference	g	4.11		0	2.55	2.22	
Fiber, total dietary	g	2.7		0	1.7	1.5	
Ash	g	0.60	0.062	4	0.37	0.32	
Sugars, total	g						
Minerals:							
Calcium	mg	16	0.459	27	10	9	
Iron	mg	0.33	0.014	32	0.20	0.18	
Magnesium	mg	9	0.350	28	6	5	
Phosphorus	mg	32	1.127	27	20	17	
Potassium	mg	142	6.193	28	88	77	
Sodium	mg	15	1.367	28	9	8	
Zinc	mg	0.18	0.007	32	0.11	0.10	
Copper	mg	0.027	0.005	32	0.017	0.015	
Manganese	mg	0.138	0.005	32	0.086	0.075	
Selenium	µg	0.5		0	0.3	0.3	
Vitamins:							
Ascorbic acid	mg	44.3	0.257	8	27.5	23.9	
Thiamin	mg	0.042		0	0.026	0.023	
Riboflavin	mg	0.052		0	0.032	0.028	
Niacin	mg	0.410		0	0.254	0.221	
Pantothenic acid	mg	0.508		0	0.315	0.274	
Vitamin B-6	mg	0.173		0	0.107	0.093	
Folate	µg	44	2.277	8	27	24	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	17		1	11	9	
Vitamin A, RE	µg	2		0	1	1	
Vitamin E, α-TE	mg	0.040		0	0.025	0.022	
Lipids:							
Saturated, total	g	0.070		0	0.043	0.038	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.000		0	0.000	0.000	
15.0	g						
16:0	g	0.062		0	0.038	0.033	
17:0	g						
18:0	g	0.008		0	0.005	0.004	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.032	0	0.020	0.017
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.032	0	0.020	0.017
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.217	0	0.135	0.117
18:2	g	0.050	0	0.031	0.027
18:3	g	0.167	0	0.104	0.090
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.024	0	0.015	0.013
Threonine	g	0.067	0	0.042	0.036
Isoleucine	g	0.070	0	0.043	0.038
Leucine	g	0.107	0	0.066	0.058
Lysine	g	0.099	0	0.061	0.053
Methionine	g	0.026	0	0.016	0.014
Cystine	g	0.021	0	0.013	0.011
Phenylalanine	g	0.066	0	0.041	0.036
Tyrosine	g	0.040	0	0.025	0.022
Valine	g	0.092	0	0.057	0.050
Arginine	g	0.089	0	0.055	0.048
Histidine	g	0.037	0	0.023	0.020
Alanine	g	0.097	0	0.060	0.052
Aspartic acid	g	0.216	0	0.134	0.117
Glutamic acid	g	0.245	0	0.152	0.132
Glycine	g	0.059	0	0.037	0.032
Proline	g	0.079	0	0.049	0.043
Serine	g	0.096	0	0.060	0.052
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1/2 cup, (1" pieces)
Measure 2: 3 flowerets

NDB No. 11137 Cauliflower, frozen, unprepared

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 284g	Measure 2* 66g	Measure 3*
Proximates:							
Water	g	92.51	0.119	38	262.73	61.06	
Energy	kcal	24		0	68	16	
Energy	kj	100		0	284	66	
Protein (N x 5.95)	g	2.01	0.033	40	5.71	1.33	
Total lipid (fat)	g	0.27	0.041	40	0.77	0.18	
Carbohydrate, by difference	g	4.68		0	13.29	3.09	
Fiber, total dietary	g	2.3		0	6.5	1.5	
Ash	g	0.53	0.010	38	1.51	0.35	
Sugars, total	g						
Minerals:							
Calcium	mg	22	0.999	40	62	15	
Iron	mg	0.54	0.035	40	1.53	0.36	
Magnesium	mg	12	0.550	11	34	8	
Phosphorus	mg	35	1.418	19	99	23	
Potassium	mg	193	10.411	13	548	127	
Sodium	mg	24	3.924	23	68	16	
Zinc	mg	0.17	0.011	7	0.48	0.11	
Copper	mg	0.031	0.006	5	0.088	0.020	
Manganese	mg	0.197	0.015	7	0.559	0.130	
Selenium	µg	0.8	0.265	4	2.3	0.5	
Vitamins:							
Ascorbic acid	mg	48.8	1.674	34	138.6	32.2	
Thiamin	mg	0.051	0.003	40	0.145	0.034	
Riboflavin	mg	0.070	0.004	40	0.199	0.046	
Niacin	mg	0.429	0.018	40	1.218	0.283	
Pantothenic acid	mg	0.136		1	0.386	0.090	
Vitamin B-6	mg	0.123	0.013	8	0.349	0.081	
Folate	µg	64		0	181	42	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	31	3.403	12	88	20	
Vitamin A, RE	µg	3	0.340	12	9	2	
Vitamin E, α-TE	mg	0.040		0	0.114	0.026	
Lipids:							
Saturated, total	g	0.041		0	0.116	0.027	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.000		0	0.000	0.000	
15.0	g						
16:0	g	0.036		0	0.102	0.024	
17:0	g						
18:0	g	0.005		0	0.014	0.003	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.019	0	0.054	0.013
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.019	0	0.054	0.013
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.128	0	0.364	0.084
18:2	g	0.029	0	0.082	0.019
18:3	g	0.098	0	0.278	0.065
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.026	0	0.074	0.017
Threonine	g	0.073	0	0.207	0.048
Isoleucine	g	0.077	0	0.219	0.051
Leucine	g	0.118	0	0.335	0.078
Lysine	g	0.108	0	0.307	0.071
Methionine	g	0.028	0	0.080	0.018
Cystine	g	0.023	0	0.065	0.015
Phenylalanine	g	0.072	0	0.204	0.048
Tyrosine	g	0.044	0	0.125	0.029
Valine	g	0.101	0	0.287	0.067
Arginine	g	0.097	0	0.275	0.064
Histidine	g	0.041	0	0.116	0.027
Alanine	g	0.106	0	0.301	0.070
Aspartic acid	g	0.236	0	0.670	0.156
Glutamic acid	g	0.268	0	0.761	0.177
Glycine	g	0.065	0	0.185	0.043
Proline	g	0.087	0	0.247	0.057
Serine	g	0.105	0	0.298	0.069
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 package (10 oz)
Measure 2: 1/2 cup, (1" pieces)

NDB No. 11138 Cauliflower, frozen, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 180g	Measure 2*	Measure 3*
Proximates:							
Water	g	94.00		0	169.20		
Energy	kcal	19		0	34		
Energy	kj	79		0	142		
Protein (N x 5.95)	g	1.61		0	2.90		
Total lipid (fat)	g	0.22		0	0.40		
Carbohydrate, by difference	g	3.75		0	6.75		
Fiber, total dietary	g	2.7		0	4.9		
Ash	g	0.42		0	0.76		
Sugars, total	g						
Minerals:							
Calcium	mg	17		0	31		
Iron	mg	0.41		0	0.74		
Magnesium	mg	9		0	16		
Phosphorus	mg	24		0	43		
Potassium	mg	139		0	250		
Sodium	mg	18		0	32		
Zinc	mg	0.13		0	0.23		
Copper	mg	0.024		0	0.043		
Manganese	mg	0.150		0	0.270		
Selenium	µg	0.6		0	1.1		
Vitamins:							
Ascorbic acid	mg	31.3		0	56.3		
Thiamin	mg	0.037		0	0.067		
Riboflavin	mg	0.053		0	0.095		
Niacin	mg	0.310		0	0.558		
Pantothenic acid	mg	0.098		0	0.176		
Vitamin B-6	mg	0.088		0	0.158		
Folate	µg	41		0	74		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	22		0	40		
Vitamin A, RE	µg	2		0	4		
Vitamin E, α-TE	mg	0.040		0	0.072		
Lipids:							
Saturated, total	g	0.033		0	0.059		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.000		0	0.000		
10:0	g	0.000		0	0.000		
12:0	g	0.000		0	0.000		
14:0	g	0.000		0	0.000		
15.0	g						
16:0	g	0.029		0	0.052		
17:0	g						
18:0	g	0.004		0	0.007		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.015	0	0.027
14:1	g			
16:1	g	0.000	0	0.000
18:1	g	0.015	0	0.027
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.103	0	0.185
18:2	g	0.024	0	0.043
18:3	g	0.079	0	0.142
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.021	0	0.038
Threonine	g	0.059	0	0.106
Isoleucine	g	0.061	0	0.110
Leucine	g	0.094	0	0.169
Lysine	g	0.086	0	0.155
Methionine	g	0.023	0	0.041
Cystine	g	0.019	0	0.034
Phenylalanine	g	0.058	0	0.104
Tyrosine	g	0.035	0	0.063
Valine	g	0.081	0	0.146
Arginine	g	0.078	0	0.140
Histidine	g	0.033	0	0.059
Alanine	g	0.085	0	0.153
Aspartic acid	g	0.189	0	0.340
Glutamic acid	g	0.215	0	0.387
Glycine	g	0.052	0	0.094
Proline	g	0.070	0	0.126
Serine	g	0.084	0	0.151
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, (1" pieces)

NDB No. 11141 Celeriac, raw

Apium graveolens

Refuse: 14% Parings

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 156g	Measure 2*	Measure 3*
Proximates:							
Water	g	88.00		1	137.28		
Energy	kcal	42		0	66		
Energy	kj	176		0	275		
Protein (N x 5.95)	g	1.50		1	2.34		
Total lipid (fat)	g	0.30		1	0.47		
Carbohydrate, by difference	g	9.20		0	14.35		
Fiber, total dietary	g	1.8		0	2.8		
Ash	g	1.00		0	1.56		
Sugars, total	g						
Minerals:							
Calcium	mg	43		1	67		
Iron	mg	0.70		1	1.09		
Magnesium	mg	20		1	31		
Phosphorus	mg	115		1	179		
Potassium	mg	300		1	468		
Sodium	mg	100		1	156		
Zinc	mg	0.33		0	0.51		
Copper	mg	0.070		0	0.109		
Manganese	mg	0.158		0	0.246		
Selenium	µg	0.7		0	1.1		
Vitamins:							
Ascorbic acid	mg	8.0		1	12.5		
Thiamin	mg	0.050		1	0.078		
Riboflavin	mg	0.060		1	0.094		
Niacin	mg	0.700		1	1.092		
Pantothenic acid	mg	0.352		0	0.549		
Vitamin B-6	mg	0.165		0	0.257		
Folate	µg	8		0	12		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	0		1	0		
Vitamin A, RE	µg	0		1	0		
Vitamin E, α-TE	mg	0.360		0	0.562		
Lipids:							
Saturated, total	g	0.079		0	0.123		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.000		0	0.000		
10:0	g	0.000		0	0.000		
12:0	g	0.000		0	0.000		
14:0	g	0.002		0	0.003		
15.0	g						
16:0	g	0.069		0	0.108		
17:0	g						
18:0	g	0.006		0	0.009		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.058	0	0.090
14:1	g			
16:1	g	0.002	0	0.003
18:1	g	0.056	0	0.087
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.148	0	0.231
18:2	g	0.148	0	0.231
18:3	g	0.000	0	0.000
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 1 cup

NDB No. 11142 Celeriac, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 155g	Measure 2*	Measure 3*
Proximates:							
Water	g	92.30		0	143.06		
Energy	kcal	27		0	42		
Energy	kj	113		0	175		
Protein (N x 5.95)	g	0.96		0	1.49		
Total lipid (fat)	g	0.19		0	0.29		
Carbohydrate, by difference	g	5.90		0	9.14		
Fiber, total dietary	g	1.2		0	1.9		
Ash	g	0.64		0	0.99		
Sugars, total	g						
Minerals:							
Calcium	mg	26		0	40		
Iron	mg	0.43		0	0.67		
Magnesium	mg	12		0	19		
Phosphorus	mg	66		0	102		
Potassium	mg	173		0	268		
Sodium	mg	61		0	95		
Zinc	mg	0.20		0	0.31		
Copper	mg	0.043		0	0.067		
Manganese	mg	0.096		0	0.149		
Selenium	µg	0.4		0	0.6		
Vitamins:							
Ascorbic acid	mg	3.6		0	5.6		
Thiamin	mg	0.027		0	0.042		
Riboflavin	mg	0.037		0	0.057		
Niacin	mg	0.427		0	0.662		
Pantothenic acid	mg	0.203		0	0.315		
Vitamin B-6	mg	0.101		0	0.157		
Folate	µg	3		0	5		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	0		0	0		
Vitamin A, RE	µg	0		0	0		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g						
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g			
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g			
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, pieces

NDB No. 11143 Celery, raw

Apium graveolens

Refuse: 11% Roots and trimmings

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 120g	Measure 2* 124g	Measure 3* 8g
Proximates:							
Water	g	94.64	0.123	47	113.57	117.35	7.10
Energy	kcal	16		0	19	20	1
Energy	kj	67		0	80	83	5
Protein (N x 5.95)	g	0.75	0.035	26	0.90	0.93	0.06
Total lipid (fat)	g	0.14	0.017	24	0.17	0.17	0.01
Carbohydrate, by difference	g	3.65		0	4.38	4.53	0.27
Fiber, total dietary	g	1.7		0	2.0	2.1	0.1
Ash	g	0.82	0.023	24	0.98	1.02	0.06
Sugars, total	g						
Minerals:							
Calcium	mg	40	1.809	46	48	50	3
Iron	mg	0.40	0.089	53	0.48	0.50	0.03
Magnesium	mg	11	0.377	48	13	14	1
Phosphorus	mg	25	1.066	46	30	31	2
Potassium	mg	287	8.653	52	344	356	22
Sodium	mg	87	4.839	65	104	108	7
Zinc	mg	0.13	0.016	40	0.16	0.16	0.01
Copper	mg	0.034	0.004	48	0.041	0.042	0.003
Manganese	mg	0.102	0.011	49	0.122	0.126	0.008
Selenium	µg	0.9	2.706	7	1.1	1.1	0.1
Vitamins:							
Ascorbic acid	mg	7.0	0.346	29	8.4	8.7	0.5
Thiamin	mg	0.046	0.011	21	0.055	0.057	0.003
Riboflavin	mg	0.045	0.003	18	0.054	0.056	0.003
Niacin	mg	0.323	0.014	19	0.388	0.401	0.024
Pantothenic acid	mg	0.186	0.007	17	0.223	0.231	0.014
Vitamin B-6	mg	0.087	0.016	18	0.104	0.108	0.007
Folate	µg	28	2.319	18	34	35	2
Vitamin B-12	µg	0.00		0	0.00	0.00	0.00
Vitamin A	IU	134	14.939	19	161	166	10
Vitamin A, RE	µg	13		0	16	16	1
Vitamin E, α-TE	mg	0.360		0	0.432	0.446	0.027
Lipids:							
Saturated, total	g	0.037		0	0.044	0.046	0.003
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.000		0	0.000	0.000	0.000
14:0	g	0.001		1	0.001	0.001	0.000
15.0	g						
16:0	g	0.032		1	0.038	0.040	0.002
17:0	g						
18:0	g	0.003		1	0.004	0.004	0.000
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.027	0	0.032	0.033	0.002
14:1	g					
16:1	g	0.001	1	0.001	0.001	0.000
18:1	g	0.026	1	0.031	0.032	0.002
20:1	g	0.000	0	0.000	0.000	0.000
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.069	0	0.083	0.086	0.005
18:2	g	0.069	1	0.083	0.086	0.005
18:3	g	0.000	0	0.000	0.000	0.000
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
Phytosterols	mg	6	1	7	7	0
Amino acids:						
Tryptophan	g	0.010	0	0.012	0.012	0.001
Threonine	g	0.022	0	0.026	0.027	0.002
Isoleucine	g	0.023	0	0.028	0.029	0.002
Leucine	g	0.035	0	0.042	0.043	0.003
Lysine	g	0.029	0	0.035	0.036	0.002
Methionine	g	0.006	0	0.007	0.007	0.000
Cystine	g	0.004	0	0.005	0.005	0.000
Phenylalanine	g	0.022	0	0.026	0.027	0.002
Tyrosine	g	0.010	0	0.012	0.012	0.001
Valine	g	0.030	0	0.036	0.037	0.002
Arginine	g	0.022	0	0.026	0.027	0.002
Histidine	g	0.013	0	0.016	0.016	0.001
Alanine	g	0.025	0	0.030	0.031	0.002
Aspartic acid	g	0.128	0	0.154	0.159	0.010
Glutamic acid	g	0.098	0	0.118	0.122	0.007
Glycine	g	0.023	0	0.028	0.029	0.002
Proline	g	0.020	0	0.024	0.025	0.002
Serine	g	0.022	0	0.026	0.027	0.002
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, diced
Measure 2: 1 cup, strips
Measure 3: 1 tablespoon

NDB No. 11144 Celery, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 150g	Measure 2* 75g	Measure 3*
Proximates:							
Water	g	94.11		0	141.16	70.58	
Energy	kcal	18		0	27	14	
Energy	kj	75		0	113	56	
Protein (N x 5.95)	g	0.83		0	1.25	0.62	
Total lipid (fat)	g	0.16		0	0.24	0.12	
Carbohydrate, by difference	g	4.01		0	6.01	3.01	
Fiber, total dietary	g	1.6		0	2.4	1.2	
Ash	g	0.90		0	1.35	0.68	
Sugars, total	g						
Minerals:							
Calcium	mg	42		0	63	32	
Iron	mg	0.42		0	0.63	0.32	
Magnesium	mg	12		0	18	9	
Phosphorus	mg	25		0	38	19	
Potassium	mg	284		0	426	213	
Sodium	mg	91		0	137	68	
Zinc	mg	0.14		0	0.21	0.11	
Copper	mg	0.036		0	0.054	0.027	
Manganese	mg	0.106		0	0.159	0.080	
Selenium	µg	1.0		0	1.5	0.8	
Vitamins:							
Ascorbic acid	mg	6.1		0	9.2	4.6	
Thiamin	mg	0.043		0	0.064	0.032	
Riboflavin	mg	0.047		0	0.070	0.035	
Niacin	mg	0.319		0	0.479	0.239	
Pantothenic acid	mg	0.195		0	0.293	0.146	
Vitamin B-6	mg	0.086		0	0.129	0.064	
Folate	µg	22		0	33	17	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	132		0	198	99	
Vitamin A, RE	µg	13		0	20	10	
Vitamin E, α-TE	mg	0.360		0	0.540	0.270	
Lipids:							
Saturated, total	g	0.040		0	0.060	0.030	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.001		0	0.002	0.001	
15.0	g						
16:0	g	0.035		0	0.053	0.026	
17:0	g						
18:0	g	0.004		0	0.006	0.003	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.030	0	0.045	0.023
14:1	g				
16:1	g	0.001	0	0.002	0.001
18:1	g	0.029	0	0.044	0.022
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.075	0	0.113	0.056
18:2	g	0.075	0	0.113	0.056
18:3	g	0.000	0	0.000	0.000
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg	7	0	11	5
Amino acids:					
Tryptophan	g	0.011	0	0.017	0.008
Threonine	g	0.024	0	0.036	0.018
Isoleucine	g	0.025	0	0.038	0.019
Leucine	g	0.039	0	0.059	0.029
Lysine	g	0.032	0	0.048	0.024
Methionine	g	0.007	0	0.011	0.005
Cystine	g	0.005	0	0.008	0.004
Phenylalanine	g	0.024	0	0.036	0.018
Tyrosine	g	0.011	0	0.017	0.008
Valine	g	0.033	0	0.050	0.025
Arginine	g	0.024	0	0.036	0.018
Histidine	g	0.014	0	0.021	0.011
Alanine	g	0.027	0	0.041	0.020
Aspartic acid	g	0.141	0	0.212	0.106
Glutamic acid	g	0.107	0	0.161	0.080
Glycine	g	0.026	0	0.039	0.020
Proline	g	0.022	0	0.033	0.017
Serine	g	0.024	0	0.036	0.018
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, diced
Measure 2: 2 stalks

NDB No. 11145 Celtuce, raw

Lactuca sativa

Refuse: 25% Tough leaves and stems

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 8g	Measure 2*	Measure 3*
Proximates:							
Water	g	94.50	0.500	2	7.56		
Energy	kcal	18		0	1		
Energy	kj	75		0	6		
Protein (N x 5.95)	g	0.85	0.250	2	0.07		
Total lipid (fat)	g	0.30	0.100	2	0.02		
Carbohydrate, by difference	g	3.65		0	0.29		
Fiber, total dietary	g	1.7		0	0.1		
Ash	g	0.70		0	0.06		
Sugars, total	g						
Minerals:							
Calcium	mg	39	20.500	2	3		
Iron	mg	0.55	0.250	2	0.04		
Magnesium	mg	28	10.500	2	2		
Phosphorus	mg	39	4.500	2	3		
Potassium	mg	330	0.000	2	26		
Sodium	mg	11	1.500	2	1		
Zinc	mg	0.27		0	0.02		
Copper	mg	0.040		0	0.003		
Manganese	mg	0.688		0	0.055		
Selenium	µg	0.9		0	0.1		
Vitamins:							
Ascorbic acid	mg	19.5	13.500	2	1.6		
Thiamin	mg	0.055	0.035	2	0.004		
Riboflavin	mg	0.070	0.050	2	0.006		
Niacin	mg	0.550	0.050	2	0.044		
Pantothenic acid	mg	0.183		0	0.015		
Vitamin B-6	mg	0.050		0	0.004		
Folate	µg	46		0	4		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	3500		1	280		
Vitamin A, RE	µg	350		1	28		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g						
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g			
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g			
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	0	0
Phytosterols	mg	11	0	1
Amino acids:				
Tryptophan	g	0.006	0	0.000
Threonine	g	0.039	0	0.003
Isoleucine	g	0.055	0	0.004
Leucine	g	0.052	0	0.004
Lysine	g	0.055	0	0.004
Methionine	g	0.010	0	0.001
Cystine	g	0.010	0	0.001
Phenylalanine	g	0.036	0	0.003
Tyrosine	g	0.021	0	0.002
Valine	g	0.046	0	0.004
Arginine	g	0.046	0	0.004
Histidine	g	0.015	0	0.001
Alanine	g	0.037	0	0.003
Aspartic acid	g	0.093	0	0.007
Glutamic acid	g	0.119	0	0.010
Glycine	g	0.037	0	0.003
Proline	g	0.032	0	0.003
Serine	g	0.026	0	0.002
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 1 leaf

NDB No. 11147 Chard, swiss, raw

Beta vulgaris (Cicla Group)

Refuse: 8% Tough stems and damaged leaves

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 36g	Measure 2* 48g	Measure 3*
Proximates:							
Water	g	92.66	0.660	2	33.36	44.48	
Energy	kcal	19		0	7	9	
Energy	kj	79		0	28	38	
Protein (N x 5.95)	g	1.80		1	0.65	0.86	
Total lipid (fat)	g	0.20		1	0.07	0.10	
Carbohydrate, by difference	g	3.74		0	1.35	1.80	
Fiber, total dietary	g	1.6		0	0.6	0.8	
Ash	g	1.60		0	0.58	0.77	
Sugars, total	g						
Minerals:							
Calcium	mg	51		1	18	24	
Iron	mg	1.80		1	0.65	0.86	
Magnesium	mg	81	6.450	2	29	39	
Phosphorus	mg	46		1	17	22	
Potassium	mg	379	139.350	2	136	182	
Sodium	mg	213	37.250	2	77	102	
Zinc	mg	0.36		0	0.13	0.17	
Copper	mg	0.179		0	0.064	0.086	
Manganese	mg	0.366		0	0.132	0.176	
Selenium	µg	0.9		0	0.3	0.4	
Vitamins:							
Ascorbic acid	mg	30.0		1	10.8	14.4	
Thiamin	mg	0.040		1	0.014	0.019	
Riboflavin	mg	0.090		1	0.032	0.043	
Niacin	mg	0.400		1	0.144	0.192	
Pantothenic acid	mg	0.172		0	0.062	0.083	
Vitamin B-6	mg	0.099		0	0.036	0.048	
Folate	µg	14		0	5	7	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	3300		1	1188	1584	
Vitamin A, RE	µg	330		1	119	158	
Vitamin E, α-TE	mg	1.890		0	0.680	0.907	
Lipids:							
Saturated, total	g	0.030		0	0.011	0.014	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.000		0	0.000	0.000	
15.0	g						
16:0	g	0.030		0	0.011	0.014	
17:0	g						
18:0	g	0.000		0	0.000	0.000	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.040	0	0.014	0.019
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.040	0	0.014	0.019
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.070	0	0.025	0.034
18:2	g	0.063	0	0.023	0.030
18:3	g	0.007	0	0.003	0.003
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.017	4	0.006	0.008
Threonine	g	0.083	4	0.030	0.040
Isoleucine	g	0.147	4	0.053	0.071
Leucine	g	0.130	4	0.047	0.062
Lysine	g	0.099	7	0.036	0.048
Methionine	g	0.019	6	0.007	0.009
Cystine	g				
Phenylalanine	g	0.110	4	0.040	0.053
Tyrosine	g				
Valine	g	0.110	4	0.040	0.053
Arginine	g	0.117	4	0.042	0.056
Histidine	g	0.036	4	0.013	0.017
Alanine	g				
Aspartic acid	g				
Glutamic acid	g				
Glycine	g				
Proline	g				
Serine	g				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 leaf

NDB No. 11148 Chard, swiss, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 175g	Measure 2*	Measure 3*
Proximates:							
Water	g	92.65		0	162.14		
Energy	kcal	20		0	35		
Energy	kj	84		0	147		
Protein (N x 5.95)	g	1.88		1	3.29		
Total lipid (fat)	g	0.08		1	0.14		
Carbohydrate, by difference	g	4.14		0	7.25		
Fiber, total dietary	g	2.1		0	3.7		
Ash	g	1.26		1	2.21		
Sugars, total	g						
Minerals:							
Calcium	mg	58		1	102		
Iron	mg	2.26		1	3.95		
Magnesium	mg	86		1	151		
Phosphorus	mg	33		1	58		
Potassium	mg	549		1	961		
Sodium	mg	179		1	313		
Zinc	mg	0.33		0	0.58		
Copper	mg	0.163		0	0.285		
Manganese	mg	0.334		0	0.585		
Selenium	µg	0.9		0	1.6		
Vitamins:							
Ascorbic acid	mg	18.0		0	31.5		
Thiamin	mg	0.034		0	0.060		
Riboflavin	mg	0.086		0	0.151		
Niacin	mg	0.360		0	0.630		
Pantothenic acid	mg	0.163		0	0.285		
Vitamin B-6	mg	0.085		0	0.149		
Folate	µg	9		0	15		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	3139		0	5493		
Vitamin A, RE	µg	314		0	550		
Vitamin E, α-TE	mg	1.890		0	3.308		
Lipids:							
Saturated, total	g	0.012		0	0.021		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.000		0	0.000		
10:0	g	0.000		0	0.000		
12:0	g	0.000		0	0.000		
14:0	g	0.000		0	0.000		
15.0	g						
16:0	g	0.012		0	0.021		
17:0	g						
18:0	g	0.000		0	0.000		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.016	0	0.028
14:1	g			
16:1	g	0.000	0	0.000
18:1	g	0.016	0	0.028
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.028	0	0.049
18:2	g	0.025	0	0.044
18:3	g	0.003	0	0.005
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.018	0	0.032
Threonine	g	0.086	0	0.151
Isoleucine	g	0.154	0	0.270
Leucine	g	0.135	0	0.236
Lysine	g	0.103	0	0.180
Methionine	g	0.020	0	0.035
Cystine	g			
Phenylalanine	g	0.114	0	0.200
Tyrosine	g			
Valine	g	0.114	0	0.200
Arginine	g	0.122	0	0.213
Histidine	g	0.038	0	0.066
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, chopped

NDB No. 11149 Chayote, fruit, raw

Sechium edule

Refuse: 1% End and stem

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 132g	Measure 2* 203g	Measure 3*
Proximates:							
Water	g	94.24	0.539	3	124.40	191.31	
Energy	kcal	19		0	25	39	
Energy	kj	79		0	104	160	
Protein (N x 5.95)	g	0.82	0.125	3	1.08	1.66	
Total lipid (fat)	g	0.13	0.069	3	0.17	0.26	
Carbohydrate, by difference	g	4.50		0	5.94	9.13	
Fiber, total dietary	g	1.7	0.534	3	2.2	3.5	
Ash	g	0.30	0.045	3	0.40	0.61	
Sugars, total	g						
Minerals:							
Calcium	mg	17	0.748	3	22	35	
Iron	mg	0.34	0.032	2	0.45	0.69	
Magnesium	mg	12	1.194	3	16	24	
Phosphorus	mg	18	3.209	3	24	37	
Potassium	mg	125	10.285	3	165	254	
Sodium	mg	2	0.953	2	3	4	
Zinc	mg	0.74	0.434	3	0.98	1.50	
Copper	mg	0.123		0	0.162	0.250	
Manganese	mg	0.189		0	0.249	0.384	
Selenium	µg	0.2		0	0.3	0.4	
Vitamins:							
Ascorbic acid	mg	7.7	1.360	3	10.2	15.6	
Thiamin	mg	0.025	0.003	3	0.033	0.051	
Riboflavin	mg	0.029	0.006	3	0.038	0.059	
Niacin	mg	0.470	0.028	3	0.620	0.954	
Pantothenic acid	mg	0.249	0.097	3	0.329	0.505	
Vitamin B-6	mg	0.076	0.023	3	0.100	0.154	
Folate	µg	93	28.609	3	123	189	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	56		1	74	114	
Vitamin A, RE	µg	6		1	8	12	
Vitamin E, α-TE	mg	0.120		0	0.158	0.244	
Lipids:							
Saturated, total	g	0.028		0	0.037	0.057	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.000		0	0.000	0.000	
15.0	g						
16:0	g	0.024		0	0.032	0.049	
17:0	g						
18:0	g	0.003		0	0.004	0.006	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.010	0	0.013	0.020
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.009	0	0.012	0.018
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.057	0	0.075	0.116
18:2	g	0.021	0	0.028	0.043
18:3	g	0.036	0	0.048	0.073
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.011	1	0.015	0.022
Threonine	g	0.040	1	0.053	0.081
Isoleucine	g	0.044	1	0.058	0.089
Leucine	g	0.077	1	0.102	0.156
Lysine	g	0.039	1	0.051	0.079
Methionine	g	0.001	1	0.001	0.002
Cystine	g				
Phenylalanine	g	0.047	1	0.062	0.095
Tyrosine	g	0.032	1	0.042	0.065
Valine	g	0.063	1	0.083	0.128
Arginine	g	0.035	1	0.046	0.071
Histidine	g	0.015	1	0.020	0.030
Alanine	g	0.051	1	0.067	0.104
Aspartic acid	g	0.092	1	0.121	0.187
Glutamic acid	g	0.125	1	0.165	0.254
Glycine	g	0.041	1	0.054	0.083
Proline	g	0.044	1	0.058	0.089
Serine	g	0.047	1	0.062	0.095
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, (1" pieces)
Measure 2: 1 chayote, (5-3/4")

NDB No. 11150 Chayote, fruit, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 160g	Measure 2*	Measure 3*
Proximates:							
Water	g	93.43		0	149.49		
Energy	kcal	24		0	38		
Energy	kj	100		0	160		
Protein (N x 5.95)	g	0.62		1	0.99		
Total lipid (fat)	g	0.48		1	0.77		
Carbohydrate, by difference	g	5.09		0	8.14		
Fiber, total dietary	g	2.8		0	4.5		
Ash	g	0.38		1	0.61		
Sugars, total	g						
Minerals:							
Calcium	mg	13		1	21		
Iron	mg	0.22		1	0.35		
Magnesium	mg	12		1	19		
Phosphorus	mg	29		1	46		
Potassium	mg	173		1	277		
Sodium	mg	1		1	2		
Zinc	mg	0.31		0	0.50		
Copper	mg	0.110		0	0.176		
Manganese	mg	0.169		0	0.270		
Selenium	µg	0.3		0	0.5		
Vitamins:							
Ascorbic acid	mg	8.0		0	12.8		
Thiamin	mg	0.026		0	0.042		
Riboflavin	mg	0.040		0	0.064		
Niacin	mg	0.420		0	0.672		
Pantothenic acid	mg	0.408		0	0.653		
Vitamin B-6	mg	0.118		0	0.189		
Folate	µg	18		0	29		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	47		0	75		
Vitamin A, RE	µg	5		0	8		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g						
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g			
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g			
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.008	0	0.013
Threonine	g	0.031	0	0.050
Isoleucine	g	0.033	0	0.053
Leucine	g	0.058	0	0.093
Lysine	g	0.030	0	0.048
Methionine	g	0.001	0	0.002
Cystine	g			
Phenylalanine	g	0.036	0	0.058
Tyrosine	g	0.024	0	0.038
Valine	g	0.047	0	0.075
Arginine	g	0.026	0	0.042
Histidine	g	0.011	0	0.018
Alanine	g	0.038	0	0.061
Aspartic acid	g	0.069	0	0.110
Glutamic acid	g	0.094	0	0.150
Glycine	g	0.031	0	0.050
Proline	g	0.033	0	0.053
Serine	g	0.035	0	0.056
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, (1" pieces)

NDB No. 11151 Chicory, witloof, raw

Cichorium intybus

Refuse: 11% Root base and core

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 53g	Measure 2* 45g	Measure 3*
Proximates:							
Water	g	94.52	0.172	4	50.10	42.53	
Energy	kcal	17		0	9	8	
Energy	kj	71		0	38	32	
Protein (N x 5.95)	g	0.90	0.091	4	0.48	0.41	
Total lipid (fat)	g	0.10	0.000	2	0.05	0.05	
Carbohydrate, by difference	g	4.00		0	2.12	1.80	
Fiber, total dietary	g	3.1		0	1.6	1.4	
Ash	g	0.47	0.025	4	0.25	0.21	
Sugars, total	g						
Minerals:							
Calcium	mg	19	1.667	4	10	9	
Iron	mg	0.24	0.016	4	0.13	0.11	
Magnesium	mg	10	0.905	4	5	5	
Phosphorus	mg	26	1.998	4	14	12	
Potassium	mg	211	9.261	6	112	95	
Sodium	mg	2	0.351	4	1	1	
Zinc	mg	0.16	0.007	4	0.08	0.07	
Copper	mg	0.051	0.009	4	0.027	0.023	
Manganese	mg	0.100	0.012	4	0.053	0.045	
Selenium	µg	0.2		0	0.1	0.1	
Vitamins:							
Ascorbic acid	mg	2.8	0.275	4	1.5	1.3	
Thiamin	mg	0.062	0.007	4	0.033	0.028	
Riboflavin	mg	0.027	0.003	3	0.014	0.012	
Niacin	mg	0.160	0.006	4	0.085	0.072	
Pantothenic acid	mg	0.145	0.022	4	0.077	0.065	
Vitamin B-6	mg	0.042	0.002	4	0.022	0.019	
Folate	µg	37	1.361	4	20	17	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	29	7.979	4	15	13	
Vitamin A, RE	µg	3		0	2	1	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.024		0	0.013	0.011	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.001		0	0.001	0.000	
15.0	g						
16:0	g	0.021		0	0.011	0.009	
17:0	g						
18:0	g	0.001		0	0.001	0.000	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.002	0	0.001	0.001
14:1	g				
16:1	g				
18:1	g	0.002	0	0.001	0.001
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.044	0	0.023	0.020
18:2	g	0.037	0	0.020	0.017
18:3	g	0.006	0	0.003	0.003
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.016	0	0.008	0.007
Threonine	g	0.025	0	0.013	0.011
Isoleucine	g	0.054	0	0.029	0.024
Leucine	g	0.039	0	0.021	0.018
Lysine	g	0.035	0	0.019	0.016
Methionine	g	0.005	0	0.003	0.002
Cystine	g				
Phenylalanine	g	0.022	0	0.012	0.010
Tyrosine	g				
Valine	g	0.041	0	0.022	0.018
Arginine	g	0.066	0	0.035	0.030
Histidine	g	0.015	0	0.008	0.007
Alanine	g				
Aspartic acid	g				
Glutamic acid	g				
Glycine	g				
Proline	g				
Serine	g				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 head
Measure 2: 1/2 cup

NDB No. 11152 Chicory greens, raw

Cichorium intybus

Refuse: 18% Tough stems and damaged leaves

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 180g	Measure 2*	Measure 3*
Proximates:							
Water	g	92.00		1	165.60		
Energy	kcal	23		0	41		
Energy	kj	96		0	173		
Protein (N x 5.95)	g	1.70		1	3.06		
Total lipid (fat)	g	0.30		1	0.54		
Carbohydrate, by difference	g	4.70		0	8.46		
Fiber, total dietary	g	4.0		0	7.2		
Ash	g	1.30		0	2.34		
Sugars, total	g						
Minerals:							
Calcium	mg	100		1	180		
Iron	mg	0.90		1	1.62		
Magnesium	mg	30		1	54		
Phosphorus	mg	47		1	85		
Potassium	mg	420		1	756		
Sodium	mg	45		1	81		
Zinc	mg	0.42		0	0.76		
Copper	mg	0.295		0	0.531		
Manganese	mg	0.429		0	0.772		
Selenium	µg	0.3		0	0.5		
Vitamins:							
Ascorbic acid	mg	24.0		1	43.2		
Thiamin	mg	0.060		1	0.108		
Riboflavin	mg	0.100		1	0.180		
Niacin	mg	0.500		1	0.900		
Pantothenic acid	mg	1.159		0	2.086		
Vitamin B-6	mg	0.105		0	0.189		
Folate	µg	110		0	197		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	4000		1	7200		
Vitamin A, RE	µg	400		1	720		
Vitamin E, α-TE	mg	2.260		0	4.068		
Lipids:							
Saturated, total	g	0.073		0	0.131		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.000		0	0.000		
10:0	g	0.000		0	0.000		
12:0	g	0.000		0	0.000		
14:0	g	0.004		0	0.007		
15.0	g						
16:0	g	0.062		0	0.112		
17:0	g						
18:0	g	0.003		0	0.005		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.006	0	0.011
14:1	g			
16:1	g	0.000	0	0.000
18:1	g	0.006	0	0.011
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.131	0	0.236
18:2	g	0.112	0	0.202
18:3	g	0.019	0	0.034
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.031	2	0.056
Threonine	g	0.047	2	0.085
Isoleucine	g	0.101	2	0.182
Leucine	g	0.074	2	0.133
Lysine	g	0.067	2	0.121
Methionine	g	0.010	1	0.018
Cystine	g			
Phenylalanine	g	0.041	1	0.074
Tyrosine	g			
Valine	g	0.077	2	0.139
Arginine	g	0.124	1	0.223
Histidine	g	0.029	1	0.052
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, chopped

NDB No. 11154 Chicory roots, raw

Cichorium intybus

Refuse: 18% Peels and tops

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 60g	Measure 2* 45g	Measure 3*
Proximates:							
Water	g	80.00		1	48.00	36.00	
Energy	kcal	73		0	44	33	
Energy	kj	305		0	183	137	
Protein (N x 5.95)	g	1.40		1	0.84	0.63	
Total lipid (fat)	g	0.20		1	0.12	0.09	
Carbohydrate, by difference	g	17.51		0	10.51	7.88	
Fiber, total dietary	g						
Ash	g	0.89		0	0.53	0.40	
Sugars, total	g						
Minerals:							
Calcium	mg	41		1	25	18	
Iron	mg	0.80		1	0.48	0.36	
Magnesium	mg	22		1	13	10	
Phosphorus	mg	61		1	37	27	
Potassium	mg	290		1	174	131	
Sodium	mg	50		1	30	23	
Zinc	mg	0.33		0	0.20	0.15	
Copper	mg	0.077		0	0.046	0.035	
Manganese	mg	0.233		0	0.140	0.105	
Selenium	µg	0.7		0	0.4	0.3	
Vitamins:							
Ascorbic acid	mg	5.0		1	3.0	2.3	
Thiamin	mg	0.040		1	0.024	0.018	
Riboflavin	mg	0.030		1	0.018	0.013	
Niacin	mg	0.400		1	0.240	0.180	
Pantothenic acid	mg	0.323		0	0.194	0.145	
Vitamin B-6	mg	0.241		0	0.145	0.108	
Folate	µg	23		0	14	10	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	6		1	4	3	
Vitamin A, RE	µg	1		1	1	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.048		0	0.029	0.022	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.003		0	0.002	0.001	
15.0	g						
16:0	g	0.041		0	0.025	0.018	
17:0	g						
18:0	g	0.002		0	0.001	0.001	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.004	0	0.002	0.002
14:1	g				
16:1	g				
18:1	g	0.004	0	0.002	0.002
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.087	0	0.052	0.039
18:2	g	0.075	0	0.045	0.034
18:3	g	0.013	0	0.008	0.006
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 root

Measure 2: 1/2 cup, (1" pieces)

NDB No. 11156 Chives, raw

Allium schoenoprasum

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 3g	Measure 2* 1g	Measure 3*
Proximates:							
Water	g	90.65	1.042	3	2.72	0.91	
Energy	kcal	30		0	1	0	
Energy	kj	126		0	4	1	
Protein (N x 5.95)	g	3.27	0.488	3	0.10	0.03	
Total lipid (fat)	g	0.73	0.107	3	0.02	0.01	
Carbohydrate, by difference	g	4.35		0	0.13	0.04	
Fiber, total dietary	g	2.5		0	0.1	0.0	
Ash	g	1.00	0.200	2	0.03	0.01	
Sugars, total	g						
Minerals:							
Calcium	mg	92	22.146	3	3	1	
Iron	mg	1.60		1	0.05	0.02	
Magnesium	mg	42	6.592	3	1	0	
Phosphorus	mg	58	4.359	3	2	1	
Potassium	mg	296	32.682	3	9	3	
Sodium	mg	3	1.453	3	0	0	
Zinc	mg	0.56	0.022	2	0.02	0.01	
Copper	mg	0.157	0.065	2	0.005	0.002	
Manganese	mg	0.373	0.014	2	0.011	0.004	
Selenium	µg	0.9		0	0.0	0.0	
Vitamins:							
Ascorbic acid	mg	58.1	14.155	3	1.7	0.6	
Thiamin	mg	0.078	0.029	3	0.002	0.001	
Riboflavin	mg	0.115	0.033	3	0.003	0.001	
Niacin	mg	0.647	0.091	3	0.019	0.006	
Pantothenic acid	mg	0.324	0.036	2	0.010	0.003	
Vitamin B-6	mg	0.138	0.021	2	0.004	0.001	
Folate	µg	105	19.107	2	3	1	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	4353	2047.266	2	131	44	
Vitamin A, RE	µg	435		0	13	4	
Vitamin E, α-TE	mg	0.210		0	0.006	0.002	
Lipids:							
Saturated, total	g	0.146		0	0.004	0.001	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.034		1	0.001	0.000	
15.0	g						
16:0	g	0.103		1	0.003	0.001	
17:0	g						
18:0	g	0.009		1	0.000	0.000	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.095	0	0.003	0.001
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.095	1	0.003	0.001
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.267	0	0.008	0.003
18:2	g	0.252	1	0.008	0.003
18:3	g	0.015	1	0.000	0.000
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg	9	1	0	0
Amino acids:					
Tryptophan	g	0.037	0	0.001	0.000
Threonine	g	0.128	0	0.004	0.001
Isoleucine	g	0.139	0	0.004	0.001
Leucine	g	0.195	0	0.006	0.002
Lysine	g	0.163	0	0.005	0.002
Methionine	g	0.036	0	0.001	0.000
Cystine	g				
Phenylalanine	g	0.105	0	0.003	0.001
Tyrosine	g	0.095	0	0.003	0.001
Valine	g	0.145	0	0.004	0.001
Arginine	g	0.237	0	0.007	0.002
Histidine	g	0.057	0	0.002	0.001
Alanine	g	0.148	0	0.004	0.001
Aspartic acid	g	0.303	0	0.009	0.003
Glutamic acid	g	0.677	0	0.020	0.007
Glycine	g	0.162	0	0.005	0.002
Proline	g	0.216	0	0.006	0.002
Serine	g	0.148	0	0.004	0.001
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 tablespoon, chopped
Measure 2: 1 teaspoon, chopped

NDB No. 11157 Chrysanthemum, garland, raw

Chrysanthemum coronarium

Refuse: 4% Stem ends

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 25g	Measure 2* 14g	Measure 3*
Proximates:							
Water	g	92.56		1	23.14	12.96	
Energy	kcal	21		0	5	3	
Energy	kj	88		0	22	12	
Protein (N x 5.95)	g	1.56		0	0.39	0.22	
Total lipid (fat)	g	0.17		0	0.04	0.02	
Carbohydrate, by difference	g	4.37		0	1.09	0.61	
Fiber, total dietary	g	2.9		0	0.7	0.4	
Ash	g	1.34		0	0.34	0.19	
Sugars, total	g						
Minerals:							
Calcium	mg	56		0	14	8	
Iron	mg	3.13		0	0.78	0.44	
Magnesium	mg	17		1	4	2	
Phosphorus	mg	32		0	8	4	
Potassium	mg	571		1	143	80	
Sodium	mg	52		1	13	7	
Zinc	mg	0.21		0	0.05	0.03	
Copper	mg	0.139		0	0.035	0.019	
Manganese	mg	0.371		0	0.093	0.052	
Selenium	µg	0.2		0	0.1	0.0	
Vitamins:							
Ascorbic acid	mg	37.0		1	9.3	5.2	
Thiamin	mg	0.031		1	0.008	0.004	
Riboflavin	mg	0.223		1	0.056	0.031	
Niacin	mg	0.860		1	0.215	0.120	
Pantothenic acid	mg	0.044		0	0.011	0.006	
Vitamin B-6	mg	0.130		0	0.033	0.018	
Folate	µg	77		0	19	11	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	14675		1	3669	2055	
Vitamin A, RE	µg	1468		1	367	206	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g						
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g				
14:1	g				
16:1	g				
18:1	g				
20:1	g				
22.1	g				
Polyunsaturated, total	g				
18:2	g				
18:3	g				
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, (1" pieces)
Measure 2: 1 stem, 8-3/4 in long

NDB No. 11158 Chrysanthemum, garland, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 100g	Measure 2*	Measure 3*
Proximates:							
Water	g	92.49		1	92.49		
Energy	kcal	20		0	20		
Energy	kj	84		0	84		
Protein (N x 5.95)	g	1.64		1	1.64		
Total lipid (fat)	g	0.09		1	0.09		
Carbohydrate, by difference	g	4.31		0	4.31		
Fiber, total dietary	g	2.3		0	2.3		
Ash	g	1.47		1	1.47		
Sugars, total	g						
Minerals:							
Calcium	mg	69		1	69		
Iron	mg	3.74		1	3.74		
Magnesium	mg	18		1	18		
Phosphorus	mg	43		1	43		
Potassium	mg	569		1	569		
Sodium	mg	53		1	53		
Zinc	mg	0.20		0	0.20		
Copper	mg	0.133		0	0.133		
Manganese	mg	0.355		0	0.355		
Selenium	µg	0.3		0	0.3		
Vitamins:							
Ascorbic acid	mg	23.9		0	23.9		
Thiamin	mg	0.021		1	0.021		
Riboflavin	mg	0.160		1	0.160		
Niacin	mg	0.720		1	0.720		
Pantothenic acid	mg	0.042		0	0.042		
Vitamin B-6	mg	0.118		0	0.118		
Folate	µg	50		0	50		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	5050		1	5050		
Vitamin A, RE	µg	505		1	505		
Vitamin E, α-TE	mg	2.500		0	2.500		
Lipids:							
Saturated, total	g	0.022		0	0.022		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.000		0	0.000		
10:0	g	0.000		0	0.000		
12:0	g	0.000		0	0.000		
14:0	g	0.001		0	0.001		
15.0	g						
16:0	g	0.019		0	0.019		
17:0	g						
18:0	g	0.001		0	0.001		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.002	0	0.002
14:1	g			
16:1	g	0.000	0	0.000
18:1	g	0.002	0	0.002
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.039	0	0.039
18:2	g	0.034	0	0.034
18:3	g	0.006	0	0.006
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, (1" pieces)

NDB No. 11159 Coleslaw, home-prepared

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 8g	Measure 2* 60g	Measure 3*
Proximates:							
Water	g	81.50		1	6.52	48.90	
Energy	kcal	69		0	6	41	
Energy	kj	289		0	23	173	
Protein (N x 5.95)	g	1.29		0	0.10	0.77	
Total lipid (fat)	g	2.61		0	0.21	1.57	
Carbohydrate, by difference	g	12.41		0	0.99	7.45	
Fiber, total dietary	g	1.5		0	0.1	0.9	
Ash	g	2.19		0	0.18	1.31	
Sugars, total	g						
Minerals:							
Calcium	mg	45		0	4	27	
Iron	mg	0.59		0	0.05	0.35	
Magnesium	mg	10		0	1	6	
Phosphorus	mg	32		0	3	19	
Potassium	mg	181		0	14	109	
Sodium	mg	23		0	2	14	
Zinc	mg	0.20	0.040	2	0.02	0.12	
Copper	mg	0.023		0	0.002	0.014	
Manganese	mg	0.097		0	0.008	0.058	
Selenium	µg	0.7		0	0.1	0.4	
Vitamins:							
Ascorbic acid	mg	32.7		0	2.6	19.6	
Thiamin	mg	0.066	0.011	6	0.005	0.040	
Riboflavin	mg	0.062	0.016	6	0.005	0.037	
Niacin	mg	0.272		0	0.022	0.163	
Pantothenic acid	mg	0.128		0	0.010	0.077	
Vitamin B-6	mg	0.126	0.041	6	0.010	0.076	
Folate	µg	27		0	2	16	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	635		0	51	381	
Vitamin A, RE	µg	82		0	7	49	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.385		0	0.031	0.231	
4:0	g						
6.0	g						
8:0	g	0.000		0	0.000	0.000	
10:0	g						
12:0	g	0.004		0	0.000	0.002	
14:0	g	0.004		0	0.000	0.002	
15.0	g						
16:0	g	0.280		0	0.022	0.168	
17:0	g						
18:0	g	0.096		0	0.008	0.058	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.708	0	0.057	0.425
14:1	g				
16:1	g	0.003	0	0.000	0.002
18:1	g	0.701	0	0.056	0.421
20:1	g	0.003	0	0.000	0.002
22.1	g				
Polyunsaturated, total	g	1.351	0	0.108	0.811
18:2	g	1.171	0	0.094	0.703
18:3	g	0.175	0	0.014	0.105
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	8	0	1	5
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.017	0	0.001	0.010
Threonine	g	0.048	0	0.004	0.029
Isoleucine	g	0.061	0	0.005	0.037
Leucine	g	0.082	0	0.007	0.049
Lysine	g	0.072	0	0.006	0.043
Methionine	g	0.019	0	0.002	0.011
Cystine	g	0.015	0	0.001	0.009
Phenylalanine	g	0.047	0	0.004	0.028
Tyrosine	g	0.034	0	0.003	0.020
Valine	g	0.062	0	0.005	0.037
Arginine	g	0.070	0	0.006	0.042
Histidine	g	0.029	0	0.002	0.017
Alanine	g	0.046	0	0.004	0.028
Aspartic acid	g	0.121	0	0.010	0.073
Glutamic acid	g	0.253	0	0.020	0.152
Glycine	g	0.037	0	0.003	0.022
Proline	g	0.155	0	0.012	0.093
Serine	g	0.064	0	0.005	0.038
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 tablespoon
Measure 2: 1/2 cup

NDB No. 11161 Collards, raw

Brassica oleracea (Acephala Group)

Refuse: 43% Stems

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 36g	Measure 2*	Measure 3*
Proximates:							
Water	g	90.55	1.066	10	32.60		
Energy	kcal	30		0	11		
Energy	kj	126		0	45		
Protein (N x 5.95)	g	2.45	0.370	3	0.88		
Total lipid (fat)	g	0.42	0.126	3	0.15		
Carbohydrate, by difference	g	5.69		0	2.05		
Fiber, total dietary	g	3.6	0.003	3	1.3		
Ash	g	0.89	0.154	3	0.32		
Sugars, total	g						
Minerals:							
Calcium	mg	145	0.144	2	52		
Iron	mg	0.19	0.004	10	0.07		
Magnesium	mg	9	0.235	10	3		
Phosphorus	mg	10	0.254	10	4		
Potassium	mg	169	38.455	16	61		
Sodium	mg	20	6.713	16	7		
Zinc	mg	0.13	0.083	11	0.05		
Copper	mg	0.039	0.022	11	0.014		
Manganese	mg	0.276	0.009	10	0.099		
Selenium	µg	1.3		0	0.5		
Vitamins:							
Ascorbic acid	mg	35.3	5.022	3	12.7		
Thiamin	mg	0.054	0.020	3	0.019		
Riboflavin	mg	0.130	0.062	3	0.047		
Niacin	mg	0.742	0.151	3	0.267		
Pantothenic acid	mg	0.267	0.092	3	0.096		
Vitamin B-6	mg	0.165	0.040	3	0.059		
Folate	µg	166	8.256	2	60		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	3824	982.123	3	1377		
Vitamin A, RE	µg	382		0	138		
Vitamin E, α-TE	mg	2.260		0	0.814		
Lipids:							
Saturated, total	g	0.055		0	0.020		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.000		0	0.000		
10:0	g	0.000		0	0.000		
12:0	g	0.002		0	0.001		
14:0	g	0.002		0	0.001		
15.0	g						
16:0	g	0.046		0	0.017		
17:0	g						
18:0	g	0.002		0	0.001		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.030	0	0.011
14:1	g			
16:1	g	0.000	0	0.000
18:1	g	0.029	0	0.010
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.201	0	0.072
18:2	g	0.082	0	0.030
18:3	g	0.108	0	0.039
18:4	g	0.000	0	0.000
20:4	g	0.002	0	0.001
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.031	0	0.011
Threonine	g	0.086	0	0.031
Isoleucine	g	0.100	0	0.036
Leucine	g	0.151	0	0.054
Lysine	g	0.117	0	0.042
Methionine	g	0.033	0	0.012
Cystine	g	0.025	0	0.009
Phenylalanine	g	0.087	0	0.031
Tyrosine	g	0.066	0	0.024
Valine	g	0.120	0	0.043
Arginine	g	0.125	0	0.045
Histidine	g	0.047	0	0.017
Alanine	g	0.105	0	0.038
Aspartic acid	g	0.187	0	0.067
Glutamic acid	g	0.204	0	0.073
Glycine	g	0.094	0	0.034
Proline	g	0.105	0	0.038
Serine	g	0.078	0	0.028
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, chopped

NDB No. 11162 Collards, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 190g	Measure 2*	Measure 3*
Proximates:							
Water	g	91.86		0	174.53		
Energy	kcal	26		0	49		
Energy	kj	109		0	207		
Protein (N x 5.95)	g	2.11		0	4.01		
Total lipid (fat)	g	0.36		0	0.68		
Carbohydrate, by difference	g	4.90		0	9.31		
Fiber, total dietary	g	2.8		0	5.3		
Ash	g	0.76		0	1.44		
Sugars, total	g						
Minerals:							
Calcium	mg	119		0	226		
Iron	mg	0.46		0	0.87		
Magnesium	mg	17		0	32		
Phosphorus	mg	26		0	49		
Potassium	mg	260		0	494		
Sodium	mg	9		0	17		
Zinc	mg	0.42		0	0.80		
Copper	mg	0.032		0	0.061		
Manganese	mg	0.565		0	1.073		
Selenium	µg	1.1		0	2.1		
Vitamins:							
Ascorbic acid	mg	18.2		0	34.6		
Thiamin	mg	0.040		0	0.076		
Riboflavin	mg	0.106		0	0.201		
Niacin	mg	0.575		0	1.092		
Pantothenic acid	mg	0.218		0	0.414		
Vitamin B-6	mg	0.128		0	0.243		
Folate	µg	93		0	177		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	3129		0	5945		
Vitamin A, RE	µg	313		0	595		
Vitamin E, α-TE	mg	0.880		0	1.672		
Lipids:							
Saturated, total	g	0.047		0	0.089		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.000		0	0.000		
10:0	g	0.000		0	0.000		
12:0	g	0.002		0	0.004		
14:0	g	0.002		0	0.004		
15.0	g						
16:0	g	0.039		0	0.074		
17:0	g						
18:0	g	0.002		0	0.004		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.026	0	0.049
14:1	g			
16:1	g	0.000	0	0.000
18:1	g	0.025	0	0.048
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.173	0	0.329
18:2	g	0.070	0	0.133
18:3	g	0.093	0	0.177
18:4	g	0.000	0	0.000
20:4	g	0.002	0	0.004
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.027	0	0.051
Threonine	g	0.074	0	0.141
Isoleucine	g	0.086	0	0.163
Leucine	g	0.130	0	0.247
Lysine	g	0.101	0	0.192
Methionine	g	0.028	0	0.053
Cystine	g	0.022	0	0.042
Phenylalanine	g	0.075	0	0.142
Tyrosine	g	0.056	0	0.106
Valine	g	0.104	0	0.198
Arginine	g	0.108	0	0.205
Histidine	g	0.040	0	0.076
Alanine	g	0.090	0	0.171
Aspartic acid	g	0.161	0	0.306
Glutamic acid	g	0.176	0	0.334
Glycine	g	0.081	0	0.154
Proline	g	0.090	0	0.171
Serine	g	0.067	0	0.127
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, chopped

NDB No. 11163 Collards, frozen, chopped, unprepared

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 284g	Measure 2* 1361g	Measure 3*
Proximates:							
Water	g	89.53	0.995	16	254.27	1218.50	
Energy	kcal	33		0	94	449	
Energy	kj	138		0	392	1878	
Protein (N x 5.95)	g	2.69	0.178	13	7.64	36.61	
Total lipid (fat)	g	0.37	0.048	13	1.05	5.04	
Carbohydrate, by difference	g	6.45		0	18.32	87.78	
Fiber, total dietary	g	3.6		0	10.2	49.0	
Ash	g	0.95	0.039	13	2.70	12.93	
Sugars, total	g						
Minerals:							
Calcium	mg	201	10.227	13	571	2736	
Iron	mg	1.07	0.112	13	3.04	14.56	
Magnesium	mg	29	0.561	3	82	395	
Phosphorus	mg	27	2.484	3	77	367	
Potassium	mg	253	46.218	3	719	3443	
Sodium	mg	48	25.852	3	136	653	
Zinc	mg	0.26	0.059	3	0.74	3.54	
Copper	mg	0.053	0.008	3	0.151	0.721	
Manganese	mg	0.633	0.228	3	1.798	8.615	
Selenium	µg	1.4	0.453	2	4.0	19.1	
Vitamins:							
Ascorbic acid	mg	40.0	3.800	12	113.6	544.4	
Thiamin	mg	0.050	0.003	13	0.142	0.681	
Riboflavin	mg	0.110	0.013	13	0.312	1.497	
Niacin	mg	0.641	0.063	13	1.820	8.724	
Pantothenic acid	mg	0.110		1	0.312	1.497	
Vitamin B-6	mg	0.115		1	0.327	1.565	
Folate	µg	73	9.291	3	208	995	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	5713	241.899	13	16225	77754	
Vitamin A, RE	µg	571	24.190	13	1622	7771	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g						
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g				
14:1	g				
16:1	g				
18:1	g				
20:1	g				
22.1	g				
Polyunsaturated, total	g				
18:2	g				
18:3	g				
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.035	0	0.099	0.476
Threonine	g	0.095	0	0.270	1.293
Isoleucine	g	0.109	0	0.310	1.483
Leucine	g	0.167	0	0.474	2.273
Lysine	g	0.128	0	0.364	1.742
Methionine	g	0.037	0	0.105	0.504
Cystine	g	0.027	0	0.077	0.367
Phenylalanine	g	0.096	0	0.273	1.307
Tyrosine	g	0.073	0	0.207	0.994
Valine	g	0.131	0	0.372	1.783
Arginine	g	0.138	0	0.392	1.878
Histidine	g	0.051	0	0.145	0.694
Alanine	g	0.116	0	0.329	1.579
Aspartic acid	g	0.206	0	0.585	2.804
Glutamic acid	g	0.225	0	0.639	3.062
Glycine	g	0.103	0	0.293	1.402
Proline	g	0.115	0	0.327	1.565
Serine	g	0.087	0	0.247	1.184
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 package (10 oz)
Measure 2: 3 lb package

NDB No. 11164 Collards, frozen, chopped, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 170g	Measure 2*	Measure 3*
Proximates:							
Water	g	88.47		0	150.40		
Energy	kcal	36		0	61		
Energy	kj	151		0	257		
Protein (N x 5.95)	g	2.97		0	5.05		
Total lipid (fat)	g	0.41		0	0.70		
Carbohydrate, by difference	g	7.11		0	12.09		
Fiber, total dietary	g	2.8		0	4.8		
Ash	g	1.05		0	1.78		
Sugars, total	g						
Minerals:							
Calcium	mg	210		0	357		
Iron	mg	1.12		0	1.90		
Magnesium	mg	30		0	51		
Phosphorus	mg	27		0	46		
Potassium	mg	251		0	427		
Sodium	mg	50		0	85		
Zinc	mg	0.27		0	0.46		
Copper	mg	0.055		0	0.094		
Manganese	mg	0.663		0	1.127		
Selenium	µg	1.5		0	2.5		
Vitamins:							
Ascorbic acid	mg	26.4		0	44.9		
Thiamin	mg	0.047		0	0.080		
Riboflavin	mg	0.115		0	0.196		
Niacin	mg	0.635		0	1.080		
Pantothenic acid	mg	0.115		0	0.196		
Vitamin B-6	mg	0.114		0	0.194		
Folate	µg	76	12.887	6	129		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	5981		0	10168		
Vitamin A, RE	µg	598		0	1017		
Vitamin E, α-TE	mg	0.500		0	0.850		
Lipids:							
Saturated, total	g	0.060		0	0.102		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.000		0	0.000		
10:0	g	0.000		0	0.000		
12:0	g	0.000		0	0.000		
14:0	g	0.000		0	0.000		
15.0	g						
16:0	g	0.048		0	0.082		
17:0	g						
18:0	g	0.006		0	0.010		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.020	0	0.034
14:1	g			
16:1	g	0.007	0	0.012
18:1	g	0.008	0	0.014
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.210	0	0.357
18:2	g	0.060	0	0.102
18:3	g	0.127	0	0.216
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.038	0	0.065
Threonine	g	0.105	0	0.179
Isoleucine	g	0.121	0	0.206
Leucine	g	0.184	0	0.313
Lysine	g	0.141	0	0.240
Methionine	g	0.040	0	0.068
Cystine	g	0.030	0	0.051
Phenylalanine	g	0.105	0	0.179
Tyrosine	g	0.080	0	0.136
Valine	g	0.145	0	0.247
Arginine	g	0.152	0	0.258
Histidine	g	0.057	0	0.097
Alanine	g	0.127	0	0.216
Aspartic acid	g	0.228	0	0.388
Glutamic acid	g	0.248	0	0.422
Glycine	g	0.114	0	0.194
Proline	g	0.126	0	0.214
Serine	g	0.095	0	0.161
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, chopped

NDB No. 11165 Coriander, raw

Coriandrum sativum

Refuse: 15% Roots, old and bruised leaves

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 4g	Measure 2* 20g	Measure 3*
Proximates:							
Water	g	92.80	0.448	3	3.71	18.56	
Energy	kcal	20		0	1	4	
Energy	kj	84		0	3	17	
Protein (N x 5.95)	g	2.36		1	0.09	0.47	
Total lipid (fat)	g	0.59		1	0.02	0.12	
Carbohydrate, by difference	g	2.59		0	0.10	0.52	
Fiber, total dietary	g	2.3		0	0.1	0.5	
Ash	g	1.66		1	0.07	0.33	
Sugars, total	g						
Minerals:							
Calcium	mg	98		0	4	20	
Iron	mg	1.95		1	0.08	0.39	
Magnesium	mg	26		1	1	5	
Phosphorus	mg	36		1	1	7	
Potassium	mg	542		1	22	108	
Sodium	mg	28		1	1	6	
Zinc	mg	0.45		0	0.02	0.09	
Copper	mg	0.105		0	0.004	0.021	
Manganese	mg	0.099		0	0.004	0.020	
Selenium	µg	0.9		0	0.0	0.2	
Vitamins:							
Ascorbic acid	mg	10.5		1	0.4	2.1	
Thiamin	mg	0.074		1	0.003	0.015	
Riboflavin	mg	0.120		1	0.005	0.024	
Niacin	mg	0.730		1	0.029	0.146	
Pantothenic acid	mg	0.185		0	0.007	0.037	
Vitamin B-6	mg	0.105		0	0.004	0.021	
Folate	µg	10		0	0	2	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	2767		1	111	553	
Vitamin A, RE	µg	277		1	11	55	
Vitamin E, α-TE	mg	2.500		0	0.100	0.500	
Lipids:							
Saturated, total	g	0.014		0	0.001	0.003	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.000		0	0.000	0.000	
15.0	g						
16:0	g	0.012		0	0.000	0.002	
17:0	g						
18:0	g	0.001		0	0.000	0.000	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.275	0	0.011	0.055
14:1	g				
16:1	g	0.002	0	0.000	0.000
18:1	g	0.273	0	0.011	0.055
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.040	0	0.002	0.008
18:2	g	0.040	0	0.002	0.008
18:3	g	0.000	0	0.000	0.000
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1/4 cup
Measure 2: 9 plants

NDB No. 11167 Corn, sweet, yellow, raw

Zea mays

Refuse: 64% 35% husk, silk, trimmings; 29% cob

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 154g	Measure 2* 143g	Measure 3* 90g
Proximates:							
Water	g	75.96	0.880	101	116.98	108.62	68.36
Energy	kcal	86		0	132	123	77
Energy	kj	360		0	554	515	324
Protein (N x 5.95)	g	3.22	0.223	6	4.96	4.60	2.90
Total lipid (fat)	g	1.18	0.132	6	1.82	1.69	1.06
Carbohydrate, by difference	g	19.02		0	29.29	27.20	17.12
Fiber, total dietary	g	2.7		0	4.2	3.9	2.4
Ash	g	0.62	0.044	45	0.95	0.89	0.56
Sugars, total	g						
Minerals:							
Calcium	mg	2	1.022	51	3	3	2
Iron	mg	0.52	0.022	91	0.80	0.74	0.47
Magnesium	mg	37	1.739	87	57	53	33
Phosphorus	mg	89	3.749	77	137	127	80
Potassium	mg	270	5.127	90	416	386	243
Sodium	mg	15	3.000	90	23	21	14
Zinc	mg	0.45	0.041	56	0.69	0.64	0.41
Copper	mg	0.054	0.005	101	0.083	0.077	0.049
Manganese	mg	0.161	0.014	90	0.248	0.230	0.145
Selenium	µg	0.6	0.001	269	0.9	0.9	0.5
Vitamins:							
Ascorbic acid	mg	6.8	0.568	7	10.5	9.7	6.1
Thiamin	mg	0.200		1	0.308	0.286	0.180
Riboflavin	mg	0.060		1	0.092	0.086	0.054
Niacin	mg	1.700		1	2.618	2.431	1.530
Pantothenic acid	mg	0.760	0.060	6	1.170	1.087	0.684
Vitamin B-6	mg	0.055	0.009	6	0.085	0.079	0.050
Folate	µg	46	3.940	6	71	65	41
Vitamin B-12	µg	0.00		0	0.00	0.00	0.00
Vitamin A	IU	281	80.374	7	433	402	253
Vitamin A, RE	µg	28	8.037	7	43	40	25
Vitamin E, α-TE	mg	0.090		0	0.139	0.129	0.081
Lipids:							
Saturated, total	g	0.182		0	0.280	0.260	0.164
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.000		0	0.000	0.000	0.000
14:0	g	0.000		0	0.000	0.000	0.000
15.0	g						
16:0	g	0.171		2	0.263	0.245	0.154
17:0	g						
18:0	g	0.011		2	0.017	0.016	0.010
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.347	0	0.534	0.496	0.312
14:1	g					
16:1	g	0.000	0	0.000	0.000	0.000
18:1	g	0.347	2	0.534	0.496	0.312
20:1	g	0.000	0	0.000	0.000	0.000
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.559	0	0.861	0.799	0.503
18:2	g	0.542	2	0.835	0.775	0.488
18:3	g	0.016	2	0.025	0.023	0.014
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.023	17	0.035	0.033	0.021
Threonine	g	0.129	21	0.199	0.184	0.116
Isoleucine	g	0.129	21	0.199	0.184	0.116
Leucine	g	0.348	21	0.536	0.498	0.313
Lysine	g	0.137	21	0.211	0.196	0.123
Methionine	g	0.067	21	0.103	0.096	0.060
Cystine	g	0.026	3	0.040	0.037	0.023
Phenylalanine	g	0.150	21	0.231	0.215	0.135
Tyrosine	g	0.123	5	0.189	0.176	0.111
Valine	g	0.185	21	0.285	0.265	0.166
Arginine	g	0.131	21	0.202	0.187	0.118
Histidine	g	0.089	21	0.137	0.127	0.080
Alanine	g	0.295	5	0.454	0.422	0.265
Aspartic acid	g	0.244	5	0.376	0.349	0.220
Glutamic acid	g	0.636	5	0.979	0.909	0.572
Glycine	g	0.127	5	0.196	0.182	0.114
Proline	g	0.292	5	0.450	0.418	0.263
Serine	g	0.153	5	0.236	0.219	0.138
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 large ear (7-3/4" to 9" long)
Measure 3: 1 medium ear (6-3/4" to 7-1/2" long)

NDB No. 11168 Corn, sweet, yellow, cooked, boiled, drained, without salt

Refuse: 45% Cob

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 164g	Measure 2* 8g	Measure 3* 77g
Proximates:							
Water	g	69.57	1.246	7	114.09	5.57	53.57
Energy	kcal	108		0	177	9	83
Energy	kj	452		0	741	36	348
Protein (N x 5.95)	g	3.32	0.154	7	5.44	0.27	2.56
Total lipid (fat)	g	1.28	0.125	7	2.10	0.10	0.99
Carbohydrate, by difference	g	25.11		0	41.18	2.01	19.33
Fiber, total dietary	g	2.8		0	4.6	0.2	2.2
Ash	g	0.72	0.016	7	1.18	0.06	0.55
Sugars, total	g						
Minerals:							
Calcium	mg	2	0.254	7	3	0	2
Iron	mg	0.61	0.058	7	1.00	0.05	0.47
Magnesium	mg	32	5.030	7	52	3	25
Phosphorus	mg	103		1	169	8	79
Potassium	mg	249	28.982	7	408	20	192
Sodium	mg	17	3.294	6	28	1	13
Zinc	mg	0.48	0.045	6	0.79	0.04	0.37
Copper	mg	0.053	0.002	6	0.087	0.004	0.041
Manganese	mg	0.194		0	0.318	0.016	0.149
Selenium	µg	0.8		0	1.3	0.1	0.6
Vitamins:							
Ascorbic acid	mg	6.2	0.490	6	10.2	0.5	4.8
Thiamin	mg	0.215		0	0.353	0.017	0.166
Riboflavin	mg	0.072		0	0.118	0.006	0.055
Niacin	mg	1.614	0.086	6	2.647	0.129	1.243
Pantothenic acid	mg	0.878	0.036	6	1.440	0.070	0.676
Vitamin B-6	mg	0.060	0.010	6	0.098	0.005	0.046
Folate	µg	46		0	76	4	36
Vitamin B-12	µg	0.00		0	0.00	0.00	0.00
Vitamin A	IU	217	50.459	6	356	17	167
Vitamin A, RE	µg	22	5.046	6	36	2	17
Vitamin E, α-TE	mg	0.090		0	0.148	0.007	0.069
Lipids:							
Saturated, total	g	0.197		0	0.323	0.016	0.152
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.000		0	0.000	0.000	0.000
14:0	g	0.000		0	0.000	0.000	0.000
15.0	g						
16:0	g	0.185		0	0.303	0.015	0.142
17:0	g						
18:0	g	0.012		0	0.020	0.001	0.009
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.374	0	0.613	0.030	0.288
14:1	g					
16:1	g	0.000	0	0.000	0.000	0.000
18:1	g	0.374	0	0.613	0.030	0.288
20:1	g	0.000	0	0.000	0.000	0.000
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.603	0	0.989	0.048	0.464
18:2	g	0.586	0	0.961	0.047	0.451
18:3	g	0.018	0	0.030	0.001	0.014
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.023	0	0.038	0.002	0.018
Threonine	g	0.133	0	0.218	0.011	0.102
Isoleucine	g	0.133	0	0.218	0.011	0.102
Leucine	g	0.358	0	0.587	0.029	0.276
Lysine	g	0.141	0	0.231	0.011	0.109
Methionine	g	0.069	0	0.113	0.006	0.053
Cystine	g	0.027	0	0.044	0.002	0.021
Phenylalanine	g	0.155	0	0.254	0.012	0.119
Tyrosine	g	0.126	0	0.207	0.010	0.097
Valine	g	0.191	0	0.313	0.015	0.147
Arginine	g	0.135	0	0.221	0.011	0.104
Histidine	g	0.091	0	0.149	0.007	0.070
Alanine	g	0.304	0	0.499	0.024	0.234
Aspartic acid	g	0.252	0	0.413	0.020	0.194
Glutamic acid	g	0.655	0	1.074	0.052	0.504
Glycine	g	0.131	0	0.215	0.010	0.101
Proline	g	0.301	0	0.494	0.024	0.232
Serine	g	0.158	0	0.259	0.013	0.122
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 baby ear
Measure 3: kernels from 1 ear

NDB No. 11170 Corn, sweet, yellow, canned, brine pack, regular pack, solids and liquids

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 128g	Measure 2* 482g	Measure 3*
Proximates:							
Water	g	81.34	0.163	300	104.12	392.06	
Energy	kcal	64		0	82	308	
Energy	kj	268		0	343	1292	
Protein (N x 5.95)	g	1.95	0.020	354	2.50	9.40	
Total lipid (fat)	g	0.50	0.014	337	0.64	2.41	
Carbohydrate, by difference	g	15.40		0	19.71	74.23	
Fiber, total dietary	g	1.7		0	2.2	8.2	
Ash	g	0.80	0.016	316	1.02	3.86	
Sugars, total	g						
Minerals:							
Calcium	mg	4	0.272	329	5	19	
Iron	mg	0.41	0.018	327	0.52	1.98	
Magnesium	mg	16	0.200	151	20	77	
Phosphorus	mg	51	0.372	174	65	246	
Potassium	mg	164	2.761	272	210	790	
Sodium	mg	213	15.382	50	273	1027	
Zinc	mg	0.36	0.009	97	0.46	1.74	
Copper	mg	0.056	0.003	97	0.072	0.270	
Manganese	mg	0.033	0.002	39	0.042	0.159	
Selenium	µg	0.6		0	0.8	2.9	
Vitamins:							
Ascorbic acid	mg	5.5	0.148	354	7.0	26.5	
Thiamin	mg	0.026		202	0.033	0.125	
Riboflavin	mg	0.061	0.002	219	0.078	0.294	
Niacin	mg	0.939	0.051	218	1.202	4.526	
Pantothenic acid	mg	0.522		0	0.668	2.516	
Vitamin B-6	mg	0.037	0.003	39	0.047	0.178	
Folate	µg	38	6.525	3	49	184	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	152	20.211	340	195	733	
Vitamin A, RE	µg	15		0	19	72	
Vitamin E, α-TE	mg	0.118		0	0.151	0.569	
Lipids:							
Saturated, total	g	0.077		0	0.099	0.371	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.000		0	0.000	0.000	
15.0	g						
16:0	g	0.071		0	0.091	0.342	
17:0	g						
18:0	g	0.004		0	0.005	0.019	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.144	0	0.184	0.694
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.144	0	0.184	0.694
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.233	0	0.298	1.123
18:2	g	0.227	0	0.291	1.094
18:3	g	0.007	0	0.009	0.034
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.014	0	0.018	0.067
Threonine	g	0.078	0	0.100	0.376
Isoleucine	g	0.078	0	0.100	0.376
Leucine	g	0.210	0	0.269	1.012
Lysine	g	0.082	0	0.105	0.395
Methionine	g	0.040	0	0.051	0.193
Cystine	g	0.016	0	0.020	0.077
Phenylalanine	g	0.090	0	0.115	0.434
Tyrosine	g	0.074	0	0.095	0.357
Valine	g	0.112	0	0.143	0.540
Arginine	g	0.079	0	0.101	0.381
Histidine	g	0.053	0	0.068	0.255
Alanine	g	0.178	0	0.228	0.858
Aspartic acid	g	0.148	0	0.189	0.713
Glutamic acid	g	0.385	0	0.493	1.856
Glycine	g	0.076	0	0.097	0.366
Proline	g	0.177	0	0.227	0.853
Serine	g	0.092	0	0.118	0.443
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1/2 cup
Measure 2: 1 can (303 x 406)

NDB No. 11172 Corn, sweet, yellow, canned, whole kernel, drained solids

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 164g	Measure 2* 211g	Measure 3* 298g
Proximates:							
Water	g	76.92	0.708	5	126.15	162.30	229.22
Energy	kcal	81		0	133	171	241
Energy	kj	339		0	556	715	1010
Protein (N x 5.95)	g	2.62	0.041	5	4.30	5.53	7.81
Total lipid (fat)	g	1.00	0.097	5	1.64	2.11	2.98
Carbohydrate, by difference	g	18.59		0	30.49	39.22	55.40
Fiber, total dietary	g	2.0		0	3.3	4.2	6.0
Ash	g	0.87	0.015	5	1.43	1.84	2.59
Sugars, total	g						
Minerals:							
Calcium	mg	5		0	8	11	15
Iron	mg	0.86	0.215	5	1.41	1.81	2.56
Magnesium	mg	20		0	33	42	60
Phosphorus	mg	65		0	107	137	194
Potassium	mg	195		0	320	411	581
Sodium	mg	214		0	351	452	638
Zinc	mg	0.39	0.034	5	0.64	0.82	1.16
Copper	mg	0.058	0.014	5	0.095	0.122	0.173
Manganese	mg	0.173	0.050	5	0.284	0.365	0.516
Selenium	µg	0.7	0.159	7	1.1	1.5	2.1
Vitamins:							
Ascorbic acid	mg	8.5		0	13.9	17.9	25.3
Thiamin	mg	0.033		0	0.054	0.070	0.098
Riboflavin	mg	0.078		0	0.128	0.165	0.232
Niacin	mg	1.197		0	1.963	2.526	3.567
Pantothenic acid	mg	0.666		0	1.092	1.405	1.985
Vitamin B-6	mg	0.047		0	0.077	0.099	0.140
Folate	µg	49		0	80	103	145
Vitamin B-12	µg	0.00		0	0.00	0.00	0.00
Vitamin A	IU	156		0	256	329	465
Vitamin A, RE	µg	16		0	26	34	48
Vitamin E, α-TE	mg	0.150		0	0.246	0.317	0.447
Lipids:							
Saturated, total	g	0.154		0	0.253	0.325	0.459
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.000		0	0.000	0.000	0.000
14:0	g	0.000		0	0.000	0.000	0.000
15.0	g						
16:0	g	0.144		0	0.236	0.304	0.429
17:0	g						
18:0	g	0.010		0	0.016	0.021	0.030
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.292	0	0.479	0.616	0.870
14:1	g					
16:1	g	0.000	0	0.000	0.000	0.000
18:1	g	0.292	0	0.479	0.616	0.870
20:1	g	0.000	0	0.000	0.000	0.000
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.471	0	0.772	0.994	1.404
18:2	g	0.457	0	0.749	0.964	1.362
18:3	g	0.014	0	0.023	0.030	0.042
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.018	0	0.030	0.038	0.054
Threonine	g	0.105	0	0.172	0.222	0.313
Isoleucine	g	0.105	0	0.172	0.222	0.313
Leucine	g	0.284	0	0.466	0.599	0.846
Lysine	g	0.112	0	0.184	0.236	0.334
Methionine	g	0.055	0	0.090	0.116	0.164
Cystine	g	0.021	0	0.034	0.044	0.063
Phenylalanine	g	0.122	0	0.200	0.257	0.364
Tyrosine	g	0.100	0	0.164	0.211	0.298
Valine	g	0.151	0	0.248	0.319	0.450
Arginine	g	0.107	0	0.175	0.226	0.319
Histidine	g	0.072	0	0.118	0.152	0.215
Alanine	g	0.240	0	0.394	0.506	0.715
Aspartic acid	g	0.199	0	0.326	0.420	0.593
Glutamic acid	g	0.518	0	0.850	1.093	1.544
Glycine	g	0.103	0	0.169	0.217	0.307
Proline	g	0.238	0	0.390	0.502	0.709
Serine	g	0.125	0	0.205	0.264	0.373
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 12 oz can yields
Measure 3: 1 can (303 x 406)

NDB No. 11174 Corn, sweet, yellow, canned, cream style, regular pack

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 256g	Measure 2* 482g	Measure 3*
Proximates:							
Water	g	78.73	0.198	267	201.55	379.48	
Energy	kcal	72		0	184	347	
Energy	kj	301		0	771	1451	
Protein (N x 5.95)	g	1.74	0.024	305	4.45	8.39	
Total lipid (fat)	g	0.42	0.011	281	1.08	2.02	
Carbohydrate, by difference	g	18.13		0	46.41	87.39	
Fiber, total dietary	g	1.2		0	3.1	5.8	
Ash	g	0.98	0.017	291	2.51	4.72	
Sugars, total	g						
Minerals:							
Calcium	mg	3	0.110	287	8	14	
Iron	mg	0.38	0.012	286	0.97	1.83	
Magnesium	mg	17	0.246	226	44	82	
Phosphorus	mg	51	1.092	251	131	246	
Potassium	mg	134	2.209	250	343	646	
Sodium	mg	285	5.775	291	730	1374	
Zinc	mg	0.53	0.010	80	1.36	2.55	
Copper	mg	0.052	0.006	81	0.133	0.251	
Manganese	mg	0.039		0	0.100	0.188	
Selenium	µg	0.6		0	1.5	2.9	
Vitamins:							
Ascorbic acid	mg	4.6	0.124	324	11.8	22.2	
Thiamin	mg	0.025	0.001	274	0.064	0.121	
Riboflavin	mg	0.053	0.002	297	0.136	0.255	
Niacin	mg	0.960	0.028	304	2.458	4.627	
Pantothenic acid	mg	0.180	0.004	7	0.461	0.868	
Vitamin B-6	mg	0.063	0.002	14	0.161	0.304	
Folate	µg	45		0	115	216	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	97	2.687	314	248	468	
Vitamin A, RE	µg	10	0.269	314	26	48	
Vitamin E, α-TE	mg	0.090		0	0.230	0.434	
Lipids:							
Saturated, total	g	0.065		0	0.166	0.313	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.000		0	0.000	0.000	
15.0	g						
16:0	g	0.061		0	0.156	0.294	
17:0	g						
18:0	g	0.004		0	0.010	0.019	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.123	0	0.315	0.593
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.123	0	0.315	0.593
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.198	0	0.507	0.954
18:2	g	0.193	0	0.494	0.930
18:3	g	0.006	0	0.015	0.029
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.012	0	0.031	0.058
Threonine	g	0.070	0	0.179	0.337
Isoleucine	g	0.070	0	0.179	0.337
Leucine	g	0.188	0	0.481	0.906
Lysine	g	0.074	0	0.189	0.357
Methionine	g	0.036	0	0.092	0.174
Cystine	g	0.014	0	0.036	0.067
Phenylalanine	g	0.081	0	0.207	0.390
Tyrosine	g	0.066	0	0.169	0.318
Valine	g	0.100	0	0.256	0.482
Arginine	g	0.071	0	0.182	0.342
Histidine	g	0.048	0	0.123	0.231
Alanine	g	0.159	0	0.407	0.766
Aspartic acid	g	0.132	0	0.338	0.636
Glutamic acid	g	0.343	0	0.878	1.653
Glycine	g	0.068	0	0.174	0.328
Proline	g	0.158	0	0.404	0.762
Serine	g	0.083	0	0.212	0.400
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 can (303 x 406)

NDB No. 11176 Corn, sweet, yellow, canned, vacuum pack, regular pack

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 105g	Measure 2* 425g	Measure 3* 340g
Proximates:							
Water	g	76.58	0.431	71	80.41	325.46	260.37
Energy	kcal	79		0	83	336	269
Energy	kj	331		0	348	1407	1125
Protein (N x 5.95)	g	2.41	0.096	71	2.53	10.24	8.19
Total lipid (fat)	g	0.50	0.026	71	0.53	2.13	1.70
Carbohydrate, by difference	g	19.44		0	20.41	82.62	66.10
Fiber, total dietary	g	2.0		0	2.1	8.5	6.8
Ash	g	1.07	0.049	71	1.12	4.55	3.64
Sugars, total	g						
Minerals:							
Calcium	mg	5	0.389	69	5	21	17
Iron	mg	0.42	0.017	69	0.44	1.78	1.43
Magnesium	mg	23	0.620	57	24	98	78
Phosphorus	mg	64	1.569	63	67	272	218
Potassium	mg	186	5.052	66	195	791	632
Sodium	mg	272	7.706	66	286	1156	925
Zinc	mg	0.46	0.012	57	0.48	1.96	1.56
Copper	mg	0.048	0.002	57	0.050	0.204	0.163
Manganese	mg	0.067	0.007	15	0.070	0.285	0.228
Selenium	µg	0.7		0	0.7	3.0	2.4
Vitamins:							
Ascorbic acid	mg	8.1	0.205	56	8.5	34.4	27.5
Thiamin	mg	0.041	0.003	71	0.043	0.174	0.139
Riboflavin	mg	0.073	0.002	71	0.077	0.310	0.248
Niacin	mg	1.167	0.038	70	1.225	4.960	3.968
Pantothenic acid	mg	0.675		0	0.709	2.869	2.295
Vitamin B-6	mg	0.055	0.005	15	0.058	0.234	0.187
Folate	µg	49		0	52	210	168
Vitamin B-12	µg	0.00		0	0.00	0.00	0.00
Vitamin A	IU	241	11.834	67	253	1024	819
Vitamin A, RE	µg	24	1.183	67	25	102	82
Vitamin E, α-TE	mg	0.090		0	0.094	0.383	0.306
Lipids:							
Saturated, total	g	0.077		0	0.081	0.327	0.262
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.000		0	0.000	0.000	0.000
14:0	g	0.000		0	0.000	0.000	0.000
15.0	g						
16:0	g	0.073		0	0.077	0.310	0.248
17:0	g						
18:0	g	0.005		0	0.005	0.021	0.017
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.147	0	0.154	0.625	0.500
14:1	g					
16:1	g	0.000	0	0.000	0.000	0.000
18:1	g	0.147	0	0.154	0.625	0.500
20:1	g	0.000	0	0.000	0.000	0.000
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.237	0	0.249	1.007	0.806
18:2	g	0.230	0	0.242	0.978	0.782
18:3	g	0.007	0	0.007	0.030	0.024
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.017	0	0.018	0.072	0.058
Threonine	g	0.097	0	0.102	0.412	0.330
Isoleucine	g	0.097	0	0.102	0.412	0.330
Leucine	g	0.260	0	0.273	1.105	0.884
Lysine	g	0.102	0	0.107	0.433	0.347
Methionine	g	0.050	0	0.053	0.213	0.170
Cystine	g	0.020	0	0.021	0.085	0.068
Phenylalanine	g	0.112	0	0.118	0.476	0.381
Tyrosine	g	0.092	0	0.097	0.391	0.313
Valine	g	0.138	0	0.145	0.587	0.469
Arginine	g	0.098	0	0.103	0.417	0.333
Histidine	g	0.066	0	0.069	0.281	0.224
Alanine	g	0.220	0	0.231	0.935	0.748
Aspartic acid	g	0.182	0	0.191	0.774	0.619
Glutamic acid	g	0.475	0	0.499	2.019	1.615
Glycine	g	0.095	0	0.100	0.404	0.323
Proline	g	0.218	0	0.229	0.927	0.741
Serine	g	0.114	0	0.120	0.485	0.388
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1/2 cup
Measure 2: 15 oz can (303 x 406)
Measure 3: 1 can (303 x 406)

NDB No. 11178 Corn, sweet, yellow, frozen, kernels cut off cob, unprepared

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 82g	Measure 2* 284g	Measure 3*
Proximates:							
Water	g	74.92	0.911	74	61.43	212.77	
Energy	kcal	88		0	72	250	
Energy	kj	368		0	302	1045	
Protein (N x 5.95)	g	3.02	0.034	78	2.48	8.58	
Total lipid (fat)	g	0.77	0.081	78	0.63	2.19	
Carbohydrate, by difference	g	20.80		0	17.06	59.07	
Fiber, total dietary	g	2.4		0	2.0	6.8	
Ash	g	0.48	0.014	69	0.39	1.36	
Sugars, total	g						
Minerals:							
Calcium	mg	4	0.703	54	3	11	
Iron	mg	0.42	0.040	77	0.34	1.19	
Magnesium	mg	18	0.920	22	15	51	
Phosphorus	mg	69	2.270	35	57	196	
Potassium	mg	210	8.140	21	172	596	
Sodium	mg	3	0.440	35	2	9	
Zinc	mg	0.37	0.026	17	0.30	1.05	
Copper	mg	0.036	0.004	16	0.030	0.102	
Manganese	mg	0.126	0.020	11	0.103	0.358	
Selenium	µg	0.7	0.159	7	0.6	2.0	
Vitamins:							
Ascorbic acid	mg	6.4	1.549	68	5.2	18.2	
Thiamin	mg	0.083	0.012	78	0.068	0.236	
Riboflavin	mg	0.070	0.003	77	0.057	0.199	
Niacin	mg	1.726	0.182	78	1.415	4.902	
Pantothenic acid	mg	0.280	0.120	8	0.230	0.795	
Vitamin B-6	mg	0.178	0.010	20	0.146	0.506	
Folate	µg	36	5.490	6	29	101	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	130	6.208	75	107	369	
Vitamin A, RE	µg	13	0.621	75	11	37	
Vitamin E, α-TE	mg	0.030		0	0.025	0.085	
Lipids:							
Saturated, total	g	0.119		0	0.098	0.338	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.000		0	0.000	0.000	
15.0	g						
16:0	g	0.112		0	0.092	0.318	
17:0	g						
18:0	g	0.007		0	0.006	0.020	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.227	0	0.186	0.645
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.227	0	0.186	0.645
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.366	0	0.300	1.039
18:2	g	0.355	0	0.291	1.008
18:3	g	0.011	0	0.009	0.031
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.021	0	0.017	0.060
Threonine	g	0.121	0	0.099	0.344
Isoleucine	g	0.121	0	0.099	0.344
Leucine	g	0.326	0	0.267	0.926
Lysine	g	0.128	0	0.105	0.364
Methionine	g	0.063	0	0.052	0.179
Cystine	g	0.025	0	0.021	0.071
Phenylalanine	g	0.141	0	0.116	0.400
Tyrosine	g	0.115	0	0.094	0.327
Valine	g	0.173	0	0.142	0.491
Arginine	g	0.123	0	0.101	0.349
Histidine	g	0.083	0	0.068	0.236
Alanine	g	0.276	0	0.226	0.784
Aspartic acid	g	0.229	0	0.188	0.650
Glutamic acid	g	0.596	0	0.489	1.693
Glycine	g	0.119	0	0.098	0.338
Proline	g	0.274	0	0.225	0.778
Serine	g	0.143	0	0.117	0.406
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1/2 cup
Measure 2: 1 package (10 oz)

NDB No. 11179 Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 284g	Measure 2* 82g	Measure 3*
Proximates:							
Water	g	76.73	0.476	10	217.91	62.92	
Energy	kcal	80		0	227	66	
Energy	kj	335		0	951	275	
Protein (N x 5.95)	g	2.75	0.119	7	7.81	2.25	
Total lipid (fat)	g	0.43	0.129	7	1.22	0.35	
Carbohydrate, by difference	g	19.56		0	55.55	16.04	
Fiber, total dietary	g	2.4	0.106	7	6.8	2.0	
Ash	g	0.53	0.043	7	1.51	0.43	
Sugars, total	g						
Minerals:							
Calcium	mg	4	0.738	7	11	3	
Iron	mg	0.35	0.024	7	0.99	0.29	
Magnesium	mg	19	0.636	7	54	16	
Phosphorus	mg	57	4.041	7	162	47	
Potassium	mg	147	9.043	7	417	121	
Sodium	mg	5	0.976	11	14	4	
Zinc	mg	0.40	0.026	7	1.14	0.33	
Copper	mg	0.037	0.004	7	0.105	0.030	
Manganese	mg	0.127	0.021	7	0.361	0.104	
Selenium	µg	0.7	0.159	7	2.0	0.6	
Vitamins:							
Ascorbic acid	mg	3.1	0.453	7	8.8	2.5	
Thiamin	mg	0.083	0.018	12	0.236	0.068	
Riboflavin	mg	0.071	0.005	12	0.202	0.058	
Niacin	mg	1.299	0.041	7	3.689	1.065	
Pantothenic acid	mg	0.180	0.032	7	0.511	0.148	
Vitamin B-6	mg	0.129	0.035	12	0.366	0.106	
Folate	µg	31	2.227	10	88	25	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	220	31.435	7	625	180	
Vitamin A, RE	µg	22		0	62	18	
Vitamin E, α-TE	mg	0.080		0	0.227	0.066	
Lipids:							
Saturated, total	g	0.066		0	0.187	0.054	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.000		0	0.000	0.000	
15.0	g						
16:0	g	0.062		1	0.176	0.051	
17:0	g						
18:0	g	0.004		1	0.011	0.003	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.126	0	0.358	0.103
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.126	1	0.358	0.103
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.203	0	0.577	0.166
18:2	g	0.197	1	0.559	0.162
18:3	g	0.006	1	0.017	0.005
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.033	0	0.094	0.027
Threonine	g	0.124	0	0.352	0.102
Isoleucine	g	0.147	0	0.417	0.121
Leucine	g	0.270	0	0.767	0.221
Lysine	g	0.165	0	0.469	0.135
Methionine	g	0.073	0	0.207	0.060
Cystine	g	0.041	0	0.116	0.034
Phenylalanine	g	0.141	0	0.400	0.116
Tyrosine	g	0.114	0	0.324	0.093
Valine	g	0.180	0	0.511	0.148
Arginine	g	0.136	0	0.386	0.112
Histidine	g	0.072	0	0.204	0.059
Alanine	g	0.185	0	0.525	0.152
Aspartic acid	g	0.236	0	0.670	0.194
Glutamic acid	g	0.471	0	1.338	0.386
Glycine	g	0.092	0	0.261	0.075
Proline	g	0.195	0	0.554	0.160
Serine	g	0.168	0	0.477	0.138
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 package (10 oz) yields
Measure 2: 1/2 cup

NDB No. 11180 Corn, sweet, yellow, frozen, kernels on cob, unprepared

Refuse: 45% Cob

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 125g	Measure 2* 82g	Measure 3*
Proximates:							
Water	g	71.79	0.270	58	89.74	58.87	
Energy	kcal	98		0	123	80	
Energy	kj	410		0	513	336	
Protein (N x 5.95)	g	3.28	0.044	58	4.10	2.69	
Total lipid (fat)	g	0.78	0.038	58	0.98	0.64	
Carbohydrate, by difference	g	23.50		0	29.38	19.27	
Fiber, total dietary	g	2.8		0	3.5	2.3	
Ash	g	0.65	0.015	57	0.81	0.53	
Sugars, total	g						
Minerals:							
Calcium	mg	4	0.178	32	5	3	
Iron	mg	0.68	0.033	58	0.85	0.56	
Magnesium	mg	32	0.923	9	40	26	
Phosphorus	mg	87	2.581	25	109	71	
Potassium	mg	294	7.902	13	368	241	
Sodium	mg	5	1.423	29	6	4	
Zinc	mg	0.70	0.030	5	0.88	0.57	
Copper	mg	0.051	0.004	6	0.064	0.042	
Manganese	mg	0.158	0.013	5	0.198	0.130	
Selenium	µg	0.8		0	1.0	0.7	
Vitamins:							
Ascorbic acid	mg	7.2	0.355	53	9.0	5.9	
Thiamin	mg	0.103	0.004	57	0.129	0.084	
Riboflavin	mg	0.088	0.004	58	0.110	0.072	
Niacin	mg	1.681	0.045	57	2.101	1.378	
Pantothenic acid	mg	0.293		1	0.366	0.240	
Vitamin B-6	mg	0.179	0.038	12	0.224	0.147	
Folate	µg	40		0	50	33	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	246	11.367	58	308	202	
Vitamin A, RE	µg	25	1.137	58	31	21	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.120		0	0.150	0.098	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g	0.112		0	0.140	0.092	
17:0	g						
18:0	g	0.007		0	0.009	0.006	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.228	0	0.285	0.187
14:1	g				
16:1	g				
18:1	g	0.228	0	0.285	0.187
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.367	0	0.459	0.301
18:2	g	0.356	0	0.445	0.292
18:3	g	0.011	0	0.014	0.009
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.023	0	0.029	0.019
Threonine	g	0.132	0	0.165	0.108
Isoleucine	g	0.132	0	0.165	0.108
Leucine	g	0.354	0	0.443	0.290
Lysine	g	0.139	0	0.174	0.114
Methionine	g	0.068	0	0.085	0.056
Cystine	g	0.027	0	0.034	0.022
Phenylalanine	g	0.152	0	0.190	0.125
Tyrosine	g	0.125	0	0.156	0.103
Valine	g	0.188	0	0.235	0.154
Arginine	g	0.133	0	0.166	0.109
Histidine	g	0.090	0	0.113	0.074
Alanine	g	0.300	0	0.375	0.246
Aspartic acid	g	0.248	0	0.310	0.203
Glutamic acid	g	0.647	0	0.809	0.531
Glycine	g	0.129	0	0.161	0.106
Proline	g	0.297	0	0.371	0.244
Serine	g	0.156	0	0.195	0.128
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: kernels from 1 ear
Measure 2: 1/2 cup kernels

NDB No. 11181 Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt

Refuse: 45% Cob

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 63g	Measure 2* 82g	Measure 3*
Proximates:							
Water	g	73.20		0	46.12	60.02	
Energy	kcal	93		0	59	76	
Energy	kj	389		0	245	319	
Protein (N x 5.95)	g	3.11		0	1.96	2.55	
Total lipid (fat)	g	0.74		0	0.47	0.61	
Carbohydrate, by difference	g	22.33		0	14.07	18.31	
Fiber, total dietary	g	2.8		0	1.8	2.3	
Ash	g	0.62		0	0.39	0.51	
Sugars, total	g						
Minerals:							
Calcium	mg	3		0	2	2	
Iron	mg	0.61		0	0.38	0.50	
Magnesium	mg	29		0	18	24	
Phosphorus	mg	75		0	47	62	
Potassium	mg	251		0	158	206	
Sodium	mg	4		0	3	3	
Zinc	mg	0.63		0	0.40	0.52	
Copper	mg	0.046		0	0.029	0.038	
Manganese	mg	0.142		0	0.089	0.116	
Selenium	µg	0.7		0	0.4	0.6	
Vitamins:							
Ascorbic acid	mg	4.8		0	3.0	3.9	
Thiamin	mg	0.174	0.032	3	0.110	0.143	
Riboflavin	mg	0.069	0.001	3	0.043	0.057	
Niacin	mg	1.517		0	0.956	1.244	
Pantothenic acid	mg	0.250		0	0.158	0.205	
Vitamin B-6	mg	0.224	0.141	3	0.141	0.184	
Folate	µg	31		0	19	25	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	211		0	133	173	
Vitamin A, RE	µg	21		0	13	17	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.114		0	0.072	0.093	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g	0.107		0	0.067	0.088	
17:0	g						
18:0	g	0.007		0	0.004	0.006	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.216	0	0.136	0.177
14:1	g				
16:1	g				
18:1	g	0.216	0	0.136	0.177
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.348	0	0.219	0.285
18:2	g	0.338	0	0.213	0.277
18:3	g	0.010	0	0.006	0.008
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.022	0	0.014	0.018
Threonine	g	0.125	0	0.079	0.103
Isoleucine	g	0.125	0	0.079	0.103
Leucine	g	0.336	0	0.212	0.276
Lysine	g	0.132	0	0.083	0.108
Methionine	g	0.065	0	0.041	0.053
Cystine	g	0.025	0	0.016	0.021
Phenylalanine	g	0.145	0	0.091	0.119
Tyrosine	g	0.119	0	0.075	0.098
Valine	g	0.179	0	0.113	0.147
Arginine	g	0.126	0	0.079	0.103
Histidine	g	0.086	0	0.054	0.071
Alanine	g	0.285	0	0.180	0.234
Aspartic acid	g	0.236	0	0.149	0.194
Glutamic acid	g	0.615	0	0.387	0.504
Glycine	g	0.123	0	0.077	0.101
Proline	g	0.282	0	0.178	0.231
Serine	g	0.148	0	0.093	0.121
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: kernels from 1 ear
Measure 2: 1/2 cup kernels

NDB No. 11184 Corn with red and green peppers, canned, solids and liquids

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 227g	Measure 2*	Measure 3*
Proximates:							
Water	g	77.50	0.307	10	175.93		
Energy	kcal	75		0	170		
Energy	kj	314		0	713		
Protein (N x 5.95)	g	2.33	0.051	11	5.29		
Total lipid (fat)	g	0.55	0.037	10	1.25		
Carbohydrate, by difference	g	18.17		0	41.25		
Fiber, total dietary	g						
Ash	g	1.45	0.045	10	3.29		
Sugars, total	g						
Minerals:							
Calcium	mg	5	0.278	9	11		
Iron	mg	0.79	0.122	9	1.79		
Magnesium	mg	25	0.740	4	57		
Phosphorus	mg	62	1.861	8	141		
Potassium	mg	153	13.806	8	347		
Sodium	mg	347	40.558	8	788		
Zinc	mg	0.37	0.040	4	0.84		
Copper	mg	0.060	0.010	4	0.136		
Manganese	mg	0.043		0	0.098		
Selenium	µg	0.6		0	1.4		
Vitamins:							
Ascorbic acid	mg	8.8	0.611	10	20.0		
Thiamin	mg	0.022	0.003	10	0.050		
Riboflavin	mg	0.080	0.007	10	0.182		
Niacin	mg	0.950	0.079	10	2.156		
Pantothenic acid	mg	0.447		0	1.015		
Vitamin B-6	mg	0.097		0	0.220		
Folate	µg	34		0	77		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	232	17.644	6	527		
Vitamin A, RE	µg	23	1.764	6	52		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.085		0	0.193		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g	0.000		0	0.000		
14:0	g	0.000		0	0.000		
15.0	g						
16:0	g	0.079		0	0.179		
17:0	g						
18:0	g	0.006		0	0.014		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.157	0	0.356
14:1	g			
16:1	g	0.000	0	0.000
18:1	g	0.157	0	0.356
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.261	0	0.592
18:2	g	0.253	0	0.574
18:3	g	0.008	0	0.018
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.017	0	0.039
Threonine	g	0.093	0	0.211
Isoleucine	g	0.093	0	0.211
Leucine	g	0.246	0	0.558
Lysine	g	0.099	0	0.225
Methionine	g	0.048	0	0.109
Cystine	g	0.020	0	0.045
Phenylalanine	g	0.107	0	0.243
Tyrosine	g	0.087	0	0.197
Valine	g	0.132	0	0.300
Arginine	g	0.095	0	0.216
Histidine	g	0.063	0	0.143
Alanine	g	0.208	0	0.472
Aspartic acid	g	0.183	0	0.415
Glutamic acid	g	0.453	0	1.028
Glycine	g	0.091	0	0.207
Proline	g	0.206	0	0.468
Serine	g	0.110	0	0.250
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 1 cup

NDB No. 11190 Cornsalad, raw

Valerianella locusta

Refuse: %

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 56g	Measure 2*	Measure 3*
Proximates:							
Water	g	92.80		0	51.97		
Energy	kcal	21		0	12		
Energy	kj	88		0	49		
Protein (N x 5.95)	g	2.00		0	1.12		
Total lipid (fat)	g	0.40		0	0.22		
Carbohydrate, by difference	g	3.60		0	2.02		
Fiber, total dietary	g						
Ash	g	1.20		0	0.67		
Sugars, total	g						
Minerals:							
Calcium	mg	38		0	21		
Iron	mg	2.18		0	1.22		
Magnesium	mg	13		0	7		
Phosphorus	mg	53		0	30		
Potassium	mg	459		0	257		
Sodium	mg	4		0	2		
Zinc	mg	0.59		0	0.33		
Copper	mg	0.134		0	0.075		
Manganese	mg	0.359		0	0.201		
Selenium	µg	0.9		0	0.5		
Vitamins:							
Ascorbic acid	mg	38.2		0	21.4		
Thiamin	mg	0.071		0	0.040		
Riboflavin	mg	0.087		0	0.049		
Niacin	mg	0.415		0	0.232		
Pantothenic acid	mg	0.042		0	0.024		
Vitamin B-6	mg	0.273		0	0.153		
Folate	µg	14		0	8		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	7092		0	3972		
Vitamin A, RE	µg	709		0	397		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g						
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g			
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g			
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.026	2	0.015
Threonine	g	0.075	6	0.042
Isoleucine	g	0.099	6	0.055
Leucine	g	0.133	6	0.074
Lysine	g	0.101	6	0.057
Methionine	g	0.025	6	0.014
Cystine	g	0.020	4	0.011
Phenylalanine	g	0.091	6	0.051
Tyrosine	g	0.036	4	0.020
Valine	g	0.099	6	0.055
Arginine	g	0.091	6	0.051
Histidine	g	0.036	6	0.020
Alanine	g	0.088	4	0.049
Aspartic acid	g	0.176	4	0.099
Glutamic acid	g	0.203	4	0.114
Glycine	g	0.079	4	0.044
Proline	g	0.078	4	0.044
Serine	g	0.063	4	0.035
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 1 cup

NDB No. 11191 Cowpeas (blackeyes), immature seeds, raw

Vigna unguiculata

Refuse: 49% Pods

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 145g	Measure 2*	Measure 3*
Proximates:							
Water	g	77.20	2.536	10	111.94		
Energy	kcal	90		0	131		
Energy	kj	377		0	547		
Protein (N x 5.95)	g	2.95	0.250	2	4.28		
Total lipid (fat)	g	0.35	0.050	2	0.51		
Carbohydrate, by difference	g	18.90		0	27.41		
Fiber, total dietary	g	5.0		0	7.3		
Ash	g	0.60	0.001	2	0.87		
Sugars, total	g						
Minerals:							
Calcium	mg	126	10.500	2	183		
Iron	mg	1.10	0.100	2	1.60		
Magnesium	mg	51	12.100	2	74		
Phosphorus	mg	53	1.000	2	77		
Potassium	mg	431	125.300	2	625		
Sodium	mg	4	0.250	2	6		
Zinc	mg	1.01		1	1.46		
Copper	mg	0.130		1	0.189		
Manganese	mg	0.560		1	0.812		
Selenium	µg	2.3		0	3.3		
Vitamins:							
Ascorbic acid	mg	2.5		1	3.6		
Thiamin	mg	0.110	0.000	2	0.160		
Riboflavin	mg	0.145	0.005	2	0.210		
Niacin	mg	1.450	0.150	2	2.103		
Pantothenic acid	mg	0.151		1	0.219		
Vitamin B-6	mg	0.067		1	0.097		
Folate	µg	168	12.083	6	244		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	817	392.000	2	1185		
Vitamin A, RE	µg	82		0	119		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.090		0	0.130		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.001		1	0.001		
15.0	g						
16:0	g	0.077		1	0.112		
17:0	g						
18:0	g	0.012		1	0.017		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.032	0	0.046
14:1	g			
16:1	g	0.001	1	0.001
18:1	g	0.019	1	0.028
20:1	g			
22.1	g	0.011	1	0.016
Polyunsaturated, total	g	0.150	0	0.218
18:2	g	0.087	1	0.126
18:3	g	0.063	1	0.091
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.034	0	0.049
Threonine	g	0.110	0	0.160
Isoleucine	g	0.158	0	0.229
Leucine	g	0.211	0	0.306
Lysine	g	0.194	0	0.281
Methionine	g	0.042	0	0.061
Cystine	g	0.044	0	0.064
Phenylalanine	g	0.162	0	0.235
Tyrosine	g	0.121	0	0.175
Valine	g	0.171	0	0.248
Arginine	g	0.207	0	0.300
Histidine	g	0.095	0	0.138
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 1 cup

NDB No. 11192 Cowpeas (Blackeyes), immature seeds, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 165g	Measure 2*	Measure 3*
Proximates:							
Water	g	75.48		0	124.54		
Energy	kcal	97		0	160		
Energy	kj	406		0	670		
Protein (N x 5.95)	g	3.17		0	5.23		
Total lipid (fat)	g	0.38		0	0.63		
Carbohydrate, by difference	g	20.33		0	33.54		
Fiber, total dietary	g	5.0		0	8.3		
Ash	g	0.65		0	1.07		
Sugars, total	g						
Minerals:							
Calcium	mg	128		0	211		
Iron	mg	1.12		0	1.85		
Magnesium	mg	52		0	86		
Phosphorus	mg	51		0	84		
Potassium	mg	418		0	690		
Sodium	mg	4		0	7		
Zinc	mg	1.03		0	1.70		
Copper	mg	0.133		0	0.219		
Manganese	mg	0.572		0	0.944		
Selenium	µg	2.5		0	4.1		
Vitamins:							
Ascorbic acid	mg	2.2		0	3.6		
Thiamin	mg	0.101		0	0.167		
Riboflavin	mg	0.148		0	0.244		
Niacin	mg	1.403		0	2.315		
Pantothenic acid	mg	0.154		0	0.254		
Vitamin B-6	mg	0.065		0	0.107		
Folate	µg	127		0	210		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	791		0	1305		
Vitamin A, RE	µg	79		0	130		
Vitamin E, α-TE	mg	0.220		0	0.363		
Lipids:							
Saturated, total	g	0.096		0	0.158		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.000		0	0.000		
10:0	g	0.000		0	0.000		
12:0	g	0.000		0	0.000		
14:0	g	0.001		0	0.002		
15.0	g						
16:0	g	0.082		0	0.135		
17:0	g						
18:0	g	0.013		0	0.021		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.034	0	0.056
14:1	g			
16:1	g	0.001	0	0.002
18:1	g	0.021	0	0.035
20:1	g	0.000	0	0.000
22.1	g	0.012	0	0.020
Polyunsaturated, total	g	0.161	0	0.266
18:2	g	0.093	0	0.153
18:3	g	0.068	0	0.112
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.037	0	0.061
Threonine	g	0.118	0	0.195
Isoleucine	g	0.170	0	0.281
Leucine	g	0.226	0	0.373
Lysine	g	0.209	0	0.345
Methionine	g	0.045	0	0.074
Cystine	g	0.047	0	0.078
Phenylalanine	g	0.174	0	0.287
Tyrosine	g	0.130	0	0.215
Valine	g	0.184	0	0.304
Arginine	g	0.222	0	0.366
Histidine	g	0.103	0	0.170
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 1 cup

NDB No. 11195 Cowpeas (Blackeyes), immature seeds, frozen, unprepared

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 160g	Measure 2* 284g	Measure 3*
Proximates:							
Water	g	64.15	0.613	25	102.64	182.19	
Energy	kcal	139		0	222	395	
Energy	kj	582		0	931	1653	
Protein (N x 5.95)	g	8.98	0.129	22	14.37	25.50	
Total lipid (fat)	g	0.70	0.071	22	1.12	1.99	
Carbohydrate, by difference	g	25.13		0	40.21	71.37	
Fiber, total dietary	g	5.0		0	8.0	14.2	
Ash	g	1.05	0.044	22	1.68	2.98	
Sugars, total	g						
Minerals:							
Calcium	mg	26	2.998	22	42	74	
Iron	mg	2.35	0.129	22	3.76	6.67	
Magnesium	mg	55	3.601	5	88	156	
Phosphorus	mg	122		0	195	346	
Potassium	mg	441	11.171	5	706	1252	
Sodium	mg	6	1.388	6	10	17	
Zinc	mg	1.58	0.071	5	2.53	4.49	
Copper	mg	0.205	0.017	5	0.328	0.582	
Manganese	mg	0.881	0.026	5	1.410	2.502	
Selenium	µg	3.6		0	5.8	10.2	
Vitamins:							
Ascorbic acid	mg	4.0	0.544	21	6.4	11.4	
Thiamin	mg	0.245		0	0.392	0.696	
Riboflavin	mg	0.071	0.004	22	0.114	0.202	
Niacin	mg	0.811	0.035	22	1.298	2.303	
Pantothenic acid	mg	0.237		1	0.379	0.673	
Vitamin B-6	mg	0.106		1	0.170	0.301	
Folate	µg	187	20.859	3	299	531	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	84	8.773	20	134	239	
Vitamin A, RE	µg	8	0.877	20	13	23	
Vitamin E, α-TE	mg	0.322		0	0.515	0.914	
Lipids:							
Saturated, total	g	0.185		0	0.296	0.525	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.002		0	0.003	0.006	
15.0	g						
16:0	g	0.148		0	0.237	0.420	
17:0	g						
18:0	g	0.023		0	0.037	0.065	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.063	0	0.101	0.179
14:1	g				
16:1	g	0.002	0	0.003	0.006
18:1	g	0.038	0	0.061	0.108
20:1	g	0.000	0	0.000	0.000
22.1	g	0.023	0	0.037	0.065
Polyunsaturated, total	g	0.297	0	0.475	0.843
18:2	g	0.168	0	0.269	0.477
18:3	g	0.122	0	0.195	0.346
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.103	0	0.165	0.293
Threonine	g	0.335	0	0.536	0.951
Isoleucine	g	0.481	0	0.770	1.366
Leucine	g	0.640	0	1.024	1.818
Lysine	g	0.590	0	0.944	1.676
Methionine	g	0.128	0	0.205	0.364
Cystine	g	0.134	0	0.214	0.381
Phenylalanine	g	0.493	0	0.789	1.400
Tyrosine	g	0.368	0	0.589	1.045
Valine	g	0.520	0	0.832	1.477
Arginine	g	0.629	0	1.006	1.786
Histidine	g	0.290	0	0.464	0.824
Alanine	g				
Aspartic acid	g				
Glutamic acid	g				
Glycine	g				
Proline	g				
Serine	g				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 package (10 oz)

NDB No. 11196 Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 170g	Measure 2*	Measure 3*
Proximates:							
Water	g	66.10		0	112.37		
Energy	kcal	132		0	224		
Energy	kj	552		0	938		
Protein (N x 5.95)	g	8.49		0	14.43		
Total lipid (fat)	g	0.66		0	1.12		
Carbohydrate, by difference	g	23.76		0	40.39		
Fiber, total dietary	g	6.4		0	10.9		
Ash	g	0.99		0	1.68		
Sugars, total	g						
Minerals:							
Calcium	mg	23		0	39		
Iron	mg	2.12		0	3.60		
Magnesium	mg	50		0	85		
Phosphorus	mg	122		0	207		
Potassium	mg	375		0	638		
Sodium	mg	5		0	9		
Zinc	mg	1.42		0	2.41		
Copper	mg	0.184		0	0.313		
Manganese	mg	0.791		0	1.345		
Selenium	µg	3.4	1.016	3	5.8		
Vitamins:							
Ascorbic acid	mg	2.6		0	4.4		
Thiamin	mg	0.260		0	0.442		
Riboflavin	mg	0.064		0	0.109		
Niacin	mg	0.728		0	1.238		
Pantothenic acid	mg	0.213		0	0.362		
Vitamin B-6	mg	0.095		0	0.161		
Folate	µg	141		0	240		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	75		0	128		
Vitamin A, RE	µg	8		0	14		
Vitamin E, α-TE	mg	0.390		0	0.663		
Lipids:							
Saturated, total	g	0.175		0	0.298		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.000		0	0.000		
10:0	g	0.000		0	0.000		
12:0	g	0.000		0	0.000		
14:0	g	0.002		0	0.003		
15.0	g						
16:0	g	0.140		0	0.238		
17:0	g						
18:0	g	0.022		0	0.037		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.060	0	0.102
14:1	g			
16:1	g	0.002	0	0.003
18:1	g	0.035	0	0.060
20:1	g	0.000	0	0.000
22.1	g	0.021	0	0.036
Polyunsaturated, total	g	0.280	0	0.476
18:2	g	0.159	0	0.270
18:3	g	0.116	0	0.197
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.098	0	0.167
Threonine	g	0.316	0	0.537
Isoleucine	g	0.455	0	0.774
Leucine	g	0.606	0	1.030
Lysine	g	0.558	0	0.949
Methionine	g	0.121	0	0.206
Cystine	g	0.126	0	0.214
Phenylalanine	g	0.466	0	0.792
Tyrosine	g	0.348	0	0.592
Valine	g	0.492	0	0.836
Arginine	g	0.595	0	1.011
Histidine	g	0.274	0	0.466
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 1 cup

NDB No. 11197 Cowpeas, young pods with seeds, raw

Vigna unguiculata

Refuse: 9% Ends and strings

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 94g	Measure 2* 12g	Measure 3*
Proximates:							
Water	g	86.00		0	80.84	10.32	
Energy	kcal	44		0	41	5	
Energy	kj	184		0	173	22	
Protein (N x 5.95)	g	3.30		0	3.10	0.40	
Total lipid (fat)	g	0.30		0	0.28	0.04	
Carbohydrate, by difference	g	9.50		0	8.93	1.14	
Fiber, total dietary	g						
Ash	g	0.90		0	0.85	0.11	
Sugars, total	g						
Minerals:							
Calcium	mg	65		0	61	8	
Iron	mg	1.00		0	0.94	0.12	
Magnesium	mg	58		0	55	7	
Phosphorus	mg	65		0	61	8	
Potassium	mg	215		0	202	26	
Sodium	mg	4		0	4	0	
Zinc	mg	0.34		0	0.32	0.04	
Copper	mg	0.100		0	0.094	0.012	
Manganese	mg	0.308		0	0.290	0.037	
Selenium	µg	0.9		0	0.8	0.1	
Vitamins:							
Ascorbic acid	mg	33.0		0	31.0	4.0	
Thiamin	mg	0.150		0	0.141	0.018	
Riboflavin	mg	0.140		0	0.132	0.017	
Niacin	mg	1.200		0	1.128	0.144	
Pantothenic acid	mg	0.945		0	0.888	0.113	
Vitamin B-6	mg	0.173		0	0.163	0.021	
Folate	µg	53		0	49	6	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	1600		0	1504	192	
Vitamin A, RE	µg	160		0	150	19	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.079		0	0.074	0.009	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.001		0	0.001	0.000	
15.0	g						
16:0	g	0.063		0	0.059	0.008	
17:0	g						
18:0	g	0.010		0	0.009	0.001	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.027	0	0.025	0.003
14:1	g				
16:1	g	0.001	0	0.001	0.000
18:1	g	0.016	0	0.015	0.002
20:1	g				
22.1	g	0.010	0	0.009	0.001
Polyunsaturated, total	g	0.127	0	0.119	0.015
18:2	g	0.072	0	0.068	0.009
18:3	g	0.052	0	0.049	0.006
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 pod

NDB No. 11198 Cowpeas, young pods with seeds, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 95g	Measure 2*	Measure 3*
Proximates:							
Water	g	89.50		0	85.03		
Energy	kcal	34		0	32		
Energy	kj	142		0	135		
Protein (N x 5.95)	g	2.60		0	2.47		
Total lipid (fat)	g	0.30		0	0.28		
Carbohydrate, by difference	g	7.00		0	6.65		
Fiber, total dietary	g						
Ash	g	0.60		0	0.57		
Sugars, total	g						
Minerals:							
Calcium	mg	55		0	52		
Iron	mg	0.70		0	0.67		
Magnesium	mg	41		0	39		
Phosphorus	mg	49		0	47		
Potassium	mg	196		0	186		
Sodium	mg	3		0	3		
Zinc	mg	0.24		0	0.23		
Copper	mg	0.071		0	0.067		
Manganese	mg	0.219		0	0.208		
Selenium	µg	0.7		0	0.7		
Vitamins:							
Ascorbic acid	mg	17.0		0	16.1		
Thiamin	mg	0.090		0	0.086		
Riboflavin	mg	0.090		0	0.086		
Niacin	mg	0.800		0	0.760		
Pantothenic acid	mg	0.638		0	0.606		
Vitamin B-6	mg	0.123		0	0.117		
Folate	µg	26		0	24		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	1400		0	1330		
Vitamin A, RE	µg	140		0	133		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.079		0	0.075		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.001		0	0.001		
15.0	g						
16:0	g	0.063		0	0.060		
17:0	g						
18:0	g	0.010		0	0.010		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.027	0	0.026
14:1	g			
16:1	g	0.001	0	0.001
18:1	g	0.016	0	0.015
20:1	g			
22.1	g	0.010	0	0.010
Polyunsaturated, total	g	0.127	0	0.121
18:2	g	0.072	0	0.068
18:3	g	0.052	0	0.049
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 1 cup

NDB No. 11199 Yardlong bean, raw

Vigna unguiculata

Refuse: 5% Ends

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 91g	Measure 2* 12g	Measure 3*
Proximates:							
Water	g	87.85	0.606	3	79.94	10.54	
Energy	kcal	47		0	43	6	
Energy	kj	197		0	179	24	
Protein (N x 5.95)	g	2.80		1	2.55	0.34	
Total lipid (fat)	g	0.40		1	0.36	0.05	
Carbohydrate, by difference	g	8.35		0	7.60	1.00	
Fiber, total dietary	g						
Ash	g	0.60		0	0.55	0.07	
Sugars, total	g						
Minerals:							
Calcium	mg	50		1	46	6	
Iron	mg	0.47	0.365	2	0.43	0.06	
Magnesium	mg	44	6.550	2	40	5	
Phosphorus	mg	59		1	54	7	
Potassium	mg	240	29.900	2	218	29	
Sodium	mg	4	0.050	2	4	0	
Zinc	mg	0.37		0	0.34	0.04	
Copper	mg	0.048		0	0.044	0.006	
Manganese	mg	0.205		0	0.187	0.025	
Selenium	µg	1.5		0	1.4	0.2	
Vitamins:							
Ascorbic acid	mg	18.8	13.200	2	17.1	2.3	
Thiamin	mg	0.107	0.023	2	0.097	0.013	
Riboflavin	mg	0.110	0.000	2	0.100	0.013	
Niacin	mg	0.410	0.310	2	0.373	0.049	
Pantothenic acid	mg	0.055		0	0.050	0.007	
Vitamin B-6	mg	0.024		0	0.022	0.003	
Folate	µg	62		0	56	7	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	865	597.500	2	787	104	
Vitamin A, RE	µg	86	59.750	2	78	10	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.105		0	0.096	0.013	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.001		0	0.001	0.000	
15.0	g						
16:0	g	0.084		0	0.076	0.010	
17:0	g						
18:0	g	0.013		0	0.012	0.002	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.036	0	0.033	0.004
14:1	g				
16:1	g	0.001	0	0.001	0.000
18:1	g	0.021	0	0.019	0.003
20:1	g				
22.1	g	0.013	0	0.012	0.002
Polyunsaturated, total	g	0.169	0	0.154	0.020
18:2	g	0.096	0	0.087	0.012
18:3	g	0.070	0	0.064	0.008
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.032	0	0.029	0.004
Threonine	g	0.104	0	0.095	0.012
Isoleucine	g	0.150	0	0.137	0.018
Leucine	g	0.200	0	0.182	0.024
Lysine	g	0.184	0	0.167	0.022
Methionine	g	0.040	0	0.036	0.005
Cystine	g	0.042	0	0.038	0.005
Phenylalanine	g	0.154	0	0.140	0.018
Tyrosine	g	0.115	0	0.105	0.014
Valine	g	0.162	0	0.147	0.019
Arginine	g	0.196	0	0.178	0.024
Histidine	g	0.090	0	0.082	0.011
Alanine	g				
Aspartic acid	g				
Glutamic acid	g				
Glycine	g				
Proline	g				
Serine	g				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, slices
Measure 2: 1 pod

NDB No. 11200 Yardlong bean, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 104g	Measure 2* 14g	Measure 3*
Proximates:							
Water	g	87.47	0.020	2	90.97	12.25	
Energy	kcal	47		0	49	7	
Energy	kj	197		0	205	28	
Protein (N x 5.95)	g	2.53		1	2.63	0.35	
Total lipid (fat)	g	0.10		1	0.10	0.01	
Carbohydrate, by difference	g	9.18		0	9.55	1.29	
Fiber, total dietary	g						
Ash	g	0.73		1	0.76	0.10	
Sugars, total	g						
Minerals:							
Calcium	mg	44		1	46	6	
Iron	mg	0.98		1	1.02	0.14	
Magnesium	mg	42		1	44	6	
Phosphorus	mg	57		1	59	8	
Potassium	mg	290		1	302	41	
Sodium	mg	4		1	4	1	
Zinc	mg	0.36		0	0.37	0.05	
Copper	mg	0.047		0	0.049	0.007	
Manganese	mg	0.201		0	0.209	0.028	
Selenium	µg	1.5		0	1.6	0.2	
Vitamins:							
Ascorbic acid	mg	16.2		1	16.8	2.3	
Thiamin	mg	0.085		1	0.088	0.012	
Riboflavin	mg	0.099		1	0.103	0.014	
Niacin	mg	0.630		1	0.655	0.088	
Pantothenic acid	mg	0.051		0	0.053	0.007	
Vitamin B-6	mg	0.024		0	0.025	0.003	
Folate	µg	45		0	46	6	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	450		1	468	63	
Vitamin A, RE	µg	45		1	47	6	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.026		0	0.027	0.004	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.000		0	0.000	0.000	
15.0	g						
16:0	g	0.021		0	0.022	0.003	
17:0	g						
18:0	g	0.003		0	0.003	0.000	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.009	0	0.009	0.001
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.005	0	0.005	0.001
20:1	g				
22.1	g	0.003	0	0.003	0.000
Polyunsaturated, total	g	0.042	0	0.044	0.006
18:2	g	0.024	0	0.025	0.003
18:3	g	0.017	0	0.018	0.002
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.029	0	0.030	0.004
Threonine	g	0.094	0	0.098	0.013
Isoleucine	g	0.135	0	0.140	0.019
Leucine	g	0.180	0	0.187	0.025
Lysine	g	0.166	0	0.173	0.023
Methionine	g	0.036	0	0.037	0.005
Cystine	g	0.038	0	0.040	0.005
Phenylalanine	g	0.139	0	0.145	0.019
Tyrosine	g	0.103	0	0.107	0.014
Valine	g	0.146	0	0.152	0.020
Arginine	g	0.177	0	0.184	0.025
Histidine	g	0.082	0	0.085	0.011
Alanine	g				
Aspartic acid	g				
Glutamic acid	g				
Glycine	g				
Proline	g				
Serine	g				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, slices
Measure 2: 1 pod

NDB No. 11201 Cowpeas, leafy tips, raw

Vigna unguiculata

Refuse: 48% Tough stems and leaves

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 36g	Measure 2* 3g	Measure 3*
Proximates:							
Water	g	89.78		1	32.32	2.69	
Energy	kcal	29		0	10	1	
Energy	kj	121		0	44	4	
Protein (N x 5.95)	g	4.10		0	1.48	0.12	
Total lipid (fat)	g	0.25		0	0.09	0.01	
Carbohydrate, by difference	g	4.82		0	1.74	0.14	
Fiber, total dietary	g						
Ash	g	1.05		0	0.38	0.03	
Sugars, total	g						
Minerals:							
Calcium	mg	63		0	23	2	
Iron	mg	1.92		0	0.69	0.06	
Magnesium	mg	43		1	15	1	
Phosphorus	mg	9		0	3	0	
Potassium	mg	455		1	164	14	
Sodium	mg	7		1	3	0	
Zinc	mg	0.29		0	0.10	0.01	
Copper	mg	0.191		0	0.069	0.006	
Manganese	mg	0.509		0	0.183	0.015	
Selenium	µg	0.9		0	0.3	0.0	
Vitamins:							
Ascorbic acid	mg	36.0		0	13.0	1.1	
Thiamin	mg	0.354		0	0.127	0.011	
Riboflavin	mg	0.175		0	0.063	0.005	
Niacin	mg	1.120		0	0.403	0.034	
Pantothenic acid	mg	0.060		0	0.022	0.002	
Vitamin B-6	mg	0.177		0	0.064	0.005	
Folate	µg	101		0	36	3	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	712		0	256	21	
Vitamin A, RE	µg	71		0	26	2	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.066		0	0.024	0.002	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.001		0	0.000	0.000	
15.0	g						
16:0	g	0.053		0	0.019	0.002	
17:0	g						
18:0	g	0.008		0	0.003	0.000	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.022	0	0.008	0.001
14:1	g				
16:1	g	0.001	0	0.000	0.000
18:1	g	0.013	0	0.005	0.000
20:1	g				
22.1	g	0.008	0	0.003	0.000
Polyunsaturated, total	g	0.106	0	0.038	0.003
18:2	g	0.060	0	0.022	0.002
18:3	g	0.044	0	0.016	0.001
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, chopped
Measure 2: 1 leaf

NDB No. 11202 Cowpeas, leafy tips, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 53g	Measure 2*	Measure 3*
Proximates:							
Water	g	91.30		1	48.39		
Energy	kcal	22		0	12		
Energy	kj	92		0	49		
Protein (N x 5.95)	g	4.67		1	2.48		
Total lipid (fat)	g	0.10		1	0.05		
Carbohydrate, by difference	g	2.80		0	1.48		
Fiber, total dietary	g						
Ash	g	1.13		1	0.60		
Sugars, total	g						
Minerals:							
Calcium	mg	69		1	37		
Iron	mg	1.09		1	0.58		
Magnesium	mg	62		1	33		
Phosphorus	mg	42		1	22		
Potassium	mg	351		1	186		
Sodium	mg	6		0	3		
Zinc	mg	0.24		0	0.13		
Copper	mg	0.154		0	0.082		
Manganese	mg	0.412		0	0.218		
Selenium	µg	0.9		0	0.5		
Vitamins:							
Ascorbic acid	mg	18.4		0	9.8		
Thiamin	mg	0.256		0	0.136		
Riboflavin	mg	0.142		0	0.075		
Niacin	mg	1.008		0	0.534		
Pantothenic acid	mg	0.046		0	0.024		
Vitamin B-6	mg	0.135		0	0.072		
Folate	µg	60		0	32		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	576		0	305		
Vitamin A, RE	µg	58		0	31		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.026		0	0.014		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.000		0	0.000		
15.0	g						
16:0	g	0.021		0	0.011		
17:0	g						
18:0	g	0.003		0	0.002		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.009	0	0.005
14:1	g			
16:1	g	0.000	0	0.000
18:1	g	0.005	0	0.003
20:1	g			
22.1	g	0.003	0	0.002
Polyunsaturated, total	g	0.042	0	0.022
18:2	g	0.024	0	0.013
18:3	g	0.017	0	0.009
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, chopped

NDB No. 11203 Cress, garden, raw

Lepidium sativum

Refuse: 29% Stems, crowns and spoiled leaves

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 50g	Measure 2* 1g	Measure 3*
Proximates:							
Water	g	89.40		0	44.70	0.89	
Energy	kcal	32		0	16	0	
Energy	kj	134		0	67	1	
Protein (N x 5.95)	g	2.60		0	1.30	0.03	
Total lipid (fat)	g	0.70		0	0.35	0.01	
Carbohydrate, by difference	g	5.50		0	2.75	0.06	
Fiber, total dietary	g	1.1		0	0.6	0.0	
Ash	g	1.80		0	0.90	0.02	
Sugars, total	g						
Minerals:							
Calcium	mg	81		0	41	1	
Iron	mg	1.30		0	0.65	0.01	
Magnesium	mg	38		0	19	0	
Phosphorus	mg	76		0	38	1	
Potassium	mg	606		0	303	6	
Sodium	mg	14		0	7	0	
Zinc	mg	0.23		0	0.12	0.00	
Copper	mg	0.170		0	0.085	0.002	
Manganese	mg	0.553		0	0.277	0.006	
Selenium	µg	0.9		0	0.5	0.0	
Vitamins:							
Ascorbic acid	mg	69.0		0	34.5	0.7	
Thiamin	mg	0.080		0	0.040	0.001	
Riboflavin	mg	0.260		0	0.130	0.003	
Niacin	mg	1.000		0	0.500	0.010	
Pantothenic acid	mg	0.242		0	0.121	0.002	
Vitamin B-6	mg	0.247		0	0.124	0.002	
Folate	µg	80		0	40	1	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	9300		0	4650	93	
Vitamin A, RE	µg	930		0	465	9	
Vitamin E, α-TE	mg	0.700		0	0.350	0.007	
Lipids:							
Saturated, total	g	0.023		0	0.012	0.000	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.000		0	0.000	0.000	
15.0	g						
16:0	g	0.016		0	0.008	0.000	
17:0	g						
18:0	g	0.007		0	0.004	0.000	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.239	0	0.120	0.002
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.087	0	0.044	0.001
20:1	g	0.061	0	0.031	0.001
22.1	g	0.091	0	0.046	0.001
Polyunsaturated, total	g	0.228	0	0.114	0.002
18:2	g	0.152	0	0.076	0.002
18:3	g	0.076	0	0.038	0.001
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 sprig

NDB No. 11204 Cress, garden, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 135g	Measure 2* 68g	Measure 3*
Proximates:							
Water	g	92.50		0	124.88	62.90	
Energy	kcal	23		0	31	16	
Energy	kj	96		0	130	65	
Protein (N x 5.95)	g	1.90		0	2.56	1.29	
Total lipid (fat)	g	0.60		0	0.81	0.41	
Carbohydrate, by difference	g	3.80		0	5.13	2.58	
Fiber, total dietary	g	0.7		0	0.9	0.5	
Ash	g	1.20		0	1.62	0.82	
Sugars, total	g						
Minerals:							
Calcium	mg	61		0	82	41	
Iron	mg	0.80		0	1.08	0.54	
Magnesium	mg	26		0	35	18	
Phosphorus	mg	48		0	65	33	
Potassium	mg	353		0	477	240	
Sodium	mg	8		0	11	5	
Zinc	mg	0.15		0	0.20	0.10	
Copper	mg	0.114		0	0.154	0.078	
Manganese	mg	0.372		0	0.502	0.253	
Selenium	µg	0.9		0	1.2	0.6	
Vitamins:							
Ascorbic acid	mg	23.0		0	31.1	15.6	
Thiamin	mg	0.060		0	0.081	0.041	
Riboflavin	mg	0.160		0	0.216	0.109	
Niacin	mg	0.800		0	1.080	0.544	
Pantothenic acid	mg	0.163		0	0.220	0.111	
Vitamin B-6	mg	0.157		0	0.212	0.107	
Folate	µg	37		0	50	25	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	7700		0	10395	5236	
Vitamin A, RE	µg	770		0	1040	524	
Vitamin E, α-TE	mg	0.700		0	0.945	0.476	
Lipids:							
Saturated, total	g	0.020		0	0.027	0.014	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.000		0	0.000	0.000	
15.0	g						
16:0	g	0.014		0	0.019	0.010	
17:0	g						
18:0	g	0.006		0	0.008	0.004	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.205	0	0.277	0.139
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.075	0	0.101	0.051
20:1	g	0.052	0	0.070	0.035
22.1	g	0.078	0	0.105	0.053
Polyunsaturated, total	g	0.196	0	0.265	0.133
18:2	g	0.130	0	0.176	0.088
18:3	g	0.065	0	0.088	0.044
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1/2 cup

NDB No. 11205 Cucumber, with peel, raw

Cucumis sativus

Refuse: 3% Ends

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 52g	Measure 2* 301g	Measure 3*
Proximates:							
Water	g	96.01	0.119	72	49.93	288.99	
Energy	kcal	13		0	7	39	
Energy	kj	54		0	28	163	
Protein (N x 5.95)	g	0.69	0.035	18	0.36	2.08	
Total lipid (fat)	g	0.13	0.018	18	0.07	0.39	
Carbohydrate, by difference	g	2.76		0	1.44	8.31	
Fiber, total dietary	g	0.8		0	0.4	2.4	
Ash	g	0.41	0.015	49	0.21	1.23	
Sugars, total	g						
Minerals:							
Calcium	mg	14	0.858	43	7	42	
Iron	mg	0.26	0.014	42	0.14	0.78	
Magnesium	mg	11	0.775	44	6	33	
Phosphorus	mg	20	1.097	38	10	60	
Potassium	mg	144	5.551	55	75	433	
Sodium	mg	2	0.261	54	1	6	
Zinc	mg	0.20	0.021	54	0.10	0.60	
Copper	mg	0.033	0.001	53	0.017	0.099	
Manganese	mg	0.076	0.007	41	0.040	0.229	
Selenium	µg	0.0		0	0.0	0.0	
Vitamins:							
Ascorbic acid	mg	5.3	0.491	21	2.8	16.0	
Thiamin	mg	0.024	0.002	13	0.012	0.072	
Riboflavin	mg	0.022	0.001	13	0.011	0.066	
Niacin	mg	0.221	0.009	13	0.115	0.665	
Pantothenic acid	mg	0.178	0.005	12	0.093	0.536	
Vitamin B-6	mg	0.042	0.001	13	0.022	0.126	
Folate	µg	13	0.815	19	7	39	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	215	18.605	13	112	647	
Vitamin A, RE	µg	21		0	11	63	
Vitamin E, α-TE	mg	0.079		0	0.041	0.238	
Lipids:							
Saturated, total	g	0.034		0	0.018	0.102	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.001		0	0.001	0.003	
15.0	g						
16:0	g	0.028		0	0.015	0.084	
17:0	g						
18:0	g	0.003		0	0.002	0.009	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.003	0	0.002	0.009
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.003	0	0.002	0.009
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.053	0	0.028	0.160
18:2	g	0.022	0	0.011	0.066
18:3	g	0.030	0	0.016	0.090
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg	14	0	7	42
Amino acids:					
Tryptophan	g	0.005	0	0.003	0.015
Threonine	g	0.019	0	0.010	0.057
Isoleucine	g	0.021	0	0.011	0.063
Leucine	g	0.029	0	0.015	0.087
Lysine	g	0.029	0	0.015	0.087
Methionine	g	0.006	0	0.003	0.018
Cystine	g	0.004	0	0.002	0.012
Phenylalanine	g	0.019	0	0.010	0.057
Tyrosine	g	0.011	0	0.006	0.033
Valine	g	0.022	0	0.011	0.066
Arginine	g	0.044	0	0.023	0.132
Histidine	g	0.010	0	0.005	0.030
Alanine	g	0.024	0	0.012	0.072
Aspartic acid	g	0.041	0	0.021	0.123
Glutamic acid	g	0.196	0	0.102	0.590
Glycine	g	0.024	0	0.012	0.072
Proline	g	0.015	0	0.008	0.045
Serine	g	0.020	0	0.010	0.060
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1/2 cup slices
Measure 2: 1 cucumber, (8-1/4")

NDB No. 11206 Cucumber, peeled, raw

Refuse: 27% Parings, ends and bruised spots

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 133g	Measure 2* 119g	Measure 3* 280g
Proximates:							
Water	g	96.49	0.081	3	128.33	114.82	270.17
Energy	kcal	12		0	16	14	34
Energy	kj	50		0	67	60	140
Protein (N x 5.95)	g	0.57	0.087	3	0.76	0.68	1.60
Total lipid (fat)	g	0.16	0.022	3	0.21	0.19	0.45
Carbohydrate, by difference	g	2.50		0	3.33	2.98	7.00
Fiber, total dietary	g	0.7		0	0.9	0.8	2.0
Ash	g	0.28	0.020	3	0.37	0.33	0.78
Sugars, total	g						
Minerals:							
Calcium	mg	14	0.684	30	19	17	39
Iron	mg	0.16	0.165	31	0.21	0.19	0.45
Magnesium	mg	12	0.336	31	16	14	34
Phosphorus	mg	21	0.730	30	28	25	59
Potassium	mg	148	4.911	31	197	176	414
Sodium	mg	2	0.177	31	3	2	6
Zinc	mg	0.14	0.008	31	0.19	0.17	0.39
Copper	mg	0.032	0.002	30	0.043	0.038	0.090
Manganese	mg	0.085	4.954	31	0.113	0.101	0.238
Selenium	µg	0.0	0.000	19	0.0	0.0	0.0
Vitamins:							
Ascorbic acid	mg	2.8	1.817	3	3.7	3.3	7.8
Thiamin	mg	0.021	0.003	3	0.028	0.025	0.059
Riboflavin	mg	0.011	0.011	3	0.015	0.013	0.031
Niacin	mg	0.104	0.016	3	0.138	0.124	0.291
Pantothenic acid	mg	0.285		1	0.379	0.339	0.798
Vitamin B-6	mg	0.072	0.022	3	0.096	0.086	0.202
Folate	µg	14	3.749	3	19	17	39
Vitamin B-12	µg	0.00		0	0.00	0.00	0.00
Vitamin A	IU	74	9.410	3	98	88	207
Vitamin A, RE	µg	7		0	9	8	20
Vitamin E, α-TE	mg	0.079		0	0.105	0.094	0.221
Lipids:							
Saturated, total	g	0.042		0	0.056	0.050	0.118
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.000		0	0.000	0.000	0.000
14:0	g	0.001		0	0.001	0.001	0.003
15.0	g						
16:0	g	0.034		0	0.045	0.040	0.095
17:0	g						
18:0	g	0.004		0	0.005	0.005	0.011
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.004	0	0.005	0.005	0.011
14:1	g					
16:1	g	0.000	0	0.000	0.000	0.000
18:1	g	0.004	0	0.005	0.005	0.011
20:1	g	0.000	0	0.000	0.000	0.000
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.065	0	0.086	0.077	0.182
18:2	g	0.027	0	0.036	0.032	0.076
18:3	g	0.037	0	0.049	0.044	0.104
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
Phytosterols	mg					
Amino acids:						
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					
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, pared, chopped
Measure 2: 1 cup, sliced
Measure 3: 1 large (8-1/4" long)

NDB No. 11207 Dandelion greens, raw

Taraxacum officinale

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 55g	Measure 2*	Measure 3*
Proximates:							
Water	g	85.60		0	47.08		
Energy	kcal	45		0	25		
Energy	kj	188		0	103		
Protein (N x 5.95)	g	2.70		0	1.49		
Total lipid (fat)	g	0.70		0	0.39		
Carbohydrate, by difference	g	9.20		0	5.06		
Fiber, total dietary	g	3.5		0	1.9		
Ash	g	1.80		0	0.99		
Sugars, total	g						
Minerals:							
Calcium	mg	187		0	103		
Iron	mg	3.10		0	1.71		
Magnesium	mg	36		0	20		
Phosphorus	mg	66		0	36		
Potassium	mg	397		0	218		
Sodium	mg	76		0	42		
Zinc	mg	0.41		0	0.23		
Copper	mg	0.171		0	0.094		
Manganese	mg	0.342		0	0.188		
Selenium	µg	0.5		0	0.3		
Vitamins:							
Ascorbic acid	mg	35.0		0	19.3		
Thiamin	mg	0.190		0	0.105		
Riboflavin	mg	0.260		0	0.143		
Niacin	mg	0.806		0	0.443		
Pantothenic acid	mg	0.084		0	0.046		
Vitamin B-6	mg	0.251		0	0.138		
Folate	µg	27		0	15		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	14000		0	7700		
Vitamin A, RE	µg	1400		0	770		
Vitamin E, α-TE	mg	2.500		0	1.375		
Lipids:							
Saturated, total	g	0.170		0	0.094		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.000		0	0.000		
10:0	g	0.000		0	0.000		
12:0	g	0.000		0	0.000		
14:0	g	0.009		0	0.005		
15.0	g						
16:0	g	0.145		0	0.080		
17:0	g						
18:0	g	0.007		0	0.004		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.014	0	0.008
14:1	g			
16:1	g	0.000	0	0.000
18:1	g	0.014	0	0.008
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.306	0	0.168
18:2	g	0.261	0	0.144
18:3	g	0.044	0	0.024
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, chopped

NDB No. 11208 Dandelion greens, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 105g	Measure 2*	Measure 3*
Proximates:							
Water	g	89.80		0	94.29		
Energy	kcal	33		0	35		
Energy	kj	138		0	145		
Protein (N x 5.95)	g	2.00		0	2.10		
Total lipid (fat)	g	0.60		0	0.63		
Carbohydrate, by difference	g	6.40		0	6.72		
Fiber, total dietary	g	2.9		0	3.0		
Ash	g	1.20		0	1.26		
Sugars, total	g						
Minerals:							
Calcium	mg	140		0	147		
Iron	mg	1.80		0	1.89		
Magnesium	mg	24		0	25		
Phosphorus	mg	42		0	44		
Potassium	mg	232		0	244		
Sodium	mg	44		0	46		
Zinc	mg	0.28		0	0.29		
Copper	mg	0.115		0	0.121		
Manganese	mg	0.230		0	0.242		
Selenium	µg	0.3		0	0.3		
Vitamins:							
Ascorbic acid	mg	18.0		0	18.9		
Thiamin	mg	0.130		0	0.137		
Riboflavin	mg	0.175		0	0.184		
Niacin	mg	0.514		0	0.540		
Pantothenic acid	mg	0.057		0	0.060		
Vitamin B-6	mg	0.160		0	0.168		
Folate	µg	13		0	13		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	11700		0	12285		
Vitamin A, RE	µg	1170		0	1229		
Vitamin E, α-TE	mg	2.500		0	2.625		
Lipids:							
Saturated, total	g	0.146		0	0.153		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.000		0	0.000		
10:0	g	0.000		0	0.000		
12:0	g	0.000		0	0.000		
14:0	g	0.008		0	0.008		
15.0	g						
16:0	g	0.124		0	0.130		
17:0	g						
18:0	g	0.006		0	0.006		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.012	0	0.013
14:1	g			
16:1	g	0.000	0	0.000
18:1	g	0.012	0	0.013
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.262	0	0.275
18:2	g	0.224	0	0.235
18:3	g	0.038	0	0.040
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, chopped

NDB No. 11209 Eggplant, raw

Solanum malongena

Refuse: 19% Ends, parings and trimmings

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 82g	Measure 2* 458g	Measure 3* 548g
Proximates:							
Water	g	92.03	0.205	30	75.46	421.50	504.32
Energy	kcal	26		0	21	119	142
Energy	kj	109		0	89	499	597
Protein (N x 5.95)	g	1.02	0.037	5	0.84	4.67	5.59
Total lipid (fat)	g	0.18	0.049	5	0.15	0.82	0.99
Carbohydrate, by difference	g	6.07		0	4.98	27.80	33.26
Fiber, total dietary	g	2.5		0	2.0	11.4	13.7
Ash	g	0.71	0.125	6	0.58	3.25	3.89
Sugars, total	g						
Minerals:							
Calcium	mg	7	1.193	7	6	32	38
Iron	mg	0.27	0.022	7	0.22	1.24	1.48
Magnesium	mg	14	0.893	9	11	64	77
Phosphorus	mg	22	1.891	6	18	101	121
Potassium	mg	217	7.248	11	178	994	1189
Sodium	mg	3	0.257	26	2	14	16
Zinc	mg	0.14	0.007	6	0.11	0.64	0.77
Copper	mg	0.055	0.005	4	0.045	0.252	0.301
Manganese	mg	0.130	0.009	5	0.107	0.595	0.712
Selenium	µg	0.3	0.080	5	0.2	1.4	1.6
Vitamins:							
Ascorbic acid	mg	1.7	0.231	25	1.4	7.8	9.3
Thiamin	mg	0.052	0.010	5	0.043	0.238	0.285
Riboflavin	mg	0.034	0.005	5	0.028	0.156	0.186
Niacin	mg	0.598	0.017	5	0.490	2.739	3.277
Pantothenic acid	mg	0.252	0.009	4	0.207	1.154	1.381
Vitamin B-6	mg	0.084	0.003	5	0.069	0.385	0.460
Folate	µg	19	2.038	7	16	87	104
Vitamin B-12	µg	0.00		0	0.00	0.00	0.00
Vitamin A	IU	84	8.678	3	69	385	460
Vitamin A, RE	µg	8		0	7	37	44
Vitamin E, α-TE	mg	0.030		0	0.025	0.137	0.164
Lipids:							
Saturated, total	g	0.034		0	0.028	0.156	0.186
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.000		0	0.000	0.000	0.000
14:0	g	0.000		1	0.000	0.000	0.000
15.0	g						
16:0	g	0.025		1	0.021	0.115	0.137
17:0	g						
18:0	g	0.009		1	0.007	0.041	0.049
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.016	0	0.013	0.073	0.088
14:1	g					
16:1	g	0.002	1	0.002	0.009	0.011
18:1	g	0.014	1	0.011	0.064	0.077
20:1	g	0.000	0	0.000	0.000	0.000
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.076	0	0.062	0.348	0.416
18:2	g	0.063	1	0.052	0.289	0.345
18:3	g	0.013	1	0.011	0.060	0.071
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
Phytosterols	mg	7	1	6	32	38
Amino acids:						
Tryptophan	g	0.009	0	0.007	0.041	0.049
Threonine	g	0.037	0	0.030	0.169	0.203
Isoleucine	g	0.045	0	0.037	0.206	0.247
Leucine	g	0.064	0	0.052	0.293	0.351
Lysine	g	0.047	0	0.039	0.215	0.258
Methionine	g	0.011	0	0.009	0.050	0.060
Cystine	g	0.006	0	0.005	0.027	0.033
Phenylalanine	g	0.043	0	0.035	0.197	0.236
Tyrosine	g	0.027	0	0.022	0.124	0.148
Valine	g	0.053	0	0.043	0.243	0.290
Arginine	g	0.057	0	0.047	0.261	0.312
Histidine	g	0.023	0	0.019	0.105	0.126
Alanine	g	0.051	0	0.042	0.234	0.279
Aspartic acid	g	0.164	0	0.134	0.751	0.899
Glutamic acid	g	0.186	0	0.153	0.852	1.019
Glycine	g	0.041	0	0.034	0.188	0.225
Proline	g	0.043	0	0.035	0.197	0.236
Serine	g	0.042	0	0.034	0.192	0.230
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, cubes
Measure 2: 1 eggplant, peeled (yield from 1.25 lb)
Measure 3: 1 eggplant, unpeeled (approx 1.25 lbs)

NDB No. 11210 Eggplant, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 99g	Measure 2*	Measure 3*
Proximates:							
Water	g	91.77		0	90.85		
Energy	kcal	28		0	28		
Energy	kj	117		0	116		
Protein (N x 5.95)	g	0.83	0.074	3	0.82		
Total lipid (fat)	g	0.23	0.005	2	0.23		
Carbohydrate, by difference	g	6.64		0	6.57		
Fiber, total dietary	g	2.5		0	2.5		
Ash	g	0.54	0.035	2	0.53		
Sugars, total	g						
Minerals:							
Calcium	mg	6	1.250	2	6		
Iron	mg	0.35	0.040	2	0.35		
Magnesium	mg	13	0.300	2	13		
Phosphorus	mg	22	5.000	2	22		
Potassium	mg	248	20.700	2	246		
Sodium	mg	3	0.650	2	3		
Zinc	mg	0.15		0	0.15		
Copper	mg	0.108		0	0.107		
Manganese	mg	0.136		0	0.135		
Selenium	µg	0.4	0.112	5	0.4		
Vitamins:							
Ascorbic acid	mg	1.3		0	1.3		
Thiamin	mg	0.076		0	0.075		
Riboflavin	mg	0.020		0	0.020		
Niacin	mg	0.600		0	0.594		
Pantothenic acid	mg	0.075		0	0.074		
Vitamin B-6	mg	0.086		0	0.085		
Folate	µg	14		0	14		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	64		0	63		
Vitamin A, RE	µg	6		0	6		
Vitamin E, α-TE	mg	0.030		0	0.030		
Lipids:							
Saturated, total	g	0.044		0	0.044		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.000		0	0.000		
10:0	g	0.000		0	0.000		
12:0	g	0.000		0	0.000		
14:0	g	0.001		0	0.001		
15.0	g						
16:0	g	0.032		0	0.032		
17:0	g						
18:0	g	0.012		0	0.012		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.020	0	0.020
14:1	g			
16:1	g	0.002	0	0.002
18:1	g	0.018	0	0.018
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.093	0	0.092
18:2	g	0.078	0	0.077
18:3	g	0.015	0	0.015
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.008	0	0.008
Threonine	g	0.030	0	0.030
Isoleucine	g	0.036	0	0.036
Leucine	g	0.052	0	0.051
Lysine	g	0.039	0	0.039
Methionine	g	0.009	0	0.009
Cystine	g	0.004	0	0.004
Phenylalanine	g	0.035	0	0.035
Tyrosine	g	0.022	0	0.022
Valine	g	0.043	0	0.043
Arginine	g	0.046	0	0.046
Histidine	g	0.019	0	0.019
Alanine	g	0.042	0	0.042
Aspartic acid	g	0.134	0	0.133
Glutamic acid	g	0.152	0	0.150
Glycine	g	0.033	0	0.033
Proline	g	0.034	0	0.034
Serine	g	0.034	0	0.034
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, (1" cubes)

NDB No. 11213 Endive, raw

Cichorium endivia

Refuse: 14% Outer leaves and core

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 513g	Measure 2* 25g	Measure 3*
Proximates:							
Water	g	93.79	0.254	24	481.14	23.45	
Energy	kcal	17		0	87	4	
Energy	kj	71		0	364	18	
Protein (N x 5.95)	g	1.25	0.050	2	6.41	0.31	
Total lipid (fat)	g	0.20	0.000	2	1.03	0.05	
Carbohydrate, by difference	g	3.35		0	17.19	0.84	
Fiber, total dietary	g	3.1		0	15.9	0.8	
Ash	g	1.41	0.051	2	7.23	0.35	
Sugars, total	g						
Minerals:							
Calcium	mg	52	5.780	4	267	13	
Iron	mg	0.83	0.239	4	4.26	0.21	
Magnesium	mg	15	5.530	4	77	4	
Phosphorus	mg	28	3.844	3	144	7	
Potassium	mg	314	22.487	18	1611	79	
Sodium	mg	22	4.106	18	113	6	
Zinc	mg	0.79	0.001	2	4.05	0.20	
Copper	mg	0.099		1	0.508	0.025	
Manganese	mg	0.420		1	2.155	0.105	
Selenium	µg	0.2		0	1.0	0.1	
Vitamins:							
Ascorbic acid	mg	6.5	1.500	2	33.3	1.6	
Thiamin	mg	0.080	0.010	2	0.410	0.020	
Riboflavin	mg	0.075	0.005	2	0.385	0.019	
Niacin	mg	0.400	0.000	2	2.052	0.100	
Pantothenic acid	mg	0.900		0	4.617	0.225	
Vitamin B-6	mg	0.020		0	0.103	0.005	
Folate	µg	142	13.409	6	728	36	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	2050	450.000	2	10517	513	
Vitamin A, RE	µg	205	45.000	2	1052	51	
Vitamin E, α-TE	mg	0.440		0	2.257	0.110	
Lipids:							
Saturated, total	g	0.048		0	0.246	0.012	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.003		0	0.015	0.001	
15.0	g						
16:0	g	0.041		0	0.210	0.010	
17:0	g						
18:0	g	0.002		0	0.010	0.001	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.004	0	0.021	0.001
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.004	0	0.021	0.001
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.087	0	0.446	0.022
18:2	g	0.075	0	0.385	0.019
18:3	g	0.013	0	0.067	0.003
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.005	5	0.026	0.001
Threonine	g	0.050	7	0.257	0.013
Isoleucine	g	0.072	7	0.369	0.018
Leucine	g	0.098	7	0.503	0.025
Lysine	g	0.063	7	0.323	0.016
Methionine	g	0.014	7	0.072	0.004
Cystine	g	0.010	3	0.051	0.003
Phenylalanine	g	0.053	7	0.272	0.013
Tyrosine	g	0.040	3	0.205	0.010
Valine	g	0.063	7	0.323	0.016
Arginine	g	0.062	7	0.318	0.016
Histidine	g	0.023	7	0.118	0.006
Alanine	g	0.062	3	0.318	0.016
Aspartic acid	g	0.130	3	0.667	0.033
Glutamic acid	g	0.166	3	0.852	0.042
Glycine	g	0.058	3	0.298	0.015
Proline	g	0.059	3	0.303	0.015
Serine	g	0.049	3	0.251	0.012
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 head

Measure 2: 1/2 cup, chopped

NDB No. 11215 Garlic, raw

Allium sativum

Refuse: 13% Knob and skin

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 136g	Measure 2* 3g	Measure 3* 3g
Proximates:							
Water	g	58.58	0.432	8	79.67	1.64	1.76
Energy	kcal	149		0	203	4	4
Energy	kj	623		0	847	17	19
Protein (N x 5.95)	g	6.36	0.203	8	8.65	0.18	0.19
Total lipid (fat)	g	0.50		1	0.68	0.01	0.02
Carbohydrate, by difference	g	33.07		0	44.98	0.93	0.99
Fiber, total dietary	g	2.1		0	2.9	0.1	0.1
Ash	g	1.50		0	2.04	0.04	0.05
Sugars, total	g						
Minerals:							
Calcium	mg	181	25.131	8	246	5	5
Iron	mg	1.70		1	2.31	0.05	0.05
Magnesium	mg	25	1.049	8	34	1	1
Phosphorus	mg	153	7.945	8	208	4	5
Potassium	mg	401	25.544	8	545	11	12
Sodium	mg	17	1.183	8	23	0	1
Zinc	mg	1.16		0	1.58	0.03	0.03
Copper	mg	0.299		0	0.407	0.008	0.009
Manganese	mg	1.672		0	2.274	0.047	0.050
Selenium	µg	14.2	3.198	5	19.3	0.4	0.4
Vitamins:							
Ascorbic acid	mg	31.2	1.645	11	42.4	0.9	0.9
Thiamin	mg	0.200		1	0.272	0.006	0.006
Riboflavin	mg	0.110		1	0.150	0.003	0.003
Niacin	mg	0.700		1	0.952	0.020	0.021
Pantothenic acid	mg	0.596		0	0.811	0.017	0.018
Vitamin B-6	mg	1.235		0	1.680	0.035	0.037
Folate	µg	3		0	4	0	0
Vitamin B-12	µg	0.00		0	0.00	0.00	0.00
Vitamin A	IU	0		1	0	0	0
Vitamin A, RE	µg	0		1	0	0	0
Vitamin E, α-TE	mg	0.010		0	0.014	0.000	0.000
Lipids:							
Saturated, total	g	0.089		0	0.121	0.002	0.003
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.002		0	0.003	0.000	0.000
12:0	g	0.000		0	0.000	0.000	0.000
14:0	g	0.000		0	0.000	0.000	0.000
15.0	g						
16:0	g	0.087		0	0.118	0.002	0.003
17:0	g						
18:0	g	0.000		0	0.000	0.000	0.000
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.011	0	0.015	0.000	0.000
14:1	g					
16:1	g	0.000	0	0.000	0.000	0.000
18:1	g	0.011	0	0.015	0.000	0.000
20:1	g	0.000	0	0.000	0.000	0.000
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.249	0	0.339	0.007	0.007
18:2	g	0.229	0	0.311	0.006	0.007
18:3	g	0.020	0	0.027	0.001	0.001
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.066	1	0.090	0.002	0.002
Threonine	g	0.157	1	0.214	0.004	0.005
Isoleucine	g	0.217	1	0.295	0.006	0.007
Leucine	g	0.308	1	0.419	0.009	0.009
Lysine	g	0.273	1	0.371	0.008	0.008
Methionine	g	0.076	1	0.103	0.002	0.002
Cystine	g	0.065	1	0.088	0.002	0.002
Phenylalanine	g	0.183	1	0.249	0.005	0.005
Tyrosine	g	0.081	1	0.110	0.002	0.002
Valine	g	0.291	1	0.396	0.008	0.009
Arginine	g	0.634	1	0.862	0.018	0.019
Histidine	g	0.113	1	0.154	0.003	0.003
Alanine	g	0.132	1	0.180	0.004	0.004
Aspartic acid	g	0.489	1	0.665	0.014	0.015
Glutamic acid	g	0.805	1	1.095	0.023	0.024
Glycine	g	0.200	1	0.272	0.006	0.006
Proline	g	0.100	1	0.136	0.003	0.003
Serine	g	0.190	1	0.258	0.005	0.006
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 teaspoon
Measure 3: 1 clove

NDB No. 11216 Ginger root, raw

Zingiber officinale

Refuse: 7% Scrapings

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 2g	Measure 2* 24g	Measure 3* 11g
Proximates:							
Water	g	81.67	5.825	3	1.63	19.60	8.98
Energy	kcal	69		0	1	17	8
Energy	kj	289		0	6	69	32
Protein (N x 5.95)	g	1.74	0.242	3	0.03	0.42	0.19
Total lipid (fat)	g	0.73	0.030	2	0.01	0.18	0.08
Carbohydrate, by difference	g	15.09		0	0.30	3.62	1.66
Fiber, total dietary	g	2.0		0	0.0	0.5	0.2
Ash	g	0.77		1	0.02	0.18	0.08
Sugars, total	g						
Minerals:							
Calcium	mg	18	3.550	2	0	4	2
Iron	mg	0.50	0.195	2	0.01	0.12	0.06
Magnesium	mg	43		1	1	10	5
Phosphorus	mg	27	14.450	2	1	6	3
Potassium	mg	415		1	8	100	46
Sodium	mg	13		1	0	3	1
Zinc	mg	0.34		0	0.01	0.08	0.04
Copper	mg	0.226		0	0.005	0.054	0.025
Manganese	mg	0.229		0	0.005	0.055	0.025
Selenium	µg	0.7		0	0.0	0.2	0.1
Vitamins:							
Ascorbic acid	mg	5.0		1	0.1	1.2	0.6
Thiamin	mg	0.023	0.003	2	0.000	0.006	0.003
Riboflavin	mg	0.029	0.009	2	0.001	0.007	0.003
Niacin	mg	0.700	0.100	2	0.014	0.168	0.077
Pantothenic acid	mg	0.203		0	0.004	0.049	0.022
Vitamin B-6	mg	0.160		0	0.003	0.038	0.018
Folate	µg	11		0	0	3	1
Vitamin B-12	µg	0.00		0	0.00	0.00	0.00
Vitamin A	IU	0		1	0	0	0
Vitamin A, RE	µg	0		1	0	0	0
Vitamin E, α-TE	mg	0.260		0	0.005	0.062	0.029
Lipids:							
Saturated, total	g	0.203		0	0.004	0.049	0.022
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.007		0	0.000	0.002	0.001
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.039		0	0.001	0.009	0.004
14:0	g	0.018		0	0.000	0.004	0.002
15.0	g						
16:0	g	0.120		0	0.002	0.029	0.013
17:0	g						
18:0	g	0.017		0	0.000	0.004	0.002
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.154	0	0.003	0.037	0.017
14:1	g					
16:1	g	0.021	0	0.000	0.005	0.002
18:1	g	0.119	0	0.002	0.029	0.013
20:1	g	0.007	0	0.000	0.002	0.001
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.154	0	0.003	0.037	0.017
18:2	g	0.120	0	0.002	0.029	0.013
18:3	g	0.034	0	0.001	0.008	0.004
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
Phytosterols	mg	15	0	0	4	2
Amino acids:						
Tryptophan	g	0.012	1	0.000	0.003	0.001
Threonine	g	0.036	1	0.001	0.009	0.004
Isoleucine	g	0.051	1	0.001	0.012	0.006
Leucine	g	0.074	1	0.001	0.018	0.008
Lysine	g	0.057	1	0.001	0.014	0.006
Methionine	g	0.013	1	0.000	0.003	0.001
Cystine	g	0.008	1	0.000	0.002	0.001
Phenylalanine	g	0.045	1	0.001	0.011	0.005
Tyrosine	g	0.020	1	0.000	0.005	0.002
Valine	g	0.073	1	0.001	0.018	0.008
Arginine	g	0.043	1	0.001	0.010	0.005
Histidine	g	0.030	1	0.001	0.007	0.003
Alanine	g	0.031	1	0.001	0.007	0.003
Aspartic acid	g	0.208	1	0.004	0.050	0.023
Glutamic acid	g	0.162	1	0.003	0.039	0.018
Glycine	g	0.043	1	0.001	0.010	0.005
Proline	g	0.041	1	0.001	0.010	0.005
Serine	g	0.045	1	0.001	0.011	0.005
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 teaspoon
Measure 2: 1/4 cup slices, (1" dia)
Measure 3: 5 slices, (1" dia)

NDB No. 11218 Gourd, white-flowered (calabash), raw

Lagenaria siceraria

Refuse: 30% Ends, skin, and seeds

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 58g	Measure 2* 771g	Measure 3*
Proximates:							
Water	g	95.54		1	55.41	736.61	
Energy	kcal	14		0	8	108	
Energy	kj	59		0	34	455	
Protein (N x 5.95)	g	0.62		0	0.36	4.78	
Total lipid (fat)	g	0.02		0	0.01	0.15	
Carbohydrate, by difference	g	3.39		0	1.97	26.14	
Fiber, total dietary	g						
Ash	g	0.43		0	0.25	3.32	
Sugars, total	g						
Minerals:							
Calcium	mg	26		1	15	200	
Iron	mg	0.20		1	0.12	1.54	
Magnesium	mg	11		1	6	85	
Phosphorus	mg	13		1	8	100	
Potassium	mg	150		1	87	1157	
Sodium	mg	2		1	1	15	
Zinc	mg	0.70		0	0.41	5.40	
Copper	mg	0.026		0	0.015	0.200	
Manganese	mg	0.066		0	0.038	0.509	
Selenium	µg	0.2		0	0.1	1.5	
Vitamins:							
Ascorbic acid	mg	10.1		0	5.9	77.9	
Thiamin	mg	0.029		0	0.017	0.224	
Riboflavin	mg	0.022		0	0.013	0.170	
Niacin	mg	0.320		0	0.186	2.467	
Pantothenic acid	mg	0.152		0	0.088	1.172	
Vitamin B-6	mg	0.040		0	0.023	0.308	
Folate	µg	6		0	3	45	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	16		0	9	123	
Vitamin A, RE	µg	2		0	1	15	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.002		0	0.001	0.015	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g	0.001		0	0.001	0.008	
17:0	g						
18:0	g	0.000		0	0.000	0.000	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.004	0	0.002	0.031
14:1	g				
16:1	g				
18:1	g	0.004	0	0.002	0.031
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.009	0	0.005	0.069
18:2	g	0.009	0	0.005	0.069
18:3	g				
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.003	2	0.002	0.023
Threonine	g	0.018	2	0.010	0.139
Isoleucine	g	0.033	2	0.019	0.254
Leucine	g	0.036	2	0.021	0.278
Lysine	g	0.021	2	0.012	0.162
Methionine	g	0.004	2	0.002	0.031
Cystine	g				
Phenylalanine	g	0.015	2	0.009	0.116
Tyrosine	g				
Valine	g	0.027	2	0.016	0.208
Arginine	g	0.014	2	0.008	0.108
Histidine	g	0.004	2	0.002	0.031
Alanine	g				
Aspartic acid	g				
Glutamic acid	g				
Glycine	g				
Proline	g				
Serine	g				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1/2 cup, (1" pieces)
Measure 2: 1 gourd

NDB No. 11219 Gourd, white-flowered (calabash), cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 146g	Measure 2*	Measure 3*
Proximates:							
Water	g	95.32		1	139.17		
Energy	kcal	15		0	22		
Energy	kj	63		0	92		
Protein (N x 5.95)	g	0.60		0	0.88		
Total lipid (fat)	g	0.02		0	0.03		
Carbohydrate, by difference	g	3.69		0	5.39		
Fiber, total dietary	g						
Ash	g	0.37		1	0.54		
Sugars, total	g						
Minerals:							
Calcium	mg	24		1	35		
Iron	mg	0.25		1	0.37		
Magnesium	mg	11		1	16		
Phosphorus	mg	13		1	19		
Potassium	mg	170		1	248		
Sodium	mg	2		1	3		
Zinc	mg	0.70		0	1.02		
Copper	mg	0.026		0	0.038		
Manganese	mg	0.066		0	0.096		
Selenium	µg	0.2		0	0.3		
Vitamins:							
Ascorbic acid	mg	8.5		0	12.4		
Thiamin	mg	0.029		0	0.042		
Riboflavin	mg	0.022		0	0.032		
Niacin	mg	0.390		0	0.569		
Pantothenic acid	mg	0.144		0	0.210		
Vitamin B-6	mg	0.038		0	0.055		
Folate	µg	4		0	6		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	0		0	0		
Vitamin A, RE	µg	0		0	0		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.002		0	0.003		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g	0.001		0	0.001		
17:0	g						
18:0	g	0.000		0	0.000		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.004	0	0.006
14:1	g			
16:1	g			
18:1	g	0.004	0	0.006
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.009	0	0.013
18:2	g	0.009	0	0.013
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.003	0	0.004
Threonine	g	0.017	0	0.025
Isoleucine	g	0.032	0	0.047
Leucine	g	0.035	0	0.051
Lysine	g	0.020	0	0.029
Methionine	g	0.004	0	0.006
Cystine	g			
Phenylalanine	g	0.014	0	0.020
Tyrosine	g			
Valine	g	0.026	0	0.038
Arginine	g	0.014	0	0.020
Histidine	g	0.004	0	0.006
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, (1" cubes)

NDB No. 11220 Gourd, dishcloth (towelgourd), raw

Luffa aegyptiaca

Refuse: 27% Ribs, skin, stem and blossom end

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 95g	Measure 2* 178g	Measure 3*
Proximates:							
Water	g	93.85	0.845	2	89.16	167.05	
Energy	kcal	20		0	19	36	
Energy	kj	84		0	80	150	
Protein (N x 5.95)	g	1.20		1	1.14	2.14	
Total lipid (fat)	g	0.20		1	0.19	0.36	
Carbohydrate, by difference	g	4.36		0	4.14	7.76	
Fiber, total dietary	g						
Ash	g	0.40		0	0.38	0.71	
Sugars, total	g						
Minerals:							
Calcium	mg	20		1	19	36	
Iron	mg	0.36	0.040	2	0.34	0.64	
Magnesium	mg	14		1	13	25	
Phosphorus	mg	32		1	30	57	
Potassium	mg	139		1	132	247	
Sodium	mg	3		1	3	5	
Zinc	mg	0.07		0	0.07	0.12	
Copper	mg	0.035		0	0.033	0.062	
Manganese	mg	0.092		0	0.087	0.164	
Selenium	µg	0.2		0	0.2	0.4	
Vitamins:							
Ascorbic acid	mg	12.0		1	11.4	21.4	
Thiamin	mg	0.050		1	0.048	0.089	
Riboflavin	mg	0.060		1	0.057	0.107	
Niacin	mg	0.400		1	0.380	0.712	
Pantothenic acid	mg	0.218		0	0.207	0.388	
Vitamin B-6	mg	0.043		0	0.041	0.077	
Folate	µg	7		0	6	12	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	410		1	390	730	
Vitamin A, RE	µg	41		1	39	73	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.016		0	0.015	0.028	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g	0.011		0	0.010	0.020	
17:0	g						
18:0	g	0.005		0	0.005	0.009	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.037	0	0.035	0.066
14:1	g				
16:1	g				
18:1	g	0.037	0	0.035	0.066
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.087	0	0.083	0.155
18:2	g	0.087	0	0.083	0.155
18:3	g				
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, (1" pieces)
Measure 2: 1 gourd

NDB No. 11221 Gourd, dishcloth (towelgourd), cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 178g	Measure 2* 89g	Measure 3*
Proximates:							
Water	g	84.29		1	150.04	75.02	
Energy	kcal	56		0	100	50	
Energy	kj	234		0	417	208	
Protein (N x 5.95)	g	0.66		0	1.17	0.59	
Total lipid (fat)	g	0.34		0	0.61	0.30	
Carbohydrate, by difference	g	14.34		0	25.53	12.76	
Fiber, total dietary	g						
Ash	g	0.37		0	0.66	0.33	
Sugars, total	g						
Minerals:							
Calcium	mg	9		0	16	8	
Iron	mg	0.36		0	0.64	0.32	
Magnesium	mg	20		1	36	18	
Phosphorus	mg	31		0	55	28	
Potassium	mg	453		1	806	403	
Sodium	mg	21		1	37	19	
Zinc	mg	0.17		0	0.30	0.15	
Copper	mg	0.085		0	0.151	0.076	
Manganese	mg	0.223		0	0.397	0.198	
Selenium	µg	0.2		0	0.4	0.2	
Vitamins:							
Ascorbic acid	mg	5.7		0	10.1	5.1	
Thiamin	mg	0.046		0	0.082	0.041	
Riboflavin	mg	0.042		0	0.075	0.037	
Niacin	mg	0.260		0	0.463	0.231	
Pantothenic acid	mg	0.501		0	0.892	0.446	
Vitamin B-6	mg	0.099		0	0.176	0.088	
Folate	µg	12		0	21	11	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	260		0	463	231	
Vitamin A, RE	µg	26		0	46	23	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.027		0	0.048	0.024	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g	0.019		0	0.034	0.017	
17:0	g						
18:0	g	0.008		0	0.014	0.007	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.063	0	0.112	0.056
14:1	g				
16:1	g				
18:1	g	0.063	0	0.112	0.056
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.148	0	0.263	0.132
18:2	g	0.148	0	0.263	0.132
18:3	g				
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, (1" pieces)
Measure 2: 1/2 cup, 1 in slices

NDB No. 11222 Horseradish-tree leafy tips, raw

Moringa oleifera

Refuse: 38% Stems

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 21g	Measure 2*	Measure 3*
Proximates:							
Water	g	78.66		1	16.52		
Energy	kcal	64		0	13		
Energy	kj	268		0	56		
Protein (N x 5.95)	g	9.40		0	1.97		
Total lipid (fat)	g	1.40		0	0.29		
Carbohydrate, by difference	g	8.28		0	1.74		
Fiber, total dietary	g	2.0		0	0.4		
Ash	g	2.26		0	0.47		
Sugars, total	g						
Minerals:							
Calcium	mg	185		0	39		
Iron	mg	4.00		0	0.84		
Magnesium	mg	147		1	31		
Phosphorus	mg	112		0	24		
Potassium	mg	337		1	71		
Sodium	mg	9		1	2		
Zinc	mg	0.60		0	0.13		
Copper	mg	0.105		0	0.022		
Manganese	mg	1.063		0	0.223		
Selenium	µg	0.9		0	0.2		
Vitamins:							
Ascorbic acid	mg	51.7		0	10.9		
Thiamin	mg	0.257		0	0.054		
Riboflavin	mg	0.660		0	0.139		
Niacin	mg	2.220		0	0.466		
Pantothenic acid	mg	0.125		0	0.026		
Vitamin B-6	mg	1.200		0	0.252		
Folate	µg	40		0	8		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	7564		0	1588		
Vitamin A, RE	µg	756		0	159		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g						
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g			
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g			
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.144	3	0.030
Threonine	g	0.411	3	0.086
Isoleucine	g	0.451	3	0.095
Leucine	g	0.791	3	0.166
Lysine	g	0.537	3	0.113
Methionine	g	0.123	3	0.026
Cystine	g	0.140	3	0.029
Phenylalanine	g	0.487	3	0.102
Tyrosine	g	0.347	1	0.073
Valine	g	0.611	3	0.128
Arginine	g	0.532	3	0.112
Histidine	g	0.196	3	0.041
Alanine	g	0.705	1	0.148
Aspartic acid	g	0.920	1	0.193
Glutamic acid	g	1.035	1	0.217
Glycine	g	0.517	1	0.109
Proline	g	0.451	1	0.095
Serine	g	0.414	1	0.087
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, chopped

NDB No. 11223 Horseradish-tree, leafy tips, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 42g	Measure 2*	Measure 3*
Proximates:							
Water	g	81.65		1	34.29		
Energy	kcal	60		0	25		
Energy	kj	251		0	105		
Protein (N x 5.95)	g	5.27		1	2.21		
Total lipid (fat)	g	0.93		1	0.39		
Carbohydrate, by difference	g	11.15		0	4.68		
Fiber, total dietary	g	2.0		0	0.8		
Ash	g	1.00		1	0.42		
Sugars, total	g						
Minerals:							
Calcium	mg	151		0	63		
Iron	mg	2.32		1	0.97		
Magnesium	mg	151		1	63		
Phosphorus	mg	67		1	28		
Potassium	mg	344		1	144		
Sodium	mg	9		1	4		
Zinc	mg	0.49		0	0.21		
Copper	mg	0.086		0	0.036		
Manganese	mg	0.868		0	0.365		
Selenium	µg	0.9		0	0.4		
Vitamins:							
Ascorbic acid	mg	31.0		0	13.0		
Thiamin	mg	0.222		0	0.093		
Riboflavin	mg	0.509		0	0.214		
Niacin	mg	1.995		0	0.838		
Pantothenic acid	mg	0.102		0	0.043		
Vitamin B-6	mg	0.929		0	0.390		
Folate	µg	23		0	9		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	7013		0	2945		
Vitamin A, RE	µg	701		0	294		
Vitamin E, α-TE	mg	0.095		0	0.040		
Lipids:							
Saturated, total	g	0.152		0	0.064		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.000		0	0.000		
10:0	g	0.000		0	0.000		
12:0	g	0.000		0	0.000		
14:0	g	0.000		0	0.000		
15.0	g						
16:0	g	0.030		0	0.013		
17:0	g						
18:0	g	0.062		0	0.026		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.473	0	0.199
14:1	g			
16:1	g	0.000	0	0.000
18:1	g	0.473	0	0.199
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.015	0	0.006
18:2	g	0.015	0	0.006
18:3	g	0.000	0	0.000
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.081	0	0.034
Threonine	g	0.230	0	0.097
Isoleucine	g	0.253	0	0.106
Leucine	g	0.443	0	0.186
Lysine	g	0.301	0	0.126
Methionine	g	0.069	0	0.029
Cystine	g	0.078	0	0.033
Phenylalanine	g	0.273	0	0.115
Tyrosine	g	0.195	0	0.082
Valine	g	0.342	0	0.144
Arginine	g	0.298	0	0.125
Histidine	g	0.110	0	0.046
Alanine	g	0.395	0	0.166
Aspartic acid	g	0.516	0	0.217
Glutamic acid	g	0.580	0	0.244
Glycine	g	0.290	0	0.122
Proline	g	0.253	0	0.106
Serine	g	0.232	0	0.097
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, chopped

NDB No. 11224 Hyacinth-beans, immature seeds, raw

Dolichos lablab

Refuse: 7% Ends and strings

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 80g	Measure 2*	Measure 3*
Proximates:							
Water	g	87.87		1	70.30		
Energy	kcal	46		0	37		
Energy	kj	192		0	154		
Protein (N x 5.95)	g	2.10		0	1.68		
Total lipid (fat)	g	0.20		0	0.16		
Carbohydrate, by difference	g	9.19		0	7.35		
Fiber, total dietary	g						
Ash	g	0.64		1	0.51		
Sugars, total	g						
Minerals:							
Calcium	mg	50		0	40		
Iron	mg	0.74		0	0.59		
Magnesium	mg	40		1	32		
Phosphorus	mg	49		0	39		
Potassium	mg	252		1	202		
Sodium	mg	2		1	2		
Zinc	mg	0.37		0	0.30		
Copper	mg	0.047		0	0.038		
Manganese	mg	0.205		0	0.164		
Selenium	µg	1.5		0	1.2		
Vitamins:							
Ascorbic acid	mg	12.9		0	10.3		
Thiamin	mg	0.077		0	0.062		
Riboflavin	mg	0.092		0	0.074		
Niacin	mg	0.520		0	0.416		
Pantothenic acid	mg	0.055		0	0.044		
Vitamin B-6	mg	0.024		0	0.019		
Folate	µg	62		0	49		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	109		0	87		
Vitamin A, RE	µg	11		0	9		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.088		0	0.070		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g	0.001		0	0.001		
14:0	g	0.003		0	0.002		
15.0	g						
16:0	g	0.056		0	0.045		
17:0	g						
18:0	g	0.009		0	0.007		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.095	0	0.076
14:1	g			
16:1	g	0.001	0	0.001
18:1	g	0.095	0	0.076
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.008	0	0.006
18:2	g	0.001	0	0.001
18:3	g	0.007	0	0.006
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g	0.088	1	0.070
Isoleucine	g	0.143	1	0.114
Leucine	g	0.218	1	0.174
Lysine	g	0.145	1	0.116
Methionine	g	0.019	1	0.015
Cystine	g	0.014	1	0.011
Phenylalanine	g	0.046	1	0.037
Tyrosine	g	0.038	1	0.030
Valine	g	0.155	1	0.124
Arginine	g	0.143	1	0.114
Histidine	g	0.088	1	0.070
Alanine	g	0.109	1	0.087
Aspartic acid	g	0.042	1	0.034
Glutamic acid	g	0.256	1	0.205
Glycine	g	0.172	1	0.138
Proline	g			
Serine	g	0.107	1	0.086
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 1 cup

NDB No. 11225 Hyacinth-beans, immature seeds, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 87g	Measure 2*	Measure 3*
Proximates:							
Water	g	86.90		1	75.60		
Energy	kcal	50		0	44		
Energy	kj	209		0	182		
Protein (N x 5.95)	g	2.95		1	2.57		
Total lipid (fat)	g	0.27		1	0.23		
Carbohydrate, by difference	g	9.20		0	8.00		
Fiber, total dietary	g						
Ash	g	0.68		1	0.59		
Sugars, total	g						
Minerals:							
Calcium	mg	41		1	36		
Iron	mg	0.76		1	0.66		
Magnesium	mg	42		1	37		
Phosphorus	mg	49		1	43		
Potassium	mg	262		1	228		
Sodium	mg	2		1	2		
Zinc	mg	0.38		0	0.33		
Copper	mg	0.048		0	0.042		
Manganese	mg	0.210		0	0.183		
Selenium	µg	1.6		0	1.4		
Vitamins:							
Ascorbic acid	mg	5.1		0	4.4		
Thiamin	mg	0.056		0	0.049		
Riboflavin	mg	0.088		0	0.077		
Niacin	mg	0.480		0	0.418		
Pantothenic acid	mg	0.053		0	0.046		
Vitamin B-6	mg	0.023		0	0.020		
Folate	µg	47		0	40		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	142		0	124		
Vitamin A, RE	µg	14		0	12		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.119		0	0.104		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g	0.002		0	0.002		
14:0	g	0.004		0	0.003		
15.0	g						
16:0	g	0.076		0	0.066		
17:0	g						
18:0	g	0.012		0	0.010		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.129	0	0.112
14:1	g			
16:1	g	0.001	0	0.001
18:1	g	0.128	0	0.111
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.010	0	0.009
18:2	g	0.002	0	0.002
18:3	g	0.009	0	0.008
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g	0.124	0	0.108
Isoleucine	g	0.201	0	0.175
Leucine	g	0.307	0	0.267
Lysine	g	0.203	0	0.177
Methionine	g	0.026	0	0.023
Cystine	g	0.020	0	0.017
Phenylalanine	g	0.065	0	0.057
Tyrosine	g	0.053	0	0.046
Valine	g	0.218	0	0.190
Arginine	g	0.201	0	0.175
Histidine	g	0.124	0	0.108
Alanine	g	0.153	0	0.133
Aspartic acid	g	0.059	0	0.051
Glutamic acid	g	0.360	0	0.313
Glycine	g	0.242	0	0.211
Proline	g			
Serine	g	0.150	0	0.130
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 1 cup

NDB No. 11226 Jerusalem-artichokes, raw

Helianthus tuberosus

Refuse: 31% Parings

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 150g	Measure 2*	Measure 3*
Proximates:							
Water	g	78.01	0.640	3	117.02		
Energy	kcal	76		0	114		
Energy	kj	318		0	477		
Protein (N x 5.95)	g	2.00	0.130	2	3.00		
Total lipid (fat)	g	0.01	0.007	2	0.02		
Carbohydrate, by difference	g	17.44		0	26.16		
Fiber, total dietary	g	1.6		0	2.4		
Ash	g	2.54	0.090	2	3.81		
Sugars, total	g						
Minerals:							
Calcium	mg	14		0	21		
Iron	mg	3.40		0	5.10		
Magnesium	mg	17		0	26		
Phosphorus	mg	78		0	117		
Potassium	mg	429		0	644		
Sodium	mg	4		0	6		
Zinc	mg	0.12		0	0.18		
Copper	mg	0.140		0	0.210		
Manganese	mg	0.060	0.042	2	0.090		
Selenium	µg	0.7		0	1.1		
Vitamins:							
Ascorbic acid	mg	4.0		0	6.0		
Thiamin	mg	0.200		0	0.300		
Riboflavin	mg	0.060		0	0.090		
Niacin	mg	1.300		0	1.950		
Pantothenic acid	mg	0.397		0	0.596		
Vitamin B-6	mg	0.077		0	0.116		
Folate	µg	13		0	20		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	20		0	30		
Vitamin A, RE	µg	2		0	3		
Vitamin E, α-TE	mg	0.190		0	0.285		
Lipids:							
Saturated, total	g	0.000		0	0.000		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.000		0	0.000		
10:0	g	0.000		0	0.000		
12:0	g	0.000		0	0.000		
14:0	g	0.000		0	0.000		
15.0	g						
16:0	g	0.000		1	0.000		
17:0	g						
18:0	g	0.000		1	0.000		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.004	0	0.006
14:1	g			
16:1	g	0.000	0	0.000
18:1	g	0.004	1	0.006
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.001	0	0.002
18:2	g	0.001	1	0.002
18:3	g	0.000	1	0.000
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, slices

NDB No. 11228 Jew's ear, (pepeao), raw

Auricularia polytricha

Refuse: 2% Stem end

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 99g	Measure 2* 6g	Measure 3*
Proximates:							
Water	g	92.59		1	91.66	5.56	
Energy	kcal	25		0	25	2	
Energy	kj	105		0	104	6	
Protein (N x 5.95)	g	0.48		1	0.48	0.03	
Total lipid (fat)	g	0.04		1	0.04	0.00	
Carbohydrate, by difference	g	6.75		0	6.68	0.41	
Fiber, total dietary	g						
Ash	g	0.15		1	0.15	0.01	
Sugars, total	g						
Minerals:							
Calcium	mg	16		1	16	1	
Iron	mg	0.56		1	0.55	0.03	
Magnesium	mg	25		1	25	2	
Phosphorus	mg	14		1	14	1	
Potassium	mg	43		1	43	3	
Sodium	mg	9		1	9	1	
Zinc	mg	0.66		0	0.65	0.04	
Copper	mg	0.445		0	0.441	0.027	
Manganese	mg	0.101		0	0.100	0.006	
Selenium	µg	11.1		0	11.0	0.7	
Vitamins:							
Ascorbic acid	mg	0.6		1	0.6	0.0	
Thiamin	mg	0.081		1	0.080	0.005	
Riboflavin	mg	0.204		1	0.202	0.012	
Niacin	mg	0.070		1	0.069	0.004	
Pantothenic acid	mg	1.990		0	1.970	0.119	
Vitamin B-6	mg	0.088		0	0.087	0.005	
Folate	µg	19		0	19	1	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	0		1	0	0	
Vitamin A, RE	µg	0		1	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g						
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g				
14:1	g				
16:1	g				
18:1	g				
20:1	g				
22.1	g				
Polyunsaturated, total	g				
18:2	g				
18:3	g				
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, slices
Measure 2: 1 piece

NDB No. 11230 Jew's ear, (pepeao), dried

Refuse: 13% Stems and defects

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 24g	Measure 2*	Measure 3*
Proximates:							
Water	g	11.14	0.865	2	2.67		
Energy	kcal	298		0	72		
Energy	kj	1247		0	299		
Protein (N x 5.95)	g	4.82		1	1.16		
Total lipid (fat)	g	0.44		1	0.11		
Carbohydrate, by difference	g	81.04		0	19.45		
Fiber, total dietary	g						
Ash	g	2.57		1	0.62		
Sugars, total	g						
Minerals:							
Calcium	mg	113		1	27		
Iron	mg	6.14		1	1.47		
Magnesium	mg	146		1	35		
Phosphorus	mg	116		1	28		
Potassium	mg	708		1	170		
Sodium	mg	70		1	17		
Zinc	mg	7.52		0	1.80		
Copper	mg	5.070		0	1.217		
Manganese	mg	1.151		0	0.276		
Selenium	µg	133.1		0	31.9		
Vitamins:							
Ascorbic acid	mg	1.4		1	0.3		
Thiamin	mg	0.826		0	0.198		
Riboflavin	mg	0.350		1	0.084		
Niacin	mg	3.000		1	0.720		
Pantothenic acid	mg	21.477		0	5.154		
Vitamin B-6	mg	0.950		0	0.228		
Folate	µg	160		0	38		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	0		0	0		
Vitamin A, RE	µg	0		0	0		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g						
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g			
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g			
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 1 cup

NDB No. 11231 Jute, potherb, raw

Corchorus olitorius

Refuse: 38% Tough leaves and stems

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2*	Measure 3*
Proximates:							
Water	g	87.72		1	24.56		
Energy	kcal	34		0	10		
Energy	kj	142		0	40		
Protein (N x 5.95)	g	4.65		0	1.30		
Total lipid (fat)	g	0.25		0	0.07		
Carbohydrate, by difference	g	5.80		0	1.62		
Fiber, total dietary	g						
Ash	g	1.58		0	0.44		
Sugars, total	g						
Minerals:							
Calcium	mg	208		0	58		
Iron	mg	4.76		0	1.33		
Magnesium	mg	64		1	18		
Phosphorus	mg	83		0	23		
Potassium	mg	559		1	157		
Sodium	mg	8		1	2		
Zinc	mg	0.79		0	0.22		
Copper	mg	0.255		0	0.071		
Manganese	mg	0.123		0	0.034		
Selenium	µg	0.9		0	0.3		
Vitamins:							
Ascorbic acid	mg	37.0		0	10.4		
Thiamin	mg	0.133		0	0.037		
Riboflavin	mg	0.546		0	0.153		
Niacin	mg	1.260		0	0.353		
Pantothenic acid	mg	0.072		0	0.020		
Vitamin B-6	mg	0.600		0	0.168		
Folate	µg	123		0	34		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	5559		0	1557		
Vitamin A, RE	µg	556		0	156		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.038		0	0.011		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g	0.030		0	0.008		
17:0	g						
18:0	g	0.006		0	0.002		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.017	0	0.005
14:1	g			
16:1	g	0.003	0	0.001
18:1	g	0.014	0	0.004
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.120	0	0.034
18:2	g	0.117	0	0.033
18:3	g	0.002	0	0.001
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.030	3	0.008
Threonine	g	0.164	3	0.046
Isoleucine	g	0.221	3	0.062
Leucine	g	0.388	3	0.109
Lysine	g	0.219	3	0.061
Methionine	g	0.065	3	0.018
Cystine	g	0.040	3	0.011
Phenylalanine	g	0.212	3	0.059
Tyrosine	g	0.147	3	0.041
Valine	g	0.248	3	0.069
Arginine	g	0.248	3	0.069
Histidine	g	0.110	3	0.031
Alanine	g	0.256	1	0.072
Aspartic acid	g	0.567	1	0.159
Glutamic acid	g	0.493	1	0.138
Glycine	g	0.214	1	0.060
Proline	g	0.246	1	0.069
Serine	g	0.182	1	0.051
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 1 cup

NDB No. 11232 Jute, potherb, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 87g	Measure 2*	Measure 3*
Proximates:							
Water	g	87.15		1	75.82		
Energy	kcal	37		0	32		
Energy	kj	155		0	135		
Protein (N x 5.95)	g	3.68		1	3.20		
Total lipid (fat)	g	0.20		0	0.17		
Carbohydrate, by difference	g	7.30		0	6.35		
Fiber, total dietary	g	2.0		0	1.7		
Ash	g	1.68		1	1.46		
Sugars, total	g						
Minerals:							
Calcium	mg	211		1	184		
Iron	mg	3.14		1	2.73		
Magnesium	mg	62		1	54		
Phosphorus	mg	72		1	63		
Potassium	mg	550		1	479		
Sodium	mg	11		1	10		
Zinc	mg	0.79		0	0.69		
Copper	mg	0.255		0	0.222		
Manganese	mg	0.123		0	0.107		
Selenium	µg	0.9		0	0.8		
Vitamins:							
Ascorbic acid	mg	33.0		0	28.7		
Thiamin	mg	0.091		0	0.079		
Riboflavin	mg	0.192		0	0.167		
Niacin	mg	0.890		0	0.774		
Pantothenic acid	mg	0.072		0	0.063		
Vitamin B-6	mg	0.570		0	0.496		
Folate	µg	104		0	90		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	5185		0	4511		
Vitamin A, RE	µg	519		0	452		
Vitamin E, α-TE	mg	0.700		0	0.609		
Lipids:							
Saturated, total	g	0.030		0	0.026		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.000		0	0.000		
10:0	g	0.000		0	0.000		
12:0	g	0.000		0	0.000		
14:0	g	0.000		0	0.000		
15.0	g						
16:0	g	0.024		0	0.021		
17:0	g						
18:0	g	0.005		0	0.004		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.014	0	0.012
14:1	g			
16:1	g	0.003	0	0.003
18:1	g	0.011	0	0.010
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.096	0	0.084
18:2	g	0.094	0	0.082
18:3	g	0.002	0	0.002
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.024	0	0.021
Threonine	g	0.130	0	0.113
Isoleucine	g	0.175	0	0.152
Leucine	g	0.306	0	0.266
Lysine	g	0.173	0	0.151
Methionine	g	0.051	0	0.044
Cystine	g	0.032	0	0.028
Phenylalanine	g	0.168	0	0.146
Tyrosine	g	0.116	0	0.101
Valine	g	0.196	0	0.171
Arginine	g	0.196	0	0.171
Histidine	g	0.087	0	0.076
Alanine	g	0.202	0	0.176
Aspartic acid	g	0.448	0	0.390
Glutamic acid	g	0.389	0	0.338
Glycine	g	0.169	0	0.147
Proline	g	0.195	0	0.170
Serine	g	0.143	0	0.124
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 1 cup

NDB No. 11233 Kale, raw

Brassica oleracea (Acephala Group)

Refuse: 39% Stem ends, tough stems and tough midrib parts

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 67g	Measure 2*	Measure 3*
Proximates:							
Water	g	84.46	0.531	5	56.59		
Energy	kcal	50		0	34		
Energy	kj	209		0	140		
Protein (N x 5.95)	g	3.30		1	2.21		
Total lipid (fat)	g	0.70		1	0.47		
Carbohydrate, by difference	g	10.01		0	6.71		
Fiber, total dietary	g	2.0		0	1.3		
Ash	g	1.53		0	1.03		
Sugars, total	g						
Minerals:							
Calcium	mg	135		1	90		
Iron	mg	1.70		1	1.14		
Magnesium	mg	34		1	23		
Phosphorus	mg	56		1	38		
Potassium	mg	447	19.697	5	299		
Sodium	mg	43	13.695	5	29		
Zinc	mg	0.44		1	0.29		
Copper	mg	0.290		1	0.194		
Manganese	mg	0.774		0	0.519		
Selenium	µg	0.9		0	0.6		
Vitamins:							
Ascorbic acid	mg	120.0		1	80.4		
Thiamin	mg	0.110		1	0.074		
Riboflavin	mg	0.130		1	0.087		
Niacin	mg	1.000		1	0.670		
Pantothenic acid	mg	0.091		0	0.061		
Vitamin B-6	mg	0.271		1	0.182		
Folate	µg	29		0	20		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	8900		0	5963		
Vitamin A, RE	µg	890		0	596		
Vitamin E, α-TE	mg	0.800		0	0.536		
Lipids:							
Saturated, total	g	0.091		0	0.061		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.000		0	0.000		
10:0	g	0.000		0	0.000		
12:0	g	0.002		0	0.001		
14:0	g	0.003		0	0.002		
15.0	g						
16:0	g	0.076		0	0.051		
17:0	g						
18:0	g	0.004		0	0.003		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.052	0	0.035
14:1	g			
16:1	g	0.001	0	0.001
18:1	g	0.049	0	0.033
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.338	0	0.226
18:2	g	0.138	0	0.092
18:3	g	0.180	0	0.121
18:4	g	0.000	0	0.000
20:4	g	0.002	0	0.001
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.040	57	0.027
Threonine	g	0.147	57	0.098
Isoleucine	g	0.197	57	0.132
Leucine	g	0.231	57	0.155
Lysine	g	0.197	57	0.132
Methionine	g	0.032	57	0.021
Cystine	g	0.044	3	0.029
Phenylalanine	g	0.169	57	0.113
Tyrosine	g	0.117	3	0.078
Valine	g	0.181	57	0.121
Arginine	g	0.184	57	0.123
Histidine	g	0.069	57	0.046
Alanine	g	0.166	3	0.111
Aspartic acid	g	0.295	3	0.198
Glutamic acid	g	0.374	3	0.251
Glycine	g	0.159	3	0.107
Proline	g	0.196	2	0.131
Serine	g	0.139	3	0.093
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, chopped

NDB No. 11234 Kale, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 130g	Measure 2*	Measure 3*
Proximates:							
Water	g	91.20		0	118.56		
Energy	kcal	28		0	36		
Energy	kj	117		0	152		
Protein (N x 5.95)	g	1.90		0	2.47		
Total lipid (fat)	g	0.40		0	0.52		
Carbohydrate, by difference	g	5.63		0	7.32		
Fiber, total dietary	g	2.0		0	2.6		
Ash	g	0.87		0	1.13		
Sugars, total	g						
Minerals:							
Calcium	mg	72		0	94		
Iron	mg	0.90		0	1.17		
Magnesium	mg	18		0	23		
Phosphorus	mg	28		0	36		
Potassium	mg	228		0	296		
Sodium	mg	23		0	30		
Zinc	mg	0.24		0	0.31		
Copper	mg	0.156		0	0.203		
Manganese	mg	0.416		0	0.541		
Selenium	µg	0.9		0	1.2		
Vitamins:							
Ascorbic acid	mg	41.0		0	53.3		
Thiamin	mg	0.053		0	0.069		
Riboflavin	mg	0.070		0	0.091		
Niacin	mg	0.500		0	0.650		
Pantothenic acid	mg	0.049		0	0.064		
Vitamin B-6	mg	0.138		0	0.179		
Folate	µg	13		0	17		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	7400		0	9620		
Vitamin A, RE	µg	740		0	962		
Vitamin E, α-TE	mg	0.850		0	1.105		
Lipids:							
Saturated, total	g	0.052		0	0.068		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.000		0	0.000		
10:0	g	0.000		0	0.000		
12:0	g	0.001		0	0.001		
14:0	g	0.002		0	0.003		
15.0	g						
16:0	g	0.043		0	0.056		
17:0	g						
18:0	g	0.002		0	0.003		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.030	0	0.039
14:1	g			
16:1	g	0.000	0	0.000
18:1	g	0.028	0	0.036
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.193	0	0.251
18:2	g	0.079	0	0.103
18:3	g	0.103	0	0.134
18:4	g	0.000	0	0.000
20:4	g	0.001	0	0.001
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.023	0	0.030
Threonine	g	0.085	0	0.111
Isoleucine	g	0.114	0	0.148
Leucine	g	0.133	0	0.173
Lysine	g	0.114	0	0.148
Methionine	g	0.018	0	0.023
Cystine	g	0.025	0	0.033
Phenylalanine	g	0.097	0	0.126
Tyrosine	g	0.067	0	0.087
Valine	g	0.104	0	0.135
Arginine	g	0.106	0	0.138
Histidine	g	0.040	0	0.052
Alanine	g	0.096	0	0.125
Aspartic acid	g	0.170	0	0.221
Glutamic acid	g	0.216	0	0.281
Glycine	g	0.092	0	0.120
Proline	g	0.113	0	0.147
Serine	g	0.080	0	0.104
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, chopped

NDB No. 11235 Kale, frozen, unprepared

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 284g	Measure 2* 94g	Measure 3*
Proximates:							
Water	g	91.12	0.360	10	258.78	85.65	
Energy	kcal	28		0	80	26	
Energy	kj	117		0	332	110	
Protein (N x 5.95)	g	2.66	0.183	10	7.55	2.50	
Total lipid (fat)	g	0.46	0.083	8	1.31	0.43	
Carbohydrate, by difference	g	4.90		0	13.92	4.61	
Fiber, total dietary	g	2.0		0	5.7	1.9	
Ash	g	0.88	0.046	10	2.50	0.83	
Sugars, total	g						
Minerals:							
Calcium	mg	136	7.142	10	386	128	
Iron	mg	0.93	0.132	10	2.64	0.87	
Magnesium	mg	18	0.775	3	51	17	
Phosphorus	mg	29	1.707	3	82	27	
Potassium	mg	333	12.736	3	946	313	
Sodium	mg	15	3.230	3	43	14	
Zinc	mg	0.18	0.018	3	0.51	0.17	
Copper	mg	0.046	0.012	3	0.131	0.043	
Manganese	mg	0.443	0.032	3	1.258	0.416	
Selenium	µg	0.9		0	2.6	0.8	
Vitamins:							
Ascorbic acid	mg	39.3	2.754	9	111.6	36.9	
Thiamin	mg	0.056	0.011	8	0.159	0.053	
Riboflavin	mg	0.112	0.015	10	0.318	0.105	
Niacin	mg	0.698	0.125	10	1.982	0.656	
Pantothenic acid	mg	0.052		1	0.148	0.049	
Vitamin B-6	mg	0.090		1	0.256	0.085	
Folate	µg	17		0	47	16	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	6253	416.821	10	17759	5878	
Vitamin A, RE	µg	625	41.682	10	1775	588	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.059		0	0.168	0.055	
4:0	g						
6.0	g						
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.002		0	0.006	0.002	
14:0	g	0.002		0	0.006	0.002	
15.0	g						
16:0	g	0.049		0	0.139	0.046	
17:0	g						
18:0	g	0.002		0	0.006	0.002	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.034	0	0.097	0.032
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.032	0	0.091	0.030
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.219	0	0.622	0.206
18:2	g	0.090	0	0.256	0.085
18:3	g	0.117	0	0.332	0.110
18:4	g				
20:4	g	0.001	0	0.003	0.001
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.032	0	0.091	0.030
Threonine	g	0.119	0	0.338	0.112
Isoleucine	g	0.159	0	0.452	0.149
Leucine	g	0.186	0	0.528	0.175
Lysine	g	0.159	0	0.452	0.149
Methionine	g	0.026	0	0.074	0.024
Cystine	g	0.035	0	0.099	0.033
Phenylalanine	g	0.136	0	0.386	0.128
Tyrosine	g	0.094	0	0.267	0.088
Valine	g	0.145	0	0.412	0.136
Arginine	g	0.148	0	0.420	0.139
Histidine	g	0.056	0	0.159	0.053
Alanine	g	0.134	0	0.381	0.126
Aspartic acid	g	0.238	0	0.676	0.224
Glutamic acid	g	0.301	0	0.855	0.283
Glycine	g	0.128	0	0.364	0.120
Proline	g	0.158	0	0.449	0.149
Serine	g	0.112	0	0.318	0.105
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 package (10 oz)
Measure 2: 1/3 of 10 oz package

NDB No. 11236 Kale, frozen, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 130g	Measure 2* 65g	Measure 3*
Proximates:							
Water	g	90.50		0	117.65	58.83	
Energy	kcal	30		0	39	20	
Energy	kj	126		0	164	82	
Protein (N x 5.95)	g	2.84		0	3.69	1.85	
Total lipid (fat)	g	0.49		0	0.64	0.32	
Carbohydrate, by difference	g	5.24		0	6.81	3.41	
Fiber, total dietary	g	2.0		0	2.6	1.3	
Ash	g	0.94		0	1.22	0.61	
Sugars, total	g						
Minerals:							
Calcium	mg	138		0	179	90	
Iron	mg	0.94		0	1.22	0.61	
Magnesium	mg	18		0	23	12	
Phosphorus	mg	28		0	36	18	
Potassium	mg	321		0	417	209	
Sodium	mg	15		0	20	10	
Zinc	mg	0.18		0	0.23	0.12	
Copper	mg	0.047		0	0.061	0.031	
Manganese	mg	0.450		0	0.585	0.293	
Selenium	µg	0.9		0	1.2	0.6	
Vitamins:							
Ascorbic acid	mg	25.2		0	32.8	16.4	
Thiamin	mg	0.043		0	0.056	0.028	
Riboflavin	mg	0.114		0	0.148	0.074	
Niacin	mg	0.672		0	0.874	0.437	
Pantothenic acid	mg	0.053		0	0.069	0.034	
Vitamin B-6	mg	0.086		0	0.112	0.056	
Folate	µg	14		0	19	9	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	6354		0	8260	4130	
Vitamin A, RE	µg	635		0	826	413	
Vitamin E, α-TE	mg	0.180		0	0.234	0.117	
Lipids:							
Saturated, total	g	0.063		0	0.082	0.041	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.002		0	0.003	0.001	
14:0	g	0.002		0	0.003	0.001	
15.0	g						
16:0	g	0.053		0	0.069	0.034	
17:0	g						
18:0	g	0.002		0	0.003	0.001	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.036	0	0.047	0.023
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.034	0	0.044	0.022
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.235	0	0.306	0.153
18:2	g	0.096	0	0.125	0.062
18:3	g	0.125	0	0.163	0.081
18:4	g	0.000	0	0.000	0.000
20:4	g	0.001	0	0.001	0.001
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.035	0	0.046	0.023
Threonine	g	0.127	0	0.165	0.083
Isoleucine	g	0.170	0	0.221	0.111
Leucine	g	0.199	0	0.259	0.129
Lysine	g	0.170	0	0.221	0.111
Methionine	g	0.027	0	0.035	0.018
Cystine	g	0.038	0	0.049	0.025
Phenylalanine	g	0.146	0	0.190	0.095
Tyrosine	g	0.101	0	0.131	0.066
Valine	g	0.156	0	0.203	0.101
Arginine	g	0.158	0	0.205	0.103
Histidine	g	0.060	0	0.078	0.039
Alanine	g	0.143	0	0.186	0.093
Aspartic acid	g	0.254	0	0.330	0.165
Glutamic acid	g	0.323	0	0.420	0.210
Glycine	g	0.137	0	0.178	0.089
Proline	g	0.169	0	0.220	0.110
Serine	g	0.120	0	0.156	0.078
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, chopped

Measure 2: 1/2 cup chopped or diced

NDB No. 11237 Kanpyo, (dried gourd strips)

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 6g	Measure 2* 27g	Measure 3*
Proximates:							
Water	g	19.97	3.675	2	1.26	5.39	
Energy	kcal	258		0	16	70	
Energy	kj	1079		0	68	291	
Protein (N x 5.95)	g	8.58		0	0.54	2.32	
Total lipid (fat)	g	0.56		0	0.04	0.15	
Carbohydrate, by difference	g	65.04		0	4.10	17.56	
Fiber, total dietary	g						
Ash	g	5.86		0	0.37	1.58	
Sugars, total	g						
Minerals:							
Calcium	mg	280		1	18	76	
Iron	mg	5.12		1	0.32	1.38	
Magnesium	mg	125		1	8	34	
Phosphorus	mg	188		1	12	51	
Potassium	mg	1582		1	100	427	
Sodium	mg	15		1	1	4	
Zinc	mg	5.86		0	0.37	1.58	
Copper	mg	0.433		0	0.027	0.117	
Manganese	mg	1.137		0	0.072	0.307	
Selenium	µg	2.6		0	0.2	0.7	
Vitamins:							
Ascorbic acid	mg	0.2		1	0.0	0.1	
Thiamin	mg	0.000		1	0.000	0.000	
Riboflavin	mg	0.044		1	0.003	0.012	
Niacin	mg	2.900		1	0.183	0.783	
Pantothenic acid	mg	2.553		0	0.161	0.689	
Vitamin B-6	mg	0.532		0	0.034	0.144	
Folate	µg	61		0	4	16	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	0		1	0	0	
Vitamin A, RE	µg	0		1	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.045		0	0.003	0.012	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g	0.032		0	0.002	0.009	
17:0	g						
18:0	g	0.013		0	0.001	0.004	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.103	0	0.006	0.028
14:1	g				
16:1	g				
18:1	g	0.103	0	0.006	0.028
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.244	0	0.015	0.066
18:2	g	0.244	0	0.015	0.066
18:3	g				
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 strip
Measure 2: 1/2 cup

NDB No. 11241 Kohlrabi, raw

Brassica oleracea (Gongylodes Group)

Refuse: 54% Leaves, stems and parings

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 135g	Measure 2* 16g	Measure 3*
Proximates:							
Water	g	91.00		1	122.85	14.56	
Energy	kcal	27		0	36	4	
Energy	kj	113		0	153	18	
Protein (N x 5.95)	g	1.70		1	2.29	0.27	
Total lipid (fat)	g	0.10		1	0.14	0.02	
Carbohydrate, by difference	g	6.20		0	8.37	0.99	
Fiber, total dietary	g	3.6		0	4.9	0.6	
Ash	g	1.00		0	1.35	0.16	
Sugars, total	g						
Minerals:							
Calcium	mg	24		1	32	4	
Iron	mg	0.40		1	0.54	0.06	
Magnesium	mg	19		1	26	3	
Phosphorus	mg	46		1	62	7	
Potassium	mg	350		1	473	56	
Sodium	mg	20		1	27	3	
Zinc	mg	0.03		0	0.04	0.00	
Copper	mg	0.129		0	0.174	0.021	
Manganese	mg	0.139		0	0.188	0.022	
Selenium	µg	0.7		0	0.9	0.1	
Vitamins:							
Ascorbic acid	mg	62.0		1	83.7	9.9	
Thiamin	mg	0.050		1	0.068	0.008	
Riboflavin	mg	0.020		1	0.027	0.003	
Niacin	mg	0.400		1	0.540	0.064	
Pantothenic acid	mg	0.165		0	0.223	0.026	
Vitamin B-6	mg	0.150		0	0.203	0.024	
Folate	µg	16		0	22	3	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	36		1	49	6	
Vitamin A, RE	µg	4		1	5	1	
Vitamin E, α-TE	mg	0.480		0	0.648	0.077	
Lipids:							
Saturated, total	g	0.013		0	0.018	0.002	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.000		0	0.000	0.000	
15.0	g						
16:0	g	0.011		0	0.015	0.002	
17:0	g						
18:0	g	0.001		0	0.001	0.000	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.007	0	0.009	0.001
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.007	0	0.009	0.001
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.048	0	0.065	0.008
18:2	g	0.020	0	0.027	0.003
18:3	g	0.026	0	0.035	0.004
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.010	2	0.014	0.002
Threonine	g	0.049	2	0.066	0.008
Isoleucine	g	0.078	2	0.105	0.012
Leucine	g	0.067	2	0.090	0.011
Lysine	g	0.056	2	0.076	0.009
Methionine	g	0.013	2	0.018	0.002
Cystine	g	0.007	2	0.009	0.001
Phenylalanine	g	0.039	2	0.053	0.006
Tyrosine	g				
Valine	g	0.050	2	0.068	0.008
Arginine	g	0.105	2	0.142	0.017
Histidine	g	0.019	2	0.026	0.003
Alanine	g				
Aspartic acid	g				
Glutamic acid	g				
Glycine	g				
Proline	g				
Serine	g				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 slice

NDB No. 11242 Kohlrabi, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 165g	Measure 2*	Measure 3*
Proximates:							
Water	g	90.30		0	149.00		
Energy	kcal	29		0	48		
Energy	kj	121		0	200		
Protein (N x 5.95)	g	1.80		0	2.97		
Total lipid (fat)	g	0.11		0	0.18		
Carbohydrate, by difference	g	6.69		0	11.04		
Fiber, total dietary	g	1.1		0	1.8		
Ash	g	1.10		0	1.82		
Sugars, total	g						
Minerals:							
Calcium	mg	25		0	41		
Iron	mg	0.40		0	0.66		
Magnesium	mg	19		0	31		
Phosphorus	mg	45		0	74		
Potassium	mg	340		0	561		
Sodium	mg	21		0	35		
Zinc	mg	0.31		0	0.51		
Copper	mg	0.132		0	0.218		
Manganese	mg	0.142		0	0.234		
Selenium	µg	0.8		0	1.3		
Vitamins:							
Ascorbic acid	mg	54.0		0	89.1		
Thiamin	mg	0.040		0	0.066		
Riboflavin	mg	0.020		0	0.033		
Niacin	mg	0.390		0	0.644		
Pantothenic acid	mg	0.160		0	0.264		
Vitamin B-6	mg	0.154		0	0.254		
Folate	µg	12		0	20		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	35		0	58		
Vitamin A, RE	µg	4		0	7		
Vitamin E, α-TE	mg	1.670		0	2.756		
Lipids:							
Saturated, total	g	0.014		0	0.023		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.000		0	0.000		
10:0	g	0.000		0	0.000		
12:0	g	0.000		0	0.000		
14:0	g	0.001		0	0.002		
15.0	g						
16:0	g	0.012		0	0.020		
17:0	g						
18:0	g	0.001		0	0.002		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.008	0	0.013
14:1	g			
16:1	g	0.000	0	0.000
18:1	g	0.008	0	0.013
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.053	0	0.087
18:2	g	0.022	0	0.036
18:3	g	0.028	0	0.046
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.011	0	0.018
Threonine	g	0.052	0	0.086
Isoleucine	g	0.083	0	0.137
Leucine	g	0.071	0	0.117
Lysine	g	0.059	0	0.097
Methionine	g	0.014	0	0.023
Cystine	g	0.007	0	0.012
Phenylalanine	g	0.041	0	0.068
Tyrosine	g			
Valine	g	0.053	0	0.087
Arginine	g	0.111	0	0.183
Histidine	g	0.020	0	0.033
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, sliced

NDB No. 11244 Lambsquarters, raw

Chenopodium album

Refuse: %

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1*	Measure 2*	Measure 3*
Proximates:							
Water	g	84.30		0			
Energy	kcal	43		0			
Energy	kj	180		0			
Protein (N x 5.95)	g	4.20		0			
Total lipid (fat)	g	0.80		0			
Carbohydrate, by difference	g	7.30		0			
Fiber, total dietary	g	4.0		0			
Ash	g	3.40		0			
Sugars, total	g						
Minerals:							
Calcium	mg	309		0			
Iron	mg	1.20		0			
Magnesium	mg	34		0			
Phosphorus	mg	72		0			
Potassium	mg	452		0			
Sodium	mg	43		0			
Zinc	mg	0.44		0			
Copper	mg	0.293		0			
Manganese	mg	0.782		0			
Selenium	µg	0.9		0			
Vitamins:							
Ascorbic acid	mg	80.0		0			
Thiamin	mg	0.160		0			
Riboflavin	mg	0.440		0			
Niacin	mg	1.200		0			
Pantothenic acid	mg	0.092		0			
Vitamin B-6	mg	0.274		0			
Folate	µg	30		0			
Vitamin B-12	µg	0.00		0			
Vitamin A	IU	11600		0			
Vitamin A, RE	µg	1160		0			
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.059		0			
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.002		0			
15.0	g						
16:0	g	0.047		0			
17:0	g						
18:0	g	0.005		0			
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.150	0
14:1	g		
16:1	g	0.002	0
18:1	g	0.115	0
20:1	g	0.013	0
22.1	g	0.020	0
Polyunsaturated, total	g	0.351	0
18:2	g	0.313	0
18:3	g	0.036	0
18:4	g		
20:4	g	0.002	0
20:5	g		
22:5	g		
22:6	g		
Cholesterol	mg	0	0
Phytosterols	mg		
Amino acids:			
Tryptophan	g	0.038	2
Threonine	g	0.163	2
Isoleucine	g	0.253	2
Leucine	g	0.350	2
Lysine	g	0.354	3
Methionine	g	0.049	3
Cystine	g	0.089	1
Phenylalanine	g	0.166	2
Tyrosine	g	0.175	1
Valine	g	0.226	2
Arginine	g	0.253	1
Histidine	g	0.116	1
Alanine	g	0.322	1
Aspartic acid	g	0.431	1
Glutamic acid	g	0.521	1
Glycine	g	0.249	1
Proline	g	0.223	1
Serine	g	0.200	1
Other:			
Caffeine	mg		
Theobromine	mg		
Alcohol	g		

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

NDB No. 11245 Lambsquarters, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 180g	Measure 2*	Measure 3*
Proximates:							
Water	g	88.90		0	160.02		
Energy	kcal	32		0	58		
Energy	kj	134		0	241		
Protein (N x 5.95)	g	3.20		0	5.76		
Total lipid (fat)	g	0.70		0	1.26		
Carbohydrate, by difference	g	5.00		0	9.00		
Fiber, total dietary	g	2.1		0	3.8		
Ash	g	2.20		0	3.96		
Sugars, total	g						
Minerals:							
Calcium	mg	258		0	464		
Iron	mg	0.70		0	1.26		
Magnesium	mg	23		0	41		
Phosphorus	mg	45		0	81		
Potassium	mg	288		0	518		
Sodium	mg	29		0	52		
Zinc	mg	0.30		0	0.54		
Copper	mg	0.197		0	0.355		
Manganese	mg	0.525		0	0.945		
Selenium	µg	0.9		0	1.6		
Vitamins:							
Ascorbic acid	mg	37.0		0	66.6		
Thiamin	mg	0.100		0	0.180		
Riboflavin	mg	0.260		0	0.468		
Niacin	mg	0.900		0	1.620		
Pantothenic acid	mg	0.062		0	0.112		
Vitamin B-6	mg	0.174		0	0.313		
Folate	µg	14		0	24		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	9700		0	17460		
Vitamin A, RE	µg	970		0	1746		
Vitamin E, α-TE	mg	1.340		0	2.412		
Lipids:							
Saturated, total	g	0.052		0	0.094		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.000		0	0.000		
10:0	g	0.000		0	0.000		
12:0	g	0.000		0	0.000		
14:0	g	0.001		0	0.002		
15.0	g						
16:0	g	0.041		0	0.074		
17:0	g						
18:0	g	0.004		0	0.007		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.131	0	0.236
14:1	g			
16:1	g	0.001	0	0.002
18:1	g	0.101	0	0.182
20:1	g	0.011	0	0.020
22.1	g	0.018	0	0.032
Polyunsaturated, total	g	0.307	0	0.553
18:2	g	0.274	0	0.493
18:3	g	0.032	0	0.058
18:4	g	0.000	0	0.000
20:4	g	0.001	0	0.002
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.029	0	0.052
Threonine	g	0.124	0	0.223
Isoleucine	g	0.193	0	0.347
Leucine	g	0.267	0	0.481
Lysine	g	0.270	0	0.486
Methionine	g	0.037	0	0.067
Cystine	g	0.068	0	0.122
Phenylalanine	g	0.126	0	0.227
Tyrosine	g	0.134	0	0.241
Valine	g	0.172	0	0.310
Arginine	g	0.193	0	0.347
Histidine	g	0.088	0	0.158
Alanine	g	0.245	0	0.441
Aspartic acid	g	0.329	0	0.592
Glutamic acid	g	0.397	0	0.715
Glycine	g	0.190	0	0.342
Proline	g	0.170	0	0.306
Serine	g	0.152	0	0.274
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, chopped

NDB No. 11246 Leeks, (bulb and lower leaf-portion), raw

Allium ampeloprasum

Refuse: 56% Tops, root end and skin

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 89g	Measure 2* 89g	Measure 3* 6g
Proximates:							
Water	g	83.00		1	73.87	73.87	4.98
Energy	kcal	61		0	54	54	4
Energy	kj	255		0	227	227	15
Protein (N x 5.95)	g	1.50		1	1.33	1.33	0.09
Total lipid (fat)	g	0.30		1	0.27	0.27	0.02
Carbohydrate, by difference	g	14.15		0	12.59	12.59	0.85
Fiber, total dietary	g	1.8		0	1.6	1.6	0.1
Ash	g	1.05		0	0.93	0.93	0.06
Sugars, total	g						
Minerals:							
Calcium	mg	59		1	53	53	4
Iron	mg	2.10		1	1.87	1.87	0.13
Magnesium	mg	28		1	25	25	2
Phosphorus	mg	35		1	31	31	2
Potassium	mg	180		1	160	160	11
Sodium	mg	20		1	18	18	1
Zinc	mg	0.12		0	0.11	0.11	0.01
Copper	mg	0.120		0	0.107	0.107	0.007
Manganese	mg	0.481		0	0.428	0.428	0.029
Selenium	µg	1.0		0	0.9	0.9	0.1
Vitamins:							
Ascorbic acid	mg	12.0		1	10.7	10.7	0.7
Thiamin	mg	0.060		1	0.053	0.053	0.004
Riboflavin	mg	0.030		1	0.027	0.027	0.002
Niacin	mg	0.400		1	0.356	0.356	0.024
Pantothenic acid	mg	0.140		0	0.125	0.125	0.008
Vitamin B-6	mg	0.233		0	0.207	0.207	0.014
Folate	µg	64		0	57	57	4
Vitamin B-12	µg	0.00		0	0.00	0.00	0.00
Vitamin A	IU	95		1	85	85	6
Vitamin A, RE	µg	10		1	9	9	1
Vitamin E, α-TE	mg	0.920		0	0.819	0.819	0.055
Lipids:							
Saturated, total	g	0.040		0	0.036	0.036	0.002
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.000		0	0.000	0.000	0.000
14:0	g	0.000		0	0.000	0.000	0.000
15.0	g						
16:0	g	0.038		1	0.034	0.034	0.002
17:0	g						
18:0	g	0.002		1	0.002	0.002	0.000
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.004	0	0.004	0.004	0.000
14:1	g					
16:1	g	0.000	0	0.000	0.000	0.000
18:1	g	0.004	1	0.004	0.004	0.000
20:1	g	0.000	0	0.000	0.000	0.000
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.166	0	0.148	0.148	0.010
18:2	g	0.067	1	0.060	0.060	0.004
18:3	g	0.099	1	0.088	0.088	0.006
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.012	5	0.011	0.011	0.001
Threonine	g	0.063	9	0.056	0.056	0.004
Isoleucine	g	0.052	9	0.046	0.046	0.003
Leucine	g	0.096	9	0.085	0.085	0.006
Lysine	g	0.078	12	0.069	0.069	0.005
Methionine	g	0.018	12	0.016	0.016	0.001
Cystine	g	0.025	7	0.022	0.022	0.002
Phenylalanine	g	0.055	9	0.049	0.049	0.003
Tyrosine	g	0.041	8	0.036	0.036	0.002
Valine	g	0.056	9	0.050	0.050	0.003
Arginine	g	0.078	9	0.069	0.069	0.005
Histidine	g	0.025	9	0.022	0.022	0.002
Alanine	g	0.074	8	0.066	0.066	0.004
Aspartic acid	g	0.140	8	0.125	0.125	0.008
Glutamic acid	g	0.226	8	0.201	0.201	0.014
Glycine	g	0.069	8	0.061	0.061	0.004
Proline	g	0.066	8	0.059	0.059	0.004
Serine	g	0.092	8	0.082	0.082	0.006
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 leek
Measure 3: 1 slice

NDB No. 11247 Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 124g	Measure 2* 26g	Measure 3*
Proximates:							
Water	g	90.80		0	112.59	23.61	
Energy	kcal	31		0	38	8	
Energy	kj	130		0	161	34	
Protein (N x 5.95)	g	0.81		0	1.00	0.21	
Total lipid (fat)	g	0.20		0	0.25	0.05	
Carbohydrate, by difference	g	7.62		0	9.45	1.98	
Fiber, total dietary	g	1.0		0	1.2	0.3	
Ash	g	0.57		0	0.71	0.15	
Sugars, total	g						
Minerals:							
Calcium	mg	30		0	37	8	
Iron	mg	1.10		0	1.36	0.29	
Magnesium	mg	14		0	17	4	
Phosphorus	mg	17		0	21	4	
Potassium	mg	87		0	108	23	
Sodium	mg	10		0	12	3	
Zinc	mg	0.06		0	0.07	0.02	
Copper	mg	0.062		0	0.077	0.016	
Manganese	mg	0.247		0	0.306	0.064	
Selenium	µg	0.5		0	0.6	0.1	
Vitamins:							
Ascorbic acid	mg	4.2		0	5.2	1.1	
Thiamin	mg	0.026		0	0.032	0.007	
Riboflavin	mg	0.020		0	0.025	0.005	
Niacin	mg	0.200		0	0.248	0.052	
Pantothenic acid	mg	0.072		0	0.089	0.019	
Vitamin B-6	mg	0.113		0	0.140	0.029	
Folate	µg	24		0	30	6	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	46		0	57	12	
Vitamin A, RE	µg	5		0	6	1	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.027		0	0.033	0.007	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g	0.025		0	0.031	0.007	
17:0	g						
18:0	g	0.001		0	0.001	0.000	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.003	0	0.004	0.001
14:1	g				
16:1	g				
18:1	g	0.003	0	0.004	0.001
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.111	0	0.138	0.029
18:2	g	0.045	0	0.056	0.012
18:3	g	0.066	0	0.082	0.017
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.006	0	0.007	0.002
Threonine	g	0.034	0	0.042	0.009
Isoleucine	g	0.028	0	0.035	0.007
Leucine	g	0.052	0	0.064	0.014
Lysine	g	0.042	0	0.052	0.011
Methionine	g	0.010	0	0.012	0.003
Cystine	g	0.014	0	0.017	0.004
Phenylalanine	g	0.030	0	0.037	0.008
Tyrosine	g	0.022	0	0.027	0.006
Valine	g	0.031	0	0.038	0.008
Arginine	g	0.042	0	0.052	0.011
Histidine	g	0.014	0	0.017	0.004
Alanine	g	0.040	0	0.050	0.010
Aspartic acid	g	0.076	0	0.094	0.020
Glutamic acid	g	0.123	0	0.153	0.032
Glycine	g	0.037	0	0.046	0.010
Proline	g	0.036	0	0.045	0.009
Serine	g	0.050	0	0.062	0.013
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 leek

Measure 2: 1/4 cup chopped or diced

NDB No. 11248 Lentils, sprouted, raw

Lens culinaris

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 77g	Measure 2*	Measure 3*
Proximates:							
Water	g	67.34	2.389	9	51.85		
Energy	kcal	106		0	82		
Energy	kj	444		0	342		
Protein (N x 5.95)	g	8.96	0.605	9	6.90		
Total lipid (fat)	g	0.55	0.031	9	0.42		
Carbohydrate, by difference	g	22.14		0	17.05		
Fiber, total dietary	g						
Ash	g	1.00	0.075	9	0.77		
Sugars, total	g						
Minerals:							
Calcium	mg	25	0.652	9	19		
Iron	mg	3.21	0.268	9	2.47		
Magnesium	mg	37	2.682	9	28		
Phosphorus	mg	173	11.944	9	133		
Potassium	mg	322	22.831	9	248		
Sodium	mg	11	5.382	9	8		
Zinc	mg	1.51	0.120	9	1.16		
Copper	mg	0.352	0.020	9	0.271		
Manganese	mg	0.506	0.034	9	0.390		
Selenium	µg	0.6		0	0.5		
Vitamins:							
Ascorbic acid	mg	16.5	1.709	9	12.7		
Thiamin	mg	0.228	0.020	9	0.176		
Riboflavin	mg	0.128	0.012	9	0.099		
Niacin	mg	1.128	0.073	9	0.869		
Pantothenic acid	mg	0.578	0.028	9	0.445		
Vitamin B-6	mg	0.190	0.009	9	0.146		
Folate	µg	100	9.967	9	77		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	45	8.159	9	35		
Vitamin A, RE	µg	5	0.816	9	4		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.057		0	0.044		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g	0.052		1	0.040		
17:0	g						
18:0	g	0.006		1	0.005		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.104	0	0.080
14:1	g			
16:1	g			
18:1	g	0.104	1	0.080
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.219	0	0.169
18:2	g	0.181	1	0.139
18:3	g	0.038	1	0.029
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g	0.328	1	0.253
Isoleucine	g	0.326	1	0.251
Leucine	g	0.628	1	0.484
Lysine	g	0.712	1	0.548
Methionine	g	0.105	1	0.081
Cystine	g	0.334	1	0.257
Phenylalanine	g	0.442	1	0.340
Tyrosine	g	0.252	1	0.194
Valine	g	0.399	1	0.307
Arginine	g	0.611	1	0.470
Histidine	g	0.257	1	0.198
Alanine	g	0.356	1	0.274
Aspartic acid	g	1.433	1	1.103
Glutamic acid	g	1.258	1	0.969
Glycine	g	0.319	1	0.246
Proline	g	0.356	1	0.274
Serine	g	0.495	1	0.381
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 1 cup

NDB No. 11249 Lentils, sprouted, cooked, stir-fried, without salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1*	Measure 2*	Measure 3*
Proximates:							
Water	g	68.70		1			
Energy	kcal	101		0			
Energy	kj	423		0			
Protein (N x 5.95)	g	8.80		1			
Total lipid (fat)	g	0.45		0			
Carbohydrate, by difference	g	21.25		0			
Fiber, total dietary	g						
Ash	g	0.80		1			
Sugars, total	g						
Minerals:							
Calcium	mg	14		1			
Iron	mg	3.10		1			
Magnesium	mg	35		0			
Phosphorus	mg	153		0			
Potassium	mg	284		0			
Sodium	mg	10		0			
Zinc	mg	1.60		1			
Copper	mg	0.337		0			
Manganese	mg	0.502		0			
Selenium	µg	0.6		0			
Vitamins:							
Ascorbic acid	mg	12.6		0			
Thiamin	mg	0.220		1			
Riboflavin	mg	0.090		1			
Niacin	mg	1.200		1			
Pantothenic acid	mg	0.571		0			
Vitamin B-6	mg	0.164		0			
Folate	µg	67		0			
Vitamin B-12	µg	0.00		0			
Vitamin A	IU	41		0			
Vitamin A, RE	µg	4		0			
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.053		0			
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g	0.047		0			
17:0	g						
18:0	g	0.005		0			
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.095	0
14:1	g		
16:1	g		
18:1	g	0.095	0
20:1	g		
22.1	g		
Polyunsaturated, total	g	0.201	0
18:2	g	0.166	0
18:3	g	0.035	0
18:4	g		
20:4	g		
20:5	g		
22:5	g		
22:6	g		
Cholesterol	mg	0	0
Phytosterols	mg		
Amino acids:			
Tryptophan	g		
Threonine	g	0.322	0
Isoleucine	g	0.320	0
Leucine	g	0.617	0
Lysine	g	0.698	0
Methionine	g	0.103	0
Cystine	g	0.328	0
Phenylalanine	g	0.434	0
Tyrosine	g	0.248	0
Valine	g	0.391	0
Arginine	g	0.600	0
Histidine	g	0.252	0
Alanine	g	0.349	0
Aspartic acid	g	1.407	0
Glutamic acid	g	1.235	0
Glycine	g	0.313	0
Proline	g	0.349	0
Serine	g	0.486	0
Other:			
Caffeine	mg		
Theobromine	mg		
Alcohol	g		

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

NDB No. 11250 Lettuce, butterhead (includes boston and bibb types), raw

Lactuca sativa

Refuse: 26% Outer leaves and core

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 55g	Measure 2* 163g	Measure 3* 15g
Proximates:							
Water	g	95.58	0.407	8	52.57	155.80	14.34
Energy	kcal	13		0	7	21	2
Energy	kj	54		0	30	88	8
Protein (N x 5.95)	g	1.29		1	0.71	2.10	0.19
Total lipid (fat)	g	0.22		1	0.12	0.36	0.03
Carbohydrate, by difference	g	2.32		0	1.28	3.78	0.35
Fiber, total dietary	g	1.0		0	0.6	1.6	0.2
Ash	g	0.59		1	0.32	0.96	0.09
Sugars, total	g						
Minerals:							
Calcium	mg	32		0	18	52	5
Iron	mg	0.30		1	0.17	0.49	0.05
Magnesium	mg	13		0	7	21	2
Phosphorus	mg	23		0	13	37	3
Potassium	mg	257	20.332	4	141	419	39
Sodium	mg	5	2.818	4	3	8	1
Zinc	mg	0.17		1	0.09	0.28	0.03
Copper	mg	0.023		1	0.013	0.037	0.003
Manganese	mg	0.133		1	0.073	0.217	0.020
Selenium	µg	0.2		0	0.1	0.3	0.0
Vitamins:							
Ascorbic acid	mg	8.0		0	4.4	13.0	1.2
Thiamin	mg	0.060		0	0.033	0.098	0.009
Riboflavin	mg	0.060		0	0.033	0.098	0.009
Niacin	mg	0.300		0	0.165	0.489	0.045
Pantothenic acid	mg	0.180		0	0.099	0.293	0.027
Vitamin B-6	mg	0.050		0	0.028	0.082	0.008
Folate	µg	73	25.427	3	40	119	11
Vitamin B-12	µg	0.00		0	0.00	0.00	0.00
Vitamin A	IU	970		0	534	1581	146
Vitamin A, RE	µg	97		0	53	158	15
Vitamin E, α-TE	mg	0.440		0	0.242	0.717	0.066
Lipids:							
Saturated, total	g	0.029		0	0.016	0.047	0.004
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.000		0	0.000	0.000	0.000
14:0	g	0.000		0	0.000	0.000	0.000
15.0	g						
16:0	g	0.026		0	0.014	0.042	0.004
17:0	g						
18:0	g	0.003		0	0.002	0.005	0.000
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.008	0	0.004	0.013	0.001
14:1	g					
16:1	g	0.002	0	0.001	0.003	0.000
18:1	g	0.006	0	0.003	0.010	0.001
20:1	g	0.000	0	0.000	0.000	0.000
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.117	0	0.064	0.191	0.018
18:2	g	0.034	0	0.019	0.055	0.005
18:3	g	0.083	0	0.046	0.135	0.012
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.009	97	0.005	0.015	0.001
Threonine	g	0.059	100	0.032	0.096	0.009
Isoleucine	g	0.083	100	0.046	0.135	0.012
Leucine	g	0.078	100	0.043	0.127	0.012
Lysine	g	0.084	104	0.046	0.137	0.013
Methionine	g	0.016	104	0.009	0.026	0.002
Cystine	g	0.015	3	0.008	0.024	0.002
Phenylalanine	g	0.054	100	0.030	0.088	0.008
Tyrosine	g	0.032	8	0.018	0.052	0.005
Valine	g	0.069	100	0.038	0.112	0.010
Arginine	g	0.070	100	0.039	0.114	0.011
Histidine	g	0.022	100	0.012	0.036	0.003
Alanine	g	0.055	7	0.030	0.090	0.008
Aspartic acid	g	0.141	7	0.078	0.230	0.021
Glutamic acid	g	0.180	7	0.099	0.293	0.027
Glycine	g	0.057	7	0.031	0.093	0.009
Proline	g	0.048	7	0.026	0.078	0.007
Serine	g	0.039	7	0.021	0.064	0.006
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, shredded or chopped
Measure 2: 1 head (5" dia)
Measure 3: 1 large leaf

NDB No. 11251 Lettuce, cos or romaine, raw

Lactuca sativa

Refuse: 6% Core

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 10g	Measure 2* 28g	Measure 3*
Proximates:							
Water	g	94.91	0.288	9	9.49	26.57	
Energy	kcal	14		0	1	4	
Energy	kj	59		0	6	17	
Protein (N x 5.95)	g	1.62	0.037	3	0.16	0.45	
Total lipid (fat)	g	0.20		1	0.02	0.06	
Carbohydrate, by difference	g	2.37		0	0.24	0.66	
Fiber, total dietary	g	1.7		0	0.2	0.5	
Ash	g	0.90		0	0.09	0.25	
Sugars, total	g						
Minerals:							
Calcium	mg	36		1	4	10	
Iron	mg	1.10		1	0.11	0.31	
Magnesium	mg	6		0	1	2	
Phosphorus	mg	45		1	5	13	
Potassium	mg	290	41.764	4	29	81	
Sodium	mg	8	0.657	4	1	2	
Zinc	mg	0.25		0	0.03	0.07	
Copper	mg	0.037		0	0.004	0.010	
Manganese	mg	0.636		0	0.064	0.178	
Selenium	µg	0.2		0	0.0	0.1	
Vitamins:							
Ascorbic acid	mg	24.0		1	2.4	6.7	
Thiamin	mg	0.100		1	0.010	0.028	
Riboflavin	mg	0.100		1	0.010	0.028	
Niacin	mg	0.500		1	0.050	0.140	
Pantothenic acid	mg	0.170		0	0.017	0.048	
Vitamin B-6	mg	0.047		0	0.005	0.013	
Folate	µg	136	32.743	7	14	38	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	2600		1	260	728	
Vitamin A, RE	µg	260		1	26	73	
Vitamin E, α-TE	mg	0.440		0	0.044	0.123	
Lipids:							
Saturated, total	g	0.026		0	0.003	0.007	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.000		0	0.000	0.000	
15.0	g						
16:0	g	0.023		0	0.002	0.006	
17:0	g						
18:0	g	0.003		0	0.000	0.001	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.008	0	0.001	0.002
14:1	g				
16:1	g	0.002	0	0.000	0.001
18:1	g	0.006	0	0.001	0.002
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.106	0	0.011	0.030
18:2	g	0.031	0	0.003	0.009
18:3	g	0.075	0	0.008	0.021
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.012	0	0.001	0.003
Threonine	g	0.074	0	0.007	0.021
Isoleucine	g	0.105	0	0.011	0.029
Leucine	g	0.098	0	0.010	0.027
Lysine	g	0.105	0	0.011	0.029
Methionine	g	0.020	0	0.002	0.006
Cystine	g	0.019	0	0.002	0.005
Phenylalanine	g	0.068	0	0.007	0.019
Tyrosine	g	0.040	0	0.004	0.011
Valine	g	0.087	0	0.009	0.024
Arginine	g	0.088	0	0.009	0.025
Histidine	g	0.028	0	0.003	0.008
Alanine	g	0.070	0	0.007	0.020
Aspartic acid	g	0.177	0	0.018	0.050
Glutamic acid	g	0.227	0	0.023	0.064
Glycine	g	0.071	0	0.007	0.020
Proline	g	0.060	0	0.006	0.017
Serine	g	0.049	0	0.005	0.014
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 innerleaf
Measure 2: 1/2 cup shredded

NDB No. 11252 Lettuce, iceberg (includes crisphead types), raw

Lactuca sativa

Refuse: 5% Core

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 55g	Measure 2* 755g	Measure 3* 15g
Proximates:							
Water	g	95.89	0.091	110	52.74	723.97	14.38
Energy	kcal	12		0	7	91	2
Energy	kj	50		0	28	378	8
Protein (N x 5.95)	g	1.01	0.035	21	0.56	7.63	0.15
Total lipid (fat)	g	0.19	0.035	21	0.10	1.43	0.03
Carbohydrate, by difference	g	2.09		0	1.15	15.78	0.31
Fiber, total dietary	g	1.4		0	0.8	10.6	0.2
Ash	g	0.48	0.020	49	0.26	3.62	0.07
Sugars, total	g						
Minerals:							
Calcium	mg	19	0.636	91	10	143	3
Iron	mg	0.50	0.144	97	0.28	3.77	0.08
Magnesium	mg	9	0.412	93	5	68	1
Phosphorus	mg	20	0.509	91	11	151	3
Potassium	mg	158	3.650	100	87	1193	24
Sodium	mg	9	0.718	102	5	68	1
Zinc	mg	0.22	0.009	73	0.12	1.66	0.03
Copper	mg	0.028	0.003	48	0.015	0.211	0.004
Manganese	mg	0.151	0.011	82	0.083	1.140	0.023
Selenium	µg	0.2	0.019	156	0.1	1.5	0.0
Vitamins:							
Ascorbic acid	mg	3.9	0.379	17	2.1	29.4	0.6
Thiamin	mg	0.046	0.005	18	0.025	0.347	0.007
Riboflavin	mg	0.030	0.004	18	0.017	0.226	0.004
Niacin	mg	0.187	0.044	7	0.103	1.412	0.028
Pantothenic acid	mg	0.046	0.003	5	0.025	0.347	0.007
Vitamin B-6	mg	0.040	0.002	14	0.022	0.302	0.006
Folate	µg	56	10.000	12	31	423	8
Vitamin B-12	µg	0.00		0	0.00	0.00	0.00
Vitamin A	IU	330	146.933	7	182	2492	50
Vitamin A, RE	µg	33	14.693	7	18	249	5
Vitamin E, α-TE	mg	0.280		0	0.154	2.114	0.042
Lipids:							
Saturated, total	g	0.025		0	0.014	0.189	0.004
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.000		0	0.000	0.000	0.000
14:0	g	0.000		0	0.000	0.000	0.000
15.0	g						
16:0	g	0.022		0	0.012	0.166	0.003
17:0	g						
18:0	g	0.003		0	0.002	0.023	0.000
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.007	0	0.004	0.053	0.001
14:1	g					
16:1	g	0.002	0	0.001	0.015	0.000
18:1	g	0.006	0	0.003	0.045	0.001
20:1	g	0.000	0	0.000	0.000	0.000
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.100	0	0.055	0.755	0.015
18:2	g	0.029	0	0.016	0.219	0.004
18:3	g	0.071	0	0.039	0.536	0.011
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
Phytosterols	mg	10	0	6	76	2
Amino acids:						
Tryptophan	g	0.008	0	0.004	0.060	0.001
Threonine	g	0.053	0	0.029	0.400	0.008
Isoleucine	g	0.075	0	0.041	0.566	0.011
Leucine	g	0.070	0	0.039	0.529	0.011
Lysine	g	0.075	0	0.041	0.566	0.011
Methionine	g	0.014	0	0.008	0.106	0.002
Cystine	g	0.014	0	0.008	0.106	0.002
Phenylalanine	g	0.049	0	0.027	0.370	0.007
Tyrosine	g	0.029	0	0.016	0.219	0.004
Valine	g	0.062	0	0.034	0.468	0.009
Arginine	g	0.063	0	0.035	0.476	0.009
Histidine	g	0.020	0	0.011	0.151	0.003
Alanine	g	0.050	0	0.028	0.378	0.008
Aspartic acid	g	0.127	0	0.070	0.959	0.019
Glutamic acid	g	0.162	0	0.089	1.223	0.024
Glycine	g	0.051	0	0.028	0.385	0.008
Proline	g	0.043	0	0.024	0.325	0.006
Serine	g	0.035	0	0.019	0.264	0.005
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, shredded or chopped
Measure 2: 1 large head
Measure 3: 1 large leaf

NDB No. 11253 Lettuce, looseleaf, raw

Lactuca sativa

Refuse: 36% Outer leaves, core and trimmings

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 10g	Measure 2* 28g	Measure 3*
Proximates:							
Water	g	94.00		0	9.40	26.32	
Energy	kcal	18		0	2	5	
Energy	kj	75		0	8	21	
Protein (N x 5.95)	g	1.30		0	0.13	0.36	
Total lipid (fat)	g	0.30		0	0.03	0.08	
Carbohydrate, by difference	g	3.50		0	0.35	0.98	
Fiber, total dietary	g	1.9		0	0.2	0.5	
Ash	g	0.90		0	0.09	0.25	
Sugars, total	g						
Minerals:							
Calcium	mg	68		0	7	19	
Iron	mg	1.40		0	0.14	0.39	
Magnesium	mg	11		0	1	3	
Phosphorus	mg	25		0	3	7	
Potassium	mg	264		0	26	74	
Sodium	mg	9		0	1	3	
Zinc	mg	0.29		0	0.03	0.08	
Copper	mg	0.044		0	0.004	0.012	
Manganese	mg	0.750		0	0.075	0.210	
Selenium	µg	0.2	0.019	156	0.0	0.1	
Vitamins:							
Ascorbic acid	mg	18.0		0	1.8	5.0	
Thiamin	mg	0.050		0	0.005	0.014	
Riboflavin	mg	0.080		0	0.008	0.022	
Niacin	mg	0.400		0	0.040	0.112	
Pantothenic acid	mg	0.200		0	0.020	0.056	
Vitamin B-6	mg	0.055		0	0.006	0.015	
Folate	µg	50		0	5	14	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	1900		0	190	532	
Vitamin A, RE	µg	190		0	19	53	
Vitamin E, α-TE	mg	0.440		0	0.044	0.123	
Lipids:							
Saturated, total	g	0.039		0	0.004	0.011	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.000		0	0.000	0.000	
15.0	g						
16:0	g	0.035		0	0.004	0.010	
17:0	g						
18:0	g	0.004		0	0.000	0.001	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.012	0	0.001	0.003
14:1	g				
16:1	g	0.003	0	0.000	0.001
18:1	g	0.009	0	0.001	0.003
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.159	0	0.016	0.045
18:2	g	0.047	0	0.005	0.013
18:3	g	0.113	0	0.011	0.032
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg	38	0	4	11
Amino acids:					
Tryptophan	g	0.009	0	0.001	0.003
Threonine	g	0.059	0	0.006	0.017
Isoleucine	g	0.084	0	0.008	0.024
Leucine	g	0.079	0	0.008	0.022
Lysine	g	0.084	0	0.008	0.024
Methionine	g	0.016	0	0.002	0.004
Cystine	g	0.016	0	0.002	0.004
Phenylalanine	g	0.055	0	0.006	0.015
Tyrosine	g	0.032	0	0.003	0.009
Valine	g	0.070	0	0.007	0.020
Arginine	g	0.071	0	0.007	0.020
Histidine	g	0.022	0	0.002	0.006
Alanine	g	0.056	0	0.006	0.016
Aspartic acid	g	0.142	0	0.014	0.040
Glutamic acid	g	0.182	0	0.018	0.051
Glycine	g	0.057	0	0.006	0.016
Proline	g	0.048	0	0.005	0.013
Serine	g	0.039	0	0.004	0.011
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 leaf

Measure 2: 1/2 cup shredded

NDB No. 11254 Lotus root, raw

Nelumbo nucifera

Refuse: 21% Skins and ends of lobes

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 81g	Measure 2* 115g	Measure 3*
Proximates:							
Water	g	79.10	4.095	2	64.07	90.97	
Energy	kcal	74		0	60	85	
Energy	kj	310		0	251	357	
Protein (N x 5.95)	g	2.60		1	2.11	2.99	
Total lipid (fat)	g	0.10		1	0.08	0.12	
Carbohydrate, by difference	g	17.24		0	13.96	19.83	
Fiber, total dietary	g	4.9		0	4.0	5.6	
Ash	g	0.97		0	0.79	1.12	
Sugars, total	g						
Minerals:							
Calcium	mg	45		1	36	52	
Iron	mg	1.16	0.440	2	0.94	1.33	
Magnesium	mg	23	2.400	2	19	26	
Phosphorus	mg	100		1	81	115	
Potassium	mg	556	174.100	2	450	639	
Sodium	mg	40	0.450	2	32	46	
Zinc	mg	0.39		0	0.32	0.45	
Copper	mg	0.257		0	0.208	0.296	
Manganese	mg	0.261		0	0.211	0.300	
Selenium	µg	0.7		0	0.6	0.8	
Vitamins:							
Ascorbic acid	mg	44.0		1	35.6	50.6	
Thiamin	mg	0.160		1	0.130	0.184	
Riboflavin	mg	0.220		1	0.178	0.253	
Niacin	mg	0.400		1	0.324	0.460	
Pantothenic acid	mg	0.377		0	0.305	0.434	
Vitamin B-6	mg	0.258		0	0.209	0.297	
Folate	µg	13		0	10	15	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	0		1	0	0	
Vitamin A, RE	µg	0		1	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.030		0	0.024	0.034	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.000		0	0.000	0.000	
15.0	g						
16:0	g	0.028		0	0.023	0.032	
17:0	g						
18:0	g	0.001		0	0.001	0.001	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.020	0	0.016	0.023
14:1	g				
16:1	g	0.002	0	0.002	0.002
18:1	g	0.014	0	0.011	0.016
20:1	g	0.002	0	0.002	0.002
22.1	g				
Polyunsaturated, total	g	0.020	0	0.016	0.023
18:2	g	0.014	0	0.011	0.016
18:3	g	0.006	0	0.005	0.007
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.020	4	0.016	0.023
Threonine	g	0.051	3	0.041	0.059
Isoleucine	g	0.054	3	0.044	0.062
Leucine	g	0.069	3	0.056	0.079
Lysine	g	0.094	4	0.076	0.108
Methionine	g	0.022	4	0.018	0.025
Cystine	g	0.022	2	0.018	0.025
Phenylalanine	g	0.047	3	0.038	0.054
Tyrosine	g	0.029	2	0.023	0.033
Valine	g	0.055	3	0.045	0.063
Arginine	g	0.088	2	0.071	0.101
Histidine	g	0.038	2	0.031	0.044
Alanine	g	0.054	2	0.044	0.062
Aspartic acid	g	0.369	2	0.299	0.424
Glutamic acid	g	0.139	2	0.113	0.160
Glycine	g	0.156	2	0.126	0.179
Proline	g	0.136	2	0.110	0.156
Serine	g	0.060	2	0.049	0.069
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 10 slices, (2-1/2" dia)
Measure 2: 1 root, 9-1/2 in long

NDB No. 11255 Lotus root, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 60g	Measure 2* 89g	Measure 3*
Proximates:							
Water	g	81.42		1	48.85	72.46	
Energy	kcal	66		0	40	59	
Energy	kj	276		0	166	246	
Protein (N x 5.95)	g	1.58		1	0.95	1.41	
Total lipid (fat)	g	0.07		1	0.04	0.06	
Carbohydrate, by difference	g	16.03		0	9.62	14.27	
Fiber, total dietary	g	3.1		0	1.9	2.8	
Ash	g	0.91		1	0.55	0.81	
Sugars, total	g						
Minerals:							
Calcium	mg	26		1	16	23	
Iron	mg	0.90		1	0.54	0.80	
Magnesium	mg	22		1	13	20	
Phosphorus	mg	78		1	47	69	
Potassium	mg	363		1	218	323	
Sodium	mg	45		1	27	40	
Zinc	mg	0.33		0	0.20	0.29	
Copper	mg	0.217		0	0.130	0.193	
Manganese	mg	0.220		0	0.132	0.196	
Selenium	µg	0.6		0	0.4	0.5	
Vitamins:							
Ascorbic acid	mg	27.4		0	16.4	24.4	
Thiamin	mg	0.127		0	0.076	0.113	
Riboflavin	mg	0.010		0	0.006	0.009	
Niacin	mg	0.300		0	0.180	0.267	
Pantothenic acid	mg	0.302		0	0.181	0.269	
Vitamin B-6	mg	0.218		0	0.131	0.194	
Folate	µg	8		0	5	7	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	0.010		0	0.006	0.009	
Lipids:							
Saturated, total	g	0.021		0	0.013	0.019	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.000		0	0.000	0.000	
15.0	g						
16:0	g	0.020		0	0.012	0.018	
17:0	g						
18:0	g	0.001		0	0.001	0.001	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.014	0	0.008	0.012
14:1	g				
16:1	g	0.001	0	0.001	0.001
18:1	g	0.010	0	0.006	0.009
20:1	g	0.002	0	0.001	0.002
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.014	0	0.008	0.012
18:2	g	0.010	0	0.006	0.009
18:3	g	0.004	0	0.002	0.004
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.012	0	0.007	0.011
Threonine	g	0.031	0	0.019	0.028
Isoleucine	g	0.033	0	0.020	0.029
Leucine	g	0.042	0	0.025	0.037
Lysine	g	0.057	0	0.034	0.051
Methionine	g	0.014	0	0.008	0.012
Cystine	g	0.014	0	0.008	0.012
Phenylalanine	g	0.028	0	0.017	0.025
Tyrosine	g	0.017	0	0.010	0.015
Valine	g	0.034	0	0.020	0.030
Arginine	g	0.053	0	0.032	0.047
Histidine	g	0.023	0	0.014	0.020
Alanine	g	0.033	0	0.020	0.029
Aspartic acid	g	0.223	0	0.134	0.198
Glutamic acid	g	0.084	0	0.050	0.075
Glycine	g	0.095	0	0.057	0.085
Proline	g	0.082	0	0.049	0.073
Serine	g	0.037	0	0.022	0.033
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1/2 cup
Measure 2: 10 slices, (2-1/2" dia)

NDB No. 11258 Mountain yam, hawaii, raw

Dioscorea pentaphylla

Refuse: 17% Ends and skin

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 68g	Measure 2* 420g	Measure 3*
Proximates:							
Water	g	81.44	1.745	4	55.38	342.05	
Energy	kcal	67		0	46	281	
Energy	kj	280		0	190	1176	
Protein (N x 5.95)	g	1.34		1	0.91	5.63	
Total lipid (fat)	g	0.10		1	0.07	0.42	
Carbohydrate, by difference	g	16.31		0	11.09	68.50	
Fiber, total dietary	g						
Ash	g	0.82		1	0.56	3.44	
Sugars, total	g						
Minerals:							
Calcium	mg	26		1	18	109	
Iron	mg	0.44		1	0.30	1.85	
Magnesium	mg	12	2.700	2	8	50	
Phosphorus	mg	34		1	23	143	
Potassium	mg	418	52.500	2	284	1756	
Sodium	mg	13	0.900	2	9	55	
Zinc	mg	0.27		0	0.18	1.13	
Copper	mg	0.110		0	0.075	0.462	
Manganese	mg	0.242		0	0.165	1.016	
Selenium	µg	0.7		0	0.5	2.9	
Vitamins:							
Ascorbic acid	mg	2.6		1	1.8	10.9	
Thiamin	mg	0.102	0.026	2	0.069	0.428	
Riboflavin	mg	0.019	0.006	2	0.013	0.080	
Niacin	mg	0.481	0.062	2	0.327	2.020	
Pantothenic acid	mg	0.433		0	0.294	1.819	
Vitamin B-6	mg	0.179		0	0.122	0.752	
Folate	µg	14		0	10	59	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	0	0.000	2	0	0	
Vitamin A, RE	µg	0	0.000	2	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.022		0	0.015	0.092	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g	0.020		0	0.014	0.084	
17:0	g						
18:0	g	0.002		0	0.001	0.008	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.004	0	0.003	0.017
14:1	g				
16:1	g				
18:1	g	0.004	0	0.003	0.017
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.045	0	0.031	0.189
18:2	g	0.038	0	0.026	0.160
18:3	g	0.007	0	0.005	0.029
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.011	0	0.007	0.046
Threonine	g	0.047	0	0.032	0.197
Isoleucine	g	0.045	0	0.031	0.189
Leucine	g	0.084	0	0.057	0.353
Lysine	g	0.052	0	0.035	0.218
Methionine	g	0.018	0	0.012	0.076
Cystine	g	0.016	0	0.011	0.067
Phenylalanine	g	0.062	0	0.042	0.260
Tyrosine	g	0.035	0	0.024	0.147
Valine	g	0.054	0	0.037	0.227
Arginine	g	0.112	0	0.076	0.470
Histidine	g	0.030	0	0.020	0.126
Alanine	g	0.055	0	0.037	0.231
Aspartic acid	g	0.136	0	0.092	0.571
Glutamic acid	g	0.159	0	0.108	0.668
Glycine	g	0.046	0	0.031	0.193
Proline	g	0.048	0	0.033	0.202
Serine	g	0.071	0	0.048	0.298
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1/2 cup cubes
Measure 2: 1 yam

NDB No. 11259 Mountain yam, hawaii, cooked, steamed, without salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 145g	Measure 2*	Measure 3*
Proximates:							
Water	g	77.14	2.745	2	111.85		
Energy	kcal	82		0	119		
Energy	kj	343		0	497		
Protein (N x 5.95)	g	1.73		1	2.51		
Total lipid (fat)	g	0.08		1	0.12		
Carbohydrate, by difference	g	20.00		0	29.00		
Fiber, total dietary	g						
Ash	g	1.06		1	1.54		
Sugars, total	g						
Minerals:							
Calcium	mg	8		1	12		
Iron	mg	0.43		1	0.62		
Magnesium	mg	10		1	15		
Phosphorus	mg	40		1	58		
Potassium	mg	495		1	718		
Sodium	mg	12		1	17		
Zinc	mg	0.32		0	0.46		
Copper	mg	0.129		0	0.187		
Manganese	mg	0.283		0	0.410		
Selenium	µg	0.9		0	1.3		
Vitamins:							
Ascorbic acid	mg	0.0		1	0.0		
Thiamin	mg	0.086		1	0.125		
Riboflavin	mg	0.014		1	0.020		
Niacin	mg	0.130		1	0.189		
Pantothenic acid	mg	0.480		0	0.696		
Vitamin B-6	mg	0.209		0	0.303		
Folate	µg	12		0	18		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	0		1	0		
Vitamin A, RE	µg	0		1	0		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.018		0	0.026		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g	0.015		0	0.022		
17:0	g						
18:0	g	0.001		0	0.001		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.003	0	0.004
14:1	g			
16:1	g			
18:1	g	0.003	0	0.004
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.036	0	0.052
18:2	g	0.030	0	0.044
18:3	g	0.006	0	0.009
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.014	0	0.020
Threonine	g	0.061	0	0.088
Isoleucine	g	0.059	0	0.086
Leucine	g	0.109	0	0.158
Lysine	g	0.067	0	0.097
Methionine	g	0.023	0	0.033
Cystine	g	0.021	0	0.030
Phenylalanine	g	0.080	0	0.116
Tyrosine	g	0.046	0	0.067
Valine	g	0.070	0	0.102
Arginine	g	0.144	0	0.209
Histidine	g	0.038	0	0.055
Alanine	g	0.071	0	0.103
Aspartic acid	g	0.175	0	0.254
Glutamic acid	g	0.205	0	0.297
Glycine	g	0.060	0	0.087
Proline	g	0.061	0	0.088
Serine	g	0.092	0	0.133
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, cubes

NDB No. 11260 Mushrooms, raw

Agaricus bisporus

Refuse: 3% Trimmings

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 70g	Measure 2* 96g	Measure 3* 23g
Proximates:							
Water	g	91.81	0.241	41	64.27	88.14	21.12
Energy	kcal	25		0	18	24	6
Energy	kj	105		0	74	101	24
Protein (N x 5.95)	g	2.09	0.076	34	1.46	2.01	0.48
Total lipid (fat)	g	0.42	0.040	34	0.29	0.40	0.10
Carbohydrate, by difference	g	4.65		0	3.25	4.46	1.07
Fiber, total dietary	g	1.2		0	0.8	1.2	0.3
Ash	g	0.89	0.036	33	0.62	0.85	0.20
Sugars, total	g						
Minerals:							
Calcium	mg	5	0.713	19	4	5	1
Iron	mg	1.24	0.147	44	0.87	1.19	0.29
Magnesium	mg	10	0.149	21	7	10	2
Phosphorus	mg	104	3.869	21	73	100	24
Potassium	mg	370	6.433	23	259	355	85
Sodium	mg	4	0.280	14	3	4	1
Zinc	mg	0.73	0.054	43	0.51	0.70	0.17
Copper	mg	0.492	0.042	43	0.344	0.472	0.113
Manganese	mg	0.112	0.015	14	0.078	0.108	0.026
Selenium	µg	12.3	1.248	11	8.6	11.8	2.8
Vitamins:							
Ascorbic acid	mg	3.5	0.503	28	2.5	3.4	0.8
Thiamin	mg	0.102	0.005	12	0.071	0.098	0.023
Riboflavin	mg	0.449	0.022	12	0.314	0.431	0.103
Niacin	mg	4.116	0.124	12	2.881	3.951	0.947
Pantothenic acid	mg	2.200		0	1.540	2.112	0.506
Vitamin B-6	mg	0.097	0.010	12	0.068	0.093	0.022
Folate	µg	21	2.062	30	15	20	5
Vitamin B-12	µg	0.00		0	0.00	0.00	0.00
Vitamin A	IU	0		1	0	0	0
Vitamin A, RE	µg	0		1	0	0	0
Vitamin E, α-TE	mg	0.120		0	0.084	0.115	0.028
Lipids:							
Saturated, total	g	0.056		0	0.039	0.054	0.013
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.001		2	0.001	0.001	0.000
12:0	g	0.005		2	0.004	0.005	0.001
14:0	g	0.002		3	0.001	0.002	0.000
15.0	g						
16:0	g	0.028		7	0.020	0.027	0.006
17:0	g						
18:0	g	0.009		7	0.006	0.009	0.002
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.007	0	0.005	0.007	0.002
14:1	g					
16:1	g	0.000	0	0.000	0.000	0.000
18:1	g	0.007	7	0.005	0.007	0.002
20:1	g	0.000	0	0.000	0.000	0.000
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.170	0	0.119	0.163	0.039
18:2	g	0.166	7	0.116	0.159	0.038
18:3	g	0.001	1	0.001	0.001	0.000
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.047	20	0.033	0.045	0.011
Threonine	g	0.094	32	0.066	0.090	0.022
Isoleucine	g	0.083	32	0.058	0.080	0.019
Leucine	g	0.128	32	0.090	0.123	0.029
Lysine	g	0.211	32	0.148	0.203	0.049
Methionine	g	0.040	23	0.028	0.038	0.009
Cystine	g	0.005	2	0.004	0.005	0.001
Phenylalanine	g	0.081	32	0.057	0.078	0.019
Tyrosine	g	0.045	32	0.032	0.043	0.010
Valine	g	0.096	32	0.067	0.092	0.022
Arginine	g	0.103	32	0.072	0.099	0.024
Histidine	g	0.056	31	0.039	0.054	0.013
Alanine	g	0.156	32	0.109	0.150	0.036
Aspartic acid	g	0.191	32	0.134	0.183	0.044
Glutamic acid	g	0.357	32	0.250	0.343	0.082
Glycine	g	0.093	32	0.065	0.089	0.021
Proline	g	0.147	32	0.103	0.141	0.034
Serine	g	0.094	32	0.066	0.090	0.022
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, pieces or slices
Measure 2: 1 cup, whole
Measure 3: 1 large

NDB No. 11261 Mushrooms, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 156g	Measure 2* 10g	Measure 3* 12g
Proximates:							
Water	g	91.08		0	142.08	8.93	10.93
Energy	kcal	27		0	42	3	3
Energy	kj	113		0	176	11	14
Protein (N x 5.95)	g	2.17		0	3.39	0.21	0.26
Total lipid (fat)	g	0.47		0	0.73	0.05	0.06
Carbohydrate, by difference	g	5.14		0	8.02	0.50	0.62
Fiber, total dietary	g	2.2		0	3.4	0.2	0.3
Ash	g	0.99		0	1.54	0.10	0.12
Sugars, total	g						
Minerals:							
Calcium	mg	6		0	9	1	1
Iron	mg	1.74		0	2.71	0.17	0.21
Magnesium	mg	12		0	19	1	1
Phosphorus	mg	87		0	136	9	10
Potassium	mg	356		0	555	35	43
Sodium	mg	2		0	3	0	0
Zinc	mg	0.87		0	1.36	0.09	0.10
Copper	mg	0.504		0	0.786	0.049	0.060
Manganese	mg	0.115		0	0.179	0.011	0.014
Selenium	µg	11.9	0.640	5	18.6	1.2	1.4
Vitamins:							
Ascorbic acid	mg	4.0		0	6.2	0.4	0.5
Thiamin	mg	0.073		0	0.114	0.007	0.009
Riboflavin	mg	0.300		0	0.468	0.029	0.036
Niacin	mg	4.460		0	6.958	0.437	0.535
Pantothenic acid	mg	2.160		0	3.370	0.212	0.259
Vitamin B-6	mg	0.095		0	0.148	0.009	0.011
Folate	µg	18		0	28	2	2
Vitamin B-12	µg	0.00		0	0.00	0.00	0.00
Vitamin A	IU	0		0	0	0	0
Vitamin A, RE	µg	0		0	0	0	0
Vitamin E, α-TE	mg	0.120		0	0.187	0.012	0.014
Lipids:							
Saturated, total	g	0.061		0	0.095	0.006	0.007
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.001		0	0.002	0.000	0.000
12:0	g	0.005		0	0.008	0.000	0.001
14:0	g	0.002		0	0.003	0.000	0.000
15.0	g						
16:0	g	0.030		0	0.047	0.003	0.004
17:0	g						
18:0	g	0.010		0	0.016	0.001	0.001
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.008	0	0.012	0.001	0.001
14:1	g					
16:1	g	0.000	0	0.000	0.000	0.000
18:1	g	0.007	0	0.011	0.001	0.001
20:1	g	0.000	0	0.000	0.000	0.000
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.183	0	0.285	0.018	0.022
18:2	g	0.179	0	0.279	0.018	0.021
18:3	g	0.001	0	0.002	0.000	0.000
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.051	0	0.080	0.005	0.006
Threonine	g	0.101	0	0.158	0.010	0.012
Isoleucine	g	0.089	0	0.139	0.009	0.011
Leucine	g	0.137	0	0.214	0.013	0.016
Lysine	g	0.227	0	0.354	0.022	0.027
Methionine	g	0.043	0	0.067	0.004	0.005
Cystine	g	0.006	0	0.009	0.001	0.001
Phenylalanine	g	0.088	0	0.137	0.009	0.011
Tyrosine	g	0.048	0	0.075	0.005	0.006
Valine	g	0.103	0	0.161	0.010	0.012
Arginine	g	0.111	0	0.173	0.011	0.013
Histidine	g	0.060	0	0.094	0.006	0.007
Alanine	g	0.168	0	0.262	0.016	0.020
Aspartic acid	g	0.206	0	0.321	0.020	0.025
Glutamic acid	g	0.383	0	0.597	0.038	0.046
Glycine	g	0.100	0	0.156	0.010	0.012
Proline	g	0.158	0	0.246	0.015	0.019
Serine	g	0.101	0	0.158	0.010	0.012
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, pieces
Measure 2: 1 tablespoon
Measure 3: 1 mushroom

NDB No. 11264 Mushrooms, canned, drained solids

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 156g	Measure 2* 132g	Measure 3* 16g
Proximates:							
Water	g	91.08	0.333	8	142.08	119.77	14.57
Energy	kcal	24		0	37	32	4
Energy	kj	100		0	156	132	16
Protein (N x 5.95)	g	1.87	0.158	5	2.92	2.46	0.30
Total lipid (fat)	g	0.29	0.068	5	0.45	0.38	0.05
Carbohydrate, by difference	g	4.96		0	7.74	6.52	0.79
Fiber, total dietary	g	2.4		0	3.7	3.2	0.4
Ash	g	1.67	0.083	5	2.61	2.20	0.27
Sugars, total	g						
Minerals:							
Calcium	mg	11		0	17	14	2
Iron	mg	0.79	0.078	6	1.23	1.04	0.13
Magnesium	mg	15		0	23	20	2
Phosphorus	mg	66		0	103	87	11
Potassium	mg	129		0	201	170	21
Sodium	mg	425		0	663	559	68
Zinc	mg	0.72	0.093	6	1.12	0.95	0.12
Copper	mg	0.235	0.049	6	0.367	0.309	0.038
Manganese	mg	0.086	0.012	5	0.134	0.113	0.014
Selenium	µg	4.1	0.430	23	6.4	5.4	0.7
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	0.0
Thiamin	mg	0.085		0	0.133	0.112	0.014
Riboflavin	mg	0.021		0	0.033	0.028	0.003
Niacin	mg	1.593		0	2.485	2.095	0.255
Pantothenic acid	mg	0.811		0	1.265	1.066	0.130
Vitamin B-6	mg	0.061		0	0.095	0.080	0.010
Folate	µg	12	9.135	3	19	16	2
Vitamin B-12	µg	0.00		0	0.00	0.00	0.00
Vitamin A	IU	0		0	0	0	0
Vitamin A, RE	µg	0		0	0	0	0
Vitamin E, α-TE	mg	0.120		0	0.187	0.158	0.019
Lipids:							
Saturated, total	g	0.038		0	0.059	0.050	0.006
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.001		0	0.002	0.001	0.000
12:0	g	0.003		0	0.005	0.004	0.000
14:0	g	0.001		0	0.002	0.001	0.000
15.0	g						
16:0	g	0.019		0	0.030	0.025	0.003
17:0	g						
18:0	g	0.006		0	0.009	0.008	0.001
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.005	0	0.008	0.007	0.001
14:1	g					
16:1	g	0.000	0	0.000	0.000	0.000
18:1	g	0.005	0	0.008	0.007	0.001
20:1	g	0.000	0	0.000	0.000	0.000
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.113	0	0.176	0.149	0.018
18:2	g	0.111	0	0.173	0.146	0.018
18:3	g	0.001	0	0.002	0.001	0.000
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.044	0	0.069	0.058	0.007
Threonine	g	0.088	0	0.137	0.116	0.014
Isoleucine	g	0.077	0	0.120	0.101	0.012
Leucine	g	0.118	0	0.184	0.155	0.019
Lysine	g	0.196	0	0.306	0.258	0.031
Methionine	g	0.037	0	0.058	0.049	0.006
Cystine	g	0.005	0	0.008	0.007	0.001
Phenylalanine	g	0.076	0	0.119	0.100	0.012
Tyrosine	g	0.042	0	0.066	0.055	0.007
Valine	g	0.089	0	0.139	0.117	0.014
Arginine	g	0.096	0	0.150	0.126	0.015
Histidine	g	0.052	0	0.081	0.068	0.008
Alanine	g	0.145	0	0.226	0.191	0.023
Aspartic acid	g	0.178	0	0.278	0.234	0.028
Glutamic acid	g	0.331	0	0.516	0.435	0.053
Glycine	g	0.086	0	0.134	0.113	0.014
Proline	g	0.137	0	0.214	0.180	0.022
Serine	g	0.087	0	0.136	0.114	0.014
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 can
Measure 3: 1 large

NDB No. 11268 Mushrooms, shiitake, dried

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 4g	Measure 2* 15g	Measure 3*
Proximates:							
Water	g	9.50	0.680	2	0.34	1.43	
Energy	kcal	296		0	11	44	
Energy	kj	1238		0	45	186	
Protein (N x 5.95)	g	9.58		0	0.34	1.44	
Total lipid (fat)	g	0.99		0	0.04	0.15	
Carbohydrate, by difference	g	75.37		0	2.71	11.31	
Fiber, total dietary	g	11.5		0	0.4	1.7	
Ash	g	4.56		0	0.16	0.68	
Sugars, total	g						
Minerals:							
Calcium	mg	11		1	0	2	
Iron	mg	1.72		1	0.06	0.26	
Magnesium	mg	132		1	5	20	
Phosphorus	mg	294		1	11	44	
Potassium	mg	1534		1	55	230	
Sodium	mg	13		1	0	2	
Zinc	mg	7.66		0	0.28	1.15	
Copper	mg	5.165		0	0.186	0.775	
Manganese	mg	1.176		0	0.042	0.176	
Selenium	µg	135.9		0	4.9	20.4	
Vitamins:							
Ascorbic acid	mg	3.5		1	0.1	0.5	
Thiamin	mg	0.300		1	0.011	0.045	
Riboflavin	mg	1.270		1	0.046	0.191	
Niacin	mg	14.100		1	0.508	2.115	
Pantothenic acid	mg	21.879		0	0.788	3.282	
Vitamin B-6	mg	0.965		0	0.035	0.145	
Folate	µg	163		0	6	24	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	0		1	0	0	
Vitamin A, RE	µg	0		1	0	0	
Vitamin E, α-TE	mg	0.120		0	0.004	0.018	
Lipids:							
Saturated, total	g	0.247		0	0.009	0.037	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.019		0	0.001	0.003	
12:0	g	0.011		0	0.000	0.002	
14:0	g	0.018		0	0.001	0.003	
15.0	g						
16:0	g	0.112		0	0.004	0.017	
17:0	g						
18:0	g	0.047		0	0.002	0.007	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.307	0	0.011	0.046
14:1	g				
16:1	g	0.082	0	0.003	0.012
18:1	g	0.139	0	0.005	0.021
20:1	g	0.000	0	0.000	0.000
22.1	g	0.070	0	0.003	0.011
Polyunsaturated, total	g	0.140	0	0.005	0.021
18:2	g	0.127	0	0.005	0.019
18:3	g	0.012	0	0.000	0.002
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.031	1	0.001	0.005
Threonine	g	0.497	2	0.018	0.075
Isoleucine	g	0.405	2	0.015	0.061
Leucine	g	0.679	2	0.024	0.102
Lysine	g	0.343	2	0.012	0.051
Methionine	g	0.179	2	0.006	0.027
Cystine	g	0.196	1	0.007	0.029
Phenylalanine	g	0.486	2	0.017	0.073
Tyrosine	g	0.323	2	0.012	0.048
Valine	g	0.486	2	0.017	0.073
Arginine	g	0.648	2	0.023	0.097
Histidine	g	0.159	2	0.006	0.024
Alanine	g	0.567	2	0.020	0.085
Aspartic acid	g	0.760	2	0.027	0.114
Glutamic acid	g	2.579	2	0.093	0.387
Glycine	g	0.414	2	0.015	0.062
Proline	g	0.414	2	0.015	0.062
Serine	g	0.506	2	0.018	0.076
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 mushroom
Measure 2: 4 mushrooms

NDB No. 11269 Mushrooms, shiitake, cooked, without salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 145g	Measure 2* 72g	Measure 3*
Proximates:							
Water	g	83.48	0.415	2	121.05	60.11	
Energy	kcal	55		0	80	40	
Energy	kj	230		0	334	166	
Protein (N x 5.95)	g	1.56		0	2.26	1.12	
Total lipid (fat)	g	0.22		1	0.32	0.16	
Carbohydrate, by difference	g	14.28		0	20.71	10.28	
Fiber, total dietary	g	2.1		0	3.0	1.5	
Ash	g	0.35		1	0.51	0.25	
Sugars, total	g						
Minerals:							
Calcium	mg	3		1	4	2	
Iron	mg	0.44		1	0.64	0.32	
Magnesium	mg	14		1	20	10	
Phosphorus	mg	29		1	42	21	
Potassium	mg	117		1	170	84	
Sodium	mg	4		1	6	3	
Zinc	mg	1.33		0	1.93	0.96	
Copper	mg	0.896		0	1.299	0.645	
Manganese	mg	0.204		0	0.296	0.147	
Selenium	µg	24.8		0	36.0	17.9	
Vitamins:							
Ascorbic acid	mg	0.3		1	0.4	0.2	
Thiamin	mg	0.037		1	0.054	0.027	
Riboflavin	mg	0.170		1	0.247	0.122	
Niacin	mg	1.500		1	2.175	1.080	
Pantothenic acid	mg	3.594		0	5.211	2.588	
Vitamin B-6	mg	0.159		0	0.231	0.114	
Folate	µg	21		0	30	15	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	0		1	0	0	
Vitamin A, RE	µg	0		1	0	0	
Vitamin E, α-TE	mg	0.120		0	0.174	0.086	
Lipids:							
Saturated, total	g	0.055		0	0.080	0.040	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.004		0	0.006	0.003	
12:0	g	0.002		0	0.003	0.001	
14:0	g	0.004		0	0.006	0.003	
15.0	g						
16:0	g	0.025		0	0.036	0.018	
17:0	g						
18:0	g	0.011		0	0.016	0.008	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.068	0	0.099	0.049
14:1	g				
16:1	g	0.018	0	0.026	0.013
18:1	g	0.031	0	0.045	0.022
20:1	g	0.000	0	0.000	0.000
22.1	g	0.015	0	0.022	0.011
Polyunsaturated, total	g	0.031	0	0.045	0.022
18:2	g	0.028	0	0.041	0.020
18:3	g	0.003	0	0.004	0.002
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.004	0	0.006	0.003
Threonine	g	0.068	0	0.099	0.049
Isoleucine	g	0.055	0	0.080	0.040
Leucine	g	0.093	0	0.135	0.067
Lysine	g	0.047	0	0.068	0.034
Methionine	g	0.025	0	0.036	0.018
Cystine	g	0.027	0	0.039	0.019
Phenylalanine	g	0.067	0	0.097	0.048
Tyrosine	g	0.044	0	0.064	0.032
Valine	g	0.067	0	0.097	0.048
Arginine	g	0.089	0	0.129	0.064
Histidine	g	0.022	0	0.032	0.016
Alanine	g	0.078	0	0.113	0.056
Aspartic acid	g	0.104	0	0.151	0.075
Glutamic acid	g	0.353	0	0.512	0.254
Glycine	g	0.057	0	0.083	0.041
Proline	g	0.057	0	0.083	0.041
Serine	g	0.069	0	0.100	0.050
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup (pieces)
Measure 2: 4 mushrooms

NDB No. 11270 Mustard greens, raw

Brassica juncea

Refuse: 7% Bases

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 56g	Measure 2*	Measure 3*
Proximates:							
Water	g	90.80	1.004	9	50.85		
Energy	kcal	26		0	15		
Energy	kj	109		0	61		
Protein (N x 5.95)	g	2.70		1	1.51		
Total lipid (fat)	g	0.20		1	0.11		
Carbohydrate, by difference	g	4.90		0	2.74		
Fiber, total dietary	g	3.3		0	1.8		
Ash	g	1.40		0	0.78		
Sugars, total	g						
Minerals:							
Calcium	mg	103	36.600	2	58		
Iron	mg	1.46	0.540	2	0.82		
Magnesium	mg	32	16.350	2	18		
Phosphorus	mg	43	2.350	2	24		
Potassium	mg	354	27.282	9	198		
Sodium	mg	25	7.302	9	14		
Zinc	mg	0.20		0	0.11		
Copper	mg	0.147		0	0.082		
Manganese	mg	0.480		0	0.269		
Selenium	µg	0.9		0	0.5		
Vitamins:							
Ascorbic acid	mg	70.0		1	39.2		
Thiamin	mg	0.080		1	0.045		
Riboflavin	mg	0.110		1	0.062		
Niacin	mg	0.800		1	0.448		
Pantothenic acid	mg	0.210		0	0.118		
Vitamin B-6	mg	0.180		0	0.101		
Folate	µg	187		0	105		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	5300		1	2968		
Vitamin A, RE	µg	530		1	297		
Vitamin E, α-TE	mg	2.010		0	1.126		
Lipids:							
Saturated, total	g	0.010		0	0.006		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.000		0	0.000		
10:0	g	0.000		0	0.000		
12:0	g	0.000		0	0.000		
14:0	g	0.000		0	0.000		
15.0	g						
16:0	g	0.005		0	0.003		
17:0	g						
18:0	g	0.002		0	0.001		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.092	0	0.052
14:1	g			
16:1	g	0.000	0	0.000
18:1	g	0.015	0	0.008
20:1	g	0.019	0	0.011
22.1	g	0.058	0	0.032
Polyunsaturated, total	g	0.038	0	0.021
18:2	g	0.020	0	0.011
18:3	g	0.018	0	0.010
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.030	2	0.017
Threonine	g	0.072	2	0.040
Isoleucine	g	0.098	2	0.055
Leucine	g	0.083	2	0.046
Lysine	g	0.123	2	0.069
Methionine	g	0.025	2	0.014
Cystine	g	0.040	1	0.022
Phenylalanine	g	0.072	2	0.040
Tyrosine	g	0.143	1	0.080
Valine	g	0.105	2	0.059
Arginine	g	0.197	1	0.110
Histidine	g	0.048	1	0.027
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, chopped

NDB No. 11271 Mustard greens, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 140g	Measure 2*	Measure 3*
Proximates:							
Water	g	94.46		0	132.24		
Energy	kcal	15		0	21		
Energy	kj	63		0	88		
Protein (N x 5.95)	g	2.26		1	3.16		
Total lipid (fat)	g	0.24		1	0.34		
Carbohydrate, by difference	g	2.10		0	2.94		
Fiber, total dietary	g	2.0		0	2.8		
Ash	g	0.94		1	1.32		
Sugars, total	g						
Minerals:							
Calcium	mg	74		1	104		
Iron	mg	0.70		1	0.98		
Magnesium	mg	15		1	21		
Phosphorus	mg	41		1	57		
Potassium	mg	202		0	283		
Sodium	mg	16		1	22		
Zinc	mg	0.11		0	0.15		
Copper	mg	0.084		0	0.118		
Manganese	mg	0.274		0	0.384		
Selenium	µg	0.6		0	0.8		
Vitamins:							
Ascorbic acid	mg	25.3		0	35.4		
Thiamin	mg	0.041		0	0.057		
Riboflavin	mg	0.063		0	0.088		
Niacin	mg	0.433		0	0.606		
Pantothenic acid	mg	0.120		0	0.168		
Vitamin B-6	mg	0.098		0	0.137		
Folate	µg	73		0	103		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	3031		0	4243		
Vitamin A, RE	µg	303		0	424		
Vitamin E, α-TE	mg	2.010		0	2.814		
Lipids:							
Saturated, total	g	0.012		0	0.017		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.000		0	0.000		
10:0	g	0.000		0	0.000		
12:0	g	0.000		0	0.000		
14:0	g	0.000		0	0.000		
15.0	g						
16:0	g	0.006		0	0.008		
17:0	g						
18:0	g	0.002		0	0.003		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.110	0	0.154
14:1	g			
16:1	g	0.001	0	0.001
18:1	g	0.018	0	0.025
20:1	g	0.023	0	0.032
22.1	g	0.069	0	0.097
Polyunsaturated, total	g	0.046	0	0.064
18:2	g	0.024	0	0.034
18:3	g	0.022	0	0.031
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.025	0	0.035
Threonine	g	0.060	0	0.084
Isoleucine	g	0.082	0	0.115
Leucine	g	0.069	0	0.097
Lysine	g	0.103	0	0.144
Methionine	g	0.021	0	0.029
Cystine	g	0.034	0	0.048
Phenylalanine	g	0.060	0	0.084
Tyrosine	g	0.119	0	0.167
Valine	g	0.088	0	0.123
Arginine	g	0.165	0	0.231
Histidine	g	0.040	0	0.056
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, chopped

NDB No. 11272 Mustard greens, frozen, unprepared

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 146g	Measure 2* 284g	Measure 3*
Proximates:							
Water	g	93.21	0.180	12	136.09	264.72	
Energy	kcal	20		0	29	57	
Energy	kj	84		0	123	239	
Protein (N x 5.95)	g	2.49	0.125	12	3.64	7.07	
Total lipid (fat)	g	0.27	0.048	12	0.39	0.77	
Carbohydrate, by difference	g	3.41		0	4.98	9.68	
Fiber, total dietary	g	3.3		0	4.8	9.4	
Ash	g	0.63	0.047	12	0.92	1.79	
Sugars, total	g						
Minerals:							
Calcium	mg	116	5.299	12	169	329	
Iron	mg	1.29	0.126	12	1.88	3.66	
Magnesium	mg	15	1.780	3	22	43	
Phosphorus	mg	30	0.981	3	44	85	
Potassium	mg	170	21.548	3	248	483	
Sodium	mg	29	1.596	3	42	82	
Zinc	mg	0.23	0.021	3	0.34	0.65	
Copper	mg	0.067	0.009	3	0.098	0.190	
Manganese	mg	0.339	0.018	3	0.495	0.963	
Selenium	µg	0.7		1	1.0	2.0	
Vitamins:							
Ascorbic acid	mg	25.3	1.942	12	36.9	71.9	
Thiamin	mg	0.048	0.004	12	0.070	0.136	
Riboflavin	mg	0.061	0.005	12	0.089	0.173	
Niacin	mg	0.314	0.011	12	0.458	0.892	
Pantothenic acid	mg	0.019		1	0.028	0.054	
Vitamin B-6	mg	0.131		1	0.191	0.372	
Folate	µg	138		0	202	393	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	5155	228.552	12	7526	14640	
Vitamin A, RE	µg	515	22.855	12	752	1463	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.014		0	0.020	0.040	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.000		0	0.000	0.000	
15.0	g						
16:0	g	0.006		0	0.009	0.017	
17:0	g						
18:0	g	0.002		0	0.003	0.006	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.124	0	0.181	0.352
14:1	g				
16:1	g	0.001	0	0.001	0.003
18:1	g	0.020	0	0.029	0.057
20:1	g	0.026	0	0.038	0.074
22.1	g	0.077	0	0.112	0.219
Polyunsaturated, total	g	0.051	0	0.074	0.145
18:2	g	0.027	0	0.039	0.077
18:3	g	0.024	0	0.035	0.068
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.027	0	0.039	0.077
Threonine	g	0.066	0	0.096	0.187
Isoleucine	g	0.091	0	0.133	0.258
Leucine	g	0.076	0	0.111	0.216
Lysine	g	0.113	0	0.165	0.321
Methionine	g	0.023	0	0.034	0.065
Cystine	g	0.037	0	0.054	0.105
Phenylalanine	g	0.066	0	0.096	0.187
Tyrosine	g	0.132	0	0.193	0.375
Valine	g	0.097	0	0.142	0.275
Arginine	g	0.181	0	0.264	0.514
Histidine	g	0.045	0	0.066	0.128
Alanine	g				
Aspartic acid	g				
Glutamic acid	g				
Glycine	g				
Proline	g				
Serine	g				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, chopped
Measure 2: 1 package (10 oz)

NDB No. 11273 Mustard greens, frozen, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 150g	Measure 2* 212g	Measure 3*
Proximates:							
Water	g	93.80		0	140.70	198.86	
Energy	kcal	19		0	29	40	
Energy	kj	79		0	119	167	
Protein (N x 5.95)	g	2.27		0	3.40	4.81	
Total lipid (fat)	g	0.25		0	0.38	0.53	
Carbohydrate, by difference	g	3.12		0	4.68	6.61	
Fiber, total dietary	g	2.8		0	4.2	5.9	
Ash	g	0.57		0	0.85	1.21	
Sugars, total	g						
Minerals:							
Calcium	mg	101		0	152	214	
Iron	mg	1.12		0	1.68	2.37	
Magnesium	mg	13		0	20	28	
Phosphorus	mg	24		0	36	51	
Potassium	mg	139		0	209	295	
Sodium	mg	25		0	38	53	
Zinc	mg	0.20		0	0.30	0.42	
Copper	mg	0.058		0	0.087	0.123	
Manganese	mg	0.294		0	0.441	0.623	
Selenium	µg	0.6		0	0.9	1.3	
Vitamins:							
Ascorbic acid	mg	13.8		0	20.7	29.3	
Thiamin	mg	0.040		0	0.060	0.085	
Riboflavin	mg	0.053		0	0.080	0.112	
Niacin	mg	0.258		0	0.387	0.547	
Pantothenic acid	mg	0.016		0	0.024	0.034	
Vitamin B-6	mg	0.108		0	0.162	0.229	
Folate	µg	70		0	104	147	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	4470		0	6705	9476	
Vitamin A, RE	µg	447		0	671	948	
Vitamin E, α-TE	mg	1.740		0	2.610	3.689	
Lipids:							
Saturated, total	g	0.013		0	0.020	0.028	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.000		0	0.000	0.000	
15.0	g						
16:0	g	0.006		0	0.009	0.013	
17:0	g						
18:0	g	0.002		0	0.003	0.004	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.113	0	0.170	0.240
14:1	g				
16:1	g	0.001	0	0.002	0.002
18:1	g	0.018	0	0.027	0.038
20:1	g	0.023	0	0.034	0.049
22.1	g	0.071	0	0.106	0.151
Polyunsaturated, total	g	0.047	0	0.070	0.100
18:2	g	0.024	0	0.036	0.051
18:3	g	0.022	0	0.033	0.047
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.025	0	0.038	0.053
Threonine	g	0.060	0	0.090	0.127
Isoleucine	g	0.083	0	0.125	0.176
Leucine	g	0.070	0	0.105	0.148
Lysine	g	0.103	0	0.155	0.218
Methionine	g	0.021	0	0.032	0.045
Cystine	g	0.034	0	0.051	0.072
Phenylalanine	g	0.060	0	0.090	0.127
Tyrosine	g	0.120	0	0.180	0.254
Valine	g	0.088	0	0.132	0.187
Arginine	g	0.166	0	0.249	0.352
Histidine	g	0.041	0	0.062	0.087
Alanine	g				
Aspartic acid	g				
Glutamic acid	g				
Glycine	g				
Proline	g				
Serine	g				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, chopped
Measure 2: 1 package (10 oz) yields

NDB No. 11274 Mustard spinach, (tendergreen), raw

Brassica rapa (Perviridis Group)

Refuse: 7% Trimmings

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 150g	Measure 2*	Measure 3*
Proximates:							
Water	g	92.20		0	138.30		
Energy	kcal	22		0	33		
Energy	kj	92		0	138		
Protein (N x 5.95)	g	2.20		0	3.30		
Total lipid (fat)	g	0.30		0	0.45		
Carbohydrate, by difference	g	3.90		0	5.85		
Fiber, total dietary	g	2.8		0	4.2		
Ash	g	1.40		0	2.10		
Sugars, total	g						
Minerals:							
Calcium	mg	210		0	315		
Iron	mg	1.50		0	2.25		
Magnesium	mg	11		0	17		
Phosphorus	mg	28		0	42		
Potassium	mg	449		0	674		
Sodium	mg	21		0	32		
Zinc	mg	0.17		0	0.26		
Copper	mg	0.075		0	0.113		
Manganese	mg	0.407		0	0.610		
Selenium	µg	0.8		0	1.2		
Vitamins:							
Ascorbic acid	mg	130.0		0	195.0		
Thiamin	mg	0.068		0	0.102		
Riboflavin	mg	0.093		0	0.139		
Niacin	mg	0.678		0	1.017		
Pantothenic acid	mg	0.178		0	0.267		
Vitamin B-6	mg	0.153		0	0.230		
Folate	µg	159		0	238		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	9900		0	14850		
Vitamin A, RE	µg	990		0	1485		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g						
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g			
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g			
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, chopped

NDB No. 11275 Mustard spinach, (tendergreen), cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 180g	Measure 2*	Measure 3*
Proximates:							
Water	g	94.50		0	170.10		
Energy	kcal	16		0	29		
Energy	kj	67		0	121		
Protein (N x 5.95)	g	1.70		0	3.06		
Total lipid (fat)	g	0.20		0	0.36		
Carbohydrate, by difference	g	2.80		0	5.04		
Fiber, total dietary	g	2.0		0	3.6		
Ash	g	0.80		0	1.44		
Sugars, total	g						
Minerals:							
Calcium	mg	158		0	284		
Iron	mg	0.80		0	1.44		
Magnesium	mg	7		0	13		
Phosphorus	mg	18		0	32		
Potassium	mg	285		0	513		
Sodium	mg	14		0	25		
Zinc	mg	0.11		0	0.20		
Copper	mg	0.050		0	0.090		
Manganese	mg	0.270		0	0.486		
Selenium	µg	0.6		0	1.1		
Vitamins:							
Ascorbic acid	mg	65.0		0	117.0		
Thiamin	mg	0.041		0	0.074		
Riboflavin	mg	0.062		0	0.112		
Niacin	mg	0.430		0	0.774		
Pantothenic acid	mg	0.119		0	0.214		
Vitamin B-6	mg	0.097		0	0.175		
Folate	µg	73		0	131		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	8200		0	14760		
Vitamin A, RE	µg	820		0	1476		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g						
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g			
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g			
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, chopped

NDB No. 11276 New Zealand spinach, raw

Tetragonia tetragonioides

Refuse: 28% Large stems and roots

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 56g	Measure 2*	Measure 3*
Proximates:							
Water	g	94.00		1	52.64		
Energy	kcal	14		0	8		
Energy	kj	59		0	33		
Protein (N x 5.95)	g	1.50		1	0.84		
Total lipid (fat)	g	0.20		1	0.11		
Carbohydrate, by difference	g	2.50		0	1.40		
Fiber, total dietary	g						
Ash	g	1.80		0	1.01		
Sugars, total	g						
Minerals:							
Calcium	mg	58		1	32		
Iron	mg	0.80		1	0.45		
Magnesium	mg	39		1	22		
Phosphorus	mg	28		1	16		
Potassium	mg	130		1	73		
Sodium	mg	130		1	73		
Zinc	mg	0.38		0	0.21		
Copper	mg	0.093		0	0.052		
Manganese	mg	0.639		0	0.358		
Selenium	µg	0.7		0	0.4		
Vitamins:							
Ascorbic acid	mg	30.0		1	16.8		
Thiamin	mg	0.040		1	0.022		
Riboflavin	mg	0.130		1	0.073		
Niacin	mg	0.500		1	0.280		
Pantothenic acid	mg	0.312		0	0.175		
Vitamin B-6	mg	0.304		0	0.170		
Folate	µg	15		0	8		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	4400		1	2464		
Vitamin A, RE	µg	440		1	246		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.032		0	0.018		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.004		0	0.002		
15.0	g						
16:0	g	0.024		0	0.013		
17:0	g						
18:0	g	0.002		0	0.001		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.005	0	0.003
14:1	g			
16:1	g	0.003	0	0.002
18:1	g	0.003	0	0.002
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.084	0	0.047
18:2	g	0.013	0	0.007
18:3	g	0.066	0	0.037
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, chopped

NDB No. 11277 New Zealand spinach, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 180g	Measure 2*	Measure 3*
Proximates:							
Water	g	94.80		0	170.64		
Energy	kcal	12		0	22		
Energy	kj	50		0	90		
Protein (N x 5.95)	g	1.30		0	2.34		
Total lipid (fat)	g	0.17		0	0.31		
Carbohydrate, by difference	g	2.20		0	3.96		
Fiber, total dietary	g						
Ash	g	1.60		0	2.88		
Sugars, total	g						
Minerals:							
Calcium	mg	48		0	86		
Iron	mg	0.66		0	1.19		
Magnesium	mg	32		0	58		
Phosphorus	mg	22		0	40		
Potassium	mg	102		0	184		
Sodium	mg	107		0	193		
Zinc	mg	0.31		0	0.56		
Copper	mg	0.077		0	0.139		
Manganese	mg	0.526		0	0.947		
Selenium	µg	0.9		0	1.6		
Vitamins:							
Ascorbic acid	mg	16.0		0	28.8		
Thiamin	mg	0.030		0	0.054		
Riboflavin	mg	0.107		0	0.193		
Niacin	mg	0.390		0	0.702		
Pantothenic acid	mg	0.256		0	0.461		
Vitamin B-6	mg	0.237		0	0.427		
Folate	µg	8		0	15		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	3622		0	6520		
Vitamin A, RE	µg	362		0	652		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.027		0	0.049		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.004		0	0.007		
15.0	g						
16:0	g	0.020		0	0.036		
17:0	g						
18:0	g	0.002		0	0.004		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.005	0	0.009
14:1	g			
16:1	g	0.002	0	0.004
18:1	g	0.002	0	0.004
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.071	0	0.128
18:2	g	0.011	0	0.020
18:3	g	0.056	0	0.101
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, chopped

NDB No. 11278 Okra, raw

Abelmoschus esculentus

Refuse: 14% Crown and tips

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 100g	Measure 2* 95g	Measure 3*
Proximates:							
Water	g	89.58	0.525	8	89.58	85.10	
Energy	kcal	33		0	33	31	
Energy	kj	138		0	138	131	
Protein (N x 5.95)	g	2.00		1	2.00	1.90	
Total lipid (fat)	g	0.10		1	0.10	0.10	
Carbohydrate, by difference	g	7.63		0	7.63	7.25	
Fiber, total dietary	g	3.2		0	3.2	3.0	
Ash	g	0.70		0	0.70	0.67	
Sugars, total	g						
Minerals:							
Calcium	mg	81		1	81	77	
Iron	mg	0.80		1	0.80	0.76	
Magnesium	mg	57	2.500	2	57	54	
Phosphorus	mg	63		1	63	60	
Potassium	mg	303	22.600	2	303	288	
Sodium	mg	8	1.750	2	8	8	
Zinc	mg	0.60		0	0.60	0.57	
Copper	mg	0.094		0	0.094	0.089	
Manganese	mg	0.990		0	0.990	0.941	
Selenium	µg	0.7		0	0.7	0.7	
Vitamins:							
Ascorbic acid	mg	21.1	2.322	11	21.1	20.0	
Thiamin	mg	0.200		1	0.200	0.190	
Riboflavin	mg	0.060		1	0.060	0.057	
Niacin	mg	1.000		1	1.000	0.950	
Pantothenic acid	mg	0.245		0	0.245	0.233	
Vitamin B-6	mg	0.215		1	0.215	0.204	
Folate	µg	88	12.076	6	88	83	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	660		1	660	627	
Vitamin A, RE	µg	66		1	66	63	
Vitamin E, α-TE	mg	0.690		0	0.690	0.656	
Lipids:							
Saturated, total	g	0.026		0	0.026	0.025	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.000		0	0.000	0.000	
15.0	g						
16:0	g	0.022		0	0.022	0.021	
17:0	g						
18:0	g	0.003		0	0.003	0.003	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.017	0	0.017	0.016
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.016	0	0.016	0.015
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.027	0	0.027	0.026
18:2	g	0.026	0	0.026	0.025
18:3	g	0.001	0	0.001	0.001
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg	24	0	24	23
Amino acids:					
Tryptophan	g	0.017	8	0.017	0.016
Threonine	g	0.065	3	0.065	0.062
Isoleucine	g	0.069	3	0.069	0.066
Leucine	g	0.105	3	0.105	0.100
Lysine	g	0.081	7	0.081	0.077
Methionine	g	0.021	7	0.021	0.020
Cystine	g	0.019	3	0.019	0.018
Phenylalanine	g	0.065	3	0.065	0.062
Tyrosine	g	0.087	2	0.087	0.083
Valine	g	0.091	3	0.091	0.086
Arginine	g	0.084	3	0.084	0.080
Histidine	g	0.031	3	0.031	0.029
Alanine	g	0.073	4	0.073	0.069
Aspartic acid	g	0.145	4	0.145	0.138
Glutamic acid	g	0.271	4	0.271	0.257
Glycine	g	0.044	4	0.044	0.042
Proline	g	0.045	2	0.045	0.043
Serine	g	0.044	4	0.044	0.042
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 8 pods, (3" long)

NDB No. 11279 Okra, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 80g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	89.91		0	71.93	76.42	
Energy	kcal	32		0	26	27	
Energy	kj	134		0	107	114	
Protein (N x 5.95)	g	1.87		1	1.50	1.59	
Total lipid (fat)	g	0.17		1	0.14	0.14	
Carbohydrate, by difference	g	7.21		0	5.77	6.13	
Fiber, total dietary	g	2.5		0	2.0	2.1	
Ash	g	0.84		1	0.67	0.71	
Sugars, total	g						
Minerals:							
Calcium	mg	63		1	50	54	
Iron	mg	0.45		1	0.36	0.38	
Magnesium	mg	57		1	46	48	
Phosphorus	mg	56		1	45	48	
Potassium	mg	322		1	258	274	
Sodium	mg	5		1	4	4	
Zinc	mg	0.55		0	0.44	0.47	
Copper	mg	0.086		0	0.069	0.073	
Manganese	mg	0.911		0	0.729	0.774	
Selenium	µg	0.7		0	0.6	0.6	
Vitamins:							
Ascorbic acid	mg	16.3		0	13.0	13.9	
Thiamin	mg	0.132		0	0.106	0.112	
Riboflavin	mg	0.055		0	0.044	0.047	
Niacin	mg	0.871		0	0.697	0.740	
Pantothenic acid	mg	0.213		0	0.170	0.181	
Vitamin B-6	mg	0.187		0	0.150	0.159	
Folate	µg	46	6.157	3	37	39	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	575		0	460	489	
Vitamin A, RE	µg	58		0	46	49	
Vitamin E, α-TE	mg	0.690		0	0.552	0.587	
Lipids:							
Saturated, total	g	0.045		0	0.036	0.038	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.000		0	0.000	0.000	
15.0	g						
16:0	g	0.038		0	0.030	0.032	
17:0	g						
18:0	g	0.004		0	0.003	0.003	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.028	0	0.022	0.024
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.028	0	0.022	0.024
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.046	0	0.037	0.039
18:2	g	0.045	0	0.036	0.038
18:3	g	0.001	0	0.001	0.001
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.016	0	0.013	0.014
Threonine	g	0.061	0	0.049	0.052
Isoleucine	g	0.065	0	0.052	0.055
Leucine	g	0.098	0	0.078	0.083
Lysine	g	0.075	0	0.060	0.064
Methionine	g	0.020	0	0.016	0.017
Cystine	g	0.018	0	0.014	0.015
Phenylalanine	g	0.061	0	0.049	0.052
Tyrosine	g	0.081	0	0.065	0.069
Valine	g	0.085	0	0.068	0.072
Arginine	g	0.078	0	0.062	0.066
Histidine	g	0.029	0	0.023	0.025
Alanine	g	0.068	0	0.054	0.058
Aspartic acid	g	0.135	0	0.108	0.115
Glutamic acid	g	0.253	0	0.202	0.215
Glycine	g	0.041	0	0.033	0.035
Proline	g	0.042	0	0.034	0.036
Serine	g	0.041	0	0.033	0.035
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1/2 cup slices
Measure 2: 8 pods, (3" long)

NDB No. 11280 Okra, frozen, unprepared

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 284g	Measure 2* 1361g	Measure 3*
Proximates:							
Water	g	90.82	0.148	44	257.93	1236.06	
Energy	kcal	30		0	85	408	
Energy	kj	126		0	358	1715	
Protein (N x 5.95)	g	1.69	0.024	41	4.80	23.00	
Total lipid (fat)	g	0.25	0.027	40	0.71	3.40	
Carbohydrate, by difference	g	6.64		0	18.86	90.37	
Fiber, total dietary	g	2.2		0	6.2	29.9	
Ash	g	0.61	0.022	41	1.73	8.30	
Sugars, total	g						
Minerals:							
Calcium	mg	81	4.167	41	230	1102	
Iron	mg	0.57	0.047	41	1.62	7.76	
Magnesium	mg	43	2.232	12	122	585	
Phosphorus	mg	42	6.169	24	119	572	
Potassium	mg	211	5.189	10	599	2872	
Sodium	mg	3	0.416	9	9	41	
Zinc	mg	0.53	0.018	10	1.51	7.21	
Copper	mg	0.083	0.002	10	0.236	1.130	
Manganese	mg	0.873	0.066	10	2.479	11.882	
Selenium	µg	0.6		0	1.7	8.2	
Vitamins:							
Ascorbic acid	mg	12.4	0.808	39	35.2	168.8	
Thiamin	mg	0.089	0.004	41	0.253	1.211	
Riboflavin	mg	0.105	0.010	41	0.298	1.429	
Niacin	mg	0.708	0.023	40	2.011	9.636	
Pantothenic acid	mg	0.216	0.085	5	0.613	2.940	
Vitamin B-6	mg	0.042	0.002	16	0.119	0.572	
Folate	µg	148	25.095	3	419	2009	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	463	39.321	41	1315	6301	
Vitamin A, RE	µg	46	3.932	41	131	626	
Vitamin E, α-TE	mg	0.690		0	1.960	9.391	
Lipids:							
Saturated, total	g	0.065		0	0.185	0.885	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.000		0	0.000	0.000	
15.0	g						
16:0	g	0.055		0	0.156	0.749	
17:0	g						
18:0	g	0.006		0	0.017	0.082	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.041	0	0.116	0.558
14:1	g				
16:1	g	0.001	0	0.003	0.014
18:1	g	0.041	0	0.116	0.558
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.066	0	0.187	0.898
18:2	g	0.065	0	0.185	0.885
18:3	g	0.001	0	0.003	0.014
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.014	0	0.040	0.191
Threonine	g	0.055	0	0.156	0.749
Isoleucine	g	0.058	0	0.165	0.789
Leucine	g	0.089	0	0.253	1.211
Lysine	g	0.068	0	0.193	0.925
Methionine	g	0.018	0	0.051	0.245
Cystine	g	0.016	0	0.045	0.218
Phenylalanine	g	0.055	0	0.156	0.749
Tyrosine	g	0.073	0	0.207	0.994
Valine	g	0.077	0	0.219	1.048
Arginine	g	0.071	0	0.202	0.966
Histidine	g	0.026	0	0.074	0.354
Alanine	g	0.061	0	0.173	0.830
Aspartic acid	g	0.122	0	0.346	1.660
Glutamic acid	g	0.228	0	0.648	3.103
Glycine	g	0.037	0	0.105	0.504
Proline	g	0.038	0	0.108	0.517
Serine	g	0.037	0	0.105	0.504
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 package (10 oz)
Measure 2: 3-lb package

NDB No. 11281 Okra, frozen, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 255g	Measure 2* 92g	Measure 3*
Proximates:							
Water	g	91.12		0	232.36	83.83	
Energy	kcal	28		0	71	26	
Energy	kj	117		0	298	108	
Protein (N x 5.95)	g	2.08		0	5.30	1.91	
Total lipid (fat)	g	0.30		0	0.77	0.28	
Carbohydrate, by difference	g	5.75		0	14.66	5.29	
Fiber, total dietary	g	2.8		0	7.1	2.6	
Ash	g	0.75		0	1.91	0.69	
Sugars, total	g						
Minerals:							
Calcium	mg	96		0	245	88	
Iron	mg	0.67		0	1.71	0.62	
Magnesium	mg	51		0	130	47	
Phosphorus	mg	46		0	117	42	
Potassium	mg	234		0	597	215	
Sodium	mg	3		0	8	3	
Zinc	mg	0.62		0	1.58	0.57	
Copper	mg	0.097		0	0.247	0.089	
Manganese	mg	1.021		0	2.604	0.939	
Selenium	µg	0.6		0	1.5	0.6	
Vitamins:							
Ascorbic acid	mg	12.2		0	31.1	11.2	
Thiamin	mg	0.099		0	0.252	0.091	
Riboflavin	mg	0.123		0	0.314	0.113	
Niacin	mg	0.785		0	2.002	0.722	
Pantothenic acid	mg	0.240		0	0.612	0.221	
Vitamin B-6	mg	0.047		0	0.120	0.043	
Folate	µg	146		0	371	134	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	514		0	1311	473	
Vitamin A, RE	µg	51		0	130	47	
Vitamin E, α-TE	mg	0.690		0	1.760	0.635	
Lipids:							
Saturated, total	g	0.079		0	0.201	0.073	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.000		0	0.000	0.000	
15.0	g						
16:0	g	0.068		0	0.173	0.063	
17:0	g						
18:0	g	0.008		0	0.020	0.007	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.050	0	0.128	0.046
14:1	g				
16:1	g	0.001	0	0.003	0.001
18:1	g	0.050	0	0.128	0.046
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.081	0	0.207	0.075
18:2	g	0.079	0	0.201	0.073
18:3	g	0.002	0	0.005	0.002
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.017	0	0.043	0.016
Threonine	g	0.068	0	0.173	0.063
Isoleucine	g	0.072	0	0.184	0.066
Leucine	g	0.109	0	0.278	0.100
Lysine	g	0.084	0	0.214	0.077
Methionine	g	0.022	0	0.056	0.020
Cystine	g	0.020	0	0.051	0.018
Phenylalanine	g	0.068	0	0.173	0.063
Tyrosine	g	0.091	0	0.232	0.084
Valine	g	0.095	0	0.242	0.087
Arginine	g	0.087	0	0.222	0.080
Histidine	g	0.033	0	0.084	0.030
Alanine	g	0.075	0	0.191	0.069
Aspartic acid	g	0.151	0	0.385	0.139
Glutamic acid	g	0.282	0	0.719	0.259
Glycine	g	0.046	0	0.117	0.042
Proline	g	0.046	0	0.117	0.042
Serine	g	0.045	0	0.115	0.041
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 package (10 oz) yields
Measure 2: 1/2 cup slices

NDB No. 11282 Onions, raw

Allium cepa

Refuse: 10% Stem ends, sprouts and defects

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 160g	Measure 2* 115g	Measure 3* 10g
Proximates:							
Water	g	89.68	0.238	63	143.49	103.13	8.97
Energy	kcal	38		0	61	44	4
Energy	kj	159		0	254	183	16
Protein (N x 5.95)	g	1.16	0.031	32	1.86	1.33	0.12
Total lipid (fat)	g	0.16	0.022	28	0.26	0.18	0.02
Carbohydrate, by difference	g	8.63		0	13.81	9.92	0.86
Fiber, total dietary	g	1.8		0	2.9	2.1	0.2
Ash	g	0.37	0.024	31	0.59	0.43	0.04
Sugars, total	g						
Minerals:							
Calcium	mg	20	0.985	74	32	23	2
Iron	mg	0.22	0.011	75	0.35	0.25	0.02
Magnesium	mg	10	0.327	75	16	12	1
Phosphorus	mg	33	0.849	69	53	38	3
Potassium	mg	157	4.872	75	251	181	16
Sodium	mg	3	0.256	77	5	3	0
Zinc	mg	0.19	0.009	69	0.30	0.22	0.02
Copper	mg	0.060	0.009	76	0.096	0.069	0.006
Manganese	mg	0.137	0.007	75	0.219	0.158	0.014
Selenium	µg	0.6	0.200	7	1.0	0.7	0.1
Vitamins:							
Ascorbic acid	mg	6.4	0.264	37	10.2	7.4	0.6
Thiamin	mg	0.042	0.001	27	0.067	0.048	0.004
Riboflavin	mg	0.020	0.003	5	0.032	0.023	0.002
Niacin	mg	0.148	0.008	21	0.237	0.170	0.015
Pantothenic acid	mg	0.106	0.004	25	0.170	0.122	0.011
Vitamin B-6	mg	0.116	0.020	22	0.186	0.133	0.012
Folate	µg	19	1.335	25	30	22	2
Vitamin B-12	µg	0.00		0	0.00	0.00	0.00
Vitamin A	IU	0	0.000	10	0	0	0
Vitamin A, RE	µg	0		0	0	0	0
Vitamin E, α-TE	mg	0.130		0	0.208	0.150	0.013
Lipids:							
Saturated, total	g	0.026		0	0.042	0.030	0.003
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.000		0	0.000	0.000	0.000
14:0	g	0.001		1	0.002	0.001	0.000
15.0	g						
16:0	g	0.024		1	0.038	0.028	0.002
17:0	g						
18:0	g	0.002		1	0.003	0.002	0.000
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.023	0	0.037	0.026	0.002
14:1	g					
16:1	g	0.000	0	0.000	0.000	0.000
18:1	g	0.023	1	0.037	0.026	0.002
20:1	g	0.000	0	0.000	0.000	0.000
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.062	0	0.099	0.071	0.006
18:2	g	0.059	1	0.094	0.068	0.006
18:3	g	0.003	1	0.005	0.003	0.000
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
Phytosterols	mg	15	1	24	17	2
Amino acids:						
Tryptophan	g	0.017	0	0.027	0.020	0.002
Threonine	g	0.028	0	0.045	0.032	0.003
Isoleucine	g	0.041	0	0.066	0.047	0.004
Leucine	g	0.041	0	0.066	0.047	0.004
Lysine	g	0.055	0	0.088	0.063	0.006
Methionine	g	0.010	0	0.016	0.012	0.001
Cystine	g	0.021	0	0.034	0.024	0.002
Phenylalanine	g	0.030	0	0.048	0.034	0.003
Tyrosine	g	0.029	0	0.046	0.033	0.003
Valine	g	0.027	0	0.043	0.031	0.003
Arginine	g	0.156	0	0.250	0.179	0.016
Histidine	g	0.019	0	0.030	0.022	0.002
Alanine	g	0.032	0	0.051	0.037	0.003
Aspartic acid	g	0.063	0	0.101	0.072	0.006
Glutamic acid	g	0.187	0	0.299	0.215	0.019
Glycine	g	0.048	0	0.077	0.055	0.005
Proline	g	0.036	0	0.058	0.041	0.004
Serine	g	0.034	0	0.054	0.039	0.003
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, chopped
Measure 2: 1 cup, sliced
Measure 3: 1 tablespoon, chopped

NDB No. 11283 Onions, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 210g	Measure 2* 15g	Measure 3* 128g
Proximates:							
Water	g	87.86		0	184.51	13.18	112.46
Energy	kcal	44		0	92	7	56
Energy	kj	184		0	386	28	236
Protein (N x 5.95)	g	1.36		0	2.86	0.20	1.74
Total lipid (fat)	g	0.19		0	0.40	0.03	0.24
Carbohydrate, by difference	g	10.15		0	21.32	1.52	12.99
Fiber, total dietary	g	1.4		0	2.9	0.2	1.8
Ash	g	0.44		0	0.92	0.07	0.56
Sugars, total	g						
Minerals:							
Calcium	mg	22		0	46	3	28
Iron	mg	0.24		0	0.50	0.04	0.31
Magnesium	mg	11		0	23	2	14
Phosphorus	mg	35		0	74	5	45
Potassium	mg	166		0	349	25	212
Sodium	mg	3		0	6	0	4
Zinc	mg	0.21		0	0.44	0.03	0.27
Copper	mg	0.067		0	0.141	0.010	0.086
Manganese	mg	0.153		0	0.321	0.023	0.196
Selenium	µg	0.6		0	1.3	0.1	0.8
Vitamins:							
Ascorbic acid	mg	5.2		0	10.9	0.8	6.7
Thiamin	mg	0.042		0	0.088	0.006	0.054
Riboflavin	mg	0.023		0	0.048	0.003	0.029
Niacin	mg	0.165		0	0.347	0.025	0.211
Pantothenic acid	mg	0.113		0	0.237	0.017	0.145
Vitamin B-6	mg	0.129		0	0.271	0.019	0.165
Folate	µg	15		0	32	2	19
Vitamin B-12	µg	0.00		0	0.00	0.00	0.00
Vitamin A	IU	0		0	0	0	0
Vitamin A, RE	µg	0		0	0	0	0
Vitamin E, α-TE	mg	0.130		0	0.273	0.020	0.166
Lipids:							
Saturated, total	g	0.031		0	0.065	0.005	0.040
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.000		0	0.000	0.000	0.000
14:0	g	0.001		0	0.002	0.000	0.001
15.0	g						
16:0	g	0.028		0	0.059	0.004	0.036
17:0	g						
18:0	g	0.002		0	0.004	0.000	0.003
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.027	0	0.057	0.004	0.035
14:1	g					
16:1	g	0.000	0	0.000	0.000	0.000
18:1	g	0.027	0	0.057	0.004	0.035
20:1	g	0.000	0	0.000	0.000	0.000
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.073	0	0.153	0.011	0.093
18:2	g	0.070	0	0.147	0.011	0.090
18:3	g	0.004	0	0.008	0.001	0.005
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
Phytosterols	mg	18	0	38	3	23
Amino acids:						
Tryptophan	g	0.020	0	0.042	0.003	0.026
Threonine	g	0.033	0	0.069	0.005	0.042
Isoleucine	g	0.048	0	0.101	0.007	0.061
Leucine	g	0.048	0	0.101	0.007	0.061
Lysine	g	0.065	0	0.137	0.010	0.083
Methionine	g	0.011	0	0.023	0.002	0.014
Cystine	g	0.024	0	0.050	0.004	0.031
Phenylalanine	g	0.035	0	0.074	0.005	0.045
Tyrosine	g	0.034	0	0.071	0.005	0.044
Valine	g	0.031	0	0.065	0.005	0.040
Arginine	g	0.183	0	0.384	0.027	0.234
Histidine	g	0.022	0	0.046	0.003	0.028
Alanine	g	0.038	0	0.080	0.006	0.049
Aspartic acid	g	0.074	0	0.155	0.011	0.095
Glutamic acid	g	0.220	0	0.462	0.033	0.282
Glycine	g	0.057	0	0.120	0.009	0.073
Proline	g	0.042	0	0.088	0.006	0.054
Serine	g	0.040	0	0.084	0.006	0.051
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 tablespoon, chopped
Measure 3: 1 large

NDB No. 11284 Onions, dehydrated flakes

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 5g	Measure 2* 14g	Measure 3*
Proximates:							
Water	g	3.93	0.040	3	0.20	0.55	
Energy	kcal	349		0	17	49	
Energy	kj	1460		0	73	204	
Protein (N x 5.95)	g	8.95	0.040	2	0.45	1.25	
Total lipid (fat)	g	0.46	0.020	2	0.02	0.06	
Carbohydrate, by difference	g	83.28		0	4.16	11.66	
Fiber, total dietary	g	9.2		0	0.5	1.3	
Ash	g	3.38	0.010	2	0.17	0.47	
Sugars, total	g						
Minerals:							
Calcium	mg	257		0	13	36	
Iron	mg	1.55	0.110	2	0.08	0.22	
Magnesium	mg	92	1.560	2	5	13	
Phosphorus	mg	303		0	15	42	
Potassium	mg	1622		0	81	227	
Sodium	mg	21		0	1	3	
Zinc	mg	1.89		0	0.09	0.26	
Copper	mg	0.416		0	0.021	0.058	
Manganese	mg	1.389		0	0.069	0.194	
Selenium	µg	5.0		0	0.3	0.7	
Vitamins:							
Ascorbic acid	mg	75.0		0	3.8	10.5	
Thiamin	mg	0.500		0	0.025	0.070	
Riboflavin	mg	0.100		0	0.005	0.014	
Niacin	mg	0.990		0	0.050	0.139	
Pantothenic acid	mg	1.380		0	0.069	0.193	
Vitamin B-6	mg	1.600		0	0.080	0.224	
Folate	µg	166		0	8	23	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	1.360		0	0.068	0.190	
Lipids:							
Saturated, total	g	0.078		0	0.004	0.011	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.002		0	0.000	0.000	
15.0	g						
16:0	g	0.069		0	0.003	0.010	
17:0	g						
18:0	g	0.006		0	0.000	0.001	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.064	0	0.003	0.009
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.064	0	0.003	0.009
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.180	0	0.009	0.025
18:2	g	0.170	0	0.009	0.024
18:3	g	0.009	0	0.000	0.001
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.129	0	0.006	0.018
Threonine	g	0.216	0	0.011	0.030
Isoleucine	g	0.316	0	0.016	0.044
Leucine	g	0.314	0	0.016	0.044
Lysine	g	0.428	0	0.021	0.060
Methionine	g	0.074	0	0.004	0.010
Cystine	g	0.160	0	0.008	0.022
Phenylalanine	g	0.229	0	0.011	0.032
Tyrosine	g	0.222	0	0.011	0.031
Valine	g	0.206	0	0.010	0.029
Arginine	g	1.203	0	0.060	0.168
Histidine	g	0.146	0	0.007	0.020
Alanine	g	0.249	0	0.012	0.035
Aspartic acid	g	0.490	0	0.025	0.069
Glutamic acid	g	1.445	0	0.072	0.202
Glycine	g	0.372	0	0.019	0.052
Proline	g	0.279	0	0.014	0.039
Serine	g	0.263	0	0.013	0.037
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 tablespoon
Measure 2: 1/4 cup

NDB No. 11285 Onions, canned, solids and liquids

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 63g	Measure 2* 112g	Measure 3*
Proximates:							
Water	g	94.10	0.470	5	59.28	105.39	
Energy	kcal	19		0	12	21	
Energy	kj	79		0	50	88	
Protein (N x 5.95)	g	0.85	0.084	4	0.54	0.95	
Total lipid (fat)	g	0.09	0.068	5	0.06	0.10	
Carbohydrate, by difference	g	4.01		0	2.53	4.49	
Fiber, total dietary	g	1.2		0	0.8	1.3	
Ash	g	0.94	0.065	5	0.59	1.05	
Sugars, total	g						
Minerals:							
Calcium	mg	45	10.584	16	28	50	
Iron	mg	0.13	0.012	16	0.08	0.15	
Magnesium	mg	6	0.110	16	4	7	
Phosphorus	mg	28	1.186	16	18	31	
Potassium	mg	111	1.425	16	70	124	
Sodium	mg	371	11.511	16	234	416	
Zinc	mg	0.29	0.011	20	0.18	0.32	
Copper	mg	0.055	0.003	21	0.035	0.062	
Manganese	mg	0.102	0.005	20	0.064	0.114	
Selenium	µg	0.3		0	0.2	0.3	
Vitamins:							
Ascorbic acid	mg	4.3		0	2.7	4.8	
Thiamin	mg	0.032		0	0.020	0.036	
Riboflavin	mg	0.006		0	0.004	0.007	
Niacin	mg	0.061		0	0.038	0.068	
Pantothenic acid	mg	0.097		0	0.061	0.109	
Vitamin B-6	mg	0.137		0	0.086	0.153	
Folate	µg	10		0	6	11	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	0.073		0	0.046	0.082	
Lipids:							
Saturated, total	g	0.016		0	0.010	0.018	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.000		0	0.000	0.000	
15.0	g						
16:0	g	0.014		0	0.009	0.016	
17:0	g						
18:0	g	0.001		0	0.001	0.001	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.013	0	0.008	0.015
14:1	g				
16:1	g				
18:1	g	0.013	0	0.008	0.015
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.036	0	0.023	0.040
18:2	g	0.034	0	0.021	0.038
18:3	g	0.002	0	0.001	0.002
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.012	0	0.008	0.013
Threonine	g	0.020	0	0.013	0.022
Isoleucine	g	0.029	0	0.018	0.032
Leucine	g	0.028	0	0.018	0.031
Lysine	g	0.039	0	0.025	0.044
Methionine	g	0.007	0	0.004	0.008
Cystine	g	0.015	0	0.009	0.017
Phenylalanine	g	0.021	0	0.013	0.024
Tyrosine	g	0.020	0	0.013	0.022
Valine	g	0.019	0	0.012	0.021
Arginine	g	0.109	0	0.069	0.122
Histidine	g	0.013	0	0.008	0.015
Alanine	g	0.023	0	0.014	0.026
Aspartic acid	g	0.044	0	0.028	0.049
Glutamic acid	g	0.131	0	0.083	0.147
Glycine	g	0.034	0	0.021	0.038
Proline	g	0.025	0	0.016	0.028
Serine	g	0.024	0	0.015	0.027
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 onion
Measure 2: 1/2 cup chopped or diced

NDB No. 11287 Onions, frozen, chopped, unprepared

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 284g	Measure 2*	Measure 3*
Proximates:							
Water	g	91.99	0.244	18	261.25		
Energy	kcal	29		0	82		
Energy	kj	121		0	344		
Protein (N x 5.95)	g	0.79	0.036	18	2.24		
Total lipid (fat)	g	0.10	0.022	17	0.28		
Carbohydrate, by difference	g	6.81		0	19.34		
Fiber, total dietary	g	1.8		0	5.1		
Ash	g	0.30	0.018	18	0.85		
Sugars, total	g						
Minerals:							
Calcium	mg	17	0.932	16	48		
Iron	mg	0.33	0.050	18	0.94		
Magnesium	mg	7	1.216	3	20		
Phosphorus	mg	22	0.866	5	62		
Potassium	mg	124	6.839	3	352		
Sodium	mg	12	3.782	12	34		
Zinc	mg	0.07	0.008	4	0.20		
Copper	mg	0.019	0.003	4	0.054		
Manganese	mg	0.074	0.008	4	0.210		
Selenium	µg	0.4		0	1.1		
Vitamins:							
Ascorbic acid	mg	3.3	0.447	12	9.4		
Thiamin	mg	0.030	0.004	17	0.085		
Riboflavin	mg	0.027	0.004	17	0.077		
Niacin	mg	0.151	0.020	15	0.429		
Pantothenic acid	mg	0.102		1	0.290		
Vitamin B-6	mg	0.075	0.009	3	0.213		
Folate	µg	17		0	49		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	35		1	99		
Vitamin A, RE	µg	4		1	11		
Vitamin E, α-TE	mg	0.101		0	0.287		
Lipids:							
Saturated, total	g	0.017		0	0.048		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.000		0	0.000		
10:0	g	0.000		0	0.000		
12:0	g	0.000		0	0.000		
14:0	g	0.000		0	0.000		
15.0	g						
16:0	g	0.015		0	0.043		
17:0	g						
18:0	g	0.001		0	0.003		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.014	0	0.040
14:1	g			
16:1	g	0.000	0	0.000
18:1	g	0.014	0	0.040
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.039	0	0.111
18:2	g	0.037	0	0.105
18:3	g	0.002	0	0.006
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.011	0	0.031
Threonine	g	0.019	0	0.054
Isoleucine	g	0.028	0	0.080
Leucine	g	0.028	0	0.080
Lysine	g	0.038	0	0.108
Methionine	g	0.007	0	0.020
Cystine	g	0.014	0	0.040
Phenylalanine	g	0.020	0	0.057
Tyrosine	g	0.020	0	0.057
Valine	g	0.018	0	0.051
Arginine	g	0.106	0	0.301
Histidine	g	0.013	0	0.037
Alanine	g	0.022	0	0.062
Aspartic acid	g	0.043	0	0.122
Glutamic acid	g	0.127	0	0.361
Glycine	g	0.033	0	0.094
Proline	g	0.025	0	0.071
Serine	g	0.023	0	0.065
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 package (10 oz)

NDB No. 11288 Onions, frozen, chopped, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 15g	Measure 2* 105g	Measure 3*
Proximates:							
Water	g	92.24		0	13.84	96.85	
Energy	kcal	28		0	4	29	
Energy	kj	117		0	18	123	
Protein (N x 5.95)	g	0.77		0	0.12	0.81	
Total lipid (fat)	g	0.10		0	0.02	0.11	
Carbohydrate, by difference	g	6.60		0	0.99	6.93	
Fiber, total dietary	g	1.8		0	0.3	1.9	
Ash	g	0.30		0	0.05	0.32	
Sugars, total	g						
Minerals:							
Calcium	mg	16		0	2	17	
Iron	mg	0.30		0	0.05	0.32	
Magnesium	mg	6		0	1	6	
Phosphorus	mg	19		0	3	20	
Potassium	mg	108		0	16	113	
Sodium	mg	12		0	2	13	
Zinc	mg	0.07		0	0.01	0.07	
Copper	mg	0.019		0	0.003	0.020	
Manganese	mg	0.071		0	0.011	0.075	
Selenium	µg	0.4		0	0.1	0.4	
Vitamins:							
Ascorbic acid	mg	2.6		0	0.4	2.7	
Thiamin	mg	0.023		0	0.003	0.024	
Riboflavin	mg	0.025		0	0.004	0.026	
Niacin	mg	0.139		0	0.021	0.146	
Pantothenic acid	mg	0.099		0	0.015	0.104	
Vitamin B-6	mg	0.069		0	0.010	0.072	
Folate	µg	13		0	2	14	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	34		0	5	36	
Vitamin A, RE	µg	3		0	0	3	
Vitamin E, α-TE	mg	0.190		0	0.029	0.200	
Lipids:							
Saturated, total	g	0.016		0	0.002	0.017	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.000		0	0.000	0.000	
15.0	g						
16:0	g	0.014		0	0.002	0.015	
17:0	g						
18:0	g	0.001		0	0.000	0.001	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.013	0	0.002	0.014
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.013	0	0.002	0.014
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.038	0	0.006	0.040
18:2	g	0.036	0	0.005	0.038
18:3	g	0.002	0	0.000	0.002
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.011	0	0.002	0.012
Threonine	g	0.018	0	0.003	0.019
Isoleucine	g	0.027	0	0.004	0.028
Leucine	g	0.027	0	0.004	0.028
Lysine	g	0.036	0	0.005	0.038
Methionine	g	0.006	0	0.001	0.006
Cystine	g	0.014	0	0.002	0.015
Phenylalanine	g	0.020	0	0.003	0.021
Tyrosine	g	0.019	0	0.003	0.020
Valine	g	0.018	0	0.003	0.019
Arginine	g	0.102	0	0.015	0.107
Histidine	g	0.012	0	0.002	0.013
Alanine	g	0.021	0	0.003	0.022
Aspartic acid	g	0.042	0	0.006	0.044
Glutamic acid	g	0.123	0	0.018	0.129
Glycine	g	0.032	0	0.005	0.034
Proline	g	0.024	0	0.004	0.025
Serine	g	0.022	0	0.003	0.023
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 tablespoon, chopped
Measure 2: 1/2 cup chopped or diced

NDB No. 11289 Onions, frozen, whole, unprepared

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 284g	Measure 2*	Measure 3*
Proximates:							
Water	g	90.22	0.170	6	256.22		
Energy	kcal	35		0	99		
Energy	kj	146		0	415		
Protein (N x 5.95)	g	0.89	0.046	6	2.53		
Total lipid (fat)	g	0.06	0.026	5	0.17		
Carbohydrate, by difference	g	8.44		0	23.97		
Fiber, total dietary	g	1.7		0	4.8		
Ash	g	0.38	0.015	6	1.08		
Sugars, total	g						
Minerals:							
Calcium	mg	36	2.252	6	102		
Iron	mg	0.46	0.173	6	1.31		
Magnesium	mg	10	0.696	3	28		
Phosphorus	mg	23	0.328	5	65		
Potassium	mg	142	8.231	3	403		
Sodium	mg	10	0.285	3	28		
Zinc	mg	0.12	0.003	3	0.34		
Copper	mg	0.050	0.003	3	0.142		
Manganese	mg	0.125	0.015	3	0.355		
Selenium	µg	0.4	0.103	5	1.1		
Vitamins:							
Ascorbic acid	mg	8.0	1.050	6	22.7		
Thiamin	mg	0.026	0.002	6	0.074		
Riboflavin	mg	0.024	0.004	6	0.068		
Niacin	mg	0.175	0.054	6	0.497		
Pantothenic acid	mg	0.099		1	0.281		
Vitamin B-6	mg	0.093	0.012	3	0.264		
Folate	µg	21		0	60		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	26		1	74		
Vitamin A, RE	µg	3		1	9		
Vitamin E, α-TE	mg	0.130		0	0.369		
Lipids:							
Saturated, total	g	0.011		0	0.031		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.000		0	0.000		
10:0	g	0.000		0	0.000		
12:0	g	0.000		0	0.000		
14:0	g	0.000		0	0.000		
15.0	g						
16:0	g	0.010		0	0.028		
17:0	g						
18:0	g	0.001		0	0.003		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.009	0	0.026
14:1	g			
16:1	g	0.000	0	0.000
18:1	g	0.009	0	0.026
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.025	0	0.071
18:2	g	0.024	0	0.068
18:3	g	0.001	0	0.003
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.013	0	0.037
Threonine	g	0.022	0	0.062
Isoleucine	g	0.032	0	0.091
Leucine	g	0.031	0	0.088
Lysine	g	0.043	0	0.122
Methionine	g	0.007	0	0.020
Cystine	g	0.016	0	0.045
Phenylalanine	g	0.023	0	0.065
Tyrosine	g	0.022	0	0.062
Valine	g	0.021	0	0.060
Arginine	g	0.120	0	0.341
Histidine	g	0.015	0	0.043
Alanine	g	0.025	0	0.071
Aspartic acid	g	0.049	0	0.139
Glutamic acid	g	0.144	0	0.409
Glycine	g	0.037	0	0.105
Proline	g	0.028	0	0.080
Serine	g	0.026	0	0.074
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 package (10 oz)

NDB No. 11290 Onions, frozen, whole, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 210g	Measure 2*	Measure 3*
Proximates:							
Water	g	92.24		0	193.70		
Energy	kcal	28		0	59		
Energy	kj	117		0	246		
Protein (N x 5.95)	g	0.71		0	1.49		
Total lipid (fat)	g	0.05		0	0.11		
Carbohydrate, by difference	g	6.70		0	14.07		
Fiber, total dietary	g	1.4		0	2.9		
Ash	g	0.30		0	0.63		
Sugars, total	g						
Minerals:							
Calcium	mg	27		0	57		
Iron	mg	0.34		0	0.71		
Magnesium	mg	8		0	17		
Phosphorus	mg	2		0	4		
Potassium	mg	101		0	212		
Sodium	mg	8		0	17		
Zinc	mg	0.09		0	0.19		
Copper	mg	0.024		0	0.050		
Manganese	mg	0.040		0	0.084		
Selenium	µg	0.4	0.103	5	0.8		
Vitamins:							
Ascorbic acid	mg	5.1		0	10.7		
Thiamin	mg	0.016		0	0.034		
Riboflavin	mg	0.018		0	0.038		
Niacin	mg	0.132		0	0.277		
Pantothenic acid	mg	0.078		0	0.164		
Vitamin B-6	mg	0.070		0	0.147		
Folate	µg	13		0	28		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	21		0	44		
Vitamin A, RE	µg	2		0	4		
Vitamin E, α-TE	mg	0.130		0	0.273		
Lipids:							
Saturated, total	g	0.009		0	0.019		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.000		0	0.000		
10:0	g	0.000		0	0.000		
12:0	g	0.000		0	0.000		
14:0	g	0.000		0	0.000		
15.0	g						
16:0	g	0.008		0	0.017		
17:0	g						
18:0	g	0.001		0	0.002		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.007	0	0.015
14:1	g			
16:1	g	0.000	0	0.000
18:1	g	0.007	0	0.015
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.020	0	0.042
18:2	g	0.019	0	0.040
18:3	g	0.001	0	0.002
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.010	0	0.021
Threonine	g	0.017	0	0.036
Isoleucine	g	0.025	0	0.053
Leucine	g	0.025	0	0.053
Lysine	g	0.034	0	0.071
Methionine	g	0.006	0	0.013
Cystine	g	0.013	0	0.027
Phenylalanine	g	0.018	0	0.038
Tyrosine	g	0.018	0	0.038
Valine	g	0.016	0	0.034
Arginine	g	0.095	0	0.200
Histidine	g	0.012	0	0.025
Alanine	g	0.020	0	0.042
Aspartic acid	g	0.039	0	0.082
Glutamic acid	g	0.114	0	0.239
Glycine	g	0.029	0	0.061
Proline	g	0.022	0	0.046
Serine	g	0.021	0	0.044
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 1 cup

NDB No. 11291 Onions, spring or scallions (includes tops and bulb), raw

Allium cepa or Allium fistulosum

Refuse: 4% Rootlets

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 100g	Measure 2* 6g	Measure 3* 25g
Proximates:							
Water	g	89.83	0.878	21	89.83	5.39	22.46
Energy	kcal	32		0	32	2	8
Energy	kj	134		0	134	8	34
Protein (N x 5.95)	g	1.83	0.183	3	1.83	0.11	0.46
Total lipid (fat)	g	0.19	0.067	3	0.19	0.01	0.05
Carbohydrate, by difference	g	7.34		0	7.34	0.44	1.84
Fiber, total dietary	g	2.6		0	2.6	0.2	0.7
Ash	g	0.81	0.084	4	0.81	0.05	0.20
Sugars, total	g						
Minerals:							
Calcium	mg	72	15.746	3	72	4	18
Iron	mg	1.48	0.874	4	1.48	0.09	0.37
Magnesium	mg	20	1.514	4	20	1	5
Phosphorus	mg	37	0.835	3	37	2	9
Potassium	mg	276	1.323	4	276	17	69
Sodium	mg	16	5.791	12	16	1	4
Zinc	mg	0.39	0.093	4	0.39	0.02	0.10
Copper	mg	0.083	0.013	4	0.083	0.005	0.021
Manganese	mg	0.160	0.001	2	0.160	0.010	0.040
Selenium	µg	0.6		0	0.6	0.0	0.2
Vitamins:							
Ascorbic acid	mg	18.8	0.099	2	18.8	1.1	4.7
Thiamin	mg	0.055	0.005	2	0.055	0.003	0.014
Riboflavin	mg	0.080	0.000	2	0.080	0.005	0.020
Niacin	mg	0.525	0.005	2	0.525	0.032	0.131
Pantothenic acid	mg	0.075	0.005	2	0.075	0.004	0.019
Vitamin B-6	mg	0.061		0	0.061	0.004	0.015
Folate	µg	64	11.007	11	64	4	16
Vitamin B-12	µg	0.00		0	0.00	0.00	0.00
Vitamin A	IU	385	14.999	2	385	23	96
Vitamin A, RE	µg	39		0	39	2	10
Vitamin E, α-TE	mg	0.130		0	0.130	0.008	0.033
Lipids:							
Saturated, total	g	0.032		0	0.032	0.002	0.008
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.000		0	0.000	0.000	0.000
14:0	g	0.001		1	0.001	0.000	0.000
15.0	g						
16:0	g	0.028		1	0.028	0.002	0.007
17:0	g						
18:0	g	0.003		1	0.003	0.000	0.001
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.027	0	0.027	0.002	0.007
14:1	g					
16:1	g	0.000	0	0.000	0.000	0.000
18:1	g	0.027	1	0.027	0.002	0.007
20:1	g	0.000	0	0.000	0.000	0.000
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.074	0	0.074	0.004	0.019
18:2	g	0.070	1	0.070	0.004	0.018
18:3	g	0.004	1	0.004	0.000	0.001
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.020	0	0.020	0.001	0.005
Threonine	g	0.072	0	0.072	0.004	0.018
Isoleucine	g	0.077	0	0.077	0.005	0.019
Leucine	g	0.109	0	0.109	0.007	0.027
Lysine	g	0.091	0	0.091	0.005	0.023
Methionine	g	0.020	0	0.020	0.001	0.005
Cystine	g					
Phenylalanine	g	0.059	0	0.059	0.004	0.015
Tyrosine	g	0.053	0	0.053	0.003	0.013
Valine	g	0.081	0	0.081	0.005	0.020
Arginine	g	0.132	0	0.132	0.008	0.033
Histidine	g	0.032	0	0.032	0.002	0.008
Alanine	g	0.082	0	0.082	0.005	0.021
Aspartic acid	g	0.169	0	0.169	0.010	0.042
Glutamic acid	g	0.378	0	0.378	0.023	0.094
Glycine	g	0.091	0	0.091	0.005	0.023
Proline	g	0.121	0	0.121	0.007	0.030
Serine	g	0.082	0	0.082	0.005	0.021
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, chopped
Measure 2: 1 tablespoon, chopped
Measure 3: 1 large

NDB No. 11293 Onions, welsh, raw

Allium fistulosum

Refuse: 35% Leaf tops and roots

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1*	Measure 2*	Measure 3*
Proximates:							
Water	g	90.50		0			
Energy	kcal	34		0			
Energy	kj	142		0			
Protein (N x 5.95)	g	1.90		0			
Total lipid (fat)	g	0.40		0			
Carbohydrate, by difference	g	6.50		0			
Fiber, total dietary	g						
Ash	g	0.70		0			
Sugars, total	g						
Minerals:							
Calcium	mg	18		0			
Iron	mg	1.22		0			
Magnesium	mg	23		0			
Phosphorus	mg	49		0			
Potassium	mg	212		0			
Sodium	mg	17		0			
Zinc	mg	0.52		0			
Copper	mg	0.070		0			
Manganese	mg	0.137		0			
Selenium	µg	0.6		0			
Vitamins:							
Ascorbic acid	mg	27.0		0			
Thiamin	mg	0.050		0			
Riboflavin	mg	0.090		0			
Niacin	mg	0.400		0			
Pantothenic acid	mg	0.169		0			
Vitamin B-6	mg	0.072		0			
Folate	µg	16		0			
Vitamin B-12	µg	0.00		0			
Vitamin A	IU	1160		0			
Vitamin A, RE	µg	116		0			
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.067		0			
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.002		0			
15.0	g						
16:0	g	0.060		0			
17:0	g						
18:0	g	0.005		0			
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.056	0
14:1	g		
16:1	g		
18:1	g	0.056	0
20:1	g		
22.1	g		
Polyunsaturated, total	g	0.156	0
18:2	g	0.148	0
18:3	g	0.008	0
18:4	g		
20:4	g		
20:5	g		
22:5	g		
22:6	g		
Cholesterol	mg	0	0
Phytosterols	mg		
Amino acids:			
Tryptophan	g	0.021	0
Threonine	g	0.074	0
Isoleucine	g	0.081	0
Leucine	g	0.113	0
Lysine	g	0.095	0
Methionine	g	0.021	0
Cystine	g		
Phenylalanine	g	0.061	0
Tyrosine	g	0.055	0
Valine	g	0.084	0
Arginine	g	0.137	0
Histidine	g	0.033	0
Alanine	g	0.086	0
Aspartic acid	g	0.176	0
Glutamic acid	g	0.393	0
Glycine	g	0.094	0
Proline	g	0.126	0
Serine	g	0.086	0
Other:			
Caffeine	mg		
Theobromine	mg		
Alcohol	g		

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

NDB No. 11295 Onion rings, breaded, par fried, frozen, unprepared

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 454g	Measure 2* 255g	Measure 3*
Proximates:							
Water	g	51.22	0.376	13	232.54	130.61	
Energy	kcal	258		0	1171	658	
Energy	kj	1079		0	4899	2751	
Protein (N x 5.95)	g	3.15	0.065	13	14.30	8.03	
Total lipid (fat)	g	14.10	0.460	13	64.01	35.95	
Carbohydrate, by difference	g	30.53		0	138.61	77.85	
Fiber, total dietary	g	1.8		0	8.2	4.6	
Ash	g	1.00	0.066	13	4.54	2.55	
Sugars, total	g						
Minerals:							
Calcium	mg	46	10.349	9	209	117	
Iron	mg	0.93	0.081	12	4.22	2.37	
Magnesium	mg	14		0	64	36	
Phosphorus	mg	49		0	222	125	
Potassium	mg	190	22.500	2	863	485	
Sodium	mg	246	15.000	13	1117	627	
Zinc	mg	0.36		0	1.63	0.92	
Copper	mg	0.074		0	0.336	0.189	
Manganese	mg	0.299		0	1.357	0.762	
Selenium	µg	2.4		0	10.9	6.1	
Vitamins:							
Ascorbic acid	mg	4.6	0.778	10	20.9	11.7	
Thiamin	mg	0.100	0.009	13	0.454	0.255	
Riboflavin	mg	0.079	0.011	10	0.359	0.201	
Niacin	mg	0.693	0.035	13	3.146	1.767	
Pantothenic acid	mg	0.240		0	1.090	0.612	
Vitamin B-6	mg	0.132		0	0.599	0.337	
Folate	µg	48		0	218	122	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	174	70.984	5	790	444	
Vitamin A, RE	µg	17	7.098	5	77	43	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	4.534		0	20.584	11.562	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.113		0	0.513	0.288	
15.0	g						
16:0	g	2.747		0	12.471	7.005	
17:0	g						
18:0	g	1.674		0	7.600	4.269	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	5.738	0	26.051	14.632
14:1	g				
16:1	g	0.188	0	0.854	0.479
18:1	g	5.550	0	25.197	14.152
20:1	g				
22.1	g				
Polyunsaturated, total	g	2.700	0	12.258	6.885
18:2	g	2.550	0	11.577	6.503
18:3	g	0.150	0	0.681	0.383
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.042	0	0.191	0.107
Threonine	g	0.089	0	0.404	0.227
Isoleucine	g	0.126	0	0.572	0.321
Leucine	g	0.207	0	0.940	0.528
Lysine	g	0.089	0	0.404	0.227
Methionine	g	0.048	0	0.218	0.122
Cystine	g	0.064	0	0.291	0.163
Phenylalanine	g	0.143	0	0.649	0.365
Tyrosine	g	0.092	0	0.418	0.235
Valine	g	0.128	0	0.581	0.326
Arginine	g	0.192	0	0.872	0.490
Histidine	g	0.064	0	0.291	0.163
Alanine	g	0.102	0	0.463	0.260
Aspartic acid	g	0.145	0	0.658	0.370
Glutamic acid	g	0.972	0	4.413	2.479
Glycine	g	0.116	0	0.527	0.296
Proline	g	0.307	0	1.394	0.783
Serine	g	0.151	0	0.686	0.385
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 16 oz package
Measure 2: 1 package (9 oz)

NDB No. 11296 Onion rings, breaded, par fried, frozen, prepared, heated in oven

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 48g	Measure 2* 71g	Measure 3* 60g
Proximates:							
Water	g	28.50		1	13.68	20.23	17.10
Energy	kcal	407		0	195	289	244
Energy	kj	1703		0	817	1209	1022
Protein (N x 5.95)	g	5.34		1	2.56	3.79	3.20
Total lipid (fat)	g	26.70		1	12.82	18.96	16.02
Carbohydrate, by difference	g	38.16		0	18.32	27.09	22.90
Fiber, total dietary	g	1.3		0	0.6	0.9	0.8
Ash	g	1.30		1	0.62	0.92	0.78
Sugars, total	g						
Minerals:							
Calcium	mg	31		1	15	22	19
Iron	mg	1.69		1	0.81	1.20	1.01
Magnesium	mg	19		1	9	13	11
Phosphorus	mg	81		1	39	58	49
Potassium	mg	129		1	62	92	77
Sodium	mg	375		1	180	266	225
Zinc	mg	0.42		1	0.20	0.30	0.25
Copper	mg	0.080		1	0.038	0.057	0.048
Manganese	mg	0.420		1	0.202	0.298	0.252
Selenium	µg	3.5	0.436	12	1.7	2.5	2.1
Vitamins:							
Ascorbic acid	mg	1.4		1	0.7	1.0	0.8
Thiamin	mg	0.280		1	0.134	0.199	0.168
Riboflavin	mg	0.140		1	0.067	0.099	0.084
Niacin	mg	3.610		1	1.733	2.563	2.166
Pantothenic acid	mg	0.230		1	0.110	0.163	0.138
Vitamin B-6	mg	0.077		1	0.037	0.055	0.046
Folate	µg	66		0	32	47	40
Vitamin B-12	µg	0.00		0	0.00	0.00	0.00
Vitamin A	IU	225		0	108	160	135
Vitamin A, RE	µg	23		0	11	16	14
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	8.585		0	4.121	6.095	5.151
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.214		0	0.103	0.152	0.128
15.0	g						
16:0	g	5.201		0	2.496	3.693	3.121
17:0	g						
18:0	g	3.170		0	1.522	2.251	1.902
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	10.866	0	5.216	7.715	6.520
14:1	g					
16:1	g	0.356	0	0.171	0.253	0.214
18:1	g	10.509	0	5.044	7.461	6.305
20:1	g					
22.1	g					
Polyunsaturated, total	g	5.113	0	2.454	3.630	3.068
18:2	g	4.828	0	2.317	3.428	2.897
18:3	g	0.285	0	0.137	0.202	0.171
18:4	g					
20:4	g					
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	0	0	0	0	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.070	0	0.034	0.050	0.042
Threonine	g	0.150	0	0.072	0.107	0.090
Isoleucine	g	0.214	0	0.103	0.152	0.128
Leucine	g	0.350	0	0.168	0.248	0.210
Lysine	g	0.151	0	0.072	0.107	0.091
Methionine	g	0.081	0	0.039	0.058	0.049
Cystine	g	0.108	0	0.052	0.077	0.065
Phenylalanine	g	0.243	0	0.117	0.173	0.146
Tyrosine	g	0.157	0	0.075	0.111	0.094
Valine	g	0.216	0	0.104	0.153	0.130
Arginine	g	0.325	0	0.156	0.231	0.195
Histidine	g	0.109	0	0.052	0.077	0.065
Alanine	g	0.172	0	0.083	0.122	0.103
Aspartic acid	g	0.246	0	0.118	0.175	0.148
Glutamic acid	g	1.648	0	0.791	1.170	0.989
Glycine	g	0.196	0	0.094	0.139	0.118
Proline	g	0.521	0	0.250	0.370	0.313
Serine	g	0.256	0	0.123	0.182	0.154
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 10 large rings (3-4" dia)
Measure 3: 10 medium rings (2-3" dia)

NDB No. 11297 Parsley, raw

Petroselinum crispum

Refuse: 5% Tough stems

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 60g	Measure 2* 4g	Measure 3* 10g
Proximates:							
Water	g	87.71	0.668	11	52.63	3.33	8.77
Energy	kcal	36		0	22	1	4
Energy	kj	151		0	91	6	15
Protein (N x 5.95)	g	2.97	0.426	3	1.78	0.11	0.30
Total lipid (fat)	g	0.79	0.267	3	0.47	0.03	0.08
Carbohydrate, by difference	g	6.33		0	3.80	0.24	0.63
Fiber, total dietary	g	3.3		0	2.0	0.1	0.3
Ash	g	2.20	0.300	2	1.32	0.08	0.22
Sugars, total	g						
Minerals:							
Calcium	mg	138	6.838	4	83	5	14
Iron	mg	6.20		1	3.72	0.24	0.62
Magnesium	mg	50	10.578	4	30	2	5
Phosphorus	mg	58	8.035	4	35	2	6
Potassium	mg	554	77.704	7	332	21	55
Sodium	mg	56	19.862	7	34	2	6
Zinc	mg	1.07	0.391	3	0.64	0.04	0.11
Copper	mg	0.149	0.013	3	0.089	0.006	0.015
Manganese	mg	0.160		1	0.096	0.006	0.016
Selenium	µg	0.1		0	0.1	0.0	0.0
Vitamins:							
Ascorbic acid	mg	133.0	30.935	3	79.8	5.1	13.3
Thiamin	mg	0.086	0.015	3	0.052	0.003	0.009
Riboflavin	mg	0.098	0.007	3	0.059	0.004	0.010
Niacin	mg	1.313	0.334	3	0.788	0.050	0.131
Pantothenic acid	mg	0.400	0.111	2	0.240	0.015	0.040
Vitamin B-6	mg	0.090	0.020	2	0.054	0.003	0.009
Folate	µg	152	21.740	5	91	6	15
Vitamin B-12	µg	0.00		0	0.00	0.00	0.00
Vitamin A	IU	5200		1	3120	198	520
Vitamin A, RE	µg	520		0	312	20	52
Vitamin E, α-TE	mg	1.790		0	1.074	0.068	0.179
Lipids:							
Saturated, total	g	0.132		0	0.079	0.005	0.013
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.000		0	0.000	0.000	0.000
14:0	g	0.008		1	0.005	0.000	0.001
15.0	g						
16:0	g	0.084		1	0.050	0.003	0.008
17:0	g						
18:0	g	0.039		1	0.023	0.001	0.004
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.295	0	0.177	0.011	0.030
14:1	g					
16:1	g	0.008	1	0.005	0.000	0.001
18:1	g	0.287	1	0.172	0.011	0.029
20:1	g	0.000	0	0.000	0.000	0.000
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.124	0	0.074	0.005	0.012
18:2	g	0.115	1	0.069	0.004	0.012
18:3	g	0.008	1	0.005	0.000	0.001
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
Phytosterols	mg	5	1	3	0	1
Amino acids:						
Tryptophan	g	0.045	0	0.027	0.002	0.004
Threonine	g	0.122	0	0.073	0.005	0.012
Isoleucine	g	0.118	0	0.071	0.004	0.012
Leucine	g	0.204	0	0.122	0.008	0.020
Lysine	g	0.181	0	0.109	0.007	0.018
Methionine	g	0.042	0	0.025	0.002	0.004
Cystine	g	0.014	0	0.008	0.001	0.001
Phenylalanine	g	0.145	0	0.087	0.006	0.015
Tyrosine	g	0.082	0	0.049	0.003	0.008
Valine	g	0.172	0	0.103	0.007	0.017
Arginine	g	0.122	0	0.073	0.005	0.012
Histidine	g	0.061	0	0.037	0.002	0.006
Alanine	g	0.195	0	0.117	0.007	0.020
Aspartic acid	g	0.294	0	0.176	0.011	0.029
Glutamic acid	g	0.249	0	0.149	0.009	0.025
Glycine	g	0.145	0	0.087	0.006	0.015
Proline	g	0.213	0	0.128	0.008	0.021
Serine	g	0.136	0	0.082	0.005	0.014
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 tablespoon
Measure 3: 10 sprigs

NDB No. 11298 Parsnips, raw

Pastinaca sativa

Refuse: 15% Parings

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 133g	Measure 2*	Measure 3*
Proximates:							
Water	g	79.53	1.544	6	105.77		
Energy	kcal	75		0	100		
Energy	kj	314		0	418		
Protein (N x 5.95)	g	1.20		1	1.60		
Total lipid (fat)	g	0.30		1	0.40		
Carbohydrate, by difference	g	17.99		0	23.93		
Fiber, total dietary	g	4.9		0	6.5		
Ash	g	0.98		1	1.30		
Sugars, total	g						
Minerals:							
Calcium	mg	36	4.500	2	48		
Iron	mg	0.59	0.115	2	0.78		
Magnesium	mg	29	0.500	2	39		
Phosphorus	mg	71	1.500	2	94		
Potassium	mg	375	45.000	2	499		
Sodium	mg	10		1	13		
Zinc	mg	0.59		1	0.78		
Copper	mg	0.120		1	0.160		
Manganese	mg	0.560		1	0.745		
Selenium	µg	1.8		0	2.4		
Vitamins:							
Ascorbic acid	mg	17.0		1	22.6		
Thiamin	mg	0.090		1	0.120		
Riboflavin	mg	0.050		1	0.067		
Niacin	mg	0.700		1	0.931		
Pantothenic acid	mg	0.600		0	0.798		
Vitamin B-6	mg	0.090		0	0.120		
Folate	µg	67	6.900	4	89		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	0		1	0		
Vitamin A, RE	µg	0		1	0		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.050		0	0.067		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.003		1	0.004		
15.0	g						
16:0	g	0.030		1	0.040		
17:0	g						
18:0	g	0.014		1	0.019		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.112	0	0.149
14:1	g			
16:1	g	0.003	1	0.004
18:1	g	0.102	1	0.136
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.047	0	0.063
18:2	g	0.041	1	0.055
18:3	g	0.003	1	0.004
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, slices

NDB No. 11299 Parsnips, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 78g	Measure 2* 160g	Measure 3*
Proximates:							
Water	g	77.72		0	60.62	124.35	
Energy	kcal	81		0	63	130	
Energy	kj	339		0	264	542	
Protein (N x 5.95)	g	1.32	0.075	5	1.03	2.11	
Total lipid (fat)	g	0.30	0.025	5	0.23	0.48	
Carbohydrate, by difference	g	19.53		0	15.23	31.25	
Fiber, total dietary	g	4.0		0	3.1	6.4	
Ash	g	1.13	0.072	5	0.88	1.81	
Sugars, total	g						
Minerals:							
Calcium	mg	37		0	29	59	
Iron	mg	0.58	0.108	5	0.45	0.93	
Magnesium	mg	29		0	23	46	
Phosphorus	mg	69		0	54	110	
Potassium	mg	367		0	286	587	
Sodium	mg	10		0	8	16	
Zinc	mg	0.26	0.035	5	0.20	0.42	
Copper	mg	0.138	0.018	5	0.108	0.221	
Manganese	mg	0.294	0.041	5	0.229	0.470	
Selenium	µg	1.7		0	1.3	2.7	
Vitamins:							
Ascorbic acid	mg	13.0		0	10.1	20.8	
Thiamin	mg	0.083		0	0.065	0.133	
Riboflavin	mg	0.051		0	0.040	0.082	
Niacin	mg	0.724		0	0.565	1.158	
Pantothenic acid	mg	0.588		0	0.459	0.941	
Vitamin B-6	mg	0.093		0	0.073	0.149	
Folate	µg	58		0	45	93	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	1.000		0	0.780	1.600	
Lipids:							
Saturated, total	g	0.050		0	0.039	0.080	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.003		0	0.002	0.005	
15.0	g						
16:0	g	0.030		0	0.023	0.048	
17:0	g						
18:0	g	0.014		0	0.011	0.022	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.112	0	0.087	0.179
14:1	g				
16:1	g	0.003	0	0.002	0.005
18:1	g	0.102	0	0.080	0.163
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.047	0	0.037	0.075
18:2	g	0.041	0	0.032	0.066
18:3	g	0.003	0	0.002	0.005
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1/2 cup slices
Measure 2: 1 parsnip, (9" long)

NDB No. 11300 Peas, edible-podded, raw

Pisum sativum

Refuse: 6% Ends and strings

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 98g	Measure 2* 63g	Measure 3* 34g
Proximates:							
Water	g	88.89	0.885	2	87.11	56.00	30.22
Energy	kcal	42		0	41	26	14
Energy	kj	176		0	172	111	60
Protein (N x 5.95)	g	2.80		1	2.74	1.76	0.95
Total lipid (fat)	g	0.20		1	0.20	0.13	0.07
Carbohydrate, by difference	g	7.56		0	7.41	4.76	2.57
Fiber, total dietary	g	2.6		0	2.5	1.6	0.9
Ash	g	0.56		0	0.55	0.35	0.19
Sugars, total	g						
Minerals:							
Calcium	mg	43		1	42	27	15
Iron	mg	2.08		1	2.04	1.31	0.71
Magnesium	mg	24	2.200	2	24	15	8
Phosphorus	mg	53		1	52	33	18
Potassium	mg	200	29.900	2	196	126	68
Sodium	mg	4	1.850	2	4	3	1
Zinc	mg	0.27		0	0.26	0.17	0.09
Copper	mg	0.079		0	0.077	0.050	0.027
Manganese	mg	0.244		0	0.239	0.154	0.083
Selenium	µg	0.7		0	0.7	0.4	0.2
Vitamins:							
Ascorbic acid	mg	60.0		1	58.8	37.8	20.4
Thiamin	mg	0.150		1	0.147	0.094	0.051
Riboflavin	mg	0.080		1	0.078	0.050	0.027
Niacin	mg	0.600		1	0.588	0.378	0.204
Pantothenic acid	mg	0.750		0	0.735	0.473	0.255
Vitamin B-6	mg	0.160		0	0.157	0.101	0.054
Folate	µg	42		0	41	26	14
Vitamin B-12	µg	0.00		0	0.00	0.00	0.00
Vitamin A	IU	145		1	142	91	49
Vitamin A, RE	µg	14		1	14	9	5
Vitamin E, α-TE	mg	0.390		0	0.382	0.246	0.133
Lipids:							
Saturated, total	g	0.039		0	0.038	0.025	0.013
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.000		0	0.000	0.000	0.000
14:0	g	0.002		4	0.002	0.001	0.001
15.0	g						
16:0	g	0.033		5	0.032	0.021	0.011
17:0	g						
18:0	g	0.003		5	0.003	0.002	0.001
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.021	0	0.021	0.013	0.007
14:1	g					
16:1	g	0.000	1	0.000	0.000	0.000
18:1	g	0.021	5	0.021	0.013	0.007
20:1	g	0.000	0	0.000	0.000	0.000
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.089	0	0.087	0.056	0.030
18:2	g	0.075	5	0.074	0.047	0.026
18:3	g	0.013	5	0.013	0.008	0.004
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.027	1	0.026	0.017	0.009
Threonine	g	0.099	1	0.097	0.062	0.034
Isoleucine	g	0.161	1	0.158	0.101	0.055
Leucine	g	0.228	1	0.223	0.144	0.078
Lysine	g	0.202	1	0.198	0.127	0.069
Methionine	g	0.011	1	0.011	0.007	0.004
Cystine	g	0.032	1	0.031	0.020	0.011
Phenylalanine	g	0.090	1	0.088	0.057	0.031
Tyrosine	g	0.099	1	0.097	0.062	0.034
Valine	g	0.273	1	0.268	0.172	0.093
Arginine	g	0.134	1	0.131	0.084	0.046
Histidine	g	0.017	1	0.017	0.011	0.006
Alanine	g	0.058	1	0.057	0.037	0.020
Aspartic acid	g	0.228	1	0.223	0.144	0.078
Glutamic acid	g	0.448	1	0.439	0.282	0.152
Glycine	g	0.072	1	0.071	0.045	0.024
Proline	g	0.063	1	0.062	0.040	0.021
Serine	g	0.125	1	0.123	0.079	0.043
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, chopped
Measure 2: 1 cup, whole
Measure 3: 10 pea pods

NDB No. 11301 Peas, edible-podded, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 160g	Measure 2*	Measure 3*
Proximates:							
Water	g	88.91	0.410	2	142.26		
Energy	kcal	42		0	67		
Energy	kj	176		0	282		
Protein (N x 5.95)	g	3.27	0.703	2	5.23		
Total lipid (fat)	g	0.23	0.085	2	0.37		
Carbohydrate, by difference	g	7.05		0	11.28		
Fiber, total dietary	g	2.8		0	4.5		
Ash	g	0.54	0.070	2	0.86		
Sugars, total	g						
Minerals:							
Calcium	mg	42		1	67		
Iron	mg	1.97		0	3.15		
Magnesium	mg	26		1	42		
Phosphorus	mg	55		1	88		
Potassium	mg	240		1	384		
Sodium	mg	4		1	6		
Zinc	mg	0.37		1	0.59		
Copper	mg	0.077		1	0.123		
Manganese	mg	0.168		1	0.269		
Selenium	µg	0.7		0	1.1		
Vitamins:							
Ascorbic acid	mg	47.9		0	76.6		
Thiamin	mg	0.128		0	0.205		
Riboflavin	mg	0.076		0	0.122		
Niacin	mg	0.539		0	0.862		
Pantothenic acid	mg	0.673		0	1.077		
Vitamin B-6	mg	0.144		0	0.230		
Folate	µg	29		0	47		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	131		0	210		
Vitamin A, RE	µg	13		0	21		
Vitamin E, α-TE	mg	0.390		0	0.624		
Lipids:							
Saturated, total	g	0.044		0	0.070		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.000		0	0.000		
10:0	g	0.000		0	0.000		
12:0	g	0.000		0	0.000		
14:0	g	0.002		0	0.003		
15.0	g						
16:0	g	0.038		0	0.061		
17:0	g						
18:0	g	0.003		0	0.005		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.023	0	0.037
14:1	g			
16:1	g	0.000	0	0.000
18:1	g	0.023	0	0.037
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.100	0	0.160
18:2	g	0.085	0	0.136
18:3	g	0.015	0	0.024
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.032	0	0.051
Threonine	g	0.115	0	0.184
Isoleucine	g	0.188	0	0.301
Leucine	g	0.267	0	0.427
Lysine	g	0.235	0	0.376
Methionine	g	0.013	0	0.021
Cystine	g	0.037	0	0.059
Phenylalanine	g	0.105	0	0.168
Tyrosine	g	0.115	0	0.184
Valine	g	0.319	0	0.510
Arginine	g	0.157	0	0.251
Histidine	g	0.020	0	0.032
Alanine	g	0.068	0	0.109
Aspartic acid	g	0.267	0	0.427
Glutamic acid	g	0.523	0	0.837
Glycine	g	0.084	0	0.134
Proline	g	0.073	0	0.117
Serine	g	0.146	0	0.234
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 1 cup

NDB No. 11302 Peas, edible-podded, frozen, unprepared

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 72g	Measure 2* 284g	Measure 3*
Proximates:							
Water	g	89.30		1	64.30	253.61	
Energy	kcal	42		0	30	119	
Energy	kj	176		0	127	500	
Protein (N x 5.95)	g	2.80		1	2.02	7.95	
Total lipid (fat)	g	0.30		1	0.22	0.85	
Carbohydrate, by difference	g	7.20		0	5.18	20.45	
Fiber, total dietary	g	3.1		0	2.2	8.8	
Ash	g	0.40		1	0.29	1.14	
Sugars, total	g						
Minerals:							
Calcium	mg	50		1	36	142	
Iron	mg	2.00		1	1.44	5.68	
Magnesium	mg	23		0	17	65	
Phosphorus	mg	51		0	37	145	
Potassium	mg	192		0	138	545	
Sodium	mg	4		0	3	11	
Zinc	mg	0.41		1	0.30	1.16	
Copper	mg	0.076		0	0.055	0.216	
Manganese	mg	0.235		0	0.169	0.667	
Selenium	µg	0.7		0	0.5	2.0	
Vitamins:							
Ascorbic acid	mg	22.0		1	15.8	62.5	
Thiamin	mg	0.060		1	0.043	0.170	
Riboflavin	mg	0.100		1	0.072	0.284	
Niacin	mg	0.500		1	0.360	1.420	
Pantothenic acid	mg	0.720		0	0.518	2.045	
Vitamin B-6	mg	0.154		0	0.111	0.437	
Folate	µg	40		0	29	114	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	140		1	101	398	
Vitamin A, RE	µg	14		1	10	40	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.058		0	0.042	0.165	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.002		0	0.001	0.006	
15.0	g						
16:0	g	0.050		0	0.036	0.142	
17:0	g						
18:0	g	0.005		0	0.004	0.014	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.031	0	0.022	0.088
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.031	0	0.022	0.088
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.133	0	0.096	0.378
18:2	g	0.113	0	0.081	0.321
18:3	g	0.020	0	0.014	0.057
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.027	0	0.019	0.077
Threonine	g	0.099	0	0.071	0.281
Isoleucine	g	0.161	0	0.116	0.457
Leucine	g	0.228	0	0.164	0.648
Lysine	g	0.202	0	0.145	0.574
Methionine	g	0.011	0	0.008	0.031
Cystine	g	0.032	0	0.023	0.091
Phenylalanine	g	0.090	0	0.065	0.256
Tyrosine	g	0.099	0	0.071	0.281
Valine	g	0.273	0	0.197	0.775
Arginine	g	0.134	0	0.096	0.381
Histidine	g	0.017	0	0.012	0.048
Alanine	g	0.058	0	0.042	0.165
Aspartic acid	g	0.228	0	0.164	0.648
Glutamic acid	g	0.448	0	0.323	1.272
Glycine	g	0.072	0	0.052	0.204
Proline	g	0.063	0	0.045	0.179
Serine	g	0.125	0	0.090	0.355
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1/2 cup
Measure 2: 1 package (10 oz)

NDB No. 11303 Peas, edible-podded, frozen, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 160g	Measure 2* 253g	Measure 3* 80g
Proximates:							
Water	g	86.60		0	138.56	219.10	69.28
Energy	kcal	52		0	83	132	42
Energy	kj	218		0	349	552	174
Protein (N x 5.95)	g	3.50		0	5.60	8.86	2.80
Total lipid (fat)	g	0.38		0	0.61	0.96	0.30
Carbohydrate, by difference	g	9.02		0	14.43	22.82	7.22
Fiber, total dietary	g	3.1		0	5.0	7.8	2.5
Ash	g	0.50		0	0.80	1.26	0.40
Sugars, total	g						
Minerals:							
Calcium	mg	59		0	94	149	47
Iron	mg	2.40		0	3.84	6.07	1.92
Magnesium	mg	28		0	45	71	22
Phosphorus	mg	58		0	93	147	46
Potassium	mg	217		0	347	549	174
Sodium	mg	5		0	8	13	4
Zinc	mg	0.49		0	0.78	1.24	0.39
Copper	mg	0.090		0	0.144	0.228	0.072
Manganese	mg	0.280		0	0.448	0.708	0.224
Selenium	µg	0.8		0	1.3	2.0	0.6
Vitamins:							
Ascorbic acid	mg	22.0		0	35.2	55.7	17.6
Thiamin	mg	0.064		0	0.102	0.162	0.051
Riboflavin	mg	0.119		0	0.190	0.301	0.095
Niacin	mg	0.563		0	0.901	1.424	0.450
Pantothenic acid	mg	0.857		0	1.371	2.168	0.686
Vitamin B-6	mg	0.174		0	0.278	0.440	0.139
Folate	µg	35		0	56	89	28
Vitamin B-12	µg	0.00		0	0.00	0.00	0.00
Vitamin A	IU	167		0	267	423	134
Vitamin A, RE	µg	17		0	27	43	14
Vitamin E, α-TE	mg	0.210		0	0.336	0.531	0.168
Lipids:							
Saturated, total	g	0.073		0	0.117	0.185	0.058
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.000		0	0.000	0.000	0.000
14:0	g	0.003		0	0.005	0.008	0.002
15.0	g						
16:0	g	0.063		0	0.101	0.159	0.050
17:0	g						
18:0	g	0.006		0	0.010	0.015	0.005
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.039	0	0.062	0.099	0.031
14:1	g					
16:1	g	0.000	0	0.000	0.000	0.000
18:1	g	0.039	0	0.062	0.099	0.031
20:1	g	0.000	0	0.000	0.000	0.000
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.167	0	0.267	0.423	0.134
18:2	g	0.142	0	0.227	0.359	0.114
18:3	g	0.025	0	0.040	0.063	0.020
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.034	0	0.054	0.086	0.027
Threonine	g	0.123	0	0.197	0.311	0.098
Isoleucine	g	0.202	0	0.323	0.511	0.162
Leucine	g	0.286	0	0.458	0.724	0.229
Lysine	g	0.252	0	0.403	0.638	0.202
Methionine	g	0.014	0	0.022	0.035	0.011
Cystine	g	0.040	0	0.064	0.101	0.032
Phenylalanine	g	0.112	0	0.179	0.283	0.090
Tyrosine	g	0.123	0	0.197	0.311	0.098
Valine	g	0.342	0	0.547	0.865	0.274
Arginine	g	0.168	0	0.269	0.425	0.134
Histidine	g	0.022	0	0.035	0.056	0.018
Alanine	g	0.073	0	0.117	0.185	0.058
Aspartic acid	g	0.286	0	0.458	0.724	0.229
Glutamic acid	g	0.560	0	0.896	1.417	0.448
Glycine	g	0.090	0	0.144	0.228	0.072
Proline	g	0.078	0	0.125	0.197	0.062
Serine	g	0.157	0	0.251	0.397	0.126
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 package (10 oz) yields
Measure 3: 1/2 cup

NDB No. 11304 Peas, green, raw

Pisum sativum

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 145g	Measure 2*	Measure 3*
Proximates:							
Water	g	78.86	0.508	10	114.35		
Energy	kcal	81		0	117		
Energy	kj	339		0	492		
Protein (N x 5.95)	g	5.42	0.131	7	7.86		
Total lipid (fat)	g	0.40	0.033	7	0.58		
Carbohydrate, by difference	g	14.46		0	20.97		
Fiber, total dietary	g	5.1		0	7.4		
Ash	g	0.87	0.042	7	1.26		
Sugars, total	g						
Minerals:							
Calcium	mg	25	2.026	8	36		
Iron	mg	1.47	0.050	8	2.13		
Magnesium	mg	33	1.096	8	48		
Phosphorus	mg	108	4.166	8	157		
Potassium	mg	244	16.659	10	354		
Sodium	mg	5	1.287	7	7		
Zinc	mg	1.24	0.042	7	1.80		
Copper	mg	0.176	0.013	7	0.255		
Manganese	mg	0.410	0.030	7	0.594		
Selenium	µg	1.8		0	2.6		
Vitamins:							
Ascorbic acid	mg	40.0		1	58.0		
Thiamin	mg	0.266	0.029	7	0.386		
Riboflavin	mg	0.132	0.009	7	0.191		
Niacin	mg	2.090	0.137	7	3.030		
Pantothenic acid	mg	0.104		1	0.151		
Vitamin B-6	mg	0.169	0.013	7	0.245		
Folate	µg	65		1	94		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	640		1	928		
Vitamin A, RE	µg	64		0	93		
Vitamin E, α-TE	mg	0.390		0	0.566		
Lipids:							
Saturated, total	g	0.071		0	0.103		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.000		0	0.000		
10:0	g	0.000		0	0.000		
12:0	g	0.000		0	0.000		
14:0	g	0.000		0	0.000		
15.0	g						
16:0	g	0.064		1	0.093		
17:0	g						
18:0	g	0.007		1	0.010		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.035	0	0.051
14:1	g			
16:1	g	0.000	0	0.000
18:1	g	0.035	1	0.051
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.187	0	0.271
18:2	g	0.152	1	0.220
18:3	g	0.035	1	0.051
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.037	0	0.054
Threonine	g	0.203	0	0.294
Isoleucine	g	0.195	0	0.283
Leucine	g	0.323	0	0.468
Lysine	g	0.317	0	0.460
Methionine	g	0.082	0	0.119
Cystine	g	0.032	0	0.046
Phenylalanine	g	0.200	0	0.290
Tyrosine	g	0.114	0	0.165
Valine	g	0.235	0	0.341
Arginine	g	0.428	0	0.621
Histidine	g	0.107	0	0.155
Alanine	g	0.240	0	0.348
Aspartic acid	g	0.496	0	0.719
Glutamic acid	g	0.741	0	1.074
Glycine	g	0.184	0	0.267
Proline	g	0.173	0	0.251
Serine	g	0.181	0	0.262
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 1 cup

NDB No. 11305 Peas, green, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 160g	Measure 2*	Measure 3*
Proximates:							
Water	g	77.87	1.000	14	124.59		
Energy	kcal	84		0	134		
Energy	kj	351		0	562		
Protein (N x 5.95)	g	5.36	0.258	14	8.58		
Total lipid (fat)	g	0.22	0.018	14	0.35		
Carbohydrate, by difference	g	15.64		0	25.02		
Fiber, total dietary	g	5.5		0	8.8		
Ash	g	0.92	0.052	14	1.47		
Sugars, total	g						
Minerals:							
Calcium	mg	27	0.969	12	43		
Iron	mg	1.54	0.055	14	2.46		
Magnesium	mg	39	2.447	13	62		
Phosphorus	mg	117	2.787	12	187		
Potassium	mg	271	12.010	12	434		
Sodium	mg	3	1.006	8	5		
Zinc	mg	1.19	0.094	14	1.90		
Copper	mg	0.173	0.008	14	0.277		
Manganese	mg	0.525	0.033	14	0.840		
Selenium	µg	1.9		0	3.0		
Vitamins:							
Ascorbic acid	mg	14.2	1.200	12	22.7		
Thiamin	mg	0.259	0.018	12	0.414		
Riboflavin	mg	0.149	0.003	12	0.238		
Niacin	mg	2.021	0.070	12	3.234		
Pantothenic acid	mg	0.153		0	0.245		
Vitamin B-6	mg	0.216	0.005	12	0.346		
Folate	µg	63		0	101		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	597	30.031	12	955		
Vitamin A, RE	µg	60	3.003	12	96		
Vitamin E, α-TE	mg	0.390		0	0.624		
Lipids:							
Saturated, total	g	0.039		0	0.062		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.000		0	0.000		
10:0	g	0.000		0	0.000		
12:0	g	0.000		0	0.000		
14:0	g	0.000		0	0.000		
15.0	g						
16:0	g	0.035		0	0.056		
17:0	g						
18:0	g	0.004		0	0.006		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.019	0	0.030
14:1	g			
16:1	g	0.000	0	0.000
18:1	g	0.019	0	0.030
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.102	0	0.163
18:2	g	0.082	0	0.131
18:3	g	0.019	0	0.030
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.037	0	0.059
Threonine	g	0.201	0	0.322
Isoleucine	g	0.193	0	0.309
Leucine	g	0.320	0	0.512
Lysine	g	0.314	0	0.502
Methionine	g	0.081	0	0.130
Cystine	g	0.032	0	0.051
Phenylalanine	g	0.198	0	0.317
Tyrosine	g	0.112	0	0.179
Valine	g	0.232	0	0.371
Arginine	g	0.423	0	0.677
Histidine	g	0.105	0	0.168
Alanine	g	0.237	0	0.379
Aspartic acid	g	0.490	0	0.784
Glutamic acid	g	0.733	0	1.173
Glycine	g	0.182	0	0.291
Proline	g	0.171	0	0.274
Serine	g	0.179	0	0.286
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 1 cup

NDB No. 11306 Peas, green, canned, regular pack, solids and liquids

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 124g	Measure 2* 482g	Measure 3*
Proximates:							
Water	g	85.92	0.110	521	106.54	414.13	
Energy	kcal	53		0	66	255	
Energy	kj	222		0	275	1070	
Protein (N x 5.95)	g	3.19	0.025	566	3.96	15.38	
Total lipid (fat)	g	0.30	0.007	564	0.37	1.45	
Carbohydrate, by difference	g	9.75		0	12.09	46.99	
Fiber, total dietary	g	3.2		0	4.0	15.4	
Ash	g	0.84	0.015	536	1.04	4.05	
Sugars, total	g						
Minerals:							
Calcium	mg	18	0.239	592	22	87	
Iron	mg	1.02	0.021	595	1.26	4.92	
Magnesium	mg	17	0.275	259	21	82	
Phosphorus	mg	53	0.794	365	66	255	
Potassium	mg	100	1.217	391	124	482	
Sodium	mg	250	9.656	47	310	1205	
Zinc	mg	0.70	0.073	176	0.87	3.37	
Copper	mg	0.108	0.002	167	0.134	0.521	
Manganese	mg	0.264		0	0.327	1.272	
Selenium	µg	1.3		0	1.6	6.3	
Vitamins:							
Ascorbic acid	mg	9.8	0.147	580	12.2	47.2	
Thiamin	mg	0.111	0.002	479	0.138	0.535	
Riboflavin	mg	0.073	0.001	459	0.091	0.352	
Niacin	mg	0.842		452	1.044	4.058	
Pantothenic acid	mg	0.091		0	0.113	0.439	
Vitamin B-6	mg	0.065	0.000	9	0.081	0.313	
Folate	µg	29	7.318	3	35	137	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	385	7.524	555	477	1856	
Vitamin A, RE	µg	38		0	47	183	
Vitamin E, α-TE	mg	0.272		0	0.337	1.311	
Lipids:							
Saturated, total	g	0.050		0	0.062	0.241	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.000		0	0.000	0.000	
15.0	g						
16:0	g	0.045		0	0.056	0.217	
17:0	g						
18:0	g	0.005		0	0.006	0.024	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.025	0	0.031	0.121
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.025	0	0.031	0.121
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.132	0	0.164	0.636
18:2	g	0.107	0	0.133	0.516
18:3	g	0.025	0	0.031	0.121
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.022	0	0.027	0.106
Threonine	g	0.120	0	0.149	0.578
Isoleucine	g	0.114	0	0.141	0.549
Leucine	g	0.190	0	0.236	0.916
Lysine	g	0.187	0	0.232	0.901
Methionine	g	0.048	0	0.060	0.231
Cystine	g	0.019	0	0.024	0.092
Phenylalanine	g	0.118	0	0.146	0.569
Tyrosine	g	0.066	0	0.082	0.318
Valine	g	0.138	0	0.171	0.665
Arginine	g	0.252	0	0.312	1.215
Histidine	g	0.063	0	0.078	0.304
Alanine	g	0.141	0	0.175	0.680
Aspartic acid	g	0.292	0	0.362	1.407
Glutamic acid	g	0.436	0	0.541	2.102
Glycine	g	0.108	0	0.134	0.521
Proline	g	0.102	0	0.126	0.492
Serine	g	0.107	0	0.133	0.516
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1/2 cup
Measure 2: 1 can (303 x 406)

NDB No. 11308 Peas, green, canned, regular pack, drained solids

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 170g	Measure 2* 313g	Measure 3*
Proximates:							
Water	g	81.70	0.788	11	138.89	255.72	
Energy	kcal	69		0	117	216	
Energy	kj	289		0	491	905	
Protein (N x 5.95)	g	4.42	0.174	11	7.51	13.83	
Total lipid (fat)	g	0.35	0.028	11	0.60	1.10	
Carbohydrate, by difference	g	12.58		0	21.39	39.38	
Fiber, total dietary	g	4.1		0	7.0	12.8	
Ash	g	0.97	0.058	11	1.65	3.04	
Sugars, total	g						
Minerals:							
Calcium	mg	20	1.769	6	34	63	
Iron	mg	0.95	0.137	11	1.62	2.97	
Magnesium	mg	17	0.469	6	29	53	
Phosphorus	mg	67	1.901	6	114	210	
Potassium	mg	173	16.888	6	294	541	
Sodium	mg	252		0	428	789	
Zinc	mg	0.71	0.085	11	1.21	2.22	
Copper	mg	0.082	0.007	11	0.139	0.257	
Manganese	mg	0.303	0.033	10	0.515	0.948	
Selenium	µg	1.7	0.460	16	2.9	5.3	
Vitamins:							
Ascorbic acid	mg	9.6	1.271	6	16.3	30.0	
Thiamin	mg	0.121	0.011	6	0.206	0.379	
Riboflavin	mg	0.078	0.005	6	0.133	0.244	
Niacin	mg	0.732	0.048	6	1.244	2.291	
Pantothenic acid	mg	0.128		0	0.218	0.401	
Vitamin B-6	mg	0.064	0.003	6	0.109	0.200	
Folate	µg	44	6.200	4	75	139	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	768	7.463	6	1306	2404	
Vitamin A, RE	µg	77	0.746	6	131	241	
Vitamin E, α-TE	mg	0.380		0	0.646	1.189	
Lipids:							
Saturated, total	g	0.062		0	0.105	0.194	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.000		0	0.000	0.000	
15.0	g						
16:0	g	0.056		0	0.095	0.175	
17:0	g						
18:0	g	0.006		0	0.010	0.019	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.031	0	0.053	0.097
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.031	0	0.053	0.097
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.163	0	0.277	0.510
18:2	g	0.132	0	0.224	0.413
18:3	g	0.031	0	0.053	0.097
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.030	0	0.051	0.094
Threonine	g	0.165	0	0.281	0.516
Isoleucine	g	0.159	0	0.270	0.498
Leucine	g	0.264	0	0.449	0.826
Lysine	g	0.259	0	0.440	0.811
Methionine	g	0.067	0	0.114	0.210
Cystine	g	0.026	0	0.044	0.081
Phenylalanine	g	0.163	0	0.277	0.510
Tyrosine	g	0.093	0	0.158	0.291
Valine	g	0.192	0	0.326	0.601
Arginine	g	0.349	0	0.593	1.092
Histidine	g	0.087	0	0.148	0.272
Alanine	g	0.196	0	0.333	0.613
Aspartic acid	g	0.404	0	0.687	1.265
Glutamic acid	g	0.604	0	1.027	1.891
Glycine	g	0.150	0	0.255	0.470
Proline	g	0.141	0	0.240	0.441
Serine	g	0.148	0	0.252	0.463
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 can (303 x 406)

NDB No. 11310 Peas, green, canned, seasoned, solids and liquids

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 227g	Measure 2* 114g	Measure 3*
Proximates:							
Water	g	86.51	0.179	36	196.38	98.62	
Energy	kcal	50		0	114	57	
Energy	kj	209		0	474	238	
Protein (N x 5.95)	g	3.09	0.044	36	7.01	3.52	
Total lipid (fat)	g	0.27	0.008	36	0.61	0.31	
Carbohydrate, by difference	g	9.25		0	21.00	10.54	
Fiber, total dietary	g	2.0		0	4.5	2.3	
Ash	g	0.88	0.013	36	2.00	1.00	
Sugars, total	g						
Minerals:							
Calcium	mg	15	0.581	36	34	17	
Iron	mg	1.20	0.023	36	2.72	1.37	
Magnesium	mg	15	0.279	36	34	17	
Phosphorus	mg	54	0.635	36	123	62	
Potassium	mg	122	2.710	36	277	139	
Sodium	mg	254	4.173	36	577	290	
Zinc	mg	0.65	0.026	36	1.48	0.74	
Copper	mg	0.099	0.004	36	0.225	0.113	
Manganese	mg	0.268		0	0.608	0.306	
Selenium	µg	1.3		0	3.0	1.5	
Vitamins:							
Ascorbic acid	mg	11.5	0.391	36	26.1	13.1	
Thiamin	mg	0.096	0.003	36	0.218	0.109	
Riboflavin	mg	0.071	0.001	36	0.161	0.081	
Niacin	mg	0.690	0.035	36	1.566	0.787	
Pantothenic acid	mg	0.089		0	0.202	0.101	
Vitamin B-6	mg	0.098		0	0.222	0.112	
Folate	µg	29		0	65	33	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	433	12.225	36	983	494	
Vitamin A, RE	µg	43	1.223	36	98	49	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.048		0	0.109	0.055	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g	0.044		0	0.100	0.050	
17:0	g						
18:0	g	0.005		0	0.011	0.006	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.024	0	0.054	0.027
14:1	g				
16:1	g				
18:1	g	0.024	0	0.054	0.027
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.127	0	0.288	0.145
18:2	g	0.103	0	0.234	0.117
18:3	g	0.024	0	0.054	0.027
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.021	0	0.048	0.024
Threonine	g	0.116	0	0.263	0.132
Isoleucine	g	0.111	0	0.252	0.127
Leucine	g	0.184	0	0.418	0.210
Lysine	g	0.181	0	0.411	0.206
Methionine	g	0.047	0	0.107	0.054
Cystine	g	0.018	0	0.041	0.021
Phenylalanine	g	0.114	0	0.259	0.130
Tyrosine	g	0.065	0	0.148	0.074
Valine	g	0.134	0	0.304	0.153
Arginine	g	0.244	0	0.554	0.278
Histidine	g	0.061	0	0.138	0.070
Alanine	g	0.137	0	0.311	0.156
Aspartic acid	g	0.283	0	0.642	0.323
Glutamic acid	g	0.422	0	0.958	0.481
Glycine	g	0.105	0	0.238	0.120
Proline	g	0.099	0	0.225	0.113
Serine	g	0.103	0	0.234	0.117
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1/2 cup

NDB No. 11312 Peas, green, frozen, unprepared

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 72g	Measure 2* 284g	Measure 3*
Proximates:							
Water	g	79.93	0.279	87	57.55	227.00	
Energy	kcal	77		0	55	219	
Energy	kj	322		0	232	914	
Protein (N x 5.95)	g	5.21	0.059	92	3.75	14.80	
Total lipid (fat)	g	0.37	0.027	92	0.27	1.05	
Carbohydrate, by difference	g	13.70		0	9.86	38.91	
Fiber, total dietary	g	4.7		0	3.4	13.3	
Ash	g	0.78	0.072	83	0.56	2.22	
Sugars, total	g						
Minerals:							
Calcium	mg	22	1.261	87	16	62	
Iron	mg	1.53	0.033	92	1.10	4.35	
Magnesium	mg	25	0.970	28	18	71	
Phosphorus	mg	80	2.367	42	58	227	
Potassium	mg	149	5.929	35	107	423	
Sodium	mg	112	23.917	53	81	318	
Zinc	mg	0.81	0.017	30	0.58	2.30	
Copper	mg	0.122	0.004	31	0.088	0.346	
Manganese	mg	0.338	0.034	30	0.243	0.960	
Selenium	µg	1.7	0.460	16	1.2	4.8	
Vitamins:							
Ascorbic acid	mg	18.0	0.655	77	13.0	51.1	
Thiamin	mg	0.258	0.009	86	0.186	0.733	
Riboflavin	mg	0.100	0.003	87	0.072	0.284	
Niacin	mg	1.707	0.059	87	1.229	4.848	
Pantothenic acid	mg	0.136		0	0.098	0.386	
Vitamin B-6	mg	0.122		0	0.088	0.346	
Folate	µg	53		0	38	151	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	727	35.123	75	523	2065	
Vitamin A, RE	µg	73	3.512	75	53	207	
Vitamin E, α-TE	mg	0.170		0	0.122	0.483	
Lipids:							
Saturated, total	g	0.066		0	0.048	0.187	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.000		0	0.000	0.000	
15.0	g						
16:0	g	0.060		0	0.043	0.170	
17:0	g						
18:0	g	0.007		0	0.005	0.020	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.033	0	0.024	0.094
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.033	0	0.024	0.094
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.175	0	0.126	0.497
18:2	g	0.142	0	0.102	0.403
18:3	g	0.033	0	0.024	0.094
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.036	0	0.026	0.102
Threonine	g	0.195	0	0.140	0.554
Isoleucine	g	0.187	0	0.135	0.531
Leucine	g	0.311	0	0.224	0.883
Lysine	g	0.305	0	0.220	0.866
Methionine	g	0.079	0	0.057	0.224
Cystine	g	0.031	0	0.022	0.088
Phenylalanine	g	0.192	0	0.138	0.545
Tyrosine	g	0.109	0	0.078	0.310
Valine	g	0.226	0	0.163	0.642
Arginine	g	0.412	0	0.297	1.170
Histidine	g	0.102	0	0.073	0.290
Alanine	g	0.231	0	0.166	0.656
Aspartic acid	g	0.476	0	0.343	1.352
Glutamic acid	g	0.712	0	0.513	2.022
Glycine	g	0.177	0	0.127	0.503
Proline	g	0.167	0	0.120	0.474
Serine	g	0.174	0	0.125	0.494
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1/2 cup
Measure 2: 1 package (10 oz)

NDB No. 11313 Peas, green, frozen, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 253g	Measure 2* 80g	Measure 3*
Proximates:							
Water	g	79.52	0.681	11	201.19	63.62	
Energy	kcal	78		0	197	62	
Energy	kj	326		0	825	261	
Protein (N x 5.95)	g	5.15	0.205	11	13.03	4.12	
Total lipid (fat)	g	0.27	0.049	11	0.68	0.22	
Carbohydrate, by difference	g	14.26		0	36.08	11.41	
Fiber, total dietary	g	5.5		0	13.9	4.4	
Ash	g	0.80	0.100	11	2.02	0.64	
Sugars, total	g						
Minerals:							
Calcium	mg	24	1.687	9	61	19	
Iron	mg	1.57	0.048	11	3.97	1.26	
Magnesium	mg	29	1.749	9	73	23	
Phosphorus	mg	90	3.754	9	228	72	
Potassium	mg	168	9.348	9	425	134	
Sodium	mg	87	30.448	15	220	70	
Zinc	mg	0.94	0.037	11	2.38	0.75	
Copper	mg	0.139	0.008	11	0.352	0.111	
Manganese	mg	0.414	0.051	11	1.047	0.331	
Selenium	µg	1.0	0.390	12	2.5	0.8	
Vitamins:							
Ascorbic acid	mg	9.9	0.906	9	25.0	7.9	
Thiamin	mg	0.283	0.022	11	0.716	0.226	
Riboflavin	mg	0.100	0.005	11	0.253	0.080	
Niacin	mg	1.480	0.053	9	3.744	1.184	
Pantothenic acid	mg	0.142	0.018	3	0.359	0.114	
Vitamin B-6	mg	0.113	0.008	11	0.286	0.090	
Folate	µg	59	3.802	18	148	47	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	668	46.905	9	1690	534	
Vitamin A, RE	µg	67	4.691	9	170	54	
Vitamin E, α-TE	mg	0.170		0	0.430	0.136	
Lipids:							
Saturated, total	g	0.049		0	0.124	0.039	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.000		0	0.000	0.000	
15.0	g						
16:0	g	0.044		0	0.111	0.035	
17:0	g						
18:0	g	0.005		0	0.013	0.004	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.024	0	0.061	0.019
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.024	0	0.061	0.019
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.129	0	0.326	0.103
18:2	g	0.105	0	0.266	0.084
18:3	g	0.024	0	0.061	0.019
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.035	0	0.089	0.028
Threonine	g	0.193	0	0.488	0.154
Isoleucine	g	0.185	0	0.468	0.148
Leucine	g	0.307	0	0.777	0.246
Lysine	g	0.302	0	0.764	0.242
Methionine	g	0.078	0	0.197	0.062
Cystine	g	0.030	0	0.076	0.024
Phenylalanine	g	0.190	0	0.481	0.152
Tyrosine	g	0.108	0	0.273	0.086
Valine	g	0.223	0	0.564	0.178
Arginine	g	0.407	0	1.030	0.326
Histidine	g	0.101	0	0.256	0.081
Alanine	g	0.228	0	0.577	0.182
Aspartic acid	g	0.471	0	1.192	0.377
Glutamic acid	g	0.705	0	1.784	0.564
Glycine	g	0.175	0	0.443	0.140
Proline	g	0.165	0	0.417	0.132
Serine	g	0.172	0	0.435	0.138
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 package (10 oz) yields

Measure 2: 1/2 cup

NDB No. 11316 Peas, mature seeds, sprouted, raw

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 120g	Measure 2*	Measure 3*
Proximates:							
Water	g	62.27	2.010	4	74.72		
Energy	kcal	128		0	154		
Energy	kj	536		0	643		
Protein (N x 5.95)	g	8.80	0.348	4	10.56		
Total lipid (fat)	g	0.68	0.036	4	0.82		
Carbohydrate, by difference	g	28.26		0	33.91		
Fiber, total dietary	g						
Ash	g	1.14	0.048	4	1.37		
Sugars, total	g						
Minerals:							
Calcium	mg	36	2.776	4	43		
Iron	mg	2.26	0.106	4	2.71		
Magnesium	mg	56	1.888	4	67		
Phosphorus	mg	165	7.654	4	198		
Potassium	mg	381	8.700	4	457		
Sodium	mg	20	2.082	4	24		
Zinc	mg	1.05	0.047	4	1.26		
Copper	mg	0.272	0.016	4	0.326		
Manganese	mg	0.438	0.015	4	0.526		
Selenium	µg	0.6		0	0.7		
Vitamins:							
Ascorbic acid	mg	10.4	2.649	8	12.5		
Thiamin	mg	0.225	0.009	8	0.270		
Riboflavin	mg	0.155	0.026	8	0.186		
Niacin	mg	3.088	0.130	8	3.706		
Pantothenic acid	mg	1.029	0.061	8	1.235		
Vitamin B-6	mg	0.265	0.012	8	0.318		
Folate	µg	144	20.000	8	173		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	166	14.099	3	199		
Vitamin A, RE	µg	17	1.410	3	20		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.124		0	0.149		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g	0.112		0	0.134		
17:0	g						
18:0	g	0.012		0	0.014		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.061	0	0.073
14:1	g			
16:1	g			
18:1	g	0.061	0	0.073
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.326	0	0.391
18:2	g	0.265	0	0.318
18:3	g	0.061	0	0.073
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g	0.186	1	0.223
Isoleucine	g	0.171	1	0.205
Leucine	g	0.365	1	0.438
Lysine	g	0.384	1	0.461
Methionine	g	0.069	1	0.083
Cystine	g	0.155	1	0.186
Phenylalanine	g	0.251	1	0.301
Tyrosine	g	0.127	1	0.152
Valine	g	0.220	1	0.264
Arginine	g	0.484	1	0.581
Histidine	g	0.167	1	0.200
Alanine	g	0.245	1	0.294
Aspartic acid	g	0.656	1	0.787
Glutamic acid	g	1.017	1	1.220
Glycine	g	0.208	1	0.250
Proline	g	0.277	1	0.332
Serine	g	0.299	1	0.359
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 1 cup

NDB No. 11317 Peas, mature seeds, sprouted, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1*	Measure 2*	Measure 3*
Proximates:							
Water	g	74.37		0			
Energy	kcal	118		0			
Energy	kj	494		0			
Protein (N x 5.95)	g	7.05		0			
Total lipid (fat)	g	0.51		0			
Carbohydrate, by difference	g	21.86		0			
Fiber, total dietary	g						
Ash	g	0.99		0			
Sugars, total	g						
Minerals:							
Calcium	mg	26		0			
Iron	mg	1.67		0			
Magnesium	mg	41		0			
Phosphorus	mg	24		0			
Potassium	mg	268		0			
Sodium	mg	3		0			
Zinc	mg	0.78		0			
Copper	mg	0.020		0			
Manganese	mg	0.325		0			
Selenium	µg	0.6		0			
Vitamins:							
Ascorbic acid	mg	6.6		0			
Thiamin	mg	0.216		0			
Riboflavin	mg	0.285		0			
Niacin	mg	1.072		0			
Pantothenic acid	mg	0.683		0			
Vitamin B-6	mg	0.128		0			
Folate	µg	36		0			
Vitamin B-12	µg	0.00		0			
Vitamin A	IU	107		0			
Vitamin A, RE	µg	11		0			
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.090		0			
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g	0.082		0			
17:0	g						
18:0	g	0.009		0			
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.045	0
14:1	g		
16:1	g		
18:1	g	0.045	0
20:1	g		
22.1	g		
Polyunsaturated, total	g	0.240	0
18:2	g	0.195	0
18:3	g	0.045	0
18:4	g		
20:4	g		
20:5	g		
22:5	g		
22:6	g		
Cholesterol	mg	0	0
Phytosterols	mg		
Amino acids:			
Tryptophan	g		
Threonine	g	0.240	0
Isoleucine	g	0.221	0
Leucine	g	0.473	0
Lysine	g	0.497	0
Methionine	g	0.089	0
Cystine	g	0.200	0
Phenylalanine	g	0.325	0
Tyrosine	g	0.164	0
Valine	g	0.285	0
Arginine	g	0.627	0
Histidine	g	0.217	0
Alanine	g	0.317	0
Aspartic acid	g	0.849	0
Glutamic acid	g	1.317	0
Glycine	g	0.270	0
Proline	g	0.359	0
Serine	g	0.386	0
Other:			
Caffeine	mg		
Theobromine	mg		
Alcohol	g		

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

NDB No. 11318 Peas and carrots, canned, regular pack, solids and liquids

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 255g	Measure 2*	Measure 3*
Proximates:							
Water	g	88.15	0.139	155	224.78		
Energy	kcal	38		0	97		
Energy	kj	159		0	405		
Protein (N x 5.95)	g	2.17	0.043	155	5.53		
Total lipid (fat)	g	0.27	0.003	155	0.69		
Carbohydrate, by difference	g	8.48		0	21.62		
Fiber, total dietary	g	2.0		0	5.1		
Ash	g	0.93	0.019	165	2.37		
Sugars, total	g						
Minerals:							
Calcium	mg	23	0.475	164	59		
Iron	mg	0.75	0.055	165	1.91		
Magnesium	mg	14	0.197	89	36		
Phosphorus	mg	46	0.693	151	117		
Potassium	mg	100	4.393	88	255		
Sodium	mg	260	6.594	161	663		
Zinc	mg	0.58	0.020	28	1.48		
Copper	mg	0.103	0.004	28	0.263		
Manganese	mg	0.357		0	0.910		
Selenium	µg	0.9		0	2.3		
Vitamins:							
Ascorbic acid	mg	6.6	0.829	165	16.8		
Thiamin	mg	0.074	0.003	154	0.189		
Riboflavin	mg	0.053	0.002	155	0.135		
Niacin	mg	0.581	0.028	155	1.482		
Pantothenic acid	mg	0.120		0	0.306		
Vitamin B-6	mg	0.088		0	0.224		
Folate	µg	18		0	47		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	5770	205.539	165	14714		
Vitamin A, RE	µg	577	20.554	165	1471		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.049		0	0.125		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g	0.000		0	0.000		
14:0	g	0.000		0	0.000		
15.0	g						
16:0	g	0.043		0	0.110		
17:0	g						
18:0	g	0.004		0	0.010		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.023	0	0.059
14:1	g			
16:1	g	0.000	0	0.000
18:1	g	0.022	0	0.056
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.129	0	0.329
18:2	g	0.105	0	0.268
18:3	g	0.023	0	0.059
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.016	0	0.041
Threonine	g	0.081	0	0.207
Isoleucine	g	0.079	0	0.201
Leucine	g	0.125	0	0.319
Lysine	g	0.123	0	0.314
Methionine	g	0.031	0	0.079
Cystine	g	0.013	0	0.033
Phenylalanine	g	0.079	0	0.201
Tyrosine	g	0.045	0	0.115
Valine	g	0.094	0	0.240
Arginine	g	0.164	0	0.418
Histidine	g	0.042	0	0.107
Alanine	g	0.098	0	0.250
Aspartic acid	g	0.206	0	0.525
Glutamic acid	g	0.307	0	0.783
Glycine	g	0.072	0	0.184
Proline	g	0.069	0	0.176
Serine	g	0.072	0	0.184
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 1 cup

NDB No. 11322 Peas and carrots, frozen, unprepared

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 70g	Measure 2* 284g	Measure 3*
Proximates:							
Water	g	84.36	0.194	29	59.05	239.58	
Energy	kcal	53		0	37	151	
Energy	kj	222		0	155	630	
Protein (N x 5.95)	g	3.40	0.064	34	2.38	9.66	
Total lipid (fat)	g	0.47	0.113	34	0.33	1.33	
Carbohydrate, by difference	g	11.15		0	7.80	31.67	
Fiber, total dietary	g	3.4		0	2.4	9.7	
Ash	g	0.62	0.022	27	0.43	1.76	
Sugars, total	g						
Minerals:							
Calcium	mg	27	0.878	34	19	77	
Iron	mg	1.09	0.056	34	0.76	3.10	
Magnesium	mg	18	0.875	11	13	51	
Phosphorus	mg	60	1.951	19	42	170	
Potassium	mg	194	11.714	10	136	551	
Sodium	mg	79	7.437	13	55	224	
Zinc	mg	0.52	0.043	8	0.36	1.48	
Copper	mg	0.089	0.011	9	0.062	0.253	
Manganese	mg	0.235	0.028	7	0.164	0.667	
Selenium	µg	1.2		0	0.8	3.4	
Vitamins:							
Ascorbic acid	mg	11.2	0.711	28	7.8	31.8	
Thiamin	mg	0.190	0.009	34	0.133	0.540	
Riboflavin	mg	0.081	0.004	34	0.057	0.230	
Niacin	mg	1.412	0.055	34	0.988	4.010	
Pantothenic acid	mg	0.199		1	0.139	0.565	
Vitamin B-6	mg	0.101	0.005	12	0.071	0.287	
Folate	µg	36		0	25	101	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	9497	517.847	34	6648	26971	
Vitamin A, RE	µg	950	51.785	34	665	2698	
Vitamin E, α-TE	mg	0.320		0	0.224	0.909	
Lipids:							
Saturated, total	g	0.084		0	0.059	0.239	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g	0.001		0	0.001	0.003	
14:0	g	0.000		0	0.000	0.000	
15.0	g						
16:0	g	0.074		0	0.052	0.210	
17:0	g						
18:0	g	0.008		0	0.006	0.023	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.039	0	0.027	0.111
14:1	g				
16:1	g	0.001	0	0.001	0.003
18:1	g	0.038	0	0.027	0.108
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.221	0	0.155	0.628
18:2	g	0.181	0	0.127	0.514
18:3	g	0.040	0	0.028	0.114
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.024	0	0.017	0.068
Threonine	g	0.127	0	0.089	0.361
Isoleucine	g	0.123	0	0.086	0.349
Leucine	g	0.197	0	0.138	0.559
Lysine	g	0.193	0	0.135	0.548
Methionine	g	0.049	0	0.034	0.139
Cystine	g	0.021	0	0.015	0.060
Phenylalanine	g	0.124	0	0.087	0.352
Tyrosine	g	0.071	0	0.050	0.202
Valine	g	0.147	0	0.103	0.417
Arginine	g	0.257	0	0.180	0.730
Histidine	g	0.066	0	0.046	0.187
Alanine	g	0.154	0	0.108	0.437
Aspartic acid	g	0.324	0	0.227	0.920
Glutamic acid	g	0.483	0	0.338	1.372
Glycine	g	0.114	0	0.080	0.324
Proline	g	0.108	0	0.076	0.307
Serine	g	0.114	0	0.080	0.324
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1/2 cup
Measure 2: 1 package (10 oz)

NDB No. 11323 Peas and carrots, frozen, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 278g	Measure 2* 80g	Measure 3*
Proximates:							
Water	g	85.80		0	238.52	68.64	
Energy	kcal	48		0	133	38	
Energy	kj	201		0	559	161	
Protein (N x 5.95)	g	3.09		0	8.59	2.47	
Total lipid (fat)	g	0.42		0	1.17	0.34	
Carbohydrate, by difference	g	10.12		0	28.13	8.10	
Fiber, total dietary	g	3.1		0	8.6	2.5	
Ash	g	0.57		0	1.58	0.46	
Sugars, total	g						
Minerals:							
Calcium	mg	23		0	64	18	
Iron	mg	0.94		0	2.61	0.75	
Magnesium	mg	16		0	44	13	
Phosphorus	mg	49		0	136	39	
Potassium	mg	158		0	439	126	
Sodium	mg	68		0	189	54	
Zinc	mg	0.45		0	1.25	0.36	
Copper	mg	0.076		0	0.211	0.061	
Manganese	mg	0.202		0	0.562	0.162	
Selenium	µg	1.1		0	3.1	0.9	
Vitamins:							
Ascorbic acid	mg	8.1		0	22.5	6.5	
Thiamin	mg	0.225		1	0.626	0.180	
Riboflavin	mg	0.064		1	0.178	0.051	
Niacin	mg	1.154		0	3.208	0.923	
Pantothenic acid	mg	0.163		0	0.453	0.130	
Vitamin B-6	mg	0.087		1	0.242	0.070	
Folate	µg	26		0	72	21	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	7761		0	21576	6209	
Vitamin A, RE	µg	776		0	2157	621	
Vitamin E, α-TE	mg	0.320		0	0.890	0.256	
Lipids:							
Saturated, total	g	0.077		0	0.214	0.062	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.001		0	0.003	0.001	
14:0	g	0.000		0	0.000	0.000	
15.0	g						
16:0	g	0.068		0	0.189	0.054	
17:0	g						
18:0	g	0.007		0	0.019	0.006	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.035	0	0.097	0.028
14:1	g				
16:1	g	0.001	0	0.003	0.001
18:1	g	0.035	0	0.097	0.028
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.201	0	0.559	0.161
18:2	g	0.164	0	0.456	0.131
18:3	g	0.036	0	0.100	0.029
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.022	0	0.061	0.018
Threonine	g	0.116	0	0.322	0.093
Isoleucine	g	0.112	0	0.311	0.090
Leucine	g	0.179	0	0.498	0.143
Lysine	g	0.175	0	0.487	0.140
Methionine	g	0.044	0	0.122	0.035
Cystine	g	0.019	0	0.053	0.015
Phenylalanine	g	0.113	0	0.314	0.090
Tyrosine	g	0.064	0	0.178	0.051
Valine	g	0.134	0	0.373	0.107
Arginine	g	0.234	0	0.651	0.187
Histidine	g	0.060	0	0.167	0.048
Alanine	g	0.140	0	0.389	0.112
Aspartic acid	g	0.294	0	0.817	0.235
Glutamic acid	g	0.439	0	1.220	0.351
Glycine	g	0.103	0	0.286	0.082
Proline	g	0.098	0	0.272	0.078
Serine	g	0.103	0	0.286	0.082
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 package (10 oz) yields
Measure 2: 1/2 cup

NDB No. 11324 Peas and onions, canned, solids and liquids

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 120g	Measure 2*	Measure 3*
Proximates:							
Water	g	86.40	0.340	4	103.68		
Energy	kcal	51		0	61		
Energy	kj	213		0	256		
Protein (N x 5.95)	g	3.28	0.110	4	3.94		
Total lipid (fat)	g	0.38	0.020	4	0.46		
Carbohydrate, by difference	g	8.57		0	10.28		
Fiber, total dietary	g	2.3		0	2.8		
Ash	g	1.37	0.080	4	1.64		
Sugars, total	g						
Minerals:							
Calcium	mg	17	0.780	4	20		
Iron	mg	0.87	0.010	4	1.04		
Magnesium	mg	16	0.660	4	19		
Phosphorus	mg	51	1.680	4	61		
Potassium	mg	96	5.940	4	115		
Sodium	mg	442	28.580	4	530		
Zinc	mg	0.58	0.080	4	0.70		
Copper	mg	0.100	0.010	4	0.120		
Manganese	mg	0.255		0	0.306		
Selenium	µg	0.4		0	0.5		
Vitamins:							
Ascorbic acid	mg	3.0	0.250	4	3.6		
Thiamin	mg	0.100	0.020	4	0.120		
Riboflavin	mg	0.070	0.005	4	0.084		
Niacin	mg	1.280	0.260	4	1.536		
Pantothenic acid	mg	0.159		0	0.191		
Vitamin B-6	mg	0.192		0	0.230		
Folate	µg	27		0	32		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	161	7.810	4	193		
Vitamin A, RE	µg	16	0.781	4	19		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.068		0	0.082		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.000		0	0.000		
15.0	g						
16:0	g	0.061		0	0.073		
17:0	g						
18:0	g	0.006		0	0.007		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.036	0	0.043
14:1	g			
16:1	g			
18:1	g	0.036	0	0.043
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.176	0	0.211
18:2	g	0.145	0	0.174
18:3	g	0.030	0	0.036
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.024	0	0.029
Threonine	g	0.120	0	0.144
Isoleucine	g	0.118	0	0.142
Leucine	g	0.191	0	0.229
Lysine	g	0.190	0	0.228
Methionine	g	0.048	0	0.058
Cystine	g	0.022	0	0.026
Phenylalanine	g	0.119	0	0.143
Tyrosine	g	0.070	0	0.084
Valine	g	0.138	0	0.166
Arginine	g	0.270	0	0.324
Histidine	g	0.064	0	0.077
Alanine	g	0.142	0	0.170
Aspartic acid	g	0.293	0	0.352
Glutamic acid	g	0.454	0	0.545
Glycine	g	0.113	0	0.136
Proline	g	0.105	0	0.126
Serine	g	0.109	0	0.131
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 1 cup

NDB No. 11326 Peas and onions, frozen, unprepared

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 69g	Measure 2* 284g	Measure 3*
Proximates:							
Water	g	81.50		1	56.23	231.46	
Energy	kcal	70		0	48	199	
Energy	kj	293		0	202	832	
Protein (N x 5.95)	g	3.98	0.225	2	2.75	11.30	
Total lipid (fat)	g	0.32	0.080	2	0.22	0.91	
Carbohydrate, by difference	g	13.51		0	9.32	38.37	
Fiber, total dietary	g	3.5		0	2.4	9.9	
Ash	g	0.70		1	0.48	1.99	
Sugars, total	g						
Minerals:							
Calcium	mg	23	1.950	2	16	65	
Iron	mg	1.54	0.280	2	1.06	4.37	
Magnesium	mg	21		0	14	60	
Phosphorus	mg	59		0	41	168	
Potassium	mg	203		0	140	577	
Sodium	mg	61		0	42	173	
Zinc	mg	0.48		0	0.33	1.36	
Copper	mg	0.103		0	0.071	0.293	
Manganese	mg	0.274		0	0.189	0.778	
Selenium	µg	0.6		0	0.4	1.7	
Vitamins:							
Ascorbic acid	mg	14.0	4.850	2	9.7	39.8	
Thiamin	mg	0.297	0.027	2	0.205	0.843	
Riboflavin	mg	0.114	0.004	2	0.079	0.324	
Niacin	mg	1.720	0.290	2	1.187	4.885	
Pantothenic acid	mg	0.156		0	0.108	0.443	
Vitamin B-6	mg	0.144		0	0.099	0.409	
Folate	µg	45		0	31	126	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	544	53.500	2	375	1545	
Vitamin A, RE	µg	54	5.350	2	37	153	
Vitamin E, α-TE	mg	0.150		0	0.104	0.426	
Lipids:							
Saturated, total	g	0.057		0	0.039	0.162	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.000		0	0.000	0.000	
15.0	g						
16:0	g	0.051		0	0.035	0.145	
17:0	g						
18:0	g	0.005		0	0.003	0.014	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.031	0	0.021	0.088
14:1	g				
16:1	g				
18:1	g	0.031	0	0.021	0.088
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.148	0	0.102	0.420
18:2	g	0.122	0	0.084	0.346
18:3	g	0.026	0	0.018	0.074
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.029	0	0.020	0.082
Threonine	g	0.145	0	0.100	0.412
Isoleucine	g	0.143	0	0.099	0.406
Leucine	g	0.232	0	0.160	0.659
Lysine	g	0.230	0	0.159	0.653
Methionine	g	0.059	0	0.041	0.168
Cystine	g	0.027	0	0.019	0.077
Phenylalanine	g	0.144	0	0.099	0.409
Tyrosine	g	0.085	0	0.059	0.241
Valine	g	0.167	0	0.115	0.474
Arginine	g	0.328	0	0.226	0.932
Histidine	g	0.077	0	0.053	0.219
Alanine	g	0.172	0	0.119	0.488
Aspartic acid	g	0.355	0	0.245	1.008
Glutamic acid	g	0.550	0	0.380	1.562
Glycine	g	0.137	0	0.095	0.389
Proline	g	0.127	0	0.088	0.361
Serine	g	0.132	0	0.091	0.375
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1/2 cup
Measure 2: 1 package (10 oz)

NDB No. 11327 Peas and onions, frozen, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 180g	Measure 2*	Measure 3*
Proximates:							
Water	g	88.18		0	158.72		
Energy	kcal	45		0	81		
Energy	kj	188		0	338		
Protein (N x 5.95)	g	2.54		0	4.57		
Total lipid (fat)	g	0.20		0	0.36		
Carbohydrate, by difference	g	8.63		0	15.53		
Fiber, total dietary	g	2.2		0	4.0		
Ash	g	0.45		0	0.81		
Sugars, total	g						
Minerals:							
Calcium	mg	14		0	25		
Iron	mg	0.94		0	1.69		
Magnesium	mg	13		0	23		
Phosphorus	mg	34		0	61		
Potassium	mg	117		0	211		
Sodium	mg	37		0	67		
Zinc	mg	0.29		0	0.52		
Copper	mg	0.063		0	0.113		
Manganese	mg	0.166		0	0.299		
Selenium	µg	0.4		0	0.7		
Vitamins:							
Ascorbic acid	mg	6.9		0	12.4		
Thiamin	mg	0.150		0	0.270		
Riboflavin	mg	0.069		0	0.124		
Niacin	mg	1.044		0	1.879		
Pantothenic acid	mg	0.090		0	0.162		
Vitamin B-6	mg	0.087		0	0.157		
Folate	µg	20		0	36		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	347		0	625		
Vitamin A, RE	µg	35		0	63		
Vitamin E, α-TE	mg	0.150		0	0.270		
Lipids:							
Saturated, total	g	0.036		0	0.065		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.000		0	0.000		
10:0	g	0.000		0	0.000		
12:0	g	0.000		0	0.000		
14:0	g	0.000		0	0.000		
15.0	g						
16:0	g	0.033		0	0.059		
17:0	g						
18:0	g	0.003		0	0.005		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.019	0	0.034
14:1	g			
16:1	g	0.000	0	0.000
18:1	g	0.019	0	0.034
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.094	0	0.169
18:2	g	0.078	0	0.140
18:3	g	0.016	0	0.029
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.019	0	0.034
Threonine	g	0.093	0	0.167
Isoleucine	g	0.091	0	0.164
Leucine	g	0.148	0	0.266
Lysine	g	0.147	0	0.265
Methionine	g	0.037	0	0.067
Cystine	g	0.017	0	0.031
Phenylalanine	g	0.092	0	0.166
Tyrosine	g	0.054	0	0.097
Valine	g	0.107	0	0.193
Arginine	g	0.209	0	0.376
Histidine	g	0.049	0	0.088
Alanine	g	0.110	0	0.198
Aspartic acid	g	0.227	0	0.409
Glutamic acid	g	0.351	0	0.632
Glycine	g	0.087	0	0.157
Proline	g	0.081	0	0.146
Serine	g	0.084	0	0.151
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 1 cup

NDB No. 11329 Peppers, hot chili, green, canned, pods, excluding seeds, solids and liquids

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 73g	Measure 2* 68g	Measure 3*
Proximates:							
Water	g	92.50		0	67.53	62.90	
Energy	kcal	21		0	15	14	
Energy	kj	88		0	64	60	
Protein (N x 5.95)	g	0.90		0	0.66	0.61	
Total lipid (fat)	g	0.10		0	0.07	0.07	
Carbohydrate, by difference	g	5.10		0	3.72	3.47	
Fiber, total dietary	g	1.3		0	0.9	0.9	
Ash	g	1.40		0	1.02	0.95	
Sugars, total	g						
Minerals:							
Calcium	mg	7		0	5	5	
Iron	mg	0.50		0	0.37	0.34	
Magnesium	mg	14		0	10	10	
Phosphorus	mg	17		0	12	12	
Potassium	mg	187		0	137	127	
Sodium	mg	1173		0	856	798	
Zinc	mg	0.17		0	0.12	0.12	
Copper	mg	0.101		0	0.074	0.069	
Manganese	mg	0.138		0	0.101	0.094	
Selenium	µg	0.3		0	0.2	0.2	
Vitamins:							
Ascorbic acid	mg	68.0		0	49.6	46.2	
Thiamin	mg	0.020		0	0.015	0.014	
Riboflavin	mg	0.050		0	0.037	0.034	
Niacin	mg	0.800		0	0.584	0.544	
Pantothenic acid	mg	0.034		0	0.025	0.023	
Vitamin B-6	mg	0.153		0	0.112	0.104	
Folate	µg	10		0	7	7	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	610		0	445	415	
Vitamin A, RE	µg	61		0	45	41	
Vitamin E, α-TE	mg	0.690		0	0.504	0.469	
Lipids:							
Saturated, total	g	0.010		0	0.007	0.007	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.001		0	0.001	0.001	
15.0	g						
16:0	g	0.008		0	0.006	0.005	
17:0	g						
18:0	g	0.001		0	0.001	0.001	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.006	0	0.004	0.004
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.005	0	0.004	0.003
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.055	0	0.040	0.037
18:2	g	0.052	0	0.038	0.035
18:3	g	0.002	0	0.001	0.001
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.012	0	0.009	0.008
Threonine	g	0.033	0	0.024	0.022
Isoleucine	g	0.029	0	0.021	0.020
Leucine	g	0.047	0	0.034	0.032
Lysine	g	0.040	0	0.029	0.027
Methionine	g	0.011	0	0.008	0.007
Cystine	g	0.017	0	0.012	0.012
Phenylalanine	g	0.028	0	0.020	0.019
Tyrosine	g	0.019	0	0.014	0.013
Valine	g	0.038	0	0.028	0.026
Arginine	g	0.043	0	0.031	0.029
Histidine	g	0.018	0	0.013	0.012
Alanine	g	0.037	0	0.027	0.025
Aspartic acid	g	0.129	0	0.094	0.088
Glutamic acid	g	0.119	0	0.087	0.081
Glycine	g	0.033	0	0.024	0.022
Proline	g	0.039	0	0.028	0.027
Serine	g	0.036	0	0.026	0.024
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 pepper
Measure 2: 1/2 cup chopped or diced

NDB No. 11333 Peppers, sweet, green, raw

Capsicum annuum

Refuse: 18% Stem ends, seeds and core

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 149g	Measure 2* 92g	Measure 3* 9g
Proximates:							
Water	g	92.19	0.481	30	137.36	84.81	8.57
Energy	kcal	27		0	40	25	3
Energy	kj	113		0	168	104	11
Protein (N x 5.95)	g	0.89	0.020	16	1.33	0.82	0.08
Total lipid (fat)	g	0.19	0.038	14	0.28	0.17	0.02
Carbohydrate, by difference	g	6.43		0	9.58	5.92	0.60
Fiber, total dietary	g	1.8		0	2.7	1.7	0.2
Ash	g	0.30	0.000	2	0.45	0.28	0.03
Sugars, total	g						
Minerals:							
Calcium	mg	9	0.483	32	13	8	1
Iron	mg	0.46	0.125	34	0.69	0.42	0.04
Magnesium	mg	10	0.343	34	15	9	1
Phosphorus	mg	19	0.639	32	28	17	2
Potassium	mg	177	5.160	35	264	163	16
Sodium	mg	2	0.218	37	3	2	0
Zinc	mg	0.12	0.008	34	0.18	0.11	0.01
Copper	mg	0.065	0.005	33	0.097	0.060	0.006
Manganese	mg	0.116	0.008	31	0.173	0.107	0.011
Selenium	µg	0.3		0	0.4	0.3	0.0
Vitamins:							
Ascorbic acid	mg	89.3	10.933	16	133.1	82.2	8.3
Thiamin	mg	0.066	0.004	16	0.098	0.061	0.006
Riboflavin	mg	0.030	0.004	16	0.045	0.028	0.003
Niacin	mg	0.509	0.031	16	0.758	0.468	0.047
Pantothenic acid	mg	0.080	0.005	14	0.119	0.074	0.007
Vitamin B-6	mg	0.248	0.012	16	0.370	0.228	0.023
Folate	µg	22	3.171	23	33	20	2
Vitamin B-12	µg	0.00		0	0.00	0.00	0.00
Vitamin A	IU	632	338.483	16	942	581	59
Vitamin A, RE	µg	63		0	94	58	6
Vitamin E, α-TE	mg	0.690		0	1.028	0.635	0.064
Lipids:							
Saturated, total	g	0.028		0	0.042	0.026	0.003
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.000		1	0.000	0.000	0.000
14:0	g	0.000		1	0.000	0.000	0.000
15.0	g						
16:0	g	0.021		1	0.031	0.019	0.002
17:0	g						
18:0	g	0.007		1	0.010	0.006	0.001
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.013	0	0.019	0.012	0.001
14:1	g					
16:1	g	0.001	1	0.001	0.001	0.000
18:1	g	0.011	1	0.016	0.010	0.001
20:1	g	0.000	0	0.000	0.000	0.000
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.102	0	0.152	0.094	0.009
18:2	g	0.093	1	0.139	0.086	0.009
18:3	g	0.009	1	0.013	0.008	0.001
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
Phytosterols	mg	9	1	13	8	1
Amino acids:						
Tryptophan	g	0.011	0	0.016	0.010	0.001
Threonine	g	0.033	0	0.049	0.030	0.003
Isoleucine	g	0.029	0	0.043	0.027	0.003
Leucine	g	0.046	0	0.069	0.042	0.004
Lysine	g	0.039	0	0.058	0.036	0.004
Methionine	g	0.011	0	0.016	0.010	0.001
Cystine	g	0.017	0	0.025	0.016	0.002
Phenylalanine	g	0.027	0	0.040	0.025	0.003
Tyrosine	g	0.018	0	0.027	0.017	0.002
Valine	g	0.037	0	0.055	0.034	0.003
Arginine	g	0.043	0	0.064	0.040	0.004
Histidine	g	0.018	0	0.027	0.017	0.002
Alanine	g	0.036	0	0.054	0.033	0.003
Aspartic acid	g	0.127	0	0.189	0.117	0.012
Glutamic acid	g	0.117	0	0.174	0.108	0.011
Glycine	g	0.033	0	0.049	0.030	0.003
Proline	g	0.039	0	0.058	0.036	0.004
Serine	g	0.036	0	0.054	0.033	0.003
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, chopped
Measure 2: 1 cup, sliced
Measure 3: 1 tablespoon

NDB No. 11334 Peppers, sweet, green, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 135g	Measure 2* 12g	Measure 3* 68g
Proximates:							
Water	g	91.87		0	124.02	10.66	62.47
Energy	kcal	28		0	38	3	19
Energy	kj	117		0	158	14	80
Protein (N x 5.95)	g	0.92		0	1.24	0.11	0.63
Total lipid (fat)	g	0.20		0	0.27	0.02	0.14
Carbohydrate, by difference	g	6.70		0	9.04	0.78	4.56
Fiber, total dietary	g	1.2		0	1.6	0.1	0.8
Ash	g	0.31		0	0.42	0.04	0.21
Sugars, total	g						
Minerals:							
Calcium	mg	9		0	12	1	6
Iron	mg	0.46		0	0.62	0.05	0.31
Magnesium	mg	10		0	14	1	7
Phosphorus	mg	18		0	24	2	12
Potassium	mg	166		0	224	19	113
Sodium	mg	2		0	3	0	1
Zinc	mg	0.12		0	0.16	0.01	0.08
Copper	mg	0.065		0	0.088	0.008	0.044
Manganese	mg	0.115		0	0.155	0.013	0.078
Selenium	µg	0.3		0	0.4	0.0	0.2
Vitamins:							
Ascorbic acid	mg	74.4		0	100.4	8.6	50.6
Thiamin	mg	0.059		0	0.080	0.007	0.040
Riboflavin	mg	0.030		0	0.041	0.003	0.020
Niacin	mg	0.477		0	0.644	0.055	0.324
Pantothenic acid	mg	0.079		0	0.107	0.009	0.054
Vitamin B-6	mg	0.233		0	0.315	0.027	0.158
Folate	µg	16		0	22	2	11
Vitamin B-12	µg	0.00		0	0.00	0.00	0.00
Vitamin A	IU	592		0	799	69	403
Vitamin A, RE	µg	59		0	80	7	40
Vitamin E, α-TE	mg	0.690		0	0.932	0.080	0.469
Lipids:							
Saturated, total	g	0.029		0	0.039	0.003	0.020
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.000		0	0.000	0.000	0.000
14:0	g	0.000		0	0.000	0.000	0.000
15.0	g						
16:0	g	0.022		0	0.030	0.003	0.015
17:0	g						
18:0	g	0.007		0	0.009	0.001	0.005
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.013	0	0.018	0.002	0.009
14:1	g					
16:1	g	0.001	0	0.001	0.000	0.001
18:1	g	0.012	0	0.016	0.001	0.008
20:1	g	0.000	0	0.000	0.000	0.000
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.106	0	0.143	0.012	0.072
18:2	g	0.096	0	0.130	0.011	0.065
18:3	g	0.010	0	0.014	0.001	0.007
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
Phytosterols	mg	9	0	12	1	6
Amino acids:						
Tryptophan	g	0.012	0	0.016	0.001	0.008
Threonine	g	0.034	0	0.046	0.004	0.023
Isoleucine	g	0.030	0	0.041	0.003	0.020
Leucine	g	0.048	0	0.065	0.006	0.033
Lysine	g	0.041	0	0.055	0.005	0.028
Methionine	g	0.011	0	0.015	0.001	0.007
Cystine	g	0.018	0	0.024	0.002	0.012
Phenylalanine	g	0.029	0	0.039	0.003	0.020
Tyrosine	g	0.019	0	0.026	0.002	0.013
Valine	g	0.039	0	0.053	0.005	0.027
Arginine	g	0.044	0	0.059	0.005	0.030
Histidine	g	0.019	0	0.026	0.002	0.013
Alanine	g	0.038	0	0.051	0.004	0.026
Aspartic acid	g	0.132	0	0.178	0.015	0.090
Glutamic acid	g	0.122	0	0.165	0.014	0.083
Glycine	g	0.034	0	0.046	0.004	0.023
Proline	g	0.040	0	0.054	0.005	0.027
Serine	g	0.037	0	0.050	0.004	0.025
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, strips
Measure 2: 1 tablespoon
Measure 3: 1/2 cup, chopped

NDB No. 11335 Peppers, sweet, green, canned, solids and liquids

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 140g	Measure 2*	Measure 3*
Proximates:							
Water	g	91.25	1.750	2	127.75		
Energy	kcal	18		0	25		
Energy	kj	75		0	105		
Protein (N x 5.95)	g	0.80	0.200	2	1.12		
Total lipid (fat)	g	0.30	0.100	2	0.42		
Carbohydrate, by difference	g	3.90		0	5.46		
Fiber, total dietary	g	1.2		0	1.7		
Ash	g	3.75	1.650	2	5.25		
Sugars, total	g						
Minerals:							
Calcium	mg	41	18.500	2	57		
Iron	mg	0.80	0.100	2	1.12		
Magnesium	mg	11	4.000	2	15		
Phosphorus	mg	20	5.500	2	28		
Potassium	mg	146	0.500	2	204		
Sodium	mg	1369	644.000	2	1917		
Zinc	mg	0.18	0.005	2	0.25		
Copper	mg	0.130	0.000	2	0.182		
Manganese	mg	0.160		0	0.224		
Selenium	µg	0.3		0	0.4		
Vitamins:							
Ascorbic acid	mg	46.5	0.500	2	65.1		
Thiamin	mg	0.025	0.005	2	0.035		
Riboflavin	mg	0.030	0.020	2	0.042		
Niacin	mg	0.550	0.050	2	0.770		
Pantothenic acid	mg	0.038		0	0.053		
Vitamin B-6	mg	0.178		0	0.249		
Folate	µg	16		0	23		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	155	100.000	2	217		
Vitamin A, RE	µg	16	10.000	2	22		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.045		0	0.063		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g	0.000		0	0.000		
14:0	g	0.001		0	0.001		
15.0	g						
16:0	g	0.033		0	0.046		
17:0	g						
18:0	g	0.011		0	0.015		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.020	0	0.028
14:1	g			
16:1	g	0.002	0	0.003
18:1	g	0.018	0	0.025
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.161	0	0.225
18:2	g	0.146	0	0.204
18:3	g	0.015	0	0.021
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.010	0	0.014
Threonine	g	0.029	0	0.041
Isoleucine	g	0.026	0	0.036
Leucine	g	0.042	0	0.059
Lysine	g	0.036	0	0.050
Methionine	g	0.010	0	0.014
Cystine	g	0.015	0	0.021
Phenylalanine	g	0.025	0	0.035
Tyrosine	g	0.017	0	0.024
Valine	g	0.034	0	0.048
Arginine	g	0.038	0	0.053
Histidine	g	0.016	0	0.022
Alanine	g	0.033	0	0.046
Aspartic acid	g	0.114	0	0.160
Glutamic acid	g	0.106	0	0.148
Glycine	g	0.030	0	0.042
Proline	g	0.035	0	0.049
Serine	g	0.032	0	0.045
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, halves

NDB No. 11337 Peppers, sweet, green, frozen, chopped, unprepared

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 284g	Measure 2*	Measure 3*
Proximates:							
Water	g	93.96	0.386	7	266.85		
Energy	kcal	20		0	57		
Energy	kj	84		0	239		
Protein (N x 5.95)	g	1.08	0.074	7	3.07		
Total lipid (fat)	g	0.21	0.049	7	0.60		
Carbohydrate, by difference	g	4.45		0	12.64		
Fiber, total dietary	g	1.6		0	4.5		
Ash	g	0.30	0.028	7	0.85		
Sugars, total	g						
Minerals:							
Calcium	mg	9	0.813	7	26		
Iron	mg	0.62	0.093	7	1.76		
Magnesium	mg	8		1	23		
Phosphorus	mg	17		1	48		
Potassium	mg	91		1	258		
Sodium	mg	5		1	14		
Zinc	mg	0.06		1	0.17		
Copper	mg	0.053		1	0.151		
Manganese	mg	0.117		0	0.332		
Selenium	µg	0.2		0	0.6		
Vitamins:							
Ascorbic acid	mg	58.7	11.929	7	166.7		
Thiamin	mg	0.069	0.018	7	0.196		
Riboflavin	mg	0.038	0.010	7	0.108		
Niacin	mg	1.370	0.753	7	3.891		
Pantothenic acid	mg	0.030		1	0.085		
Vitamin B-6	mg	0.137		1	0.389		
Folate	µg	14		0	40		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	367	175.091	7	1042		
Vitamin A, RE	µg	37	17.509	7	105		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.031		0	0.088		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g	0.000		0	0.000		
14:0	g	0.001		0	0.003		
15.0	g						
16:0	g	0.023		0	0.065		
17:0	g						
18:0	g	0.007		0	0.020		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.014	0	0.040
14:1	g			
16:1	g	0.001	0	0.003
18:1	g	0.013	0	0.037
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.113	0	0.321
18:2	g	0.102	0	0.290
18:3	g	0.010	0	0.028
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.014	0	0.040
Threonine	g	0.040	0	0.114
Isoleucine	g	0.035	0	0.099
Leucine	g	0.056	0	0.159
Lysine	g	0.048	0	0.136
Methionine	g	0.013	0	0.037
Cystine	g	0.021	0	0.060
Phenylalanine	g	0.033	0	0.094
Tyrosine	g	0.022	0	0.062
Valine	g	0.045	0	0.128
Arginine	g	0.052	0	0.148
Histidine	g	0.022	0	0.062
Alanine	g	0.044	0	0.125
Aspartic acid	g	0.154	0	0.437
Glutamic acid	g	0.142	0	0.403
Glycine	g	0.040	0	0.114
Proline	g	0.047	0	0.133
Serine	g	0.043	0	0.122
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 package (10 oz)

NDB No. 11338 Peppers, sweet, green, frozen, chopped, boiled, drained, without salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1*	Measure 2*	Measure 3*
Proximates:							
Water	g	94.70		0			
Energy	kcal	18		0			
Energy	kj	75		0			
Protein (N x 5.95)	g	0.95		0			
Total lipid (fat)	g	0.18		0			
Carbohydrate, by difference	g	3.90		0			
Fiber, total dietary	g	0.9		0			
Ash	g	0.27		0			
Sugars, total	g						
Minerals:							
Calcium	mg	8		0			
Iron	mg	0.52		0			
Magnesium	mg	7		0			
Phosphorus	mg	13		0			
Potassium	mg	72		0			
Sodium	mg	4		0			
Zinc	mg	0.05		0			
Copper	mg	0.044		0			
Manganese	mg	0.097		0			
Selenium	µg	0.2		0			
Vitamins:							
Ascorbic acid	mg	41.2		0			
Thiamin	mg	0.051		0			
Riboflavin	mg	0.031		0			
Niacin	mg	1.082		0			
Pantothenic acid	mg	0.023		0			
Vitamin B-6	mg	0.108		0			
Folate	µg	10		0			
Vitamin B-12	µg	0.00		0			
Vitamin A	IU	290		0			
Vitamin A, RE	µg	29		0			
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.027		0			
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g	0.000		0			
14:0	g	0.001		0			
15.0	g						
16:0	g	0.020		0			
17:0	g						
18:0	g	0.006		0			
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.012	0
14:1	g		
16:1	g	0.001	0
18:1	g	0.011	0
20:1	g		
22.1	g		
Polyunsaturated, total	g	0.099	0
18:2	g	0.090	0
18:3	g	0.009	0
18:4	g		
20:4	g		
20:5	g		
22:5	g		
22:6	g		
Cholesterol	mg	0	0
Phytosterols	mg		
Amino acids:			
Tryptophan	g	0.012	0
Threonine	g	0.035	0
Isoleucine	g	0.031	0
Leucine	g	0.049	0
Lysine	g	0.042	0
Methionine	g	0.011	0
Cystine	g	0.018	0
Phenylalanine	g	0.029	0
Tyrosine	g	0.020	0
Valine	g	0.040	0
Arginine	g	0.045	0
Histidine	g	0.019	0
Alanine	g	0.039	0
Aspartic acid	g	0.135	0
Glutamic acid	g	0.125	0
Glycine	g	0.035	0
Proline	g	0.041	0
Serine	g	0.038	0
Other:			
Caffeine	mg		
Theobromine	mg		
Alcohol	g		

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

NDB No. 11344 Pigeonpeas, immature seeds, raw

Cajanus cajan

Refuse: 52% Pods

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 154g	Measure 2* 4g	Measure 3*
Proximates:							
Water	g	65.88	0.853	4	101.46	2.64	
Energy	kcal	136		0	209	5	
Energy	kj	569		0	876	23	
Protein (N x 5.95)	g	7.20		0	11.09	0.29	
Total lipid (fat)	g	1.64	0.254	4	2.53	0.07	
Carbohydrate, by difference	g	23.88		0	36.78	0.96	
Fiber, total dietary	g	5.1		0	7.9	0.2	
Ash	g	1.40		0	2.16	0.06	
Sugars, total	g						
Minerals:							
Calcium	mg	42		0	65	2	
Iron	mg	1.60		0	2.46	0.06	
Magnesium	mg	68		0	105	3	
Phosphorus	mg	127		0	196	5	
Potassium	mg	552		0	850	22	
Sodium	mg	5		0	8	0	
Zinc	mg	1.04		0	1.60	0.04	
Copper	mg	0.134		0	0.206	0.005	
Manganese	mg	0.574		0	0.884	0.023	
Selenium	µg	1.5		0	2.3	0.1	
Vitamins:							
Ascorbic acid	mg	39.0		0	60.1	1.6	
Thiamin	mg	0.400		0	0.616	0.016	
Riboflavin	mg	0.170		0	0.262	0.007	
Niacin	mg	2.200		0	3.388	0.088	
Pantothenic acid	mg	0.680		0	1.047	0.027	
Vitamin B-6	mg	0.068		0	0.105	0.003	
Folate	µg	173		0	266	7	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	140		0	216	6	
Vitamin A, RE	µg	14		0	22	1	
Vitamin E, α-TE	mg	0.390		0	0.601	0.016	
Lipids:							
Saturated, total	g	0.354		0	0.545	0.014	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.000		0	0.000	0.000	
15.0	g						
16:0	g	0.329		0	0.507	0.013	
17:0	g						
18:0	g	0.025		0	0.039	0.001	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.013	0	0.020	0.001
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.013	0	0.020	0.001
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.873	0	1.344	0.035
18:2	g	0.835	0	1.286	0.033
18:3	g	0.038	0	0.059	0.002
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 10 seeds

NDB No. 11345 Pigeonpeas, immature seeds, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 153g	Measure 2*	Measure 3*
Proximates:							
Water	g	71.80		0	109.85		
Energy	kcal	111		0	170		
Energy	kj	464		0	710		
Protein (N x 5.95)	g	5.96		0	9.12		
Total lipid (fat)	g	1.36		0	2.08		
Carbohydrate, by difference	g	19.49		0	29.82		
Fiber, total dietary	g	6.2		0	9.5		
Ash	g	1.39		0	2.13		
Sugars, total	g						
Minerals:							
Calcium	mg	41		0	63		
Iron	mg	1.57		0	2.40		
Magnesium	mg	40		0	61		
Phosphorus	mg	118		0	181		
Potassium	mg	456		0	698		
Sodium	mg	5		0	8		
Zinc	mg	0.82		0	1.25		
Copper	mg	0.105		0	0.161		
Manganese	mg	0.451		0	0.690		
Selenium	µg	1.2		0	1.8		
Vitamins:							
Ascorbic acid	mg	28.1		0	43.0		
Thiamin	mg	0.350		0	0.536		
Riboflavin	mg	0.166		0	0.254		
Niacin	mg	2.153		0	3.294		
Pantothenic acid	mg	0.630		0	0.964		
Vitamin B-6	mg	0.053		0	0.081		
Folate	µg	100		0	153		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	130		0	199		
Vitamin A, RE	µg	13		0	20		
Vitamin E, α-TE	mg	0.170		0	0.260		
Lipids:							
Saturated, total	g	0.365		0	0.558		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.000		0	0.000		
10:0	g	0.000		0	0.000		
12:0	g	0.000		0	0.000		
14:0	g	0.000		0	0.000		
15.0	g						
16:0	g	0.082		0	0.125		
17:0	g						
18:0	g	0.006		0	0.009		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.013	0	0.020
14:1	g			
16:1	g	0.000	0	0.000
18:1	g	0.013	0	0.020
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.899	0	1.375
18:2	g	0.860	0	1.316
18:3	g	0.039	0	0.060
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 1 cup

NDB No. 11349 Poi

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 240g	Measure 2*	Measure 3*
Proximates:							
Water	g	71.64	0.000	2	171.94		
Energy	kcal	112		0	269		
Energy	kj	469		0	1126		
Protein (N x 5.95)	g	0.38	0.075	2	0.91		
Total lipid (fat)	g	0.14		1	0.34		
Carbohydrate, by difference	g	27.23		0	65.35		
Fiber, total dietary	g	0.4		0	1.0		
Ash	g	0.61		1	1.46		
Sugars, total	g						
Minerals:							
Calcium	mg	16		1	38		
Iron	mg	0.88		1	2.11		
Magnesium	mg	24		1	58		
Phosphorus	mg	39		1	94		
Potassium	mg	183	4.100	2	439		
Sodium	mg	12	0.550	2	29		
Zinc	mg	0.22		0	0.53		
Copper	mg	0.166		0	0.398		
Manganese	mg	0.370		0	0.888		
Selenium	µg	0.7		0	1.7		
Vitamins:							
Ascorbic acid	mg	4.0		0	9.6		
Thiamin	mg	0.130		0	0.312		
Riboflavin	mg	0.040		0	0.096		
Niacin	mg	1.100		0	2.640		
Pantothenic acid	mg	0.293		0	0.703		
Vitamin B-6	mg	0.273		0	0.655		
Folate	µg	21		0	51		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	20		0	48		
Vitamin A, RE	µg	2		0	5		
Vitamin E, α-TE	mg	0.180		0	0.432		
Lipids:							
Saturated, total	g	0.029		0	0.070		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.000		0	0.000		
10:0	g	0.000		0	0.000		
12:0	g	0.000		0	0.000		
14:0	g	0.000		0	0.000		
15.0	g						
16:0	g	0.025		0	0.060		
17:0	g						
18:0	g	0.004		0	0.010		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.011	0	0.026
14:1	g			
16:1	g	0.000	0	0.000
18:1	g	0.011	0	0.026
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.058	0	0.139
18:2	g	0.040	0	0.096
18:3	g	0.018	0	0.043
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 1 cup

NDB No. 11350 Pokeberry shoots, (poke), raw

Phytolacca americana

Refuse: %

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 160g	Measure 2*	Measure 3*
Proximates:							
Water	g	91.60		0	146.56		
Energy	kcal	23		0	37		
Energy	kj	96		0	154		
Protein (N x 5.95)	g	2.60		0	4.16		
Total lipid (fat)	g	0.40		0	0.64		
Carbohydrate, by difference	g	3.70		0	5.92		
Fiber, total dietary	g	1.7		0	2.7		
Ash	g	1.70		0	2.72		
Sugars, total	g						
Minerals:							
Calcium	mg	53		0	85		
Iron	mg	1.70		0	2.72		
Magnesium	mg	18		0	29		
Phosphorus	mg	44		0	70		
Potassium	mg	242		0	387		
Sodium	mg	23		0	37		
Zinc	mg	0.24		0	0.38		
Copper	mg	0.157		0	0.251		
Manganese	mg	0.418		0	0.669		
Selenium	µg	0.9		0	1.4		
Vitamins:							
Ascorbic acid	mg	136.0		0	217.6		
Thiamin	mg	0.080		0	0.128		
Riboflavin	mg	0.330		0	0.528		
Niacin	mg	1.200		0	1.920		
Pantothenic acid	mg	0.049		0	0.078		
Vitamin B-6	mg	0.146		0	0.234		
Folate	µg	16		0	25		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	8700		0	13920		
Vitamin A, RE	µg	870		0	1392		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g						
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g			
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g			
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 1 cup

NDB No. 11351 Pokeberry shoots, (poke), cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 165g	Measure 2* 10g	Measure 3*
Proximates:							
Water	g	92.90		0	153.29	9.29	
Energy	kcal	20		0	33	2	
Energy	kj	84		0	139	8	
Protein (N x 5.95)	g	2.30		0	3.79	0.23	
Total lipid (fat)	g	0.40		0	0.66	0.04	
Carbohydrate, by difference	g	3.10		0	5.12	0.31	
Fiber, total dietary	g	1.5		0	2.5	0.2	
Ash	g	1.30		0	2.15	0.13	
Sugars, total	g						
Minerals:							
Calcium	mg	53		0	87	5	
Iron	mg	1.20		0	1.98	0.12	
Magnesium	mg	14		0	23	1	
Phosphorus	mg	33		0	54	3	
Potassium	mg	184		0	304	18	
Sodium	mg	18		0	30	2	
Zinc	mg	0.19		0	0.31	0.02	
Copper	mg	0.126		0	0.208	0.013	
Manganese	mg	0.336		0	0.554	0.034	
Selenium	µg	0.9		0	1.5	0.1	
Vitamins:							
Ascorbic acid	mg	82.0		0	135.3	8.2	
Thiamin	mg	0.070		0	0.116	0.007	
Riboflavin	mg	0.250		0	0.413	0.025	
Niacin	mg	1.100		0	1.815	0.110	
Pantothenic acid	mg	0.039		0	0.064	0.004	
Vitamin B-6	mg	0.111		0	0.183	0.011	
Folate	µg	9		0	14	1	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	8700		0	14355	870	
Vitamin A, RE	µg	870		0	1436	87	
Vitamin E, α-TE	mg	0.850		0	1.403	0.085	
Lipids:							
Saturated, total	g	0.092		0	0.152	0.009	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.001		0	0.002	0.000	
14:0	g	0.001		0	0.002	0.000	
15.0	g						
16:0	g	0.082		0	0.135	0.008	
17:0	g						
18:0	g	0.005		0	0.008	0.001	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.013	0	0.021	0.001
14:1	g				
16:1	g	0.001	0	0.002	0.000
18:1	g	0.012	0	0.020	0.001
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.176	0	0.290	0.018
18:2	g	0.166	0	0.274	0.017
18:3	g	0.009	0	0.015	0.001
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 tablespoon

NDB No. 11352 Potatoes, raw, flesh and skin

Solanum tuberosum

Refuse: 25% Parings and trimmings

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 184g	Measure 2* 202g	Measure 3* 122g
Proximates:							
Water	g	78.96	0.096	265	145.29	159.50	96.33
Energy	kcal	79		0	145	160	96
Energy	kj	331		0	609	669	404
Protein (N x 5.95)	g	2.07	0.014	165	3.81	4.18	2.53
Total lipid (fat)	g	0.10		0	0.18	0.20	0.12
Carbohydrate, by difference	g	17.98		0	33.08	36.32	21.94
Fiber, total dietary	g	1.6		0	2.9	3.2	2.0
Ash	g	0.89	0.008	205	1.64	1.80	1.09
Sugars, total	g						
Minerals:							
Calcium	mg	7	0.412	84	13	14	9
Iron	mg	0.76	0.040	84	1.40	1.54	0.93
Magnesium	mg	21	0.520	73	39	42	26
Phosphorus	mg	46	1.538	84	85	93	56
Potassium	mg	543	52.516	73	999	1097	662
Sodium	mg	6	0.760	73	11	12	7
Zinc	mg	0.39	0.016	84	0.72	0.79	0.48
Copper	mg	0.259	0.011	73	0.477	0.523	0.316
Manganese	mg	0.263	0.016	73	0.484	0.531	0.321
Selenium	µg	0.3	0.031	299	0.6	0.6	0.4
Vitamins:							
Ascorbic acid	mg	19.7	0.769	141	36.2	39.8	24.0
Thiamin	mg	0.088	0.001	179	0.162	0.178	0.107
Riboflavin	mg	0.035	0.001	179	0.064	0.071	0.043
Niacin	mg	1.484	0.028	179	2.731	2.998	1.810
Pantothenic acid	mg	0.380		0	0.699	0.768	0.464
Vitamin B-6	mg	0.260	0.005	168	0.478	0.525	0.317
Folate	µg	13	0.231	168	24	26	16
Vitamin B-12	µg	0.00		0	0.00	0.00	0.00
Vitamin A	IU	0		0	0	0	0
Vitamin A, RE	µg	0		0	0	0	0
Vitamin E, α-TE	mg	0.060		0	0.110	0.121	0.073
Lipids:							
Saturated, total	g	0.026		0	0.048	0.053	0.032
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.001		6	0.002	0.002	0.001
12:0	g	0.003		6	0.006	0.006	0.004
14:0	g	0.001		18	0.002	0.002	0.001
15.0	g						
16:0	g	0.016		59	0.029	0.032	0.020
17:0	g						
18:0	g	0.004		59	0.007	0.008	0.005
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.002	0	0.004	0.004	0.002
14:1	g					
16:1	g	0.001	37	0.002	0.002	0.001
18:1	g	0.001	59	0.002	0.002	0.001
20:1	g	0.000	0	0.000	0.000	0.000
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.043	0	0.079	0.087	0.052
18:2	g	0.032	59	0.059	0.065	0.039
18:3	g	0.010	59	0.018	0.020	0.012
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
Phytosterols	mg	5	0	9	10	6
Amino acids:						
Tryptophan	g	0.032	6	0.059	0.065	0.039
Threonine	g	0.075	7	0.138	0.152	0.092
Isoleucine	g	0.084	7	0.155	0.170	0.102
Leucine	g	0.124	7	0.228	0.250	0.151
Lysine	g	0.126	7	0.232	0.255	0.154
Methionine	g	0.033	7	0.061	0.067	0.040
Cystine	g	0.026	6	0.048	0.053	0.032
Phenylalanine	g	0.092	7	0.169	0.186	0.112
Tyrosine	g	0.077	6	0.142	0.156	0.094
Valine	g	0.117	7	0.215	0.236	0.143
Arginine	g	0.095	9	0.175	0.192	0.116
Histidine	g	0.045	9	0.083	0.091	0.055
Alanine	g	0.064	6	0.118	0.129	0.078
Aspartic acid	g	0.506	6	0.931	1.022	0.617
Glutamic acid	g	0.347	8	0.638	0.701	0.423
Glycine	g	0.062	6	0.114	0.125	0.076
Proline	g	0.074	8	0.136	0.149	0.090
Serine	g	0.090	6	0.166	0.182	0.110
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 large (3" to 4-1/4" dia, raw)
Measure 2: 1 long type (2-1/3" dia, 4-3/4" long, raw)
Measure 3: 1 medium (2-1/4" to 3" dia, raw)

NDB No. 11362 Potatoes, raw, skin

Solanum tuberosum

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 38g	Measure 2*	Measure 3*
Proximates:							
Water	g	83.29	0.366	6	31.65		
Energy	kcal	58		0	22		
Energy	kj	243		0	92		
Protein (N x 5.95)	g	2.57	0.223	4	0.98		
Total lipid (fat)	g	0.10		0	0.04		
Carbohydrate, by difference	g	12.44		0	4.73		
Fiber, total dietary	g	2.5		0	1.0		
Ash	g	1.61	0.072	4	0.61		
Sugars, total	g						
Minerals:							
Calcium	mg	30	8.986	6	11		
Iron	mg	3.24	0.106	6	1.23		
Magnesium	mg	23	0.814	6	9		
Phosphorus	mg	38	2.541	6	14		
Potassium	mg	413	23.147	6	157		
Sodium	mg	10	1.529	6	4		
Zinc	mg	0.35	0.028	6	0.13		
Copper	mg	0.423	0.021	6	0.161		
Manganese	mg	0.602	0.056	6	0.229		
Selenium	µg	0.3		0	0.1		
Vitamins:							
Ascorbic acid	mg	11.4	0.339	3	4.3		
Thiamin	mg	0.021	0.000	3	0.008		
Riboflavin	mg	0.038	0.003	3	0.014		
Niacin	mg	1.033	0.021	2	0.393		
Pantothenic acid	mg	0.302		0	0.115		
Vitamin B-6	mg	0.239	0.024	3	0.091		
Folate	µg	17	0.354	3	7		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	0		0	0		
Vitamin A, RE	µg	0		0	0		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.026		0	0.010		
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.001		0	0.000		
12:0	g	0.003		0	0.001		
14:0	g	0.001		0	0.000		
15.0	g						
16:0	g	0.016		0	0.006		
17:0	g						
18:0	g	0.004		0	0.002		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.002	0	0.001
14:1	g			
16:1	g	0.001	0	0.000
18:1	g	0.001	0	0.000
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.043	0	0.016
18:2	g	0.032	0	0.012
18:3	g	0.010	0	0.004
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 potato skin

NDB No. 11363 Potatoes, baked, flesh, without salt

Refuse: 23% Skin and adhering flesh

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 61g	Measure 2* 156g	Measure 3*
Proximates:							
Water	g	75.42	1.207	6	46.01	117.66	
Energy	kcal	93		0	57	145	
Energy	kj	389		0	237	607	
Protein (N x 5.95)	g	1.96	0.018	6	1.20	3.06	
Total lipid (fat)	g	0.10		0	0.06	0.16	
Carbohydrate, by difference	g	21.56		0	13.15	33.63	
Fiber, total dietary	g	1.5		0	0.9	2.3	
Ash	g	0.97	0.061	6	0.59	1.51	
Sugars, total	g						
Minerals:							
Calcium	mg	5	1.393	6	3	8	
Iron	mg	0.35	0.080	6	0.21	0.55	
Magnesium	mg	25	1.838	6	15	39	
Phosphorus	mg	50	3.593	6	31	78	
Potassium	mg	391	18.745	6	239	610	
Sodium	mg	5	0.440	6	3	8	
Zinc	mg	0.29	0.031	6	0.18	0.45	
Copper	mg	0.215	0.043	6	0.131	0.335	
Manganese	mg	0.161	0.014	6	0.098	0.251	
Selenium	µg	0.3		0	0.2	0.5	
Vitamins:							
Ascorbic acid	mg	12.8	0.617	3	7.8	20.0	
Thiamin	mg	0.105	0.006	6	0.064	0.164	
Riboflavin	mg	0.021	0.001	6	0.013	0.033	
Niacin	mg	1.395	0.102	6	0.851	2.176	
Pantothenic acid	mg	0.555		1	0.339	0.866	
Vitamin B-6	mg	0.301	0.012	6	0.184	0.470	
Folate	µg	9	0.557	6	6	14	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	0.040		0	0.024	0.062	
Lipids:							
Saturated, total	g	0.026		0	0.016	0.041	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.001		0	0.001	0.002	
12:0	g	0.003		0	0.002	0.005	
14:0	g	0.001		0	0.001	0.002	
15.0	g						
16:0	g	0.016		0	0.010	0.025	
17:0	g						
18:0	g	0.004		0	0.002	0.006	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.002	0	0.001	0.003
14:1	g				
16:1	g	0.001	0	0.001	0.002
18:1	g	0.001	0	0.001	0.002
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.043	0	0.026	0.067
18:2	g	0.032	0	0.020	0.050
18:3	g	0.010	0	0.006	0.016
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.030	0	0.018	0.047
Threonine	g	0.071	0	0.043	0.111
Isoleucine	g	0.080	0	0.049	0.125
Leucine	g	0.118	0	0.072	0.184
Lysine	g	0.119	0	0.073	0.186
Methionine	g	0.031	0	0.019	0.048
Cystine	g	0.025	0	0.015	0.039
Phenylalanine	g	0.087	0	0.053	0.136
Tyrosine	g	0.073	0	0.045	0.114
Valine	g	0.110	0	0.067	0.172
Arginine	g	0.090	0	0.055	0.140
Histidine	g	0.043	0	0.026	0.067
Alanine	g	0.060	0	0.037	0.094
Aspartic acid	g	0.479	0	0.292	0.747
Glutamic acid	g	0.328	0	0.200	0.512
Glycine	g	0.058	0	0.035	0.090
Proline	g	0.070	0	0.043	0.109
Serine	g	0.085	0	0.052	0.133
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1/2 cup

Measure 2: 1 potato, (2-1/3" x 4-3/4")

NDB No. 11364 Potatoes, baked, skin, without salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 58g	Measure 2*	Measure 3*
Proximates:							
Water	g	47.31	1.891	6	27.44		
Energy	kcal	198		0	115		
Energy	kj	828		0	480		
Protein (N x 5.95)	g	4.29	0.270	4	2.49		
Total lipid (fat)	g	0.10		0	0.06		
Carbohydrate, by difference	g	46.07		0	26.72		
Fiber, total dietary	g	7.9		0	4.6		
Ash	g	2.24	0.115	4	1.30		
Sugars, total	g						
Minerals:							
Calcium	mg	34	9.770	6	20		
Iron	mg	7.04	1.901	6	4.08		
Magnesium	mg	43	1.960	6	25		
Phosphorus	mg	101	5.775	6	59		
Potassium	mg	573	25.380	6	332		
Sodium	mg	21	4.455	6	12		
Zinc	mg	0.49	0.046	6	0.28		
Copper	mg	0.817	0.069	6	0.474		
Manganese	mg	0.616	0.099	6	0.357		
Selenium	µg	0.7		0	0.4		
Vitamins:							
Ascorbic acid	mg	13.5	0.169	3	7.8		
Thiamin	mg	0.122	0.011	6	0.071		
Riboflavin	mg	0.106	0.005	6	0.061		
Niacin	mg	3.065	0.038	5	1.778		
Pantothenic acid	mg	0.857		0	0.497		
Vitamin B-6	mg	0.614	0.026	6	0.356		
Folate	µg	22	1.844	6	13		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	0		0	0		
Vitamin A, RE	µg	0		0	0		
Vitamin E, α-TE	mg	0.040		0	0.023		
Lipids:							
Saturated, total	g	0.026		0	0.015		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.000		0	0.000		
10:0	g	0.001		0	0.001		
12:0	g	0.003		0	0.002		
14:0	g	0.001		0	0.001		
15.0	g						
16:0	g	0.016		0	0.009		
17:0	g						
18:0	g	0.004		0	0.002		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.002	0	0.001
14:1	g			
16:1	g	0.001	0	0.001
18:1	g	0.001	0	0.001
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.043	0	0.025
18:2	g	0.032	0	0.019
18:3	g	0.010	0	0.006
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 potato skin

NDB No. 11365 Potatoes, boiled, cooked in skin, flesh, without salt

Refuse: 9% Skins and eyes

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 78g	Measure 2* 136g	Measure 3*
Proximates:							
Water	g	76.98	0.915	6	60.04	104.69	
Energy	kcal	87		0	68	118	
Energy	kj	364		0	284	495	
Protein (N x 5.95)	g	1.87	0.073	6	1.46	2.54	
Total lipid (fat)	g	0.10		0	0.08	0.14	
Carbohydrate, by difference	g	20.13		0	15.70	27.38	
Fiber, total dietary	g	1.8		0	1.4	2.4	
Ash	g	0.92	0.061	6	0.72	1.25	
Sugars, total	g						
Minerals:							
Calcium	mg	5	1.310	6	4	7	
Iron	mg	0.31	0.041	6	0.24	0.42	
Magnesium	mg	22	1.282	6	17	30	
Phosphorus	mg	44	2.407	6	34	60	
Potassium	mg	379	10.859	6	296	515	
Sodium	mg	4	0.616	6	3	5	
Zinc	mg	0.30	0.027	6	0.23	0.41	
Copper	mg	0.188	0.030	6	0.147	0.256	
Manganese	mg	0.138	0.013	6	0.108	0.188	
Selenium	µg	0.3		0	0.2	0.4	
Vitamins:							
Ascorbic acid	mg	13.0	0.712	3	10.1	17.7	
Thiamin	mg	0.106	0.007	6	0.083	0.144	
Riboflavin	mg	0.020	0.000	6	0.016	0.027	
Niacin	mg	1.439	0.110	6	1.122	1.957	
Pantothenic acid	mg	0.520		0	0.406	0.707	
Vitamin B-6	mg	0.299	0.005	6	0.233	0.407	
Folate	µg	10	0.387	6	8	14	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	0.050		0	0.039	0.068	
Lipids:							
Saturated, total	g	0.026		0	0.020	0.035	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.001		0	0.001	0.001	
12:0	g	0.003		0	0.002	0.004	
14:0	g	0.001		0	0.001	0.001	
15.0	g						
16:0	g	0.016		0	0.012	0.022	
17:0	g						
18:0	g	0.004		0	0.003	0.005	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.002	0	0.002	0.003
14:1	g				
16:1	g	0.001	0	0.001	0.001
18:1	g	0.001	0	0.001	0.001
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.043	0	0.034	0.058
18:2	g	0.032	0	0.025	0.044
18:3	g	0.010	0	0.008	0.014
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.029	0	0.023	0.039
Threonine	g	0.068	0	0.053	0.092
Isoleucine	g	0.076	0	0.059	0.103
Leucine	g	0.112	0	0.087	0.152
Lysine	g	0.114	0	0.089	0.155
Methionine	g	0.030	0	0.023	0.041
Cystine	g	0.024	0	0.019	0.033
Phenylalanine	g	0.083	0	0.065	0.113
Tyrosine	g	0.069	0	0.054	0.094
Valine	g	0.105	0	0.082	0.143
Arginine	g	0.086	0	0.067	0.117
Histidine	g	0.041	0	0.032	0.056
Alanine	g	0.057	0	0.044	0.078
Aspartic acid	g	0.457	0	0.356	0.622
Glutamic acid	g	0.314	0	0.245	0.427
Glycine	g	0.056	0	0.044	0.076
Proline	g	0.067	0	0.052	0.091
Serine	g	0.081	0	0.063	0.110
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1/2 cup

Measure 2: 1 potato, (2-1/2" dia, sphere)

NDB No. 11366 Potatoes, boiled, cooked in skin, skin, without salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 34g	Measure 2*	Measure 3*
Proximates:							
Water	g	77.80	1.792	5	26.45		
Energy	kcal	78		0	27		
Energy	kj	326		0	111		
Protein (N x 5.95)	g	2.86	0.035	2	0.97		
Total lipid (fat)	g	0.10		0	0.03		
Carbohydrate, by difference	g	17.21		0	5.85		
Fiber, total dietary	g	3.3		0	1.1		
Ash	g	2.04	0.339	2	0.69		
Sugars, total	g						
Minerals:							
Calcium	mg	45	14.305	5	15		
Iron	mg	6.07	0.315	5	2.06		
Magnesium	mg	30	0.380	5	10		
Phosphorus	mg	54	6.423	5	18		
Potassium	mg	407	19.419	5	138		
Sodium	mg	14	1.948	5	5		
Zinc	mg	0.44	0.020	5	0.15		
Copper	mg	0.878	0.144	5	0.299		
Manganese	mg	1.338	0.225	5	0.455		
Selenium	µg	0.3		0	0.1		
Vitamins:							
Ascorbic acid	mg	5.2	0.561	2	1.8		
Thiamin	mg	0.032	0.005	5	0.011		
Riboflavin	mg	0.036	0.004	5	0.012		
Niacin	mg	1.222	0.152	5	0.415		
Pantothenic acid	mg	0.361		0	0.123		
Vitamin B-6	mg	0.239	0.008	5	0.081		
Folate	µg	10	0.828	5	3		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	0		0	0		
Vitamin A, RE	µg	0		0	0		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.026		0	0.009		
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.001		0	0.000		
12:0	g	0.003		0	0.001		
14:0	g	0.001		0	0.000		
15.0	g						
16:0	g	0.016		0	0.005		
17:0	g						
18:0	g	0.004		0	0.001		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.002	0	0.001
14:1	g			
16:1	g	0.001	0	0.000
18:1	g	0.001	0	0.000
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.043	0	0.015
18:2	g	0.032	0	0.011
18:3	g	0.010	0	0.003
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 potato skin

NDB No. 11367 Potatoes, boiled, cooked without skin, flesh, without salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 78g	Measure 2* 135g	Measure 3*
Proximates:							
Water	g	77.46	1.121	6	60.42	104.57	
Energy	kcal	86		0	67	116	
Energy	kj	360		0	281	486	
Protein (N x 5.95)	g	1.71	0.047	6	1.33	2.31	
Total lipid (fat)	g	0.10		0	0.08	0.14	
Carbohydrate, by difference	g	20.01		0	15.61	27.01	
Fiber, total dietary	g	1.8		0	1.4	2.4	
Ash	g	0.72	0.055	6	0.56	0.97	
Sugars, total	g						
Minerals:							
Calcium	mg	8	3.105	6	6	11	
Iron	mg	0.31	0.073	6	0.24	0.42	
Magnesium	mg	20	1.181	6	16	27	
Phosphorus	mg	40	2.023	6	31	54	
Potassium	mg	328		0	256	443	
Sodium	mg	5	0.668	6	4	7	
Zinc	mg	0.27	0.031	6	0.21	0.36	
Copper	mg	0.167	0.019	6	0.130	0.225	
Manganese	mg	0.140	0.009	6	0.109	0.189	
Selenium	µg	0.3		0	0.2	0.4	
Vitamins:							
Ascorbic acid	mg	7.4	0.596	3	5.8	10.0	
Thiamin	mg	0.098	0.006	6	0.076	0.132	
Riboflavin	mg	0.019	0.002	6	0.015	0.026	
Niacin	mg	1.312	0.176	6	1.023	1.771	
Pantothenic acid	mg	0.509		0	0.397	0.687	
Vitamin B-6	mg	0.269	0.006	6	0.210	0.363	
Folate	µg	9	0.525	6	7	12	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	0.050		0	0.039	0.068	
Lipids:							
Saturated, total	g	0.026		0	0.020	0.035	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.001		0	0.001	0.001	
12:0	g	0.003		0	0.002	0.004	
14:0	g	0.001		0	0.001	0.001	
15.0	g						
16:0	g	0.016		0	0.012	0.022	
17:0	g						
18:0	g	0.004		0	0.003	0.005	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.002	0	0.002	0.003
14:1	g				
16:1	g	0.001	0	0.001	0.001
18:1	g	0.001	0	0.001	0.001
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.043	0	0.034	0.058
18:2	g	0.032	0	0.025	0.043
18:3	g	0.010	0	0.008	0.014
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.027	0	0.021	0.036
Threonine	g	0.062	0	0.048	0.084
Isoleucine	g	0.070	0	0.055	0.095
Leucine	g	0.103	0	0.080	0.139
Lysine	g	0.104	0	0.081	0.140
Methionine	g	0.027	0	0.021	0.036
Cystine	g	0.022	0	0.017	0.030
Phenylalanine	g	0.076	0	0.059	0.103
Tyrosine	g	0.064	0	0.050	0.086
Valine	g	0.096	0	0.075	0.130
Arginine	g	0.079	0	0.062	0.107
Histidine	g	0.038	0	0.030	0.051
Alanine	g	0.053	0	0.041	0.072
Aspartic acid	g	0.419	0	0.327	0.566
Glutamic acid	g	0.287	0	0.224	0.387
Glycine	g	0.051	0	0.040	0.069
Proline	g	0.062	0	0.048	0.084
Serine	g	0.075	0	0.059	0.101
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1/2 cup

Measure 2: 1 potato, (2-1/2" dia, sphere)

NDB No. 11368 Potatoes, microwaved, cooked in skin, flesh, without salt

Refuse: 23% Skin and adhering flesh

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 78g	Measure 2* 156g	Measure 3*
Proximates:							
Water	g	73.55	1.235	5	57.37	114.74	
Energy	kcal	100		0	78	156	
Energy	kj	418		0	326	652	
Protein (N x 5.95)	g	2.10	0.065	4	1.64	3.28	
Total lipid (fat)	g	0.10		0	0.08	0.16	
Carbohydrate, by difference	g	23.28		0	18.16	36.32	
Fiber, total dietary	g	1.6		0	1.2	2.5	
Ash	g	0.97	0.090	4	0.76	1.51	
Sugars, total	g						
Minerals:							
Calcium	mg	5	1.740	5	4	8	
Iron	mg	0.41	0.070	5	0.32	0.64	
Magnesium	mg	25	2.117	5	20	39	
Phosphorus	mg	109	52.505	5	85	170	
Potassium	mg	411	22.733	5	321	641	
Sodium	mg	7	1.576	5	5	11	
Zinc	mg	0.33	0.039	5	0.26	0.51	
Copper	mg	0.237	0.042	5	0.185	0.370	
Manganese	mg	0.170	0.021	5	0.133	0.265	
Selenium	µg	0.4		0	0.3	0.6	
Vitamins:							
Ascorbic acid	mg	15.1	0.024	2	11.8	23.6	
Thiamin	mg	0.129	0.007	5	0.101	0.201	
Riboflavin	mg	0.025	0.001	5	0.020	0.039	
Niacin	mg	1.625	0.111	5	1.268	2.535	
Pantothenic acid	mg	0.597		0	0.466	0.931	
Vitamin B-6	mg	0.319	0.025	5	0.249	0.498	
Folate	µg	12	0.646	5	10	19	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.026		0	0.020	0.041	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.001		0	0.001	0.002	
12:0	g	0.003		0	0.002	0.005	
14:0	g	0.001		0	0.001	0.002	
15.0	g						
16:0	g	0.016		0	0.012	0.025	
17:0	g						
18:0	g	0.004		0	0.003	0.006	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.002	0	0.002	0.003
14:1	g				
16:1	g	0.001	0	0.001	0.002
18:1	g	0.001	0	0.001	0.002
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.043	0	0.034	0.067
18:2	g	0.032	0	0.025	0.050
18:3	g	0.010	0	0.008	0.016
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.033	0	0.026	0.051
Threonine	g	0.076	0	0.059	0.119
Isoleucine	g	0.085	0	0.066	0.133
Leucine	g	0.126	0	0.098	0.197
Lysine	g	0.128	0	0.100	0.200
Methionine	g	0.033	0	0.026	0.051
Cystine	g	0.027	0	0.021	0.042
Phenylalanine	g	0.093	0	0.073	0.145
Tyrosine	g	0.078	0	0.061	0.122
Valine	g	0.118	0	0.092	0.184
Arginine	g	0.097	0	0.076	0.151
Histidine	g	0.046	0	0.036	0.072
Alanine	g	0.065	0	0.051	0.101
Aspartic acid	g	0.514	0	0.401	0.802
Glutamic acid	g	0.352	0	0.275	0.549
Glycine	g	0.062	0	0.048	0.097
Proline	g	0.076	0	0.059	0.119
Serine	g	0.091	0	0.071	0.142
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1/2 cup

Measure 2: 1 potato, (2-1/3" x 4-3/4")

NDB No. 11369 Potatoes, microwaved, cooked in skin, skin, without salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 58g	Measure 2*	Measure 3*
Proximates:							
Water	g	63.50	1.035	5	36.83		
Energy	kcal	132		0	77		
Energy	kj	552		0	320		
Protein (N x 5.95)	g	4.39	0.713	2	2.55		
Total lipid (fat)	g	0.10		0	0.06		
Carbohydrate, by difference	g	29.63		0	17.19		
Fiber, total dietary	g	5.5		0	3.2		
Ash	g	2.38	0.062	2	1.38		
Sugars, total	g						
Minerals:							
Calcium	mg	46	17.686	5	27		
Iron	mg	5.94	0.442	5	3.45		
Magnesium	mg	37	2.021	5	21		
Phosphorus	mg	82	4.428	5	48		
Potassium	mg	650	17.190	5	377		
Sodium	mg	16	4.682	5	9		
Zinc	mg	0.51	0.028	5	0.30		
Copper	mg	0.882	0.039	5	0.512		
Manganese	mg	0.980	0.147	5	0.568		
Selenium	µg	0.5		0	0.3		
Vitamins:							
Ascorbic acid	mg	15.3		1	8.9		
Thiamin	mg	0.071	0.008	5	0.041		
Riboflavin	mg	0.075	0.002	5	0.044		
Niacin	mg	2.220	0.343	5	1.288		
Pantothenic acid	mg	0.594		0	0.345		
Vitamin B-6	mg	0.492	0.042	5	0.285		
Folate	µg	17	0.708	5	10		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	0		0	0		
Vitamin A, RE	µg	0		0	0		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.026		0	0.015		
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.001		0	0.001		
12:0	g	0.003		0	0.002		
14:0	g	0.001		0	0.001		
15.0	g						
16:0	g	0.016		0	0.009		
17:0	g						
18:0	g	0.004		0	0.002		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.002	0	0.001
14:1	g			
16:1	g	0.001	0	0.001
18:1	g	0.001	0	0.001
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.043	0	0.025
18:2	g	0.032	0	0.019
18:3	g	0.010	0	0.006
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 potato skin

NDB No. 11370 Potatoes, hashed brown, home-prepared

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 156g	Measure 2*	Measure 3*
Proximates:							
Water	g	61.55		0	96.02		
Energy	kcal	209		0	326		
Energy	kj	874		0	1363		
Protein (N x 5.95)	g	2.42	0.050	20	3.78		
Total lipid (fat)	g	13.91	0.891	20	21.70		
Carbohydrate, by difference	g	21.32		0	33.26		
Fiber, total dietary	g	2.0		0	3.1		
Ash	g	0.80	0.026	20	1.25		
Sugars, total	g						
Minerals:							
Calcium	mg	8		0	12		
Iron	mg	0.81	0.046	20	1.26		
Magnesium	mg	20		0	31		
Phosphorus	mg	42		0	66		
Potassium	mg	321		0	501		
Sodium	mg	24	2.070	20	37		
Zinc	mg	0.30		0	0.47		
Copper	mg	0.181		0	0.282		
Manganese	mg	0.152		0	0.237		
Selenium	µg	0.3		0	0.5		
Vitamins:							
Ascorbic acid	mg	5.7	0.300	20	8.9		
Thiamin	mg	0.074	0.006	20	0.115		
Riboflavin	mg	0.020		0	0.031		
Niacin	mg	2.001	0.059	20	3.122		
Pantothenic acid	mg	0.499		0	0.778		
Vitamin B-6	mg	0.278		0	0.434		
Folate	µg	8		0	12		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	0		0	0		
Vitamin A, RE	µg	0		0	0		
Vitamin E, α-TE	mg	0.190		0	0.296		
Lipids:							
Saturated, total	g	5.433		0	8.475		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.000		0	0.000		
10:0	g	0.015		0	0.023		
12:0	g	0.032		0	0.050		
14:0	g	0.180		0	0.281		
15.0	g						
16:0	g	3.299		0	5.146		
17:0	g						
18:0	g	1.863		0	2.906		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	6.212	0	9.691
14:1	g			
16:1	g	0.373	0	0.582
18:1	g	5.673	0	8.850
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	1.602	0	2.499
18:2	g	1.449	0	2.260
18:3	g	0.152	0	0.237
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.033	0	0.051
Threonine	g	0.110	0	0.172
Isoleucine	g	0.104	0	0.162
Leucine	g	0.146	0	0.228
Lysine	g	0.128	0	0.200
Methionine	g	0.027	0	0.042
Cystine	g	0.015	0	0.023
Phenylalanine	g	0.103	0	0.161
Tyrosine	g	0.061	0	0.095
Valine	g	0.123	0	0.192
Arginine	g	0.115	0	0.179
Histidine	g	0.041	0	0.064
Alanine	g	0.084	0	0.131
Aspartic acid	g	0.560	0	0.874
Glutamic acid	g	0.378	0	0.590
Glycine	g	0.087	0	0.136
Proline	g	0.078	0	0.122
Serine	g	0.087	0	0.136
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 1 cup

NDB No. 11371 Potatoes, mashed, home-prepared, whole milk and margarine added

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 210g	Measure 2*	Measure 3*
Proximates:							
Water	g	76.26		0	160.15		
Energy	kcal	106		0	223		
Energy	kj	444		0	932		
Protein (N x 5.95)	g	1.88		0	3.95		
Total lipid (fat)	g	4.23		0	8.88		
Carbohydrate, by difference	g	16.71		0	35.09		
Fiber, total dietary	g	2.0		0	4.2		
Ash	g	1.43		0	3.00		
Sugars, total	g						
Minerals:							
Calcium	mg	26		0	55		
Iron	mg	0.26		0	0.55		
Magnesium	mg	18		0	38		
Phosphorus	mg	46		0	97		
Potassium	mg	289		0	607		
Sodium	mg	295		0	620		
Zinc	mg	0.27		0	0.57		
Copper	mg	0.137		0	0.288		
Manganese	mg	0.114		0	0.239		
Selenium	µg	0.5		0	1.1		
Vitamins:							
Ascorbic acid	mg	6.1		0	12.8		
Thiamin	mg	0.084		0	0.176		
Riboflavin	mg	0.040		0	0.084		
Niacin	mg	1.079		0	2.266		
Pantothenic acid	mg	0.570		0	1.197		
Vitamin B-6	mg	0.224		0	0.470		
Folate	µg	8		0	17		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	169		0	355		
Vitamin A, RE	µg	20		0	42		
Vitamin E, α-TE	mg	0.300		0	0.630		
Lipids:							
Saturated, total	g	1.035		0	2.173		
4:0	g	0.015		0	0.032		
6.0	g	0.009		0	0.019		
8:0	g	0.005		0	0.011		
10:0	g	0.012		0	0.025		
12:0	g	0.016		0	0.034		
14:0	g	0.057		0	0.120		
15.0	g						
16:0	g	0.580		0	1.218		
17:0	g						
18:0	g	0.329		0	0.691		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.770	0	3.717
14:1	g			
16:1	g	0.011	0	0.023
18:1	g	1.751	0	3.677
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	1.210	0	2.541
18:2	g	1.145	0	2.405
18:3	g	0.066	0	0.139
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	2	0	4
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.029	0	0.061
Threonine	g	0.073	0	0.153
Isoleucine	g	0.087	0	0.183
Leucine	g	0.132	0	0.277
Lysine	g	0.124	0	0.260
Methionine	g	0.035	0	0.074
Cystine	g	0.023	0	0.048
Phenylalanine	g	0.086	0	0.181
Tyrosine	g	0.076	0	0.160
Valine	g	0.112	0	0.235
Arginine	g	0.082	0	0.172
Histidine	g	0.044	0	0.092
Alanine	g	0.060	0	0.126
Aspartic acid	g	0.380	0	0.798
Glutamic acid	g	0.338	0	0.710
Glycine	g	0.052	0	0.109
Proline	g	0.098	0	0.206
Serine	g	0.088	0	0.185
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 1 cup

NDB No. 11372 Potatoes, scalloped, home-prepared with 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	Samples	Measure 1* 245g	Measure 2*	Measure 3*
Proximates:							
Water	g	80.94		0	198.30		
Energy	kcal	86		0	211		
Energy	kj	360		0	882		
Protein (N x 5.95)	g	2.87		0	7.03		
Total lipid (fat)	g	3.68		0	9.02		
Carbohydrate, by difference	g	10.78		0	26.41		
Fiber, total dietary	g	1.9		0	4.7		
Ash	g	1.73		0	4.24		
Sugars, total	g						
Minerals:							
Calcium	mg	57		0	140		
Iron	mg	0.57		0	1.40		
Magnesium	mg	19		0	47		
Phosphorus	mg	63		0	154		
Potassium	mg	378		0	926		
Sodium	mg	335		0	821		
Zinc	mg	0.40		0	0.98		
Copper	mg	0.163		0	0.399		
Manganese	mg	0.166		0	0.407		
Selenium	µg	1.6		0	3.9		
Vitamins:							
Ascorbic acid	mg	10.6		0	26.0		
Thiamin	mg	0.069		0	0.169		
Riboflavin	mg	0.092		0	0.225		
Niacin	mg	1.053		0	2.580		
Pantothenic acid	mg	0.514		0	1.259		
Vitamin B-6	mg	0.178		0	0.436		
Folate	µg	11		0	27		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	135		0	331		
Vitamin A, RE	µg	19		0	47		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	2.255		0	5.525		
4:0	g	0.116		0	0.284		
6.0	g	0.069		0	0.169		
8:0	g	0.040		0	0.098		
10:0	g	0.091		0	0.223		
12:0	g	0.103		0	0.252		
14:0	g	0.362		0	0.887		
15.0	g						
16:0	g	0.958		0	2.347		
17:0	g						
18:0	g	0.440		0	1.078		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.039	0	2.546
14:1	g			
16:1	g	0.080	0	0.196
18:1	g	0.904	0	2.215
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.166	0	0.407
18:2	g	0.105	0	0.257
18:3	g	0.061	0	0.149
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	12	0	29
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.042	0	0.103
Threonine	g	0.115	0	0.282
Isoleucine	g	0.144	0	0.353
Leucine	g	0.225	0	0.551
Lysine	g	0.192	0	0.470
Methionine	g	0.058	0	0.142
Cystine	g	0.034	0	0.083
Phenylalanine	g	0.135	0	0.331
Tyrosine	g	0.121	0	0.296
Valine	g	0.174	0	0.426
Arginine	g	0.118	0	0.289
Histidine	g	0.070	0	0.172
Alanine	g	0.094	0	0.230
Aspartic acid	g	0.442	0	1.083
Glutamic acid	g	0.579	0	1.419
Glycine	g	0.076	0	0.186
Proline	g	0.202	0	0.495
Serine	g	0.142	0	0.348
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 1 cup

NDB No. 11373 Potatoes, au gratin, home-prepared from recipe using 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	Samples	Measure 1* 245g	Measure 2*	Measure 3*
Proximates:							
Water	g	74.00		0	181.30		
Energy	kcal	132		0	323		
Energy	kj	552		0	1352		
Protein (N x 5.95)	g	5.06		0	12.40		
Total lipid (fat)	g	7.59		0	18.60		
Carbohydrate, by difference	g	11.27		0	27.61		
Fiber, total dietary	g	1.8		0	4.4		
Ash	g	2.09		0	5.12		
Sugars, total	g						
Minerals:							
Calcium	mg	119		0	292		
Iron	mg	0.64		0	1.57		
Magnesium	mg	20		0	49		
Phosphorus	mg	113		0	277		
Potassium	mg	396		0	970		
Sodium	mg	433		0	1061		
Zinc	mg	0.69		0	1.69		
Copper	mg	0.160		0	0.392		
Manganese	mg	0.161		0	0.394		
Selenium	µg	2.7		0	6.6		
Vitamins:							
Ascorbic acid	mg	9.9		0	24.3		
Thiamin	mg	0.064		0	0.157		
Riboflavin	mg	0.116		0	0.284		
Niacin	mg	0.993		0	2.433		
Pantothenic acid	mg	0.387		0	0.948		
Vitamin B-6	mg	0.174		0	0.426		
Folate	µg	11		0	27		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	264		0	647		
Vitamin A, RE	µg	38		0	93		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	4.733		0	11.596		
4:0	g	0.240		0	0.588		
6.0	g	0.133		0	0.326		
8:0	g	0.074		0	0.181		
10:0	g	0.166		0	0.407		
12:0	g	0.174		0	0.426		
14:0	g	0.755		0	1.850		
15.0	g						
16:0	g	2.094		0	5.130		
17:0	g						
18:0	g	0.913		0	2.237		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.149	0	5.265
14:1	g			
16:1	g	0.193	0	0.473
18:1	g	1.844	0	4.518
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.276	0	0.676
18:2	g	0.175	0	0.429
18:3	g	0.105	0	0.257
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	23	0	56
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.070	0	0.172
Threonine	g	0.192	0	0.470
Isoleucine	g	0.284	0	0.696
Leucine	g	0.443	0	1.085
Lysine	g	0.381	0	0.933
Methionine	g	0.117	0	0.287
Cystine	g	0.044	0	0.108
Phenylalanine	g	0.254	0	0.622
Tyrosine	g	0.230	0	0.564
Valine	g	0.325	0	0.796
Arginine	g	0.203	0	0.497
Histidine	g	0.151	0	0.370
Alanine	g	0.156	0	0.382
Aspartic acid	g	0.569	0	1.394
Glutamic acid	g	1.141	0	2.795
Glycine	g	0.113	0	0.277
Proline	g	0.463	0	1.134
Serine	g	0.275	0	0.674
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 1 cup

NDB No. 11374 Potatoes, canned, solids and liquids

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 300g	Measure 2* 454g	Measure 3*
Proximates:							
Water	g	87.83	0.238	65	263.49	398.75	
Energy	kcal	44		0	132	200	
Energy	kj	184		0	552	835	
Protein (N x 5.95)	g	1.20	0.030	66	3.60	5.45	
Total lipid (fat)	g	0.11	0.011	64	0.33	0.50	
Carbohydrate, by difference	g	9.89		0	29.67	44.90	
Fiber, total dietary	g	1.4		0	4.2	6.4	
Ash	g	0.98	0.052	65	2.94	4.45	
Sugars, total	g						
Minerals:							
Calcium	mg	39	2.487	65	117	177	
Iron	mg	0.72	0.057	65	2.16	3.27	
Magnesium	mg	14	0.484	22	42	64	
Phosphorus	mg	22	1.925	23	66	100	
Potassium	mg	205	6.698	37	615	931	
Sodium	mg	217	8.730	45	651	985	
Zinc	mg	0.39	0.015	23	1.17	1.77	
Copper	mg	0.070	0.004	23	0.210	0.318	
Manganese	mg	0.071		0	0.213	0.322	
Selenium	µg	0.7		0	2.1	3.2	
Vitamins:							
Ascorbic acid	mg	7.6	0.587	66	22.8	34.5	
Thiamin	mg	0.034	0.002	31	0.102	0.154	
Riboflavin	mg	0.020	0.003	31	0.060	0.091	
Niacin	mg	0.889	0.043	30	2.667	4.036	
Pantothenic acid	mg	0.174		1	0.522	0.790	
Vitamin B-6	mg	0.137		0	0.411	0.622	
Folate	µg	5		0	14	20	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	0.037		0	0.111	0.168	
Lipids:							
Saturated, total	g	0.029		0	0.087	0.132	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.001		0	0.003	0.005	
12:0	g	0.005		0	0.015	0.023	
14:0	g	0.001		0	0.003	0.005	
15.0	g						
16:0	g	0.018		0	0.054	0.082	
17:0	g						
18:0	g	0.004		0	0.012	0.018	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.002	0	0.006	0.009
14:1	g				
16:1	g	0.001	0	0.003	0.005
18:1	g	0.001	0	0.003	0.005
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.048	0	0.144	0.218
18:2	g	0.035	0	0.105	0.159
18:3	g	0.011	0	0.033	0.050
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.018	0	0.054	0.082
Threonine	g	0.043	0	0.129	0.195
Isoleucine	g	0.048	0	0.144	0.218
Leucine	g	0.072	0	0.216	0.327
Lysine	g	0.073	0	0.219	0.331
Methionine	g	0.019	0	0.057	0.086
Cystine	g	0.015	0	0.045	0.068
Phenylalanine	g	0.054	0	0.162	0.245
Tyrosine	g	0.045	0	0.135	0.204
Valine	g	0.068	0	0.204	0.309
Arginine	g	0.056	0	0.168	0.254
Histidine	g	0.026	0	0.078	0.118
Alanine	g	0.037	0	0.111	0.168
Aspartic acid	g	0.295	0	0.885	1.339
Glutamic acid	g	0.202	0	0.606	0.917
Glycine	g	0.036	0	0.108	0.163
Proline	g	0.043	0	0.129	0.195
Serine	g	0.052	0	0.156	0.236
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, whole
Measure 2: 1 can (303 x 406)

NDB No. 11376 Potatoes, canned, drained solids

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 180g	Measure 2* 35g	Measure 3*
Proximates:							
Water	g	84.28	0.674	5	151.70	29.50	
Energy	kcal	60		0	108	21	
Energy	kj	251		0	452	88	
Protein (N x 5.95)	g	1.41	0.068	5	2.54	0.49	
Total lipid (fat)	g	0.21		0	0.38	0.07	
Carbohydrate, by difference	g	13.61		0	24.50	4.76	
Fiber, total dietary	g	2.3		0	4.1	0.8	
Ash	g	0.86	0.081	5	1.55	0.30	
Sugars, total	g						
Minerals:							
Calcium	mg	5		0	9	2	
Iron	mg	1.26	0.489	5	2.27	0.44	
Magnesium	mg	14		0	25	5	
Phosphorus	mg	28		0	50	10	
Potassium	mg	229		0	412	80	
Sodium	mg	219		0	394	77	
Zinc	mg	0.28	0.043	5	0.50	0.10	
Copper	mg	0.057	0.006	5	0.103	0.020	
Manganese	mg	0.097	0.020	5	0.175	0.034	
Selenium	µg	0.9		1	1.6	0.3	
Vitamins:							
Ascorbic acid	mg	5.1		0	9.2	1.8	
Thiamin	mg	0.068		0	0.122	0.024	
Riboflavin	mg	0.013		0	0.023	0.005	
Niacin	mg	0.915		0	1.647	0.320	
Pantothenic acid	mg	0.354		0	0.637	0.124	
Vitamin B-6	mg	0.188		0	0.338	0.066	
Folate	µg	6		0	11	2	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	0.050		0	0.090	0.018	
Lipids:							
Saturated, total	g	0.054		0	0.097	0.019	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.001		0	0.002	0.000	
12:0	g	0.007		0	0.013	0.002	
14:0	g	0.001		0	0.002	0.000	
15.0	g						
16:0	g	0.033		0	0.059	0.012	
17:0	g						
18:0	g	0.007		0	0.013	0.002	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.005	0	0.009	0.002
14:1	g				
16:1	g	0.002	0	0.004	0.001
18:1	g	0.002	0	0.004	0.001
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.089	0	0.160	0.031
18:2	g	0.066	0	0.119	0.023
18:3	g	0.021	0	0.038	0.007
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.022	0	0.040	0.008
Threonine	g	0.051	0	0.092	0.018
Isoleucine	g	0.057	0	0.103	0.020
Leucine	g	0.085	0	0.153	0.030
Lysine	g	0.086	0	0.155	0.030
Methionine	g	0.022	0	0.040	0.008
Cystine	g	0.018	0	0.032	0.006
Phenylalanine	g	0.063	0	0.113	0.022
Tyrosine	g	0.052	0	0.094	0.018
Valine	g	0.080	0	0.144	0.028
Arginine	g	0.065	0	0.117	0.023
Histidine	g	0.031	0	0.056	0.011
Alanine	g	0.043	0	0.077	0.015
Aspartic acid	g	0.346	0	0.623	0.121
Glutamic acid	g	0.237	0	0.427	0.083
Glycine	g	0.042	0	0.076	0.015
Proline	g	0.051	0	0.092	0.018
Serine	g	0.061	0	0.110	0.021
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 potato

NDB No. 11378 Potatoes, mashed, dehydrated, flakes without milk, dry form

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 48g	Measure 2*	Measure 3*
Proximates:							
Water	g	6.51	0.523	26	3.12		
Energy	kcal	354		0	170		
Energy	kj	1481		0	711		
Protein (N x 5.95)	g	8.35	0.155	19	4.01		
Total lipid (fat)	g	0.39	0.148	15	0.19		
Carbohydrate, by difference	g	81.21		0	38.98		
Fiber, total dietary	g	6.9		0	3.3		
Ash	g	3.54	0.111	14	1.70		
Sugars, total	g						
Minerals:							
Calcium	mg	25	4.237	15	12		
Iron	mg	1.20	0.125	23	0.58		
Magnesium	mg	65	6.317	23	31		
Phosphorus	mg	154	14.691	25	74		
Potassium	mg	1084	154.397	16	520		
Sodium	mg	107	16.111	16	51		
Zinc	mg	0.68	0.043	10	0.33		
Copper	mg	0.157	0.007	9	0.075		
Manganese	mg	0.102	0.004	5	0.049		
Selenium	µg	26.3		1	12.6		
Vitamins:							
Ascorbic acid	mg	83.6	15.832	28	40.1		
Thiamin	mg	1.031	0.483	19	0.495		
Riboflavin	mg	0.110	0.013	24	0.053		
Niacin	mg	6.146	0.590	24	2.950		
Pantothenic acid	mg	2.117	0.212	10	1.016		
Vitamin B-6	mg	0.762	0.124	16	0.366		
Folate	µg	40	5.364	3	19		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	0		0	0		
Vitamin A, RE	µg	0		0	0		
Vitamin E, α-TE	mg	0.270		0	0.130		
Lipids:							
Saturated, total	g	0.100		0	0.048		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.000		0	0.000		
10:0	g	0.003		1	0.001		
12:0	g	0.014		1	0.007		
14:0	g	0.003		1	0.001		
15.0	g						
16:0	g	0.066		1	0.032		
17:0	g						
18:0	g	0.014		1	0.007		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.008	0	0.004
14:1	g			
16:1	g	0.003	1	0.001
18:1	g	0.005	1	0.002
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.172	0	0.083
18:2	g	0.131	1	0.063
18:3	g	0.041	1	0.020
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.086	0	0.041
Threonine	g	0.372	0	0.179
Isoleucine	g	0.425	0	0.204
Leucine	g	0.659	0	0.316
Lysine	g	0.583	0	0.280
Methionine	g	0.142	0	0.068
Cystine	g	0.098	0	0.047
Phenylalanine	g	0.394	0	0.189
Tyrosine	g	0.361	0	0.173
Valine	g	0.521	0	0.250
Arginine	g	0.369	0	0.177
Histidine	g	0.203	0	0.097
Alanine	g	0.299	0	0.144
Aspartic acid	g	1.293	0	0.621
Glutamic acid	g	1.547	0	0.743
Glycine	g	0.247	0	0.119
Proline	g	0.503	0	0.241
Serine	g	0.389	0	0.187
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 1 cup

NDB No. 11379 Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter add

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 210g	Measure 2*	Measure 3*
Proximates:							
Water	g	76.30	1.689	5	160.23		
Energy	kcal	113		0	237		
Energy	kj	473		0	993		
Protein (N x 5.95)	g	1.90	0.050	6	3.99		
Total lipid (fat)	g	5.60	0.300	6	11.76		
Carbohydrate, by difference	g	15.02		0	31.54		
Fiber, total dietary	g	2.3		0	4.8		
Ash	g	1.18	0.092	6	2.48		
Sugars, total	g						
Minerals:							
Calcium	mg	49	2.558	6	103		
Iron	mg	0.22		0	0.46		
Magnesium	mg	18		0	38		
Phosphorus	mg	56		0	118		
Potassium	mg	233	6.553	12	489		
Sodium	mg	332	2.870	17	697		
Zinc	mg	0.18		0	0.38		
Copper	mg	0.016		0	0.034		
Manganese	mg	0.114		0	0.239		
Selenium	µg	1.4	0.140	4	2.9		
Vitamins:							
Ascorbic acid	mg	9.7	3.810	6	20.4		
Thiamin	mg	0.111		0	0.233		
Riboflavin	mg	0.050	0.002	6	0.105		
Niacin	mg	0.670	0.024	6	1.407		
Pantothenic acid	mg	0.120		0	0.252		
Vitamin B-6	mg	0.009		0	0.019		
Folate	µg	7		0	16		
Vitamin B-12	µg	0.08		0	0.16		
Vitamin A	IU	180		0	378		
Vitamin A, RE	µg	21		0	44		
Vitamin E, α-TE	mg	0.696		0	1.462		
Lipids:							
Saturated, total	g	3.434		0	7.211		
4:0	g	0.176		0	0.370		
6.0	g	0.105		0	0.221		
8:0	g	0.061		0	0.128		
10:0	g	0.138		0	0.290		
12:0	g	0.157		0	0.330		
14:0	g	0.552		0	1.159		
15.0	g						
16:0	g	1.458		0	3.062		
17:0	g						
18:0	g	0.670		0	1.407		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.583	0	3.324
14:1	g			
16:1	g	0.122	0	0.256
18:1	g	1.378	0	2.894
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.248	0	0.521
18:2	g	0.156	0	0.328
18:3	g	0.092	0	0.193
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	14	0	29
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.019	0	0.040
Threonine	g	0.085	0	0.179
Isoleucine	g	0.097	0	0.204
Leucine	g	0.150	0	0.315
Lysine	g	0.133	0	0.279
Methionine	g	0.032	0	0.067
Cystine	g	0.022	0	0.046
Phenylalanine	g	0.090	0	0.189
Tyrosine	g	0.082	0	0.172
Valine	g	0.119	0	0.250
Arginine	g	0.084	0	0.176
Histidine	g	0.046	0	0.097
Alanine	g	0.068	0	0.143
Aspartic acid	g	0.294	0	0.617
Glutamic acid	g	0.352	0	0.739
Glycine	g	0.056	0	0.118
Proline	g	0.114	0	0.239
Serine	g	0.088	0	0.185
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 1 cup

NDB No. 11380 Potatoes, mashed, dehydrated, granules without milk, dry form

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 200g	Measure 2*	Measure 3*
Proximates:							
Water	g	3.63	0.796	12	7.26		
Energy	kcal	372		0	744		
Energy	kj	1556		0	3112		
Protein (N x 5.95)	g	8.22	0.218	14	16.44		
Total lipid (fat)	g	0.54	0.115	14	1.08		
Carbohydrate, by difference	g	85.51		0	171.02		
Fiber, total dietary	g	7.1		0	14.2		
Ash	g	2.10	0.467	13	4.20		
Sugars, total	g						
Minerals:							
Calcium	mg	41	7.777	17	82		
Iron	mg	1.09	0.190	15	2.18		
Magnesium	mg	98	3.070	4	196		
Phosphorus	mg	245	16.633	5	490		
Potassium	mg	703	152.115	16	1406		
Sodium	mg	67	11.990	23	134		
Zinc	mg	0.91	0.074	5	1.82		
Copper	mg	0.102	0.008	5	0.204		
Manganese	mg	1.121		0	2.242		
Selenium	µg	27.1		0	54.2		
Vitamins:							
Ascorbic acid	mg	37.0	12.243	13	74.0		
Thiamin	mg	0.453	0.139	6	0.906		
Riboflavin	mg	0.253	0.079	14	0.506		
Niacin	mg	4.765	0.912	13	9.530		
Pantothenic acid	mg	0.345		1	0.690		
Vitamin B-6	mg	0.861		0	1.722		
Folate	µg	40	9.291	3	80		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	9		1	18		
Vitamin A, RE	µg	1		0	2		
Vitamin E, α-TE	mg	0.270		0	0.540		
Lipids:							
Saturated, total	g	0.138		0	0.276		
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.003		1	0.006		
12:0	g	0.019		1	0.038		
14:0	g	0.004		1	0.008		
15.0	g						
16:0	g	0.091		1	0.182		
17:0	g						
18:0	g	0.020		1	0.040		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.011	0	0.022
14:1	g			
16:1	g	0.005	1	0.010
18:1	g	0.006	1	0.012
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.238	0	0.476
18:2	g	0.180	1	0.360
18:3	g	0.057	1	0.114
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.084	0	0.168
Threonine	g	0.366	0	0.732
Isoleucine	g	0.418	0	0.836
Leucine	g	0.649	0	1.298
Lysine	g	0.574	0	1.148
Methionine	g	0.139	0	0.278
Cystine	g	0.096	0	0.192
Phenylalanine	g	0.388	0	0.776
Tyrosine	g	0.355	0	0.710
Valine	g	0.513	0	1.026
Arginine	g	0.363	0	0.726
Histidine	g	0.200	0	0.400
Alanine	g	0.295	0	0.590
Aspartic acid	g	1.272	0	2.544
Glutamic acid	g	1.522	0	3.044
Glycine	g	0.243	0	0.486
Proline	g	0.495	0	0.990
Serine	g	0.383	0	0.766
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 1 cup

NDB No. 11381 Potatoes, mashed, dehydrated, prepared from granules without milk, whole milk and butter added

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 210g	Measure 2*	Measure 3*
Proximates:							
Water	g	77.49		0	162.73		
Energy	kcal	108		0	227		
Energy	kj	452		0	949		
Protein (N x 5.95)	g	2.05		0	4.30		
Total lipid (fat)	g	4.96		0	10.42		
Carbohydrate, by difference	g	14.36		0	30.16		
Fiber, total dietary	g	2.2		0	4.6		
Ash	g	1.14		0	2.39		
Sugars, total	g						
Minerals:							
Calcium	mg	35		0	74		
Iron	mg	0.19		0	0.40		
Magnesium	mg	19		0	40		
Phosphorus	mg	60		0	126		
Potassium	mg	144		0	302		
Sodium	mg	257		0	540		
Zinc	mg	0.25		0	0.53		
Copper	mg	0.022		0	0.046		
Manganese	mg	0.003		0	0.006		
Selenium	µg	1.3		0	2.7		
Vitamins:							
Ascorbic acid	mg	6.0		0	12.6		
Thiamin	mg	0.079		0	0.166		
Riboflavin	mg	0.077		0	0.162		
Niacin	mg	0.764		0	1.604		
Pantothenic acid	mg	0.128		0	0.269		
Vitamin B-6	mg	0.009		0	0.019		
Folate	µg	8		0	17		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	185		0	389		
Vitamin A, RE	µg	19		0	40		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	3.056		0	6.418		
4:0	g	0.150		0	0.315		
6.0	g	0.092		0	0.193		
8:0	g	0.055		0	0.116		
10:0	g	0.125		0	0.263		
12:0	g	0.144		0	0.302		
14:0	g	0.510		0	1.071		
15.0	g						
16:0	g	1.355		0	2.845		
17:0	g						
18:0	g	0.624		0	1.310		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.405	0	2.950
14:1	g			
16:1	g	0.115	0	0.242
18:1	g	1.290	0	2.709
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.227	0	0.477
18:2	g	0.144	0	0.302
18:3	g	0.083	0	0.174
18:4	g			
20:4	g	0.000	0	0.000
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	14	0	29
Phytosterols	mg	0	0	0
Amino acids:				
Tryptophan	g	0.023	0	0.048
Threonine	g	0.090	0	0.189
Isoleucine	g	0.110	0	0.231
Leucine	g	0.173	0	0.363
Lysine	g	0.147	0	0.309
Methionine	g	0.040	0	0.084
Cystine	g	0.022	0	0.046
Phenylalanine	g	0.096	0	0.202
Tyrosine	g	0.091	0	0.191
Valine	g	0.129	0	0.271
Arginine	g	0.083	0	0.174
Histidine	g	0.051	0	0.107
Alanine	g	0.071	0	0.149
Aspartic acid	g	0.254	0	0.533
Glutamic acid	g	0.390	0	0.819
Glycine	g	0.053	0	0.111
Proline	g	0.148	0	0.311
Serine	g	0.099	0	0.208
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 1 cup

NDB No. 11382 Potatoes, mashed, dehydrated, granules with milk, dry form

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 200g	Measure 2*	Measure 3*
Proximates:							
Water	g	6.30		0	12.60		
Energy	kcal	358		0	716		
Energy	kj	1498		0	2996		
Protein (N x 5.95)	g	10.90		0	21.80		
Total lipid (fat)	g	1.10		0	2.20		
Carbohydrate, by difference	g	77.70		0	155.40		
Fiber, total dietary	g						
Ash	g	4.00		0	8.00		
Sugars, total	g						
Minerals:							
Calcium	mg	142		0	284		
Iron	mg	3.50		0	7.00		
Magnesium	mg	74		0	148		
Phosphorus	mg	237		0	474		
Potassium	mg	1848		0	3696		
Sodium	mg	82		0	164		
Zinc	mg	1.20		0	2.40		
Copper	mg	0.578		0	1.156		
Manganese	mg	0.488		0	0.976		
Selenium	µg	26.3		0	52.6		
Vitamins:							
Ascorbic acid	mg	16.0		0	32.0		
Thiamin	mg	0.190		0	0.380		
Riboflavin	mg	0.300		0	0.600		
Niacin	mg	4.200		0	8.400		
Pantothenic acid	mg	1.864		0	3.728		
Vitamin B-6	mg	0.887		0	1.774		
Folate	µg	30		0	60		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	60		0	120		
Vitamin A, RE	µg	9		0	18		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.461		0	0.922		
4:0	g	0.015		0	0.030		
6.0	g	0.009		0	0.018		
8:0	g	0.005		0	0.010		
10:0	g	0.016		0	0.032		
12:0	g	0.035		0	0.070		
14:0	g	0.053		0	0.106		
15.0	g						
16:0	g	0.227		0	0.454		
17:0	g						
18:0	g	0.080		0	0.160		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.152	0	0.304
14:1	g			
16:1	g	0.016	0	0.032
18:1	g	0.127	0	0.254
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.285	0	0.570
18:2	g	0.210	0	0.420
18:3	g	0.071	0	0.142
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	2	0	4
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.098	0	0.196
Threonine	g	0.481	0	0.962
Isoleucine	g	0.514	0	1.028
Leucine	g	0.781	0	1.562
Lysine	g	0.720	0	1.440
Methionine	g	0.153	0	0.306
Cystine	g	0.134	0	0.268
Phenylalanine	g	0.508	0	1.016
Tyrosine	g	0.448	0	0.896
Valine	g	0.657	0	1.314
Arginine	g	0.509	0	1.018
Histidine	g	0.253	0	0.506
Alanine	g	0.392	0	0.784
Aspartic acid	g	1.978	0	3.956
Glutamic acid	g	1.913	0	3.826
Glycine	g	0.352	0	0.704
Proline	g	0.511	0	1.022
Serine	g	0.476	0	0.952
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 1 cup

NDB No. 11383 Potatoes, mashed, dehydrated, prepared from granules with milk, water and margarine added

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 210g	Measure 2*	Measure 3*
Proximates:							
Water	g	81.40		0	170.94		
Energy	kcal	79		0	166		
Energy	kj	331		0	695		
Protein (N x 5.95)	g	2.00		0	4.20		
Total lipid (fat)	g	2.20		0	4.62		
Carbohydrate, by difference	g	13.10		0	27.51		
Fiber, total dietary	g	1.8		0	3.8		
Ash	g	1.30		0	2.73		
Sugars, total	g						
Minerals:							
Calcium	mg	31		0	65		
Iron	mg	0.60		0	1.26		
Magnesium	mg	16		0	34		
Phosphorus	mg	44		0	92		
Potassium	mg	335		0	704		
Sodium	mg	234		0	491		
Zinc	mg	0.25		0	0.53		
Copper	mg	0.121		0	0.254		
Manganese	mg	0.102		0	0.214		
Selenium	µg	1.1		0	2.3		
Vitamins:							
Ascorbic acid	mg	3.0		0	6.3		
Thiamin	mg	0.030		0	0.063		
Riboflavin	mg	0.050		0	0.105		
Niacin	mg	0.800		0	1.680		
Pantothenic acid	mg	0.411		0	0.863		
Vitamin B-6	mg	0.201		0	0.422		
Folate	µg	7		0	15		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	90		0	189		
Vitamin A, RE	µg	13		0	27		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.679		0	1.426		
4:0	g	0.016		0	0.034		
6.0	g	0.009		0	0.019		
8:0	g	0.005		0	0.011		
10:0	g	0.016		0	0.034		
12:0	g	0.035		0	0.074		
14:0	g	0.056		0	0.118		
15.0	g						
16:0	g	0.361		0	0.758		
17:0	g						
18:0	g	0.161		0	0.338		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.643	0	1.350
14:1	g			
16:1	g	0.016	0	0.034
18:1	g	0.618	0	1.298
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.632	0	1.327
18:2	g	0.542	0	1.138
18:3	g	0.086	0	0.181
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	2	0	4
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.018	0	0.038
Threonine	g	0.088	0	0.185
Isoleucine	g	0.094	0	0.197
Leucine	g	0.143	0	0.300
Lysine	g	0.132	0	0.277
Methionine	g	0.028	0	0.059
Cystine	g	0.025	0	0.053
Phenylalanine	g	0.093	0	0.195
Tyrosine	g	0.082	0	0.172
Valine	g	0.121	0	0.254
Arginine	g	0.093	0	0.195
Histidine	g	0.046	0	0.097
Alanine	g	0.072	0	0.151
Aspartic acid	g	0.363	0	0.762
Glutamic acid	g	0.351	0	0.737
Glycine	g	0.065	0	0.137
Proline	g	0.094	0	0.197
Serine	g	0.087	0	0.183
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 1 cup

NDB No. 11384 Potatoes, au gratin, dry mix, unprepared

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 156g	Measure 2* 26g	Measure 3*
Proximates:							
Water	g	4.97	0.753	3	7.75	1.29	
Energy	kcal	314		0	490	82	
Energy	kj	1314		0	2050	342	
Protein (N x 5.95)	g	8.90	0.082	3	13.88	2.31	
Total lipid (fat)	g	3.70	0.053	3	5.77	0.96	
Carbohydrate, by difference	g	74.31		0	115.92	19.32	
Fiber, total dietary	g	4.1		0	6.4	1.1	
Ash	g	8.12	0.429	3	12.67	2.11	
Sugars, total	g						
Minerals:							
Calcium	mg	311	71.929	3	485	81	
Iron	mg	1.63	0.063	3	2.54	0.42	
Magnesium	mg	64		1	100	17	
Phosphorus	mg	404	25.689	3	630	105	
Potassium	mg	990	35.796	3	1544	257	
Sodium	mg	2095	100.991	3	3268	545	
Zinc	mg	0.90		1	1.40	0.23	
Copper	mg	0.240		1	0.374	0.062	
Manganese	mg	0.590		0	0.920	0.153	
Selenium	µg	10.0		0	15.6	2.6	
Vitamins:							
Ascorbic acid	mg	15.5	1.550	3	24.2	4.0	
Thiamin	mg	0.070	0.006	3	0.109	0.018	
Riboflavin	mg	0.253	0.007	3	0.395	0.066	
Niacin	mg	4.063	0.147	3	6.338	1.056	
Pantothenic acid	mg	0.920		1	1.435	0.239	
Vitamin B-6	mg	0.150		1	0.234	0.039	
Folate	µg	40		0	63	11	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	428		0	668	111	
Vitamin A, RE	µg	72		0	112	19	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	2.323		0	3.624	0.604	
4:0	g	0.118		0	0.184	0.031	
6.0	g	0.065		0	0.101	0.017	
8:0	g	0.036		0	0.056	0.009	
10:0	g	0.080		0	0.125	0.021	
12:0	g	0.082		0	0.128	0.021	
14:0	g	0.371		0	0.579	0.096	
15.0	g						
16:0	g	1.032		0	1.610	0.268	
17:0	g						
18:0	g	0.448		0	0.699	0.116	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.055	0	1.646	0.274
14:1	g				
16:1	g	0.096	0	0.150	0.025
18:1	g	0.903	0	1.409	0.235
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.121	0	0.189	0.031
18:2	g	0.075	0	0.117	0.020
18:3	g	0.048	0	0.075	0.012
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg				
Phytosterols	mg				
Amino acids:					
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 package (5.5 oz)
Measure 2: 1/6 of 5.5 oz package

NDB No. 11385 Potatoes, au gratin, dry mix, prepared with water, whole milk and 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	Samples	Measure 1* 137g	Measure 2* 822g	Measure 3*
Proximates:							
Water	g	78.98		0	108.20	649.22	
Energy	kcal	93		0	127	764	
Energy	kj	389		0	533	3198	
Protein (N x 5.95)	g	2.30		0	3.15	18.91	
Total lipid (fat)	g	4.12		0	5.64	33.87	
Carbohydrate, by difference	g	12.84		0	17.59	105.54	
Fiber, total dietary	g	0.9		0	1.2	7.4	
Ash	g	1.76		0	2.41	14.47	
Sugars, total	g						
Minerals:							
Calcium	mg	83		0	114	682	
Iron	mg	0.32		0	0.44	2.63	
Magnesium	mg	15		0	21	123	
Phosphorus	mg	95		0	130	781	
Potassium	mg	219		0	300	1800	
Sodium	mg	439		0	601	3609	
Zinc	mg	0.24		0	0.33	1.97	
Copper	mg	0.046		0	0.063	0.378	
Manganese	mg	0.130		0	0.178	1.069	
Selenium	µg	2.7		0	3.7	22.2	
Vitamins:							
Ascorbic acid	mg	3.1		0	4.2	25.5	
Thiamin	mg	0.020		0	0.027	0.164	
Riboflavin	mg	0.081		0	0.111	0.666	
Niacin	mg	0.939		0	1.286	7.719	
Pantothenic acid	mg	0.239		0	0.327	1.965	
Vitamin B-6	mg	0.040		0	0.055	0.329	
Folate	µg	7		0	9	54	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	213		0	292	1751	
Vitamin A, RE	µg	31		0	42	255	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	2.586		0	3.543	21.257	
4:0	g	0.131		0	0.179	1.077	
6.0	g	0.073		0	0.100	0.600	
8:0	g	0.040		0	0.055	0.329	
10:0	g	0.089		0	0.122	0.732	
12:0	g	0.091		0	0.125	0.748	
14:0	g	0.413		0	0.566	3.395	
15.0	g						
16:0	g	1.149		0	1.574	9.445	
17:0	g						
18:0	g	0.499		0	0.684	4.102	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.175	0	1.610	9.659
14:1	g				
16:1	g	0.107	0	0.147	0.880
18:1	g	1.006	0	1.378	8.269
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.134	0	0.184	1.101
18:2	g	0.083	0	0.114	0.682
18:3	g	0.053	0	0.073	0.436
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	15	0	21	123
Phytosterols	mg				
Amino acids:					
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: Yield, 1/6 of 5.5 oz package
Measure 2: Yield, 5.5 oz package

NDB No. 11386 Potatoes, scalloped, dry mix, unprepared

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 156g	Measure 2* 26g	Measure 3*
Proximates:							
Water	g	6.22	0.311	3	9.70	1.62	
Energy	kcal	358		0	558	93	
Energy	kj	1498		0	2337	389	
Protein (N x 5.95)	g	7.77	0.126	3	12.12	2.02	
Total lipid (fat)	g	4.59	0.303	3	7.16	1.19	
Carbohydrate, by difference	g	73.93		0	115.33	19.22	
Fiber, total dietary	g	8.6		0	13.4	2.2	
Ash	g	7.49	0.087	3	11.68	1.95	
Sugars, total	g						
Minerals:							
Calcium	mg	62	6.344	3	97	16	
Iron	mg	2.01	0.206	3	3.14	0.52	
Magnesium	mg	59		1	92	15	
Phosphorus	mg	197	5.088	3	307	51	
Potassium	mg	905	45.849	3	1412	235	
Sodium	mg	1578	303.678	3	2462	410	
Zinc	mg	0.92		1	1.44	0.24	
Copper	mg	0.260		1	0.406	0.068	
Manganese	mg	0.622		0	0.970	0.162	
Selenium	µg	7.9		0	12.3	2.1	
Vitamins:							
Ascorbic acid	mg	16.5	1.298	3	25.7	4.3	
Thiamin	mg	0.060		1	0.094	0.016	
Riboflavin	mg	0.123	0.003	3	0.192	0.032	
Niacin	mg	4.533	0.144	3	7.071	1.179	
Pantothenic acid	mg	1.400		1	2.184	0.364	
Vitamin B-6	mg	0.180		0	0.281	0.047	
Folate	µg	32		0	49	8	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	0.270		0	0.421	0.070	
Lipids:							
Saturated, total	g	1.200		0	1.872	0.312	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.033		0	0.051	0.009	
12:0	g	0.155		0	0.242	0.040	
14:0	g	0.033		0	0.051	0.009	
15.0	g						
16:0	g	0.745		0	1.162	0.194	
17:0	g						
18:0	g	0.160		0	0.250	0.042	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.100	0	0.156	0.026
14:1	g				
16:1	g	0.039	0	0.061	0.010
18:1	g	0.050	0	0.078	0.013
20:1	g				
22.1	g				
Polyunsaturated, total	g	1.985	0	3.097	0.516
18:2	g	1.482	0	2.312	0.385
18:3	g	0.470	0	0.733	0.122
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	5	0	8	1
Phytosterols	mg				
Amino acids:					
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 package (5.5 oz)
Measure 2: 1/6 of 5.5 oz package

NDB No. 11387 Potatoes, scalloped, dry mix, prepared with water, whole milk and 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	Samples	Measure 1* 245g	Measure 2* 137g	Measure 3* 822g
Proximates:							
Water	g	79.17		0	193.97	108.46	650.78
Energy	kcal	93		0	228	127	764
Energy	kj	389		0	953	533	3198
Protein (N x 5.95)	g	2.12		0	5.19	2.90	17.43
Total lipid (fat)	g	4.30		0	10.54	5.89	35.35
Carbohydrate, by difference	g	12.77		0	31.29	17.49	104.97
Fiber, total dietary	g	1.1		0	2.7	1.5	9.0
Ash	g	1.64		0	4.02	2.25	13.48
Sugars, total	g						
Minerals:							
Calcium	mg	36		0	88	49	296
Iron	mg	0.38		0	0.93	0.52	3.12
Magnesium	mg	14		0	34	19	115
Phosphorus	mg	56		0	137	77	460
Potassium	mg	203		0	497	278	1669
Sodium	mg	341		0	835	467	2803
Zinc	mg	0.25		0	0.61	0.34	2.06
Copper	mg	0.049		0	0.120	0.067	0.403
Manganese	mg	0.181		0	0.443	0.248	1.488
Selenium	µg	1.6		0	3.9	2.2	13.2
Vitamins:							
Ascorbic acid	mg	3.3		0	8.1	4.5	27.1
Thiamin	mg	0.019		0	0.047	0.026	0.156
Riboflavin	mg	0.056		0	0.137	0.077	0.460
Niacin	mg	1.029		0	2.521	1.410	8.458
Pantothenic acid	mg	0.327		0	0.801	0.448	2.688
Vitamin B-6	mg	0.042		0	0.103	0.058	0.345
Folate	µg	10		0	23	13	78
Vitamin B-12	µg	0.00		0	0.00	0.00	0.00
Vitamin A	IU	148		0	363	203	1217
Vitamin A, RE	µg	21		0	51	29	173
Vitamin E, α-TE	mg	0.150		0	0.368	0.206	1.233
Lipids:							
Saturated, total	g	2.633		0	6.451	3.607	21.643
4:0	g	0.135		0	0.331	0.185	1.110
6.0	g	0.080		0	0.196	0.110	0.658
8:0	g	0.046		0	0.113	0.063	0.378
10:0	g	0.106		0	0.260	0.145	0.871
12:0	g	0.121		0	0.296	0.166	0.995
14:0	g	0.423		0	1.036	0.580	3.477
15.0	g						
16:0	g	1.119		0	2.742	1.533	9.198
17:0	g						
18:0	g	0.514		0	1.259	0.704	4.225
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.213	0	2.972	1.662	9.971
14:1	g					
16:1	g	0.094	0	0.230	0.129	0.773
18:1	g	1.056	0	2.587	1.447	8.680
20:1	g	0.000	0	0.000	0.000	0.000
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.194	0	0.475	0.266	1.595
18:2	g	0.122	0	0.299	0.167	1.003
18:3	g	0.071	0	0.174	0.097	0.584
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	11	0	27	15	90
Phytosterols	mg					
Amino acids:						
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					
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup (unprepared)
Measure 2: Yield, 1/6 of 5.5 oz package
Measure 3: Yield, 5.5 oz package

NDB No. 11390 Potatoes, hashed brown, frozen, plain, unprepared

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 105g	Measure 2* 340g	Measure 3*
Proximates:							
Water	g	78.85	0.139	123	82.79	268.09	
Energy	kcal	82		0	86	279	
Energy	kj	343		0	360	1166	
Protein (N x 5.95)	g	2.06	0.068	37	2.16	7.00	
Total lipid (fat)	g	0.62	0.056	183	0.65	2.11	
Carbohydrate, by difference	g	17.72		0	18.61	60.25	
Fiber, total dietary	g	1.4		0	1.5	4.8	
Ash	g	0.75	0.034	97	0.79	2.55	
Sugars, total	g						
Minerals:							
Calcium	mg	10		0	11	34	
Iron	mg	0.98	0.048	109	1.03	3.33	
Magnesium	mg	11	0.342	4	12	37	
Phosphorus	mg	47	7.070	4	49	160	
Potassium	mg	285	17.129	20	299	969	
Sodium	mg	22	1.398	117	23	75	
Zinc	mg	0.21	0.011	4	0.22	0.71	
Copper	mg	0.099	0.006	4	0.104	0.337	
Manganese	mg	0.146	0.008	4	0.153	0.496	
Selenium	µg	0.3		0	0.3	1.0	
Vitamins:							
Ascorbic acid	mg	8.2	0.366	115	8.6	27.9	
Thiamin	mg	0.097	0.009	60	0.102	0.330	
Riboflavin	mg	0.014	0.001	4	0.015	0.048	
Niacin	mg	1.664	0.090	119	1.747	5.658	
Pantothenic acid	mg	0.323		0	0.339	1.098	
Vitamin B-6	mg	0.087		0	0.091	0.296	
Folate	µg	4		0	4	14	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.163		0	0.171	0.554	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.004		0	0.004	0.014	
12:0	g	0.021		0	0.022	0.071	
14:0	g	0.004		0	0.004	0.014	
15.0	g						
16:0	g	0.102		0	0.107	0.347	
17:0	g						
18:0	g	0.022		0	0.023	0.075	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.014	0	0.015	0.048
14:1	g				
16:1	g	0.005	0	0.005	0.017
18:1	g	0.007	0	0.007	0.024
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.269	0	0.282	0.915
18:2	g	0.201	0	0.211	0.683
18:3	g	0.064	0	0.067	0.218
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg				
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.028	0	0.029	0.095
Threonine	g	0.094	0	0.099	0.320
Isoleucine	g	0.089	0	0.093	0.303
Leucine	g	0.124	0	0.130	0.422
Lysine	g	0.110	0	0.116	0.374
Methionine	g	0.023	0	0.024	0.078
Cystine	g	0.013	0	0.014	0.044
Phenylalanine	g	0.088	0	0.092	0.299
Tyrosine	g	0.052	0	0.055	0.177
Valine	g	0.105	0	0.110	0.357
Arginine	g	0.098	0	0.103	0.333
Histidine	g	0.035	0	0.037	0.119
Alanine	g	0.071	0	0.075	0.241
Aspartic acid	g	0.478	0	0.502	1.625
Glutamic acid	g	0.322	0	0.338	1.095
Glycine	g	0.075	0	0.079	0.255
Proline	g	0.066	0	0.069	0.224
Serine	g	0.074	0	0.078	0.252
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1/2 cup
Measure 2: 1 package (12 oz)

NDB No. 11391 Potatoes, hashed brown, frozen, plain, prepared

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 29g	Measure 2* 78g	Measure 3* 205g
Proximates:							
Water	g	56.10		0	16.27	43.76	115.00
Energy	kcal	218		0	63	170	447
Energy	kj	912		0	264	711	1870
Protein (N x 5.95)	g	3.16		0	0.92	2.46	6.48
Total lipid (fat)	g	11.50		0	3.33	8.97	23.57
Carbohydrate, by difference	g	28.10		0	8.15	21.92	57.60
Fiber, total dietary	g	2.0		0	0.6	1.6	4.1
Ash	g	1.14		0	0.33	0.89	2.34
Sugars, total	g						
Minerals:							
Calcium	mg	15		0	4	12	31
Iron	mg	1.51		0	0.44	1.18	3.10
Magnesium	mg	17		0	5	13	35
Phosphorus	mg	72		0	21	56	148
Potassium	mg	436		0	126	340	894
Sodium	mg	34		0	10	27	70
Zinc	mg	0.32		0	0.09	0.25	0.66
Copper	mg	0.152		0	0.044	0.119	0.312
Manganese	mg	0.223		0	0.065	0.174	0.457
Selenium	µg	0.3		0	0.1	0.2	0.6
Vitamins:							
Ascorbic acid	mg	6.3		0	1.8	4.9	12.9
Thiamin	mg	0.111		0	0.032	0.087	0.228
Riboflavin	mg	0.020		0	0.006	0.016	0.041
Niacin	mg	2.421		0	0.702	1.888	4.963
Pantothenic acid	mg	0.446		0	0.129	0.348	0.914
Vitamin B-6	mg	0.126		0	0.037	0.098	0.258
Folate	µg	7		0	2	5	13
Vitamin B-12	µg	0.00		0	0.00	0.00	0.00
Vitamin A	IU	0		0	0	0	0
Vitamin A, RE	µg	0		0	0	0	0
Vitamin E, α-TE	mg	0.190		0	0.055	0.148	0.390
Lipids:							
Saturated, total	g	4.493		0	1.303	3.505	9.211
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.012		0	0.003	0.009	0.025
12:0	g	0.027		0	0.008	0.021	0.055
14:0	g	0.149		0	0.043	0.116	0.305
15.0	g						
16:0	g	2.728		0	0.791	2.128	5.592
17:0	g						
18:0	g	1.541		0	0.447	1.202	3.159
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	5.137	0	1.490	4.007	10.531
14:1	g					
16:1	g	0.308	0	0.089	0.240	0.631
18:1	g	4.692	0	1.361	3.660	9.619
20:1	g	0.000	0	0.000	0.000	0.000
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	1.325	0	0.384	1.033	2.716
18:2	g	1.198	0	0.347	0.934	2.456
18:3	g	0.126	0	0.037	0.098	0.258
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.042	0	0.012	0.033	0.086
Threonine	g	0.143	0	0.041	0.112	0.293
Isoleucine	g	0.136	0	0.039	0.106	0.279
Leucine	g	0.190	0	0.055	0.148	0.390
Lysine	g	0.168	0	0.049	0.131	0.344
Methionine	g	0.035	0	0.010	0.027	0.072
Cystine	g	0.020	0	0.006	0.016	0.041
Phenylalanine	g	0.135	0	0.039	0.105	0.277
Tyrosine	g	0.079	0	0.023	0.062	0.162
Valine	g	0.161	0	0.047	0.126	0.330
Arginine	g	0.149	0	0.043	0.116	0.305
Histidine	g	0.053	0	0.015	0.041	0.109
Alanine	g	0.109	0	0.032	0.085	0.223
Aspartic acid	g	0.731	0	0.212	0.570	1.499
Glutamic acid	g	0.493	0	0.143	0.385	1.011
Glycine	g	0.114	0	0.033	0.089	0.234
Proline	g	0.102	0	0.030	0.080	0.209
Serine	g	0.114	0	0.033	0.089	0.234
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oval patty (approx 3" x 1-1/2" x 1/2")
Measure 2: 1/2 cup
Measure 3: Yield, 12 oz package

NDB No. 11392 Potatoes, hashed brown, frozen, with butter sauce, unprepared

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 170g	Measure 2*	Measure 3*
Proximates:							
Water	g	72.51	0.576	11	123.27		
Energy	kcal	135		0	230		
Energy	kj	565		0	961		
Protein (N x 5.95)	g	1.87	0.033	11	3.18		
Total lipid (fat)	g	6.66	0.504	11	11.32		
Carbohydrate, by difference	g	18.28		0	31.08		
Fiber, total dietary	g	2.9		0	4.9		
Ash	g	0.69	0.032	11	1.17		
Sugars, total	g						
Minerals:							
Calcium	mg	25		1	43		
Iron	mg	0.75	0.079	11	1.27		
Magnesium	mg	11		0	19		
Phosphorus	mg	29		0	49		
Potassium	mg	248	9.000	2	422		
Sodium	mg	77	10.755	11	131		
Zinc	mg	0.25		0	0.43		
Copper	mg	0.077		0	0.131		
Manganese	mg	0.185		0	0.315		
Selenium	µg	0.3		0	0.5		
Vitamins:							
Ascorbic acid	mg	5.7	0.385	11	9.7		
Thiamin	mg	0.053	0.009	11	0.090		
Riboflavin	mg	0.025	0.005	2	0.043		
Niacin	mg	1.133	0.110	11	1.926		
Pantothenic acid	mg	0.309		0	0.525		
Vitamin B-6	mg	0.212		0	0.360		
Folate	µg	12		0	20		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	84	18.451	7	143		
Vitamin A, RE	µg	12	2.656	7	20		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	2.556		0	4.345		
4:0	g	0.106		0	0.180		
6.0	g	0.063		0	0.107		
8:0	g	0.037		0	0.063		
10:0	g	0.083		0	0.141		
12:0	g	0.093		0	0.158		
14:0	g	0.336		0	0.571		
15.0	g						
16:0	g	1.198		0	2.037		
17:0	g						
18:0	g	0.569		0	0.967		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.386	0	4.056
14:1	g			
16:1	g	0.087	0	0.148
18:1	g	2.246	0	3.818
20:1	g			
22.1	g			
Polyunsaturated, total	g	1.374	0	2.336
18:2	g	1.238	0	2.105
18:3	g	0.136	0	0.231
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg			
Phytosterols	mg			
Amino acids:				
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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 package (6 oz)

NDB No. 11393 Potatoes, hashed brown, frozen, with butter sauce, prepared

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1*	Measure 2*	Measure 3*
Proximates:							
Water	g	63.71		0			
Energy	kcal	178		0			
Energy	kj	745		0			
Protein (N x 5.95)	g	2.46		0			
Total lipid (fat)	g	8.79		0			
Carbohydrate, by difference	g	24.13		0			
Fiber, total dietary	g	3.8		0			
Ash	g	0.92		0			
Sugars, total	g						
Minerals:							
Calcium	mg	33		0			
Iron	mg	0.99		0			
Magnesium	mg	15		0			
Phosphorus	mg	38		0			
Potassium	mg	327		0			
Sodium	mg	101		0			
Zinc	mg	0.33		0			
Copper	mg	0.102		0			
Manganese	mg	0.244		0			
Selenium	µg	0.3		0			
Vitamins:							
Ascorbic acid	mg	3.8		0			
Thiamin	mg	0.052		0			
Riboflavin	mg	0.031		0			
Niacin	mg	1.421		0			
Pantothenic acid	mg	0.367		0			
Vitamin B-6	mg	0.266		0			
Folate	µg	13		0			
Vitamin B-12	µg	0.00		0			
Vitamin A	IU	111		0			
Vitamin A, RE	µg	16		0			
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	3.373		0			
4:0	g	0.141		0			
6.0	g	0.083		0			
8:0	g	0.048		0			
10:0	g	0.110		0			
12:0	g	0.123		0			
14:0	g	0.444		0			
15.0	g						
16:0	g	1.581		0			
17:0	g						
18:0	g	0.751		0			
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.149	0
14:1	g		
16:1	g	0.114	0
18:1	g	2.965	0
20:1	g		
22.1	g		
Polyunsaturated, total	g	1.814	0
18:2	g	1.634	0
18:3	g	0.180	0
18:4	g		
20:4	g		
20:5	g		
22:5	g		
22:6	g		
Cholesterol	mg	23	0
Phytosterols	mg		
Amino acids:			
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		
Other:			
Caffeine	mg		
Theobromine	mg		
Alcohol	g		

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

NDB No. 11396 Potatoes, o'brien, frozen, unprepared

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1*	Measure 2*	Measure 3*
Proximates:							
Water	g	79.97	0.586	15			
Energy	kcal	76		0			
Energy	kj	318		0			
Protein (N x 5.95)	g	1.83	0.042	16			
Total lipid (fat)	g	0.14	0.018	16			
Carbohydrate, by difference	g	17.47		0			
Fiber, total dietary	g	1.9		0			
Ash	g	0.60	0.016	16			
Sugars, total	g						
Minerals:							
Calcium	mg	13	0.749	6			
Iron	mg	1.03	0.143	16			
Magnesium	mg	18		0			
Phosphorus	mg	49		0			
Potassium	mg	249	12.500	2			
Sodium	mg	33	1.548	15			
Zinc	mg	0.29		0			
Copper	mg	0.127		0			
Manganese	mg	0.119		0			
Selenium	µg	1.2		0			
Vitamins:							
Ascorbic acid	mg	11.3	0.843	16			
Thiamin	mg	0.054	0.004	16			
Riboflavin	mg	0.045	0.006	6			
Niacin	mg	1.129	0.072	15			
Pantothenic acid	mg	0.428		0			
Vitamin B-6	mg	0.209		0			
Folate	µg	8		0			
Vitamin B-12	µg	0.00		0			
Vitamin A	IU	148	35.515	12			
Vitamin A, RE	µg	15		0			
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.032		0			
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.001		0			
12:0	g	0.003		0			
14:0	g	0.001		0			
15.0	g						
16:0	g	0.021		0			
17:0	g						
18:0	g	0.005		0			
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.006	0
14:1	g		
16:1	g	0.001	0
18:1	g	0.004	0
20:1	g		
22.1	g		
Polyunsaturated, total	g	0.061	0
18:2	g	0.049	0
18:3	g	0.012	0
18:4	g		
20:4	g		
20:5	g		
22:5	g		
22:6	g		
Cholesterol	mg		
Phytosterols	mg		
Amino acids:			
Tryptophan	g	0.028	0
Threonine	g	0.065	0
Isoleucine	g	0.073	0
Leucine	g	0.107	0
Lysine	g	0.108	0
Methionine	g	0.028	0
Cystine	g	0.025	0
Phenylalanine	g	0.078	0
Tyrosine	g	0.065	0
Valine	g	0.098	0
Arginine	g	0.091	0
Histidine	g	0.039	0
Alanine	g	0.057	0
Aspartic acid	g	0.421	0
Glutamic acid	g	0.302	0
Glycine	g	0.056	0
Proline	g	0.066	0
Serine	g	0.078	0
Other:			
Caffeine	mg		
Theobromine	mg		
Alcohol	g		

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

NDB No. 11397 Potatoes, o'brien, frozen, prepared

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1*	Measure 2*	Measure 3*
Proximates:							
Water	g	61.96	0.480	9			
Energy	kcal	204		0			
Energy	kj	854		0			
Protein (N x 5.95)	g	2.22	0.069	9			
Total lipid (fat)	g	13.21	0.487	9			
Carbohydrate, by difference	g	21.86		0			
Fiber, total dietary	g	1.7		0			
Ash	g	0.75	0.021	9			
Sugars, total	g						
Minerals:							
Calcium	mg	20	5.204	4			
Iron	mg	0.96	0.230	9			
Magnesium	mg	34		0			
Phosphorus	mg	93		0			
Potassium	mg	473		0			
Sodium	mg	43	3.770	9			
Zinc	mg	0.55		0			
Copper	mg	0.241		0			
Manganese	mg	0.226		0			
Selenium	µg	1.2		0			
Vitamins:							
Ascorbic acid	mg	10.4	0.632	9			
Thiamin	mg	0.052	0.006	9			
Riboflavin	mg	0.135	0.017	4			
Niacin	mg	1.448	0.066	9			
Pantothenic acid	mg	0.732		0			
Vitamin B-6	mg	0.377		0			
Folate	µg	12		0			
Vitamin B-12	µg	0.00		0			
Vitamin A	IU	188	29.308	9			
Vitamin A, RE	µg	19		0			
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	3.313		0			
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.001		0			
12:0	g	0.003		0			
14:0	g	0.053		0			
15.0	g						
16:0	g	1.864		0			
17:0	g						
18:0	g	1.390		0			
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	5.824	0
14:1	g		
16:1	g	0.001	0
18:1	g	5.822	0
20:1	g		
22.1	g		
Polyunsaturated, total	g	3.474	0
18:2	g	3.252	0
18:3	g	0.221	0
18:4	g		
20:4	g		
20:5	g		
22:5	g		
22:6	g		
Cholesterol	mg	0	0
Phytosterols	mg		
Amino acids:			
Tryptophan	g	0.034	0
Threonine	g	0.080	0
Isoleucine	g	0.089	0
Leucine	g	0.131	0
Lysine	g	0.132	0
Methionine	g	0.034	0
Cystine	g	0.030	0
Phenylalanine	g	0.095	0
Tyrosine	g	0.079	0
Valine	g	0.120	0
Arginine	g	0.111	0
Histidine	g	0.048	0
Alanine	g	0.069	0
Aspartic acid	g	0.513	0
Glutamic acid	g	0.368	0
Glycine	g	0.068	0
Proline	g	0.080	0
Serine	g	0.095	0
Other:			
Caffeine	mg		
Theobromine	mg		
Alcohol	g		

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

NDB No. 11398 Potato puffs, frozen, unprepared

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 128g	Measure 2*	Measure 3*
Proximates:							
Water	g	62.44	0.298	87	79.92		
Energy	kcal	177		0	227		
Energy	kj	741		0	948		
Protein (N x 5.95)	g	2.67	0.061	87	3.42		
Total lipid (fat)	g	8.55	0.163	87	10.94		
Carbohydrate, by difference	g	24.31		0	31.12		
Fiber, total dietary	g	2.3		0	2.9		
Ash	g	2.03	0.050	86	2.60		
Sugars, total	g						
Minerals:							
Calcium	mg	24	3.598	13	31		
Iron	mg	1.24	0.083	79	1.59		
Magnesium	mg	15	0.100	2	19		
Phosphorus	mg	38	4.450	2	49		
Potassium	mg	303	31.665	13	388		
Sodium	mg	595	15.058	76	762		
Zinc	mg	0.24	0.030	2	0.31		
Copper	mg	0.048	0.032	2	0.061		
Manganese	mg	0.216	0.002	2	0.276		
Selenium	µg	0.3		0	0.4		
Vitamins:							
Ascorbic acid	mg	6.9	0.504	83	8.8		
Thiamin	mg	0.184	0.027	79	0.236		
Riboflavin	mg	0.061	0.010	12	0.078		
Niacin	mg	1.815	0.050	78	2.323		
Pantothenic acid	mg	0.583		0	0.746		
Vitamin B-6	mg	0.194		0	0.248		
Folate	µg	17		0	21		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	13		1	17		
Vitamin A, RE	µg	1		1	1		
Vitamin E, α-TE	mg	0.190		0	0.243		
Lipids:							
Saturated, total	g	4.063		0	5.201		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g	3.473		0	4.445		
17:0	g						
18:0	g	0.590		0	0.755		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.473	0	4.445
14:1	g			
16:1	g			
18:1	g	3.473	0	4.445
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.642	0	0.822
18:2	g	0.642	0	0.822
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 1 cup

NDB No. 11399 Potato puffs, frozen, prepared

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 128g	Measure 2* 7g	Measure 3* 60g
Proximates:							
Water	g	52.90		0	67.71	3.70	31.74
Energy	kcal	222		0	284	16	133
Energy	kj	929		0	1189	65	557
Protein (N x 5.95)	g	3.35		0	4.29	0.23	2.01
Total lipid (fat)	g	10.73		0	13.73	0.75	6.44
Carbohydrate, by difference	g	30.48		0	39.01	2.13	18.29
Fiber, total dietary	g	3.2		0	4.1	0.2	1.9
Ash	g	2.55		0	3.26	0.18	1.53
Sugars, total	g						
Minerals:							
Calcium	mg	30		0	38	2	18
Iron	mg	1.56		0	2.00	0.11	0.94
Magnesium	mg	19		0	24	1	11
Phosphorus	mg	48		0	61	3	29
Potassium	mg	380		0	486	27	228
Sodium	mg	746		0	955	52	448
Zinc	mg	0.30		0	0.38	0.02	0.18
Copper	mg	0.060		0	0.077	0.004	0.036
Manganese	mg	0.271		0	0.347	0.019	0.163
Selenium	µg	0.4		0	0.5	0.0	0.2
Vitamins:							
Ascorbic acid	mg	6.9		0	8.8	0.5	4.1
Thiamin	mg	0.196		0	0.251	0.014	0.118
Riboflavin	mg	0.072		0	0.092	0.005	0.043
Niacin	mg	2.162		0	2.767	0.151	1.297
Pantothenic acid	mg	0.658		0	0.842	0.046	0.395
Vitamin B-6	mg	0.231		0	0.296	0.016	0.139
Folate	µg	17		0	21	1	10
Vitamin B-12	µg	0.00		0	0.00	0.00	0.00
Vitamin A	IU	16		0	20	1	10
Vitamin A, RE	µg	2		0	3	0	1
Vitamin E, α-TE	mg	0.050		0	0.064	0.004	0.030
Lipids:							
Saturated, total	g	5.095		0	6.522	0.357	3.057
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.000		0	0.000	0.000	0.000
14:0	g	0.000		0	0.000	0.000	0.000
15.0	g						
16:0	g	4.355		0	5.574	0.305	2.613
17:0	g						
18:0	g	0.740		0	0.947	0.052	0.444
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	4.355	0	5.574	0.305	2.613
14:1	g					
16:1	g	0.000	0	0.000	0.000	0.000
18:1	g	4.355	0	5.574	0.305	2.613
20:1	g	0.000	0	0.000	0.000	0.000
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.804	0	1.029	0.056	0.482
18:2	g	0.804	0	1.029	0.056	0.482
18:3	g	0.000	0	0.000	0.000	0.000
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
Phytosterols	mg					
Amino acids:						
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					
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 puff
Measure 3: 10 Crispy Crowns

NDB No. 11400 Potatoes, frozen, whole, unprepared

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 182g	Measure 2*	Measure 3*
Proximates:							
Water	g	79.30	0.556	23	144.33		
Energy	kcal	78		0	142		
Energy	kj	326		0	593		
Protein (N x 5.95)	g	2.38	0.081	23	4.33		
Total lipid (fat)	g	0.16	0.028	21	0.29		
Carbohydrate, by difference	g	17.48		0	31.81		
Fiber, total dietary	g	1.2		0	2.2		
Ash	g	0.69	0.035	23	1.26		
Sugars, total	g						
Minerals:							
Calcium	mg	8	2.640	8	15		
Iron	mg	1.01	0.101	23	1.84		
Magnesium	mg	13	0.150	2	24		
Phosphorus	mg	32	0.200	2	58		
Potassium	mg	346	37.695	4	630		
Sodium	mg	25	2.666	17	46		
Zinc	mg	0.30	0.020	2	0.55		
Copper	mg	0.094	0.008	2	0.171		
Manganese	mg	0.223	0.009	2	0.406		
Selenium	µg	0.3		0	0.5		
Vitamins:							
Ascorbic acid	mg	14.2	1.705	22	25.8		
Thiamin	mg	0.154	0.040	23	0.280		
Riboflavin	mg	0.031	0.003	8	0.056		
Niacin	mg	1.680	0.107	23	3.058		
Pantothenic acid	mg	0.374		0	0.681		
Vitamin B-6	mg	0.256		0	0.466		
Folate	µg	13		0	23		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	0		0	0		
Vitamin A, RE	µg	0		0	0		
Vitamin E, α-TE	mg	0.060		0	0.109		
Lipids:							
Saturated, total	g	0.041		0	0.075		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.000		0	0.000		
10:0	g	0.001		0	0.002		
12:0	g	0.005		0	0.009		
14:0	g	0.001		0	0.002		
15.0	g						
16:0	g	0.025		0	0.046		
17:0	g						
18:0	g	0.006		0	0.011		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.003	0	0.005
14:1	g			
16:1	g	0.001	0	0.002
18:1	g	0.002	0	0.004
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.067	0	0.122
18:2	g	0.050	0	0.091
18:3	g	0.016	0	0.029
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.037	0	0.067
Threonine	g	0.086	0	0.157
Isoleucine	g	0.097	0	0.177
Leucine	g	0.143	0	0.260
Lysine	g	0.144	0	0.262
Methionine	g	0.038	0	0.069
Cystine	g	0.030	0	0.055
Phenylalanine	g	0.106	0	0.193
Tyrosine	g	0.088	0	0.160
Valine	g	0.134	0	0.244
Arginine	g	0.109	0	0.198
Histidine	g	0.052	0	0.095
Alanine	g	0.073	0	0.133
Aspartic acid	g	0.581	0	1.057
Glutamic acid	g	0.399	0	0.726
Glycine	g	0.071	0	0.129
Proline	g	0.086	0	0.157
Serine	g	0.103	0	0.187
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 1 cup

NDB No. 11401 Potatoes, frozen, whole, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1*	Measure 2*	Measure 3*
Proximates:							
Water	g	82.80		0			
Energy	kcal	65		0			
Energy	kj	272		0			
Protein (N x 5.95)	g	1.98		0			
Total lipid (fat)	g	0.13		0			
Carbohydrate, by difference	g	14.52		0			
Fiber, total dietary	g	1.4		0			
Ash	g	0.57		0			
Sugars, total	g						
Minerals:							
Calcium	mg	7		0			
Iron	mg	0.84		0			
Magnesium	mg	11		0			
Phosphorus	mg	26		0			
Potassium	mg	287		0			
Sodium	mg	20		0			
Zinc	mg	0.25		0			
Copper	mg	0.078		0			
Manganese	mg	0.185		0			
Selenium	µg	0.2		0			
Vitamins:							
Ascorbic acid	mg	9.4		0			
Thiamin	mg	0.102		0			
Riboflavin	mg	0.025		0			
Niacin	mg	1.326		0			
Pantothenic acid	mg	0.280		0			
Vitamin B-6	mg	0.202		0			
Folate	µg	8		0			
Vitamin B-12	µg	0.00		0			
Vitamin A	IU	0		0			
Vitamin A, RE	µg	0		0			
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.034		0			
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.001		0			
12:0	g	0.004		0			
14:0	g	0.001		0			
15.0	g						
16:0	g	0.021		0			
17:0	g						
18:0	g	0.005		0			
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.003	0
14:1	g		
16:1	g	0.001	0
18:1	g	0.001	0
20:1	g		
22.1	g		
Polyunsaturated, total	g	0.056	0
18:2	g	0.042	0
18:3	g	0.013	0
18:4	g		
20:4	g		
20:5	g		
22:5	g		
22:6	g		
Cholesterol	mg	0	0
Phytosterols	mg		
Amino acids:			
Tryptophan	g	0.031	0
Threonine	g	0.072	0
Isoleucine	g	0.080	0
Leucine	g	0.119	0
Lysine	g	0.120	0
Methionine	g	0.031	0
Cystine	g	0.025	0
Phenylalanine	g	0.088	0
Tyrosine	g	0.073	0
Valine	g	0.111	0
Arginine	g	0.091	0
Histidine	g	0.043	0
Alanine	g	0.061	0
Aspartic acid	g	0.483	0
Glutamic acid	g	0.331	0
Glycine	g	0.059	0
Proline	g	0.071	0
Serine	g	0.086	0
Other:			
Caffeine	mg		
Theobromine	mg		
Alcohol	g		

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

NDB No. 11402 Potatoes, french fried, frozen, unprepared

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 65g	Measure 2* 255g	Measure 3*
Proximates:							
Water	g	66.58	0.223	247	43.28	169.78	
Energy	kcal	156		0	101	398	
Energy	kj	653		0	424	1665	
Protein (N x 5.95)	g	2.47	0.023	245	1.61	6.30	
Total lipid (fat)	g	5.90	0.115	244	3.84	15.04	
Carbohydrate, by difference	g	24.33		0	15.81	62.04	
Fiber, total dietary	g	3.0	0.545	4	2.0	7.7	
Ash	g	0.72	0.013	242	0.47	1.84	
Sugars, total	g						
Minerals:							
Calcium	mg	6	0.259	13	4	15	
Iron	mg	0.97	0.030	215	0.63	2.47	
Magnesium	mg	17	1.032	17	11	43	
Phosphorus	mg	64	4.030	17	42	163	
Potassium	mg	326	10.781	46	212	831	
Sodium	mg	23	0.896	211	15	59	
Zinc	mg	0.32	0.019	17	0.21	0.82	
Copper	mg	0.092	0.013	20	0.060	0.235	
Manganese	mg	0.204	0.013	17	0.133	0.520	
Selenium	µg	0.3		0	0.2	0.8	
Vitamins:							
Ascorbic acid	mg	9.8	0.366	235	6.4	25.0	
Thiamin	mg	0.104	0.002	216	0.068	0.265	
Riboflavin	mg	0.023	0.001	20	0.015	0.059	
Niacin	mg	1.714	0.022	215	1.114	4.371	
Pantothenic acid	mg	0.292	0.015	4	0.190	0.745	
Vitamin B-6	mg	0.252	0.013	4	0.164	0.643	
Folate	µg	12	1.468	7	8	31	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	0		1	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	0.190		0	0.124	0.485	
Lipids:							
Saturated, total	g	0.985		0	0.640	2.512	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g	0.600		2	0.390	1.530	
17:0	g						
18:0	g	0.385		2	0.250	0.982	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.714	0	2.414	9.471
14:1	g				
16:1	g				
18:1	g	3.703	2	2.407	9.443
20:1	g	0.011	2	0.007	0.028
22.1	g				
Polyunsaturated, total	g	0.608	0	0.395	1.550
18:2	g	0.572	2	0.372	1.459
18:3	g	0.035	2	0.023	0.089
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.033	16	0.021	0.084
Threonine	g	0.101	16	0.066	0.258
Isoleucine	g	0.103	16	0.067	0.263
Leucine	g	0.145	16	0.094	0.370
Lysine	g	0.128	16	0.083	0.326
Methionine	g	0.030	16	0.020	0.077
Cystine	g	0.018	10	0.012	0.046
Phenylalanine	g	0.105	16	0.068	0.268
Tyrosine	g	0.065	10	0.042	0.166
Valine	g	0.127	16	0.083	0.324
Arginine	g	0.112	16	0.073	0.286
Histidine	g	0.043	16	0.028	0.110
Alanine	g	0.077	10	0.050	0.196
Aspartic acid	g	0.534	5	0.347	1.362
Glutamic acid	g	0.393	10	0.255	1.002
Glycine	g	0.079	10	0.051	0.201
Proline	g	0.073	10	0.047	0.186
Serine	g	0.079	10	0.051	0.201
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 10 strips
Measure 2: 1 package (9 oz)

NDB No. 11403 Potatoes, french fried, frozen, home-prepared, heated in oven, without salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 50g	Measure 2* 198g	Measure 3*
Proximates:							
Water	g	57.15		0	28.57	113.16	
Energy	kcal	200		0	100	396	
Energy	kj	837		0	419	1657	
Protein (N x 5.95)	g	3.17		0	1.59	6.28	
Total lipid (fat)	g	7.56		0	3.78	14.97	
Carbohydrate, by difference	g	31.19		0	15.60	61.76	
Fiber, total dietary	g	3.2		0	1.6	6.3	
Ash	g	0.93		0	0.47	1.84	
Sugars, total	g						
Minerals:							
Calcium	mg	8		0	4	16	
Iron	mg	1.24		0	0.62	2.46	
Magnesium	mg	22		0	11	44	
Phosphorus	mg	82		0	41	162	
Potassium	mg	418		0	209	828	
Sodium	mg	30		0	15	59	
Zinc	mg	0.40		0	0.20	0.79	
Copper	mg	0.118		0	0.059	0.234	
Manganese	mg	0.261		0	0.131	0.517	
Selenium	µg	0.4	0.040	5	0.2	0.8	
Vitamins:							
Ascorbic acid	mg	10.1		0	5.0	20.0	
Thiamin	mg	0.113		0	0.057	0.224	
Riboflavin	mg	0.028		0	0.014	0.055	
Niacin	mg	2.088		0	1.044	4.134	
Pantothenic acid	mg	0.337		0	0.169	0.667	
Vitamin B-6	mg	0.308		0	0.154	0.610	
Folate	µg	12		0	6	24	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	0.190		0	0.095	0.376	
Lipids:							
Saturated, total	g	1.262		0	0.631	2.499	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.000		0	0.000	0.000	
15.0	g						
16:0	g	0.769		0	0.385	1.523	
17:0	g						
18:0	g	0.494		0	0.247	0.978	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	4.761	0	2.381	9.427
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	4.747	0	2.373	9.399
20:1	g	0.014	0	0.007	0.028
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.779	0	0.390	1.542
18:2	g	0.734	0	0.367	1.453
18:3	g	0.045	0	0.023	0.089
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.043	0	0.022	0.085
Threonine	g	0.129	0	0.065	0.255
Isoleucine	g	0.132	0	0.066	0.261
Leucine	g	0.186	0	0.093	0.368
Lysine	g	0.164	0	0.082	0.325
Methionine	g	0.039	0	0.020	0.077
Cystine	g	0.023	0	0.012	0.046
Phenylalanine	g	0.135	0	0.068	0.267
Tyrosine	g	0.083	0	0.042	0.164
Valine	g	0.163	0	0.082	0.323
Arginine	g	0.143	0	0.071	0.283
Histidine	g	0.055	0	0.028	0.109
Alanine	g	0.099	0	0.050	0.196
Aspartic acid	g	0.684	0	0.342	1.354
Glutamic acid	g	0.504	0	0.252	0.998
Glycine	g	0.101	0	0.051	0.200
Proline	g	0.093	0	0.047	0.184
Serine	g	0.101	0	0.051	0.200
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 10 strips

Measure 2: 1 package (9 oz), yields

NDB No. 11406 Potatoes, frozen, french fried, par fried, cottage-cut, unprepared

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 65g	Measure 2* 255g	Measure 3*
Proximates:							
Water	g	66.82	0.844	13	43.43	170.39	
Energy	kcal	153		0	99	390	
Energy	kj	640		0	416	1632	
Protein (N x 5.95)	g	2.42	0.127	13	1.57	6.17	
Total lipid (fat)	g	5.78	0.214	13	3.76	14.74	
Carbohydrate, by difference	g	23.98		0	15.59	61.15	
Fiber, total dietary	g	3.0		0	2.0	7.7	
Ash	g	1.01	0.111	13	0.66	2.58	
Sugars, total	g						
Minerals:							
Calcium	mg	7		1	5	18	
Iron	mg	1.05	0.163	13	0.68	2.68	
Magnesium	mg	16		1	10	41	
Phosphorus	mg	46		1	30	117	
Potassium	mg	338	35.049	3	220	862	
Sodium	mg	32	6.636	12	21	82	
Zinc	mg	0.29		1	0.19	0.74	
Copper	mg	0.141		1	0.092	0.360	
Manganese	mg	0.214		1	0.139	0.546	
Selenium	µg	0.3		0	0.2	0.8	
Vitamins:							
Ascorbic acid	mg	8.4	1.490	13	5.5	21.4	
Thiamin	mg	0.099	0.009	13	0.064	0.252	
Riboflavin	mg	0.023	0.003	2	0.015	0.059	
Niacin	mg	1.789	0.095	13	1.163	4.562	
Pantothenic acid	mg	0.540		0	0.351	1.377	
Vitamin B-6	mg	0.180		0	0.117	0.459	
Folate	µg	15		0	9	37	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	2.743		0	1.783	6.995	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g	2.345		0	1.524	5.980	
17:0	g						
18:0	g	0.398		0	0.259	1.015	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.345	0	1.524	5.980
14:1	g				
16:1	g				
18:1	g	2.345	0	1.524	5.980
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.433	0	0.281	1.104
18:2	g	0.433	0	0.281	1.104
18:3	g				
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.033	0	0.021	0.084
Threonine	g	0.110	0	0.072	0.281
Isoleucine	g	0.104	0	0.068	0.265
Leucine	g	0.146	0	0.095	0.372
Lysine	g	0.128	0	0.083	0.326
Methionine	g	0.027	0	0.018	0.069
Cystine	g	0.015	0	0.010	0.038
Phenylalanine	g	0.103	0	0.067	0.263
Tyrosine	g	0.061	0	0.040	0.156
Valine	g	0.123	0	0.080	0.314
Arginine	g	0.115	0	0.075	0.293
Histidine	g	0.041	0	0.027	0.105
Alanine	g	0.084	0	0.055	0.214
Aspartic acid	g	0.560	0	0.364	1.428
Glutamic acid	g	0.378	0	0.246	0.964
Glycine	g	0.087	0	0.057	0.222
Proline	g	0.078	0	0.051	0.199
Serine	g	0.087	0	0.057	0.222
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 10 strips
Measure 2: 1 package (9 oz)

NDB No. 11407 Potatoes, frozen, french fried, par fried, cottage-cut, prepared, heated in oven, without salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 50g	Measure 2* 198g	Measure 3*
Proximates:							
Water	g	52.90		0	26.45	104.74	
Energy	kcal	218		0	109	432	
Energy	kj	912		0	456	1806	
Protein (N x 5.95)	g	3.44		0	1.72	6.81	
Total lipid (fat)	g	8.20		0	4.10	16.24	
Carbohydrate, by difference	g	34.04		0	17.02	67.40	
Fiber, total dietary	g	3.2		0	1.6	6.3	
Ash	g	1.43		0	0.72	2.83	
Sugars, total	g						
Minerals:							
Calcium	mg	10		0	5	20	
Iron	mg	1.49		0	0.75	2.95	
Magnesium	mg	22		0	11	44	
Phosphorus	mg	65		0	33	129	
Potassium	mg	480		0	240	950	
Sodium	mg	45		0	23	89	
Zinc	mg	0.41		0	0.21	0.81	
Copper	mg	0.200		0	0.100	0.396	
Manganese	mg	0.304		0	0.152	0.602	
Selenium	µg	0.4		0	0.2	0.8	
Vitamins:							
Ascorbic acid	mg	9.5		0	4.8	18.8	
Thiamin	mg	0.119		0	0.059	0.236	
Riboflavin	mg	0.031		0	0.016	0.061	
Niacin	mg	2.413		0	1.206	4.778	
Pantothenic acid	mg	0.690		0	0.345	1.366	
Vitamin B-6	mg	0.243		0	0.122	0.481	
Folate	µg	17		0	8	33	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	3.894		0	1.947	7.710	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g	3.328		0	1.664	6.589	
17:0	g						
18:0	g	0.566		0	0.283	1.121	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.328	0	1.664	6.589
14:1	g				
16:1	g				
18:1	g	3.328	0	1.664	6.589
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.615	0	0.308	1.218
18:2	g	0.615	0	0.308	1.218
18:3	g				
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.046	0	0.023	0.091
Threonine	g	0.156	0	0.078	0.309
Isoleucine	g	0.148	0	0.074	0.293
Leucine	g	0.207	0	0.104	0.410
Lysine	g	0.183	0	0.092	0.362
Methionine	g	0.039	0	0.020	0.077
Cystine	g	0.021	0	0.011	0.042
Phenylalanine	g	0.147	0	0.074	0.291
Tyrosine	g	0.086	0	0.043	0.170
Valine	g	0.175	0	0.088	0.347
Arginine	g	0.163	0	0.082	0.323
Histidine	g	0.058	0	0.029	0.115
Alanine	g	0.119	0	0.059	0.236
Aspartic acid	g	0.796	0	0.398	1.576
Glutamic acid	g	0.537	0	0.269	1.063
Glycine	g	0.124	0	0.062	0.246
Proline	g	0.111	0	0.056	0.220
Serine	g	0.124	0	0.062	0.246
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 10 strips

Measure 2: 1 package (9 oz), yields

NDB No. 11408 Potatoes, frozen, french fried, par fried, extruded, unprepared

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 65g	Measure 2* 255g	Measure 3*
Proximates:							
Water	g	49.94	1.465	17	32.46	127.35	
Energy	kcal	260		0	169	663	
Energy	kj	1088		0	707	2774	
Protein (N x 5.95)	g	2.83	0.053	17	1.84	7.22	
Total lipid (fat)	g	14.95	0.726	17	9.72	38.12	
Carbohydrate, by difference	g	30.15		0	19.60	76.88	
Fiber, total dietary	g	4.5		0	2.9	11.5	
Ash	g	2.13	0.130	17	1.38	5.43	
Sugars, total	g						
Minerals:							
Calcium	mg	9		0	6	23	
Iron	mg	1.32	0.210	16	0.86	3.37	
Magnesium	mg	18	0.250	2	12	46	
Phosphorus	mg	77	9.850	2	50	196	
Potassium	mg	430	36.201	4	280	1097	
Sodium	mg	490	23.244	16	319	1250	
Zinc	mg	0.33	0.010	2	0.21	0.84	
Copper	mg	0.032	0.005	2	0.021	0.082	
Manganese	mg	0.227	0.013	2	0.148	0.579	
Selenium	µg	0.5		0	0.3	1.3	
Vitamins:							
Ascorbic acid	mg	6.3	0.649	17	4.1	16.1	
Thiamin	mg	0.074	0.007	16	0.048	0.189	
Riboflavin	mg	0.031	0.001	2	0.020	0.079	
Niacin	mg	2.241	0.104	16	1.457	5.715	
Pantothenic acid	mg	0.540		0	0.351	1.377	
Vitamin B-6	mg	0.180		0	0.117	0.459	
Folate	µg	22		0	14	56	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	4.544		0	2.954	11.587	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.057		0	0.037	0.145	
15.0	g						
16:0	g	3.515		0	2.285	8.963	
17:0	g						
18:0	g	0.972		0	0.632	2.479	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	8.659	0	5.628	22.080
14:1	g				
16:1	g	0.029	0	0.019	0.074
18:1	g	8.631	0	5.610	22.009
20:1	g				
22.1	g				
Polyunsaturated, total	g	1.072	0	0.697	2.734
18:2	g	1.072	0	0.697	2.734
18:3	g				
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.038	0	0.025	0.097
Threonine	g	0.129	0	0.084	0.329
Isoleucine	g	0.122	0	0.079	0.311
Leucine	g	0.171	0	0.111	0.436
Lysine	g	0.150	0	0.098	0.383
Methionine	g	0.032	0	0.021	0.082
Cystine	g	0.018	0	0.012	0.046
Phenylalanine	g	0.121	0	0.079	0.309
Tyrosine	g	0.071	0	0.046	0.181
Valine	g	0.144	0	0.094	0.367
Arginine	g	0.134	0	0.087	0.342
Histidine	g	0.048	0	0.031	0.122
Alanine	g	0.098	0	0.064	0.250
Aspartic acid	g	0.656	0	0.426	1.673
Glutamic acid	g	0.442	0	0.287	1.127
Glycine	g	0.102	0	0.066	0.260
Proline	g	0.091	0	0.059	0.232
Serine	g	0.102	0	0.066	0.260
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 10 strips
Measure 2: 1 package (9 oz)

NDB No. 11409 Potatoes, frozen, french fried, par fried, extruded, prepared, heated in oven, without salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 50g	Measure 2* 198g	Measure 3*
Proximates:							
Water	g	35.40		0	17.70	70.09	
Energy	kcal	333		0	167	659	
Energy	kj	1393		0	697	2758	
Protein (N x 5.95)	g	3.55		0	1.77	7.03	
Total lipid (fat)	g	18.71		0	9.36	37.05	
Carbohydrate, by difference	g	39.68		0	19.84	78.57	
Fiber, total dietary	g	3.2		0	1.6	6.3	
Ash	g	2.66		0	1.33	5.27	
Sugars, total	g						
Minerals:							
Calcium	mg	12		0	6	24	
Iron	mg	1.66		0	0.83	3.29	
Magnesium	mg	23		0	12	46	
Phosphorus	mg	96		0	48	190	
Potassium	mg	539		0	270	1067	
Sodium	mg	613		0	307	1214	
Zinc	mg	0.41		0	0.21	0.81	
Copper	mg	0.040		0	0.020	0.079	
Manganese	mg	0.285		0	0.142	0.564	
Selenium	µg	0.6		0	0.3	1.2	
Vitamins:							
Ascorbic acid	mg	6.2		0	3.1	12.3	
Thiamin	mg	0.080		0	0.040	0.158	
Riboflavin	mg	0.037		0	0.019	0.073	
Niacin	mg	2.665		0	1.333	5.277	
Pantothenic acid	mg	0.608		0	0.304	1.204	
Vitamin B-6	mg	0.213		0	0.107	0.422	
Folate	µg	22		0	11	44	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	5.960		0	2.980	11.801	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.076		0	0.038	0.150	
15.0	g						
16:0	g	3.822		0	1.911	7.568	
17:0	g						
18:0	g	1.274		0	0.637	2.523	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	11.338	0	5.669	22.449
14:1	g				
16:1	g	0.038	0	0.019	0.075
18:1	g	11.317	0	5.659	22.408
20:1	g				
22.1	g				
Polyunsaturated, total	g	1.405	0	0.703	2.782
18:2	g	1.405	0	0.703	2.782
18:3	g				
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.048	0	0.024	0.095
Threonine	g	0.161	0	0.081	0.319
Isoleucine	g	0.153	0	0.077	0.303
Leucine	g	0.214	0	0.107	0.424
Lysine	g	0.188	0	0.094	0.372
Methionine	g	0.040	0	0.020	0.079
Cystine	g	0.023	0	0.012	0.046
Phenylalanine	g	0.152	0	0.076	0.301
Tyrosine	g	0.089	0	0.045	0.176
Valine	g	0.180	0	0.090	0.356
Arginine	g	0.168	0	0.084	0.333
Histidine	g	0.060	0	0.030	0.119
Alanine	g	0.122	0	0.061	0.242
Aspartic acid	g	0.821	0	0.411	1.626
Glutamic acid	g	0.554	0	0.277	1.097
Glycine	g	0.128	0	0.064	0.253
Proline	g	0.114	0	0.057	0.226
Serine	g	0.128	0	0.064	0.253
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 10 strips

Measure 2: 1 package (9 oz), yields

NDB No. 11410 USDA Commodity, Potato wedges, frozen

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1*	Measure 2*	Measure 3*
Proximates:							
Water	g	68.30		1			
Energy	kcal	123		0			
Energy	kj	515		0			
Protein (N x 5.95)	g	2.70		1			
Total lipid (fat)	g	2.20		1			
Carbohydrate, by difference	g	25.50		0			
Fiber, total dietary	g	2.0		1			
Ash	g	1.34		1			
Sugars, total	g	0.30		1			
Minerals:							
Calcium	mg	15		1			
Iron	mg	0.70		1			
Magnesium	mg	19		1			
Phosphorus	mg	87		1			
Potassium	mg	394		1			
Sodium	mg	49		1			
Zinc	mg	0.37		1			
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	11.2		1			
Thiamin	mg	0.100		1			
Riboflavin	mg	0.040		1			
Niacin	mg	1.540		1			
Pantothenic acid	mg						
Vitamin B-6	mg	0.350		1			
Folate	µg						
Vitamin B-12	µg	0.00		1			
Vitamin A	IU	0		1			
Vitamin A, RE	µg	0		1			
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.550		1			
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g	0.260		1			
17:0	g						
18:0	g	0.267		1			
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.451	1
14:1	g		
16:1	g		
18:1	g	1.451	1
20:1	g		
22.1	g		
Polyunsaturated, total	g	0.102	1
18:2	g	0.102	1
18:3	g		
18:4	g		
20:4	g		
20:5	g		
22:5	g		
22:6	g		
Cholesterol	mg		
Phytosterols	mg		
Amino acids:			
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		
Other:			
Caffeine	mg		
Theobromine	mg		
Alcohol	g		

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

NDB No. 11413 Potato flour

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 160g	Measure 2*	Measure 3*
Proximates:							
Water	g	6.52	0.390	2	10.43		
Energy	kcal	357		0	571		
Energy	kj	1494		0	2390		
Protein (N x 5.95)	g	6.90	0.390	2	11.04		
Total lipid (fat)	g	0.34	0.038	2	0.54		
Carbohydrate, by difference	g	83.08		0	132.93		
Fiber, total dietary	g	5.9	0.018	2	9.4		
Ash	g	3.14	0.039	2	5.02		
Sugars, total	g						
Minerals:							
Calcium	mg	65	0.636	2	104		
Iron	mg	1.38	0.016	2	2.21		
Magnesium	mg	65	0.636	2	104		
Phosphorus	mg	168	0.247	2	269		
Potassium	mg	1001	26.022	2	1602		
Sodium	mg	55	2.758	2	88		
Zinc	mg	0.54	0.024	2	0.86		
Copper	mg	0.197	0.014	2	0.315		
Manganese	mg	0.313	0.000	2	0.501		
Selenium	µg	1.1		0	1.8		
Vitamins:							
Ascorbic acid	mg	3.8	2.015	2	6.1		
Thiamin	mg	0.228	0.010	2	0.365		
Riboflavin	mg	0.051	0.004	2	0.082		
Niacin	mg	3.507	0.310	2	5.611		
Pantothenic acid	mg	0.474	0.072	2	0.758		
Vitamin B-6	mg	0.769	0.020	2	1.230		
Folate	µg	25	3.677	2	40		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	0		0	0		
Vitamin A, RE	µg	0		0	0		
Vitamin E, α-TE	mg	0.250		0	0.400		
Lipids:							
Saturated, total	g	0.090		0	0.144		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.000		0	0.000		
10:0	g	0.002		0	0.003		
12:0	g	0.012		0	0.019		
14:0	g	0.003		0	0.005		
15.0	g						
16:0	g	0.056		0	0.090		
17:0	g						
18:0	g	0.012		0	0.019		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.008	0	0.013
14:1	g			
16:1	g	0.003	0	0.005
18:1	g	0.004	0	0.006
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.150	0	0.240
18:2	g	0.112	0	0.179
18:3	g	0.035	0	0.056
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.115	2	0.184
Threonine	g	0.280	3	0.448
Isoleucine	g	0.299	3	0.478
Leucine	g	0.425	3	0.680
Lysine	g	0.413	3	0.661
Methionine	g	0.107	2	0.171
Cystine	g	0.070	2	0.112
Phenylalanine	g	0.316	3	0.506
Tyrosine	g	0.224	3	0.358
Valine	g	0.356	3	0.570
Arginine	g	0.374	3	0.598
Histidine	g	0.166	3	0.266
Alanine	g	0.328	3	0.525
Aspartic acid	g	1.173	3	1.877
Glutamic acid	g	0.932	3	1.491
Glycine	g	0.256	3	0.410
Proline	g	0.265	2	0.424
Serine	g	0.234	3	0.374
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 1 cup

NDB No. 11414 Potato salad, home-prepared

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 250g	Measure 2*	Measure 3*
Proximates:							
Water	g	76.00		1	190.00		
Energy	kcal	143		0	358		
Energy	kj	598		0	1495		
Protein (N x 5.95)	g	2.68		0	6.70		
Total lipid (fat)	g	8.20		0	20.50		
Carbohydrate, by difference	g	11.17		0	27.93		
Fiber, total dietary	g	1.3		0	3.3		
Ash	g	1.95		0	4.88		
Sugars, total	g						
Minerals:							
Calcium	mg	19		0	48		
Iron	mg	0.65		0	1.63		
Magnesium	mg	15		0	38		
Phosphorus	mg	52		0	130		
Potassium	mg	254		0	635		
Sodium	mg	529		0	1323		
Zinc	mg	0.31	0.070	2	0.78		
Copper	mg	0.118		0	0.295		
Manganese	mg	0.101		0	0.253		
Selenium	µg	4.1		0	10.3		
Vitamins:							
Ascorbic acid	mg	10.0		0	25.0		
Thiamin	mg	0.077		0	0.193		
Riboflavin	mg	0.060		0	0.150		
Niacin	mg	0.890		0	2.225		
Pantothenic acid	mg	0.534		0	1.335		
Vitamin B-6	mg	0.141	0.082	2	0.353		
Folate	µg	7		0	17		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	209		0	523		
Vitamin A, RE	µg	33		0	83		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	1.429		0	3.572		
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		0	0.000		
12:0	g	0.011		0	0.028		
14:0	g	0.013		0	0.033		
15.0	g						
16:0	g	1.034		0	2.585		
17:0	g						
18:0	g	0.370		0	0.925		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.480	0	6.200
14:1	g			
16:1	g	0.054	0	0.135
18:1	g	2.418	0	6.045
20:1	g	0.009	0	0.023
22.1	g			
Polyunsaturated, total	g	3.737	0	9.342
18:2	g	3.345	0	8.363
18:3	g	0.370	0	0.925
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	68	0	170
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.042	0	0.105
Threonine	g	0.116	0	0.290
Isoleucine	g	0.141	0	0.353
Leucine	g	0.202	0	0.505
Lysine	g	0.171	0	0.428
Methionine	g	0.066	0	0.165
Cystine	g	0.051	0	0.128
Phenylalanine	g	0.135	0	0.338
Tyrosine	g	0.104	0	0.260
Valine	g	0.172	0	0.430
Arginine	g	0.152	0	0.380
Histidine	g	0.062	0	0.155
Alanine	g	0.124	0	0.310
Aspartic acid	g	0.425	0	1.063
Glutamic acid	g	0.387	0	0.968
Glycine	g	0.086	0	0.215
Proline	g	0.102	0	0.255
Serine	g	0.164	0	0.410
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 1 cup

NDB No. 11416 Pumpkin flowers, raw

Cucurbita spp.

Refuse: 65% Pistil and calyx

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 33g	Measure 2* 2g	Measure 3*
Proximates:							
Water	g	95.15		1	31.40	1.90	
Energy	kcal	15		0	5	0	
Energy	kj	63		0	21	1	
Protein (N x 5.95)	g	1.03		1	0.34	0.02	
Total lipid (fat)	g	0.07		1	0.02	0.00	
Carbohydrate, by difference	g	3.28		0	1.08	0.07	
Fiber, total dietary	g						
Ash	g	0.48		1	0.16	0.01	
Sugars, total	g						
Minerals:							
Calcium	mg	39		0	13	1	
Iron	mg	0.70		0	0.23	0.01	
Magnesium	mg	24		1	8	0	
Phosphorus	mg	49		0	16	1	
Potassium	mg	173		1	57	3	
Sodium	mg	5		1	2	0	
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg	0.7		0	0.2	0.0	
Vitamins:							
Ascorbic acid	mg	28.0		0	9.2	0.6	
Thiamin	mg	0.042		0	0.014	0.001	
Riboflavin	mg	0.075		0	0.025	0.002	
Niacin	mg	0.690		0	0.228	0.014	
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg	59		0	19	1	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	1947		0	643	39	
Vitamin A, RE	µg	195		0	64	4	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.036		0	0.012	0.001	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g	0.001		0	0.000	0.000	
14:0	g	0.005		0	0.002	0.000	
15.0	g						
16:0	g	0.026		0	0.009	0.001	
17:0	g						
18:0	g	0.002		0	0.001	0.000	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.009	0	0.003	0.000
14:1	g				
16:1	g	0.005	0	0.002	0.000
18:1	g	0.004	0	0.001	0.000
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.004	0	0.001	0.000
18:2	g	0.002	0	0.001	0.000
18:3	g	0.002	0	0.001	0.000
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 flower

NDB No. 11417 Pumpkin flowers, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 134g	Measure 2*	Measure 3*
Proximates:							
Water	g	95.20		1	127.57		
Energy	kcal	15		0	20		
Energy	kj	63		0	84		
Protein (N x 5.95)	g	1.09		1	1.46		
Total lipid (fat)	g	0.08		1	0.11		
Carbohydrate, by difference	g	3.30		0	4.42		
Fiber, total dietary	g	0.9		0	1.2		
Ash	g	0.33		1	0.44		
Sugars, total	g						
Minerals:							
Calcium	mg	37		0	50		
Iron	mg	0.88		1	1.18		
Magnesium	mg	25		1	34		
Phosphorus	mg	34		1	46		
Potassium	mg	106		1	142		
Sodium	mg	6		1	8		
Zinc	mg	0.10		0	0.13		
Copper	mg	0.100		0	0.134		
Manganese	mg						
Selenium	µg	0.7		0	0.9		
Vitamins:							
Ascorbic acid	mg	5.0		0	6.7		
Thiamin	mg	0.018		0	0.024		
Riboflavin	mg	0.032		0	0.043		
Niacin	mg	0.310		0	0.415		
Pantothenic acid	mg						
Vitamin B-6	mg	0.050		0	0.067		
Folate	µg	41		0	55		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	1734		0	2324		
Vitamin A, RE	µg	173		0	232		
Vitamin E, α-TE	mg	0.040		0	0.054		
Lipids:							
Saturated, total	g	0.041		0	0.055		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.000		0	0.000		
10:0	g	0.000		0	0.000		
12:0	g	0.001		0	0.001		
14:0	g	0.005		0	0.007		
15.0	g						
16:0	g	0.029		0	0.039		
17:0	g						
18:0	g	0.002		0	0.003		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.010	0	0.013
14:1	g			
16:1	g	0.005	0	0.007
18:1	g	0.005	0	0.007
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.004	0	0.005
18:2	g	0.002	0	0.003
18:3	g	0.002	0	0.003
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 1 cup

NDB No. 11418 Pumpkin leaves, raw

Cucurbita spp.

Refuse: 59% Stem and tough leaves

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 39g	Measure 2*	Measure 3*
Proximates:							
Water	g	92.88		1	36.22		
Energy	kcal	19		0	7		
Energy	kj	79		0	31		
Protein (N x 5.95)	g	3.15		0	1.23		
Total lipid (fat)	g	0.40		0	0.16		
Carbohydrate, by difference	g	2.33		0	0.91		
Fiber, total dietary	g						
Ash	g	1.24		0	0.48		
Sugars, total	g						
Minerals:							
Calcium	mg	39		0	15		
Iron	mg	2.22		0	0.87		
Magnesium	mg	38		1	15		
Phosphorus	mg	104		0	41		
Potassium	mg	436		1	170		
Sodium	mg	11		1	4		
Zinc	mg	0.20		0	0.08		
Copper	mg	0.133		0	0.052		
Manganese	mg	0.355		0	0.138		
Selenium	µg	0.9		0	0.4		
Vitamins:							
Ascorbic acid	mg	11.0		0	4.3		
Thiamin	mg	0.094		0	0.037		
Riboflavin	mg	0.128		0	0.050		
Niacin	mg	0.920		0	0.359		
Pantothenic acid	mg	0.042		0	0.016		
Vitamin B-6	mg	0.207		0	0.081		
Folate	µg	36		0	14		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	1942		0	757		
Vitamin A, RE	µg	194		0	76		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.207		0	0.081		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g	0.004		0	0.002		
14:0	g	0.026		0	0.010		
15.0	g						
16:0	g	0.146		0	0.057		
17:0	g						
18:0	g	0.011		0	0.004		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.052	0	0.020
14:1	g			
16:1	g	0.026	0	0.010
18:1	g	0.025	0	0.010
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.022	0	0.009
18:2	g	0.010	0	0.004
18:3	g	0.012	0	0.005
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.041	2	0.016
Threonine	g	0.156	1	0.061
Isoleucine	g	0.156	1	0.061
Leucine	g	0.318	1	0.124
Lysine	g	0.200	2	0.078
Methionine	g	0.054	2	0.021
Cystine	g	0.032	2	0.012
Phenylalanine	g	0.171	1	0.067
Tyrosine	g	0.156	1	0.061
Valine	g	0.181	1	0.071
Arginine	g	0.217	1	0.085
Histidine	g	0.050	1	0.020
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 1 cup

NDB No. 11419 Pumpkin leaves, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 71g	Measure 2*	Measure 3*
Proximates:							
Water	g	92.51		1	65.68		
Energy	kcal	21		0	15		
Energy	kj	88		0	62		
Protein (N x 5.95)	g	2.72		1	1.93		
Total lipid (fat)	g	0.22		1	0.16		
Carbohydrate, by difference	g	3.39		0	2.41		
Fiber, total dietary	g	2.7		0	1.9		
Ash	g	1.16		1	0.82		
Sugars, total	g						
Minerals:							
Calcium	mg	43		1	31		
Iron	mg	3.20		1	2.27		
Magnesium	mg	38		1	27		
Phosphorus	mg	79		1	56		
Potassium	mg	438		1	311		
Sodium	mg	8		1	6		
Zinc	mg	0.20		0	0.14		
Copper	mg	0.133		0	0.094		
Manganese	mg	0.355		0	0.252		
Selenium	µg	0.9		0	0.6		
Vitamins:							
Ascorbic acid	mg	1.0		0	0.7		
Thiamin	mg	0.068		0	0.048		
Riboflavin	mg	0.136		0	0.097		
Niacin	mg	0.850		0	0.604		
Pantothenic acid	mg	0.042		0	0.030		
Vitamin B-6	mg	0.196		0	0.139		
Folate	µg	25		0	18		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	2474		0	1757		
Vitamin A, RE	µg	247		0	175		
Vitamin E, α-TE	mg	0.960		0	0.682		
Lipids:							
Saturated, total	g	0.114		0	0.081		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.000		0	0.000		
10:0	g	0.000		0	0.000		
12:0	g	0.002		0	0.001		
14:0	g	0.014		0	0.010		
15.0	g						
16:0	g	0.080		0	0.057		
17:0	g						
18:0	g	0.006		0	0.004		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.029	0	0.021
14:1	g			
16:1	g	0.014	0	0.010
18:1	g	0.014	0	0.010
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.012	0	0.009
18:2	g	0.005	0	0.004
18:3	g	0.006	0	0.004
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.035	0	0.025
Threonine	g	0.135	0	0.096
Isoleucine	g	0.135	0	0.096
Leucine	g	0.274	0	0.195
Lysine	g	0.173	0	0.123
Methionine	g	0.047	0	0.033
Cystine	g	0.027	0	0.019
Phenylalanine	g	0.148	0	0.105
Tyrosine	g	0.135	0	0.096
Valine	g	0.157	0	0.111
Arginine	g	0.187	0	0.133
Histidine	g	0.044	0	0.031
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup

NDB No. 11422 Pumpkin, raw

Cucurbita spp.

Refuse: 30% Seeds, rind and stem

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 116g	Measure 2*	Measure 3*
Proximates:							
Water	g	91.60		0	106.26		
Energy	kcal	26		0	30		
Energy	kj	109		0	126		
Protein (N x 5.95)	g	1.00		0	1.16		
Total lipid (fat)	g	0.10		0	0.12		
Carbohydrate, by difference	g	6.50		0	7.54		
Fiber, total dietary	g	0.5		0	0.6		
Ash	g	0.80		0	0.93		
Sugars, total	g						
Minerals:							
Calcium	mg	21		0	24		
Iron	mg	0.80		0	0.93		
Magnesium	mg	12		0	14		
Phosphorus	mg	44		0	51		
Potassium	mg	340		0	394		
Sodium	mg	1		0	1		
Zinc	mg	0.32		0	0.37		
Copper	mg	0.127		0	0.147		
Manganese	mg	0.125		0	0.145		
Selenium	µg	0.3		0	0.3		
Vitamins:							
Ascorbic acid	mg	9.0		0	10.4		
Thiamin	mg	0.050		0	0.058		
Riboflavin	mg	0.110		0	0.128		
Niacin	mg	0.600		0	0.696		
Pantothenic acid	mg	0.298		0	0.346		
Vitamin B-6	mg	0.061		0	0.071		
Folate	µg	16		0	19		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	1600		0	1856		
Vitamin A, RE	µg	160		0	186		
Vitamin E, α-TE	mg	1.060		0	1.230		
Lipids:							
Saturated, total	g	0.052		0	0.060		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.000		0	0.000		
10:0	g	0.000		0	0.000		
12:0	g	0.001		0	0.001		
14:0	g	0.006		0	0.007		
15.0	g						
16:0	g	0.037		0	0.043		
17:0	g						
18:0	g	0.003		0	0.003		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.013	0	0.015
14:1	g			
16:1	g	0.006	0	0.007
18:1	g	0.006	0	0.007
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.005	0	0.006
18:2	g	0.002	0	0.002
18:3	g	0.003	0	0.003
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg	12	0	14
Amino acids:				
Tryptophan	g	0.012	4	0.014
Threonine	g	0.029	3	0.034
Isoleucine	g	0.031	3	0.036
Leucine	g	0.046	3	0.053
Lysine	g	0.054	4	0.063
Methionine	g	0.011	10	0.013
Cystine	g	0.003	8	0.003
Phenylalanine	g	0.032	3	0.037
Tyrosine	g	0.042	1	0.049
Valine	g	0.035	3	0.041
Arginine	g	0.054	2	0.063
Histidine	g	0.016	2	0.019
Alanine	g	0.028	1	0.032
Aspartic acid	g	0.102	1	0.118
Glutamic acid	g	0.184	1	0.213
Glycine	g	0.027	1	0.031
Proline	g	0.026	1	0.030
Serine	g	0.044	1	0.051
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, (1" cubes)

NDB No. 11423 Pumpkin, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 245g	Measure 2*	Measure 3*
Proximates:							
Water	g	93.69		0	229.54		
Energy	kcal	20		0	49		
Energy	kj	84		0	206		
Protein (N x 5.95)	g	0.72		0	1.76		
Total lipid (fat)	g	0.07		0	0.17		
Carbohydrate, by difference	g	4.89		0	11.98		
Fiber, total dietary	g	1.1		0	2.7		
Ash	g	0.62		0	1.52		
Sugars, total	g						
Minerals:							
Calcium	mg	15		0	37		
Iron	mg	0.57		0	1.40		
Magnesium	mg	9		0	22		
Phosphorus	mg	30		0	74		
Potassium	mg	230		0	564		
Sodium	mg	1		0	2		
Zinc	mg	0.23		0	0.56		
Copper	mg	0.091		0	0.223		
Manganese	mg	0.089		0	0.218		
Selenium	µg	0.2		0	0.5		
Vitamins:							
Ascorbic acid	mg	4.7		0	11.5		
Thiamin	mg	0.031		0	0.076		
Riboflavin	mg	0.078		0	0.191		
Niacin	mg	0.413		0	1.012		
Pantothenic acid	mg	0.201		0	0.492		
Vitamin B-6	mg	0.044		0	0.108		
Folate	µg	9		0	21		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	1082		0	2651		
Vitamin A, RE	µg	108		0	265		
Vitamin E, α-TE	mg	1.060		0	2.597		
Lipids:							
Saturated, total	g	0.037		0	0.091		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.000		0	0.000		
10:0	g	0.000		0	0.000		
12:0	g	0.001		0	0.002		
14:0	g	0.005		0	0.012		
15.0	g						
16:0	g	0.026		0	0.064		
17:0	g						
18:0	g	0.002		0	0.005		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.009	0	0.022
14:1	g			
16:1	g	0.005	0	0.012
18:1	g	0.005	0	0.012
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.004	0	0.010
18:2	g	0.002	0	0.005
18:3	g	0.002	0	0.005
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.009	0	0.022
Threonine	g	0.021	0	0.051
Isoleucine	g	0.023	0	0.056
Leucine	g	0.034	0	0.083
Lysine	g	0.039	0	0.096
Methionine	g	0.008	0	0.020
Cystine	g	0.002	0	0.005
Phenylalanine	g	0.023	0	0.056
Tyrosine	g	0.030	0	0.074
Valine	g	0.025	0	0.061
Arginine	g	0.039	0	0.096
Histidine	g	0.011	0	0.027
Alanine	g	0.020	0	0.049
Aspartic acid	g	0.074	0	0.181
Glutamic acid	g	0.133	0	0.326
Glycine	g	0.019	0	0.047
Proline	g	0.019	0	0.047
Serine	g	0.032	0	0.078
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, mashed

NDB No. 11424 Pumpkin, canned, without salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 245g	Measure 2*	Measure 3*
Proximates:							
Water	g	89.97	0.142	94	220.43		
Energy	kcal	34		0	83		
Energy	kj	142		0	348		
Protein (N x 5.95)	g	1.10	0.048	89	2.69		
Total lipid (fat)	g	0.28	0.008	82	0.69		
Carbohydrate, by difference	g	8.08		0	19.80		
Fiber, total dietary	g	2.9		0	7.1		
Ash	g	0.56	0.014	111	1.37		
Sugars, total	g						
Minerals:							
Calcium	mg	26	2.173	111	64		
Iron	mg	1.39	0.097	106	3.41		
Magnesium	mg	23	0.483	62	56		
Phosphorus	mg	35	0.685	82	86		
Potassium	mg	206	7.495	67	505		
Sodium	mg	5	0.204	88	12		
Zinc	mg	0.17	0.013	15	0.42		
Copper	mg	0.107	0.006	15	0.262		
Manganese	mg	0.149		0	0.365		
Selenium	µg	0.4		0	1.0		
Vitamins:							
Ascorbic acid	mg	4.2	0.148	105	10.3		
Thiamin	mg	0.024	0.001	89	0.059		
Riboflavin	mg	0.054	0.003	89	0.132		
Niacin	mg	0.367	0.016	95	0.899		
Pantothenic acid	mg	0.400		0	0.980		
Vitamin B-6	mg	0.056		0	0.137		
Folate	µg	12	3.034	5	30		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	22056	630.772	115	54037		
Vitamin A, RE	µg	2206	63.077	115	5405		
Vitamin E, α-TE	mg	1.060		0	2.597		
Lipids:							
Saturated, total	g	0.146		0	0.358		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.000		0	0.000		
10:0	g	0.000		0	0.000		
12:0	g	0.003		0	0.007		
14:0	g	0.018		0	0.044		
15.0	g						
16:0	g	0.103		0	0.252		
17:0	g						
18:0	g	0.008		0	0.020		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.037	0	0.091
14:1	g			
16:1	g	0.018	0	0.044
18:1	g	0.018	0	0.044
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.015	0	0.037
18:2	g	0.007	0	0.017
18:3	g	0.008	0	0.020
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.013	0	0.032
Threonine	g	0.032	0	0.078
Isoleucine	g	0.034	0	0.083
Leucine	g	0.051	0	0.125
Lysine	g	0.060	0	0.147
Methionine	g	0.012	0	0.029
Cystine	g	0.003	0	0.007
Phenylalanine	g	0.035	0	0.086
Tyrosine	g	0.046	0	0.113
Valine	g	0.038	0	0.093
Arginine	g	0.059	0	0.145
Histidine	g	0.017	0	0.042
Alanine	g	0.031	0	0.076
Aspartic acid	g	0.112	0	0.274
Glutamic acid	g	0.202	0	0.495
Glycine	g	0.029	0	0.071
Proline	g	0.029	0	0.071
Serine	g	0.048	0	0.118
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 1 cup

NDB No. 11426 Pumpkin pie mix, 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	Samples	Measure 1* 270g	Measure 2*	Measure 3*
Proximates:							
Water	g	71.49	0.531	16	193.02		
Energy	kcal	104		0	281		
Energy	kj	435		0	1175		
Protein (N x 5.95)	g	1.09	0.079	16	2.94		
Total lipid (fat)	g	0.13	0.000	16	0.35		
Carbohydrate, by difference	g	26.39		0	71.25		
Fiber, total dietary	g	8.3		0	22.4		
Ash	g	0.91	0.048	16	2.46		
Sugars, total	g						
Minerals:							
Calcium	mg	37	1.776	15	100		
Iron	mg	1.06	0.237	15	2.86		
Magnesium	mg	16	0.123	12	43		
Phosphorus	mg	45	1.048	12	122		
Potassium	mg	138	9.445	15	373		
Sodium	mg	208	22.586	15	562		
Zinc	mg	0.27	0.008	12	0.73		
Copper	mg	0.068	0.003	12	0.184		
Manganese	mg	0.401		0	1.083		
Selenium	µg	1.1		0	3.0		
Vitamins:							
Ascorbic acid	mg	3.5	0.413	15	9.4		
Thiamin	mg	0.016	0.005	16	0.043		
Riboflavin	mg	0.118	0.008	16	0.319		
Niacin	mg	0.374	0.022	16	1.010		
Pantothenic acid	mg	1.137		0	3.070		
Vitamin B-6	mg	0.159		0	0.429		
Folate	µg	35		0	95		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	8298	309.365	16	22405		
Vitamin A, RE	µg	830	30.937	16	2241		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.065		0	0.176		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g	0.001		0	0.003		
14:0	g	0.008		0	0.022		
15.0	g						
16:0	g	0.046		0	0.124		
17:0	g						
18:0	g	0.003		0	0.008		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.016	0	0.043
14:1	g			
16:1	g	0.008	0	0.022
18:1	g	0.008	0	0.022
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.007	0	0.019
18:2	g	0.003	0	0.008
18:3	g	0.004	0	0.011
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.013	0	0.035
Threonine	g	0.031	0	0.084
Isoleucine	g	0.034	0	0.092
Leucine	g	0.050	0	0.135
Lysine	g	0.059	0	0.159
Methionine	g	0.012	0	0.032
Cystine	g	0.003	0	0.008
Phenylalanine	g	0.035	0	0.095
Tyrosine	g	0.045	0	0.122
Valine	g	0.038	0	0.103
Arginine	g	0.058	0	0.157
Histidine	g	0.017	0	0.046
Alanine	g	0.031	0	0.084
Aspartic acid	g	0.111	0	0.300
Glutamic acid	g	0.200	0	0.540
Glycine	g	0.029	0	0.078
Proline	g	0.028	0	0.076
Serine	g	0.048	0	0.130
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 1 cup

NDB No. 11427 Purslane, raw

Portulaca oleracea

Refuse: 24% Tough stems and leaves

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 43g	Measure 2* 3g	Measure 3*
Proximates:							
Water	g	93.92		1	40.39	2.82	
Energy	kcal	16		0	7	0	
Energy	kj	67		0	29	2	
Protein (N x 5.95)	g	1.30		0	0.56	0.04	
Total lipid (fat)	g	0.10		0	0.04	0.00	
Carbohydrate, by difference	g	3.43		0	1.47	0.10	
Fiber, total dietary	g						
Ash	g	1.25		0	0.54	0.04	
Sugars, total	g						
Minerals:							
Calcium	mg	65		0	28	2	
Iron	mg	1.99		0	0.86	0.06	
Magnesium	mg	68		1	29	2	
Phosphorus	mg	44		0	19	1	
Potassium	mg	494		1	212	15	
Sodium	mg	45		1	19	1	
Zinc	mg	0.17		0	0.07	0.01	
Copper	mg	0.113		0	0.049	0.003	
Manganese	mg	0.303		0	0.130	0.009	
Selenium	µg	0.9		0	0.4	0.0	
Vitamins:							
Ascorbic acid	mg	21.0		0	9.0	0.6	
Thiamin	mg	0.047		0	0.020	0.001	
Riboflavin	mg	0.112		0	0.048	0.003	
Niacin	mg	0.480		0	0.206	0.014	
Pantothenic acid	mg	0.036		0	0.015	0.001	
Vitamin B-6	mg	0.073		0	0.031	0.002	
Folate	µg	12		0	5	0	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	1320		0	568	40	
Vitamin A, RE	µg	132		0	57	4	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g						
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g				
14:1	g				
16:1	g				
18:1	g				
20:1	g				
22.1	g				
Polyunsaturated, total	g				
18:2	g				
18:3	g				
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.014	4	0.006	0.000
Threonine	g	0.044	3	0.019	0.001
Isoleucine	g	0.047	3	0.020	0.001
Leucine	g	0.080	3	0.034	0.002
Lysine	g	0.057	4	0.025	0.002
Methionine	g	0.012	4	0.005	0.000
Cystine	g	0.009	3	0.004	0.000
Phenylalanine	g	0.051	3	0.022	0.002
Tyrosine	g	0.021	2	0.009	0.001
Valine	g	0.063	3	0.027	0.002
Arginine	g	0.050	3	0.022	0.002
Histidine	g	0.020	3	0.009	0.001
Alanine	g	0.050	1	0.022	0.002
Aspartic acid	g	0.068	1	0.029	0.002
Glutamic acid	g	0.191	1	0.082	0.006
Glycine	g	0.040	1	0.017	0.001
Proline	g	0.061	1	0.026	0.002
Serine	g	0.039	1	0.017	0.001
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 plant

NDB No. 11428 Purslane, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 115g	Measure 2* 431g	Measure 3*
Proximates:							
Water	g	93.52		1	107.55	403.07	
Energy	kcal	18		0	21	78	
Energy	kj	75		0	86	323	
Protein (N x 5.95)	g	1.49		1	1.71	6.42	
Total lipid (fat)	g	0.19		1	0.22	0.82	
Carbohydrate, by difference	g	3.55		0	4.08	15.30	
Fiber, total dietary	g						
Ash	g	1.25		1	1.44	5.39	
Sugars, total	g						
Minerals:							
Calcium	mg	78		1	90	336	
Iron	mg	0.77		1	0.89	3.32	
Magnesium	mg	67		1	77	289	
Phosphorus	mg	37		1	43	159	
Potassium	mg	488		1	561	2103	
Sodium	mg	44		1	51	190	
Zinc	mg	0.17		0	0.20	0.73	
Copper	mg	0.114		0	0.131	0.491	
Manganese	mg	0.307		0	0.353	1.323	
Selenium	µg	0.9		0	1.0	3.9	
Vitamins:							
Ascorbic acid	mg	10.5		0	12.1	45.3	
Thiamin	mg	0.031		0	0.036	0.134	
Riboflavin	mg	0.090		0	0.104	0.388	
Niacin	mg	0.460		0	0.529	1.983	
Pantothenic acid	mg	0.036		0	0.041	0.155	
Vitamin B-6	mg	0.070		0	0.081	0.302	
Folate	µg	9		0	10	37	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	1852		0	2130	7982	
Vitamin A, RE	µg	185		0	213	797	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g						
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g				
14:1	g				
16:1	g				
18:1	g				
20:1	g				
22.1	g				
Polyunsaturated, total	g				
18:2	g				
18:3	g				
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.016	0	0.018	0.069
Threonine	g	0.050	0	0.058	0.216
Isoleucine	g	0.053	0	0.061	0.228
Leucine	g	0.091	0	0.105	0.392
Lysine	g	0.065	0	0.075	0.280
Methionine	g	0.014	0	0.016	0.060
Cystine	g	0.010	0	0.012	0.043
Phenylalanine	g	0.058	0	0.067	0.250
Tyrosine	g	0.024	0	0.028	0.103
Valine	g	0.072	0	0.083	0.310
Arginine	g	0.057	0	0.066	0.246
Histidine	g	0.023	0	0.026	0.099
Alanine	g	0.057	0	0.066	0.246
Aspartic acid	g	0.077	0	0.089	0.332
Glutamic acid	g	0.219	0	0.252	0.944
Glycine	g	0.046	0	0.053	0.198
Proline	g	0.070	0	0.081	0.302
Serine	g	0.045	0	0.052	0.194
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 squash

NDB No. 11429 Radishes, raw

Raphanus sativus

Refuse: 10% Stem ends, rootlets and trimmings

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 116g	Measure 2* 9g	Measure 3* 5g
Proximates:							
Water	g	94.84	0.182	33	110.01	8.54	4.27
Energy	kcal	20		0	23	2	1
Energy	kj	84		0	97	8	4
Protein (N x 5.95)	g	0.60	0.074	11	0.70	0.05	0.03
Total lipid (fat)	g	0.54	0.426	7	0.63	0.05	0.02
Carbohydrate, by difference	g	3.59		0	4.16	0.32	0.16
Fiber, total dietary	g	1.6		0	1.9	0.1	0.1
Ash	g	0.54	0.020	11	0.63	0.05	0.02
Sugars, total	g						
Minerals:							
Calcium	mg	21	1.654	17	24	2	1
Iron	mg	0.29	0.037	17	0.34	0.03	0.01
Magnesium	mg	9	0.618	17	10	1	0
Phosphorus	mg	18	1.984	17	21	2	1
Potassium	mg	232	10.378	24	269	21	10
Sodium	mg	24	1.908	43	28	2	1
Zinc	mg	0.30	0.085	19	0.35	0.03	0.01
Copper	mg	0.040		1	0.046	0.004	0.002
Manganese	mg	0.070	0.026	11	0.081	0.006	0.003
Selenium	µg	0.7		0	0.8	0.1	0.0
Vitamins:							
Ascorbic acid	mg	22.8	0.240	11	26.4	2.1	1.0
Thiamin	mg	0.005	0.001	5	0.006	0.000	0.000
Riboflavin	mg	0.045	0.003	5	0.052	0.004	0.002
Niacin	mg	0.300	0.018	5	0.348	0.027	0.013
Pantothenic acid	mg	0.088	0.009	5	0.102	0.008	0.004
Vitamin B-6	mg	0.071	0.004	11	0.082	0.006	0.003
Folate	µg	27	3.000	18	31	2	1
Vitamin B-12	µg	0.00		0	0.00	0.00	0.00
Vitamin A	IU	8	3.750	8	9	1	0
Vitamin A, RE	µg	1	0.375	8	1	0	0
Vitamin E, α-TE	mg	0.001		0	0.001	0.000	0.000
Lipids:							
Saturated, total	g	0.030		0	0.035	0.003	0.001
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.000		0	0.000	0.000	0.000
14:0	g	0.000		1	0.000	0.000	0.000
15.0	g						
16:0	g	0.026		1	0.030	0.002	0.001
17:0	g						
18:0	g	0.004		1	0.005	0.000	0.000
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.017	0	0.020	0.002	0.001
14:1	g					
16:1	g	0.000	1	0.000	0.000	0.000
18:1	g	0.016	1	0.019	0.001	0.001
20:1	g	0.000	0	0.000	0.000	0.000
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.045	0	0.052	0.004	0.002
18:2	g	0.016	1	0.019	0.001	0.001
18:3	g	0.029	1	0.034	0.003	0.001
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
Phytosterols	mg	7	0	8	1	0
Amino acids:						
Tryptophan	g	0.004	5	0.005	0.000	0.000
Threonine	g	0.029	4	0.034	0.003	0.001
Isoleucine	g	0.030	4	0.035	0.003	0.001
Leucine	g	0.037	4	0.043	0.003	0.002
Lysine	g	0.035	5	0.041	0.003	0.002
Methionine	g	0.007	5	0.008	0.001	0.000
Cystine	g	0.005	2	0.006	0.000	0.000
Phenylalanine	g	0.023	4	0.027	0.002	0.001
Tyrosine	g	0.013	2	0.015	0.001	0.001
Valine	g	0.032	4	0.037	0.003	0.001
Arginine	g	0.040	3	0.046	0.004	0.002
Histidine	g	0.013	3	0.015	0.001	0.001
Alanine	g	0.022	2	0.026	0.002	0.001
Aspartic acid	g	0.048	2	0.056	0.004	0.002
Glutamic acid	g	0.132	2	0.153	0.012	0.006
Glycine	g	0.022	2	0.026	0.002	0.001
Proline	g	0.018	2	0.021	0.002	0.001
Serine	g	0.021	2	0.024	0.002	0.001
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, slices
Measure 2: 1 large (1" to 1-1/4" dia)
Measure 3: 1 medium (3/4" to 1" dia)

NDB No. 11430 Radishes, oriental, raw

Raphanus sativus (Longipinratus Group)

Refuse: 21% Tops and parings

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 338g	Measure 2*	Measure 3*
Proximates:							
Water	g	94.62	0.615	2	319.82		
Energy	kcal	18		0	61		
Energy	kj	75		0	254		
Protein (N x 5.95)	g	0.60		1	2.03		
Total lipid (fat)	g	0.10		1	0.34		
Carbohydrate, by difference	g	4.11		0	13.89		
Fiber, total dietary	g	1.6		0	5.4		
Ash	g	0.58		0	1.96		
Sugars, total	g						
Minerals:							
Calcium	mg	27		1	91		
Iron	mg	0.40		1	1.35		
Magnesium	mg	16	6.400	2	54		
Phosphorus	mg	23	0.850	2	78		
Potassium	mg	227	36.850	2	767		
Sodium	mg	21	9.050	2	71		
Zinc	mg	0.15		0	0.51		
Copper	mg	0.115		0	0.389		
Manganese	mg	0.038		0	0.128		
Selenium	µg	0.7		0	2.4		
Vitamins:							
Ascorbic acid	mg	22.0		1	74.4		
Thiamin	mg	0.020		1	0.068		
Riboflavin	mg	0.020		1	0.068		
Niacin	mg	0.200		1	0.676		
Pantothenic acid	mg	0.138		0	0.466		
Vitamin B-6	mg	0.046		0	0.155		
Folate	µg	28		0	95		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	0		1	0		
Vitamin A, RE	µg	0		1	0		
Vitamin E, α-TE	mg	0.001		0	0.003		
Lipids:							
Saturated, total	g	0.030		0	0.101		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.000		0	0.000		
10:0	g	0.000		0	0.000		
12:0	g	0.000		0	0.000		
14:0	g	0.000		0	0.000		
15.0	g						
16:0	g	0.026		0	0.088		
17:0	g						
18:0	g	0.004		0	0.014		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.017	0	0.057
14:1	g			
16:1	g	0.000	0	0.000
18:1	g	0.016	0	0.054
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.045	0	0.152
18:2	g	0.016	0	0.054
18:3	g	0.029	0	0.098
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.003	0	0.010
Threonine	g	0.025	0	0.085
Isoleucine	g	0.026	0	0.088
Leucine	g	0.031	0	0.105
Lysine	g	0.030	0	0.101
Methionine	g	0.006	0	0.020
Cystine	g	0.005	0	0.017
Phenylalanine	g	0.020	0	0.068
Tyrosine	g	0.011	0	0.037
Valine	g	0.028	0	0.095
Arginine	g	0.035	0	0.118
Histidine	g	0.011	0	0.037
Alanine	g	0.019	0	0.064
Aspartic acid	g	0.041	0	0.139
Glutamic acid	g	0.113	0	0.382
Glycine	g	0.019	0	0.064
Proline	g	0.015	0	0.051
Serine	g	0.018	0	0.061
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 radish, (7" long)

NDB No. 11431 Radishes, oriental, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 147g	Measure 2*	Measure 3*
Proximates:							
Water	g	95.04	0.070	2	139.71		
Energy	kcal	17		0	25		
Energy	kj	71		0	104		
Protein (N x 5.95)	g	0.67		1	0.98		
Total lipid (fat)	g	0.24	0.090	2	0.35		
Carbohydrate, by difference	g	3.43		0	5.04		
Fiber, total dietary	g	1.6		0	2.4		
Ash	g	0.62		1	0.91		
Sugars, total	g						
Minerals:							
Calcium	mg	17		1	25		
Iron	mg	0.15		1	0.22		
Magnesium	mg	9		1	13		
Phosphorus	mg	24		1	35		
Potassium	mg	285		1	419		
Sodium	mg	13		1	19		
Zinc	mg	0.13		0	0.19		
Copper	mg	0.101		0	0.148		
Manganese	mg	0.033		0	0.049		
Selenium	µg	0.7		0	1.0		
Vitamins:							
Ascorbic acid	mg	15.1		1	22.2		
Thiamin	mg	0.000		0	0.000		
Riboflavin	mg	0.023		1	0.034		
Niacin	mg	0.150		1	0.221		
Pantothenic acid	mg	0.114		0	0.168		
Vitamin B-6	mg	0.038		0	0.056		
Folate	µg	17		0	26		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	0		1	0		
Vitamin A, RE	µg	0		1	0		
Vitamin E, α-TE	mg	0.000		0	0.000		
Lipids:							
Saturated, total	g	0.073		0	0.107		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.000		0	0.000		
10:0	g	0.000		0	0.000		
12:0	g	0.000		0	0.000		
14:0	g	0.000		0	0.000		
15.0	g						
16:0	g	0.063		0	0.093		
17:0	g						
18:0	g	0.009		0	0.013		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.040	0	0.059
14:1	g			
16:1	g	0.001	0	0.001
18:1	g	0.039	0	0.057
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.108	0	0.159
18:2	g	0.039	0	0.057
18:3	g	0.069	0	0.101
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.004	0	0.006
Threonine	g	0.028	0	0.041
Isoleucine	g	0.029	0	0.043
Leucine	g	0.035	0	0.051
Lysine	g	0.033	0	0.049
Methionine	g	0.006	0	0.009
Cystine	g	0.005	0	0.007
Phenylalanine	g	0.022	0	0.032
Tyrosine	g	0.013	0	0.019
Valine	g	0.031	0	0.046
Arginine	g	0.039	0	0.057
Histidine	g	0.013	0	0.019
Alanine	g	0.021	0	0.031
Aspartic acid	g	0.046	0	0.068
Glutamic acid	g	0.126	0	0.185
Glycine	g	0.021	0	0.031
Proline	g	0.017	0	0.025
Serine	g	0.020	0	0.029
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, sliced

NDB No. 11432 Radishes, oriental, dried

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 116g	Measure 2*	Measure 3*
Proximates:							
Water	g	19.68	1.170	2	22.83		
Energy	kcal	271		0	314		
Energy	kj	1134		0	1315		
Protein (N x 5.95)	g	7.90		1	9.16		
Total lipid (fat)	g	0.72		1	0.84		
Carbohydrate, by difference	g	63.37		0	73.51		
Fiber, total dietary	g						
Ash	g	8.33		1	9.66		
Sugars, total	g						
Minerals:							
Calcium	mg	629		1	730		
Iron	mg	6.73		1	7.81		
Magnesium	mg	170		1	197		
Phosphorus	mg	204		1	237		
Potassium	mg	3494		1	4053		
Sodium	mg	278		1	322		
Zinc	mg	2.13		0	2.47		
Copper	mg	1.631		0	1.892		
Manganese	mg	0.539		0	0.625		
Selenium	µg	0.7		0	0.8		
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.270		1	0.313		
Riboflavin	mg	0.680		1	0.789		
Niacin	mg	3.400		1	3.944		
Pantothenic acid	mg	1.854		0	2.151		
Vitamin B-6	mg	0.618		0	0.717		
Folate	µg	295		0	342		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	0		1	0		
Vitamin A, RE	µg	0		1	0		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.218		0	0.253		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.001		0	0.001		
15.0	g						
16:0	g	0.189		0	0.219		
17:0	g						
18:0	g	0.027		0	0.031		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.119	0	0.138
14:1	g			
16:1	g	0.002	0	0.002
18:1	g	0.117	0	0.136
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.325	0	0.377
18:2	g	0.117	0	0.136
18:3	g	0.206	0	0.239
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.043	0	0.050
Threonine	g	0.326	0	0.378
Isoleucine	g	0.344	0	0.399
Leucine	g	0.413	0	0.479
Lysine	g	0.393	0	0.456
Methionine	g	0.075	0	0.087
Cystine	g	0.062	0	0.072
Phenylalanine	g	0.262	0	0.304
Tyrosine	g	0.150	0	0.174
Valine	g	0.365	0	0.423
Arginine	g	0.456	0	0.529
Histidine	g	0.149	0	0.173
Alanine	g	0.248	0	0.288
Aspartic acid	g	0.538	0	0.624
Glutamic acid	g	1.492	0	1.731
Glycine	g	0.248	0	0.288
Proline	g	0.202	0	0.234
Serine	g	0.240	0	0.278
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 1 cup

NDB No. 11435 Rutabagas, raw

Brassica napus (Napobrassica Group)

Refuse: 15% Parings

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 140g	Measure 2* 772g	Measure 3* 386g
Proximates:							
Water	g	89.66	0.534	5	125.52	692.18	346.09
Energy	kcal	36		0	50	278	139
Energy	kj	151		0	211	1166	583
Protein (N x 5.95)	g	1.20		1	1.68	9.26	4.63
Total lipid (fat)	g	0.20		1	0.28	1.54	0.77
Carbohydrate, by difference	g	8.13		0	11.38	62.76	31.38
Fiber, total dietary	g	2.5		0	3.5	19.3	9.7
Ash	g	0.81		1	1.13	6.25	3.13
Sugars, total	g						
Minerals:							
Calcium	mg	47	15.500	2	66	363	181
Iron	mg	0.52	0.120	2	0.73	4.01	2.01
Magnesium	mg	23	4.000	2	32	178	89
Phosphorus	mg	58	17.000	2	81	448	224
Potassium	mg	337	116.500	2	472	2602	1301
Sodium	mg	20		1	28	154	77
Zinc	mg	0.34		1	0.48	2.62	1.31
Copper	mg	0.040		1	0.056	0.309	0.154
Manganese	mg	0.170		1	0.238	1.312	0.656
Selenium	µg	0.7		0	1.0	5.4	2.7
Vitamins:							
Ascorbic acid	mg	25.0		1	35.0	193.0	96.5
Thiamin	mg	0.090		1	0.126	0.695	0.347
Riboflavin	mg	0.040		1	0.056	0.309	0.154
Niacin	mg	0.700		1	0.980	5.404	2.702
Pantothenic acid	mg	0.160		0	0.224	1.235	0.618
Vitamin B-6	mg	0.100		1	0.140	0.772	0.386
Folate	µg	21	2.595	4	29	162	81
Vitamin B-12	µg	0.00		0	0.00	0.00	0.00
Vitamin A	IU	580		1	812	4478	2239
Vitamin A, RE	µg	58		0	81	448	224
Vitamin E, α-TE	mg	0.300		0	0.420	2.316	1.158
Lipids:							
Saturated, total	g	0.027		0	0.038	0.208	0.104
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.000		0	0.000	0.000	0.000
14:0	g	0.000		0	0.000	0.000	0.000
15.0	g						
16:0	g	0.024		0	0.034	0.185	0.093
17:0	g						
18:0	g	0.003		0	0.004	0.023	0.012
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.025	0	0.035	0.193	0.097
14:1	g					
16:1	g	0.000	0	0.000	0.000	0.000
18:1	g	0.025	0	0.035	0.193	0.097
20:1	g	0.000	0	0.000	0.000	0.000
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.088	0	0.123	0.679	0.340
18:2	g	0.035	0	0.049	0.270	0.135
18:3	g	0.053	0	0.074	0.409	0.205
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.013	0	0.018	0.100	0.050
Threonine	g	0.046	0	0.064	0.355	0.178
Isoleucine	g	0.050	0	0.070	0.386	0.193
Leucine	g	0.038	0	0.053	0.293	0.147
Lysine	g	0.039	0	0.055	0.301	0.151
Methionine	g	0.010	0	0.014	0.077	0.039
Cystine	g	0.011	0	0.015	0.085	0.042
Phenylalanine	g	0.031	0	0.043	0.239	0.120
Tyrosine	g	0.023	0	0.032	0.178	0.089
Valine	g	0.048	0	0.067	0.371	0.185
Arginine	g	0.148	0	0.207	1.143	0.571
Histidine	g	0.030	0	0.042	0.232	0.116
Alanine	g	0.033	0	0.046	0.255	0.127
Aspartic acid	g	0.087	0	0.122	0.672	0.336
Glutamic acid	g	0.142	0	0.199	1.096	0.548
Glycine	g	0.027	0	0.038	0.208	0.104
Proline	g					
Serine	g	0.035	0	0.049	0.270	0.135
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, cubes
Measure 2: 1 large
Measure 3: 1 medium

NDB No. 11436 Rutabagas, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 170g	Measure 2* 240g	Measure 3*
Proximates:							
Water	g	88.88		0	151.10	213.31	
Energy	kcal	39		0	66	94	
Energy	kj	163		0	277	391	
Protein (N x 5.95)	g	1.29		0	2.19	3.10	
Total lipid (fat)	g	0.22		0	0.37	0.53	
Carbohydrate, by difference	g	8.74		0	14.86	20.98	
Fiber, total dietary	g	1.8		0	3.1	4.3	
Ash	g	0.87		0	1.48	2.09	
Sugars, total	g						
Minerals:							
Calcium	mg	48		0	82	115	
Iron	mg	0.53		0	0.90	1.27	
Magnesium	mg	23		0	39	55	
Phosphorus	mg	56		0	95	134	
Potassium	mg	326		0	554	782	
Sodium	mg	20		0	34	48	
Zinc	mg	0.35		0	0.60	0.84	
Copper	mg	0.041		0	0.070	0.098	
Manganese	mg	0.174		0	0.296	0.418	
Selenium	µg	0.7		0	1.2	1.7	
Vitamins:							
Ascorbic acid	mg	18.8		0	32.0	45.1	
Thiamin	mg	0.082		0	0.139	0.197	
Riboflavin	mg	0.041		0	0.070	0.098	
Niacin	mg	0.715		0	1.216	1.716	
Pantothenic acid	mg	0.155		0	0.264	0.372	
Vitamin B-6	mg	0.102		0	0.173	0.245	
Folate	µg	15		0	26	36	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	561		0	954	1346	
Vitamin A, RE	µg	56		0	95	134	
Vitamin E, α-TE	mg	0.150		0	0.255	0.360	
Lipids:							
Saturated, total	g	0.029		0	0.049	0.070	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.000		0	0.000	0.000	
15.0	g						
16:0	g	0.026		0	0.044	0.062	
17:0	g						
18:0	g	0.003		0	0.005	0.007	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.027	0	0.046	0.065
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.027	0	0.046	0.065
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.095	0	0.161	0.228
18:2	g	0.038	0	0.065	0.091
18:3	g	0.057	0	0.097	0.137
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.014	0	0.024	0.034
Threonine	g	0.050	0	0.085	0.120
Isoleucine	g	0.053	0	0.090	0.127
Leucine	g	0.041	0	0.070	0.098
Lysine	g	0.042	0	0.071	0.101
Methionine	g	0.010	0	0.017	0.024
Cystine	g	0.012	0	0.020	0.029
Phenylalanine	g	0.034	0	0.058	0.082
Tyrosine	g	0.025	0	0.043	0.060
Valine	g	0.051	0	0.087	0.122
Arginine	g	0.159	0	0.270	0.382
Histidine	g	0.032	0	0.054	0.077
Alanine	g	0.035	0	0.060	0.084
Aspartic acid	g	0.094	0	0.160	0.226
Glutamic acid	g	0.152	0	0.258	0.365
Glycine	g	0.030	0	0.051	0.072
Proline	g				
Serine	g	0.037	0	0.063	0.089
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, cubes
Measure 2: 1 cup, mashed

NDB No. 11437 Salsify, (vegetable oyster), raw

Tragopogon porrifolius

Refuse: 13% Scrapings and rootlets

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 133g	Measure 2*	Measure 3*
Proximates:							
Water	g	77.00		1	102.41		
Energy	kcal	82		0	109		
Energy	kj	343		0	456		
Protein (N x 5.95)	g	3.30		1	4.39		
Total lipid (fat)	g	0.20		1	0.27		
Carbohydrate, by difference	g	18.60		0	24.74		
Fiber, total dietary	g	3.3		0	4.4		
Ash	g	0.90		0	1.20		
Sugars, total	g						
Minerals:							
Calcium	mg	60		1	80		
Iron	mg	0.70		1	0.93		
Magnesium	mg	23		1	31		
Phosphorus	mg	75		1	100		
Potassium	mg	380		1	505		
Sodium	mg	20		1	27		
Zinc	mg	0.38		0	0.51		
Copper	mg	0.089		0	0.118		
Manganese	mg	0.268		0	0.356		
Selenium	µg	0.8		0	1.1		
Vitamins:							
Ascorbic acid	mg	8.0		1	10.6		
Thiamin	mg	0.080		1	0.106		
Riboflavin	mg	0.220		1	0.293		
Niacin	mg	0.500		1	0.665		
Pantothenic acid	mg	0.371		0	0.493		
Vitamin B-6	mg	0.277		0	0.368		
Folate	µg	26		0	35		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	0		1	0		
Vitamin A, RE	µg	0		1	0		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g						
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g			
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g			
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, slices

NDB No. 11438 Salsify, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 135g	Measure 2*	Measure 3*
Proximates:							
Water	g	81.00		0	109.35		
Energy	kcal	68		0	92		
Energy	kj	285		0	385		
Protein (N x 5.95)	g	2.73		0	3.69		
Total lipid (fat)	g	0.17		0	0.23		
Carbohydrate, by difference	g	15.37		0	20.75		
Fiber, total dietary	g	3.1		0	4.2		
Ash	g	0.74		0	1.00		
Sugars, total	g						
Minerals:							
Calcium	mg	47		0	63		
Iron	mg	0.55		0	0.74		
Magnesium	mg	18		0	24		
Phosphorus	mg	56		0	76		
Potassium	mg	283		0	382		
Sodium	mg	16		0	22		
Zinc	mg	0.30		0	0.41		
Copper	mg	0.070		0	0.095		
Manganese	mg	0.210		0	0.283		
Selenium	µg	0.6		0	0.8		
Vitamins:							
Ascorbic acid	mg	4.6		0	6.2		
Thiamin	mg	0.056		0	0.076		
Riboflavin	mg	0.173		0	0.234		
Niacin	mg	0.392		0	0.529		
Pantothenic acid	mg	0.276		0	0.373		
Vitamin B-6	mg	0.218		0	0.294		
Folate	µg	15		0	21		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	0		0	0		
Vitamin A, RE	µg	0		0	0		
Vitamin E, α-TE	mg	0.190		0	0.257		
Lipids:							
Saturated, total	g	0.041		0	0.055		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.000		0	0.000		
10:0	g	0.000		0	0.000		
12:0	g	0.000		0	0.000		
14:0	g	0.003		0	0.004		
15.0	g						
16:0	g	0.035		0	0.047		
17:0	g						
18:0	g	0.002		0	0.003		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.003	0	0.004
14:1	g			
16:1	g	0.000	0	0.000
18:1	g	0.003	0	0.004
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.074	0	0.100
18:2	g	0.064	0	0.086
18:3	g	0.011	0	0.015
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, sliced

NDB No. 11439 Sauerkraut, canned, solids and liquids

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 142g	Measure 2* 236g	Measure 3*
Proximates:							
Water	g	92.52	0.104	144	131.38	218.35	
Energy	kcal	19		0	27	45	
Energy	kj	79		0	112	186	
Protein (N x 5.95)	g	0.91	0.019	154	1.29	2.15	
Total lipid (fat)	g	0.14	0.003	146	0.20	0.33	
Carbohydrate, by difference	g	4.28		0	6.08	10.10	
Fiber, total dietary	g	2.5		0	3.5	5.9	
Ash	g	2.15	0.025	173	3.05	5.07	
Sugars, total	g						
Minerals:							
Calcium	mg	30	0.547	180	43	71	
Iron	mg	1.47	0.093	173	2.09	3.47	
Magnesium	mg	13	0.426	138	18	31	
Phosphorus	mg	20	0.545	142	28	47	
Potassium	mg	170	3.913	136	241	401	
Sodium	mg	661	8.530	167	939	1560	
Zinc	mg	0.19	0.010	17	0.27	0.45	
Copper	mg	0.096	0.013	17	0.136	0.227	
Manganese	mg	0.151		0	0.214	0.356	
Selenium	µg	0.6		0	0.9	1.4	
Vitamins:							
Ascorbic acid	mg	14.7	0.883	184	20.9	34.7	
Thiamin	mg	0.021	0.000	124	0.030	0.050	
Riboflavin	mg	0.022	0.001	151	0.031	0.052	
Niacin	mg	0.143	0.006	152	0.203	0.337	
Pantothenic acid	mg	0.093		0	0.132	0.219	
Vitamin B-6	mg	0.130		0	0.185	0.307	
Folate	µg	24		0	34	56	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	18		23	26	42	
Vitamin A, RE	µg	2		23	3	5	
Vitamin E, α-TE	mg	0.100		0	0.142	0.236	
Lipids:							
Saturated, total	g	0.035		0	0.050	0.083	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.001		1	0.001	0.002	
10:0	g	0.001		1	0.001	0.002	
12:0	g	0.001		1	0.001	0.002	
14:0	g	0.000		1	0.000	0.000	
15.0	g						
16:0	g	0.021		1	0.030	0.050	
17:0	g						
18:0	g	0.002		1	0.003	0.005	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.013	0	0.018	0.031
14:1	g				
16:1	g	0.000	1	0.000	0.000
18:1	g	0.010	1	0.014	0.024
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.061	0	0.087	0.144
18:2	g	0.026	1	0.037	0.061
18:3	g	0.025	1	0.036	0.059
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	1	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 cup, undrained

NDB No. 11442 Seaweed, agar, raw

Eucheuma spp.

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 10g	Measure 2*	Measure 3*
Proximates:							
Water	g	91.32	0.382	2	9.13		
Energy	kcal	26		0	3		
Energy	kj	109		0	11		
Protein (N x 5.95)	g	0.54	0.196	3	0.05		
Total lipid (fat)	g	0.03		0	0.00		
Carbohydrate, by difference	g	6.75		0	0.68		
Fiber, total dietary	g	0.5		0	0.1		
Ash	g	1.36	0.831	3	0.14		
Sugars, total	g						
Minerals:							
Calcium	mg	54	5.640	2	5		
Iron	mg	1.86	1.075	2	0.19		
Magnesium	mg	67		0	7		
Phosphorus	mg	5	3.295	2	1		
Potassium	mg	226	33.650	2	23		
Sodium	mg	9	6.218	3	1		
Zinc	mg	0.58		0	0.06		
Copper	mg	0.061		0	0.006		
Manganese	mg	0.373		0	0.037		
Selenium	µg	0.7		0	0.1		
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.005		0	0.001		
Riboflavin	mg	0.022		0	0.002		
Niacin	mg	0.055		0	0.006		
Pantothenic acid	mg	0.302		0	0.030		
Vitamin B-6	mg	0.032		0	0.003		
Folate	µg	85		0	8		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	0		0	0		
Vitamin A, RE	µg	0		0	0		
Vitamin E, α-TE	mg	0.870		0	0.087		
Lipids:							
Saturated, total	g	0.006		0	0.001		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.000		0	0.000		
10:0	g	0.000		0	0.000		
12:0	g	0.000		0	0.000		
14:0	g	0.000		0	0.000		
15.0	g						
16:0	g	0.005		0	0.001		
17:0	g						
18:0	g	0.000		0	0.000		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.003	0	0.000
14:1	g			
16:1	g	0.001	0	0.000
18:1	g	0.001	0	0.000
20:1	g	0.001	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.010	0	0.001
18:2	g	0.000	0	0.000
18:3	g	0.000	0	0.000
18:4	g	0.000	0	0.000
20:4	g	0.001	0	0.000
20:5	g	0.008	0	0.001
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1/8 cup or 2 tablespoons

NDB No. 11444 Seaweed, irishmoss, raw

Chondrus crispus

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 10g	Measure 2*	Measure 3*
Proximates:							
Water	g	81.34	4.123	5	8.13		
Energy	kcal	49		0	5		
Energy	kj	205		0	21		
Protein (N x 5.95)	g	1.51	0.260	4	0.15		
Total lipid (fat)	g	0.16	0.035	2	0.02		
Carbohydrate, by difference	g	12.29		0	1.23		
Fiber, total dietary	g	1.3		0	0.1		
Ash	g	4.70	0.143	6	0.47		
Sugars, total	g						
Minerals:							
Calcium	mg	72	47.489	2	7		
Iron	mg	8.90		0	0.89		
Magnesium	mg	144		0	14		
Phosphorus	mg	157		0	16		
Potassium	mg	63		0	6		
Sodium	mg	67		0	7		
Zinc	mg	1.95	0.757	2	0.20		
Copper	mg	0.149		0	0.015		
Manganese	mg	0.370		0	0.037		
Selenium	µg	0.7		0	0.1		
Vitamins:							
Ascorbic acid	mg	3.0		0	0.3		
Thiamin	mg	0.015		0	0.002		
Riboflavin	mg	0.466		0	0.047		
Niacin	mg	0.593		0	0.059		
Pantothenic acid	mg	0.176		0	0.018		
Vitamin B-6	mg	0.069		0	0.007		
Folate	µg	182		0	18		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	118		0	12		
Vitamin A, RE	µg	12		0	1		
Vitamin E, α-TE	mg	0.870		0	0.087		
Lipids:							
Saturated, total	g	0.033		0	0.003		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.000		0	0.000		
10:0	g	0.000		0	0.000		
12:0	g	0.000		0	0.000		
14:0	g	0.002		0	0.000		
15.0	g						
16:0	g	0.029		0	0.003		
17:0	g						
18:0	g	0.001		0	0.000		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.015	0	0.002
14:1	g			
16:1	g	0.005	0	0.001
18:1	g	0.005	0	0.001
20:1	g	0.005	0	0.001
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.055	0	0.006
18:2	g	0.002	0	0.000
18:3	g	0.001	0	0.000
18:4	g	0.000	0	0.000
20:4	g	0.005	0	0.001
20:5	g	0.046	0	0.005
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1/8 cup or 2 tablespoons

NDB No. 11445 Seaweed, kelp, raw
Laminaria spp.

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 10g	Measure 2*	Measure 3*
Proximates:							
Water	g	81.58	1.750	8	8.16		
Energy	kcal	43		0	4		
Energy	kj	180		0	18		
Protein (N x 5.95)	g	1.68	0.185	3	0.17		
Total lipid (fat)	g	0.56	0.304	2	0.06		
Carbohydrate, by difference	g	9.57		0	0.96		
Fiber, total dietary	g	1.3		0	0.1		
Ash	g	6.61	0.620	9	0.66		
Sugars, total	g						
Minerals:							
Calcium	mg	168	20.086	6	17		
Iron	mg	2.85	1.350	6	0.28		
Magnesium	mg	121	6.813	3	12		
Phosphorus	mg	42		0	4		
Potassium	mg	89		0	9		
Sodium	mg	233	149.706	3	23		
Zinc	mg	1.23	0.174	5	0.12		
Copper	mg	0.130	0.028	8	0.013		
Manganese	mg	0.200	0.000	5	0.020		
Selenium	µg	0.7		0	0.1		
Vitamins:							
Ascorbic acid	mg	3.0		0	0.3		
Thiamin	mg	0.050	0.040	2	0.005		
Riboflavin	mg	0.150	0.078	2	0.015		
Niacin	mg	0.470	0.092	2	0.047		
Pantothenic acid	mg	0.642		0	0.064		
Vitamin B-6	mg	0.002		0	0.000		
Folate	µg	180		0	18		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	116		0	12		
Vitamin A, RE	µg	12		0	1		
Vitamin E, α-TE	mg	0.870		0	0.087		
Lipids:							
Saturated, total	g	0.247		0	0.025		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.000		0	0.000		
10:0	g	0.000		0	0.000		
12:0	g	0.000		0	0.000		
14:0	g	0.031		0	0.003		
15.0	g						
16:0	g	0.110		0	0.011		
17:0	g						
18:0	g	0.086		0	0.009		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.098	0	0.010
14:1	g			
16:1	g	0.004	0	0.000
18:1	g	0.086	0	0.009
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.047	0	0.005
18:2	g	0.020	0	0.002
18:3	g	0.004	0	0.000
18:4	g	0.004	0	0.000
20:4	g	0.012	0	0.001
20:5	g	0.004	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.048	2	0.005
Threonine	g	0.055	2	0.006
Isoleucine	g	0.076	2	0.008
Leucine	g	0.083	2	0.008
Lysine	g	0.082	2	0.008
Methionine	g	0.025	1	0.003
Cystine	g	0.098	1	0.010
Phenylalanine	g	0.043	2	0.004
Tyrosine	g	0.026	1	0.003
Valine	g	0.072	2	0.007
Arginine	g	0.065	1	0.007
Histidine	g	0.024	1	0.002
Alanine	g	0.122	1	0.012
Aspartic acid	g	0.125	1	0.013
Glutamic acid	g	0.268	1	0.027
Glycine	g	0.100	1	0.010
Proline	g	0.073	1	0.007
Serine	g	0.098	1	0.010
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1/8 cup or 2 tablespoons

NDB No. 11446 Seaweed, laver, raw

Porphyra laciniata

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 26g	Measure 2* 10g	Measure 3*
Proximates:							
Water	g	85.03	2.302	7	22.11	8.50	
Energy	kcal	35		0	9	4	
Energy	kj	146		0	38	15	
Protein (N x 5.95)	g	5.81		0	1.51	0.58	
Total lipid (fat)	g	0.28		0	0.07	0.03	
Carbohydrate, by difference	g	5.11		0	1.33	0.51	
Fiber, total dietary	g	0.3		0	0.1	0.0	
Ash	g	3.77	1.485	5	0.98	0.38	
Sugars, total	g						
Minerals:							
Calcium	mg	70	13.288	3	18	7	
Iron	mg	1.80		0	0.47	0.18	
Magnesium	mg	2		0	1	0	
Phosphorus	mg	58	28.567	2	15	6	
Potassium	mg	356	201.327	2	93	36	
Sodium	mg	48	18.290	3	12	5	
Zinc	mg	1.05		0	0.27	0.11	
Copper	mg	0.264	0.162	4	0.069	0.026	
Manganese	mg	0.988		0	0.257	0.099	
Selenium	µg	0.7		0	0.2	0.1	
Vitamins:							
Ascorbic acid	mg	39.0	23.992	2	10.1	3.9	
Thiamin	mg	0.098	0.071	2	0.025	0.010	
Riboflavin	mg	0.446	0.070	4	0.116	0.045	
Niacin	mg	1.470		0	0.382	0.147	
Pantothenic acid	mg	0.521		0	0.135	0.052	
Vitamin B-6	mg	0.159		0	0.041	0.016	
Folate	µg	146		0	38	15	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	5202	1459.539	2	1353	520	
Vitamin A, RE	µg	520	145.954	2	135	52	
Vitamin E, α-TE	mg	1.000		0	0.260	0.100	
Lipids:							
Saturated, total	g	0.061		0	0.016	0.006	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.003		0	0.001	0.000	
15.0	g						
16:0	g	0.050		0	0.013	0.005	
17:0	g						
18:0	g	0.003		0	0.001	0.000	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.025	0	0.007	0.003
14:1	g				
16:1	g	0.008	0	0.002	0.001
18:1	g	0.008	0	0.002	0.001
20:1	g	0.009	0	0.002	0.001
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.110	0	0.029	0.011
18:2	g	0.004	0	0.001	0.000
18:3	g	0.001	0	0.000	0.000
18:4	g	0.000	0	0.000	0.000
20:4	g	0.009	0	0.002	0.001
20:5	g	0.080	0	0.021	0.008
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.043	2	0.011	0.004
Threonine	g	0.232	2	0.060	0.023
Isoleucine	g	0.259	2	0.067	0.026
Leucine	g	0.501	2	0.130	0.050
Lysine	g	0.222	3	0.058	0.022
Methionine	g	0.145	2	0.038	0.015
Cystine	g	0.100	2	0.026	0.010
Phenylalanine	g	0.273	2	0.071	0.027
Tyrosine	g	0.254	2	0.066	0.025
Valine	g	0.402	2	0.105	0.040
Arginine	g	0.285	2	0.074	0.028
Histidine	g	0.140	2	0.036	0.014
Alanine	g	0.651	2	0.169	0.065
Aspartic acid	g	0.567	2	0.147	0.057
Glutamic acid	g	0.547	2	0.142	0.055
Glycine	g	0.363	2	0.094	0.036
Proline	g	0.251	2	0.065	0.025
Serine	g	0.299	2	0.078	0.030
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 10 sheets

Measure 2: 1/8 cup or 2 tablespoons

NDB No. 11447 Sesbania flower, raw

Sesbania spp.

Refuse: 15% Stems, pistil and calyx

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 3g	Measure 2* 20g	Measure 3*
Proximates:							
Water	g	91.58		1	2.75	18.32	
Energy	kcal	27		0	1	5	
Energy	kj	113		0	3	23	
Protein (N x 5.95)	g	1.28		1	0.04	0.26	
Total lipid (fat)	g	0.04		1	0.00	0.01	
Carbohydrate, by difference	g	6.73		0	0.20	1.35	
Fiber, total dietary	g						
Ash	g	0.38		1	0.01	0.08	
Sugars, total	g						
Minerals:							
Calcium	mg	19		1	1	4	
Iron	mg	0.84		1	0.03	0.17	
Magnesium	mg	12		1	0	2	
Phosphorus	mg	30		1	1	6	
Potassium	mg	184		1	6	37	
Sodium	mg	15		1	0	3	
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg	0.9		0	0.0	0.2	
Vitamins:							
Ascorbic acid	mg	73.0		0	2.2	14.6	
Thiamin	mg	0.083		0	0.002	0.017	
Riboflavin	mg	0.081		0	0.002	0.016	
Niacin	mg	0.430		0	0.013	0.086	
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg	102		0	3	20	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g						
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g				
14:1	g				
16:1	g				
18:1	g				
20:1	g				
22.1	g				
Polyunsaturated, total	g				
18:2	g				
18:3	g				
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.019	2	0.001	0.004
Threonine	g	0.057	2	0.002	0.011
Isoleucine	g	0.068	2	0.002	0.014
Leucine	g	0.106	2	0.003	0.021
Lysine	g	0.064	2	0.002	0.013
Methionine	g	0.016	2	0.000	0.003
Cystine	g	0.013	2	0.000	0.003
Phenylalanine	g	0.070	2	0.002	0.014
Tyrosine	g				
Valine	g	0.078	2	0.002	0.016
Arginine	g	0.070	2	0.002	0.014
Histidine	g	0.026	2	0.001	0.005
Alanine	g				
Aspartic acid	g				
Glutamic acid	g				
Glycine	g				
Proline	g				
Serine	g				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 flower
Measure 2: 1 cup flowers

NDB No. 11448 Sesbania flower, cooked, steamed, without salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 104g	Measure 2*	Measure 3*
Proximates:							
Water	g	93.30		1	97.03		
Energy	kcal	22		0	23		
Energy	kj	92		0	96		
Protein (N x 5.95)	g	1.14		1	1.19		
Total lipid (fat)	g	0.05		1	0.05		
Carbohydrate, by difference	g	5.23		0	5.44		
Fiber, total dietary	g						
Ash	g	0.28		1	0.29		
Sugars, total	g						
Minerals:							
Calcium	mg	22		1	23		
Iron	mg	0.56		1	0.58		
Magnesium	mg	12		1	12		
Phosphorus	mg	21		1	22		
Potassium	mg	107		1	111		
Sodium	mg	11		1	11		
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg	0.7		0	0.7		
Vitamins:							
Ascorbic acid	mg	37.0		0	38.5		
Thiamin	mg	0.048		0	0.050		
Riboflavin	mg	0.043		0	0.045		
Niacin	mg	0.250		0	0.260		
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg	57		0	59		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	0		0	0		
Vitamin A, RE	µg	0		0	0		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g						
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g			
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g			
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.017	0	0.018
Threonine	g	0.051	0	0.053
Isoleucine	g	0.061	0	0.063
Leucine	g	0.095	0	0.099
Lysine	g	0.057	0	0.059
Methionine	g	0.014	0	0.015
Cystine	g	0.011	0	0.011
Phenylalanine	g	0.062	0	0.064
Tyrosine	g			
Valine	g	0.069	0	0.072
Arginine	g	0.062	0	0.064
Histidine	g	0.023	0	0.024
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup

NDB No. 11450 Soybeans, green, raw

Glycine max

Refuse: 47% Pods

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 256g	Measure 2*	Measure 3*
Proximates:							
Water	g	67.50	0.699	2	172.80		
Energy	kcal	147		0	376		
Energy	kj	615		0	1574		
Protein (N x 5.95)	g	12.95	5.312	2	33.15		
Total lipid (fat)	g	6.80		1	17.41		
Carbohydrate, by difference	g	11.05		0	28.29		
Fiber, total dietary	g	4.2		0	10.8		
Ash	g	1.70	0.100	2	4.35		
Sugars, total	g						
Minerals:							
Calcium	mg	197	18.000	2	504		
Iron	mg	3.55	0.350	2	9.09		
Magnesium	mg	65		1	166		
Phosphorus	mg	194	67.499	2	497		
Potassium	mg	620		1	1587		
Sodium	mg	15		1	38		
Zinc	mg	0.99		1	2.53		
Copper	mg	0.128		1	0.328		
Manganese	mg	0.547		1	1.400		
Selenium	µg	1.5		0	3.8		
Vitamins:							
Ascorbic acid	mg	29.0		1	74.2		
Thiamin	mg	0.435	0.015	2	1.114		
Riboflavin	mg	0.175	0.025	2	0.448		
Niacin	mg	1.650	0.050	2	4.224		
Pantothenic acid	mg	0.147		1	0.376		
Vitamin B-6	mg	0.065		1	0.166		
Folate	µg	165		1	422		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	180	10.000	2	461		
Vitamin A, RE	µg	18		0	46		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.786		0	2.012		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.006		1	0.015		
15.0	g						
16:0	g	0.570		1	1.459		
17:0	g						
18:0	g	0.210		1	0.538		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.284	0	3.287
14:1	g			
16:1	g	0.011	1	0.028
18:1	g	1.262	1	3.231
20:1	g	0.011	1	0.028
22.1	g			
Polyunsaturated, total	g	3.200	0	8.192
18:2	g	2.823	1	7.227
18:3	g	0.376	1	0.963
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	0	0
Phytosterols	mg	50	1	128
Amino acids:				
Tryptophan	g	0.157	0	0.402
Threonine	g	0.516	0	1.321
Isoleucine	g	0.570	0	1.459
Leucine	g	0.926	0	2.371
Lysine	g	0.775	0	1.984
Methionine	g	0.157	0	0.402
Cystine	g	0.118	0	0.302
Phenylalanine	g	0.586	0	1.500
Tyrosine	g	0.464	0	1.188
Valine	g	0.576	0	1.475
Arginine	g	1.042	0	2.668
Histidine	g	0.348	0	0.891
Alanine	g	0.582	0	1.490
Aspartic acid	g	1.508	0	3.860
Glutamic acid	g	2.433	0	6.228
Glycine	g	0.539	0	1.380
Proline	g	0.607	0	1.554
Serine	g	0.721	0	1.846
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 1 cup

NDB No. 11451 Soybeans, green, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 180g	Measure 2*	Measure 3*
Proximates:							
Water	g	68.60	1.499	2	123.48		
Energy	kcal	141		0	254		
Energy	kj	590		0	1062		
Protein (N x 5.95)	g	12.35	3.438	2	22.23		
Total lipid (fat)	g	6.40		1	11.52		
Carbohydrate, by difference	g	11.05		0	19.89		
Fiber, total dietary	g	4.2		0	7.6		
Ash	g	1.60	0.100	2	2.88		
Sugars, total	g						
Minerals:							
Calcium	mg	145	21.000	2	261		
Iron	mg	2.50	0.100	2	4.50		
Magnesium	mg	60		1	108		
Phosphorus	mg	158	74.500	2	284		
Potassium	mg	539		1	970		
Sodium	mg	14		1	25		
Zinc	mg	0.91		1	1.64		
Copper	mg	0.117		1	0.211		
Manganese	mg	0.502		1	0.904		
Selenium	µg	1.4		0	2.5		
Vitamins:							
Ascorbic acid	mg	17.0		1	30.6		
Thiamin	mg	0.260	0.040	2	0.468		
Riboflavin	mg	0.155	0.015	2	0.279		
Niacin	mg	1.250	0.050	2	2.250		
Pantothenic acid	mg	0.128		1	0.230		
Vitamin B-6	mg	0.060		1	0.108		
Folate	µg	111		1	200		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	156		1	281		
Vitamin A, RE	µg	16		0	29		
Vitamin E, α-TE	mg	0.010		0	0.018		
Lipids:							
Saturated, total	g	0.740		0	1.332		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.000		0	0.000		
10:0	g	0.000		0	0.000		
12:0	g	0.000		0	0.000		
14:0	g	0.005		1	0.009		
15.0	g						
16:0	g	0.537		1	0.967		
17:0	g						
18:0	g	0.198		1	0.356		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.209	0	2.176
14:1	g			
16:1	g	0.010	1	0.018
18:1	g	1.188	1	2.138
20:1	g	0.010	1	0.018
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	3.011	0	5.420
18:2	g	2.657	1	4.783
18:3	g	0.354	1	0.637
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg	50	1	90
Amino acids:				
Tryptophan	g	0.150	0	0.270
Threonine	g	0.492	0	0.886
Isoleucine	g	0.543	0	0.977
Leucine	g	0.883	0	1.589
Lysine	g	0.739	0	1.330
Methionine	g	0.150	0	0.270
Cystine	g	0.113	0	0.203
Phenylalanine	g	0.559	0	1.006
Tyrosine	g	0.443	0	0.797
Valine	g	0.549	0	0.988
Arginine	g	0.994	0	1.789
Histidine	g	0.332	0	0.598
Alanine	g	0.555	0	0.999
Aspartic acid	g	1.439	0	2.590
Glutamic acid	g	2.320	0	4.176
Glycine	g	0.514	0	0.925
Proline	g	0.579	0	1.042
Serine	g	0.688	0	1.238
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 1 cup

NDB No. 11452 Soybeans, mature seeds, sprouted, raw

Glycine max

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 35g	Measure 2* 10g	Measure 3*
Proximates:							
Water	g	69.05	2.776	6	24.17	6.91	
Energy	kcal	122		0	43	12	
Energy	kj	510		0	179	51	
Protein (N x 5.95)	g	13.09	8.068	6	4.58	1.31	
Total lipid (fat)	g	6.70	0.492	6	2.35	0.67	
Carbohydrate, by difference	g	9.57		0	3.35	0.96	
Fiber, total dietary	g	1.1		0	0.4	0.1	
Ash	g	1.59	0.125	6	0.56	0.16	
Sugars, total	g						
Minerals:							
Calcium	mg	67	5.540	8	23	7	
Iron	mg	2.10	0.391	8	0.74	0.21	
Magnesium	mg	72	8.830	8	25	7	
Phosphorus	mg	164	18.788	8	57	16	
Potassium	mg	484	62.983	8	169	48	
Sodium	mg	14	1.347	8	5	1	
Zinc	mg	1.17	0.163	8	0.41	0.12	
Copper	mg	0.427	0.065	8	0.149	0.043	
Manganese	mg	0.702	0.080	8	0.246	0.070	
Selenium	µg	0.6		0	0.2	0.1	
Vitamins:							
Ascorbic acid	mg	15.3	1.744	8	5.4	1.5	
Thiamin	mg	0.340	0.080	8	0.119	0.034	
Riboflavin	mg	0.118	0.013	8	0.041	0.012	
Niacin	mg	1.148	0.148	8	0.402	0.115	
Pantothenic acid	mg	0.929	0.115	8	0.325	0.093	
Vitamin B-6	mg	0.176	0.017	8	0.062	0.018	
Folate	µg	172	24.234	8	60	17	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	11	2.250	2	4	1	
Vitamin A, RE	µg	1		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.929		0	0.325	0.093	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.007		1	0.002	0.001	
15.0	g						
16:0	g	0.674		1	0.236	0.067	
17:0	g						
18:0	g	0.249		1	0.087	0.025	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.518	0	0.531	0.152
14:1	g				
16:1	g	0.013	1	0.005	0.001
18:1	g	1.492	1	0.522	0.149
20:1	g	0.013	1	0.005	0.001
22.1	g				
Polyunsaturated, total	g	3.783	0	1.324	0.378
18:2	g	3.338	1	1.168	0.334
18:3	g	0.445	1	0.156	0.045
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.159	0	0.056	0.016
Threonine	g	0.503	0	0.176	0.050
Isoleucine	g	0.580	0	0.203	0.058
Leucine	g	0.938	0	0.328	0.094
Lysine	g	0.752	0	0.263	0.075
Methionine	g	0.138	0	0.048	0.014
Cystine	g	0.157	0	0.055	0.016
Phenylalanine	g	0.641	0	0.224	0.064
Tyrosine	g	0.477	0	0.167	0.048
Valine	g	0.620	0	0.217	0.062
Arginine	g	0.905	0	0.317	0.091
Histidine	g	0.348	0	0.122	0.035
Alanine	g	0.549	0	0.192	0.055
Aspartic acid	g	1.774	0	0.621	0.177
Glutamic acid	g	1.966	0	0.688	0.197
Glycine	g	0.503	0	0.176	0.050
Proline	g	0.674	0	0.236	0.067
Serine	g	0.651	0	0.228	0.065
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1/2 cup
Measure 2: 10 sprouts

NDB No. 11453 Soybeans, mature seeds, sprouted, cooked, steamed

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 94g	Measure 2*	Measure 3*
Proximates:							
Water	g	79.45	3.802	3	74.68		
Energy	kcal	81		0	76		
Energy	kj	339		0	319		
Protein (N x 5.95)	g	8.47	7.513	3	7.96		
Total lipid (fat)	g	4.45	0.956	3	4.18		
Carbohydrate, by difference	g	6.53		0	6.14		
Fiber, total dietary	g	0.8		0	0.8		
Ash	g	1.10	0.183	3	1.03		
Sugars, total	g						
Minerals:							
Calcium	mg	59	9.655	3	55		
Iron	mg	1.31	0.176	3	1.23		
Magnesium	mg	60	5.700	3	56		
Phosphorus	mg	135	28.726	3	127		
Potassium	mg	355	41.590	3	334		
Sodium	mg	10		1	9		
Zinc	mg	1.04	0.040	2	0.98		
Copper	mg	0.330	0.030	2	0.310		
Manganese	mg	0.710		1	0.667		
Selenium	µg	0.6		0	0.6		
Vitamins:							
Ascorbic acid	mg	8.3	0.672	2	7.8		
Thiamin	mg	0.205	0.007	2	0.193		
Riboflavin	mg	0.053	0.003	2	0.050		
Niacin	mg	1.092	0.209	2	1.026		
Pantothenic acid	mg	0.743	0.057	2	0.698		
Vitamin B-6	mg	0.105		1	0.099		
Folate	µg	80		1	75		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	11	2.263	2	10		
Vitamin A, RE	µg	1		0	1		
Vitamin E, α-TE	mg	0.010		0	0.009		
Lipids:							
Saturated, total	g	0.617		0	0.580		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.000		0	0.000		
10:0	g	0.000		0	0.000		
12:0	g	0.000		0	0.000		
14:0	g	0.004		1	0.004		
15.0	g						
16:0	g	0.448		1	0.421		
17:0	g						
18:0	g	0.165		1	0.155		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.009	0	0.948
14:1	g			
16:1	g	0.009	1	0.008
18:1	g	0.991	1	0.932
20:1	g	0.009	1	0.008
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	2.513	0	2.362
18:2	g	2.217	1	2.084
18:3	g	0.296	1	0.278
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.103	0	0.097
Threonine	g	0.325	0	0.306
Isoleucine	g	0.375	0	0.353
Leucine	g	0.607	0	0.571
Lysine	g	0.486	0	0.457
Methionine	g	0.089	0	0.084
Cystine	g	0.102	0	0.096
Phenylalanine	g	0.415	0	0.390
Tyrosine	g	0.309	0	0.290
Valine	g	0.401	0	0.377
Arginine	g	0.585	0	0.550
Histidine	g	0.225	0	0.212
Alanine	g	0.355	0	0.334
Aspartic acid	g	1.148	0	1.079
Glutamic acid	g	1.272	0	1.196
Glycine	g	0.325	0	0.306
Proline	g	0.436	0	0.410
Serine	g	0.421	0	0.396
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 1 cup

NDB No. 11454 Soybeans, mature seeds, sprouted, cooked, stir-fried

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1*	Measure 2*	Measure 3*
Proximates:							
Water	g	67.20		1			
Energy	kcal	125		0			
Energy	kj	523		0			
Protein (N x 5.95)	g	13.10		1			
Total lipid (fat)	g	7.10		1			
Carbohydrate, by difference	g	9.40		0			
Fiber, total dietary	g	0.8		0			
Ash	g	3.20		1			
Sugars, total	g						
Minerals:							
Calcium	mg	82		1			
Iron	mg	0.40		1			
Magnesium	mg	96		1			
Phosphorus	mg	216		1			
Potassium	mg	567		1			
Sodium	mg	14		1			
Zinc	mg	2.10		1			
Copper	mg	0.527		1			
Manganese	mg	1.133		1			
Selenium	µg	0.6		0			
Vitamins:							
Ascorbic acid	mg	12.0		1			
Thiamin	mg	0.420		1			
Riboflavin	mg	0.190		1			
Niacin	mg	1.100		1			
Pantothenic acid	mg	1.186		1			
Vitamin B-6	mg	0.168		1			
Folate	µg	127		1			
Vitamin B-12	µg	0.00		0			
Vitamin A	IU	17		1			
Vitamin A, RE	µg	2		0			
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.985		0			
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.007		1			
15.0	g						
16:0	g	0.714		1			
17:0	g						
18:0	g	0.264		1			
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.609	0
14:1	g		
16:1	g	0.014	1
18:1	g	1.581	1
20:1	g	0.014	1
22.1	g		
Polyunsaturated, total	g	4.009	0
18:2	g	3.537	1
18:3	g	0.472	1
18:4	g		
20:4	g		
20:5	g		
22:5	g		
22:6	g		
Cholesterol	mg	0	0
Phytosterols	mg		
Amino acids:			
Tryptophan	g	0.159	0
Threonine	g	0.503	0
Isoleucine	g	0.581	0
Leucine	g	0.939	0
Lysine	g	0.752	0
Methionine	g	0.138	0
Cystine	g	0.157	0
Phenylalanine	g	0.641	0
Tyrosine	g	0.478	0
Valine	g	0.620	0
Arginine	g	0.905	0
Histidine	g	0.348	0
Alanine	g	0.549	0
Aspartic acid	g	1.775	0
Glutamic acid	g	1.968	0
Glycine	g	0.503	0
Proline	g	0.675	0
Serine	g	0.652	0
Other:			
Caffeine	mg		
Theobromine	mg		
Alcohol	g		

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

NDB No. 11457 Spinach, raw

Spinacia oleracea

Refuse: 28% Large stems and roots

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 30g	Measure 2* 340g	Measure 3* 10g
Proximates:							
Water	g	91.58	0.268	18	27.47	311.37	9.16
Energy	kcal	22		0	7	75	2
Energy	kj	92		0	28	313	9
Protein (N x 5.95)	g	2.86	0.112	9	0.86	9.72	0.29
Total lipid (fat)	g	0.35	0.043	9	0.11	1.19	0.04
Carbohydrate, by difference	g	3.50		0	1.05	11.90	0.35
Fiber, total dietary	g	2.7		0	0.8	9.2	0.3
Ash	g	1.72	0.035	8	0.52	5.85	0.17
Sugars, total	g						
Minerals:							
Calcium	mg	99	4.996	9	30	337	10
Iron	mg	2.71	0.522	10	0.81	9.21	0.27
Magnesium	mg	79	4.794	7	24	269	8
Phosphorus	mg	49	3.479	7	15	167	5
Potassium	mg	558	28.703	10	167	1897	56
Sodium	mg	79	10.835	10	24	269	8
Zinc	mg	0.53	0.039	7	0.16	1.80	0.05
Copper	mg	0.130	0.007	7	0.039	0.442	0.013
Manganese	mg	0.897	0.048	6	0.269	3.050	0.090
Selenium	µg	1.0	0.335	5	0.3	3.4	0.1
Vitamins:							
Ascorbic acid	mg	28.1	4.129	7	8.4	95.5	2.8
Thiamin	mg	0.078	0.008	9	0.023	0.265	0.008
Riboflavin	mg	0.189	0.008	9	0.057	0.643	0.019
Niacin	mg	0.724	0.032	9	0.217	2.462	0.072
Pantothenic acid	mg	0.065	0.008	6	0.020	0.221	0.007
Vitamin B-6	mg	0.195	0.008	6	0.059	0.663	0.020
Folate	µg	194	35.597	6	58	661	19
Vitamin B-12	µg	0.00		0	0.00	0.00	0.00
Vitamin A	IU	6715	206.879	9	2015	22831	672
Vitamin A, RE	µg	672	20.688	9	202	2285	67
Vitamin E, α-TE	mg	1.890		0	0.567	6.426	0.189
Lipids:							
Saturated, total	g	0.056		0	0.017	0.190	0.006
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.000		0	0.000	0.000	0.000
14:0	g	0.008		1	0.002	0.027	0.001
15.0	g						
16:0	g	0.041		1	0.012	0.139	0.004
17:0	g						
18:0	g	0.003		1	0.001	0.010	0.000
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.010	0	0.003	0.034	0.001
14:1	g					
16:1	g	0.004	1	0.001	0.014	0.000
18:1	g	0.004	1	0.001	0.014	0.000
20:1	g	0.000	0	0.000	0.000	0.000
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.146	0	0.044	0.496	0.015
18:2	g	0.022	1	0.007	0.075	0.002
18:3	g	0.115	1	0.035	0.391	0.012
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
Phytosterols	mg	9	0	3	31	1
Amino acids:						
Tryptophan	g	0.039	19	0.012	0.133	0.004
Threonine	g	0.122	19	0.037	0.415	0.012
Isoleucine	g	0.147	19	0.044	0.500	0.015
Leucine	g	0.223	19	0.067	0.758	0.022
Lysine	g	0.174	23	0.052	0.592	0.017
Methionine	g	0.053	23	0.016	0.180	0.005
Cystine	g	0.035	8	0.011	0.119	0.004
Phenylalanine	g	0.129	19	0.039	0.439	0.013
Tyrosine	g	0.108	8	0.032	0.367	0.011
Valine	g	0.161	19	0.048	0.547	0.016
Arginine	g	0.162	18	0.049	0.551	0.016
Histidine	g	0.064	18	0.019	0.218	0.006
Alanine	g	0.142	7	0.043	0.483	0.014
Aspartic acid	g	0.240	7	0.072	0.816	0.024
Glutamic acid	g	0.343	7	0.103	1.166	0.034
Glycine	g	0.134	7	0.040	0.456	0.013
Proline	g	0.112	6	0.034	0.381	0.011
Serine	g	0.104	7	0.031	0.354	0.010
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 bunch
Measure 3: 1 leaf

NDB No. 11458 Spinach, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 180g	Measure 2*	Measure 3*
Proximates:							
Water	g	91.21	0.222	19	164.18		
Energy	kcal	23		0	41		
Energy	kj	96		0	173		
Protein (N x 5.95)	g	2.97	0.158	16	5.35		
Total lipid (fat)	g	0.26	0.045	16	0.47		
Carbohydrate, by difference	g	3.75		0	6.75		
Fiber, total dietary	g	2.4		0	4.3		
Ash	g	1.81	0.097	16	3.26		
Sugars, total	g						
Minerals:							
Calcium	mg	136	3.285	12	245		
Iron	mg	3.57	0.996	12	6.43		
Magnesium	mg	87	4.795	12	157		
Phosphorus	mg	56	2.198	12	101		
Potassium	mg	466	18.532	12	839		
Sodium	mg	70	4.351	8	126		
Zinc	mg	0.76	0.044	16	1.37		
Copper	mg	0.174	0.012	16	0.313		
Manganese	mg	0.935	0.061	15	1.683		
Selenium	µg	1.5	0.300	5	2.7		
Vitamins:							
Ascorbic acid	mg	9.8	1.545	12	17.6		
Thiamin	mg	0.095	0.004	12	0.171		
Riboflavin	mg	0.236	0.007	12	0.425		
Niacin	mg	0.490	0.032	12	0.882		
Pantothenic acid	mg	0.145	0.008	12	0.261		
Vitamin B-6	mg	0.242	0.006	12	0.436		
Folate	µg	146	13.229	3	262		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	8190	288.493	12	14742		
Vitamin A, RE	µg	819	28.849	12	1474		
Vitamin E, α-TE	mg	0.955		0	1.719		
Lipids:							
Saturated, total	g	0.042		0	0.076		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.000		0	0.000		
10:0	g	0.000		0	0.000		
12:0	g	0.000		0	0.000		
14:0	g	0.006		0	0.011		
15.0	g						
16:0	g	0.031		0	0.056		
17:0	g						
18:0	g	0.003		0	0.005		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.007	0	0.013
14:1	g			
16:1	g	0.003	0	0.005
18:1	g	0.003	0	0.005
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.108	0	0.194
18:2	g	0.016	0	0.029
18:3	g	0.085	0	0.153
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.040	0	0.072
Threonine	g	0.127	0	0.229
Isoleucine	g	0.152	0	0.274
Leucine	g	0.231	0	0.416
Lysine	g	0.182	0	0.328
Methionine	g	0.055	0	0.099
Cystine	g	0.035	0	0.063
Phenylalanine	g	0.134	0	0.241
Tyrosine	g	0.113	0	0.203
Valine	g	0.168	0	0.302
Arginine	g	0.168	0	0.302
Histidine	g	0.066	0	0.119
Alanine	g	0.147	0	0.265
Aspartic acid	g	0.250	0	0.450
Glutamic acid	g	0.357	0	0.643
Glycine	g	0.140	0	0.252
Proline	g	0.116	0	0.209
Serine	g	0.107	0	0.193
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 1 cup

NDB No. 11459 Spinach, canned, regular pack, solids and liquids

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 234g	Measure 2*	Measure 3*
Proximates:							
Water	g	93.22	0.053	226	218.13		
Energy	kcal	19		0	44		
Energy	kj	79		0	185		
Protein (N x 5.95)	g	2.11	0.025	139	4.94		
Total lipid (fat)	g	0.37	0.007	111	0.87		
Carbohydrate, by difference	g	2.92		0	6.83		
Fiber, total dietary	g	1.6		0	3.7		
Ash	g	1.38	0.012	161	3.23		
Sugars, total	g						
Minerals:							
Calcium	mg	83	1.761	272	194		
Iron	mg	1.58	0.037	235	3.70		
Magnesium	mg	56	0.962	193	131		
Phosphorus	mg	32	0.537	162	75		
Potassium	mg	230	7.376	105	538		
Sodium	mg	319	5.724	130	746		
Zinc	mg	0.42	0.022	47	0.98		
Copper	mg	0.116	0.008	47	0.271		
Manganese	mg	0.493		0	1.154		
Selenium	µg	1.2		0	2.8		
Vitamins:							
Ascorbic acid	mg	13.5	0.562	117	31.6		
Thiamin	mg	0.018	0.001	146	0.042		
Riboflavin	mg	0.106	0.001	269	0.248		
Niacin	mg	0.271	0.016	122	0.634		
Pantothenic acid	mg	0.038		0	0.089		
Vitamin B-6	mg	0.080		0	0.187		
Folate	µg	58	4.129	3	136		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	6432	80.531	252	15051		
Vitamin A, RE	µg	643	8.053	252	1505		
Vitamin E, α-TE	mg	1.072		0	2.508		
Lipids:							
Saturated, total	g	0.060		0	0.140		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.000		0	0.000		
10:0	g	0.000		0	0.000		
12:0	g	0.000		0	0.000		
14:0	g	0.008		0	0.019		
15.0	g						
16:0	g	0.044		0	0.103		
17:0	g						
18:0	g	0.004		0	0.009		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.010	0	0.023
14:1	g			
16:1	g	0.005	0	0.012
18:1	g	0.005	0	0.012
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.155	0	0.363
18:2	g	0.023	0	0.054
18:3	g	0.122	0	0.285
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.028	0	0.066
Threonine	g	0.090	0	0.211
Isoleucine	g	0.108	0	0.253
Leucine	g	0.164	0	0.384
Lysine	g	0.129	0	0.302
Methionine	g	0.039	0	0.091
Cystine	g	0.025	0	0.059
Phenylalanine	g	0.095	0	0.222
Tyrosine	g	0.080	0	0.187
Valine	g	0.119	0	0.278
Arginine	g	0.119	0	0.278
Histidine	g	0.047	0	0.110
Alanine	g	0.104	0	0.243
Aspartic acid	g	0.177	0	0.414
Glutamic acid	g	0.253	0	0.592
Glycine	g	0.099	0	0.232
Proline	g	0.082	0	0.192
Serine	g	0.076	0	0.178
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 1 cup

NDB No. 11461 Spinach, canned, drained solids

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 214g	Measure 2*	Measure 3*
Proximates:							
Water	g	91.78	0.226	11	196.41		
Energy	kcal	23		0	49		
Energy	kj	96		0	205		
Protein (N x 5.95)	g	2.81	0.093	11	6.01		
Total lipid (fat)	g	0.50	0.078	11	1.07		
Carbohydrate, by difference	g	3.40		0	7.28		
Fiber, total dietary	g	2.4		0	5.1		
Ash	g	1.51	0.052	11	3.23		
Sugars, total	g						
Minerals:							
Calcium	mg	127	4.487	6	272		
Iron	mg	2.30	0.291	12	4.92		
Magnesium	mg	76	3.113	6	163		
Phosphorus	mg	44	1.096	6	94		
Potassium	mg	346	13.831	6	740		
Sodium	mg	27	6.201	6	58		
Zinc	mg	0.46	0.043	11	0.98		
Copper	mg	0.180	0.029	11	0.385		
Manganese	mg	0.597	0.067	10	1.278		
Selenium	µg	1.4		0	3.0		
Vitamins:							
Ascorbic acid	mg	14.3	1.251	6	30.6		
Thiamin	mg	0.016	0.000	6	0.034		
Riboflavin	mg	0.138	0.003	6	0.295		
Niacin	mg	0.388	0.014	6	0.830		
Pantothenic acid	mg	0.047	0.002	6	0.101		
Vitamin B-6	mg	0.100	0.006	6	0.214		
Folate	µg	98		0	209		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	8776	315.652	6	18781		
Vitamin A, RE	µg	878	31.565	6	1879		
Vitamin E, α-TE	mg	1.300		0	2.782		
Lipids:							
Saturated, total	g	0.081		0	0.173		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.000		0	0.000		
10:0	g	0.000		0	0.000		
12:0	g	0.000		0	0.000		
14:0	g	0.011		0	0.024		
15.0	g						
16:0	g	0.059		0	0.126		
17:0	g						
18:0	g	0.005		0	0.011		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.014	0	0.030
14:1	g			
16:1	g	0.006	0	0.013
18:1	g	0.006	0	0.013
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.209	0	0.447
18:2	g	0.031	0	0.066
18:3	g	0.165	0	0.353
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.038	0	0.081
Threonine	g	0.120	0	0.257
Isoleucine	g	0.144	0	0.308
Leucine	g	0.219	0	0.469
Lysine	g	0.172	0	0.368
Methionine	g	0.052	0	0.111
Cystine	g	0.034	0	0.073
Phenylalanine	g	0.127	0	0.272
Tyrosine	g	0.106	0	0.227
Valine	g	0.158	0	0.338
Arginine	g	0.159	0	0.340
Histidine	g	0.062	0	0.133
Alanine	g	0.139	0	0.297
Aspartic acid	g	0.236	0	0.505
Glutamic acid	g	0.338	0	0.723
Glycine	g	0.132	0	0.282
Proline	g	0.110	0	0.235
Serine	g	0.102	0	0.218
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 1 cup

NDB No. 11463 Spinach, frozen, chopped or leaf, unprepared

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 156g	Measure 2* 284g	Measure 3*
Proximates:							
Water	g	91.64	0.139	70	142.96	260.26	
Energy	kcal	24		0	37	68	
Energy	kj	100		0	156	284	
Protein (N x 5.95)	g	2.92	0.046	67	4.56	8.29	
Total lipid (fat)	g	0.31	0.024	67	0.48	0.88	
Carbohydrate, by difference	g	4.00		0	6.24	11.36	
Fiber, total dietary	g	3.0		0	4.7	8.5	
Ash	g	1.13	0.023	64	1.76	3.21	
Sugars, total	g						
Minerals:							
Calcium	mg	111	4.030	67	173	315	
Iron	mg	2.05	0.149	64	3.20	5.82	
Magnesium	mg	58	3.845	27	90	165	
Phosphorus	mg	41	1.350	32	64	116	
Potassium	mg	323	18.301	24	504	917	
Sodium	mg	74	8.386	25	115	210	
Zinc	mg	0.44	0.048	22	0.69	1.25	
Copper	mg	0.098	0.008	24	0.153	0.278	
Manganese	mg	0.747	0.068	22	1.165	2.121	
Selenium	µg	1.4		0	2.2	4.0	
Vitamins:							
Ascorbic acid	mg	24.3	1.392	49	37.9	69.0	
Thiamin	mg	0.084	0.004	67	0.131	0.239	
Riboflavin	mg	0.153	0.006	67	0.239	0.435	
Niacin	mg	0.438	0.015	67	0.683	1.244	
Pantothenic acid	mg	0.085	0.008	5	0.133	0.241	
Vitamin B-6	mg	0.140	0.010	21	0.218	0.398	
Folate	µg	120	14.153	11	187	340	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	7758	143.372	67	12102	22033	
Vitamin A, RE	µg	776	14.337	67	1211	2204	
Vitamin E, α-TE	mg	0.955		0	1.490	2.712	
Lipids:							
Saturated, total	g	0.051		0	0.080	0.145	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.007		0	0.011	0.020	
15.0	g						
16:0	g	0.037		0	0.058	0.105	
17:0	g						
18:0	g	0.003		0	0.005	0.009	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.009	0	0.014	0.026
14:1	g				
16:1	g	0.004	0	0.006	0.011
18:1	g	0.004	0	0.006	0.011
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.131	0	0.204	0.372
18:2	g	0.020	0	0.031	0.057
18:3	g	0.103	0	0.161	0.293
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.039	0	0.061	0.111
Threonine	g	0.125	0	0.195	0.355
Isoleucine	g	0.149	0	0.232	0.423
Leucine	g	0.227	0	0.354	0.645
Lysine	g	0.178	0	0.278	0.506
Methionine	g	0.054	0	0.084	0.153
Cystine	g	0.035	0	0.055	0.099
Phenylalanine	g	0.132	0	0.206	0.375
Tyrosine	g	0.110	0	0.172	0.312
Valine	g	0.164	0	0.256	0.466
Arginine	g	0.165	0	0.257	0.469
Histidine	g	0.064	0	0.100	0.182
Alanine	g	0.144	0	0.225	0.409
Aspartic acid	g	0.245	0	0.382	0.696
Glutamic acid	g	0.350	0	0.546	0.994
Glycine	g	0.137	0	0.214	0.389
Proline	g	0.114	0	0.178	0.324
Serine	g	0.106	0	0.165	0.301
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 package (10 oz)

NDB No. 11464 Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 220g	Measure 2* 95g	Measure 3*
Proximates:							
Water	g	89.98	0.535	13	197.96	85.48	
Energy	kcal	28		0	62	27	
Energy	kj	117		0	257	111	
Protein (N x 5.95)	g	3.14	0.102	10	6.91	2.98	
Total lipid (fat)	g	0.21	0.033	10	0.46	0.20	
Carbohydrate, by difference	g	5.34		0	11.75	5.07	
Fiber, total dietary	g	3.0		0	6.6	2.9	
Ash	g	1.33	0.106	10	2.93	1.26	
Sugars, total	g						
Minerals:							
Calcium	mg	146	12.640	9	321	139	
Iron	mg	1.52	0.132	10	3.34	1.44	
Magnesium	mg	69	4.731	9	152	66	
Phosphorus	mg	48	2.635	9	106	46	
Potassium	mg	298	19.626	9	656	283	
Sodium	mg	86	12.169	15	189	82	
Zinc	mg	0.70	0.090	10	1.54	0.67	
Copper	mg	0.141	0.014	10	0.310	0.134	
Manganese	mg	0.942	0.064	10	2.072	0.895	
Selenium	µg	1.7		0	3.7	1.6	
Vitamins:							
Ascorbic acid	mg	12.3	2.330	9	27.1	11.7	
Thiamin	mg	0.060	0.009	14	0.132	0.057	
Riboflavin	mg	0.168	0.017	14	0.370	0.160	
Niacin	mg	0.419	0.050	9	0.922	0.398	
Pantothenic acid	mg	0.083	0.007	3	0.183	0.079	
Vitamin B-6	mg	0.146	0.015	14	0.321	0.139	
Folate	µg	108	11.309	6	237	102	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	7784	255.516	9	17125	7395	
Vitamin A, RE	µg	778	25.552	9	1712	739	
Vitamin E, α-TE	mg	0.955		0	2.101	0.907	
Lipids:							
Saturated, total	g	0.033		0	0.073	0.031	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.005		0	0.011	0.005	
15.0	g						
16:0	g	0.024		0	0.053	0.023	
17:0	g						
18:0	g	0.002		0	0.004	0.002	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.006	0	0.013	0.006
14:1	g				
16:1	g	0.003	0	0.007	0.003
18:1	g	0.003	0	0.007	0.003
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.086	0	0.189	0.082
18:2	g	0.013	0	0.029	0.012
18:3	g	0.068	0	0.150	0.065
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.042	0	0.092	0.040
Threonine	g	0.134	0	0.295	0.127
Isoleucine	g	0.160	0	0.352	0.152
Leucine	g	0.244	0	0.537	0.232
Lysine	g	0.192	0	0.422	0.182
Methionine	g	0.058	0	0.128	0.055
Cystine	g	0.038	0	0.084	0.036
Phenylalanine	g	0.142	0	0.312	0.135
Tyrosine	g	0.119	0	0.262	0.113
Valine	g	0.177	0	0.389	0.168
Arginine	g	0.178	0	0.392	0.169
Histidine	g	0.069	0	0.152	0.066
Alanine	g	0.155	0	0.341	0.147
Aspartic acid	g	0.264	0	0.581	0.251
Glutamic acid	g	0.377	0	0.829	0.358
Glycine	g	0.147	0	0.323	0.140
Proline	g	0.123	0	0.271	0.117
Serine	g	0.114	0	0.251	0.108
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 package (10 oz) yields
Measure 2: 1/2 cup

NDB No. 11467 Squash, summer, crookneck and straightneck, raw
Cucurbita spp.

Refuse: 1% Ends

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 130g	Measure 2*	Measure 3*
Proximates:							
Water	g	94.20	0.334	8	122.46		
Energy	kcal	19		0	25		
Energy	kj	79		0	103		
Protein (N x 5.95)	g	0.94	0.099	8	1.22		
Total lipid (fat)	g	0.24	0.049	8	0.31		
Carbohydrate, by difference	g	4.04		0	5.25		
Fiber, total dietary	g	1.9		0	2.5		
Ash	g	0.58	0.027	6	0.75		
Sugars, total	g						
Minerals:							
Calcium	mg	21	1.497	8	27		
Iron	mg	0.48	0.034	8	0.62		
Magnesium	mg	21	0.951	8	27		
Phosphorus	mg	32	1.299	8	42		
Potassium	mg	212	10.179	8	276		
Sodium	mg	2	0.389	8	3		
Zinc	mg	0.29	0.022	6	0.38		
Copper	mg	0.102	0.006	6	0.133		
Manganese	mg	0.157	0.013	6	0.204		
Selenium	µg	0.2		0	0.3		
Vitamins:							
Ascorbic acid	mg	8.4	2.219	8	10.9		
Thiamin	mg	0.052	0.004	8	0.068		
Riboflavin	mg	0.043	0.003	8	0.056		
Niacin	mg	0.454	0.037	8	0.590		
Pantothenic acid	mg	0.102	0.015	6	0.133		
Vitamin B-6	mg	0.109	0.007	6	0.142		
Folate	µg	23	1.499	6	30		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	338	54.669	8	439		
Vitamin A, RE	µg	34	5.467	8	44		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.049		0	0.064		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g	0.001		0	0.001		
14:0	g	0.001		0	0.001		
15.0	g						
16:0	g	0.043		0	0.056		
17:0	g						
18:0	g	0.005		0	0.007		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.018	0	0.023
14:1	g			
16:1	g	0.001	0	0.001
18:1	g	0.017	0	0.022
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.100	0	0.130
18:2	g	0.038	0	0.049
18:3	g	0.062	0	0.081
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.008	0	0.010
Threonine	g	0.023	0	0.030
Isoleucine	g	0.034	0	0.044
Leucine	g	0.055	0	0.072
Lysine	g	0.052	0	0.068
Methionine	g	0.014	0	0.018
Cystine	g	0.010	0	0.013
Phenylalanine	g	0.033	0	0.043
Tyrosine	g	0.025	0	0.033
Valine	g	0.042	0	0.055
Arginine	g	0.040	0	0.052
Histidine	g	0.020	0	0.026
Alanine	g	0.049	0	0.064
Aspartic acid	g	0.115	0	0.150
Glutamic acid	g	0.101	0	0.131
Glycine	g	0.035	0	0.046
Proline	g	0.029	0	0.038
Serine	g	0.038	0	0.049
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, sliced

NDB No. 11468 Squash, summer, crookneck and straightneck, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 180g	Measure 2* 90g	Measure 3*
Proximates:							
Water	g	93.70	0.122	6	168.66	84.33	
Energy	kcal	20		0	36	18	
Energy	kj	84		0	151	76	
Protein (N x 5.95)	g	0.91	0.075	6	1.64	0.82	
Total lipid (fat)	g	0.31	0.022	6	0.56	0.28	
Carbohydrate, by difference	g	4.31		0	7.76	3.88	
Fiber, total dietary	g	1.4		0	2.5	1.3	
Ash	g	0.77	0.024	6	1.39	0.69	
Sugars, total	g						
Minerals:							
Calcium	mg	27	1.248	6	49	24	
Iron	mg	0.36	0.036	6	0.65	0.32	
Magnesium	mg	24	0.500	6	43	22	
Phosphorus	mg	39	1.908	6	70	35	
Potassium	mg	192	5.618	6	346	173	
Sodium	mg	1	0.335	6	2	1	
Zinc	mg	0.39	0.012	6	0.70	0.35	
Copper	mg	0.103	0.006	6	0.185	0.093	
Manganese	mg	0.213	0.011	6	0.383	0.192	
Selenium	µg	0.2		0	0.4	0.2	
Vitamins:							
Ascorbic acid	mg	5.5	0.775	6	9.9	5.0	
Thiamin	mg	0.049	0.002	6	0.088	0.044	
Riboflavin	mg	0.049	0.003	6	0.088	0.044	
Niacin	mg	0.513	0.044	6	0.923	0.462	
Pantothenic acid	mg	0.137	0.003	6	0.247	0.123	
Vitamin B-6	mg	0.094	0.006	6	0.169	0.085	
Folate	µg	20	3.726	3	36	18	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	287	39.996	6	517	258	
Vitamin A, RE	µg	29	4.000	6	52	26	
Vitamin E, α-TE	mg	0.120		0	0.216	0.108	
Lipids:							
Saturated, total	g	0.064		0	0.115	0.058	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.001		0	0.002	0.001	
14:0	g	0.001		0	0.002	0.001	
15.0	g						
16:0	g	0.056		0	0.101	0.050	
17:0	g						
18:0	g	0.006		0	0.011	0.005	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.023	0	0.041	0.021
14:1	g				
16:1	g	0.001	0	0.002	0.001
18:1	g	0.021	0	0.038	0.019
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.131	0	0.236	0.118
18:2	g	0.049	0	0.088	0.044
18:3	g	0.082	0	0.148	0.074
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.008	0	0.014	0.007
Threonine	g	0.022	0	0.040	0.020
Isoleucine	g	0.033	0	0.059	0.030
Leucine	g	0.053	0	0.095	0.048
Lysine	g	0.050	0	0.090	0.045
Methionine	g	0.013	0	0.023	0.012
Cystine	g	0.010	0	0.018	0.009
Phenylalanine	g	0.032	0	0.058	0.029
Tyrosine	g	0.024	0	0.043	0.022
Valine	g	0.041	0	0.074	0.037
Arginine	g	0.038	0	0.068	0.034
Histidine	g	0.020	0	0.036	0.018
Alanine	g	0.048	0	0.086	0.043
Aspartic acid	g	0.111	0	0.200	0.100
Glutamic acid	g	0.097	0	0.175	0.087
Glycine	g	0.034	0	0.061	0.031
Proline	g	0.028	0	0.050	0.025
Serine	g	0.037	0	0.067	0.033
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, sliced
Measure 2: 1/2 cup slices

NDB No. 11471 Squash, summer, crookneck and straightneck, canned, drained, solid, without salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 210g	Measure 2* 240g	Measure 3* 216g
Proximates:							
Water	g	96.04	0.041	6	201.68	230.50	207.45
Energy	kcal	13		0	27	31	28
Energy	kj	54		0	113	130	117
Protein (N x 5.95)	g	0.61	0.031	6	1.28	1.46	1.32
Total lipid (fat)	g	0.07	0.004	6	0.15	0.17	0.15
Carbohydrate, by difference	g	2.96		0	6.22	7.10	6.39
Fiber, total dietary	g	1.4		0	2.9	3.4	3.0
Ash	g	0.32	0.011	6	0.67	0.77	0.69
Sugars, total	g						
Minerals:							
Calcium	mg	12	0.143	6	25	29	26
Iron	mg	0.71	0.032	6	1.49	1.70	1.53
Magnesium	mg	13	0.417	6	27	31	28
Phosphorus	mg	21	0.757	6	44	50	45
Potassium	mg	96	5.241	6	202	230	207
Sodium	mg	5	0.151	6	11	12	11
Zinc	mg	0.29	0.007	6	0.61	0.70	0.63
Copper	mg	0.080	0.006	6	0.168	0.192	0.173
Manganese	mg	0.097	0.004	6	0.204	0.233	0.210
Selenium	µg	0.2		0	0.4	0.5	0.4
Vitamins:							
Ascorbic acid	mg	2.7	0.242	6	5.7	6.5	5.8
Thiamin	mg	0.016	0.000	6	0.034	0.038	0.035
Riboflavin	mg	0.027	0.000	6	0.057	0.065	0.058
Niacin	mg	0.418	0.025	6	0.878	1.003	0.903
Pantothenic acid	mg	0.048	0.001	6	0.101	0.115	0.104
Vitamin B-6	mg	0.042	0.001	6	0.088	0.101	0.091
Folate	µg	10	0.698	6	22	25	22
Vitamin B-12	µg	0.00		0	0.00	0.00	0.00
Vitamin A	IU	121	4.972	6	254	290	261
Vitamin A, RE	µg	12	0.497	6	25	29	26
Vitamin E, α-TE	mg	0.120		0	0.252	0.288	0.259
Lipids:							
Saturated, total	g	0.015		0	0.032	0.036	0.032
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.000		0	0.000	0.000	0.000
14:0	g	0.000		0	0.000	0.000	0.000
15.0	g						
16:0	g	0.013		0	0.027	0.031	0.028
17:0	g						
18:0	g	0.001		0	0.002	0.002	0.002
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.005	0	0.011	0.012	0.011
14:1	g					
16:1	g	0.000	0	0.000	0.000	0.000
18:1	g	0.005	0	0.011	0.012	0.011
20:1	g	0.000	0	0.000	0.000	0.000
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.031	0	0.065	0.074	0.067
18:2	g	0.011	0	0.023	0.026	0.024
18:3	g	0.019	0	0.040	0.046	0.041
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.005	0	0.011	0.012	0.011
Threonine	g	0.015	0	0.032	0.036	0.032
Isoleucine	g	0.022	0	0.046	0.053	0.048
Leucine	g	0.036	0	0.076	0.086	0.078
Lysine	g	0.034	0	0.071	0.082	0.073
Methionine	g	0.009	0	0.019	0.022	0.019
Cystine	g	0.006	0	0.013	0.014	0.013
Phenylalanine	g	0.022	0	0.046	0.053	0.048
Tyrosine	g	0.016	0	0.034	0.038	0.035
Valine	g	0.028	0	0.059	0.067	0.060
Arginine	g	0.026	0	0.055	0.062	0.056
Histidine	g	0.013	0	0.027	0.031	0.028
Alanine	g	0.032	0	0.067	0.077	0.069
Aspartic acid	g	0.075	0	0.158	0.180	0.162
Glutamic acid	g	0.066	0	0.139	0.158	0.143
Glycine	g	0.023	0	0.048	0.055	0.050
Proline	g	0.019	0	0.040	0.046	0.041
Serine	g	0.025	0	0.053	0.060	0.054
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, diced
Measure 2: 1 cup, mashed
Measure 3: 1 cup, slices

NDB No. 11473 Squash, summer, crookneck and straightneck, frozen, unprepared

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 130g	Measure 2*	Measure 3*
Proximates:							
Water	g	93.66	0.049	6	121.76		
Energy	kcal	20		0	26		
Energy	kj	84		0	109		
Protein (N x 5.95)	g	0.83	0.059	6	1.08		
Total lipid (fat)	g	0.14	0.028	6	0.18		
Carbohydrate, by difference	g	4.80		0	6.24		
Fiber, total dietary	g	1.2		0	1.6		
Ash	g	0.58	0.006	6	0.75		
Sugars, total	g						
Minerals:							
Calcium	mg	18	0.232	6	23		
Iron	mg	0.48	0.038	6	0.62		
Magnesium	mg	23	0.520	6	30		
Phosphorus	mg	35	0.200	6	46		
Potassium	mg	209	11.584	6	272		
Sodium	mg	5	0.398	6	7		
Zinc	mg	0.37	0.003	6	0.48		
Copper	mg	0.085	0.002	6	0.111		
Manganese	mg	0.162	0.003	6	0.211		
Selenium	µg	0.2		0	0.3		
Vitamins:							
Ascorbic acid	mg	6.4		0	8.3		
Thiamin	mg	0.040	0.004	6	0.052		
Riboflavin	mg	0.048	0.001	6	0.062		
Niacin	mg	0.400	0.013	6	0.520		
Pantothenic acid	mg	0.088	0.008	6	0.114		
Vitamin B-6	mg	0.088	0.004	6	0.114		
Folate	µg	12	1.043	6	15		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	279	11.655	6	363		
Vitamin A, RE	µg	28	1.166	6	36		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.029		0	0.038		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g	0.001		0	0.001		
14:0	g	0.000		0	0.000		
15.0	g						
16:0	g	0.025		0	0.033		
17:0	g						
18:0	g	0.003		0	0.004		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.011	0	0.014
14:1	g			
16:1	g	0.001	0	0.001
18:1	g	0.010	0	0.013
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.060	0	0.078
18:2	g	0.022	0	0.029
18:3	g	0.037	0	0.048
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.007	0	0.009
Threonine	g	0.020	0	0.026
Isoleucine	g	0.030	0	0.039
Leucine	g	0.048	0	0.062
Lysine	g	0.046	0	0.060
Methionine	g	0.012	0	0.016
Cystine	g	0.009	0	0.012
Phenylalanine	g	0.029	0	0.038
Tyrosine	g	0.022	0	0.029
Valine	g	0.037	0	0.048
Arginine	g	0.035	0	0.046
Histidine	g	0.018	0	0.023
Alanine	g	0.043	0	0.056
Aspartic acid	g	0.101	0	0.131
Glutamic acid	g	0.089	0	0.116
Glycine	g	0.031	0	0.040
Proline	g	0.026	0	0.034
Serine	g	0.034	0	0.044
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, slices

NDB No. 11474 Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 192g	Measure 2*	Measure 3*
Proximates:							
Water	g	92.24	0.062	6	177.10		
Energy	kcal	25		0	48		
Energy	kj	105		0	202		
Protein (N x 5.95)	g	1.28	0.031	6	2.46		
Total lipid (fat)	g	0.20	0.014	6	0.38		
Carbohydrate, by difference	g	5.54		0	10.64		
Fiber, total dietary	g	1.4		0	2.7		
Ash	g	0.74	0.006	6	1.42		
Sugars, total	g						
Minerals:							
Calcium	mg	20	1.221	6	38		
Iron	mg	0.52	0.025	6	1.00		
Magnesium	mg	27	0.590	6	52		
Phosphorus	mg	41	1.026	6	79		
Potassium	mg	253	6.386	6	486		
Sodium	mg	6	0.314	6	12		
Zinc	mg	0.34	0.009	6	0.65		
Copper	mg	0.073	0.010	6	0.140		
Manganese	mg	0.263	0.021	6	0.505		
Selenium	µg	0.3		0	0.6		
Vitamins:							
Ascorbic acid	mg	6.8		0	13.1		
Thiamin	mg	0.036	0.002	6	0.069		
Riboflavin	mg	0.047	0.001	6	0.090		
Niacin	mg	0.440	0.027	6	0.845		
Pantothenic acid	mg	0.102	0.006	6	0.196		
Vitamin B-6	mg	0.099	0.004	6	0.190		
Folate	µg	13	1.079	6	24		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	195	6.926	6	374		
Vitamin A, RE	µg	20	0.693	6	38		
Vitamin E, α-TE	mg	0.280		0	0.538		
Lipids:							
Saturated, total	g	0.040		0	0.077		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.000		0	0.000		
10:0	g	0.000		0	0.000		
12:0	g	0.001		0	0.002		
14:0	g	0.001		0	0.002		
15.0	g						
16:0	g	0.035		0	0.067		
17:0	g						
18:0	g	0.004		0	0.008		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.015	0	0.029
14:1	g			
16:1	g	0.001	0	0.002
18:1	g	0.014	0	0.027
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.082	0	0.157
18:2	g	0.031	0	0.060
18:3	g	0.051	0	0.098
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.011	0	0.021
Threonine	g	0.031	0	0.060
Isoleucine	g	0.046	0	0.088
Leucine	g	0.075	0	0.144
Lysine	g	0.071	0	0.136
Methionine	g	0.018	0	0.035
Cystine	g	0.014	0	0.027
Phenylalanine	g	0.045	0	0.086
Tyrosine	g	0.034	0	0.065
Valine	g	0.058	0	0.111
Arginine	g	0.054	0	0.104
Histidine	g	0.028	0	0.054
Alanine	g	0.067	0	0.129
Aspartic acid	g	0.157	0	0.301
Glutamic acid	g	0.138	0	0.265
Glycine	g	0.048	0	0.092
Proline	g	0.040	0	0.077
Serine	g	0.052	0	0.100
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, slices

NDB No. 11475 Squash, summer, scallop, raw
Cucurbita spp.

Refuse: 2% Stem ends

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 130g	Measure 2*	Measure 3*
Proximates:							
Water	g	94.18	0.321	10	122.43		
Energy	kcal	18		0	23		
Energy	kj	75		0	98		
Protein (N x 5.95)	g	1.20		1	1.56		
Total lipid (fat)	g	0.20		1	0.26		
Carbohydrate, by difference	g	3.84		0	4.99		
Fiber, total dietary	g						
Ash	g	0.58		0	0.75		
Sugars, total	g						
Minerals:							
Calcium	mg	19		1	25		
Iron	mg	0.40		1	0.52		
Magnesium	mg	23		1	30		
Phosphorus	mg	36		1	47		
Potassium	mg	182	14.829	7	237		
Sodium	mg	1	0.302	7	1		
Zinc	mg	0.29		0	0.38		
Copper	mg	0.102		0	0.133		
Manganese	mg	0.157		0	0.204		
Selenium	µg	0.2		0	0.3		
Vitamins:							
Ascorbic acid	mg	18.0		1	23.4		
Thiamin	mg	0.070		1	0.091		
Riboflavin	mg	0.030		1	0.039		
Niacin	mg	0.600		1	0.780		
Pantothenic acid	mg	0.102		0	0.133		
Vitamin B-6	mg	0.109		0	0.142		
Folate	µg	30	10.208	3	39		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	110		1	143		
Vitamin A, RE	µg	11		1	14		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.041		0	0.053		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g	0.001		0	0.001		
14:0	g	0.001		0	0.001		
15.0	g						
16:0	g	0.036		0	0.047		
17:0	g						
18:0	g	0.004		0	0.005		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.015	0	0.020
14:1	g			
16:1	g	0.001	0	0.001
18:1	g	0.014	0	0.018
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.084	0	0.109
18:2	g	0.031	0	0.040
18:3	g	0.052	0	0.068
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.011	0	0.014
Threonine	g	0.029	0	0.038
Isoleucine	g	0.043	0	0.056
Leucine	g	0.070	0	0.091
Lysine	g	0.067	0	0.087
Methionine	g	0.017	0	0.022
Cystine	g	0.013	0	0.017
Phenylalanine	g	0.042	0	0.055
Tyrosine	g	0.032	0	0.042
Valine	g	0.054	0	0.070
Arginine	g	0.051	0	0.066
Histidine	g	0.026	0	0.034
Alanine	g	0.063	0	0.082
Aspartic acid	g	0.147	0	0.191
Glutamic acid	g	0.129	0	0.168
Glycine	g	0.045	0	0.059
Proline	g	0.038	0	0.049
Serine	g	0.049	0	0.064
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, slices

NDB No. 11476 Squash, summer, scallop, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 240g	Measure 2* 180g	Measure 3*
Proximates:							
Water	g	95.00		0	228.00	171.00	
Energy	kcal	16		0	38	29	
Energy	kj	67		0	161	121	
Protein (N x 5.95)	g	1.03		0	2.47	1.85	
Total lipid (fat)	g	0.17		0	0.41	0.31	
Carbohydrate, by difference	g	3.30		0	7.92	5.94	
Fiber, total dietary	g	1.9		0	4.6	3.4	
Ash	g	0.50		0	1.20	0.90	
Sugars, total	g						
Minerals:							
Calcium	mg	15		0	36	27	
Iron	mg	0.33		0	0.79	0.59	
Magnesium	mg	19		0	46	34	
Phosphorus	mg	28		0	67	50	
Potassium	mg	140		0	336	252	
Sodium	mg	1		0	2	2	
Zinc	mg	0.24		0	0.58	0.43	
Copper	mg	0.083		0	0.199	0.149	
Manganese	mg	0.128		0	0.307	0.230	
Selenium	µg	0.2		0	0.5	0.4	
Vitamins:							
Ascorbic acid	mg	10.8		0	25.9	19.4	
Thiamin	mg	0.051		0	0.122	0.092	
Riboflavin	mg	0.025		0	0.060	0.045	
Niacin	mg	0.464		0	1.114	0.835	
Pantothenic acid	mg	0.079		0	0.190	0.142	
Vitamin B-6	mg	0.085		0	0.204	0.153	
Folate	µg	21		0	50	37	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	85		0	204	153	
Vitamin A, RE	µg	9		0	22	16	
Vitamin E, α-TE	mg	0.120		0	0.288	0.216	
Lipids:							
Saturated, total	g	0.035		0	0.084	0.063	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.001		0	0.002	0.002	
14:0	g	0.001		0	0.002	0.002	
15.0	g						
16:0	g	0.031		0	0.074	0.056	
17:0	g						
18:0	g	0.003		0	0.007	0.005	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.013	0	0.031	0.023
14:1	g				
16:1	g	0.001	0	0.002	0.002
18:1	g	0.012	0	0.029	0.022
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.072	0	0.173	0.130
18:2	g	0.027	0	0.065	0.049
18:3	g	0.045	0	0.108	0.081
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.009	0	0.022	0.016
Threonine	g	0.025	0	0.060	0.045
Isoleucine	g	0.037	0	0.089	0.067
Leucine	g	0.061	0	0.146	0.110
Lysine	g	0.057	0	0.137	0.103
Methionine	g	0.015	0	0.036	0.027
Cystine	g	0.011	0	0.026	0.020
Phenylalanine	g	0.036	0	0.086	0.065
Tyrosine	g	0.028	0	0.067	0.050
Valine	g	0.047	0	0.113	0.085
Arginine	g	0.044	0	0.106	0.079
Histidine	g	0.022	0	0.053	0.040
Alanine	g	0.054	0	0.130	0.097
Aspartic acid	g	0.126	0	0.302	0.227
Glutamic acid	g	0.111	0	0.266	0.200
Glycine	g	0.039	0	0.094	0.070
Proline	g	0.032	0	0.077	0.058
Serine	g	0.042	0	0.101	0.076
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, mashed
Measure 2: 1 cup, sliced

NDB No. 11477 Squash, summer, zucchini, includes skin, raw
Cucurbita spp.

Refuse: 5% Ends

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 124g	Measure 2* 113g	Measure 3* 323g
Proximates:							
Water	g	95.28	0.327	10	118.15	107.67	307.75
Energy	kcal	14		0	17	16	45
Energy	kj	59		0	73	67	191
Protein (N x 5.95)	g	1.16	0.096	6	1.44	1.31	3.75
Total lipid (fat)	g	0.14	0.027	6	0.17	0.16	0.45
Carbohydrate, by difference	g	2.90		0	3.60	3.28	9.37
Fiber, total dietary	g	1.2		0	1.5	1.4	3.9
Ash	g	0.52	0.046	5	0.64	0.59	1.68
Sugars, total	g						
Minerals:							
Calcium	mg	15		1	19	17	48
Iron	mg	0.42	0.044	6	0.52	0.47	1.36
Magnesium	mg	22	0.900	2	27	25	71
Phosphorus	mg	32		1	40	36	103
Potassium	mg	248	27.800	2	308	280	801
Sodium	mg	3	0.400	2	4	3	10
Zinc	mg	0.20	0.018	6	0.25	0.23	0.65
Copper	mg	0.057	0.009	6	0.071	0.064	0.184
Manganese	mg	0.127		0	0.157	0.144	0.410
Selenium	µg	0.2		0	0.2	0.2	0.6
Vitamins:							
Ascorbic acid	mg	9.0		1	11.2	10.2	29.1
Thiamin	mg	0.070		1	0.087	0.079	0.226
Riboflavin	mg	0.030		1	0.037	0.034	0.097
Niacin	mg	0.400		1	0.496	0.452	1.292
Pantothenic acid	mg	0.083		0	0.103	0.094	0.268
Vitamin B-6	mg	0.089		0	0.110	0.101	0.287
Folate	µg	22	1.857	3	27	25	71
Vitamin B-12	µg	0.00		0	0.00	0.00	0.00
Vitamin A	IU	340		1	422	384	1098
Vitamin A, RE	µg	34		1	42	38	110
Vitamin E, α-TE	mg	0.120		0	0.149	0.136	0.388
Lipids:							
Saturated, total	g	0.029		0	0.036	0.033	0.094
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.001		0	0.001	0.001	0.003
14:0	g	0.000		0	0.000	0.000	0.000
15.0	g						
16:0	g	0.025		0	0.031	0.028	0.081
17:0	g						
18:0	g	0.003		0	0.004	0.003	0.010
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.011	0	0.014	0.012	0.036
14:1	g					
16:1	g	0.001	0	0.001	0.001	0.003
18:1	g	0.010	0	0.012	0.011	0.032
20:1	g	0.000	0	0.000	0.000	0.000
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.060	0	0.074	0.068	0.194
18:2	g	0.022	0	0.027	0.025	0.071
18:3	g	0.037	0	0.046	0.042	0.120
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.010	0	0.012	0.011	0.032
Threonine	g	0.028	0	0.035	0.032	0.090
Isoleucine	g	0.042	0	0.052	0.047	0.136
Leucine	g	0.068	0	0.084	0.077	0.220
Lysine	g	0.064	0	0.079	0.072	0.207
Methionine	g	0.017	0	0.021	0.019	0.055
Cystine	g	0.012	0	0.015	0.014	0.039
Phenylalanine	g	0.041	0	0.051	0.046	0.132
Tyrosine	g	0.031	0	0.038	0.035	0.100
Valine	g	0.052	0	0.064	0.059	0.168
Arginine	g	0.049	0	0.061	0.055	0.158
Histidine	g	0.025	0	0.031	0.028	0.081
Alanine	g	0.061	0	0.076	0.069	0.197
Aspartic acid	g	0.141	0	0.175	0.159	0.455
Glutamic acid	g	0.124	0	0.154	0.140	0.401
Glycine	g	0.044	0	0.055	0.050	0.142
Proline	g	0.036	0	0.045	0.041	0.116
Serine	g	0.047	0	0.058	0.053	0.152
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, chopped
Measure 2: 1 cup, sliced
Measure 3: 1 large

NDB No. 11478 Squash, summer, zucchini, includes skin, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 180g	Measure 2* 120g	Measure 3*
Proximates:							
Water	g	94.74		1	170.53	113.69	
Energy	kcal	16		0	29	19	
Energy	kj	67		0	121	80	
Protein (N x 5.95)	g	0.64		1	1.15	0.77	
Total lipid (fat)	g	0.05		1	0.09	0.06	
Carbohydrate, by difference	g	3.93		0	7.07	4.72	
Fiber, total dietary	g	1.4		0	2.5	1.7	
Ash	g	0.64		1	1.15	0.77	
Sugars, total	g						
Minerals:							
Calcium	mg	13		1	23	16	
Iron	mg	0.35		1	0.63	0.42	
Magnesium	mg	22		1	40	26	
Phosphorus	mg	40		1	72	48	
Potassium	mg	253		1	455	304	
Sodium	mg	3		1	5	4	
Zinc	mg	0.18		1	0.32	0.22	
Copper	mg	0.086		0	0.155	0.103	
Manganese	mg	0.178		0	0.320	0.214	
Selenium	µg	0.2		0	0.4	0.2	
Vitamins:							
Ascorbic acid	mg	4.6		0	8.3	5.5	
Thiamin	mg	0.041		0	0.074	0.049	
Riboflavin	mg	0.041		0	0.074	0.049	
Niacin	mg	0.428		0	0.770	0.514	
Pantothenic acid	mg	0.114		0	0.205	0.137	
Vitamin B-6	mg	0.078		0	0.140	0.094	
Folate	µg	17		0	30	20	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	240		0	432	288	
Vitamin A, RE	µg	24		0	43	29	
Vitamin E, α-TE	mg	0.120		0	0.216	0.144	
Lipids:							
Saturated, total	g	0.010		0	0.018	0.012	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.000		0	0.000	0.000	
15.0	g						
16:0	g	0.009		0	0.016	0.011	
17:0	g						
18:0	g	0.001		0	0.002	0.001	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.004	0	0.007	0.005
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.004	0	0.007	0.005
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.021	0	0.038	0.025
18:2	g	0.008	0	0.014	0.010
18:3	g	0.013	0	0.023	0.016
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.006	0	0.011	0.007
Threonine	g	0.015	0	0.027	0.018
Isoleucine	g	0.023	0	0.041	0.028
Leucine	g	0.037	0	0.067	0.044
Lysine	g	0.035	0	0.063	0.042
Methionine	g	0.009	0	0.016	0.011
Cystine	g	0.007	0	0.013	0.008
Phenylalanine	g	0.022	0	0.040	0.026
Tyrosine	g	0.017	0	0.031	0.020
Valine	g	0.029	0	0.052	0.035
Arginine	g	0.027	0	0.049	0.032
Histidine	g	0.014	0	0.025	0.017
Alanine	g	0.033	0	0.059	0.040
Aspartic acid	g	0.078	0	0.140	0.094
Glutamic acid	g	0.068	0	0.122	0.082
Glycine	g	0.024	0	0.043	0.029
Proline	g	0.020	0	0.036	0.024
Serine	g	0.026	0	0.047	0.031
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, sliced
Measure 2: 1/2 cup mashed

NDB No. 11479 Squash, summer, zucchini, includes skin, frozen, unprepared

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 284g	Measure 2* 1361g	Measure 3*
Proximates:							
Water	g	94.70	0.167	17	268.95	1288.87	
Energy	kcal	17		0	48	231	
Energy	kj	71		0	202	966	
Protein (N x 5.95)	g	1.16	0.057	17	3.29	15.79	
Total lipid (fat)	g	0.13	0.016	17	0.37	1.77	
Carbohydrate, by difference	g	3.59		0	10.20	48.86	
Fiber, total dietary	g	1.3		0	3.7	17.7	
Ash	g	0.43	0.026	17	1.22	5.85	
Sugars, total	g						
Minerals:							
Calcium	mg	18	1.216	12	51	245	
Iron	mg	0.51	0.059	17	1.45	6.94	
Magnesium	mg	13	1.265	6	37	177	
Phosphorus	mg	28	2.505	6	80	381	
Potassium	mg	218	1.833	3	619	2967	
Sodium	mg	2	0.731	6	6	27	
Zinc	mg	0.21	0.019	8	0.60	2.86	
Copper	mg	0.050	0.005	9	0.142	0.681	
Manganese	mg	0.244	0.050	8	0.693	3.321	
Selenium	µg	0.2		0	0.6	2.7	
Vitamins:							
Ascorbic acid	mg	5.3	1.387	7	15.1	72.1	
Thiamin	mg	0.048	0.009	12	0.136	0.653	
Riboflavin	mg	0.042	0.003	12	0.119	0.572	
Niacin	mg	0.433	0.070	12	1.230	5.893	
Pantothenic acid	mg	0.297		1	0.843	4.042	
Vitamin B-6	mg	0.050		1	0.142	0.681	
Folate	µg	10		0	28	135	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	484	43.949	12	1375	6587	
Vitamin A, RE	µg	48	4.395	12	136	653	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.027		0	0.077	0.367	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g	0.001		0	0.003	0.014	
14:0	g	0.000		0	0.000	0.000	
15.0	g						
16:0	g	0.024		0	0.068	0.327	
17:0	g						
18:0	g	0.003		0	0.009	0.041	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.010	0	0.028	0.136
14:1	g				
16:1	g	0.001	0	0.003	0.014
18:1	g	0.009	0	0.026	0.122
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.056	0	0.159	0.762
18:2	g	0.021	0	0.060	0.286
18:3	g	0.035	0	0.099	0.476
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.010	0	0.028	0.136
Threonine	g	0.028	0	0.080	0.381
Isoleucine	g	0.042	0	0.119	0.572
Leucine	g	0.068	0	0.193	0.925
Lysine	g	0.064	0	0.182	0.871
Methionine	g	0.017	0	0.048	0.231
Cystine	g	0.012	0	0.034	0.163
Phenylalanine	g	0.041	0	0.116	0.558
Tyrosine	g	0.031	0	0.088	0.422
Valine	g	0.052	0	0.148	0.708
Arginine	g	0.049	0	0.139	0.667
Histidine	g	0.025	0	0.071	0.340
Alanine	g	0.061	0	0.173	0.830
Aspartic acid	g	0.141	0	0.400	1.919
Glutamic acid	g	0.124	0	0.352	1.688
Glycine	g	0.044	0	0.125	0.599
Proline	g	0.036	0	0.102	0.490
Serine	g	0.047	0	0.133	0.640
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 package (10 oz)
Measure 2: 3 lb package

NDB No. 11480 Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 223g	Measure 2*	Measure 3*
Proximates:							
Water	g	94.74		0	211.27		
Energy	kcal	17		0	38		
Energy	kj	71		0	158		
Protein (N x 5.95)	g	1.15		0	2.56		
Total lipid (fat)	g	0.13		0	0.29		
Carbohydrate, by difference	g	3.56		0	7.94		
Fiber, total dietary	g	1.3		0	2.9		
Ash	g	0.42		0	0.94		
Sugars, total	g						
Minerals:							
Calcium	mg	17		0	38		
Iron	mg	0.48		0	1.07		
Magnesium	mg	13		0	29		
Phosphorus	mg	25		0	56		
Potassium	mg	194		0	433		
Sodium	mg	2		0	4		
Zinc	mg	0.20		0	0.45		
Copper	mg	0.047		0	0.105		
Manganese	mg	0.230		0	0.513		
Selenium	µg	0.2		0	0.4		
Vitamins:							
Ascorbic acid	mg	3.7		0	8.3		
Thiamin	mg	0.041		0	0.091		
Riboflavin	mg	0.040		0	0.089		
Niacin	mg	0.386		0	0.861		
Pantothenic acid	mg	0.265		0	0.591		
Vitamin B-6	mg	0.045		0	0.100		
Folate	µg	8		0	17		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	432		0	963		
Vitamin A, RE	µg	43		0	96		
Vitamin E, α-TE	mg	0.300		0	0.669		
Lipids:							
Saturated, total	g	0.027		0	0.060		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.000		0	0.000		
10:0	g	0.000		0	0.000		
12:0	g	0.001		0	0.002		
14:0	g	0.000		0	0.000		
15.0	g						
16:0	g	0.024		0	0.054		
17:0	g						
18:0	g	0.003		0	0.007		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.010	0	0.022
14:1	g			
16:1	g	0.001	0	0.002
18:1	g	0.009	0	0.020
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.055	0	0.123
18:2	g	0.021	0	0.047
18:3	g	0.034	0	0.076
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.010	0	0.022
Threonine	g	0.028	0	0.062
Isoleucine	g	0.041	0	0.091
Leucine	g	0.067	0	0.149
Lysine	g	0.064	0	0.143
Methionine	g	0.016	0	0.036
Cystine	g	0.012	0	0.027
Phenylalanine	g	0.040	0	0.089
Tyrosine	g	0.031	0	0.069
Valine	g	0.052	0	0.116
Arginine	g	0.048	0	0.107
Histidine	g	0.025	0	0.056
Alanine	g	0.060	0	0.134
Aspartic acid	g	0.140	0	0.312
Glutamic acid	g	0.123	0	0.274
Glycine	g	0.043	0	0.096
Proline	g	0.036	0	0.080
Serine	g	0.047	0	0.105
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 1 cup

NDB No. 11481 Squash, summer, zucchini, italian style, 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	Samples	Measure 1* 227g	Measure 2*	Measure 3*
Proximates:							
Water	g	90.61	0.078	18	205.68		
Energy	kcal	29		0	66		
Energy	kj	121		0	275		
Protein (N x 5.95)	g	1.03	0.018	18	2.34		
Total lipid (fat)	g	0.11	0.011	18	0.25		
Carbohydrate, by difference	g	6.85		0	15.55		
Fiber, total dietary	g						
Ash	g	1.40	0.020	18	3.18		
Sugars, total	g						
Minerals:							
Calcium	mg	17	0.616	18	39		
Iron	mg	0.68	0.022	18	1.54		
Magnesium	mg	14	0.380	18	32		
Phosphorus	mg	29	0.452	18	66		
Potassium	mg	274	5.799	18	622		
Sodium	mg	374	5.572	18	849		
Zinc	mg	0.26	0.008	18	0.59		
Copper	mg	0.098	0.005	18	0.222		
Manganese	mg	0.240		0	0.545		
Selenium	µg	0.4		0	0.9		
Vitamins:							
Ascorbic acid	mg	2.3	0.441	18	5.2		
Thiamin	mg	0.042	0.000	18	0.095		
Riboflavin	mg	0.040	0.002	18	0.091		
Niacin	mg	0.528	0.021	18	1.199		
Pantothenic acid	mg	0.274		0	0.622		
Vitamin B-6	mg	0.152		0	0.345		
Folate	µg	30		0	69		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	539	40.003	19	1224		
Vitamin A, RE	µg	54	4.000	19	123		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.023		0	0.052		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g	0.000		0	0.000		
14:0	g	0.000		0	0.000		
15.0	g						
16:0	g	0.020		0	0.045		
17:0	g						
18:0	g	0.002		0	0.005		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.008	0	0.018
14:1	g			
16:1	g	0.000	0	0.000
18:1	g	0.008	0	0.018
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.047	0	0.107
18:2	g	0.017	0	0.039
18:3	g	0.029	0	0.066
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.009	0	0.020
Threonine	g	0.025	0	0.057
Isoleucine	g	0.037	0	0.084
Leucine	g	0.060	0	0.136
Lysine	g	0.057	0	0.129
Methionine	g	0.015	0	0.034
Cystine	g	0.011	0	0.025
Phenylalanine	g	0.036	0	0.082
Tyrosine	g	0.027	0	0.061
Valine	g	0.046	0	0.104
Arginine	g	0.043	0	0.098
Histidine	g	0.022	0	0.050
Alanine	g	0.054	0	0.123
Aspartic acid	g	0.125	0	0.284
Glutamic acid	g	0.110	0	0.250
Glycine	g	0.039	0	0.089
Proline	g	0.032	0	0.073
Serine	g	0.042	0	0.095
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 1 cup

NDB No. 11482 Squash, winter, acorn, raw

Cucurbita maxima

Refuse: 24% Rind

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 140g	Measure 2* 431g	Measure 3*
Proximates:							
Water	g	87.78	0.916	8	122.89	378.33	
Energy	kcal	40		0	56	172	
Energy	kj	167		0	234	720	
Protein (N x 5.95)	g	0.80		1	1.12	3.45	
Total lipid (fat)	g	0.10		1	0.14	0.43	
Carbohydrate, by difference	g	10.42		0	14.59	44.91	
Fiber, total dietary	g	1.5		0	2.1	6.5	
Ash	g	0.90		0	1.26	3.88	
Sugars, total	g						
Minerals:							
Calcium	mg	33		1	46	142	
Iron	mg	0.70		1	0.98	3.02	
Magnesium	mg	32		1	45	138	
Phosphorus	mg	36		1	50	155	
Potassium	mg	347	47.227	5	486	1496	
Sodium	mg	3	1.090	5	4	13	
Zinc	mg	0.13	0.010	2	0.18	0.56	
Copper	mg	0.065	0.055	2	0.091	0.280	
Manganese	mg	0.167		0	0.234	0.720	
Selenium	µg	0.5		0	0.7	2.2	
Vitamins:							
Ascorbic acid	mg	11.0		1	15.4	47.4	
Thiamin	mg	0.140		1	0.196	0.603	
Riboflavin	mg	0.010		1	0.014	0.043	
Niacin	mg	0.700		1	0.980	3.017	
Pantothenic acid	mg	0.400		0	0.560	1.724	
Vitamin B-6	mg	0.154		0	0.216	0.664	
Folate	µg	17	2.582	3	23	72	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	340		1	476	1465	
Vitamin A, RE	µg	34		1	48	147	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.021		0	0.029	0.091	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.000		0	0.000	0.000	
15.0	g						
16:0	g	0.018		0	0.025	0.078	
17:0	g						
18:0	g	0.002		0	0.003	0.009	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.007	0	0.010	0.030
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.007	0	0.010	0.030
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.042	0	0.059	0.181
18:2	g	0.016	0	0.022	0.069
18:3	g	0.026	0	0.036	0.112
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.011	0	0.015	0.047
Threonine	g	0.024	0	0.034	0.103
Isoleucine	g	0.031	0	0.043	0.134
Leucine	g	0.045	0	0.063	0.194
Lysine	g	0.029	0	0.041	0.125
Methionine	g	0.010	0	0.014	0.043
Cystine	g	0.007	0	0.010	0.030
Phenylalanine	g	0.031	0	0.043	0.134
Tyrosine	g	0.027	0	0.038	0.116
Valine	g	0.034	0	0.048	0.147
Arginine	g	0.044	0	0.062	0.190
Histidine	g	0.015	0	0.021	0.065
Alanine	g	0.033	0	0.046	0.142
Aspartic acid	g	0.086	0	0.120	0.371
Glutamic acid	g	0.140	0	0.196	0.603
Glycine	g	0.029	0	0.041	0.125
Proline	g	0.028	0	0.039	0.121
Serine	g	0.031	0	0.043	0.134
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, cubes
Measure 2: 1 squash, 4 in dia

NDB No. 11483 Squash, winter, acorn, cooked, baked, without salt

Refuse: 20% Rind

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 205g	Measure 2*	Measure 3*
Proximates:							
Water	g	82.90		0	169.94		
Energy	kcal	56		0	115		
Energy	kj	234		0	480		
Protein (N x 5.95)	g	1.12		0	2.30		
Total lipid (fat)	g	0.14		0	0.29		
Carbohydrate, by difference	g	14.58		0	29.89		
Fiber, total dietary	g	4.4		0	9.0		
Ash	g	1.26		0	2.58		
Sugars, total	g						
Minerals:							
Calcium	mg	44		0	90		
Iron	mg	0.93		0	1.91		
Magnesium	mg	43		0	88		
Phosphorus	mg	45		0	92		
Potassium	mg	437		0	896		
Sodium	mg	4		0	8		
Zinc	mg	0.17		0	0.35		
Copper	mg	0.086		0	0.176		
Manganese	mg	0.242		0	0.496		
Selenium	µg	0.7		0	1.4		
Vitamins:							
Ascorbic acid	mg	10.8		0	22.1		
Thiamin	mg	0.167		0	0.342		
Riboflavin	mg	0.013		0	0.027		
Niacin	mg	0.881		0	1.806		
Pantothenic acid	mg	0.504		0	1.033		
Vitamin B-6	mg	0.194		0	0.398		
Folate	µg	19		0	38		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	428		0	877		
Vitamin A, RE	µg	43		0	88		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.029		0	0.059		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g	0.001		0	0.002		
14:0	g	0.000		0	0.000		
15.0	g						
16:0	g	0.025		0	0.051		
17:0	g						
18:0	g	0.003		0	0.006		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.010	0	0.020
14:1	g			
16:1	g	0.001	0	0.002
18:1	g	0.009	0	0.018
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.059	0	0.121
18:2	g	0.022	0	0.045
18:3	g	0.037	0	0.076
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.016	0	0.033
Threonine	g	0.033	0	0.068
Isoleucine	g	0.044	0	0.090
Leucine	g	0.064	0	0.131
Lysine	g	0.041	0	0.084
Methionine	g	0.014	0	0.029
Cystine	g	0.010	0	0.020
Phenylalanine	g	0.044	0	0.090
Tyrosine	g	0.038	0	0.078
Valine	g	0.048	0	0.098
Arginine	g	0.062	0	0.127
Histidine	g	0.021	0	0.043
Alanine	g	0.047	0	0.096
Aspartic acid	g	0.120	0	0.246
Glutamic acid	g	0.196	0	0.402
Glycine	g	0.041	0	0.084
Proline	g	0.040	0	0.082
Serine	g	0.044	0	0.090
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, cubes

NDB No. 11484 Squash, winter, acorn, cooked, boiled, mashed, without salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 245g	Measure 2*	Measure 3*
Proximates:							
Water	g	89.70		0	219.76		
Energy	kcal	34		0	83		
Energy	kj	142		0	348		
Protein (N x 5.95)	g	0.67		0	1.64		
Total lipid (fat)	g	0.08		0	0.20		
Carbohydrate, by difference	g	8.78		0	21.51		
Fiber, total dietary	g	2.6		0	6.4		
Ash	g	0.76		0	1.86		
Sugars, total	g						
Minerals:							
Calcium	mg	26		0	64		
Iron	mg	0.56		0	1.37		
Magnesium	mg	26		0	64		
Phosphorus	mg	27		0	66		
Potassium	mg	263		0	644		
Sodium	mg	3		0	7		
Zinc	mg	0.11		0	0.27		
Copper	mg	0.052		0	0.127		
Manganese	mg	0.146		0	0.358		
Selenium	µg	0.4		0	1.0		
Vitamins:							
Ascorbic acid	mg	6.5		0	15.9		
Thiamin	mg	0.100		0	0.245		
Riboflavin	mg	0.008		0	0.020		
Niacin	mg	0.531		0	1.301		
Pantothenic acid	mg	0.303		0	0.742		
Vitamin B-6	mg	0.117		0	0.287		
Folate	µg	11		0	28		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	258		0	632		
Vitamin A, RE	µg	26		0	64		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.017		0	0.042		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g	0.000		0	0.000		
14:0	g	0.000		0	0.000		
15.0	g						
16:0	g	0.015		0	0.037		
17:0	g						
18:0	g	0.002		0	0.005		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.006	0	0.015
14:1	g			
16:1	g	0.000	0	0.000
18:1	g	0.006	0	0.015
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.035	0	0.086
18:2	g	0.013	0	0.032
18:3	g	0.022	0	0.054
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.010	0	0.025
Threonine	g	0.020	0	0.049
Isoleucine	g	0.026	0	0.064
Leucine	g	0.038	0	0.093
Lysine	g	0.025	0	0.061
Methionine	g	0.008	0	0.020
Cystine	g	0.006	0	0.015
Phenylalanine	g	0.026	0	0.064
Tyrosine	g	0.023	0	0.056
Valine	g	0.029	0	0.071
Arginine	g	0.037	0	0.091
Histidine	g	0.013	0	0.032
Alanine	g	0.028	0	0.069
Aspartic acid	g	0.072	0	0.176
Glutamic acid	g	0.118	0	0.289
Glycine	g	0.025	0	0.061
Proline	g	0.024	0	0.059
Serine	g	0.026	0	0.064
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, mashed

NDB No. 11485 Squash, winter, butternut, raw

Cucurbita moschata

Refuse: 16% Seeds, rind and trimmings

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 140g	Measure 2*	Measure 3*
Proximates:							
Water	g	86.41	1.623	5	120.97		
Energy	kcal	45		0	63		
Energy	kj	188		0	263		
Protein (N x 5.95)	g	1.00		1	1.40		
Total lipid (fat)	g	0.10		1	0.14		
Carbohydrate, by difference	g	11.69		0	16.37		
Fiber, total dietary	g						
Ash	g	0.80		0	1.12		
Sugars, total	g						
Minerals:							
Calcium	mg	48		1	67		
Iron	mg	0.70		1	0.98		
Magnesium	mg	34		1	48		
Phosphorus	mg	33		1	46		
Potassium	mg	352	48.000	2	493		
Sodium	mg	4		1	6		
Zinc	mg	0.15		0	0.21		
Copper	mg	0.072		0	0.101		
Manganese	mg	0.202		0	0.283		
Selenium	µg	0.5		0	0.7		
Vitamins:							
Ascorbic acid	mg	21.0		1	29.4		
Thiamin	mg	0.100		1	0.140		
Riboflavin	mg	0.020		1	0.028		
Niacin	mg	1.200		1	1.680		
Pantothenic acid	mg	0.400		0	0.560		
Vitamin B-6	mg	0.154		0	0.216		
Folate	µg	27	5.163	3	37		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	7800		1	10920		
Vitamin A, RE	µg	780		1	1092		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.021		0	0.029		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g	0.000		0	0.000		
14:0	g	0.000		0	0.000		
15.0	g						
16:0	g	0.018		0	0.025		
17:0	g						
18:0	g	0.002		0	0.003		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.007	0	0.010
14:1	g			
16:1	g	0.000	0	0.000
18:1	g	0.007	0	0.010
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.042	0	0.059
18:2	g	0.016	0	0.022
18:3	g	0.026	0	0.036
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.014	0	0.020
Threonine	g	0.030	0	0.042
Isoleucine	g	0.039	0	0.055
Leucine	g	0.057	0	0.080
Lysine	g	0.037	0	0.052
Methionine	g	0.012	0	0.017
Cystine	g	0.009	0	0.013
Phenylalanine	g	0.039	0	0.055
Tyrosine	g	0.034	0	0.048
Valine	g	0.043	0	0.060
Arginine	g	0.056	0	0.078
Histidine	g	0.019	0	0.027
Alanine	g	0.042	0	0.059
Aspartic acid	g	0.107	0	0.150
Glutamic acid	g	0.175	0	0.245
Glycine	g	0.037	0	0.052
Proline	g	0.036	0	0.050
Serine	g	0.039	0	0.055
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, cubes

NDB No. 11486 Squash, winter, butternut, cooked, baked, without salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 205g	Measure 2*	Measure 3*
Proximates:							
Water	g	87.80		0	179.99		
Energy	kcal	40		0	82		
Energy	kj	167		0	342		
Protein (N x 5.95)	g	0.90		0	1.85		
Total lipid (fat)	g	0.09		0	0.18		
Carbohydrate, by difference	g	10.49		0	21.50		
Fiber, total dietary	g						
Ash	g	0.72		0	1.48		
Sugars, total	g						
Minerals:							
Calcium	mg	41		0	84		
Iron	mg	0.60		0	1.23		
Magnesium	mg	29		0	59		
Phosphorus	mg	27		0	55		
Potassium	mg	284		0	582		
Sodium	mg	4		0	8		
Zinc	mg	0.13		0	0.27		
Copper	mg	0.065		0	0.133		
Manganese	mg	0.172		0	0.353		
Selenium	µg	0.5		0	1.0		
Vitamins:							
Ascorbic acid	mg	15.1		0	31.0		
Thiamin	mg	0.072		0	0.148		
Riboflavin	mg	0.017		0	0.035		
Niacin	mg	0.969		0	1.986		
Pantothenic acid	mg	0.359		0	0.736		
Vitamin B-6	mg	0.124		0	0.254		
Folate	µg	19		0	39		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	7001		0	14352		
Vitamin A, RE	µg	700		0	1435		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.019		0	0.039		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g	0.000		0	0.000		
14:0	g	0.000		0	0.000		
15.0	g						
16:0	g	0.016		0	0.033		
17:0	g						
18:0	g	0.002		0	0.004		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.007	0	0.014
14:1	g			
16:1	g	0.000	0	0.000
18:1	g	0.007	0	0.014
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.038	0	0.078
18:2	g	0.014	0	0.029
18:3	g	0.024	0	0.049
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.013	0	0.027
Threonine	g	0.027	0	0.055
Isoleucine	g	0.035	0	0.072
Leucine	g	0.051	0	0.105
Lysine	g	0.033	0	0.068
Methionine	g	0.011	0	0.023
Cystine	g	0.008	0	0.016
Phenylalanine	g	0.035	0	0.072
Tyrosine	g	0.030	0	0.061
Valine	g	0.039	0	0.080
Arginine	g	0.050	0	0.103
Histidine	g	0.017	0	0.035
Alanine	g	0.038	0	0.078
Aspartic acid	g	0.097	0	0.199
Glutamic acid	g	0.157	0	0.322
Glycine	g	0.033	0	0.068
Proline	g	0.032	0	0.066
Serine	g	0.035	0	0.072
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, cubes

NDB No. 11487 Squash, winter, butternut, frozen, unprepared

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 340g	Measure 2* 1814g	Measure 3*
Proximates:							
Water	g	82.50		0	280.50	1496.55	
Energy	kcal	57		0	194	1034	
Energy	kj	238		0	809	4317	
Protein (N x 5.95)	g	1.76		0	5.98	31.93	
Total lipid (fat)	g	0.10		0	0.34	1.81	
Carbohydrate, by difference	g	14.41		0	48.99	261.40	
Fiber, total dietary	g	1.3		0	4.4	23.6	
Ash	g	1.23		0	4.18	22.31	
Sugars, total	g						
Minerals:							
Calcium	mg	29		0	99	526	
Iron	mg	0.88		0	2.99	15.96	
Magnesium	mg	14		0	48	254	
Phosphorus	mg	22		0	75	399	
Potassium	mg	212		0	721	3846	
Sodium	mg	2		0	7	36	
Zinc	mg	0.17		0	0.58	3.08	
Copper	mg	0.051		0	0.173	0.925	
Manganese	mg	0.248		0	0.843	4.499	
Selenium	µg	0.7		0	2.4	12.7	
Vitamins:							
Ascorbic acid	mg	6.2		0	21.1	112.5	
Thiamin	mg	0.090		0	0.306	1.633	
Riboflavin	mg	0.059		0	0.201	1.070	
Niacin	mg	0.740		0	2.516	13.424	
Pantothenic acid	mg	0.221		0	0.751	4.009	
Vitamin B-6	mg	0.110		0	0.374	1.995	
Folate	µg	24		0	80	428	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	4790		0	16286	86891	
Vitamin A, RE	µg	479		0	1629	8689	
Vitamin E, α-TE	mg	0.186		0	0.632	3.374	
Lipids:							
Saturated, total	g	0.021		0	0.071	0.381	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.000		0	0.000	0.000	
15.0	g						
16:0	g	0.018		0	0.061	0.327	
17:0	g						
18:0	g	0.002		0	0.007	0.036	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.007	0	0.024	0.127
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.007	0	0.024	0.127
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.042	0	0.143	0.762
18:2	g	0.016	0	0.054	0.290
18:3	g	0.026	0	0.088	0.472
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.025	0	0.085	0.454
Threonine	g	0.053	0	0.180	0.961
Isoleucine	g	0.069	0	0.235	1.252
Leucine	g	0.100	0	0.340	1.814
Lysine	g	0.065	0	0.221	1.179
Methionine	g	0.022	0	0.075	0.399
Cystine	g	0.015	0	0.051	0.272
Phenylalanine	g	0.069	0	0.235	1.252
Tyrosine	g	0.059	0	0.201	1.070
Valine	g	0.076	0	0.258	1.379
Arginine	g	0.098	0	0.333	1.778
Histidine	g	0.033	0	0.112	0.599
Alanine	g	0.074	0	0.252	1.342
Aspartic acid	g	0.189	0	0.643	3.428
Glutamic acid	g	0.308	0	1.047	5.587
Glycine	g	0.065	0	0.221	1.179
Proline	g	0.063	0	0.214	1.143
Serine	g	0.069	0	0.235	1.252
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 package (12 oz)
Measure 2: 4 lb package

NDB No. 11488 Squash, winter, butternut, frozen, cooked, boiled, without salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 240g	Measure 2*	Measure 3*
Proximates:							
Water	g	87.80		0	210.72		
Energy	kcal	39		0	94		
Energy	kj	163		0	391		
Protein (N x 5.95)	g	1.23		0	2.95		
Total lipid (fat)	g	0.07		0	0.17		
Carbohydrate, by difference	g	10.05		0	24.12		
Fiber, total dietary	g						
Ash	g	0.86		0	2.06		
Sugars, total	g						
Minerals:							
Calcium	mg	19		0	46		
Iron	mg	0.58		0	1.39		
Magnesium	mg	9		0	22		
Phosphorus	mg	14		0	34		
Potassium	mg	133		0	319		
Sodium	mg	2		0	5		
Zinc	mg	0.12		0	0.29		
Copper	mg	0.036		0	0.086		
Manganese	mg	0.173		0	0.415		
Selenium	µg	0.5		0	1.2		
Vitamins:							
Ascorbic acid	mg	3.5		0	8.4		
Thiamin	mg	0.050		0	0.120		
Riboflavin	mg	0.039		0	0.094		
Niacin	mg	0.464		0	1.114		
Pantothenic acid	mg	0.154		0	0.370		
Vitamin B-6	mg	0.069		0	0.166		
Folate	µg	16		0	39		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	3339		0	8014		
Vitamin A, RE	µg	334		0	802		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.014		0	0.034		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g	0.000		0	0.000		
14:0	g	0.000		0	0.000		
15.0	g						
16:0	g	0.012		0	0.029		
17:0	g						
18:0	g	0.001		0	0.002		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.005	0	0.012
14:1	g			
16:1	g	0.000	0	0.000
18:1	g	0.005	0	0.012
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.029	0	0.070
18:2	g	0.011	0	0.026
18:3	g	0.018	0	0.043
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.017	0	0.041
Threonine	g	0.037	0	0.089
Isoleucine	g	0.048	0	0.115
Leucine	g	0.070	0	0.168
Lysine	g	0.045	0	0.108
Methionine	g	0.015	0	0.036
Cystine	g	0.011	0	0.026
Phenylalanine	g	0.048	0	0.115
Tyrosine	g	0.041	0	0.098
Valine	g	0.053	0	0.127
Arginine	g	0.068	0	0.163
Histidine	g	0.023	0	0.055
Alanine	g	0.051	0	0.122
Aspartic acid	g	0.132	0	0.317
Glutamic acid	g	0.214	0	0.514
Glycine	g	0.045	0	0.108
Proline	g	0.044	0	0.106
Serine	g	0.048	0	0.115
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, mashed

NDB No. 11489 Squash, winter, hubbard, raw

Cucurbita maxima

Refuse: 36% Seeds, rind, trimmings and cutting loss

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 116g	Measure 2*	Measure 3*
Proximates:							
Water	g	88.00		1	102.08		
Energy	kcal	40		0	46		
Energy	kj	167		0	194		
Protein (N x 5.95)	g	2.00		1	2.32		
Total lipid (fat)	g	0.50		1	0.58		
Carbohydrate, by difference	g	8.70		0	10.09		
Fiber, total dietary	g						
Ash	g	0.80		0	0.93		
Sugars, total	g						
Minerals:							
Calcium	mg	14		1	16		
Iron	mg	0.40		1	0.46		
Magnesium	mg	19		1	22		
Phosphorus	mg	21		1	24		
Potassium	mg	320		1	371		
Sodium	mg	7		1	8		
Zinc	mg	0.13		0	0.15		
Copper	mg	0.064		0	0.074		
Manganese	mg	0.179		0	0.208		
Selenium	µg	0.5		0	0.6		
Vitamins:							
Ascorbic acid	mg	11.0		1	12.8		
Thiamin	mg	0.070		1	0.081		
Riboflavin	mg	0.040		1	0.046		
Niacin	mg	0.500		1	0.580		
Pantothenic acid	mg	0.400		0	0.464		
Vitamin B-6	mg	0.154		0	0.179		
Folate	µg	16		0	19		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	5400		1	6264		
Vitamin A, RE	µg	540		1	626		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.103		0	0.119		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g	0.002		0	0.002		
14:0	g	0.002		0	0.002		
15.0	g						
16:0	g	0.089		0	0.103		
17:0	g						
18:0	g	0.010		0	0.012		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.037	0	0.043
14:1	g			
16:1	g	0.002	0	0.002
18:1	g	0.034	0	0.039
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.210	0	0.244
18:2	g	0.079	0	0.092
18:3	g	0.131	0	0.152
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.028	0	0.032
Threonine	g	0.060	0	0.070
Isoleucine	g	0.078	0	0.090
Leucine	g	0.114	0	0.132
Lysine	g	0.074	0	0.086
Methionine	g	0.025	0	0.029
Cystine	g	0.017	0	0.020
Phenylalanine	g	0.078	0	0.090
Tyrosine	g	0.067	0	0.078
Valine	g	0.086	0	0.100
Arginine	g	0.111	0	0.129
Histidine	g	0.037	0	0.043
Alanine	g	0.084	0	0.097
Aspartic acid	g	0.215	0	0.249
Glutamic acid	g	0.350	0	0.406
Glycine	g	0.074	0	0.086
Proline	g	0.071	0	0.082
Serine	g	0.078	0	0.090
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, cubes

NDB No. 11490 Squash, winter, hubbard, cooked, baked, without salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 205g	Measure 2*	Measure 3*
Proximates:							
Water	g	85.10		0	174.46		
Energy	kcal	50		0	103		
Energy	kj	209		0	428		
Protein (N x 5.95)	g	2.48		0	5.08		
Total lipid (fat)	g	0.62		0	1.27		
Carbohydrate, by difference	g	10.81		0	22.16		
Fiber, total dietary	g						
Ash	g	0.99		0	2.03		
Sugars, total	g						
Minerals:							
Calcium	mg	17		0	35		
Iron	mg	0.47		0	0.96		
Magnesium	mg	22		0	45		
Phosphorus	mg	23		0	47		
Potassium	mg	358		0	734		
Sodium	mg	8		0	16		
Zinc	mg	0.15		0	0.31		
Copper	mg	0.045		0	0.092		
Manganese	mg	0.170		0	0.349		
Selenium	µg	0.6		0	1.2		
Vitamins:							
Ascorbic acid	mg	9.5		0	19.5		
Thiamin	mg	0.074		0	0.152		
Riboflavin	mg	0.047		0	0.096		
Niacin	mg	0.558		0	1.144		
Pantothenic acid	mg	0.447		0	0.916		
Vitamin B-6	mg	0.172		0	0.353		
Folate	µg	16		0	33		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	6035		0	12372		
Vitamin A, RE	µg	604		0	1238		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.128		0	0.262		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g	0.003		0	0.006		
14:0	g	0.002		0	0.004		
15.0	g						
16:0	g	0.110		0	0.226		
17:0	g						
18:0	g	0.012		0	0.025		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.046	0	0.094
14:1	g			
16:1	g	0.003	0	0.006
18:1	g	0.042	0	0.086
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.260	0	0.533
18:2	g	0.097	0	0.199
18:3	g	0.162	0	0.332
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.021	0	0.043
Threonine	g	0.044	0	0.090
Isoleucine	g	0.058	0	0.119
Leucine	g	0.084	0	0.172
Lysine	g	0.055	0	0.113
Methionine	g	0.018	0	0.037
Cystine	g	0.013	0	0.027
Phenylalanine	g	0.058	0	0.119
Tyrosine	g	0.050	0	0.103
Valine	g	0.064	0	0.131
Arginine	g	0.082	0	0.168
Histidine	g	0.028	0	0.057
Alanine	g	0.062	0	0.127
Aspartic acid	g	0.159	0	0.326
Glutamic acid	g	0.259	0	0.531
Glycine	g	0.055	0	0.113
Proline	g	0.053	0	0.109
Serine	g	0.058	0	0.119
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, cubes

NDB No. 11491 Squash, winter, hubbard, cooked, boiled, mashed, without salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 236g	Measure 2*	Measure 3*
Proximates:							
Water	g	91.10		0	215.00		
Energy	kcal	30		0	71		
Energy	kj	126		0	297		
Protein (N x 5.95)	g	1.48		0	3.49		
Total lipid (fat)	g	0.37		0	0.87		
Carbohydrate, by difference	g	6.45		0	15.22		
Fiber, total dietary	g	2.9		0	6.8		
Ash	g	0.59		0	1.39		
Sugars, total	g						
Minerals:							
Calcium	mg	10		0	24		
Iron	mg	0.28		0	0.66		
Magnesium	mg	13		0	31		
Phosphorus	mg	14		0	33		
Potassium	mg	214		0	505		
Sodium	mg	5		0	12		
Zinc	mg	0.10		0	0.24		
Copper	mg	0.047		0	0.111		
Manganese	mg	0.126		0	0.297		
Selenium	µg	0.3		0	0.7		
Vitamins:							
Ascorbic acid	mg	6.5		0	15.3		
Thiamin	mg	0.042		0	0.099		
Riboflavin	mg	0.028		0	0.066		
Niacin	mg	0.334		0	0.788		
Pantothenic acid	mg	0.297		0	0.701		
Vitamin B-6	mg	0.103		0	0.243		
Folate	µg	10		0	23		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	4005		0	9452		
Vitamin A, RE	µg	401		0	946		
Vitamin E, α-TE	mg	0.120		0	0.283		
Lipids:							
Saturated, total	g	0.076		0	0.179		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.000		0	0.000		
10:0	g	0.000		0	0.000		
12:0	g	0.002		0	0.005		
14:0	g	0.001		0	0.002		
15.0	g						
16:0	g	0.066		0	0.156		
17:0	g						
18:0	g	0.007		0	0.017		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.028	0	0.066
14:1	g			
16:1	g	0.002	0	0.005
18:1	g	0.025	0	0.059
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.156	0	0.368
18:2	g	0.058	0	0.137
18:3	g	0.097	0	0.229
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.021	0	0.050
Threonine	g	0.044	0	0.104
Isoleucine	g	0.058	0	0.137
Leucine	g	0.084	0	0.198
Lysine	g	0.055	0	0.130
Methionine	g	0.018	0	0.042
Cystine	g	0.013	0	0.031
Phenylalanine	g	0.058	0	0.137
Tyrosine	g	0.050	0	0.118
Valine	g	0.064	0	0.151
Arginine	g	0.082	0	0.194
Histidine	g	0.028	0	0.066
Alanine	g	0.062	0	0.146
Aspartic acid	g	0.159	0	0.375
Glutamic acid	g	0.259	0	0.611
Glycine	g	0.055	0	0.130
Proline	g	0.053	0	0.125
Serine	g	0.058	0	0.137
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, mashed

NDB No. 11492 Squash, winter, spaghetti, raw

Cucurbita spp.

Refuse: 29% Rind and seeds

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 101g	Measure 2*	Measure 3*
Proximates:							
Water	g	91.60	0.560	3	92.52		
Energy	kcal	31		0	31		
Energy	kj	130		0	131		
Protein (N x 5.95)	g	0.64	0.040	3	0.65		
Total lipid (fat)	g	0.57	0.030	3	0.58		
Carbohydrate, by difference	g	6.91		0	6.98		
Fiber, total dietary	g						
Ash	g	0.28	0.010	3	0.28		
Sugars, total	g						
Minerals:							
Calcium	mg	23	2.100	3	23		
Iron	mg	0.31	0.014	3	0.31		
Magnesium	mg	12	0.600	3	12		
Phosphorus	mg	12	1.390	3	12		
Potassium	mg	108	6.900	3	109		
Sodium	mg	17	0.620	3	17		
Zinc	mg	0.19	0.018	3	0.19		
Copper	mg	0.037	0.009	3	0.037		
Manganese	mg	0.125		0	0.126		
Selenium	µg	0.3		0	0.3		
Vitamins:							
Ascorbic acid	mg	2.1	0.160	3	2.1		
Thiamin	mg	0.037	0.003	3	0.037		
Riboflavin	mg	0.018	0.001	3	0.018		
Niacin	mg	0.950	0.040	3	0.959		
Pantothenic acid	mg	0.360	0.002	3	0.364		
Vitamin B-6	mg	0.101	0.008	3	0.102		
Folate	µg	12	2.000	3	12		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	50	14.000	3	51		
Vitamin A, RE	µg	5	1.400	3	5		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.117		0	0.118		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g	0.002		0	0.002		
14:0	g	0.002		0	0.002		
15.0	g						
16:0	g	0.101		0	0.102		
17:0	g						
18:0	g	0.011		0	0.011		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.042	0	0.042
14:1	g			
16:1	g	0.002	0	0.002
18:1	g	0.039	0	0.039
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.239	0	0.241
18:2	g	0.090	0	0.091
18:3	g	0.149	0	0.150
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.009	0	0.009
Threonine	g	0.018	0	0.018
Isoleucine	g	0.024	0	0.024
Leucine	g	0.034	0	0.034
Lysine	g	0.022	0	0.022
Methionine	g	0.007	0	0.007
Cystine	g	0.005	0	0.005
Phenylalanine	g	0.024	0	0.024
Tyrosine	g	0.020	0	0.020
Valine	g	0.026	0	0.026
Arginine	g	0.033	0	0.033
Histidine	g	0.011	0	0.011
Alanine	g	0.025	0	0.025
Aspartic acid	g	0.064	0	0.065
Glutamic acid	g	0.105	0	0.106
Glycine	g	0.022	0	0.022
Proline	g	0.021	0	0.021
Serine	g	0.024	0	0.024
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, cubes

NDB No. 11493 Squash, winter, spaghetti, cooked, boiled, drained, or baked, without salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 155g	Measure 2*	Measure 3*
Proximates:							
Water	g	92.30	1.520	3	143.06		
Energy	kcal	27		0	42		
Energy	kj	113		0	175		
Protein (N x 5.95)	g	0.66	0.040	3	1.02		
Total lipid (fat)	g	0.26	0.040	3	0.40		
Carbohydrate, by difference	g	6.46		0	10.01		
Fiber, total dietary	g	1.4		0	2.2		
Ash	g	0.32	0.050	3	0.50		
Sugars, total	g						
Minerals:							
Calcium	mg	21	2.500	3	33		
Iron	mg	0.34	0.031	3	0.53		
Magnesium	mg	11	1.980	3	17		
Phosphorus	mg	14	1.480	3	22		
Potassium	mg	117	11.400	3	181		
Sodium	mg	18	1.190	3	28		
Zinc	mg	0.20	0.028	3	0.31		
Copper	mg	0.035	0.009	3	0.054		
Manganese	mg	0.109		0	0.169		
Selenium	µg	0.3		0	0.5		
Vitamins:							
Ascorbic acid	mg	3.5	2.530	3	5.4		
Thiamin	mg	0.038	0.006	3	0.059		
Riboflavin	mg	0.022	0.001	3	0.034		
Niacin	mg	0.810	0.020	3	1.256		
Pantothenic acid	mg	0.355	0.003	3	0.550		
Vitamin B-6	mg	0.099	0.008	3	0.153		
Folate	µg	8	2.000	3	12		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	110	20.000	3	171		
Vitamin A, RE	µg	11	2.000	3	17		
Vitamin E, α-TE	mg	0.120		0	0.186		
Lipids:							
Saturated, total	g	0.062		0	0.096		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.000		0	0.000		
10:0	g	0.000		0	0.000		
12:0	g	0.001		0	0.002		
14:0	g	0.001		0	0.002		
15.0	g						
16:0	g	0.053		0	0.082		
17:0	g						
18:0	g	0.006		0	0.009		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.022	0	0.034
14:1	g			
16:1	g	0.001	0	0.002
18:1	g	0.018	0	0.028
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.126	0	0.195
18:2	g	0.047	0	0.073
18:3	g	0.078	0	0.121
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.009	0	0.014
Threonine	g	0.018	0	0.028
Isoleucine	g	0.024	0	0.037
Leucine	g	0.034	0	0.053
Lysine	g	0.022	0	0.034
Methionine	g	0.007	0	0.011
Cystine	g	0.005	0	0.008
Phenylalanine	g	0.024	0	0.037
Tyrosine	g	0.020	0	0.031
Valine	g	0.026	0	0.040
Arginine	g	0.033	0	0.051
Histidine	g	0.011	0	0.017
Alanine	g	0.025	0	0.039
Aspartic acid	g	0.064	0	0.099
Glutamic acid	g	0.105	0	0.163
Glycine	g	0.022	0	0.034
Proline	g	0.021	0	0.033
Serine	g	0.024	0	0.037
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 1 cup

NDB No. 11495 Succotash, (corn and limas), raw

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1*	Measure 2*	Measure 3*
Proximates:							
Water	g	73.10		0			
Energy	kcal	99		0			
Energy	kj	414		0			
Protein (N x 5.95)	g	5.03		0			
Total lipid (fat)	g	1.02		0			
Carbohydrate, by difference	g	19.59		0			
Fiber, total dietary	g	3.8		0			
Ash	g	1.26		0			
Sugars, total	g						
Minerals:							
Calcium	mg	18		0			
Iron	mg	1.83		0			
Magnesium	mg	48		0			
Phosphorus	mg	113		0			
Potassium	mg	369		0			
Sodium	mg	4		0			
Zinc	mg	0.61		0			
Copper	mg	0.186		0			
Manganese	mg	0.688		0			
Selenium	µg	0.6		0			
Vitamins:							
Ascorbic acid	mg	15.1		0			
Thiamin	mg	0.208		0			
Riboflavin	mg	0.082		0			
Niacin	mg	1.587		0			
Pantothenic acid	mg	0.128		0			
Vitamin B-6	mg	0.130		0			
Folate	µg	40		0			
Vitamin B-12	µg	0.00		0			
Vitamin A	IU	292		0			
Vitamin A, RE	µg	29		0			
Vitamin E, α-TE	mg	0.405		0			
Lipids:							
Saturated, total	g	0.190		0			
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.001		0			
15.0	g						
16:0	g	0.172		0			
17:0	g						
18:0	g	0.017		0			
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.198	0
14:1	g		
16:1	g		
18:1	g	0.198	0
20:1	g		
22.1	g		
Polyunsaturated, total	g	0.489	0
18:2	g	0.412	0
18:3	g	0.076	0
18:4	g		
20:4	g		
20:5	g		
22:5	g		
22:6	g		
Cholesterol	mg	0	0
Phytosterols	mg		
Amino acids:			
Tryptophan	g	0.056	0
Threonine	g	0.209	0
Isoleucine	g	0.284	0
Leucine	g	0.443	0
Lysine	g	0.295	0
Methionine	g	0.068	0
Cystine	g	0.055	0
Phenylalanine	g	0.243	0
Tyrosine	g	0.171	0
Valine	g	0.306	0
Arginine	g	0.294	0
Histidine	g	0.160	0
Alanine	g	0.277	0
Aspartic acid	g	0.489	0
Glutamic acid	g	0.758	0
Glycine	g	0.200	0
Proline	g	0.196	0
Serine	g	0.290	0
Other:			
Caffeine	mg		
Theobromine	mg		
Alcohol	g		

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

NDB No. 11496 Succotash, (corn and limas), cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 192g	Measure 2*	Measure 3*
Proximates:							
Water	g	68.37		0	131.27		
Energy	kcal	115		0	221		
Energy	kj	481		0	924		
Protein (N x 5.95)	g	5.07		0	9.73		
Total lipid (fat)	g	0.80		0	1.54		
Carbohydrate, by difference	g	24.38		0	46.81		
Fiber, total dietary	g	4.5		0	8.6		
Ash	g	1.39		0	2.67		
Sugars, total	g						
Minerals:							
Calcium	mg	17		0	33		
Iron	mg	1.52		0	2.92		
Magnesium	mg	53		0	102		
Phosphorus	mg	117		0	225		
Potassium	mg	410		0	787		
Sodium	mg	17		0	33		
Zinc	mg	0.63		0	1.21		
Copper	mg	0.179		0	0.344		
Manganese	mg	0.769		0	1.476		
Selenium	µg	0.6		0	1.2		
Vitamins:							
Ascorbic acid	mg	8.2		0	15.7		
Thiamin	mg	0.168	0.008	2	0.323		
Riboflavin	mg	0.096	0.044	2	0.184		
Niacin	mg	1.327		0	2.548		
Pantothenic acid	mg	0.567		0	1.089		
Vitamin B-6	mg	0.116	0.017	2	0.223		
Folate	µg	33		0	63		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	294		0	564		
Vitamin A, RE	µg	29		0	56		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.148		0	0.284		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.001		0	0.002		
15.0	g						
16:0	g	0.134		0	0.257		
17:0	g						
18:0	g	0.013		0	0.025		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.155	0	0.298
14:1	g			
16:1	g			
18:1	g	0.155	0	0.298
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.381	0	0.732
18:2	g	0.321	0	0.616
18:3	g	0.060	0	0.115
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.057	0	0.109
Threonine	g	0.211	0	0.405
Isoleucine	g	0.286	0	0.549
Leucine	g	0.446	0	0.856
Lysine	g	0.297	0	0.570
Methionine	g	0.068	0	0.131
Cystine	g	0.055	0	0.106
Phenylalanine	g	0.245	0	0.470
Tyrosine	g	0.173	0	0.332
Valine	g	0.308	0	0.591
Arginine	g	0.296	0	0.568
Histidine	g	0.161	0	0.309
Alanine	g	0.279	0	0.536
Aspartic acid	g	0.493	0	0.947
Glutamic acid	g	0.764	0	1.467
Glycine	g	0.202	0	0.388
Proline	g	0.198	0	0.380
Serine	g	0.292	0	0.561
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 1 cup

NDB No. 11497 Succotash, (corn and limas), canned, with cream style corn

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 266g	Measure 2*	Measure 3*
Proximates:							
Water	g	78.17	0.160	23	207.93		
Energy	kcal	77		0	205		
Energy	kj	322		0	857		
Protein (N x 5.95)	g	2.64	0.031	23	7.02		
Total lipid (fat)	g	0.54	0.031	23	1.44		
Carbohydrate, by difference	g	17.61		0	46.84		
Fiber, total dietary	g	3.0		0	8.0		
Ash	g	1.04	0.020	29	2.77		
Sugars, total	g						
Minerals:							
Calcium	mg	11	0.237	29	29		
Iron	mg	0.55	0.019	29	1.46		
Magnesium	mg	1		0	3		
Phosphorus	mg	59	0.561	22	157		
Potassium	mg	183	3.226	29	487		
Sodium	mg	245	10.507	29	652		
Zinc	mg	0.43		0	1.14		
Copper	mg	0.178		0	0.473		
Manganese	mg	0.645		0	1.716		
Selenium	µg	0.6		0	1.6		
Vitamins:							
Ascorbic acid	mg	6.4	0.160	29	17.0		
Thiamin	mg	0.027	0.001	23	0.072		
Riboflavin	mg	0.065	0.003	23	0.173		
Niacin	mg	0.607	0.029	23	1.615		
Pantothenic acid	mg	0.218		0	0.580		
Vitamin B-6	mg	0.128		0	0.340		
Folate	µg	44		0	118		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	141	4.861	23	375		
Vitamin A, RE	µg	14	0.486	23	37		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.101		0	0.269		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.001		0	0.003		
15.0	g						
16:0	g	0.092		0	0.245		
17:0	g						
18:0	g	0.009		0	0.024		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.105	0	0.279
14:1	g			
16:1	g			
18:1	g	0.105	0	0.279
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.260	0	0.692
18:2	g	0.219	0	0.583
18:3	g	0.041	0	0.109
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.030	0	0.080
Threonine	g	0.110	0	0.293
Isoleucine	g	0.149	0	0.396
Leucine	g	0.232	0	0.617
Lysine	g	0.154	0	0.410
Methionine	g	0.035	0	0.093
Cystine	g	0.029	0	0.077
Phenylalanine	g	0.127	0	0.338
Tyrosine	g	0.090	0	0.239
Valine	g	0.160	0	0.426
Arginine	g	0.154	0	0.410
Histidine	g	0.084	0	0.223
Alanine	g	0.145	0	0.386
Aspartic acid	g	0.257	0	0.684
Glutamic acid	g	0.398	0	1.059
Glycine	g	0.105	0	0.279
Proline	g	0.103	0	0.274
Serine	g	0.152	0	0.404
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 1 cup

NDB No. 11499 Succotash, (corn and limas), canned, with whole kernel corn, solids and liquids

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 255g	Measure 2*	Measure 3*
Proximates:							
Water	g	81.96	0.137	18	209.00		
Energy	kcal	63		0	161		
Energy	kj	264		0	673		
Protein (N x 5.95)	g	2.60	0.064	18	6.63		
Total lipid (fat)	g	0.49		16	1.25		
Carbohydrate, by difference	g	13.98		0	35.65		
Fiber, total dietary	g	2.6		0	6.6		
Ash	g	0.96	0.032	24	2.45		
Sugars, total	g						
Minerals:							
Calcium	mg	11	0.873	24	28		
Iron	mg	0.53	0.016	24	1.35		
Magnesium	mg	19	0.696	21	48		
Phosphorus	mg	55	0.763	15	140		
Potassium	mg	163	8.782	24	416		
Sodium	mg	221	15.481	24	564		
Zinc	mg	0.50		0	1.27		
Copper	mg	0.109		0	0.278		
Manganese	mg	0.366		0	0.933		
Selenium	µg	0.6		0	1.5		
Vitamins:							
Ascorbic acid	mg	4.6	0.612	24	11.7		
Thiamin	mg	0.029	0.002	18	0.074		
Riboflavin	mg	0.058	0.002	18	0.148		
Niacin	mg	0.640	0.034	18	1.632		
Pantothenic acid	mg	0.309		0	0.788		
Vitamin B-6	mg	0.049		0	0.125		
Folate	µg	32		0	81		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	146	30.385	18	372		
Vitamin A, RE	µg	15	3.039	18	38		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.092		0	0.235		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.001		0	0.003		
15.0	g						
16:0	g	0.083		0	0.212		
17:0	g						
18:0	g	0.008		0	0.020		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.096	0	0.245
14:1	g			
16:1	g			
18:1	g	0.096	0	0.245
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.236	0	0.602
18:2	g	0.200	0	0.510
18:3	g	0.037	0	0.094
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.029	0	0.074
Threonine	g	0.108	0	0.275
Isoleucine	g	0.147	0	0.375
Leucine	g	0.229	0	0.584
Lysine	g	0.152	0	0.388
Methionine	g	0.035	0	0.089
Cystine	g	0.028	0	0.071
Phenylalanine	g	0.126	0	0.321
Tyrosine	g	0.089	0	0.227
Valine	g	0.158	0	0.403
Arginine	g	0.152	0	0.388
Histidine	g	0.083	0	0.212
Alanine	g	0.143	0	0.365
Aspartic acid	g	0.253	0	0.645
Glutamic acid	g	0.392	0	1.000
Glycine	g	0.104	0	0.265
Proline	g	0.102	0	0.260
Serine	g	0.150	0	0.383
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 1 cup

NDB No. 11501 Succotash, (corn and limas), frozen, unprepared

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 156g	Measure 2* 284g	Measure 3*
Proximates:							
Water	g	74.11	0.422	24	115.61	210.47	
Energy	kcal	93		0	145	264	
Energy	kj	389		0	607	1105	
Protein (N x 5.95)	g	4.31	0.111	27	6.72	12.24	
Total lipid (fat)	g	0.89	0.112	27	1.39	2.53	
Carbohydrate, by difference	g	19.94		0	31.11	56.63	
Fiber, total dietary	g	4.0		0	6.2	11.4	
Ash	g	0.75	0.032	22	1.17	2.13	
Sugars, total	g						
Minerals:							
Calcium	mg	16	0.694	27	25	45	
Iron	mg	0.94	0.059	27	1.47	2.67	
Magnesium	mg	24	2.922	4	37	68	
Phosphorus	mg	78	1.668	16	122	222	
Potassium	mg	295	10.413	5	460	838	
Sodium	mg	45	19.892	4	70	128	
Zinc	mg	0.47	0.053	4	0.73	1.33	
Copper	mg	0.063	0.018	4	0.098	0.179	
Manganese	mg	0.295	0.027	4	0.460	0.838	
Selenium	µg	0.6		0	0.9	1.7	
Vitamins:							
Ascorbic acid	mg	8.5	0.967	23	13.3	24.1	
Thiamin	mg	0.087	0.005	27	0.136	0.247	
Riboflavin	mg	0.072	0.005	27	0.112	0.204	
Niacin	mg	1.375	0.049	27	2.145	3.905	
Pantothenic acid	mg	0.258		1	0.402	0.733	
Vitamin B-6	mg	0.100	0.008	14	0.156	0.284	
Folate	µg	42		0	65	118	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	257	20.716	27	401	730	
Vitamin A, RE	µg	26	2.072	27	41	74	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.166		0	0.259	0.471	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.001		0	0.002	0.003	
15.0	g						
16:0	g	0.151		0	0.236	0.429	
17:0	g						
18:0	g	0.015		0	0.023	0.043	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.173	0	0.270	0.491
14:1	g				
16:1	g				
18:1	g	0.173	0	0.270	0.491
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.427	0	0.666	1.213
18:2	g	0.361	0	0.563	1.025
18:3	g	0.067	0	0.105	0.190
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.048	0	0.075	0.136
Threonine	g	0.179	0	0.279	0.508
Isoleucine	g	0.243	0	0.379	0.690
Leucine	g	0.379	0	0.591	1.076
Lysine	g	0.252	0	0.393	0.716
Methionine	g	0.058	0	0.090	0.165
Cystine	g	0.047	0	0.073	0.133
Phenylalanine	g	0.208	0	0.324	0.591
Tyrosine	g	0.147	0	0.229	0.417
Valine	g	0.262	0	0.409	0.744
Arginine	g	0.251	0	0.392	0.713
Histidine	g	0.137	0	0.214	0.389
Alanine	g	0.237	0	0.370	0.673
Aspartic acid	g	0.419	0	0.654	1.190
Glutamic acid	g	0.649	0	1.012	1.843
Glycine	g	0.172	0	0.268	0.488
Proline	g	0.168	0	0.262	0.477
Serine	g	0.248	0	0.387	0.704
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 package (10 oz)

NDB No. 11502 Succotash, (corn and limas), frozen, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 170g	Measure 2*	Measure 3*
Proximates:							
Water	g	74.10		0	125.97		
Energy	kcal	93		0	158		
Energy	kj	389		0	661		
Protein (N x 5.95)	g	4.31		0	7.33		
Total lipid (fat)	g	0.89		0	1.51		
Carbohydrate, by difference	g	19.95		0	33.91		
Fiber, total dietary	g	4.1		0	7.0		
Ash	g	0.75		0	1.27		
Sugars, total	g						
Minerals:							
Calcium	mg	15		0	26		
Iron	mg	0.89		0	1.51		
Magnesium	mg	23		0	39		
Phosphorus	mg	70		0	119		
Potassium	mg	265		0	451		
Sodium	mg	45		0	77		
Zinc	mg	0.45		0	0.77		
Copper	mg	0.060		0	0.102		
Manganese	mg	0.280		0	0.476		
Selenium	µg	0.6		0	1.0		
Vitamins:							
Ascorbic acid	mg	5.9		0	10.0		
Thiamin	mg	0.074		0	0.126		
Riboflavin	mg	0.068		0	0.116		
Niacin	mg	1.306		0	2.220		
Pantothenic acid	mg	0.232		0	0.394		
Vitamin B-6	mg	0.095		0	0.161		
Folate	µg	33		0	56		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	231		0	393		
Vitamin A, RE	µg	23		0	39		
Vitamin E, α-TE	mg	0.360		0	0.612		
Lipids:							
Saturated, total	g	0.166		0	0.282		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.000		0	0.000		
10:0	g	0.000		0	0.000		
12:0	g	0.000		0	0.000		
14:0	g	0.001		0	0.002		
15.0	g						
16:0	g	0.151		0	0.257		
17:0	g						
18:0	g	0.015		0	0.026		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.173	0	0.294
14:1	g			
16:1	g	0.000	0	0.000
18:1	g	0.173	0	0.294
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.427	0	0.726
18:2	g	0.361	0	0.614
18:3	g	0.067	0	0.114
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.048	0	0.082
Threonine	g	0.179	0	0.304
Isoleucine	g	0.243	0	0.413
Leucine	g	0.379	0	0.644
Lysine	g	0.252	0	0.428
Methionine	g	0.058	0	0.099
Cystine	g	0.047	0	0.080
Phenylalanine	g	0.208	0	0.354
Tyrosine	g	0.147	0	0.250
Valine	g	0.262	0	0.445
Arginine	g	0.251	0	0.427
Histidine	g	0.137	0	0.233
Alanine	g	0.237	0	0.403
Aspartic acid	g	0.419	0	0.712
Glutamic acid	g	0.649	0	1.103
Glycine	g	0.172	0	0.292
Proline	g	0.168	0	0.286
Serine	g	0.248	0	0.422
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 1 cup

NDB No. 11503 Swamp cabbage, (skunk cabbage), raw

Ipomoea aquatica

Refuse: 23% Tough stems

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 56g	Measure 2* 13g	Measure 3*
Proximates:							
Water	g	92.47	0.465	2	51.78	12.02	
Energy	kcal	19		0	11	2	
Energy	kj	79		0	44	10	
Protein (N x 5.95)	g	2.60		1	1.46	0.34	
Total lipid (fat)	g	0.20		1	0.11	0.03	
Carbohydrate, by difference	g	3.14		0	1.76	0.41	
Fiber, total dietary	g	2.1		0	1.2	0.3	
Ash	g	1.60		0	0.90	0.21	
Sugars, total	g						
Minerals:							
Calcium	mg	77	18.350	2	43	10	
Iron	mg	1.67	0.530	2	0.94	0.22	
Magnesium	mg	71	22.065	2	40	9	
Phosphorus	mg	39	0.950	2	22	5	
Potassium	mg	312	58.400	2	175	41	
Sodium	mg	113		0	63	15	
Zinc	mg	0.18		0	0.10	0.02	
Copper	mg	0.023		0	0.013	0.003	
Manganese	mg	0.160		0	0.090	0.021	
Selenium	µg	0.9		0	0.5	0.1	
Vitamins:							
Ascorbic acid	mg	55.0		1	30.8	7.2	
Thiamin	mg	0.030		1	0.017	0.004	
Riboflavin	mg	0.100		1	0.056	0.013	
Niacin	mg	0.900		1	0.504	0.117	
Pantothenic acid	mg	0.141		0	0.079	0.018	
Vitamin B-6	mg	0.096		0	0.054	0.012	
Folate	µg	57		0	32	7	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	6300		1	3528	819	
Vitamin A, RE	µg	630		1	353	82	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g						
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g				
14:1	g				
16:1	g				
18:1	g				
20:1	g				
22.1	g				
Polyunsaturated, total	g				
18:2	g				
18:3	g				
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g	0.140	1	0.078	0.018
Isoleucine	g	0.104	1	0.058	0.014
Leucine	g	0.146	1	0.082	0.019
Lysine	g	0.109	1	0.061	0.014
Methionine	g	0.044	1	0.025	0.006
Cystine	g	0.028	1	0.016	0.004
Phenylalanine	g	0.127	1	0.071	0.017
Tyrosine	g	0.080	1	0.045	0.010
Valine	g	0.135	1	0.076	0.018
Arginine	g	0.148	1	0.083	0.019
Histidine	g	0.047	1	0.026	0.006
Alanine	g	0.109	1	0.061	0.014
Aspartic acid	g	0.650	1	0.364	0.085
Glutamic acid	g	0.252	1	0.141	0.033
Glycine	g	0.099	1	0.055	0.013
Proline	g	0.088	1	0.049	0.011
Serine	g	0.122	1	0.068	0.016
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, chopped
Measure 2: 1 shoot

NDB No. 11504 Swamp cabbage, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 98g	Measure 2*	Measure 3*
Proximates:							
Water	g	92.93		1	91.07		
Energy	kcal	20		0	20		
Energy	kj	84		0	82		
Protein (N x 5.95)	g	2.08		1	2.04		
Total lipid (fat)	g	0.24		1	0.24		
Carbohydrate, by difference	g	3.71		0	3.64		
Fiber, total dietary	g	1.9		0	1.9		
Ash	g	1.05		1	1.03		
Sugars, total	g						
Minerals:							
Calcium	mg	54		1	53		
Iron	mg	1.32		1	1.29		
Magnesium	mg	30		1	29		
Phosphorus	mg	42		1	41		
Potassium	mg	284		1	278		
Sodium	mg	122		1	120		
Zinc	mg	0.16		0	0.16		
Copper	mg	0.021		0	0.021		
Manganese	mg	0.143		0	0.140		
Selenium	µg	0.9		0	0.9		
Vitamins:							
Ascorbic acid	mg	16.0		0	15.7		
Thiamin	mg	0.050		0	0.049		
Riboflavin	mg	0.080		0	0.078		
Niacin	mg	0.500		0	0.490		
Pantothenic acid	mg	0.126		0	0.123		
Vitamin B-6	mg	0.081		0	0.079		
Folate	µg	35		0	34		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	5200		0	5096		
Vitamin A, RE	µg	520		0	510		
Vitamin E, α-TE	mg	0.020		0	0.020		
Lipids:							
Saturated, total	g	0.039		0	0.038		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.000		0	0.000		
10:0	g	0.000		0	0.000		
12:0	g	0.000		0	0.000		
14:0	g	0.006		0	0.006		
15.0	g						
16:0	g	0.029		0	0.028		
17:0	g						
18:0	g	0.003		0	0.003		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.007	0	0.007
14:1	g			
16:1	g	0.003	0	0.003
18:1	g	0.003	0	0.003
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.100	0	0.098
18:2	g	0.015	0	0.015
18:3	g	0.079	0	0.077
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g	0.112	0	0.110
Isoleucine	g	0.083	0	0.081
Leucine	g	0.116	0	0.114
Lysine	g	0.087	0	0.085
Methionine	g	0.035	0	0.034
Cystine	g	0.023	0	0.023
Phenylalanine	g	0.102	0	0.100
Tyrosine	g	0.064	0	0.063
Valine	g	0.108	0	0.106
Arginine	g	0.118	0	0.116
Histidine	g	0.037	0	0.036
Alanine	g	0.087	0	0.085
Aspartic acid	g	0.519	0	0.509
Glutamic acid	g	0.201	0	0.197
Glycine	g	0.079	0	0.077
Proline	g	0.070	0	0.069
Serine	g	0.097	0	0.095
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, chopped

NDB No. 11505 Sweetpotato leaves, raw

Ipomoea batatas

Refuse: 6% Tough stems and bruised leaves

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 35g	Measure 2* 16g	Measure 3*
Proximates:							
Water	g	87.96		1	30.79	14.07	
Energy	kcal	35		0	12	6	
Energy	kj	146		0	51	23	
Protein (N x 5.95)	g	4.00		0	1.40	0.64	
Total lipid (fat)	g	0.30		0	0.11	0.05	
Carbohydrate, by difference	g	6.38		0	2.23	1.02	
Fiber, total dietary	g	2.0		0	0.7	0.3	
Ash	g	1.36		1	0.48	0.22	
Sugars, total	g						
Minerals:							
Calcium	mg	37		0	13	6	
Iron	mg	1.01		0	0.35	0.16	
Magnesium	mg	61		1	21	10	
Phosphorus	mg	94		0	33	15	
Potassium	mg	518		1	181	83	
Sodium	mg	9		1	3	1	
Zinc	mg	0.29		0	0.10	0.05	
Copper	mg	0.037		0	0.013	0.006	
Manganese	mg	0.256		0	0.090	0.041	
Selenium	µg	0.9		0	0.3	0.1	
Vitamins:							
Ascorbic acid	mg	11.0		0	3.9	1.8	
Thiamin	mg	0.156		0	0.055	0.025	
Riboflavin	mg	0.345		0	0.121	0.055	
Niacin	mg	1.130		0	0.395	0.181	
Pantothenic acid	mg	0.225		0	0.079	0.036	
Vitamin B-6	mg	0.190		0	0.067	0.030	
Folate	µg	80		0	28	13	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	1028		0	360	164	
Vitamin A, RE	µg	103		0	36	16	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.065		0	0.023	0.010	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g	0.059		0	0.021	0.009	
17:0	g						
18:0	g	0.006		0	0.002	0.001	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.012	0	0.004	0.002
14:1	g				
16:1	g				
18:1	g	0.012	0	0.004	0.002
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.134	0	0.047	0.021
18:2	g	0.113	0	0.040	0.018
18:3	g	0.021	0	0.007	0.003
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.035	1	0.012	0.006
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g	0.228	1	0.080	0.036
Methionine	g	0.086	1	0.030	0.014
Cystine	g	0.047	1	0.016	0.008
Phenylalanine	g				
Tyrosine	g				
Valine	g				
Arginine	g				
Histidine	g				
Alanine	g				
Aspartic acid	g				
Glutamic acid	g				
Glycine	g				
Proline	g				
Serine	g				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, chopped
Measure 2: 1 leaf, 12-1/4 in long

NDB No. 11506 Sweetpotato leaves, cooked, steamed, without salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 64g	Measure 2*	Measure 3*
Proximates:							
Water	g	88.71		1	56.77		
Energy	kcal	34		0	22		
Energy	kj	142		0	91		
Protein (N x 5.95)	g	2.32		1	1.48		
Total lipid (fat)	g	0.30		1	0.19		
Carbohydrate, by difference	g	7.32		0	4.68		
Fiber, total dietary	g	1.9		0	1.2		
Ash	g	1.35		1	0.86		
Sugars, total	g						
Minerals:							
Calcium	mg	24		0	15		
Iron	mg	0.60		0	0.38		
Magnesium	mg	61		1	39		
Phosphorus	mg	60		0	38		
Potassium	mg	477		1	305		
Sodium	mg	13		1	8		
Zinc	mg	0.26		0	0.17		
Copper	mg	0.033		0	0.021		
Manganese	mg	0.229		0	0.147		
Selenium	µg	0.9		0	0.6		
Vitamins:							
Ascorbic acid	mg	1.5		0	1.0		
Thiamin	mg	0.112		0	0.072		
Riboflavin	mg	0.267		0	0.171		
Niacin	mg	1.003		0	0.642		
Pantothenic acid	mg	0.200		0	0.128		
Vitamin B-6	mg	0.160		0	0.102		
Folate	µg	49		0	31		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	916		0	586		
Vitamin A, RE	µg	92		0	59		
Vitamin E, α-TE	mg	0.960		0	0.614		
Lipids:							
Saturated, total	g	0.065		0	0.042		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.000		0	0.000		
10:0	g	0.000		0	0.000		
12:0	g	0.000		0	0.000		
14:0	g	0.000		0	0.000		
15.0	g						
16:0	g	0.059		0	0.038		
17:0	g						
18:0	g	0.006		0	0.004		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.012	0	0.008
14:1	g			
16:1	g	0.000	0	0.000
18:1	g	0.012	0	0.008
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.134	0	0.086
18:2	g	0.113	0	0.072
18:3	g	0.021	0	0.013
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.020	0	0.013
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g	0.132	0	0.084
Methionine	g	0.050	0	0.032
Cystine	g	0.027	0	0.017
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 1 cup

NDB No. 11507 Sweetpotato, raw

Ipomoea batatas

Refuse: 28% Parings and trimmings

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 133g	Measure 2* 130g	Measure 3*
Proximates:							
Water	g	72.84	0.865	25	96.88	94.69	
Energy	kcal	105		0	140	137	
Energy	kj	439		0	584	571	
Protein (N x 5.95)	g	1.65	0.143	11	2.19	2.15	
Total lipid (fat)	g	0.30	0.029	11	0.40	0.39	
Carbohydrate, by difference	g	24.28		0	32.29	31.56	
Fiber, total dietary	g	3.0		0	4.0	3.9	
Ash	g	0.95	0.030	11	1.26	1.24	
Sugars, total	g						
Minerals:							
Calcium	mg	22	1.607	31	29	29	
Iron	mg	0.59	0.028	40	0.78	0.77	
Magnesium	mg	10	0.500	9	13	13	
Phosphorus	mg	28	1.833	9	37	36	
Potassium	mg	204	7.000	9	271	265	
Sodium	mg	13	1.300	9	17	17	
Zinc	mg	0.28	0.011	30	0.37	0.36	
Copper	mg	0.169	0.017	20	0.225	0.220	
Manganese	mg	0.355	0.040	30	0.472	0.462	
Selenium	µg	0.6		1	0.8	0.8	
Vitamins:							
Ascorbic acid	mg	22.7	2.577	12	30.2	29.5	
Thiamin	mg	0.066	0.005	10	0.088	0.086	
Riboflavin	mg	0.147	0.039	14	0.196	0.191	
Niacin	mg	0.674	0.035	14	0.896	0.876	
Pantothenic acid	mg	0.591	0.060	10	0.786	0.768	
Vitamin B-6	mg	0.257	0.018	6	0.342	0.334	
Folate	µg	14	1.710	9	18	18	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	20063	1503.310	17	26684	26082	
Vitamin A, RE	µg	2006	150.331	17	2668	2608	
Vitamin E, α-TE	mg	0.280		0	0.372	0.364	
Lipids:							
Saturated, total	g	0.064		0	0.085	0.083	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.000		0	0.000	0.000	
15.0	g						
16:0	g	0.058		0	0.077	0.075	
17:0	g						
18:0	g	0.006		0	0.008	0.008	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.011	0	0.015	0.014
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.011	0	0.015	0.014
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.132	0	0.176	0.172
18:2	g	0.111	0	0.148	0.144
18:3	g	0.020	0	0.027	0.026
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg	12	0	16	16
Amino acids:					
Tryptophan	g	0.020	8	0.027	0.026
Threonine	g	0.082	14	0.109	0.107
Isoleucine	g	0.082	14	0.109	0.107
Leucine	g	0.121	14	0.161	0.157
Lysine	g	0.081	14	0.108	0.105
Methionine	g	0.041	14	0.055	0.053
Cystine	g	0.013	7	0.017	0.017
Phenylalanine	g	0.099	14	0.132	0.129
Tyrosine	g	0.068	14	0.090	0.088
Valine	g	0.108	14	0.144	0.140
Arginine	g	0.077	14	0.102	0.100
Histidine	g	0.031	14	0.041	0.040
Alanine	g	0.090	14	0.120	0.117
Aspartic acid	g	0.282	14	0.375	0.367
Glutamic acid	g	0.161	14	0.214	0.209
Glycine	g	0.074	14	0.098	0.096
Proline	g	0.072	14	0.096	0.094
Serine	g	0.085	14	0.113	0.111
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, cubes
Measure 2: 1 sweetpotato, (5")

NDB No. 11508 Sweetpotato, cooked, baked in skin, without salt

Refuse: 22% Skin

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 200g	Measure 2* 180g	Measure 3* 114g
Proximates:							
Water	g	72.85	1.103	6	145.70	131.13	83.05
Energy	kcal	103		0	206	185	117
Energy	kj	431		0	862	776	491
Protein (N x 5.95)	g	1.72	0.159	6	3.44	3.10	1.96
Total lipid (fat)	g	0.11	0.000	2	0.22	0.20	0.13
Carbohydrate, by difference	g	24.27		0	48.54	43.69	27.67
Fiber, total dietary	g	3.0		0	6.0	5.4	3.4
Ash	g	1.06	0.031	6	2.12	1.91	1.21
Sugars, total	g						
Minerals:							
Calcium	mg	28	3.556	6	56	50	32
Iron	mg	0.45	0.024	6	0.90	0.81	0.51
Magnesium	mg	20	1.467	6	40	36	23
Phosphorus	mg	55	1.430	6	110	99	63
Potassium	mg	348	23.514	6	696	626	397
Sodium	mg	10	3.689	6	20	18	11
Zinc	mg	0.29	0.034	6	0.58	0.52	0.33
Copper	mg	0.208	0.023	6	0.416	0.374	0.237
Manganese	mg	0.560	0.027	6	1.120	1.008	0.638
Selenium	µg	0.7	0.225	4	1.4	1.3	0.8
Vitamins:							
Ascorbic acid	mg	24.6	0.911	8	49.2	44.3	28.0
Thiamin	mg	0.073	0.006	6	0.146	0.131	0.083
Riboflavin	mg	0.127	0.069	7	0.254	0.229	0.145
Niacin	mg	0.604	0.047	7	1.208	1.087	0.689
Pantothenic acid	mg	0.646	0.066	7	1.292	1.163	0.736
Vitamin B-6	mg	0.241	0.023	6	0.482	0.434	0.275
Folate	µg	23	3.348	6	45	41	26
Vitamin B-12	µg	0.00		0	0.00	0.00	0.00
Vitamin A	IU	21822	1365.579	8	43644	39280	24877
Vitamin A, RE	µg	2182	136.558	8	4364	3928	2487
Vitamin E, α-TE	mg	0.280		0	0.560	0.504	0.319
Lipids:							
Saturated, total	g	0.024		0	0.048	0.043	0.027
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.000		0	0.000	0.000	0.000
14:0	g	0.000		0	0.000	0.000	0.000
15.0	g						
16:0	g	0.022		0	0.044	0.040	0.025
17:0	g						
18:0	g	0.002		0	0.004	0.004	0.002
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.004	0	0.008	0.007	0.005
14:1	g					
16:1	g	0.000	0	0.000	0.000	0.000
18:1	g	0.004	0	0.008	0.007	0.005
20:1	g	0.000	0	0.000	0.000	0.000
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.049	0	0.098	0.088	0.056
18:2	g	0.041	0	0.082	0.074	0.047
18:3	g	0.008	0	0.016	0.014	0.009
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.021	0	0.042	0.038	0.024
Threonine	g	0.086	0	0.172	0.155	0.098
Isoleucine	g	0.086	0	0.172	0.155	0.098
Leucine	g	0.126	0	0.252	0.227	0.144
Lysine	g	0.085	0	0.170	0.153	0.097
Methionine	g	0.042	0	0.084	0.076	0.048
Cystine	g	0.014	0	0.028	0.025	0.016
Phenylalanine	g	0.103	0	0.206	0.185	0.117
Tyrosine	g	0.071	0	0.142	0.128	0.081
Valine	g	0.112	0	0.224	0.202	0.128
Arginine	g	0.080	0	0.160	0.144	0.091
Histidine	g	0.032	0	0.064	0.058	0.036
Alanine	g	0.094	0	0.188	0.169	0.107
Aspartic acid	g	0.295	0	0.590	0.531	0.336
Glutamic acid	g	0.169	0	0.338	0.304	0.193
Glycine	g	0.078	0	0.156	0.140	0.089
Proline	g	0.076	0	0.152	0.137	0.087
Serine	g	0.089	0	0.178	0.160	0.101
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 large
Measure 3: 1 medium (2" dia, 5" long, raw)

NDB No. 11510 Sweetpotato, cooked, boiled, without skin, without salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 328g	Measure 2* 151g	Measure 3*
Proximates:							
Water	g	72.84		0	238.92	109.99	
Energy	kcal	105		0	344	159	
Energy	kj	439		0	1440	663	
Protein (N x 5.95)	g	1.65		0	5.41	2.49	
Total lipid (fat)	g	0.30		0	0.98	0.45	
Carbohydrate, by difference	g	24.28		0	79.64	36.66	
Fiber, total dietary	g	1.8		0	5.9	2.7	
Ash	g	0.95		0	3.12	1.43	
Sugars, total	g						
Minerals:							
Calcium	mg	21		0	69	32	
Iron	mg	0.56		0	1.84	0.85	
Magnesium	mg	10		0	33	15	
Phosphorus	mg	27		0	89	41	
Potassium	mg	184		0	604	278	
Sodium	mg	13		0	43	20	
Zinc	mg	0.27		0	0.89	0.41	
Copper	mg	0.161		0	0.528	0.243	
Manganese	mg	0.337		0	1.105	0.509	
Selenium	µg	0.7		0	2.3	1.1	
Vitamins:							
Ascorbic acid	mg	17.1		0	56.1	25.8	
Thiamin	mg	0.053		0	0.174	0.080	
Riboflavin	mg	0.140		0	0.459	0.211	
Niacin	mg	0.640		0	2.099	0.966	
Pantothenic acid	mg	0.532		0	1.745	0.803	
Vitamin B-6	mg	0.244		0	0.800	0.368	
Folate	µg	11		0	36	17	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	17054		0	55937	25752	
Vitamin A, RE	µg	1705		0	5592	2575	
Vitamin E, α-TE	mg	0.280		0	0.918	0.423	
Lipids:							
Saturated, total	g	0.064		0	0.210	0.097	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.000		0	0.000	0.000	
15.0	g						
16:0	g	0.058		0	0.190	0.088	
17:0	g						
18:0	g	0.006		0	0.020	0.009	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.011	0	0.036	0.017
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.011	0	0.036	0.017
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.132	0	0.433	0.199
18:2	g	0.111	0	0.364	0.168
18:3	g	0.020	0	0.066	0.030
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.020	0	0.066	0.030
Threonine	g	0.082	0	0.269	0.124
Isoleucine	g	0.082	0	0.269	0.124
Leucine	g	0.121	0	0.397	0.183
Lysine	g	0.081	0	0.266	0.122
Methionine	g	0.041	0	0.134	0.062
Cystine	g	0.013	0	0.043	0.020
Phenylalanine	g	0.099	0	0.325	0.149
Tyrosine	g	0.068	0	0.223	0.103
Valine	g	0.108	0	0.354	0.163
Arginine	g	0.077	0	0.253	0.116
Histidine	g	0.031	0	0.102	0.047
Alanine	g	0.090	0	0.295	0.136
Aspartic acid	g	0.282	0	0.925	0.426
Glutamic acid	g	0.161	0	0.528	0.243
Glycine	g	0.074	0	0.243	0.112
Proline	g	0.072	0	0.236	0.109
Serine	g	0.085	0	0.279	0.128
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, mashed
Measure 2: 1 medium

NDB No. 11512 Sweetpotato, canned, vacuum pack

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 255g	Measure 2* 200g	Measure 3*
Proximates:							
Water	g	76.03	0.510	8	193.88	152.06	
Energy	kcal	91		0	232	182	
Energy	kj	381		0	972	762	
Protein (N x 5.95)	g	1.65	0.065	8	4.21	3.30	
Total lipid (fat)	g	0.20	0.000	8	0.51	0.40	
Carbohydrate, by difference	g	21.13		0	53.88	42.26	
Fiber, total dietary	g	1.8		0	4.6	3.6	
Ash	g	1.00	0.050	8	2.55	2.00	
Sugars, total	g						
Minerals:							
Calcium	mg	22	0.339	8	56	44	
Iron	mg	0.89	0.141	8	2.27	1.78	
Magnesium	mg	22	0.306	8	56	44	
Phosphorus	mg	49	0.553	8	125	98	
Potassium	mg	312	10.222	8	796	624	
Sodium	mg	53	7.531	8	135	106	
Zinc	mg	0.18	0.010	8	0.46	0.36	
Copper	mg	0.139	0.012	8	0.354	0.278	
Manganese	mg	0.455	0.028	8	1.160	0.910	
Selenium	µg	0.7	0.225	4	1.8	1.4	
Vitamins:							
Ascorbic acid	mg	26.4	2.485	8	67.3	52.8	
Thiamin	mg	0.037	0.004	8	0.094	0.074	
Riboflavin	mg	0.057	0.005	8	0.145	0.114	
Niacin	mg	0.741	0.026	8	1.890	1.482	
Pantothenic acid	mg	0.523		0	1.334	1.046	
Vitamin B-6	mg	0.190		0	0.485	0.380	
Folate	µg	17		0	42	33	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	7983	518.529	8	20357	15966	
Vitamin A, RE	µg	798	51.853	8	2035	1596	
Vitamin E, α-TE	mg	0.250		0	0.637	0.500	
Lipids:							
Saturated, total	g	0.043		0	0.110	0.086	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.000		0	0.000	0.000	
15.0	g						
16:0	g	0.039		0	0.099	0.078	
17:0	g						
18:0	g	0.004		0	0.010	0.008	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.008	0	0.020	0.016
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.008	0	0.020	0.016
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.089	0	0.227	0.178
18:2	g	0.075	0	0.191	0.150
18:3	g	0.014	0	0.036	0.028
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.020	0	0.051	0.040
Threonine	g	0.082	0	0.209	0.164
Isoleucine	g	0.083	0	0.212	0.166
Leucine	g	0.121	0	0.309	0.242
Lysine	g	0.081	0	0.207	0.162
Methionine	g	0.041	0	0.105	0.082
Cystine	g	0.013	0	0.033	0.026
Phenylalanine	g	0.099	0	0.252	0.198
Tyrosine	g	0.068	0	0.173	0.136
Valine	g	0.108	0	0.275	0.216
Arginine	g	0.077	0	0.196	0.154
Histidine	g	0.031	0	0.079	0.062
Alanine	g	0.090	0	0.230	0.180
Aspartic acid	g	0.283	0	0.722	0.566
Glutamic acid	g	0.162	0	0.413	0.324
Glycine	g	0.075	0	0.191	0.150
Proline	g	0.073	0	0.186	0.146
Serine	g	0.086	0	0.219	0.172
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, mashed
Measure 2: 1 cup, pieces

NDB No. 11514 Sweetpotato, canned, mashed

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 255g	Measure 2* 496g	Measure 3*
Proximates:							
Water	g	73.88	0.025	4	188.39	366.44	
Energy	kcal	101		0	258	501	
Energy	kj	423		0	1079	2098	
Protein (N x 5.95)	g	1.98	0.025	4	5.05	9.82	
Total lipid (fat)	g	0.20	0.000	4	0.51	0.99	
Carbohydrate, by difference	g	23.20		0	59.16	115.07	
Fiber, total dietary	g	1.7		0	4.3	8.4	
Ash	g	0.75	0.029	4	1.91	3.72	
Sugars, total	g						
Minerals:							
Calcium	mg	30	0.895	4	77	149	
Iron	mg	1.33	0.127	4	3.39	6.60	
Magnesium	mg	24	0.104	4	61	119	
Phosphorus	mg	52	1.131	4	133	258	
Potassium	mg	210	11.265	4	536	1042	
Sodium	mg	75	2.041	4	191	372	
Zinc	mg	0.21	0.009	4	0.54	1.04	
Copper	mg	0.278	0.009	4	0.709	1.379	
Manganese	mg	0.988	0.098	4	2.519	4.900	
Selenium	µg	0.8		0	2.0	4.0	
Vitamins:							
Ascorbic acid	mg	5.2	0.366	4	13.3	25.8	
Thiamin	mg	0.027	0.003	4	0.069	0.134	
Riboflavin	mg	0.090	0.007	3	0.230	0.446	
Niacin	mg	0.955	0.028	4	2.435	4.737	
Pantothenic acid	mg	0.512		0	1.306	2.540	
Vitamin B-6	mg	0.235		0	0.599	1.166	
Folate	µg	11		0	27	53	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	15126	934.154	4	38571	75025	
Vitamin A, RE	µg	1513	93.415	4	3858	7504	
Vitamin E, α-TE	mg	0.270		0	0.689	1.339	
Lipids:							
Saturated, total	g	0.043		0	0.110	0.213	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g	0.039		0	0.099	0.193	
17:0	g						
18:0	g	0.004		0	0.010	0.020	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.008	0	0.020	0.040
14:1	g				
16:1	g				
18:1	g	0.008	0	0.020	0.040
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.089	0	0.227	0.441
18:2	g	0.075	0	0.191	0.372
18:3	g	0.014	0	0.036	0.069
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.024	0	0.061	0.119
Threonine	g	0.098	0	0.250	0.486
Isoleucine	g	0.099	0	0.252	0.491
Leucine	g	0.145	0	0.370	0.719
Lysine	g	0.097	0	0.247	0.481
Methionine	g	0.049	0	0.125	0.243
Cystine	g	0.016	0	0.041	0.079
Phenylalanine	g	0.119	0	0.303	0.590
Tyrosine	g	0.081	0	0.207	0.402
Valine	g	0.129	0	0.329	0.640
Arginine	g	0.092	0	0.235	0.456
Histidine	g	0.037	0	0.094	0.184
Alanine	g	0.108	0	0.275	0.536
Aspartic acid	g	0.338	0	0.862	1.676
Glutamic acid	g	0.194	0	0.495	0.962
Glycine	g	0.089	0	0.227	0.441
Proline	g	0.087	0	0.222	0.432
Serine	g	0.102	0	0.260	0.506
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 can (404 x 307)

NDB No. 11516 Sweetpotato, frozen, unprepared

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 176g	Measure 2*	Measure 3*
Proximates:							
Water	g	74.89	0.745	6	131.81		
Energy	kcal	96		0	169		
Energy	kj	402		0	708		
Protein (N x 5.95)	g	1.71	0.209	6	3.01		
Total lipid (fat)	g	0.18	0.000	2	0.32		
Carbohydrate, by difference	g	22.22		0	39.11		
Fiber, total dietary	g	1.7		0	3.0		
Ash	g	1.00	0.022	6	1.76		
Sugars, total	g						
Minerals:							
Calcium	mg	37	2.725	6	65		
Iron	mg	0.53	0.062	6	0.93		
Magnesium	mg	22	2.091	6	39		
Phosphorus	mg	45	3.196	6	79		
Potassium	mg	365	23.116	6	642		
Sodium	mg	6	1.768	6	11		
Zinc	mg	0.31	0.039	6	0.55		
Copper	mg	0.177	0.015	6	0.312		
Manganese	mg	0.665	0.058	6	1.170		
Selenium	µg	0.6		0	1.1		
Vitamins:							
Ascorbic acid	mg	13.3	1.268	6	23.4		
Thiamin	mg	0.067	0.009	6	0.118		
Riboflavin	mg	0.051	0.003	6	0.090		
Niacin	mg	0.597	0.033	6	1.051		
Pantothenic acid	mg	0.515	0.065	6	0.906		
Vitamin B-6	mg	0.177	0.019	6	0.312		
Folate	µg	21	3.434	6	37		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	18636	1878.452	6	32799		
Vitamin A, RE	µg	1864	187.845	6	3281		
Vitamin E, α-TE	mg	0.260		0	0.458		
Lipids:							
Saturated, total	g	0.039		0	0.069		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g	0.035		0	0.062		
17:0	g						
18:0	g	0.004		0	0.007		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.007	0	0.012
14:1	g			
16:1	g			
18:1	g	0.007	0	0.012
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.080	0	0.141
18:2	g	0.067	0	0.118
18:3	g	0.013	0	0.023
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.021	0	0.037
Threonine	g	0.085	0	0.150
Isoleucine	g	0.085	0	0.150
Leucine	g	0.125	0	0.220
Lysine	g	0.084	0	0.148
Methionine	g	0.042	0	0.074
Cystine	g	0.014	0	0.025
Phenylalanine	g	0.102	0	0.180
Tyrosine	g	0.070	0	0.123
Valine	g	0.112	0	0.197
Arginine	g	0.079	0	0.139
Histidine	g	0.032	0	0.056
Alanine	g	0.093	0	0.164
Aspartic acid	g	0.292	0	0.514
Glutamic acid	g	0.167	0	0.294
Glycine	g	0.077	0	0.136
Proline	g	0.075	0	0.132
Serine	g	0.088	0	0.155
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, cubes

NDB No. 11517 Sweetpotato, frozen, cooked, baked, without salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 176g	Measure 2*	Measure 3*
Proximates:							
Water	g	73.70	0.665	6	129.71		
Energy	kcal	100		0	176		
Energy	kj	418		0	736		
Protein (N x 5.95)	g	1.71	0.206	6	3.01		
Total lipid (fat)	g	0.12		1	0.21		
Carbohydrate, by difference	g	23.40		0	41.18		
Fiber, total dietary	g	1.8		0	3.2		
Ash	g	1.07	0.023	6	1.88		
Sugars, total	g						
Minerals:							
Calcium	mg	35	3.358	6	62		
Iron	mg	0.54	0.047	6	0.95		
Magnesium	mg	21	0.961	6	37		
Phosphorus	mg	44	1.719	6	77		
Potassium	mg	377	18.771	6	664		
Sodium	mg	8	2.508	6	14		
Zinc	mg	0.30	0.027	6	0.53		
Copper	mg	0.183	0.017	6	0.322		
Manganese	mg	0.665	0.035	6	1.170		
Selenium	µg	0.6		0	1.1		
Vitamins:							
Ascorbic acid	mg	9.1	1.007	6	16.0		
Thiamin	mg	0.066	0.006	6	0.116		
Riboflavin	mg	0.056	0.003	6	0.099		
Niacin	mg	0.555	0.029	6	0.977		
Pantothenic acid	mg	0.560	0.083	6	0.986		
Vitamin B-6	mg	0.186	0.020	6	0.327		
Folate	µg	22	3.614	6	39		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	16410	881.063	6	28882		
Vitamin A, RE	µg	1641	88.106	6	2888		
Vitamin E, α-TE	mg	0.270		0	0.475		
Lipids:							
Saturated, total	g	0.026		0	0.046		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g	0.024		0	0.042		
17:0	g						
18:0	g	0.003		0	0.005		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.005	0	0.009
14:1	g			
16:1	g			
18:1	g	0.005	0	0.009
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.053	0	0.093
18:2	g	0.045	0	0.079
18:3	g	0.008	0	0.014
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.021	0	0.037
Threonine	g	0.085	0	0.150
Isoleucine	g	0.086	0	0.151
Leucine	g	0.126	0	0.222
Lysine	g	0.084	0	0.148
Methionine	g	0.042	0	0.074
Cystine	g	0.014	0	0.025
Phenylalanine	g	0.103	0	0.181
Tyrosine	g	0.070	0	0.123
Valine	g	0.112	0	0.197
Arginine	g	0.080	0	0.141
Histidine	g	0.032	0	0.056
Alanine	g	0.094	0	0.165
Aspartic acid	g	0.293	0	0.516
Glutamic acid	g	0.168	0	0.296
Glycine	g	0.078	0	0.137
Proline	g	0.075	0	0.132
Serine	g	0.089	0	0.157
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, cubes

NDB No. 11518 Taro, raw

Colocasia esculenta

Refuse: 14% Ends and skin

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 104g	Measure 2*	Measure 3*
Proximates:							
Water	g	70.64	4.587	8	73.47		
Energy	kcal	112		0	116		
Energy	kj	469		0	488		
Protein (N x 5.95)	g	1.50	0.500	2	1.56		
Total lipid (fat)	g	0.20	0.000	2	0.21		
Carbohydrate, by difference	g	26.46		0	27.52		
Fiber, total dietary	g	4.1		0	4.3		
Ash	g	1.20		0	1.25		
Sugars, total	g						
Minerals:							
Calcium	mg	43	17.000	2	45		
Iron	mg	0.55	0.150	2	0.57		
Magnesium	mg	33	6.583	3	34		
Phosphorus	mg	84	23.500	2	87		
Potassium	mg	591	47.946	5	615		
Sodium	mg	11	3.098	8	11		
Zinc	mg	0.23		0	0.24		
Copper	mg	0.172		0	0.179		
Manganese	mg	0.383		0	0.398		
Selenium	µg	0.7		0	0.7		
Vitamins:							
Ascorbic acid	mg	4.5	0.500	2	4.7		
Thiamin	mg	0.095	0.005	2	0.099		
Riboflavin	mg	0.025	0.005	2	0.026		
Niacin	mg	0.600	0.000	2	0.624		
Pantothenic acid	mg	0.303		0	0.315		
Vitamin B-6	mg	0.283		0	0.294		
Folate	µg	22		0	23		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	0	0.000	2	0		
Vitamin A, RE	µg	0	0.000	2	0		
Vitamin E, α-TE	mg	2.380		0	2.475		
Lipids:							
Saturated, total	g	0.041		0	0.043		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.000		0	0.000		
10:0	g	0.000		0	0.000		
12:0	g	0.000		0	0.000		
14:0	g	0.000		0	0.000		
15.0	g						
16:0	g	0.035		0	0.036		
17:0	g						
18:0	g	0.006		0	0.006		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.016	0	0.017
14:1	g			
16:1	g	0.000	0	0.000
18:1	g	0.016	0	0.017
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.083	0	0.086
18:2	g	0.058	0	0.060
18:3	g	0.025	0	0.026
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg	19	0	20
Amino acids:				
Tryptophan	g	0.023	8	0.024
Threonine	g	0.069	9	0.072
Isoleucine	g	0.054	9	0.056
Leucine	g	0.111	9	0.115
Lysine	g	0.067	11	0.070
Methionine	g	0.020	11	0.021
Cystine	g	0.032	4	0.033
Phenylalanine	g	0.082	9	0.085
Tyrosine	g	0.055	9	0.057
Valine	g	0.082	9	0.085
Arginine	g	0.103	9	0.107
Histidine	g	0.034	9	0.035
Alanine	g	0.073	8	0.076
Aspartic acid	g	0.192	8	0.200
Glutamic acid	g	0.174	8	0.181
Glycine	g	0.074	8	0.077
Proline	g	0.060	8	0.062
Serine	g	0.092	8	0.096
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, sliced

NDB No. 11519 Taro, cooked, without salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 132g	Measure 2*	Measure 3*
Proximates:							
Water	g	63.80		1	84.22		
Energy	kcal	142		0	187		
Energy	kj	594		0	784		
Protein (N x 5.95)	g	0.52		1	0.69		
Total lipid (fat)	g	0.11		1	0.15		
Carbohydrate, by difference	g	34.60		0	45.67		
Fiber, total dietary	g	5.1		0	6.7		
Ash	g	0.97		1	1.28		
Sugars, total	g						
Minerals:							
Calcium	mg	18		1	24		
Iron	mg	0.72		1	0.95		
Magnesium	mg	30		1	40		
Phosphorus	mg	76		1	100		
Potassium	mg	484		1	639		
Sodium	mg	15		1	20		
Zinc	mg	0.27		0	0.36		
Copper	mg	0.201		0	0.265		
Manganese	mg	0.449		0	0.593		
Selenium	µg	0.9		0	1.2		
Vitamins:							
Ascorbic acid	mg	5.0		0	6.6		
Thiamin	mg	0.107		0	0.141		
Riboflavin	mg	0.028		0	0.037		
Niacin	mg	0.510		0	0.673		
Pantothenic acid	mg	0.336		0	0.444		
Vitamin B-6	mg	0.331		0	0.437		
Folate	µg	19		0	25		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	0		0	0		
Vitamin A, RE	µg	0		0	0		
Vitamin E, α-TE	mg	0.440		0	0.581		
Lipids:							
Saturated, total	g	0.023		0	0.030		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.000		0	0.000		
10:0	g	0.000		0	0.000		
12:0	g	0.000		0	0.000		
14:0	g	0.000		0	0.000		
15.0	g						
16:0	g	0.019		0	0.025		
17:0	g						
18:0	g	0.003		0	0.004		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.009	0	0.012
14:1	g			
16:1	g	0.000	0	0.000
18:1	g	0.009	0	0.012
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.046	0	0.061
18:2	g	0.032	0	0.042
18:3	g	0.014	0	0.018
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.008	0	0.011
Threonine	g	0.024	0	0.032
Isoleucine	g	0.019	0	0.025
Leucine	g	0.038	0	0.050
Lysine	g	0.023	0	0.030
Methionine	g	0.007	0	0.009
Cystine	g	0.011	0	0.015
Phenylalanine	g	0.028	0	0.037
Tyrosine	g	0.019	0	0.025
Valine	g	0.028	0	0.037
Arginine	g	0.036	0	0.048
Histidine	g	0.012	0	0.016
Alanine	g	0.025	0	0.033
Aspartic acid	g	0.066	0	0.087
Glutamic acid	g	0.060	0	0.079
Glycine	g	0.026	0	0.034
Proline	g	0.021	0	0.028
Serine	g	0.032	0	0.042
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, sliced

NDB No. 11520 Taro leaves, raw

Colocasia esculenta

Refuse: 40% Stem, midrib and tough leaves

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 10g	Measure 3*
Proximates:							
Water	g	85.66	1.885	2	23.98	8.57	
Energy	kcal	42		0	12	4	
Energy	kj	176		0	49	18	
Protein (N x 5.95)	g	4.98		1	1.39	0.50	
Total lipid (fat)	g	0.74		1	0.21	0.07	
Carbohydrate, by difference	g	6.71		0	1.88	0.67	
Fiber, total dietary	g	3.7		0	1.0	0.4	
Ash	g	1.92		1	0.54	0.19	
Sugars, total	g						
Minerals:							
Calcium	mg	107		1	30	11	
Iron	mg	2.25		1	0.63	0.23	
Magnesium	mg	45		1	13	5	
Phosphorus	mg	60		1	17	6	
Potassium	mg	648		0	181	65	
Sodium	mg	3		0	1	0	
Zinc	mg	0.41		0	0.11	0.04	
Copper	mg	0.270		0	0.076	0.027	
Manganese	mg	0.714		0	0.200	0.071	
Selenium	µg	0.9		0	0.3	0.1	
Vitamins:							
Ascorbic acid	mg	52.0		0	14.6	5.2	
Thiamin	mg	0.209		0	0.059	0.021	
Riboflavin	mg	0.456		0	0.128	0.046	
Niacin	mg	1.513		0	0.424	0.151	
Pantothenic acid	mg	0.084		0	0.024	0.008	
Vitamin B-6	mg	0.146		0	0.041	0.015	
Folate	µg	126		0	35	13	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	4825		0	1351	483	
Vitamin A, RE	µg	483		0	135	48	
Vitamin E, α-TE	mg	2.016		0	0.564	0.202	
Lipids:							
Saturated, total	g	0.151		0	0.042	0.015	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.000		0	0.000	0.000	
15.0	g						
16:0	g	0.131		0	0.037	0.013	
17:0	g						
18:0	g	0.020		0	0.006	0.002	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.060	0	0.017	0.006
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.060	0	0.017	0.006
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.307	0	0.086	0.031
18:2	g	0.214	0	0.060	0.021
18:3	g	0.093	0	0.026	0.009
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.048	3	0.013	0.005
Threonine	g	0.167	2	0.047	0.017
Isoleucine	g	0.260	2	0.073	0.026
Leucine	g	0.392	2	0.110	0.039
Lysine	g	0.246	3	0.069	0.025
Methionine	g	0.079	3	0.022	0.008
Cystine	g	0.064	2	0.018	0.006
Phenylalanine	g	0.195	2	0.055	0.020
Tyrosine	g	0.178	1	0.050	0.018
Valine	g	0.256	2	0.072	0.026
Arginine	g	0.220	2	0.062	0.022
Histidine	g	0.114	2	0.032	0.011
Alanine	g				
Aspartic acid	g				
Glutamic acid	g				
Glycine	g				
Proline	g				
Serine	g				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 leaf, (11" x 6-1/2")

NDB No. 11521 Taro leaves, cooked, steamed, without salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 145g	Measure 2*	Measure 3*
Proximates:							
Water	g	92.15	3.410	3	133.62		
Energy	kcal	24		0	35		
Energy	kj	100		0	145		
Protein (N x 5.95)	g	2.72		0	3.94		
Total lipid (fat)	g	0.41		0	0.59		
Carbohydrate, by difference	g	4.02		0	5.83		
Fiber, total dietary	g	2.0		0	2.9		
Ash	g	0.70		1	1.01		
Sugars, total	g						
Minerals:							
Calcium	mg	86	4.500	2	125		
Iron	mg	1.18	0.075	2	1.71		
Magnesium	mg	20	12.017	3	29		
Phosphorus	mg	27	0.650	2	39		
Potassium	mg	460	122.746	3	667		
Sodium	mg	2	0.753	3	3		
Zinc	mg	0.21		0	0.30		
Copper	mg	0.140		0	0.203		
Manganese	mg	0.371		0	0.538		
Selenium	µg	0.9		0	1.3		
Vitamins:							
Ascorbic acid	mg	35.5		0	51.5		
Thiamin	mg	0.139		0	0.202		
Riboflavin	mg	0.380		0	0.551		
Niacin	mg	1.267		0	1.837		
Pantothenic acid	mg	0.044		0	0.064		
Vitamin B-6	mg	0.072		0	0.104		
Folate	µg	48		0	70		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	4238		0	6145		
Vitamin A, RE	µg	424		0	615		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.083		0	0.120		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g	0.072		0	0.104		
17:0	g						
18:0	g	0.011		0	0.016		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.033	0	0.048
14:1	g			
16:1	g			
18:1	g	0.033	0	0.048
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.168	0	0.244
18:2	g	0.117	0	0.170
18:3	g	0.051	0	0.074
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.026	0	0.038
Threonine	g	0.091	0	0.132
Isoleucine	g	0.142	0	0.206
Leucine	g	0.214	0	0.310
Lysine	g	0.134	0	0.194
Methionine	g	0.043	0	0.062
Cystine	g	0.035	0	0.051
Phenylalanine	g	0.107	0	0.155
Tyrosine	g	0.097	0	0.141
Valine	g	0.140	0	0.203
Arginine	g	0.120	0	0.174
Histidine	g	0.062	0	0.090
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 1 cup

NDB No. 11522 Taro shoots, raw

Colocasia esculenta

Refuse: 12% Ends

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 43g	Measure 2* 83g	Measure 3*
Proximates:							
Water	g	95.82		1	41.20	79.53	
Energy	kcal	11		0	5	9	
Energy	kj	46		0	20	38	
Protein (N x 5.95)	g	0.92		0	0.40	0.76	
Total lipid (fat)	g	0.09		0	0.04	0.07	
Carbohydrate, by difference	g	2.32		0	1.00	1.93	
Fiber, total dietary	g						
Ash	g	0.85		0	0.37	0.71	
Sugars, total	g						
Minerals:							
Calcium	mg	12		1	5	10	
Iron	mg	0.60		1	0.26	0.50	
Magnesium	mg	8		1	3	7	
Phosphorus	mg	28		1	12	23	
Potassium	mg	332		1	143	276	
Sodium	mg	1		1	0	1	
Zinc	mg	0.51		0	0.22	0.42	
Copper	mg	0.088		0	0.038	0.073	
Manganese	mg	0.122		0	0.052	0.101	
Selenium	µg	0.9		0	0.4	0.7	
Vitamins:							
Ascorbic acid	mg	21.0		0	9.0	17.4	
Thiamin	mg	0.040		0	0.017	0.033	
Riboflavin	mg	0.050		0	0.022	0.042	
Niacin	mg	0.800		0	0.344	0.664	
Pantothenic acid	mg	0.075		0	0.032	0.062	
Vitamin B-6	mg	0.111		0	0.048	0.092	
Folate	µg	3		0	1	3	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	50		0	22	42	
Vitamin A, RE	µg	5		0	2	4	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.018		0	0.008	0.015	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g	0.016		0	0.007	0.013	
17:0	g						
18:0	g	0.002		0	0.001	0.002	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.007	0	0.003	0.006
14:1	g				
16:1	g				
18:1	g	0.007	0	0.003	0.006
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.037	0	0.016	0.031
18:2	g	0.026	0	0.011	0.022
18:3	g	0.011	0	0.005	0.009
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1/2 cup slices
Measure 2: 1 shoot

NDB No. 11523 Taro shoots, cooked, without salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 140g	Measure 2*	Measure 3*
Proximates:							
Water	g	95.30		1	133.42		
Energy	kcal	14		0	20		
Energy	kj	59		0	83		
Protein (N x 5.95)	g	0.73		1	1.02		
Total lipid (fat)	g	0.08		1	0.11		
Carbohydrate, by difference	g	3.20		0	4.48		
Fiber, total dietary	g						
Ash	g	0.70		1	0.98		
Sugars, total	g						
Minerals:							
Calcium	mg	14		1	20		
Iron	mg	0.41		1	0.57		
Magnesium	mg	8		1	11		
Phosphorus	mg	26		1	36		
Potassium	mg	344		1	482		
Sodium	mg	2		1	3		
Zinc	mg	0.54		0	0.76		
Copper	mg	0.094		0	0.132		
Manganese	mg	0.130		0	0.182		
Selenium	µg	1.0		0	1.4		
Vitamins:							
Ascorbic acid	mg	18.9		0	26.5		
Thiamin	mg	0.038		0	0.053		
Riboflavin	mg	0.053		0	0.074		
Niacin	mg	0.810		0	1.134		
Pantothenic acid	mg	0.076		0	0.106		
Vitamin B-6	mg	0.112		0	0.157		
Folate	µg	3		0	4		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	51		0	71		
Vitamin A, RE	µg	5		0	7		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.016		0	0.022		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g	0.014		0	0.020		
17:0	g						
18:0	g	0.002		0	0.003		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.006	0	0.008
14:1	g			
16:1	g			
18:1	g	0.006	0	0.008
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.033	0	0.046
18:2	g	0.023	0	0.032
18:3	g	0.010	0	0.014
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, slices

NDB No. 11525 Taro, tahitian, raw

Colocasia esculenta

Refuse: %

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 125g	Measure 2*	Measure 3*
Proximates:							
Water	g	87.96		1	109.95		
Energy	kcal	44		0	55		
Energy	kj	184		0	230		
Protein (N x 5.95)	g	2.79		0	3.49		
Total lipid (fat)	g	0.97		0	1.21		
Carbohydrate, by difference	g	6.91		0	8.64		
Fiber, total dietary	g						
Ash	g	1.38		0	1.73		
Sugars, total	g						
Minerals:							
Calcium	mg	129		0	161		
Iron	mg	1.30		0	1.63		
Magnesium	mg	47		1	59		
Phosphorus	mg	45		0	56		
Potassium	mg	606		1	758		
Sodium	mg	50		1	63		
Zinc	mg	0.09		0	0.11		
Copper	mg	0.071		0	0.089		
Manganese	mg	0.157		0	0.196		
Selenium	µg	0.7		0	0.9		
Vitamins:							
Ascorbic acid	mg	96.0		0	120.0		
Thiamin	mg	0.062		0	0.078		
Riboflavin	mg	0.244		0	0.305		
Niacin	mg	0.995		0	1.244		
Pantothenic acid	mg	0.124		0	0.155		
Vitamin B-6	mg	0.116		0	0.145		
Folate	µg	9		0	11		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	2045		0	2556		
Vitamin A, RE	µg	205		0	256		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.197		0	0.246		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g	0.171		0	0.214		
17:0	g						
18:0	g	0.027		0	0.034		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.078	0	0.098
14:1	g			
16:1	g			
18:1	g	0.078	0	0.098
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.400	0	0.500
18:2	g	0.279	0	0.349
18:3	g	0.121	0	0.151
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, slices

NDB No. 11526 Taro, tahitian, cooked, without salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 137g	Measure 2*	Measure 3*
Proximates:							
Water	g	86.46		1	118.45		
Energy	kcal	44		0	60		
Energy	kj	184		0	252		
Protein (N x 5.95)	g	4.16		1	5.70		
Total lipid (fat)	g	0.68		1	0.93		
Carbohydrate, by difference	g	6.85		0	9.38		
Fiber, total dietary	g						
Ash	g	1.85		1	2.53		
Sugars, total	g						
Minerals:							
Calcium	mg	149		1	204		
Iron	mg	1.56		1	2.14		
Magnesium	mg	51		1	70		
Phosphorus	mg	67		1	92		
Potassium	mg	623		1	854		
Sodium	mg	54		1	74		
Zinc	mg	0.10		0	0.14		
Copper	mg	0.076		0	0.104		
Manganese	mg	0.168		0	0.230		
Selenium	µg	0.8		0	1.1		
Vitamins:							
Ascorbic acid	mg	38.0		0	52.1		
Thiamin	mg	0.044		0	0.060		
Riboflavin	mg	0.198		0	0.271		
Niacin	mg	0.480		0	0.658		
Pantothenic acid	mg	0.126		0	0.173		
Vitamin B-6	mg	0.117		0	0.160		
Folate	µg	7		0	10		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	1764		0	2417		
Vitamin A, RE	µg	176		0	241		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.139		0	0.190		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g	0.120		0	0.164		
17:0	g						
18:0	g	0.019		0	0.026		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.055	0	0.075
14:1	g			
16:1	g			
18:1	g	0.055	0	0.075
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.282	0	0.386
18:2	g	0.196	0	0.269
18:3	g	0.085	0	0.116
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, slices

NDB No. 11527 Tomatoes, green, raw

Lycopersicon esculentum

Refuse: 9% Core and stem ends

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 180g	Measure 2* 182g	Measure 3* 123g
Proximates:							
Water	g	93.00		0	167.40	169.26	114.39
Energy	kcal	24		0	43	44	30
Energy	kj	100		0	180	182	123
Protein (N x 5.95)	g	1.20		0	2.16	2.18	1.48
Total lipid (fat)	g	0.20		0	0.36	0.36	0.25
Carbohydrate, by difference	g	5.10		0	9.18	9.28	6.27
Fiber, total dietary	g	1.1		0	2.0	2.0	1.4
Ash	g	0.50		0	0.90	0.91	0.62
Sugars, total	g						
Minerals:							
Calcium	mg	13		0	23	24	16
Iron	mg	0.51	0.030	9	0.92	0.93	0.63
Magnesium	mg	10	0.500	9	18	18	12
Phosphorus	mg	28	1.833	9	50	51	34
Potassium	mg	204	7.000	9	367	371	251
Sodium	mg	13	1.300	9	23	24	16
Zinc	mg	0.07	0.010	9	0.13	0.13	0.09
Copper	mg	0.090	0.007	9	0.162	0.164	0.111
Manganese	mg	0.100	0.010	9	0.180	0.182	0.123
Selenium	µg	0.4		0	0.7	0.7	0.5
Vitamins:							
Ascorbic acid	mg	23.4	0.076	8	42.1	42.6	28.8
Thiamin	mg	0.060		0	0.108	0.109	0.074
Riboflavin	mg	0.040		0	0.072	0.073	0.049
Niacin	mg	0.500		0	0.900	0.910	0.615
Pantothenic acid	mg	0.500		0	0.900	0.910	0.615
Vitamin B-6	mg	0.081		0	0.146	0.147	0.100
Folate	µg	9		0	16	16	11
Vitamin B-12	µg	0.00		0	0.00	0.00	0.00
Vitamin A	IU	642		0	1156	1168	790
Vitamin A, RE	µg	64		0	115	116	79
Vitamin E, α-TE	mg	0.380		0	0.684	0.692	0.467
Lipids:							
Saturated, total	g	0.028		0	0.050	0.051	0.034
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.000		0	0.000	0.000	0.000
14:0	g	0.000		0	0.000	0.000	0.000
15.0	g						
16:0	g	0.020		0	0.036	0.036	0.025
17:0	g						
18:0	g	0.007		0	0.013	0.013	0.009
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.030	0	0.054	0.055	0.037
14:1	g					
16:1	g	0.001	0	0.002	0.002	0.001
18:1	g	0.029	0	0.052	0.053	0.036
20:1	g	0.000	0	0.000	0.000	0.000
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.081	0	0.146	0.147	0.100
18:2	g	0.078	0	0.140	0.142	0.096
18:3	g	0.003	0	0.005	0.005	0.004
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.009	9	0.016	0.016	0.011
Threonine	g	0.030	13	0.054	0.055	0.037
Isoleucine	g	0.029	14	0.052	0.053	0.036
Leucine	g	0.044	14	0.079	0.080	0.054
Lysine	g	0.044	19	0.079	0.080	0.054
Methionine	g	0.010	15	0.018	0.018	0.012
Cystine	g	0.016	4	0.029	0.029	0.020
Phenylalanine	g	0.031	14	0.056	0.056	0.038
Tyrosine	g	0.021	12	0.038	0.038	0.026
Valine	g	0.031	14	0.056	0.056	0.038
Arginine	g	0.029	13	0.052	0.053	0.036
Histidine	g	0.018	13	0.032	0.033	0.022
Alanine	g	0.034	12	0.061	0.062	0.042
Aspartic acid	g	0.166	12	0.299	0.302	0.204
Glutamic acid	g	0.442	12	0.796	0.804	0.544
Glycine	g	0.030	12	0.054	0.055	0.037
Proline	g	0.023	12	0.041	0.042	0.028
Serine	g	0.032	12	0.058	0.058	0.039
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 large
Measure 3: 1 medium

NDB No. 11529 Tomatoes, red, ripe, raw, year round average

Lycopersicon esculentum

Refuse: 9% Core and stem ends

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 149g	Measure 2* 180g	Measure 3* 62g
Proximates:							
Water	g	93.76	0.062	210	139.70	168.77	58.13
Energy	kcal	21		0	31	38	13
Energy	kj	88		0	131	158	55
Protein (N x 5.95)	g	0.85	0.015	89	1.27	1.53	0.53
Total lipid (fat)	g	0.33	0.062	17	0.49	0.59	0.20
Carbohydrate, by difference	g	4.64		0	6.91	8.35	2.88
Fiber, total dietary	g	1.1		0	1.6	2.0	0.7
Ash	g	0.42	0.025	17	0.63	0.76	0.26
Sugars, total	g						
Minerals:							
Calcium	mg	5	0.328	135	7	9	3
Iron	mg	0.45	0.016	137	0.67	0.81	0.28
Magnesium	mg	11	0.236	138	16	20	7
Phosphorus	mg	24	0.341	131	36	43	15
Potassium	mg	222	4.455	143	331	400	138
Sodium	mg	9	0.525	151	13	16	6
Zinc	mg	0.09	0.011	122	0.13	0.16	0.06
Copper	mg	0.074	0.002	149	0.110	0.133	0.046
Manganese	mg	0.105	0.004	136	0.156	0.189	0.065
Selenium	µg	0.4	0.150	3	0.6	0.7	0.2
Vitamins:							
Ascorbic acid	mg	19.1	0.344	165	28.5	34.4	11.8
Thiamin	mg	0.059	0.001	156	0.088	0.106	0.037
Riboflavin	mg	0.048	0.002	156	0.072	0.086	0.030
Niacin	mg	0.628	0.027	11	0.936	1.130	0.389
Pantothenic acid	mg	0.247	0.122	6	0.368	0.445	0.153
Vitamin B-6	mg	0.080	0.005	13	0.119	0.144	0.050
Folate	µg	15	3.102	16	22	27	9
Vitamin B-12	µg	0.00		0	0.00	0.00	0.00
Vitamin A	IU	623	27.637	11	928	1121	386
Vitamin A, RE	µg	62		0	92	112	38
Vitamin E, α-TE	mg	0.380		0	0.566	0.684	0.236
Lipids:							
Saturated, total	g	0.045		0	0.067	0.081	0.028
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.000		0	0.000	0.000	0.000
14:0	g	0.000		1	0.000	0.000	0.000
15.0	g						
16:0	g	0.033		1	0.049	0.059	0.020
17:0	g						
18:0	g	0.013		1	0.019	0.023	0.008
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.050	0	0.075	0.090	0.031
14:1	g					
16:1	g	0.002	1	0.003	0.004	0.001
18:1	g	0.049	1	0.073	0.088	0.030
20:1	g	0.000	1	0.000	0.000	0.000
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.135	0	0.201	0.243	0.084
18:2	g	0.130	1	0.194	0.234	0.081
18:3	g	0.005	1	0.007	0.009	0.003
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
Phytosterols	mg	7	1	10	13	4
Amino acids:						
Tryptophan	g	0.006	0	0.009	0.011	0.004
Threonine	g	0.021	0	0.031	0.038	0.013
Isoleucine	g	0.020	0	0.030	0.036	0.012
Leucine	g	0.031	0	0.046	0.056	0.019
Lysine	g	0.031	0	0.046	0.056	0.019
Methionine	g	0.007	0	0.010	0.013	0.004
Cystine	g	0.011	0	0.016	0.020	0.007
Phenylalanine	g	0.022	0	0.033	0.040	0.014
Tyrosine	g	0.015	0	0.022	0.027	0.009
Valine	g	0.022	0	0.033	0.040	0.014
Arginine	g	0.021	0	0.031	0.038	0.013
Histidine	g	0.013	0	0.019	0.023	0.008
Alanine	g	0.024	0	0.036	0.043	0.015
Aspartic acid	g	0.118	0	0.176	0.212	0.073
Glutamic acid	g	0.313	0	0.466	0.563	0.194
Glycine	g	0.021	0	0.031	0.038	0.013
Proline	g	0.016	0	0.024	0.029	0.010
Serine	g	0.023	0	0.034	0.041	0.014
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, cherry tomato
Measure 2: 1 cup, chopped or sliced
Measure 3: 1 Italian tomato

NDB No. 11530 Tomatoes, red, ripe, cooked, boiled, without salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 240g	Measure 2* 246g	Measure 3*
Proximates:							
Water	g	92.16		0	221.18	226.71	
Energy	kcal	27		0	65	66	
Energy	kj	113		0	271	278	
Protein (N x 5.95)	g	1.07		0	2.57	2.63	
Total lipid (fat)	g	0.41		0	0.98	1.01	
Carbohydrate, by difference	g	5.83		0	13.99	14.34	
Fiber, total dietary	g	1.0		0	2.4	2.5	
Ash	g	0.53		0	1.27	1.30	
Sugars, total	g						
Minerals:							
Calcium	mg	6		0	14	15	
Iron	mg	0.56		0	1.34	1.38	
Magnesium	mg	14		0	34	34	
Phosphorus	mg	31		0	74	76	
Potassium	mg	279		0	670	686	
Sodium	mg	11		0	26	27	
Zinc	mg	0.11		0	0.26	0.27	
Copper	mg	0.093		0	0.223	0.229	
Manganese	mg	0.132		0	0.317	0.325	
Selenium	µg	0.5		0	1.2	1.2	
Vitamins:							
Ascorbic acid	mg	22.8		0	54.7	56.1	
Thiamin	mg	0.070		0	0.168	0.172	
Riboflavin	mg	0.057		0	0.137	0.140	
Niacin	mg	0.749		0	1.798	1.843	
Pantothenic acid	mg	0.295		0	0.708	0.726	
Vitamin B-6	mg	0.095		0	0.228	0.234	
Folate	µg	13		0	31	32	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	743		0	1783	1828	
Vitamin A, RE	µg	74		0	178	182	
Vitamin E, α-TE	mg	0.380		0	0.912	0.935	
Lipids:							
Saturated, total	g	0.057		0	0.137	0.140	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.000		0	0.000	0.000	
15.0	g						
16:0	g	0.041		0	0.098	0.101	
17:0	g						
18:0	g	0.016		0	0.038	0.039	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.063	0	0.151	0.155
14:1	g				
16:1	g	0.002	0	0.005	0.005
18:1	g	0.061	0	0.146	0.150
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.169	0	0.406	0.416
18:2	g	0.163	0	0.391	0.401
18:3	g	0.006	0	0.014	0.015
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg	9	0	22	22
Amino acids:					
Tryptophan	g	0.008	0	0.019	0.020
Threonine	g	0.027	0	0.065	0.066
Isoleucine	g	0.026	0	0.062	0.064
Leucine	g	0.039	0	0.094	0.096
Lysine	g	0.039	0	0.094	0.096
Methionine	g	0.009	0	0.022	0.022
Cystine	g	0.014	0	0.034	0.034
Phenylalanine	g	0.028	0	0.067	0.069
Tyrosine	g	0.018	0	0.043	0.044
Valine	g	0.027	0	0.065	0.066
Arginine	g	0.026	0	0.062	0.064
Histidine	g	0.016	0	0.038	0.039
Alanine	g	0.030	0	0.072	0.074
Aspartic acid	g	0.148	0	0.355	0.364
Glutamic acid	g	0.393	0	0.943	0.967
Glycine	g	0.026	0	0.062	0.064
Proline	g	0.020	0	0.048	0.049
Serine	g	0.028	0	0.067	0.069
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 2 medium