NDB No. 11531 Tomatoes, red, ripe, canned, whole, 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* 240g	Measure 2* 15g	Measure 3* 190g
Proximates:							
Water	g	93.65	0.027	492	224.76	14.05	177.94
Energy	kcal	19		0	46	3	36
Energy	kj	79		0	190	12	150
Protein (N x 5.95)	g	0.92	0.007	490	2.21	0.14	1.75
Total lipid (fat)	g	0.13	0.009	220	0.31	0.02	0.25
Carbohydrate, by difference	g	4.37		0	10.49	0.66	8.30
Fiber, total dietary	g	1.0		0	2.4	0.2	1.9
Ash	g	0.93	0.013	424	2.23	0.14	1.77
Sugars, total	g						
Minerals:							
Calcium	mg	30	0.487	487	72	5	57
Iron	mg	0.55	0.019	456	1.32	0.08	1.05
Magnesium	mg	12	0.156	140	29	2	23
Phosphorus	mg	19	0.499	137	46	3	36
Potassium	mg	221	4.101	118	530	33	420
Sodium	mg	148	9.922	54	355	22	281
Zinc	mg	0.16	0.005	47	0.38	0.02	0.30
Copper	mg	0.110	0.004	47	0.264	0.017	0.209
Manganese	mg	0.127		0	0.305	0.019	0.241
Selenium	µg	0.7	0.214	3	1.7	0.1	1.3
Vitamins:							
Ascorbic acid	mg	14.2	0.197	399	34.1	2.1	27.0
Thiamin	mg	0.045	0.001	385	0.108	0.007	0.086
Riboflavin	mg	0.031	0.000	401	0.074	0.005	0.059
Niacin	mg	0.735	0.012	417	1.764	0.110	1.397
Pantothenic acid	mg	0.167		1	0.401	0.025	0.317
Vitamin B-6	mg	0.090		0	0.216	0.013	0.171
Folate	µg	8		0	19	1	15
Vitamin B-12	µg	0.00		0	0.00	0.00	0.00
Vitamin A	IU	595	7.019	699	1428	89	1131
Vitamin A, RE	µg	60		0	144	9	114
Vitamin E, α-TE	mg	0.320		0	0.768	0.048	0.608
Lipids:							
Saturated, total	g	0.019		0	0.046	0.003	0.036
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	0.031	0.002	0.025
17:0	g						
18:0	g	0.005		0	0.012	0.001	0.010
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.020	0	0.048	0.003	0.038
14:1	g					
16:1	g	0.001	0	0.002	0.000	0.002
18:1	g	0.020	0	0.048	0.003	0.038
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	0.054	0	0.130	0.008	0.103
18:2	g	0.051	0	0.122	0.008	0.097
18:3	g	0.002	0	0.005	0.000	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	0.007	0	0.017	0.001	0.013
Threonine	g	0.024	0	0.058	0.004	0.046
Isoleucine	g	0.022	0	0.053	0.003	0.042
Leucine	g	0.034	0	0.082	0.005	0.065
Lysine	g	0.034	0	0.082	0.005	0.065
Methionine	g	0.008	0	0.019	0.001	0.015
Cystine	g	0.012	0	0.029	0.002	0.023
Phenylalanine	g	0.024	0	0.058	0.004	0.046
Tyrosine	g	0.016	0	0.038	0.002	0.030
Valine	g	0.024	0	0.058	0.004	0.046
Arginine	g	0.023	0	0.055	0.003	0.044
Histidine	g	0.014	0	0.034	0.002	0.027
Alanine	g	0.027	0	0.065	0.004	0.051
Aspartic acid	g	0.128	0	0.307	0.019	0.243
Glutamic acid	g	0.339	0	0.814	0.051	0.644
Glycine	g	0.023	0	0.055	0.003	0.044
Proline	g	0.018	0	0.043	0.003	0.034
Serine	g	0.025	0	0.060	0.004	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 tablespoon
Measure 3: 1 can

NDB No. 11533 Tomatoes, red, ripe, canned, stewed

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 255g	Measure 2*	Measure 3*
Proximates:							
Water	g	91.01	0.062	321	232.08		
Energy	kcal	28		0	71		
Energy	kj	117		0	298		
Protein (N x 5.95)	g	0.95	0.009	294	2.42		
Total lipid (fat)	g	0.13	0.006	148	0.33		
Carbohydrate, by difference	g	6.78		0	17.29		
Fiber, total dietary	g	1.0		0	2.5		
Ash	g	1.13	0.020	269	2.88		
Sugars, total	g						
Minerals:							
Calcium	mg	33	0.630	297	84		
Iron	mg	0.73	0.028	280	1.86		
Magnesium	mg	12	0.121	90	31		
Phosphorus	mg	20	0.211	88	51		
Potassium	mg	238	5.482	74	607		
Sodium	mg	221	12.149	46	564		
Zinc	mg	0.17	0.005	27	0.43		
Copper	mg	0.112	0.005	27	0.286		
Manganese	mg	0.059		0	0.150		
Selenium	µg	0.6		0	1.5		
Vitamins:							
Ascorbic acid	mg	11.4	0.263	242	29.1		
Thiamin	mg	0.046	0.001	233	0.117		
Riboflavin	mg	0.035	0.001	233	0.089		
Niacin	mg	0.714	0.010	227	1.821		
Pantothenic acid	mg	0.114		0	0.291		
Vitamin B-6	mg	0.017		0	0.043		
Folate	µg	5		0	14		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	541	5.711	447	1380		
Vitamin A, RE	µg	54		0	138		
Vitamin E, α-TE	mg	0.380		0	0.969		
Lipids:							
Saturated, total	g	0.019		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	0.013		0	0.033		
17:0	g						
18:0	g	0.005		0	0.013		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.020	0	0.051
14:1	g			
16:1	g	0.000	0	0.000
18:1	g	0.020	0	0.051
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.054	0	0.138
18:2	g	0.051	0	0.130
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	0.007	0	0.018
Threonine	g	0.023	0	0.059
Isoleucine	g	0.022	0	0.056
Leucine	g	0.035	0	0.089
Lysine	g	0.035	0	0.089
Methionine	g	0.008	0	0.020
Cystine	g	0.012	0	0.031
Phenylalanine	g	0.025	0	0.064
Tyrosine	g	0.016	0	0.041
Valine	g	0.025	0	0.064
Arginine	g	0.022	0	0.056
Histidine	g	0.014	0	0.036
Alanine	g	0.027	0	0.069
Aspartic acid	g	0.131	0	0.334
Glutamic acid	g	0.348	0	0.887
Glycine	g	0.023	0	0.059
Proline	g	0.017	0	0.043
Serine	g	0.026	0	0.066
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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. 11535 Tomatoes, red, ripe, canned, wedges in tomato juice

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 261g	Measure 2*	Measure 3*
Proximates:							
Water	g	91.78	0.106	16	239.55		
Energy	kcal	26		0	68		
Energy	kj	109		0	284		
Protein (N x 5.95)	g	0.79	0.035	16	2.06		
Total lipid (fat)	g	0.16	0.012	16	0.42		
Carbohydrate, by difference	g	6.31		0	16.47		
Fiber, total dietary	g						
Ash	g	0.96	0.031	16	2.51		
Sugars, total	g						
Minerals:							
Calcium	mg	26	1.355	30	68		
Iron	mg	0.46	0.036	16	1.20		
Magnesium	mg	11	0.266	16	29		
Phosphorus	mg	23	1.624	30	60		
Potassium	mg	251	9.639	16	655		
Sodium	mg	217	9.361	16	566		
Zinc	mg	0.16	0.017	16	0.42		
Copper	mg	0.104	0.008	16	0.271		
Manganese	mg	0.165		0	0.431		
Selenium	µg	0.5		0	1.3		
Vitamins:							
Ascorbic acid	mg	14.8	0.467	16	38.6		
Thiamin	mg	0.056	0.002	16	0.146		
Riboflavin	mg	0.028	0.001	16	0.073		
Niacin	mg	0.675	0.017	16	1.762		
Pantothenic acid	mg	0.217		0	0.566		
Vitamin B-6	mg	0.117		0	0.305		
Folate	µg	10		0	26		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	578	25.713	17	1509		
Vitamin A, RE	µg	58	2.571	17	151		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.023		0	0.060		
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	0.016		0	0.042		
17:0	g						
18:0	g	0.006		0	0.016		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.024	0	0.063
14:1	g			
16:1	g	0.001	0	0.003
18:1	g	0.024	0	0.063
20:1	g	0.000	0	0.000
22.1	g			
Polyunsaturated, total	g	0.066	0	0.172
18:2	g	0.063	0	0.164
18:3	g	0.003	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	0.006	0	0.016
Threonine	g	0.020	0	0.052
Isoleucine	g	0.019	0	0.050
Leucine	g	0.029	0	0.076
Lysine	g	0.029	0	0.076
Methionine	g	0.007	0	0.018
Cystine	g	0.010	0	0.026
Phenylalanine	g	0.021	0	0.055
Tyrosine	g	0.014	0	0.037
Valine	g	0.020	0	0.052
Arginine	g	0.019	0	0.050
Histidine	g	0.012	0	0.031
Alanine	g	0.023	0	0.060
Aspartic acid	g	0.110	0	0.287
Glutamic acid	g	0.293	0	0.765
Glycine	g	0.020	0	0.052
Proline	g	0.015	0	0.039
Serine	g	0.021	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

NDB No. 11537 Tomatoes, red, ripe, canned, with green chilies

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* 241g	Measure 2*	Measure 3*
Proximates:							
Water	g	94.23		1	227.09		
Energy	kcal	15		0	36		
Energy	kj	63		0	152		
Protein (N x 5.95)	g	0.69		1	1.66		
Total lipid (fat)	g	0.08		1	0.19		
Carbohydrate, by difference	g	3.62		0	8.72		
Fiber, total dietary	g						
Ash	g	1.39		1	3.35		
Sugars, total	g						
Minerals:							
Calcium	mg	20		1	48		
Iron	mg	0.26		1	0.63		
Magnesium	mg	11		1	27		
Phosphorus	mg	14		1	34		
Potassium	mg	107		1	258		
Sodium	mg	401		1	966		
Zinc	mg	0.13		1	0.31		
Copper	mg	0.090		1	0.217		
Manganese	mg	0.132		0	0.318		
Selenium	µg	0.4		0	1.0		
Vitamins:							
Ascorbic acid	mg	6.2		1	14.9		
Thiamin	mg	0.034		1	0.082		
Riboflavin	mg	0.019		1	0.046		
Niacin	mg	0.640		1	1.542		
Pantothenic acid	mg	0.148		0	0.357		
Vitamin B-6	mg	0.103		0	0.248		
Folate	µg	9		0	22		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	390		1	940		
Vitamin A, RE	µg	39		1	94		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.011		0	0.027		
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	0.008		0	0.019		
17:0	g						
18:0	g	0.003		0	0.007		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.011	0	0.027
14:1	g			
16:1	g	0.000	0	0.000
18:1	g	0.011	0	0.027
20:1	g	0.000	0	0.000
22.1	g			
Polyunsaturated, total	g	0.030	0	0.072
18:2	g	0.029	0	0.070
18:3	g	0.001	0	0.002
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. 11540 Tomato juice, canned, with salt added

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 243g	Measure 2* 182g	Measure 3*
Proximates:							
Water	g	93.90	0.139	170	228.18	170.90	
Energy	kcal	17		0	41	31	
Energy	kj	71		0	173	129	
Protein (N x 5.95)	g	0.76	0.010	161	1.85	1.38	
Total lipid (fat)	g	0.06		0	0.15	0.11	
Carbohydrate, by difference	g	4.23		0	10.28	7.70	
Fiber, total dietary	g	0.4		0	1.0	0.7	
Ash	g	1.05	0.009	184	2.55	1.91	
Sugars, total	g						
Minerals:							
Calcium	mg	9	0.286	175	22	16	
Iron	mg	0.58	0.046	178	1.41	1.06	
Magnesium	mg	11		0	27	20	
Phosphorus	mg	19		0	46	35	
Potassium	mg	220	5.321	149	535	400	
Sodium	mg	361	6.629	151	877	657	
Zinc	mg	0.14	0.013	47	0.34	0.25	
Copper	mg	0.101		0	0.245	0.184	
Manganese	mg	0.077		6	0.187	0.140	
Selenium	µg	0.5	0.110	7	1.2	0.9	
Vitamins:							
Ascorbic acid	mg	18.3	0.607	244	44.5	33.3	
Thiamin	mg	0.047	0.003	155	0.114	0.086	
Riboflavin	mg	0.031	0.002	154	0.075	0.056	
Niacin	mg	0.673	0.056	149	1.635	1.225	
Pantothenic acid	mg	0.250		0	0.608	0.455	
Vitamin B-6	mg	0.111		0	0.270	0.202	
Folate	µg	20	0.640	3	48	36	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	556	14.523	215	1351	1012	
Vitamin A, RE	µg	56	1.452	215	136	102	
Vitamin E, α-TE	mg	0.910		0	2.211	1.656	
Lipids:							
Saturated, total	g	0.008		0	0.019	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	0.006		0	0.015	0.011	
17:0	g						
18:0	g	0.002		0	0.005	0.004	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.009	0	0.022	0.016
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.009	0	0.022	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	0.024	0	0.058	0.044
18:2	g	0.023	0	0.056	0.042
18:3	g	0.001	0	0.002	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	0.005	1	0.012	0.009
Threonine	g	0.017	4	0.041	0.031
Isoleucine	g	0.015	4	0.036	0.027
Leucine	g	0.021	4	0.051	0.038
Lysine	g	0.022	8	0.053	0.040
Methionine	g	0.004	2	0.010	0.007
Cystine	g	0.004	1	0.010	0.007
Phenylalanine	g	0.016	4	0.039	0.029
Tyrosine	g	0.010	4	0.024	0.018
Valine	g	0.015	4	0.036	0.027
Arginine	g	0.015	4	0.036	0.027
Histidine	g	0.012	4	0.029	0.022
Alanine	g	0.024	4	0.058	0.044
Aspartic acid	g	0.095	4	0.231	0.173
Glutamic acid	g	0.303	4	0.736	0.551
Glycine	g	0.012	4	0.029	0.022
Proline	g	0.017	4	0.041	0.031
Serine	g	0.018	4	0.044	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
Measure 2: 6 fl oz

NDB No. 11546 Tomato products, canned, paste, without salt added

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 262g	Measure 2* 16g	Measure 3* 170g
Proximates:							
Water	g	73.80	0.074	314	193.36	12.10	125.46
Energy	kcal	82		0	215	13	139
Energy	kj	343		0	899	56	583
Protein (N x 5.95)	g	3.67	0.023	380	9.62	0.60	6.24
Total lipid (fat)	g	0.55	0.090	84	1.44	0.09	0.94
Carbohydrate, by difference	g	19.30		0	50.57	3.17	32.81
Fiber, total dietary	g	4.1		0	10.7	0.7	7.0
Ash	g	2.67	0.020	278	7.00	0.44	4.54
Sugars, total	g						
Minerals:							
Calcium	mg	35	0.521	289	92	6	60
Iron	mg	1.94	0.052	358	5.08	0.32	3.30
Magnesium	mg	51	0.685	148	134	8	87
Phosphorus	mg	79	0.633	147	207	13	134
Potassium	mg	937	10.856	102	2455	154	1593
Sodium	mg	88	13.780	28	231	14	150
Zinc	mg	0.80	0.052	24	2.10	0.13	1.36
Copper	mg	0.592	0.080	24	1.551	0.097	1.006
Manganese	mg	0.520		0	1.362	0.085	0.884
Selenium	µg	1.4		0	3.7	0.2	2.4
Vitamins:							
Ascorbic acid	mg	42.4	1.032	272	111.1	7.0	72.1
Thiamin	mg	0.155	0.002	352	0.406	0.025	0.264
Riboflavin	mg	0.190	0.007	350	0.498	0.031	0.323
Niacin	mg	3.223	0.037	344	8.444	0.529	5.479
Pantothenic acid	mg	0.753		1	1.973	0.123	1.280
Vitamin B-6	mg	0.380		0	0.996	0.062	0.646
Folate	µg	22		0	59	4	38
Vitamin B-12	µg	0.00		0	0.00	0.00	0.00
Vitamin A	IU	2445	26.347	410	6406	401	4157
Vitamin A, RE	µg	244		0	639	40	415
Vitamin E, α-TE	mg	4.300		0	11.266	0.705	7.310
Lipids:							
Saturated, total	g	0.078		0	0.204	0.013	0.133
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	0.003	0.000	0.002
15.0	g						
16:0	g	0.056		0	0.147	0.009	0.095
17:0	g						
18:0	g	0.020		0	0.052	0.003	0.034
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.083	0	0.217	0.014	0.141
14:1	g					
16:1	g	0.002	0	0.005	0.000	0.003
18:1	g	0.081	0	0.212	0.013	0.138
20:1	g	0.001	0	0.003	0.000	0.002
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.224	0	0.587	0.037	0.381
18:2	g	0.214	0	0.561	0.035	0.364
18:3	g	0.009	0	0.024	0.001	0.015
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	0.025	0	0.066	0.004	0.043
Threonine	g	0.083	0	0.217	0.014	0.141
Isoleucine	g	0.071	0	0.186	0.012	0.121
Leucine	g	0.102	0	0.267	0.017	0.173
Lysine	g	0.105	0	0.275	0.017	0.179
Methionine	g	0.018	0	0.047	0.003	0.031
Cystine	g	0.021	0	0.055	0.003	0.036
Phenylalanine	g	0.078	0	0.204	0.013	0.133
Tyrosine	g	0.050	0	0.131	0.008	0.085
Valine	g	0.075	0	0.196	0.012	0.128
Arginine	g	0.074	0	0.194	0.012	0.126
Histidine	g	0.058	0	0.152	0.010	0.099
Alanine	g	0.115	0	0.301	0.019	0.196
Aspartic acid	g	0.459	0	1.203	0.075	0.780
Glutamic acid	g	1.466	0	3.841	0.240	2.492
Glycine	g	0.060	0	0.157	0.010	0.102
Proline	g	0.081	0	0.212	0.013	0.138
Serine	g	0.087	0	0.228	0.014	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 cup
Measure 2: 1 tablespoon
Measure 3: 1 can (6 oz)

NDB No. 11547 Tomato products, canned, puree, without salt added

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 250g	Measure 2* 822g	Measure 3*
Proximates:							
Water	g	87.46	0.211	95	218.65	718.92	
Energy	kcal	40		0	100	329	
Energy	kj	167		0	418	1373	
Protein (N x 5.95)	g	1.69	0.045	82	4.22	13.89	
Total lipid (fat)	g	0.16	0.016	91	0.40	1.32	
Carbohydrate, by difference	g	9.56		0	23.90	78.58	
Fiber, total dietary	g	2.0		0	5.0	16.4	
Ash	g	1.14	0.055	78	2.85	9.37	
Sugars, total	g						
Minerals:							
Calcium	mg	17	0.666	70	43	140	
Iron	mg	1.24	0.156	181	3.10	10.19	
Magnesium	mg	24	0.305	131	60	197	
Phosphorus	mg	40	0.560	131	100	329	
Potassium	mg	426	7.896	91	1065	3502	
Sodium	mg	34	6.327	38	85	279	
Zinc	mg	0.22		1	0.55	1.81	
Copper	mg	0.163		1	0.408	1.340	
Manganese	mg	0.256		0	0.640	2.104	
Selenium	µg	0.7		0	1.8	5.8	
Vitamins:							
Ascorbic acid	mg	10.4	0.995	52	26.0	85.5	
Thiamin	mg	0.071	0.001	138	0.178	0.584	
Riboflavin	mg	0.054	0.000	121	0.135	0.444	
Niacin	mg	1.715	0.031	82	4.287	14.097	
Pantothenic acid	mg	0.440		0	1.100	3.617	
Vitamin B-6	mg	0.152		0	0.380	1.249	
Folate	µg	11		0	28	90	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	1275	22.122	206	3188	10481	
Vitamin A, RE	µg	128		0	320	1052	
Vitamin E, α-TE	mg	2.520		0	6.300	20.714	
Lipids:							
Saturated, total	g	0.021		0	0.053	0.173	
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	0.040	0.132	
17:0	g						
18:0	g	0.005		0	0.013	0.041	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.023	0	0.058	0.189
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.023	0	0.058	0.189
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	0.158	0.518
18:2	g	0.060	0	0.150	0.493
18:3	g	0.003	0	0.008	0.025
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	0.028	0.090
Threonine	g	0.038	0	0.095	0.312
Isoleucine	g	0.032	0	0.080	0.263
Leucine	g	0.047	0	0.118	0.386
Lysine	g	0.049	0	0.123	0.403
Methionine	g	0.009	0	0.023	0.074
Cystine	g	0.010	0	0.025	0.082
Phenylalanine	g	0.035	0	0.088	0.288
Tyrosine	g	0.022	0	0.055	0.181
Valine	g	0.034	0	0.085	0.279
Arginine	g	0.033	0	0.083	0.271
Histidine	g	0.026	0	0.065	0.214
Alanine	g	0.053	0	0.133	0.436
Aspartic acid	g	0.212	0	0.530	1.743
Glutamic acid	g	0.676	0	1.690	5.557
Glycine	g	0.028	0	0.070	0.230
Proline	g	0.037	0	0.093	0.304
Serine	g	0.040	0	0.100	0.329
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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 (29 oz) (401 x 411)

NDB No. 11548 Tomato powder

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1*	Measure 2*	Measure 3*
Proximates:							
Water	g	3.06		1			
Energy	kcal	302		0			
Energy	kj	1264		0			
Protein (N x 5.95)	g	12.91		1			
Total lipid (fat)	g	0.44		1			
Carbohydrate, by difference	g	74.68		0			
Fiber, total dietary	g	16.5		0			
Ash	g	8.91		1			
Sugars, total	g						
Minerals:							
Calcium	mg	166		1			
Iron	mg	4.56		1			
Magnesium	mg	178		0			
Phosphorus	mg	295		1			
Potassium	mg	1927		1			
Sodium	mg	134		0			
Zinc	mg	1.71		0			
Copper	mg	1.241		0			
Manganese	mg	1.951		0			
Selenium	µg	5.3		0			
Vitamins:							
Ascorbic acid	mg	116.7		1			
Thiamin	mg	0.913		0			
Riboflavin	mg	0.761		0			
Niacin	mg	9.133		0			
Pantothenic acid	mg	3.760		0			
Vitamin B-6	mg	0.457		0			
Folate	µg	120		0			
Vitamin B-12	µg	0.00		0			
Vitamin A	IU	17247		0			
Vitamin A, RE	µg	1725		0			
Vitamin E, α-TE	mg	0.507		0			
Lipids:							
Saturated, total	g	0.062		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	0.044		0			
17:0	g						
18:0	g	0.016		0			
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.066	0
14:1	g		
16:1	g	0.001	0
18:1	g	0.065	0
20:1	g	0.001	0
22.1	g		
Polyunsaturated, total	g	0.179	0
18:2	g	0.171	0
18:3	g	0.007	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	0.089	0
Threonine	g	0.295	0
Isoleucine	g	0.250	0
Leucine	g	0.359	0
Lysine	g	0.370	0
Methionine	g	0.066	0
Cystine	g	0.076	0
Phenylalanine	g	0.273	0
Tyrosine	g	0.173	0
Valine	g	0.264	0
Arginine	g	0.258	0
Histidine	g	0.204	0
Alanine	g	0.405	0
Aspartic acid	g	1.617	0
Glutamic acid	g	5.163	0
Glycine	g	0.213	0
Proline	g	0.283	0
Serine	g	0.308	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. 11549 Tomato products, canned, sauce

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 245g	Measure 2*	Measure 3*
Proximates:							
Water	g	89.07	0.071	498	218.22		
Energy	kcal	30		0	74		
Energy	kj	126		0	309		
Protein (N x 5.95)	g	1.33	0.016	488	3.26		
Total lipid (fat)	g	0.17	0.004	68	0.42		
Carbohydrate, by difference	g	7.18		0	17.59		
Fiber, total dietary	g	1.4		0	3.4		
Ash	g	2.25	0.029	484	5.51		
Sugars, total	g						
Minerals:							
Calcium	mg	14	0.415	498	34		
Iron	mg	0.77	0.031	526	1.89		
Magnesium	mg	19	0.299	181	47		
Phosphorus	mg	32	0.388	76	78		
Potassium	mg	371	6.510	55	909		
Sodium	mg	605	9.322	53	1482		
Zinc	mg	0.25	0.008	26	0.61		
Copper	mg	0.196	0.015	26	0.480		
Manganese	mg	0.219		0	0.537		
Selenium	µg	0.6	0.110	6	1.5		
Vitamins:							
Ascorbic acid	mg	13.1	0.467	454	32.1		
Thiamin	mg	0.066	0.002	562	0.162		
Riboflavin	mg	0.058	0.001	491	0.142		
Niacin	mg	1.149	0.012	592	2.815		
Pantothenic acid	mg	0.309		1	0.757		
Vitamin B-6	mg	0.155		0	0.380		
Folate	µg	9		0	23		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	979	22.729	624	2399		
Vitamin A, RE	µg	98	2.273	624	240		
Vitamin E, α-TE	mg	1.400		0	3.430		
Lipids:							
Saturated, total	g	0.024		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	0.017		0	0.042		
17:0	g						
18:0	g	0.006		0	0.015		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.025	0	0.061
14:1	g			
16:1	g	0.001	0	0.002
18:1	g	0.024	0	0.059
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.067	0	0.164
18:2	g	0.064	0	0.157
18:3	g	0.003	0	0.007
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	0.030	0	0.074
Isoleucine	g	0.026	0	0.064
Leucine	g	0.037	0	0.091
Lysine	g	0.038	0	0.093
Methionine	g	0.007	0	0.017
Cystine	g	0.008	0	0.020
Phenylalanine	g	0.028	0	0.069
Tyrosine	g	0.018	0	0.044
Valine	g	0.027	0	0.066
Arginine	g	0.027	0	0.066
Histidine	g	0.021	0	0.051
Alanine	g	0.042	0	0.103
Aspartic acid	g	0.166	0	0.407
Glutamic acid	g	0.530	0	1.299
Glycine	g	0.022	0	0.054
Proline	g	0.029	0	0.071
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

NDB No. 11551 Tomato products, canned, sauce, with mushrooms

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 245g	Measure 2*	Measure 3*
Proximates:							
Water	g	87.97	0.125	70	215.53		
Energy	kcal	35		0	86		
Energy	kj	146		0	358		
Protein (N x 5.95)	g	1.45	0.023	70	3.55		
Total lipid (fat)	g	0.13	0.003	69	0.32		
Carbohydrate, by difference	g	8.43		0	20.65		
Fiber, total dietary	g	1.5		0	3.7		
Ash	g	2.02	0.015	70	4.95		
Sugars, total	g						
Minerals:							
Calcium	mg	13	0.307	66	32		
Iron	mg	0.89	0.024	66	2.18		
Magnesium	mg	19	0.335	32	47		
Phosphorus	mg	32	0.714	32	78		
Potassium	mg	380	7.850	32	931		
Sodium	mg	452	8.339	32	1107		
Zinc	mg	0.21	0.005	32	0.51		
Copper	mg	0.199	0.012	32	0.488		
Manganese	mg	0.188		0	0.461		
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	12.4	0.475	73	30.4		
Thiamin	mg	0.072	0.001	70	0.176		
Riboflavin	mg	0.108	0.011	70	0.265		
Niacin	mg	1.265	0.025	70	3.099		
Pantothenic acid	mg	0.367		0	0.899		
Vitamin B-6	mg	0.133		0	0.326		
Folate	µg	9		0	23		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	955	13.473	71	2340		
Vitamin A, RE	µg	95	1.347	71	233		
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	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	0.010		0	0.025		
17:0	g						
18:0	g	0.004		0	0.010		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.010	0	0.025
14:1	g			
16:1	g	0.002	0	0.005
18:1	g	0.010	0	0.025
20:1	g	0.000	0	0.000
22.1	g			
Polyunsaturated, total	g	0.050	0	0.123
18:2	g	0.048	0	0.118
18:3	g	0.001	0	0.002
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	0.042
Threonine	g	0.043	0	0.105
Isoleucine	g	0.037	0	0.091
Leucine	g	0.055	0	0.135
Lysine	g	0.074	0	0.181
Methionine	g	0.014	0	0.034
Cystine	g	0.007	0	0.017
Phenylalanine	g	0.039	0	0.096
Tyrosine	g	0.023	0	0.056
Valine	g	0.041	0	0.100
Arginine	g	0.042	0	0.103
Histidine	g	0.028	0	0.069
Alanine	g	0.065	0	0.159
Aspartic acid	g	0.169	0	0.414
Glutamic acid	g	0.486	0	1.191
Glycine	g	0.036	0	0.088
Proline	g	0.053	0	0.130
Serine	g	0.044	0	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

NDB No. 11553 Tomato products, canned, sauce, with onions

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	86.09	0.089	54	210.92		
Energy	kcal	42		0	103		
Energy	kj	176		0	431		
Protein (N x 5.95)	g	1.56	0.017	54	3.82		
Total lipid (fat)	g	0.19	0.006	16	0.47		
Carbohydrate, by difference	g	9.94		0	24.35		
Fiber, total dietary	g	1.8		0	4.4		
Ash	g	2.21	0.026	54	5.41		
Sugars, total	g						
Minerals:							
Calcium	mg	17	0.626	54	42		
Iron	mg	0.93	0.031	50	2.28		
Magnesium	mg	19	0.250	16	47		
Phosphorus	mg	39	0.618	16	96		
Potassium	mg	413	6.811	16	1012		
Sodium	mg	551	12.129	16	1350		
Zinc	mg	0.23	0.005	16	0.56		
Copper	mg	0.181	0.013	16	0.443		
Manganese	mg	0.301		0	0.737		
Selenium	µg	0.8		0	2.0		
Vitamins:							
Ascorbic acid	mg	12.7	0.458	54	31.1		
Thiamin	mg	0.073	0.001	54	0.179		
Riboflavin	mg	0.133	0.012	54	0.326		
Niacin	mg	1.242	0.025	54	3.043		
Pantothenic acid	mg	0.368		0	0.902		
Vitamin B-6	mg	0.267		0	0.654		
Folate	µg	22		0	55		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	850	12.483	54	2083		
Vitamin A, RE	µg	85	1.248	54	208		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.030		0	0.074		
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	0.024		0	0.059		
17:0	g						
18:0	g	0.005		0	0.012		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.028	0	0.069
14:1	g			
16:1	g	0.000	0	0.000
18:1	g	0.028	0	0.069
20:1	g	0.000	0	0.000
22.1	g			
Polyunsaturated, total	g	0.077	0	0.189
18:2	g	0.074	0	0.181
18:3	g	0.004	0	0.010
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	0.039
Threonine	g	0.037	0	0.091
Isoleucine	g	0.042	0	0.103
Leucine	g	0.049	0	0.120
Lysine	g	0.059	0	0.145
Methionine	g	0.010	0	0.025
Cystine	g	0.018	0	0.044
Phenylalanine	g	0.036	0	0.088
Tyrosine	g	0.029	0	0.071
Valine	g	0.034	0	0.083
Arginine	g	0.114	0	0.279
Histidine	g	0.025	0	0.061
Alanine	g	0.046	0	0.113
Aspartic acid	g	0.145	0	0.355
Glutamic acid	g	0.454	0	1.112
Glycine	g	0.044	0	0.108
Proline	g	0.041	0	0.100
Serine	g	0.041	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

NDB No. 11555 Tomato products, canned, sauce, with herbs and cheese

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* 425g	Measure 3*
Proximates:							
Water	g	83.43	0.207	57	101.78	354.58	
Energy	kcal	59		0	72	251	
Energy	kj	247		0	301	1050	
Protein (N x 5.95)	g	2.13	0.062	61	2.60	9.05	
Total lipid (fat)	g	1.93	0.153	57	2.35	8.20	
Carbohydrate, by difference	g	10.24		0	12.49	43.52	
Fiber, total dietary	g	2.2		0	2.7	9.4	
Ash	g	2.27	0.051	57	2.77	9.65	
Sugars, total	g						
Minerals:							
Calcium	mg	37	1.124	56	45	157	
Iron	mg	0.87	0.029	49	1.06	3.70	
Magnesium	mg	19		0	23	81	
Phosphorus	mg	54		0	66	230	
Potassium	mg	356		0	434	1513	
Sodium	mg	543		0	662	2308	
Zinc	mg	0.36		0	0.44	1.53	
Copper	mg	0.174		0	0.212	0.740	
Manganese	mg	0.188		0	0.229	0.799	
Selenium	µg	0.9		0	1.1	3.8	
Vitamins:							
Ascorbic acid	mg	10.0	0.637	61	12.2	42.5	
Thiamin	mg	0.076	0.002	61	0.093	0.323	
Riboflavin	mg	0.124	0.009	57	0.151	0.527	
Niacin	mg	1.209	0.025	57	1.475	5.138	
Pantothenic acid	mg	0.275		0	0.336	1.169	
Vitamin B-6	mg	0.019		0	0.023	0.081	
Folate	µg	8		0	10	34	
Vitamin B-12	µg						
Vitamin A	IU	987	18.493	61	1204	4195	
Vitamin A, RE	µg	99	1.849	61	121	421	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.627		0	0.765	2.665	
4:0	g	0.011		0	0.013	0.047	
6.0	g	0.006		0	0.007	0.026	
8:0	g	0.003		0	0.004	0.013	
10:0	g	0.006		0	0.007	0.026	
12:0	g	0.006		0	0.007	0.026	
14:0	g	0.048		0	0.059	0.204	
15.0	g						
16:0	g	0.456		0	0.556	1.938	
17:0	g						
18:0	g	0.080		0	0.098	0.340	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.380	0	0.464	1.615
14:1	g				
16:1	g	0.023	0	0.028	0.098
18:1	g	0.351	0	0.428	1.492
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.825	0	1.006	3.506
18:2	g	0.814	0	0.993	3.459
18:3	g	0.008	0	0.010	0.034
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	3	0	4	13
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.021	0	0.026	0.089
Threonine	g	0.059	0	0.072	0.251
Isoleucine	g	0.070	0	0.085	0.298
Leucine	g	0.113	0	0.138	0.480
Lysine	g	0.111	0	0.135	0.472
Methionine	g	0.028	0	0.034	0.119
Cystine	g	0.016	0	0.020	0.068
Phenylalanine	g	0.070	0	0.085	0.298
Tyrosine	g	0.060	0	0.073	0.255
Valine	g	0.082	0	0.100	0.349
Arginine	g	0.089	0	0.109	0.378
Histidine	g	0.050	0	0.061	0.213
Alanine	g	0.063	0	0.077	0.268
Aspartic acid	g	0.201	0	0.245	0.854
Glutamic acid	g	0.639	0	0.780	2.716
Glycine	g	0.043	0	0.052	0.183
Proline	g	0.113	0	0.138	0.480
Serine	g	0.076	0	0.093	0.323
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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)

NDB No. 11557 Tomato products, canned, sauce, with onions, green peppers, and celery

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 250g	Measure 2* 411g	Measure 3*
Proximates:							
Water	g	88.28	0.143	28	220.70	362.83	
Energy	kcal	41		0	103	169	
Energy	kj	172		0	430	707	
Protein (N x 5.95)	g	0.94	0.108	27	2.35	3.86	
Total lipid (fat)	g	0.74	0.151	24	1.85	3.04	
Carbohydrate, by difference	g	8.76		0	21.90	36.00	
Fiber, total dietary	g	1.4		0	3.5	5.8	
Ash	g	1.27	0.025	28	3.17	5.22	
Sugars, total	g						
Minerals:							
Calcium	mg	13	0.434	28	33	53	
Iron	mg	0.76	0.054	22	1.90	3.12	
Magnesium	mg	21		0	53	86	
Phosphorus	mg	38		0	95	156	
Potassium	mg	398		0	995	1636	
Sodium	mg	546		0	1365	2244	
Zinc	mg	0.28		0	0.70	1.15	
Copper	mg	0.198		0	0.495	0.814	
Manganese	mg	0.244		0	0.610	1.003	
Selenium	µg	0.6		0	1.5	2.5	
Vitamins:							
Ascorbic acid	mg	13.2	0.776	28	33.0	54.3	
Thiamin	mg	0.067	0.002	28	0.168	0.275	
Riboflavin	mg	0.120	0.018	28	0.300	0.493	
Niacin	mg	1.095	0.032	28	2.737	4.500	
Pantothenic acid	mg	0.221		0	0.553	0.908	
Vitamin B-6	mg	0.194		0	0.485	0.797	
Folate	µg	14		0	35	58	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	810	21.062	28	2025	3329	
Vitamin A, RE	µg	81	2.106	28	203	333	
Vitamin E, α-TE	mg	1.480		0	3.700	6.083	
Lipids:							
Saturated, total	g	0.133		0	0.333	0.547	
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	0.008	0.012	
15.0	g						
16:0	g	0.108		0	0.270	0.444	
17:0	g						
18:0	g	0.020		0	0.050	0.082	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.102	0	0.255	0.419
14:1	g				
16:1	g	0.003	0	0.008	0.012
18:1	g	0.099	0	0.248	0.407
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.337	0	0.843	1.385
18:2	g	0.321	0	0.803	1.319
18:3	g	0.016	0	0.040	0.066
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	0.020	0.033
Threonine	g	0.022	0	0.055	0.090
Isoleucine	g	0.021	0	0.053	0.086
Leucine	g	0.028	0	0.070	0.115
Lysine	g	0.030	0	0.075	0.123
Methionine	g	0.005	0	0.013	0.021
Cystine	g	0.007	0	0.018	0.029
Phenylalanine	g	0.021	0	0.053	0.086
Tyrosine	g	0.014	0	0.035	0.058
Valine	g	0.020	0	0.050	0.082
Arginine	g	0.037	0	0.093	0.152
Histidine	g	0.015	0	0.038	0.062
Alanine	g	0.029	0	0.072	0.119
Aspartic acid	g	0.108	0	0.270	0.444
Glutamic acid	g	0.336	0	0.840	1.381
Glycine	g	0.020	0	0.050	0.082
Proline	g	0.022	0	0.055	0.090
Serine	g	0.024	0	0.060	0.099
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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: 15 oz can (303 x 406)

NDB No. 11559 Tomato products, canned, sauce, with tomato tidbits

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* 244g	Measure 2* 425g	Measure 3*
Proximates:							
Water	g	89.09	0.142	27	217.38	378.63	
Energy	kcal	32		0	78	136	
Energy	kj	134		0	327	570	
Protein (N x 5.95)	g	1.32	0.029	27	3.22	5.61	
Total lipid (fat)	g	0.39		0	0.95	1.66	
Carbohydrate, by difference	g	7.09		0	17.30	30.13	
Fiber, total dietary	g	1.4		0	3.4	6.0	
Ash	g	2.11	0.035	27	5.15	8.97	
Sugars, total	g						
Minerals:							
Calcium	mg	10	0.508	27	24	43	
Iron	mg	0.68	0.047	21	1.66	2.89	
Magnesium	mg	20		0	49	85	
Phosphorus	mg	42		0	102	179	
Potassium	mg	373		0	910	1585	
Sodium	mg	15		0	37	64	
Zinc	mg	0.19		0	0.46	0.81	
Copper	mg	0.014		0	0.034	0.060	
Manganese	mg	0.220		0	0.537	0.935	
Selenium	µg	0.6		0	1.5	2.5	
Vitamins:							
Ascorbic acid	mg	21.5	2.466	27	52.5	91.4	
Thiamin	mg	0.073	0.003	27	0.178	0.310	
Riboflavin	mg	0.097	0.015	27	0.237	0.412	
Niacin	mg	1.183	0.049	27	2.887	5.028	
Pantothenic acid	mg	0.219		0	0.534	0.931	
Vitamin B-6	mg	0.155		0	0.378	0.659	
Folate	µg	9		0	23	40	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	801	18.581	27	1954	3404	
Vitamin A, RE	µg	80	1.858	27	195	340	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.055		0	0.134	0.234	
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	0.039		0	0.095	0.166	
17:0	g						
18:0	g	0.014		0	0.034	0.060	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.058	0	0.142	0.247
14:1	g				
16:1	g	0.001	0	0.002	0.004
18:1	g	0.057	0	0.139	0.242
20:1	g	0.001	0	0.002	0.004
22.1	g				
Polyunsaturated, total	g	0.157	0	0.383	0.667
18:2	g	0.150	0	0.366	0.637
18:3	g	0.006	0	0.015	0.026
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	0.022	0.038
Threonine	g	0.030	0	0.073	0.128
Isoleucine	g	0.026	0	0.063	0.110
Leucine	g	0.037	0	0.090	0.157
Lysine	g	0.038	0	0.093	0.161
Methionine	g	0.007	0	0.017	0.030
Cystine	g	0.008	0	0.020	0.034
Phenylalanine	g	0.028	0	0.068	0.119
Tyrosine	g	0.018	0	0.044	0.077
Valine	g	0.027	0	0.066	0.115
Arginine	g	0.027	0	0.066	0.115
Histidine	g	0.021	0	0.051	0.089
Alanine	g	0.042	0	0.102	0.179
Aspartic acid	g	0.166	0	0.405	0.706
Glutamic acid	g	0.530	0	1.293	2.252
Glycine	g	0.022	0	0.054	0.094
Proline	g	0.029	0	0.071	0.123
Serine	g	0.032	0	0.078	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
Measure 2: 15 oz can (303 x 406)

NDB No. 11563 Tree fern, 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* 71g	Measure 2* 31g	Measure 3*
Proximates:							
Water	g	88.60		0	62.91	27.47	
Energy	kcal	40		0	28	12	
Energy	kj	167		0	119	52	
Protein (N x 5.95)	g	0.29		0	0.21	0.09	
Total lipid (fat)	g	0.07		0	0.05	0.02	
Carbohydrate, by difference	g	10.98		0	7.80	3.40	
Fiber, total dietary	g	3.7		0	2.6	1.1	
Ash	g	0.06		0	0.04	0.02	
Sugars, total	g						
Minerals:							
Calcium	mg	8		0	6	2	
Iron	mg	0.16		0	0.11	0.05	
Magnesium	mg	5		0	4	2	
Phosphorus	mg	4		0	3	1	
Potassium	mg	5		0	4	2	
Sodium	mg	5		0	4	2	
Zinc	mg	0.31		0	0.22	0.10	
Copper	mg	0.202		0	0.143	0.063	
Manganese	mg	0.539		0	0.383	0.167	
Selenium	µg	0.9		0	0.6	0.3	
Vitamins:							
Ascorbic acid	mg	30.0		0	21.3	9.3	
Thiamin	mg	0.000		0	0.000	0.000	
Riboflavin	mg	0.300		0	0.213	0.093	
Niacin	mg	3.500		0	2.485	1.085	
Pantothenic acid	mg	0.063		0	0.045	0.020	
Vitamin B-6	mg	0.179		0	0.127	0.055	
Folate	µg	15		0	11	5	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	200		0	142	62	
Vitamin A, RE	µg	20		0	14	6	
Vitamin E, α-TE	mg	0.750		0	0.533	0.233	
Lipids:							
Saturated, total	g	0.009		0	0.006	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	0.008		0	0.006	0.002	
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	0.005	0	0.004	0.002
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.005	0	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	0.034	0	0.024	0.011
18:2	g	0.014	0	0.010	0.004
18:3	g	0.018	0	0.013	0.006
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, chopped
Measure 2: 1 frond, (6-1/2" long)

NDB No. 11564 Turnips, raw

Brassica rapa (Rapifera Group)

Refuse: 19% Parings

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 130g	Measure 2* 183g	Measure 3* 122g
Proximates:							
Water	g	91.87	0.242	5	119.43	168.12	112.08
Energy	kcal	27		0	35	49	33
Energy	kj	113		0	147	207	138
Protein (N x 5.95)	g	0.90		1	1.17	1.65	1.10
Total lipid (fat)	g	0.10		1	0.13	0.18	0.12
Carbohydrate, by difference	g	6.23		0	8.10	11.40	7.60
Fiber, total dietary	g	1.8		0	2.3	3.3	2.2
Ash	g	0.70		0	0.91	1.28	0.85
Sugars, total	g						
Minerals:							
Calcium	mg	30		1	39	55	37
Iron	mg	0.30		1	0.39	0.55	0.37
Magnesium	mg	11		1	14	20	13
Phosphorus	mg	27		1	35	49	33
Potassium	mg	191	21.000	2	248	350	233
Sodium	mg	67	27.400	2	87	123	82
Zinc	mg	0.27		0	0.35	0.49	0.33
Copper	mg	0.085		0	0.111	0.156	0.104
Manganese	mg	0.134		0	0.174	0.245	0.163
Selenium	µg	0.7		1	0.9	1.3	0.9
Vitamins:							
Ascorbic acid	mg	21.0		1	27.3	38.4	25.6
Thiamin	mg	0.040		1	0.052	0.073	0.049
Riboflavin	mg	0.030		1	0.039	0.055	0.037
Niacin	mg	0.400		1	0.520	0.732	0.488
Pantothenic acid	mg	0.200		0	0.260	0.366	0.244
Vitamin B-6	mg	0.090		0	0.117	0.165	0.110
Folate	µg	15	0.349	3	19	27	18
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	0.030		0	0.039	0.055	0.037
Lipids:							
Saturated, total	g	0.011		0	0.014	0.020	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	0.000		0	0.000	0.000	0.000
15.0	g						
16:0	g	0.010		3	0.013	0.018	0.012
17:0	g						
18:0	g	0.001		3	0.001	0.002	0.001
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.006	0	0.008	0.011	0.007
14:1	g					
16:1	g	0.001	3	0.001	0.002	0.001
18:1	g	0.006	3	0.008	0.011	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	0.053	0	0.069	0.097	0.065
18:2	g	0.012	3	0.016	0.022	0.015
18:3	g	0.040	3	0.052	0.073	0.049
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	9	13	9
Amino acids:						
Tryptophan	g	0.009	32	0.012	0.016	0.011
Threonine	g	0.025	35	0.033	0.046	0.031
Isoleucine	g	0.036	35	0.047	0.066	0.044
Leucine	g	0.033	35	0.043	0.060	0.040
Lysine	g	0.036	36	0.047	0.066	0.044
Methionine	g	0.011	36	0.014	0.020	0.013
Cystine	g	0.005	9	0.007	0.009	0.006
Phenylalanine	g	0.017	35	0.022	0.031	0.021
Tyrosine	g	0.013	9	0.017	0.024	0.016
Valine	g	0.030	35	0.039	0.055	0.037
Arginine	g	0.024	35	0.031	0.044	0.029
Histidine	g	0.014	35	0.018	0.026	0.017
Alanine	g	0.035	9	0.046	0.064	0.043
Aspartic acid	g	0.063	9	0.082	0.115	0.077
Glutamic acid	g	0.130	9	0.169	0.238	0.159
Glycine	g	0.025	9	0.033	0.046	0.031
Proline	g	0.026	9	0.034	0.048	0.032
Serine	g	0.029	9	0.038	0.053	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, cubes
Measure 2: 1 large
Measure 3: 1 medium

NDB No. 11565 Turnips, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 156g	Measure 2* 230g	Measure 3*
Proximates:							
Water	g	93.60		0	146.02	215.28	
Energy	kcal	21		0	33	48	
Energy	kj	88		0	137	202	
Protein (N x 5.95)	g	0.71		0	1.11	1.63	
Total lipid (fat)	g	0.08		0	0.12	0.18	
Carbohydrate, by difference	g	4.90		0	7.64	11.27	
Fiber, total dietary	g	2.0		0	3.1	4.6	
Ash	g	0.55		0	0.86	1.27	
Sugars, total	g						
Minerals:							
Calcium	mg	22		0	34	51	
Iron	mg	0.22		0	0.34	0.51	
Magnesium	mg	8		0	12	18	
Phosphorus	mg	19		0	30	44	
Potassium	mg	135		0	211	311	
Sodium	mg	50		0	78	115	
Zinc	mg	0.20		0	0.31	0.46	
Copper	mg	0.064		0	0.100	0.147	
Manganese	mg	0.100		0	0.156	0.230	
Selenium	µg	0.6		0	0.9	1.4	
Vitamins:							
Ascorbic acid	mg	11.6		0	18.1	26.7	
Thiamin	mg	0.027		0	0.042	0.062	
Riboflavin	mg	0.023		0	0.036	0.053	
Niacin	mg	0.299		0	0.466	0.688	
Pantothenic acid	mg	0.142		0	0.222	0.327	
Vitamin B-6	mg	0.067		0	0.105	0.154	
Folate	µg	9		0	14	21	
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	0.030		0	0.047	0.069	
Lipids:							
Saturated, total	g	0.008		0	0.012	0.018	
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	0.008		0	0.012	0.018	
17:0	g						
18:0	g	0.001		0	0.002	0.002	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.005	0	0.008	0.012
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.004	0	0.006	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	0.042	0	0.066	0.097
18:2	g	0.009	0	0.014	0.021
18:3	g	0.032	0	0.050	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	0.007	0	0.011	0.016
Threonine	g	0.020	0	0.031	0.046
Isoleucine	g	0.029	0	0.045	0.067
Leucine	g	0.026	0	0.041	0.060
Lysine	g	0.028	0	0.044	0.064
Methionine	g	0.009	0	0.014	0.021
Cystine	g	0.004	0	0.006	0.009
Phenylalanine	g	0.014	0	0.022	0.032
Tyrosine	g	0.011	0	0.017	0.025
Valine	g	0.023	0	0.036	0.053
Arginine	g	0.019	0	0.030	0.044
Histidine	g	0.011	0	0.017	0.025
Alanine	g	0.027	0	0.042	0.062
Aspartic acid	g	0.050	0	0.078	0.115
Glutamic acid	g	0.102	0	0.159	0.235
Glycine	g	0.019	0	0.030	0.044
Proline	g	0.021	0	0.033	0.048
Serine	g	0.023	0	0.036	0.053
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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. 11566 Turnips, 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	95.67		1	271.70	89.93	
Energy	kcal	16		0	45	15	
Energy	kj	67		0	190	63	
Protein (N x 5.95)	g	1.04		1	2.95	0.98	
Total lipid (fat)	g	0.16		1	0.45	0.15	
Carbohydrate, by difference	g	2.94		0	8.35	2.76	
Fiber, total dietary	g	1.8		0	5.1	1.7	
Ash	g	0.19		1	0.54	0.18	
Sugars, total	g						
Minerals:							
Calcium	mg	23		1	65	22	
Iron	mg	0.70		1	1.99	0.66	
Magnesium	mg	10		0	28	9	
Phosphorus	mg	20		0	57	19	
Potassium	mg	137		0	389	129	
Sodium	mg	25		0	71	24	
Zinc	mg	0.14		0	0.40	0.13	
Copper	mg	0.045		0	0.128	0.042	
Manganese	mg	0.071		0	0.202	0.067	
Selenium	µg	0.4		0	1.1	0.4	
Vitamins:							
Ascorbic acid	mg	4.4		1	12.5	4.1	
Thiamin	mg	0.030		1	0.085	0.028	
Riboflavin	mg	0.020		1	0.057	0.019	
Niacin	mg	0.400		1	1.136	0.376	
Pantothenic acid	mg	0.106		0	0.301	0.100	
Vitamin B-6	mg	0.048		0	0.136	0.045	
Folate	µg	8		0	22	7	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	26		1	74	24	
Vitamin A, RE	µg	3		1	9	3	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.017		0	0.048	0.016	
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	0.043	0.014	
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	0.009
14:1	g				
16:1	g	0.001	0	0.003	0.001
18:1	g	0.009	0	0.026	0.008
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.085	0	0.241	0.080
18:2	g	0.019	0	0.054	0.018
18:3	g	0.064	0	0.182	0.060
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	0.009
Threonine	g	0.029	0	0.082	0.027
Isoleucine	g	0.042	0	0.119	0.039
Leucine	g	0.038	0	0.108	0.036
Lysine	g	0.041	0	0.116	0.039
Methionine	g	0.013	0	0.037	0.012
Cystine	g	0.006	0	0.017	0.006
Phenylalanine	g	0.020	0	0.057	0.019
Tyrosine	g	0.015	0	0.043	0.014
Valine	g	0.034	0	0.097	0.032
Arginine	g	0.028	0	0.080	0.026
Histidine	g	0.016	0	0.045	0.015
Alanine	g	0.040	0	0.114	0.038
Aspartic acid	g	0.073	0	0.207	0.069
Glutamic acid	g	0.149	0	0.423	0.140
Glycine	g	0.029	0	0.082	0.027
Proline	g	0.030	0	0.085	0.028
Serine	g	0.033	0	0.094	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: 10 oz package, mashed
Measure 2: 1/3 10-oz package, mashed

NDB No. 11567 Turnips, frozen, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 156g	Measure 2*	Measure 3*
Proximates:							
Water	g	93.60		0	146.02		
Energy	kcal	23		0	36		
Energy	kj	96		0	150		
Protein (N x 5.95)	g	1.53		0	2.39		
Total lipid (fat)	g	0.24		0	0.37		
Carbohydrate, by difference	g	4.35		0	6.79		
Fiber, total dietary	g	2.0		0	3.1		
Ash	g	0.28		0	0.44		
Sugars, total	g						
Minerals:							
Calcium	mg	32		0	50		
Iron	mg	0.98		0	1.53		
Magnesium	mg	14		0	22		
Phosphorus	mg	26		0	41		
Potassium	mg	182		0	284		
Sodium	mg	36		0	56		
Zinc	mg	0.20		0	0.31		
Copper	mg	0.063		0	0.098		
Manganese	mg	0.100		0	0.156		
Selenium	µg	0.6		0	0.9		
Vitamins:							
Ascorbic acid	mg	3.9		0	6.1		
Thiamin	mg	0.035		0	0.055		
Riboflavin	mg	0.028		0	0.044		
Niacin	mg	0.560		0	0.874		
Pantothenic acid	mg	0.141		0	0.220		
Vitamin B-6	mg	0.067		0	0.105		
Folate	µg	8		0	12		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	25		0	39		
Vitamin A, RE	µg	2		0	3		
Vitamin E, α-TE	mg	0.030		0	0.047		
Lipids:							
Saturated, total	g	0.025		0	0.039		
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	0.023		0	0.036		
17:0	g						
18:0	g	0.002		0	0.003		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.015	0	0.023
14:1	g			
16:1	g	0.001	0	0.002
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	0.125	0	0.195
18:2	g	0.028	0	0.044
18:3	g	0.094	0	0.147
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	0.023
Threonine	g	0.042	0	0.066
Isoleucine	g	0.062	0	0.097
Leucine	g	0.057	0	0.089
Lysine	g	0.061	0	0.095
Methionine	g	0.019	0	0.030
Cystine	g	0.009	0	0.014
Phenylalanine	g	0.030	0	0.047
Tyrosine	g	0.023	0	0.036
Valine	g	0.051	0	0.080
Arginine	g	0.041	0	0.064
Histidine	g	0.024	0	0.037
Alanine	g	0.059	0	0.092
Aspartic acid	g	0.108	0	0.168
Glutamic acid	g	0.221	0	0.345
Glycine	g	0.042	0	0.066
Proline	g	0.045	0	0.070
Serine	g	0.049	0	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

NDB No. 11568 Turnip greens, raw

Brassica rapa (Rapifera Group)

Refuse: 30% Root crown, tough stems and discarded leaves

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 55g	Measure 2*	Measure 3*
Proximates:							
Water	g	91.07	0.476	8	50.09		
Energy	kcal	27		0	15		
Energy	kj	113		0	62		
Protein (N x 5.95)	g	1.50		1	0.83		
Total lipid (fat)	g	0.30		1	0.17		
Carbohydrate, by difference	g	5.73		0	3.15		
Fiber, total dietary	g	3.2		0	1.8		
Ash	g	1.40		0	0.77		
Sugars, total	g						
Minerals:							
Calcium	mg	190		1	105		
Iron	mg	1.10		1	0.61		
Magnesium	mg	31		1	17		
Phosphorus	mg	42		1	23		
Potassium	mg	296	20.476	5	163		
Sodium	mg	40	8.549	5	22		
Zinc	mg	0.19		0	0.10		
Copper	mg	0.350		1	0.193		
Manganese	mg	0.466		0	0.256		
Selenium	µg	1.2		0	0.7		
Vitamins:							
Ascorbic acid	mg	60.0		1	33.0		
Thiamin	mg	0.070		1	0.039		
Riboflavin	mg	0.100		1	0.055		
Niacin	mg	0.600		1	0.330		
Pantothenic acid	mg	0.380		0	0.209		
Vitamin B-6	mg	0.263		0	0.145		
Folate	µg	194	4.220	3	107		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	7600		0	4180		
Vitamin A, RE	µg	760		0	418		
Vitamin E, α-TE	mg	2.900		0	1.595		
Lipids:							
Saturated, total	g	0.070		0	0.039		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.001		1	0.001		
10:0	g	0.002		1	0.001		
12:0	g	0.002		1	0.001		
14:0	g	0.003		1	0.002		
15.0	g						
16:0	g	0.054		1	0.030		
17:0	g						
18:0	g	0.010		1	0.006		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.020	0	0.011
14:1	g			
16:1	g	0.014	1	0.008
18:1	g	0.005	1	0.003
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.120	0	0.066
18:2	g	0.036	1	0.020
18:3	g	0.084	1	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	12	0	7
Amino acids:				
Tryptophan	g	0.026	7	0.014
Threonine	g	0.082	5	0.045
Isoleucine	g	0.078	5	0.043
Leucine	g	0.137	5	0.075
Lysine	g	0.098	5	0.054
Methionine	g	0.034	5	0.019
Cystine	g	0.017	7	0.009
Phenylalanine	g	0.092	5	0.051
Tyrosine	g	0.058	5	0.032
Valine	g	0.102	5	0.056
Arginine	g	0.094	5	0.052
Histidine	g	0.036	5	0.020
Alanine	g	0.103	5	0.057
Aspartic acid	g	0.158	5	0.087
Glutamic acid	g	0.204	5	0.112
Glycine	g	0.090	5	0.050
Proline	g	0.071	5	0.039
Serine	g	0.061	5	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, chopped

NDB No. 11569 Turnip greens, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 144g	Measure 2*	Measure 3*
Proximates:							
Water	g	93.20		0	134.21		
Energy	kcal	20		0	29		
Energy	kj	84		0	121		
Protein (N x 5.95)	g	1.14		0	1.64		
Total lipid (fat)	g	0.23		0	0.33		
Carbohydrate, by difference	g	4.36		0	6.28		
Fiber, total dietary	g	3.5		0	5.0		
Ash	g	1.07		0	1.54		
Sugars, total	g						
Minerals:							
Calcium	mg	137		0	197		
Iron	mg	0.80		0	1.15		
Magnesium	mg	22		0	32		
Phosphorus	mg	29		0	42		
Potassium	mg	203		0	292		
Sodium	mg	29		0	42		
Zinc	mg	0.14		0	0.20		
Copper	mg	0.253		0	0.364		
Manganese	mg	0.337		0	0.485		
Selenium	µg	0.9		0	1.3		
Vitamins:							
Ascorbic acid	mg	27.4		0	39.5		
Thiamin	mg	0.045		0	0.065		
Riboflavin	mg	0.072		0	0.104		
Niacin	mg	0.411		0	0.592		
Pantothenic acid	mg	0.274		0	0.395		
Vitamin B-6	mg	0.180		0	0.259		
Folate	µg	118		0	170		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	5498		0	7917		
Vitamin A, RE	µg	550		0	792		
Vitamin E, α-TE	mg	1.721		0	2.478		
Lipids:							
Saturated, total	g	0.053		0	0.076		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.001		0	0.001		
10:0	g	0.001		0	0.001		
12:0	g	0.001		0	0.001		
14:0	g	0.002		0	0.003		
15.0	g						
16:0	g	0.041		0	0.059		
17:0	g						
18:0	g	0.007		0	0.010		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.015	0	0.022
14:1	g			
16:1	g	0.011	0	0.016
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	0.091	0	0.131
18:2	g	0.028	0	0.040
18:3	g	0.064	0	0.092
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	0.029
Threonine	g	0.063	0	0.091
Isoleucine	g	0.059	0	0.085
Leucine	g	0.105	0	0.151
Lysine	g	0.074	0	0.107
Methionine	g	0.026	0	0.037
Cystine	g	0.013	0	0.019
Phenylalanine	g	0.070	0	0.101
Tyrosine	g	0.044	0	0.063
Valine	g	0.078	0	0.112
Arginine	g	0.072	0	0.104
Histidine	g	0.028	0	0.040
Alanine	g	0.078	0	0.112
Aspartic acid	g	0.121	0	0.174
Glutamic acid	g	0.156	0	0.225
Glycine	g	0.069	0	0.099
Proline	g	0.054	0	0.078
Serine	g	0.047	0	0.068
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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. 11570 Turnip greens, 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* 117g	Measure 2* 425g	Measure 3*
Proximates:							
Water	g	94.69	0.165	5	110.79	402.43	
Energy	kcal	14		0	16	60	
Energy	kj	59		0	69	251	
Protein (N x 5.95)	g	1.36	0.107	5	1.59	5.78	
Total lipid (fat)	g	0.30	0.000	5	0.35	1.27	
Carbohydrate, by difference	g	2.42		0	2.83	10.29	
Fiber, total dietary	g	1.7		0	2.0	7.2	
Ash	g	1.23	0.031	5	1.44	5.23	
Sugars, total	g						
Minerals:							
Calcium	mg	118	10.098	4	138	502	
Iron	mg	1.51	0.134	5	1.77	6.42	
Magnesium	mg	20		0	23	85	
Phosphorus	mg	21		0	25	89	
Potassium	mg	141	15.876	5	165	599	
Sodium	mg	277	3.444	5	324	1177	
Zinc	mg	0.23		0	0.27	0.98	
Copper	mg	0.083		0	0.097	0.353	
Manganese	mg	0.277		0	0.324	1.177	
Selenium	µg	0.7		0	0.8	3.0	
Vitamins:							
Ascorbic acid	mg	15.5	1.762	5	18.1	65.9	
Thiamin	mg	0.012	0.002	5	0.014	0.051	
Riboflavin	mg	0.063	0.008	5	0.074	0.268	
Niacin	mg	0.362	0.037	4	0.424	1.539	
Pantothenic acid	mg	0.040		0	0.047	0.170	
Vitamin B-6	mg	0.037		0	0.043	0.157	
Folate	µg	41	5.984	3	48	175	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	3586	324.677	5	4196	15241	
Vitamin A, RE	µg	359	32.468	5	420	1526	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.070		0	0.082	0.298	
4:0	g						
6.0	g						
8:0	g	0.001		0	0.001	0.004	
10:0	g	0.002		0	0.002	0.009	
12:0	g	0.002		0	0.002	0.009	
14:0	g	0.003		0	0.004	0.013	
15.0	g						
16:0	g	0.054		0	0.063	0.230	
17:0	g						
18:0	g	0.010		0	0.012	0.043	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.020	0	0.023	0.085
14:1	g				
16:1	g	0.014	0	0.016	0.060
18:1	g	0.005	0	0.006	0.021
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.120	0	0.140	0.510
18:2	g	0.036	0	0.042	0.153
18:3	g	0.084	0	0.098	0.357
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	0.027	0.098
Threonine	g	0.074	0	0.087	0.315
Isoleucine	g	0.070	0	0.082	0.298
Leucine	g	0.124	0	0.145	0.527
Lysine	g	0.088	0	0.103	0.374
Methionine	g	0.031	0	0.036	0.132
Cystine	g	0.015	0	0.018	0.064
Phenylalanine	g	0.083	0	0.097	0.353
Tyrosine	g	0.053	0	0.062	0.225
Valine	g	0.092	0	0.108	0.391
Arginine	g	0.085	0	0.099	0.361
Histidine	g	0.033	0	0.039	0.140
Alanine	g	0.093	0	0.109	0.395
Aspartic acid	g	0.143	0	0.167	0.608
Glutamic acid	g	0.185	0	0.216	0.786
Glycine	g	0.081	0	0.095	0.344
Proline	g	0.064	0	0.075	0.272
Serine	g	0.055	0	0.064	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: 1/2 cup
Measure 2: 15 oz can (303 x 406)

NDB No. 11574 Turnip 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* 82g	Measure 2* 284g	Measure 3*
Proximates:							
Water	g	92.93	0.193	19	76.20	263.92	
Energy	kcal	22		0	18	62	
Energy	kj	92		0	75	261	
Protein (N x 5.95)	g	2.47	0.080	13	2.03	7.01	
Total lipid (fat)	g	0.31	0.039	13	0.25	0.88	
Carbohydrate, by difference	g	3.67		0	3.01	10.42	
Fiber, total dietary	g	2.5		0	2.0	7.1	
Ash	g	0.62	0.044	13	0.51	1.76	
Sugars, total	g						
Minerals:							
Calcium	mg	118	12.014	13	97	335	
Iron	mg	1.51	0.162	13	1.24	4.29	
Magnesium	mg	27	6.529	3	22	77	
Phosphorus	mg	27	2.546	3	22	77	
Potassium	mg	184	9.493	3	151	523	
Sodium	mg	12	1.156	3	10	34	
Zinc	mg	0.17	0.031	3	0.14	0.48	
Copper	mg	0.057	0.006	3	0.047	0.162	
Manganese	mg	0.369	0.031	3	0.303	1.048	
Selenium	µg	0.9		1	0.7	2.6	
Vitamins:							
Ascorbic acid	mg	26.8	2.401	12	22.0	76.1	
Thiamin	mg	0.044	0.005	13	0.036	0.125	
Riboflavin	mg	0.091	0.006	13	0.075	0.258	
Niacin	mg	0.383	0.031	13	0.314	1.088	
Pantothenic acid	mg	0.140		0	0.115	0.398	
Vitamin B-6	mg	0.100		0	0.082	0.284	
Folate	µg	74	7.145	6	60	209	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	6184	484.574	13	5071	17563	
Vitamin A, RE	µg	618	48.457	13	507	1755	
Vitamin E, α-TE	mg	2.260		0	1.853	6.418	
Lipids:							
Saturated, total	g	0.073		0	0.060	0.207	
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		0	0.001	0.003	
10:0	g	0.002		0	0.002	0.006	
12:0	g	0.002		0	0.002	0.006	
14:0	g	0.003		0	0.002	0.009	
15.0	g						
16:0	g	0.056		0	0.046	0.159	
17:0	g						
18:0	g	0.010		0	0.008	0.028	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.020	0	0.016	0.057
14:1	g				
16:1	g	0.015	0	0.012	0.043
18:1	g	0.005	0	0.004	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	0.125	0	0.103	0.355
18:2	g	0.038	0	0.031	0.108
18:3	g	0.087	0	0.071	0.247
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	0.035	0.122
Threonine	g	0.135	0	0.111	0.383
Isoleucine	g	0.128	0	0.105	0.364
Leucine	g	0.226	0	0.185	0.642
Lysine	g	0.161	0	0.132	0.457
Methionine	g	0.056	0	0.046	0.159
Cystine	g	0.028	0	0.023	0.080
Phenylalanine	g	0.152	0	0.125	0.432
Tyrosine	g	0.096	0	0.079	0.273
Valine	g	0.168	0	0.138	0.477
Arginine	g	0.154	0	0.126	0.437
Histidine	g	0.060	0	0.049	0.170
Alanine	g	0.169	0	0.139	0.480
Aspartic acid	g	0.260	0	0.213	0.738
Glutamic acid	g	0.337	0	0.276	0.957
Glycine	g	0.148	0	0.121	0.420
Proline	g	0.116	0	0.095	0.329
Serine	g	0.101	0	0.083	0.287
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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 chopped or diced
Measure 2: 10 oz package, chopped

NDB No. 11575 Turnip greens, frozen, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 164g	Measure 2* 220g	Measure 3*
Proximates:							
Water	g	90.40		0	148.26	198.88	
Energy	kcal	30		0	49	66	
Energy	kj	126		0	207	277	
Protein (N x 5.95)	g	3.35		0	5.49	7.37	
Total lipid (fat)	g	0.42		0	0.69	0.92	
Carbohydrate, by difference	g	4.98		0	8.17	10.96	
Fiber, total dietary	g	3.4		0	5.6	7.5	
Ash	g	0.85		0	1.39	1.87	
Sugars, total	g						
Minerals:							
Calcium	mg	152		0	249	334	
Iron	mg	1.94		0	3.18	4.27	
Magnesium	mg	26		0	43	57	
Phosphorus	mg	34		0	56	75	
Potassium	mg	224		0	367	493	
Sodium	mg	15		0	25	33	
Zinc	mg	0.41		1	0.67	0.90	
Copper	mg	0.150		1	0.246	0.330	
Manganese	mg	0.475		0	0.779	1.045	
Selenium	µg	1.2		0	2.0	2.6	
Vitamins:							
Ascorbic acid	mg	21.8		0	35.8	48.0	
Thiamin	mg	0.054		1	0.089	0.119	
Riboflavin	mg	0.074		1	0.121	0.163	
Niacin	mg	0.468		0	0.768	1.030	
Pantothenic acid	mg	0.069		0	0.113	0.152	
Vitamin B-6	mg	0.067		1	0.110	0.147	
Folate	µg	39	6.132	3	65	87	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	7975		0	13079	17545	
Vitamin A, RE	µg	798		0	1309	1756	
Vitamin E, α-TE	mg	2.920		0	4.789	6.424	
Lipids:							
Saturated, total	g	0.099		0	0.162	0.218	
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		0	0.003	0.004	
10:0	g	0.002		0	0.003	0.004	
12:0	g	0.002		0	0.003	0.004	
14:0	g	0.004		0	0.007	0.009	
15.0	g						
16:0	g	0.076		0	0.125	0.167	
17:0	g						
18:0	g	0.014		0	0.023	0.031	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.028	0	0.046	0.062
14:1	g				
16:1	g	0.020	0	0.033	0.044
18:1	g	0.007	0	0.011	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	0.170	0	0.279	0.374
18:2	g	0.051	0	0.084	0.112
18:3	g	0.119	0	0.195	0.262
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	0.058	0	0.095	0.128
Threonine	g	0.184	0	0.302	0.405
Isoleucine	g	0.173	0	0.284	0.381
Leucine	g	0.307	0	0.503	0.675
Lysine	g	0.218	0	0.358	0.480
Methionine	g	0.076	0	0.125	0.167
Cystine	g	0.038	0	0.062	0.084
Phenylalanine	g	0.206	0	0.338	0.453
Tyrosine	g	0.130	0	0.213	0.286
Valine	g	0.228	0	0.374	0.502
Arginine	g	0.210	0	0.344	0.462
Histidine	g	0.081	0	0.133	0.178
Alanine	g	0.229	0	0.376	0.504
Aspartic acid	g	0.353	0	0.579	0.777
Glutamic acid	g	0.457	0	0.749	1.005
Glycine	g	0.201	0	0.330	0.442
Proline	g	0.158	0	0.259	0.348
Serine	g	0.137	0	0.225	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) yields

NDB No. 11576 Turnip greens and turnips, 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	93.13	0.725	2	264.49	1267.50	
Energy	kcal	21		0	60	286	
Energy	kj	88		0	250	1198	
Protein (N x 5.95)	g	2.46	0.631	2	6.99	33.48	
Total lipid (fat)	g	0.19	0.020	2	0.54	2.59	
Carbohydrate, by difference	g	3.40		0	9.66	46.27	
Fiber, total dietary	g	2.4		0	6.8	32.7	
Ash	g	0.83	0.154	2	2.36	11.30	
Sugars, total	g						
Minerals:							
Calcium	mg	114	1.500	2	324	1552	
Iron	mg	1.63	0.005	2	4.63	22.18	
Magnesium	mg	18		0	51	245	
Phosphorus	mg	24		0	68	327	
Potassium	mg	82		0	233	1116	
Sodium	mg	18		0	51	245	
Zinc	mg	0.16		0	0.45	2.18	
Copper	mg	0.051		0	0.145	0.694	
Manganese	mg	0.220		0	0.625	2.994	
Selenium	µg	0.9		0	2.6	12.2	
Vitamins:							
Ascorbic acid	mg	25.8	7.650	2	73.3	351.1	
Thiamin	mg	0.044	0.015	2	0.125	0.599	
Riboflavin	mg	0.088	0.002	2	0.250	1.198	
Niacin	mg	0.388	0.062	2	1.102	5.281	
Pantothenic acid	mg	0.123		0	0.349	1.674	
Vitamin B-6	mg	0.074		0	0.210	1.007	
Folate	µg	41		0	115	553	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	6108	517.500	2	17347	83130	
Vitamin A, RE	µg	611	51.750	2	1735	8316	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.032		0	0.091	0.436	
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	0.001		0	0.003	0.014	
14:0	g	0.001		0	0.003	0.014	
15.0	g						
16:0	g	0.026		0	0.074	0.354	
17:0	g						
18:0	g	0.004		0	0.011	0.054	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.012	0	0.034	0.163
14:1	g				
16:1	g	0.005	0	0.014	0.068
18:1	g	0.007	0	0.020	0.095
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.088	0	0.250	1.198
18:2	g	0.023	0	0.065	0.313
18:3	g	0.065	0	0.185	0.885
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	0.037	0	0.105	0.504
Threonine	g	0.115	0	0.327	1.565
Isoleucine	g	0.119	0	0.338	1.620
Leucine	g	0.185	0	0.525	2.518
Lysine	g	0.141	0	0.400	1.919
Methionine	g	0.048	0	0.136	0.653
Cystine	g	0.024	0	0.068	0.327
Phenylalanine	g	0.121	0	0.344	1.647
Tyrosine	g	0.078	0	0.222	1.062
Valine	g	0.142	0	0.403	1.933
Arginine	g	0.128	0	0.364	1.742
Histidine	g	0.053	0	0.151	0.721
Alanine	g	0.147	0	0.417	2.001
Aspartic acid	g	0.234	0	0.665	3.185
Glutamic acid	g	0.341	0	0.968	4.641
Glycine	g	0.124	0	0.352	1.688
Proline	g	0.103	0	0.293	1.402
Serine	g	0.094	0	0.267	1.279
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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. 11577 Turnip greens and turnips, frozen, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 163g	Measure 2* 86g	Measure 3*
Proximates:							
Water	g	94.19		0	153.53	81.00	
Energy	kcal	17		0	28	15	
Energy	kj	71		0	116	61	
Protein (N x 5.95)	g	2.08		0	3.39	1.79	
Total lipid (fat)	g	0.16		0	0.26	0.14	
Carbohydrate, by difference	g	2.88		0	4.69	2.48	
Fiber, total dietary	g	1.8		0	2.9	1.5	
Ash	g	0.70		0	1.14	0.60	
Sugars, total	g						
Minerals:							
Calcium	mg	91		0	148	78	
Iron	mg	1.33		0	2.17	1.14	
Magnesium	mg	12		0	20	10	
Phosphorus	mg	17		0	28	15	
Potassium	mg	62		0	101	53	
Sodium	mg	15		0	24	13	
Zinc	mg	0.13		0	0.21	0.11	
Copper	mg	0.041		0	0.067	0.035	
Manganese	mg	0.177		0	0.289	0.152	
Selenium	µg	0.9		0	1.5	0.8	
Vitamins:							
Ascorbic acid	mg	9.4		0	15.3	8.1	
Thiamin	mg	0.030		0	0.049	0.026	
Riboflavin	mg	0.070		0	0.114	0.060	
Niacin	mg	0.295		0	0.481	0.254	
Pantothenic acid	mg	0.096		0	0.156	0.083	
Vitamin B-6	mg	0.058		0	0.095	0.050	
Folate	µg	22		0	35	18	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	5161		0	8412	4438	
Vitamin A, RE	µg	516		0	841	444	
Vitamin E, α-TE	mg	0.226		0	0.368	0.194	
Lipids:							
Saturated, total	g	0.027		0	0.044	0.023	
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	0.022		0	0.036	0.019	
17:0	g						
18:0	g	0.003		0	0.005	0.003	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.010	0	0.016	0.009
14:1	g				
16:1	g	0.004	0	0.007	0.003
18:1	g	0.006	0	0.010	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	0.074	0	0.121	0.064
18:2	g	0.019	0	0.031	0.016
18:3	g	0.054	0	0.088	0.046
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	0.051	0.027
Threonine	g	0.097	0	0.158	0.083
Isoleucine	g	0.101	0	0.165	0.087
Leucine	g	0.156	0	0.254	0.134
Lysine	g	0.120	0	0.196	0.103
Methionine	g	0.041	0	0.067	0.035
Cystine	g	0.020	0	0.033	0.017
Phenylalanine	g	0.102	0	0.166	0.088
Tyrosine	g	0.066	0	0.108	0.057
Valine	g	0.120	0	0.196	0.103
Arginine	g	0.108	0	0.176	0.093
Histidine	g	0.045	0	0.073	0.039
Alanine	g	0.124	0	0.202	0.107
Aspartic acid	g	0.198	0	0.323	0.170
Glutamic acid	g	0.288	0	0.469	0.248
Glycine	g	0.105	0	0.171	0.090
Proline	g	0.087	0	0.142	0.075
Serine	g	0.079	0	0.129	0.068
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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. 11578 Vegetable juice cocktail, canned

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 242g	Measure 2* 182g	Measure 3*
Proximates:							
Water	g	93.52	0.066	13	226.32	170.21	
Energy	kcal	19		0	46	35	
Energy	kj	79		0	191	144	
Protein (N x 5.95)	g	0.63	0.001	13	1.52	1.15	
Total lipid (fat)	g	0.09	0.001	13	0.22	0.16	
Carbohydrate, by difference	g	4.55		0	11.01	8.28	
Fiber, total dietary	g	0.8		0	1.9	1.5	
Ash	g	1.21	0.012	13	2.93	2.20	
Sugars, total	g						
Minerals:							
Calcium	mg	11	0.392	13	27	20	
Iron	mg	0.42	0.025	13	1.02	0.76	
Magnesium	mg	11		0	27	20	
Phosphorus	mg	17		0	41	31	
Potassium	mg	193		1	467	351	
Sodium	mg	270		1	653	491	
Zinc	mg	0.20		1	0.48	0.36	
Copper	mg	0.200		1	0.484	0.364	
Manganese	mg	0.100		1	0.242	0.182	
Selenium	µg	0.5	0.110	7	1.2	0.9	
Vitamins:							
Ascorbic acid	mg	27.7	1.145	13	67.0	50.4	
Thiamin	mg	0.043	0.001	13	0.104	0.078	
Riboflavin	mg	0.028	0.000	13	0.068	0.051	
Niacin	mg	0.726	0.014	13	1.757	1.321	
Pantothenic acid	mg	0.266		0	0.644	0.484	
Vitamin B-6	mg	0.140		1	0.339	0.255	
Folate	µg	21		0	51	38	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	1170	74.217	13	2831	2129	
Vitamin A, RE	µg	117	7.422	13	283	213	
Vitamin E, α-TE	mg	0.320		0	0.774	0.582	
Lipids:							
Saturated, total	g	0.013		0	0.031	0.024	
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	0.022	0.016	
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	0.014	0	0.034	0.025
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.014	0	0.034	0.025
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	0.092	0.069
18:2	g	0.036	0	0.087	0.066
18:3	g	0.001	0	0.002	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: 6 fl oz

NDB No. 11579 Vegetables, mixed, 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	90.24	0.268	56	221.09		
Energy	kcal	36		0	88		
Energy	kj	151		0	370		
Protein (N x 5.95)	g	1.42	0.033	56	3.48		
Total lipid (fat)	g	0.25	0.010	56	0.61		
Carbohydrate, by difference	g	7.12		0	17.44		
Fiber, total dietary	g	3.8		0	9.3		
Ash	g	0.96	0.095	56	2.35		
Sugars, total	g						
Minerals:							
Calcium	mg	21	1.550	56	51		
Iron	mg	0.65	0.076	55	1.59		
Magnesium	mg	15	0.209	54	37		
Phosphorus	mg	37	1.028	54	91		
Potassium	mg	138	6.543	53	338		
Sodium	mg	224	25.656	53	549		
Zinc	mg	0.51	0.026	18	1.25		
Copper	mg	0.104	0.004	18	0.255		
Manganese	mg	0.427		0	1.046		
Selenium	µg	0.2		0	0.5		
Vitamins:							
Ascorbic acid	mg	3.8	0.305	56	9.3		
Thiamin	mg	0.034	0.003	56	0.083		
Riboflavin	mg	0.040	0.004	56	0.098		
Niacin	mg	0.482		77	1.181		
Pantothenic acid	mg	0.114		0	0.279		
Vitamin B-6	mg	0.077		0	0.189		
Folate	µg	18		0	44		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	5081	171.953	56	12448		
Vitamin A, RE	µg	508	17.195	56	1245		
Vitamin E, α-TE	mg	0.451		0	1.105		
Lipids:							
Saturated, total	g	0.051		0	0.125		
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	0.044		0	0.108		
17:0	g						
18:0	g	0.005		0	0.012		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.016	0	0.039
14:1	g			
16:1	g	0.001	0	0.002
18:1	g	0.015	0	0.037
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.120	0	0.294
18:2	g	0.088	0	0.216
18:3	g	0.032	0	0.078
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	0.037
Threonine	g	0.057	0	0.140
Isoleucine	g	0.069	0	0.169
Leucine	g	0.095	0	0.233
Lysine	g	0.085	0	0.208
Methionine	g	0.017	0	0.042
Cystine	g	0.013	0	0.032
Phenylalanine	g	0.060	0	0.147
Tyrosine	g	0.037	0	0.091
Valine	g	0.074	0	0.181
Arginine	g	0.096	0	0.235
Histidine	g	0.036	0	0.088
Alanine	g	0.061	0	0.149
Aspartic acid	g	0.151	0	0.370
Glutamic acid	g	0.194	0	0.475
Glycine	g	0.052	0	0.127
Proline	g	0.035	0	0.086
Serine	g	0.068	0	0.167
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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. 11581 Vegetables, mixed, canned, drained solids

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 163g	Measure 2*	Measure 3*
Proximates:							
Water	g	87.01		0	141.83		
Energy	kcal	47		0	77		
Energy	kj	197		0	321		
Protein (N x 5.95)	g	2.59		0	4.22		
Total lipid (fat)	g	0.25		0	0.41		
Carbohydrate, by difference	g	9.26		0	15.09		
Fiber, total dietary	g	3.0		0	4.9		
Ash	g	0.89		0	1.45		
Sugars, total	g						
Minerals:							
Calcium	mg	27		0	44		
Iron	mg	1.05		0	1.71		
Magnesium	mg	16		0	26		
Phosphorus	mg	42		0	68		
Potassium	mg	291		0	474		
Sodium	mg	149		0	243		
Zinc	mg	0.41		0	0.67		
Copper	mg	0.073		0	0.119		
Manganese	mg	0.568		0	0.926		
Selenium	µg	0.3		1	0.5		
Vitamins:							
Ascorbic acid	mg	5.0		0	8.2		
Thiamin	mg	0.046		0	0.075		
Riboflavin	mg	0.048		0	0.078		
Niacin	mg	0.577		0	0.941		
Pantothenic acid	mg	0.143		0	0.233		
Vitamin B-6	mg	0.079		0	0.129		
Folate	µg	24		0	38		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	11647		0	18985		
Vitamin A, RE	µg	1165		0	1899		
Vitamin E, α-TE	mg	0.600		0	0.978		
Lipids:							
Saturated, total	g	0.051		0	0.083		
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	0.044		0	0.072		
17:0	g						
18:0	g	0.005		0	0.008		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.016	0	0.026
14:1	g			
16:1	g	0.001	0	0.002
18:1	g	0.015	0	0.024
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.119	0	0.194
18:2	g	0.087	0	0.142
18:3	g	0.032	0	0.052
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	0.026	0	0.042
Threonine	g	0.104	0	0.170
Isoleucine	g	0.126	0	0.205
Leucine	g	0.172	0	0.280
Lysine	g	0.154	0	0.251
Methionine	g	0.031	0	0.051
Cystine	g	0.024	0	0.039
Phenylalanine	g	0.108	0	0.176
Tyrosine	g	0.067	0	0.109
Valine	g	0.135	0	0.220
Arginine	g	0.174	0	0.284
Histidine	g	0.066	0	0.108
Alanine	g	0.111	0	0.181
Aspartic acid	g	0.274	0	0.447
Glutamic acid	g	0.353	0	0.575
Glycine	g	0.094	0	0.153
Proline	g	0.063	0	0.103
Serine	g	0.123	0	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: 1 cup

NDB No. 11583 Vegetables, mixed, 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* 1134g	Measure 3*
Proximates:							
Water	g	82.08	0.309	28	233.11	930.79	
Energy	kcal	64		0	182	726	
Energy	kj	268		0	761	3039	
Protein (N x 5.95)	g	3.33	0.082	36	9.46	37.76	
Total lipid (fat)	g	0.52	0.073	36	1.48	5.90	
Carbohydrate, by difference	g	13.46		0	38.23	152.64	
Fiber, total dietary	g	4.0		0	11.4	45.4	
Ash	g	0.60	0.028	25	1.70	6.80	
Sugars, total	g						
Minerals:							
Calcium	mg	25	0.712	36	71	284	
Iron	mg	0.95	0.046	36	2.70	10.77	
Magnesium	mg	24	1.260	13	68	272	
Phosphorus	mg	59	1.872	25	168	669	
Potassium	mg	212	6.678	10	602	2404	
Sodium	mg	47	2.057	13	133	533	
Zinc	mg	0.45	0.036	14	1.28	5.10	
Copper	mg	0.093	0.012	13	0.264	1.055	
Manganese	mg	0.244	0.014	8	0.693	2.767	
Selenium	µg	0.4		0	1.1	4.5	
Vitamins:							
Ascorbic acid	mg	10.4	0.911	31	29.5	117.9	
Thiamin	mg	0.122	0.006	36	0.346	1.383	
Riboflavin	mg	0.085	0.005	36	0.241	0.964	
Niacin	mg	1.252	0.050	36	3.556	14.198	
Pantothenic acid	mg	0.163		1	0.463	1.848	
Vitamin B-6	mg	0.096	0.006	21	0.273	1.089	
Folate	µg	29		1	82	329	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	5078	248.759	36	14422	57585	
Vitamin A, RE	µg	508		0	1443	5761	
Vitamin E, α-TE	mg	0.300		0	0.852	3.402	
Lipids:							
Saturated, total	g	0.098		0	0.278	1.111	
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	0.003	0.011	
14:0	g	0.001		1	0.003	0.011	
15.0	g						
16:0	g	0.086		1	0.244	0.975	
17:0	g						
18:0	g	0.009		1	0.026	0.102	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.031	0	0.088	0.352
14:1	g				
16:1	g	0.001	1	0.003	0.011
18:1	g	0.030	1	0.085	0.340
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	0.667	2.665
18:2	g	0.173	1	0.491	1.962
18:3	g	0.063	1	0.179	0.714
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	0.034	0	0.097	0.386
Threonine	g	0.133	0	0.378	1.508
Isoleucine	g	0.162	0	0.460	1.837
Leucine	g	0.221	0	0.628	2.506
Lysine	g	0.198	0	0.562	2.245
Methionine	g	0.040	0	0.114	0.454
Cystine	g	0.030	0	0.085	0.340
Phenylalanine	g	0.139	0	0.395	1.576
Tyrosine	g	0.086	0	0.244	0.975
Valine	g	0.174	0	0.494	1.973
Arginine	g	0.225	0	0.639	2.551
Histidine	g	0.085	0	0.241	0.964
Alanine	g	0.143	0	0.406	1.622
Aspartic acid	g	0.353	0	1.003	4.003
Glutamic acid	g	0.455	0	1.292	5.160
Glycine	g	0.121	0	0.344	1.372
Proline	g	0.082	0	0.233	0.930
Serine	g	0.158	0	0.449	1.792
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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: 2-1/2 lb pack

NDB No. 11584 Vegetables, mixed, frozen, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 275g	Measure 2* 91g	Measure 3*
Proximates:							
Water	g	83.23		0	228.88	75.74	
Energy	kcal	59		0	162	54	
Energy	kj	247		0	679	225	
Protein (N x 5.95)	g	2.86		0	7.87	2.60	
Total lipid (fat)	g	0.15		0	0.41	0.14	
Carbohydrate, by difference	g	13.09		0	36.00	11.91	
Fiber, total dietary	g	4.4		0	12.1	4.0	
Ash	g	0.67		0	1.84	0.61	
Sugars, total	g						
Minerals:							
Calcium	mg	25		0	69	23	
Iron	mg	0.82		0	2.25	0.75	
Magnesium	mg	22		0	61	20	
Phosphorus	mg	51		0	140	46	
Potassium	mg	169		0	465	154	
Sodium	mg	35		0	96	32	
Zinc	mg	0.49		0	1.35	0.45	
Copper	mg	0.083		0	0.228	0.076	
Manganese	mg	0.379		0	1.042	0.345	
Selenium	µg	0.3		1	0.8	0.3	
Vitamins:							
Ascorbic acid	mg	3.2		0	8.8	2.9	
Thiamin	mg	0.071	0.023	2	0.195	0.065	
Riboflavin	mg	0.120	0.032	2	0.330	0.109	
Niacin	mg	0.851		0	2.340	0.774	
Pantothenic acid	mg	0.151		0	0.415	0.137	
Vitamin B-6	mg	0.074	0.013	2	0.204	0.067	
Folate	µg	19		0	52	17	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	4277		0	11762	3892	
Vitamin A, RE	µg	428		0	1177	389	
Vitamin E, α-TE	mg	0.360		0	0.990	0.328	
Lipids:							
Saturated, total	g	0.031		0	0.085	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	0.074	0.025	
17:0	g						
18:0	g	0.003		0	0.008	0.003	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.010	0	0.028	0.009
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.009	0	0.025	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	0.072	0	0.198	0.066
18:2	g	0.053	0	0.146	0.048
18:3	g	0.019	0	0.052	0.017
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	0.080	0.026
Threonine	g	0.115	0	0.316	0.105
Isoleucine	g	0.139	0	0.382	0.126
Leucine	g	0.190	0	0.523	0.173
Lysine	g	0.170	0	0.468	0.155
Methionine	g	0.034	0	0.094	0.031
Cystine	g	0.026	0	0.071	0.024
Phenylalanine	g	0.120	0	0.330	0.109
Tyrosine	g	0.074	0	0.204	0.067
Valine	g	0.149	0	0.410	0.136
Arginine	g	0.193	0	0.531	0.176
Histidine	g	0.073	0	0.201	0.066
Alanine	g	0.123	0	0.338	0.112
Aspartic acid	g	0.303	0	0.833	0.276
Glutamic acid	g	0.390	0	1.073	0.355
Glycine	g	0.104	0	0.286	0.095
Proline	g	0.070	0	0.193	0.064
Serine	g	0.136	0	0.374	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 package (10 oz) yields

Measure 2: 1/2 cup

NDB No. 11587 Vinespinach, (basella), raw

Basella alba

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	93.10		0			
Energy	kcal	19		0			
Energy	kj	79		0			
Protein (N x 5.95)	g	1.80		0			
Total lipid (fat)	g	0.30		0			
Carbohydrate, by difference	g	3.40		0			
Fiber, total dietary	g						
Ash	g	1.40		0			
Sugars, total	g						
Minerals:							
Calcium	mg	109		0			
Iron	mg	1.20		0			
Magnesium	mg	65		0			
Phosphorus	mg	52		0			
Potassium	mg	510		0			
Sodium	mg	24		0			
Zinc	mg	0.43		0			
Copper	mg	0.107		0			
Manganese	mg	0.735		0			
Selenium	µg	0.8		0			
Vitamins:							
Ascorbic acid	mg	102.0		0			
Thiamin	mg	0.050		0			
Riboflavin	mg	0.155		0			
Niacin	mg	0.500		0			
Pantothenic acid	mg	0.053		0			
Vitamin B-6	mg	0.240		0			
Folate	µg	140		0			
Vitamin B-12	µg	0.00		0			
Vitamin A	IU	8000		0			
Vitamin A, RE	µg	800		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	0.028	1
Threonine	g	0.055	2
Isoleucine	g	0.053	2
Leucine	g	0.101	2
Lysine	g	0.086	2
Methionine	g	0.019	2
Cystine	g	0.027	2
Phenylalanine	g	0.085	2
Tyrosine	g	0.048	2
Valine	g	0.065	2
Arginine	g	0.070	2
Histidine	g	0.039	2
Alanine	g	0.075	2
Aspartic acid	g	0.108	2
Glutamic acid	g	0.283	2
Glycine	g	0.067	2
Proline	g	0.070	2
Serine	g	0.057	2
Other:			
Caffeine	mg		
Theobromine	mg		
Alcohol	g		

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is 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. 11588 Waterchestnuts, chinese, (matai), raw

Eleocharis dulcis

Refuse: 23% Skin

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 62g	Measure 2* 36g	Measure 3*
Proximates:							
Water	g	73.46	4.324	3	45.55	26.45	
Energy	kcal	97		0	60	35	
Energy	kj	406		0	252	146	
Protein (N x 5.95)	g	1.40		1	0.87	0.50	
Total lipid (fat)	g	0.10		1	0.06	0.04	
Carbohydrate, by difference	g	23.94		0	14.84	8.62	
Fiber, total dietary	g	3.0		0	1.9	1.1	
Ash	g	1.10		0	0.68	0.40	
Sugars, total	g						
Minerals:							
Calcium	mg	11		1	7	4	
Iron	mg	0.06		1	0.04	0.02	
Magnesium	mg	22	10.100	2	14	8	
Phosphorus	mg	63		1	39	23	
Potassium	mg	584	83.550	2	362	210	
Sodium	mg	14	5.700	2	9	5	
Zinc	mg	0.50		0	0.31	0.18	
Copper	mg	0.326		0	0.202	0.117	
Manganese	mg	0.331		0	0.205	0.119	
Selenium	µg	0.7		0	0.4	0.3	
Vitamins:							
Ascorbic acid	mg	4.0		1	2.5	1.4	
Thiamin	mg	0.140		1	0.087	0.050	
Riboflavin	mg	0.200		1	0.124	0.072	
Niacin	mg	1.000		1	0.620	0.360	
Pantothenic acid	mg	0.479		0	0.297	0.172	
Vitamin B-6	mg	0.328		0	0.203	0.118	
Folate	µg	16		0	10	6	
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	1.200		0	0.744	0.432	
Lipids:							
Saturated, total	g	0.026		0	0.016	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	0.001		0	0.001	0.000	
12:0	g	0.003		0	0.002	0.001	
14:0	g	0.001		0	0.001	0.000	
15.0	g						
16:0	g	0.016		0	0.010	0.006	
17:0	g						
18:0	g	0.004		0	0.002	0.001	
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	0.001	0	0.001	0.000
18:1	g	0.001	0	0.001	0.000
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	0.027	0.015
18:2	g	0.032	0	0.020	0.012
18:3	g	0.010	0	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				
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: 4 waterchestnuts

NDB No. 11590 Waterchestnuts, chinese, canned, solids and liquids

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 70g	Measure 2* 28g	Measure 3*
Proximates:							
Water	g	86.42		0	60.49	24.20	
Energy	kcal	50		0	35	14	
Energy	kj	209		0	146	59	
Protein (N x 5.95)	g	0.88	0.037	6	0.62	0.25	
Total lipid (fat)	g	0.06		1	0.04	0.02	
Carbohydrate, by difference	g	12.43		0	8.70	3.48	
Fiber, total dietary	g	2.5		0	1.8	0.7	
Ash	g	0.34		1	0.24	0.10	
Sugars, total	g						
Minerals:							
Calcium	mg	4	0.433	6	3	1	
Iron	mg	0.87	0.022	6	0.61	0.24	
Magnesium	mg	5		1	4	1	
Phosphorus	mg	19		1	13	5	
Potassium	mg	118	0.241	6	83	33	
Sodium	mg	8	1.260	4	6	2	
Zinc	mg	0.38		1	0.27	0.11	
Copper	mg	0.100		1	0.070	0.028	
Manganese	mg	0.161		0	0.113	0.045	
Selenium	µg	0.7		0	0.5	0.2	
Vitamins:							
Ascorbic acid	mg	1.3	0.065	6	0.9	0.4	
Thiamin	mg	0.011	0.006	6	0.008	0.003	
Riboflavin	mg	0.024	0.011	6	0.017	0.007	
Niacin	mg	0.360	0.024	6	0.252	0.101	
Pantothenic acid	mg	0.221		0	0.155	0.062	
Vitamin B-6	mg	0.159		0	0.111	0.045	
Folate	µg	6		0	4	2	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	4	0.804	6	3	1	
Vitamin A, RE	µg	0	0.080	6	0	0	
Vitamin E, α-TE	mg	0.500		0	0.350	0.140	
Lipids:							
Saturated, total	g	0.016		0	0.011	0.004	
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	0.000	
12:0	g	0.002		0	0.001	0.001	
14:0	g	0.001		0	0.001	0.000	
15.0	g						
16:0	g	0.010		0	0.007	0.003	
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	0.001	0	0.001	0.000
14:1	g				
16:1	g	0.001	0	0.001	0.000
18:1	g	0.001	0	0.001	0.000
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.026	0	0.018	0.007
18:2	g	0.019	0	0.013	0.005
18:3	g	0.006	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				
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: 4 waterchestnuts

NDB No. 11591 Watercress, raw

Nasturtium officinale

Refuse: 8% Tough stems and ends

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 34g	Measure 2* 3g	Measure 3* 25g
Proximates:							
Water	g	95.11	0.110	2	32.34	2.38	23.78
Energy	kcal	11		0	4	0	3
Energy	kj	46		0	16	1	12
Protein (N x 5.95)	g	2.30		1	0.78	0.06	0.57
Total lipid (fat)	g	0.10		1	0.03	0.00	0.03
Carbohydrate, by difference	g	1.29		0	0.44	0.03	0.32
Fiber, total dietary	g	1.5		0	0.5	0.0	0.4
Ash	g	1.20		0	0.41	0.03	0.30
Sugars, total	g						
Minerals:							
Calcium	mg	120		1	41	3	30
Iron	mg	0.20		1	0.07	0.01	0.05
Magnesium	mg	21	7.900	2	7	1	5
Phosphorus	mg	60		1	20	2	15
Potassium	mg	330	59.700	2	112	8	83
Sodium	mg	41	8.850	2	14	1	10
Zinc	mg	0.11		0	0.04	0.00	0.03
Copper	mg	0.077		0	0.026	0.002	0.019
Manganese	mg	0.244		0	0.083	0.006	0.061
Selenium	µg	0.9		0	0.3	0.0	0.2
Vitamins:							
Ascorbic acid	mg	43.0		1	14.6	1.1	10.8
Thiamin	mg	0.090		1	0.031	0.002	0.023
Riboflavin	mg	0.120		1	0.041	0.003	0.030
Niacin	mg	0.200		1	0.068	0.005	0.050
Pantothenic acid	mg	0.310		0	0.105	0.008	0.078
Vitamin B-6	mg	0.129		0	0.044	0.003	0.032
Folate	µg	9		0	3	0	2
Vitamin B-12	µg	0.00		0	0.00	0.00	0.00
Vitamin A	IU	4700		1	1598	118	1175
Vitamin A, RE	µg	470		1	160	12	118
Vitamin E, α-TE	mg	1.000		0	0.340	0.025	0.250
Lipids:							
Saturated, total	g	0.027		0	0.009	0.001	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	0.000		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		3	0.008	0.001	0.006
17:0	g						
18:0	g	0.003		3	0.001	0.000	0.001
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.008	0	0.003	0.000	0.002
14:1	g					
16:1	g	0.002	3	0.001	0.000	0.001
18:1	g	0.006	3	0.002	0.000	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	0.035	0	0.012	0.001	0.009
18:2	g	0.012	3	0.004	0.000	0.003
18:3	g	0.023	3	0.008	0.001	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	0.030	5	0.010	0.001	0.008
Threonine	g	0.133	2	0.045	0.003	0.033
Isoleucine	g	0.093	2	0.032	0.002	0.023
Leucine	g	0.166	2	0.056	0.004	0.042
Lysine	g	0.134	6	0.046	0.003	0.034
Methionine	g	0.020	6	0.007	0.001	0.005
Cystine	g	0.007	1	0.002	0.000	0.002
Phenylalanine	g	0.114	2	0.039	0.003	0.029
Tyrosine	g	0.063	1	0.021	0.002	0.016
Valine	g	0.137	2	0.047	0.003	0.034
Arginine	g	0.150	1	0.051	0.004	0.038
Histidine	g	0.040	1	0.014	0.001	0.010
Alanine	g	0.137	1	0.047	0.003	0.034
Aspartic acid	g	0.187	1	0.064	0.005	0.047
Glutamic acid	g	0.190	1	0.065	0.005	0.048
Glycine	g	0.112	1	0.038	0.003	0.028
Proline	g	0.096	1	0.033	0.002	0.024
Serine	g	0.060	1	0.020	0.002	0.015
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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 sprig
Measure 3: 10 sprigs

NDB No. 11593 Waxgourd, (chinese preserving melon), raw

Benincasa hispida

Refuse: 29% Stem, center 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* 132g	Measure 2* 5700g	Measure 3*
Proximates:							
Water	g	96.10		0	126.85	5477.70	
Energy	kcal	13		0	17	741	
Energy	kj	54		0	71	3078	
Protein (N x 5.95)	g	0.40		0	0.53	22.80	
Total lipid (fat)	g	0.20		0	0.26	11.40	
Carbohydrate, by difference	g	3.00		0	3.96	171.00	
Fiber, total dietary	g	2.9		0	3.8	165.3	
Ash	g	0.30		0	0.40	17.10	
Sugars, total	g						
Minerals:							
Calcium	mg	19		0	25	1083	
Iron	mg	0.40		0	0.53	22.80	
Magnesium	mg	10		0	13	570	
Phosphorus	mg	19		0	25	1083	
Potassium	mg	6		0	8	342	
Sodium	mg	111		0	147	6327	
Zinc	mg	0.61		0	0.81	34.77	
Copper	mg	0.023		0	0.030	1.311	
Manganese	mg	0.058		0	0.077	3.306	
Selenium	µg	0.2		0	0.3	11.4	
Vitamins:							
Ascorbic acid	mg	13.0		0	17.2	741.0	
Thiamin	mg	0.040		0	0.053	2.280	
Riboflavin	mg	0.110		0	0.145	6.270	
Niacin	mg	0.400		0	0.528	22.800	
Pantothenic acid	mg	0.133		0	0.176	7.581	
Vitamin B-6	mg	0.035		0	0.046	1.995	
Folate	µg	5		0	7	296	
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	0.016		0	0.021	0.912	
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	0.015	0.627	
17:0	g						
18:0	g	0.005		0	0.007	0.285	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.037	0	0.049	2.109
14:1	g				
16:1	g				
18:1	g	0.037	0	0.049	2.109
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.087	0	0.115	4.959
18:2	g	0.087	0	0.115	4.959
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	0.002	1	0.003	0.114
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g	0.009	1	0.012	0.513
Methionine	g	0.003	1	0.004	0.171
Cystine	g				
Phenylalanine	g				
Tyrosine	g				
Valine	g				
Arginine	g				
Histidine	g				
Alanine	g				
Aspartic acid	g				
Glutamic acid	g				
Glycine	g				
Proline	g				
Serine	g				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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 waxgourd

NDB No. 11594 Waxgourd, (chinese preserving melon), cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 175g	Measure 2*	Measure 3*
Proximates:							
Water	g	96.06		0	168.10		
Energy	kcal	13		0	23		
Energy	kj	54		0	95		
Protein (N x 5.95)	g	0.40		0	0.70		
Total lipid (fat)	g	0.20		0	0.35		
Carbohydrate, by difference	g	3.03		0	5.30		
Fiber, total dietary	g	1.0		0	1.8		
Ash	g	0.30		0	0.53		
Sugars, total	g						
Minerals:							
Calcium	mg	18		0	32		
Iron	mg	0.38		0	0.67		
Magnesium	mg	10		0	18		
Phosphorus	mg	17		0	30		
Potassium	mg	5		0	9		
Sodium	mg	107		0	187		
Zinc	mg	0.59		0	1.03		
Copper	mg	0.022		0	0.039		
Manganese	mg	0.056		0	0.098		
Selenium	µg	0.2		0	0.4		
Vitamins:							
Ascorbic acid	mg	10.5		0	18.4		
Thiamin	mg	0.034		0	0.060		
Riboflavin	mg	0.001		0	0.002		
Niacin	mg	0.384		0	0.672		
Pantothenic acid	mg	0.121		0	0.212		
Vitamin B-6	mg	0.032		0	0.056		
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	0.390		0	0.683		
Lipids:							
Saturated, total	g	0.016		0	0.028		
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	0.019		
17:0	g						
18:0	g	0.005		0	0.009		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.037	0	0.065
14:1	g			
16:1	g	0.000	0	0.000
18:1	g	0.037	0	0.065
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.088	0	0.154
18:2	g	0.088	0	0.154
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	0.002	0	0.004
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g	0.009	0	0.016
Methionine	g	0.003	0	0.005
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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. 11595 Winged beans, immature seeds, raw

Psophocarpus tetragonolobus

Refuse: 2% 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* 44g	Measure 2* 16g	Measure 3*
Proximates:							
Water	g	87.04	1.253	8	38.30	13.93	
Energy	kcal	49		0	22	8	
Energy	kj	205		0	90	33	
Protein (N x 5.95)	g	6.95	2.974	7	3.06	1.11	
Total lipid (fat)	g	0.87	0.327	7	0.38	0.14	
Carbohydrate, by difference	g	4.31		0	1.90	0.69	
Fiber, total dietary	g						
Ash	g	0.83	0.218	7	0.37	0.13	
Sugars, total	g						
Minerals:							
Calcium	mg	84	27.278	7	37	13	
Iron	mg	1.50		0	0.66	0.24	
Magnesium	mg	34		0	15	5	
Phosphorus	mg	37	3.552	7	16	6	
Potassium	mg	223	21.595	3	98	36	
Sodium	mg	4	0.900	3	2	1	
Zinc	mg	0.39		0	0.17	0.06	
Copper	mg	0.051		0	0.022	0.008	
Manganese	mg	0.218		0	0.096	0.035	
Selenium	µg	1.5		0	0.7	0.2	
Vitamins:							
Ascorbic acid	mg	18.3		0	8.1	2.9	
Thiamin	mg	0.140		1	0.062	0.022	
Riboflavin	mg	0.100		1	0.044	0.016	
Niacin	mg	0.900		1	0.396	0.144	
Pantothenic acid	mg	0.059		0	0.026	0.009	
Vitamin B-6	mg	0.113		1	0.050	0.018	
Folate	µg	66		0	29	11	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	128		1	56	20	
Vitamin A, RE	µg	13		1	6	2	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.238		0	0.105	0.038	
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	0.066		0	0.029	0.011	
17:0	g						
18:0	g	0.038		0	0.017	0.006	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.250	0	0.110	0.040
14:1	g				
16:1	g				
18:1	g	0.248	0	0.109	0.040
20:1	g				
22.1	g	0.002	0	0.001	0.000
Polyunsaturated, total	g	0.186	0	0.082	0.030
18:2	g	0.164	0	0.072	0.026
18:3	g	0.023	0	0.010	0.004
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 pod

NDB No. 11596 Winged 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* 62g	Measure 2*	Measure 3*
Proximates:							
Water	g	90.11		0	55.87		
Energy	kcal	38		0	24		
Energy	kj	159		0	99		
Protein (N x 5.95)	g	5.31		0	3.29		
Total lipid (fat)	g	0.66		0	0.41		
Carbohydrate, by difference	g	3.21		0	1.99		
Fiber, total dietary	g						
Ash	g	0.71		1	0.44		
Sugars, total	g						
Minerals:							
Calcium	mg	61		0	38		
Iron	mg	1.09		0	0.68		
Magnesium	mg	30		1	19		
Phosphorus	mg	25		0	16		
Potassium	mg	274		1	170		
Sodium	mg	4		1	2		
Zinc	mg	0.28		0	0.17		
Copper	mg	0.037		0	0.023		
Manganese	mg	0.158		0	0.098		
Selenium	µg	1.1		0	0.7		
Vitamins:							
Ascorbic acid	mg	9.8		0	6.1		
Thiamin	mg	0.086		0	0.053		
Riboflavin	mg	0.072		0	0.045		
Niacin	mg	0.652		0	0.404		
Pantothenic acid	mg	0.041		0	0.025		
Vitamin B-6	mg	0.082		0	0.051		
Folate	µg	35		0	22		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	88		0	55		
Vitamin A, RE	µg	9		0	6		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.181		0	0.112		
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	0.051		0	0.032		
17:0	g						
18:0	g	0.029		0	0.018		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.189	0	0.117
14:1	g			
16:1	g			
18:1	g	0.189	0	0.117
20:1	g			
22.1	g	0.001	0	0.001
Polyunsaturated, total	g	0.142	0	0.088
18:2	g	0.125	0	0.078
18:3	g	0.017	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			
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. 11597 Winged bean leaves, raw

Psophocarpus tetragonolobus

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	76.85	1.050	2			
Energy	kcal	74		0			
Energy	kj	310		0			
Protein (N x 5.95)	g	5.85	0.050	2			
Total lipid (fat)	g	1.10	0.000	2			
Carbohydrate, by difference	g	14.10		0			
Fiber, total dietary	g						
Ash	g	2.10	0.200	2			
Sugars, total	g						
Minerals:							
Calcium	mg	224	39.500	2			
Iron	mg	4.00	2.000	2			
Magnesium	mg	8		0			
Phosphorus	mg	63	10.500	2			
Potassium	mg	176		0			
Sodium	mg	9		0			
Zinc	mg	1.28		0			
Copper	mg	0.456		0			
Manganese	mg	1.367		0			
Selenium	µg	0.9		0			
Vitamins:							
Ascorbic acid	mg	45.0		0			
Thiamin	mg	0.833		0			
Riboflavin	mg	0.602		0			
Niacin	mg	3.472		0			
Pantothenic acid	mg	0.136		0			
Vitamin B-6	mg	0.232		0			
Folate	µg	16		0			
Vitamin B-12	µg	0.00		0			
Vitamin A	IU	8090		0			
Vitamin A, RE	µg	809		0			
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.272		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	0.076		0			
17:0	g						
18:0	g	0.044		0			
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.285	0
14:1	g		
16:1	g		
18:1	g	0.284	0
20:1	g		
22.1	g	0.002	0
Polyunsaturated, total	g	0.213	0
18:2	g	0.187	0
18:3	g	0.026	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	0.116	8
Threonine	g	0.182	8
Isoleucine	g	0.204	8
Leucine	g	0.359	8
Lysine	g	0.228	8
Methionine	g	0.064	6
Cystine	g	0.075	6
Phenylalanine	g	0.188	6
Tyrosine	g	0.126	6
Valine	g	0.245	8
Arginine	g	0.178	6
Histidine	g	0.082	6
Alanine	g	0.172	6
Aspartic acid	g	0.517	6
Glutamic acid	g	0.389	6
Glycine	g	0.149	6
Proline	g	0.168	6
Serine	g	0.149	6
Other:			
Caffeine	mg		
Theobromine	mg		
Alcohol	g		

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is 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. 11599 Winged bean tuber, raw

Psophocarpus tetragonolobus

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	57.40		1			
Energy	kcal	148		0			
Energy	kj	619		0			
Protein (N x 5.95)	g	11.60		0			
Total lipid (fat)	g	0.90		1			
Carbohydrate, by difference	g	28.10		0			
Fiber, total dietary	g						
Ash	g	2.00		1			
Sugars, total	g						
Minerals:							
Calcium	mg	30		1			
Iron	mg	2.00		1			
Magnesium	mg	24		0			
Phosphorus	mg	45		1			
Potassium	mg	586		0			
Sodium	mg	35		0			
Zinc	mg	1.39		0			
Copper	mg	1.386		0			
Manganese	mg	0.532		0			
Selenium	µg	0.7		0			
Vitamins:							
Ascorbic acid	mg	0.0		0			
Thiamin	mg	0.379		0			
Riboflavin	mg	0.149		0			
Niacin	mg	1.640		0			
Pantothenic acid	mg	0.116		0			
Vitamin B-6	mg	0.075		0			
Folate	µg	19		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	0.222		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	0.062		0			
17:0	g						
18:0	g	0.036		0			
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.234	0
14:1	g		
16:1	g		
18:1	g	0.232	0
20:1	g		
22.1	g	0.001	0
Polyunsaturated, total	g	0.174	0
18:2	g	0.153	0
18:3	g	0.021	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	0.252	2
Threonine	g	0.451	4
Isoleucine	g	0.425	4
Leucine	g	0.640	4
Lysine	g	0.592	4
Methionine	g	0.143	3
Cystine	g	0.197	2
Phenylalanine	g	0.451	3
Tyrosine	g	0.353	3
Valine	g	0.599	4
Arginine	g	0.412	3
Histidine	g	0.241	3
Alanine	g	0.397	3
Aspartic acid	g	1.735	3
Glutamic acid	g	0.800	3
Glycine	g	0.390	3
Proline	g	0.679	3
Serine	g	0.464	3
Other:			
Caffeine	mg		
Theobromine	mg		
Alcohol	g		

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is 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. 11601 Yam, raw

Dioscorea spp.

Refuse: 14% Skin

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 150g	Measure 2*	Measure 3*
Proximates:							
Water	g	69.60	0.962	12	104.40		
Energy	kcal	118		0	177		
Energy	kj	494		0	741		
Protein (N x 5.95)	g	1.53	0.268	6	2.29		
Total lipid (fat)	g	0.17	0.073	6	0.26		
Carbohydrate, by difference	g	27.89		0	41.84		
Fiber, total dietary	g	4.1		0	6.2		
Ash	g	0.82	0.048	6	1.23		
Sugars, total	g						
Minerals:							
Calcium	mg	17	4.934	6	26		
Iron	mg	0.54	0.066	6	0.81		
Magnesium	mg	21	2.634	6	32		
Phosphorus	mg	55	3.522	6	83		
Potassium	mg	816	72.323	6	1224		
Sodium	mg	9	1.430	6	14		
Zinc	mg	0.24	0.030	6	0.36		
Copper	mg	0.178	0.020	6	0.267		
Manganese	mg	0.397		0	0.596		
Selenium	µg	0.7		0	1.1		
Vitamins:							
Ascorbic acid	mg	17.1	5.245	6	25.6		
Thiamin	mg	0.112	0.024	6	0.168		
Riboflavin	mg	0.032	0.005	6	0.048		
Niacin	mg	0.552	0.030	6	0.828		
Pantothenic acid	mg	0.314	0.007	6	0.471		
Vitamin B-6	mg	0.293	0.040	6	0.439		
Folate	µg	23	4.000	12	35		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	0		6	0		
Vitamin A, RE	µg	0		6	0		
Vitamin E, α-TE	mg	0.160		0	0.240		
Lipids:							
Saturated, total	g	0.037		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	0.034		0	0.051		
17:0	g						
18:0	g	0.004		0	0.006		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.006	0	0.009
14:1	g			
16:1	g	0.000	0	0.000
18:1	g	0.006	0	0.009
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.076	0	0.114
18:2	g	0.064	0	0.096
18:3	g	0.012	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	10	0	15
Amino acids:				
Tryptophan	g	0.012	40	0.018
Threonine	g	0.054	72	0.081
Isoleucine	g	0.052	72	0.078
Leucine	g	0.096	72	0.144
Lysine	g	0.059	74	0.089
Methionine	g	0.021	73	0.032
Cystine	g	0.019	16	0.029
Phenylalanine	g	0.071	72	0.106
Tyrosine	g	0.040	72	0.060
Valine	g	0.062	72	0.093
Arginine	g	0.127	72	0.191
Histidine	g	0.034	72	0.051
Alanine	g	0.063	71	0.094
Aspartic acid	g	0.155	71	0.233
Glutamic acid	g	0.181	71	0.271
Glycine	g	0.053	71	0.080
Proline	g	0.054	71	0.081
Serine	g	0.081	71	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, cubes

NDB No. 11602 Yam, cooked, boiled, drained, or baked, without salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 136g	Measure 2* 68g	Measure 3*
Proximates:							
Water	g	70.13	1.132	12	95.38	47.69	
Energy	kcal	116		0	158	79	
Energy	kj	485		0	660	330	
Protein (N x 5.95)	g	1.49	0.260	6	2.03	1.01	
Total lipid (fat)	g	0.14	0.100	6	0.19	0.10	
Carbohydrate, by difference	g	27.60		0	37.54	18.77	
Fiber, total dietary	g	3.9		0	5.3	2.7	
Ash	g	0.66	0.036	6	0.90	0.45	
Sugars, total	g						
Minerals:							
Calcium	mg	14	4.137	6	19	10	
Iron	mg	0.52	0.059	6	0.71	0.35	
Magnesium	mg	18	2.082	6	24	12	
Phosphorus	mg	49	4.506	6	67	33	
Potassium	mg	670	36.100	6	911	456	
Sodium	mg	8	1.156	6	11	5	
Zinc	mg	0.20	0.023	6	0.27	0.14	
Copper	mg	0.152	0.014	6	0.207	0.103	
Manganese	mg	0.371		0	0.505	0.252	
Selenium	µg	0.7		0	1.0	0.5	
Vitamins:							
Ascorbic acid	mg	12.1	3.014	12	16.5	8.2	
Thiamin	mg	0.095	0.019	6	0.129	0.065	
Riboflavin	mg	0.028	0.005	6	0.038	0.019	
Niacin	mg	0.552	0.030	6	0.751	0.375	
Pantothenic acid	mg	0.311	0.009	6	0.423	0.211	
Vitamin B-6	mg	0.228	0.011	6	0.310	0.155	
Folate	µg	16	4.000	12	22	11	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	0	0.000	6	0	0	
Vitamin A, RE	µg	0	0.000	6	0	0	
Vitamin E, α-TE	mg	0.160		0	0.218	0.109	
Lipids:							
Saturated, total	g	0.029		0	0.039	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	0.000		0	0.000	0.000	
14:0	g	0.000		0	0.000	0.000	
15.0	g						
16:0	g	0.027		0	0.037	0.018	
17:0	g						
18:0	g	0.003		0	0.004	0.002	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.005	0	0.007	0.003
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.005	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	0.060	0	0.082	0.041
18:2	g	0.050	0	0.068	0.034
18:3	g	0.009	0	0.012	0.006
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	0.016	0.008
Threonine	g	0.052	0	0.071	0.035
Isoleucine	g	0.050	0	0.068	0.034
Leucine	g	0.094	0	0.128	0.064
Lysine	g	0.058	0	0.079	0.039
Methionine	g	0.020	0	0.027	0.014
Cystine	g	0.018	0	0.024	0.012
Phenylalanine	g	0.069	0	0.094	0.047
Tyrosine	g	0.039	0	0.053	0.027
Valine	g	0.060	0	0.082	0.041
Arginine	g	0.124	0	0.169	0.084
Histidine	g	0.033	0	0.045	0.022
Alanine	g	0.061	0	0.083	0.041
Aspartic acid	g	0.151	0	0.205	0.103
Glutamic acid	g	0.176	0	0.239	0.120
Glycine	g	0.052	0	0.071	0.035
Proline	g	0.053	0	0.072	0.036
Serine	g	0.079	0	0.107	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, cubes
Measure 2: 1/2 cup cubes

NDB No. 11603 Yambean (jicama), raw

Pachyrhizus spp.

Refuse: 8% Ends and skin

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 120g	Measure 2* 130g	Measure 3* 1200g
Proximates:							
Water	g	90.07	0.819	3	108.08	117.09	1080.84
Energy	kcal	38		0	46	49	456
Energy	kj	159		0	191	207	1908
Protein (N x 5.95)	g	0.72	0.145	2	0.86	0.94	8.64
Total lipid (fat)	g	0.09	0.010	2	0.11	0.12	1.08
Carbohydrate, by difference	g	8.82		0	10.58	11.47	105.84
Fiber, total dietary	g	4.9		0	5.9	6.4	58.8
Ash	g	0.30	0.000	2	0.36	0.39	3.60
Sugars, total	g						
Minerals:							
Calcium	mg	12	1.950	2	14	16	144
Iron	mg	0.60		1	0.72	0.78	7.20
Magnesium	mg	12	2.117	3	14	16	144
Phosphorus	mg	18	4.500	2	22	23	216
Potassium	mg	150	13.229	3	180	195	1800
Sodium	mg	4	1.719	3	5	5	48
Zinc	mg	0.16	0.069	2	0.19	0.21	1.92
Copper	mg	0.048	0.032	2	0.058	0.062	0.576
Manganese	mg	0.060	0.009	2	0.072	0.078	0.720
Selenium	µg	0.7		0	0.8	0.9	8.4
Vitamins:							
Ascorbic acid	mg	20.2	0.367	2	24.2	26.3	242.4
Thiamin	mg	0.020	0.001	2	0.024	0.026	0.240
Riboflavin	mg	0.029	0.003	2	0.035	0.038	0.348
Niacin	mg	0.200	0.020	2	0.240	0.260	2.400
Pantothenic acid	mg	0.135	0.019	2	0.162	0.176	1.620
Vitamin B-6	mg	0.042	0.003	3	0.050	0.055	0.504
Folate	µg	12	1.090	2	14	16	144
Vitamin B-12	µg	0.00		0	0.00	0.00	0.00
Vitamin A	IU	21		1	25	27	252
Vitamin A, RE	µg	2		0	2	3	24
Vitamin E, α-TE	mg	0.457		0	0.548	0.594	5.484
Lipids:							
Saturated, total	g	0.021		0	0.025	0.027	0.252
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	0.018		0	0.022	0.023	0.216
17:0	g						
18:0	g	0.002		0	0.002	0.003	0.024
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.005	0	0.006	0.007	0.060
14:1	g					
16:1	g	0.000	0	0.000	0.000	0.000
18:1	g	0.005	0	0.006	0.007	0.060
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	0.052	0.056	0.516
18:2	g	0.029	0	0.035	0.038	0.348
18:3	g	0.014	0	0.017	0.018	0.168
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	0.018	0	0.022	0.023	0.216
Isoleucine	g	0.016	0	0.019	0.021	0.192
Leucine	g	0.025	0	0.030	0.033	0.300
Lysine	g	0.026	0	0.031	0.034	0.312
Methionine	g	0.007	0	0.008	0.009	0.084
Cystine	g	0.006	0	0.007	0.008	0.072
Phenylalanine	g	0.017	0	0.020	0.022	0.204
Tyrosine	g	0.012	0	0.014	0.016	0.144
Valine	g	0.022	0	0.026	0.029	0.264
Arginine	g	0.037	0	0.044	0.048	0.444
Histidine	g	0.019	0	0.023	0.025	0.228
Alanine	g	0.020	0	0.024	0.026	0.240
Aspartic acid	g	0.200	0	0.240	0.260	2.400
Glutamic acid	g	0.043	0	0.052	0.056	0.516
Glycine	g	0.016	0	0.019	0.021	0.192
Proline	g	0.025	0	0.030	0.033	0.300
Serine	g	0.025	0	0.030	0.033	0.300
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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 cup
Measure 3: 1 large

NDB No. 11604 Yambean (jicama), cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1*	Measure 2*	Measure 3*
Proximates:							
Water	g	90.07		0			
Energy	kcal	38		0			
Energy	kj	159		0			
Protein (N x 5.95)	g	0.72		0			
Total lipid (fat)	g	0.09		0			
Carbohydrate, by difference	g	8.82		0			
Fiber, total dietary	g						
Ash	g	0.30		0			
Sugars, total	g						
Minerals:							
Calcium	mg	11		0			
Iron	mg	0.57		0			
Magnesium	mg	11		0			
Phosphorus	mg	16		0			
Potassium	mg	135		0			
Sodium	mg	4		0			
Zinc	mg	0.15		0			
Copper	mg	0.046		0			
Manganese	mg	0.057		0			
Selenium	µg	0.7		0			
Vitamins:							
Ascorbic acid	mg	14.1		0			
Thiamin	mg	0.017		0			
Riboflavin	mg	0.028		0			
Niacin	mg	0.190		0			
Pantothenic acid	mg	0.121		0			
Vitamin B-6	mg	0.040		0			
Folate	µg	8		0			
Vitamin B-12	µg	0.00		0			
Vitamin A	IU	19		0			
Vitamin A, RE	µg	2		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	0.018	0
Isoleucine	g	0.016	0
Leucine	g	0.025	0
Lysine	g	0.026	0
Methionine	g	0.007	0
Cystine	g	0.006	0
Phenylalanine	g	0.017	0
Tyrosine	g	0.012	0
Valine	g	0.022	0
Arginine	g	0.037	0
Histidine	g	0.019	0
Alanine	g	0.020	0
Aspartic acid	g	0.200	0
Glutamic acid	g	0.043	0
Glycine	g	0.016	0
Proline	g	0.025	0
Serine	g	0.025	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. 11605 Beets, harvard, 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* 246g	Measure 2*	Measure 3*
Proximates:							
Water	g	80.16	0.255	29	197.19		
Energy	kcal	73		0	180		
Energy	kj	305		0	750		
Protein (N x 5.95)	g	0.84	0.012	29	2.07		
Total lipid (fat)	g	0.06	0.003	29	0.15		
Carbohydrate, by difference	g	18.18		0	44.72		
Fiber, total dietary	g	2.5		0	6.2		
Ash	g	0.76	0.007	29	1.87		
Sugars, total	g						
Minerals:							
Calcium	mg	11	0.244	29	27		
Iron	mg	0.36	0.028	29	0.89		
Magnesium	mg	19	0.473	21	47		
Phosphorus	mg	17	0.432	29	42		
Potassium	mg	164	4.288	21	403		
Sodium	mg	162	2.904	27	399		
Zinc	mg	0.23		0	0.57		
Copper	mg	0.097		0	0.239		
Manganese	mg	0.241		0	0.593		
Selenium	µg	1.1		0	2.7		
Vitamins:							
Ascorbic acid	mg	2.4	0.124	22	5.9		
Thiamin	mg	0.010		0	0.025		
Riboflavin	mg	0.050	0.003	20	0.123		
Niacin	mg	0.084	0.007	29	0.207		
Pantothenic acid	mg	0.150		0	0.369		
Vitamin B-6	mg	0.055		0	0.135		
Folate	µg	29		0	71		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	11		0	27		
Vitamin A, RE	µg	1		0	2		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.009		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	0.008		0	0.020		
17:0	g						
18:0	g	0.000		0	0.000		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.011	0	0.027
14:1	g			
16:1	g			
18:1	g	0.011	0	0.027
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.019	0	0.047
18:2	g	0.018	0	0.044
18:3	g	0.002	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	0.010	0	0.025
Threonine	g	0.025	0	0.062
Isoleucine	g	0.025	0	0.062
Leucine	g	0.035	0	0.086
Lysine	g	0.030	0	0.074
Methionine	g	0.010	0	0.025
Cystine	g	0.010	0	0.025
Phenylalanine	g	0.024	0	0.059
Tyrosine	g	0.020	0	0.049
Valine	g	0.029	0	0.071
Arginine	g	0.022	0	0.054
Histidine	g	0.011	0	0.027
Alanine	g	0.031	0	0.076
Aspartic acid	g	0.060	0	0.148
Glutamic acid	g	0.222	0	0.546
Glycine	g	0.016	0	0.039
Proline	g	0.022	0	0.054
Serine	g	0.031	0	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, slices

NDB No. 11609 Beets, pickled, 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	81.88	0.175	70	185.87		
Energy	kcal	65		0	148		
Energy	kj	272		0	617		
Protein (N x 5.95)	g	0.80	0.014	60	1.82		
Total lipid (fat)	g	0.08	0.001	60	0.18		
Carbohydrate, by difference	g	16.28		0	36.96		
Fiber, total dietary	g						
Ash	g	0.96	0.011	70	2.18		
Sugars, total	g						
Minerals:							
Calcium	mg	11	0.266	59	25		
Iron	mg	0.41	0.012	70	0.93		
Magnesium	mg	15	0.253	60	34		
Phosphorus	mg	17	0.438	60	39		
Potassium	mg	148	1.965	60	336		
Sodium	mg	264	4.558	58	599		
Zinc	mg	0.26	0.012	38	0.59		
Copper	mg	0.116	0.006	38	0.263		
Manganese	mg	0.220		0	0.499		
Selenium	µg	1.0		0	2.3		
Vitamins:							
Ascorbic acid	mg	2.3	0.081	62	5.2		
Thiamin	mg	0.010		0	0.023		
Riboflavin	mg	0.048	0.002	51	0.109		
Niacin	mg	0.251	0.011	58	0.570		
Pantothenic acid	mg	0.137		0	0.311		
Vitamin B-6	mg	0.050		0	0.114		
Folate	µg	27		0	60		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	11		0	25		
Vitamin A, RE	µg	1		0	2		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.013		0	0.030		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g	0.013		0	0.030		
17:0	g						
18:0	g	0.001		0	0.002		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.016	0	0.036
14:1	g			
16:1	g			
18:1	g	0.016	0	0.036
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.029	0	0.066
18:2	g	0.027	0	0.061
18:3	g	0.002	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	0.009	0	0.020
Threonine	g	0.024	0	0.054
Isoleucine	g	0.024	0	0.054
Leucine	g	0.034	0	0.077
Lysine	g	0.029	0	0.066
Methionine	g	0.009	0	0.020
Cystine	g	0.010	0	0.023
Phenylalanine	g	0.023	0	0.052
Tyrosine	g	0.019	0	0.043
Valine	g	0.028	0	0.064
Arginine	g	0.021	0	0.048
Histidine	g	0.011	0	0.025
Alanine	g	0.030	0	0.068
Aspartic acid	g	0.057	0	0.129
Glutamic acid	g	0.212	0	0.481
Glycine	g	0.015	0	0.034
Proline	g	0.021	0	0.048
Serine	g	0.029	0	0.066
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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. 11613 Borage, raw

Borago officinalis

Refuse: 20% 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* 89g	Measure 2*	Measure 3*
Proximates:							
Water	g	93.00		1	82.77		
Energy	kcal	21		0	19		
Energy	kj	88		0	78		
Protein (N x 5.95)	g	1.80		1	1.60		
Total lipid (fat)	g	0.70		1	0.62		
Carbohydrate, by difference	g	3.06		0	2.72		
Fiber, total dietary	g						
Ash	g	1.44		0	1.28		
Sugars, total	g						
Minerals:							
Calcium	mg	93		1	83		
Iron	mg	3.30		1	2.94		
Magnesium	mg	52		1	46		
Phosphorus	mg	53		1	47		
Potassium	mg	470		1	418		
Sodium	mg	80		1	71		
Zinc	mg	0.20		0	0.18		
Copper	mg	0.130		0	0.116		
Manganese	mg	0.349		0	0.311		
Selenium	µg	0.9		0	0.8		
Vitamins:							
Ascorbic acid	mg	35.0		1	31.1		
Thiamin	mg	0.060		1	0.053		
Riboflavin	mg	0.150		1	0.134		
Niacin	mg	0.900		1	0.801		
Pantothenic acid	mg	0.041		0	0.036		
Vitamin B-6	mg	0.084		0	0.075		
Folate	µg	13		0	12		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	4200		1	3738		
Vitamin A, RE	µg	420		1	374		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.170		0	0.151		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g	0.060		0	0.053		
17:0	g						
18:0	g	0.021		0	0.019		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.211	0	0.188
14:1	g			
16:1	g	0.191	0	0.170
18:1	g			
20:1	g			
22.1	g	0.020	0	0.018
Polyunsaturated, total	g	0.109	0	0.097
18:2	g	0.109	0	0.097
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, (1" pieces)

NDB No. 11614 Borage, 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	91.88		0			
Energy	kcal	25		0			
Energy	kj	105		0			
Protein (N x 5.95)	g	2.09		0			
Total lipid (fat)	g	0.81		0			
Carbohydrate, by difference	g	3.55		0			
Fiber, total dietary	g						
Ash	g	1.67		0			
Sugars, total	g						
Minerals:							
Calcium	mg	102		0			
Iron	mg	3.64		0			
Magnesium	mg	57		0			
Phosphorus	mg	55		0			
Potassium	mg	491		0			
Sodium	mg	88		0			
Zinc	mg	0.22		0			
Copper	mg	0.143		0			
Manganese	mg	0.385		0			
Selenium	µg	0.9		0			
Vitamins:							
Ascorbic acid	mg	32.5		0			
Thiamin	mg	0.059		0			
Riboflavin	mg	0.165		0			
Niacin	mg	0.940		0			
Pantothenic acid	mg	0.045		0			
Vitamin B-6	mg	0.088		0			
Folate	µg	10		0			
Vitamin B-12	µg	0.00		0			
Vitamin A	IU	4385		0			
Vitamin A, RE	µg	438		0			
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.197		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	0.069		0			
17:0	g						
18:0	g	0.024		0			
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.245	0
14:1	g		
16:1	g	0.222	0
18:1	g		
20:1	g		
22.1	g	0.023	0
Polyunsaturated, total	g	0.127	0
18:2	g	0.127	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. 11615 Chives, freeze-dried

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 0g	Measure 2* 1g	Measure 3*
Proximates:							
Water	g	2.00		1	0.00	0.02	
Energy	kcal	311		0	1	2	
Energy	kj	1301		0	3	10	
Protein (N x 5.95)	g	21.20		1	0.04	0.17	
Total lipid (fat)	g	3.50		1	0.01	0.03	
Carbohydrate, by difference	g	64.29		0	0.13	0.51	
Fiber, total dietary	g	26.2		0	0.1	0.2	
Ash	g	9.01		0	0.02	0.07	
Sugars, total	g						
Minerals:							
Calcium	mg	813		1	2	7	
Iron	mg	20.00		1	0.04	0.16	
Magnesium	mg	640		0	1	5	
Phosphorus	mg	518		1	1	4	
Potassium	mg	2960		1	6	24	
Sodium	mg	70		0	0	1	
Zinc	mg	5.12		0	0.01	0.04	
Copper	mg	0.686		0	0.001	0.005	
Manganese	mg	1.350		0	0.003	0.011	
Selenium	µg	9.4		0	0.0	0.1	
Vitamins:							
Ascorbic acid	mg	660.0		1	1.3	5.3	
Thiamin	mg	0.900		1	0.002	0.007	
Riboflavin	mg	1.500		1	0.003	0.012	
Niacin	mg	5.900		1	0.012	0.047	
Pantothenic acid	mg	2.106		0	0.004	0.017	
Vitamin B-6	mg	1.996		0	0.004	0.016	
Folate	µg	108		0	0	1	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	68300		1	137	546	
Vitamin A, RE	µg	6830		1	14	55	
Vitamin E, α-TE	mg	2.200		0	0.004	0.018	
Lipids:							
Saturated, total	g	0.591		0	0.001	0.005	
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	0.017		0	0.000	0.000	
15.0	g						
16:0	g	0.528		0	0.001	0.004	
17:0	g						
18:0	g	0.046		0	0.000	0.000	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.490	0	0.001	0.004
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.490	0	0.001	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	1.369	0	0.003	0.011
18:2	g	1.296	0	0.003	0.010
18:3	g	0.073	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	0.237	0	0.000	0.002
Threonine	g	0.831	0	0.002	0.007
Isoleucine	g	0.899	0	0.002	0.007
Leucine	g	1.265	0	0.003	0.010
Lysine	g	1.058	0	0.002	0.008
Methionine	g	0.231	0	0.000	0.002
Cystine	g				
Phenylalanine	g	0.682	0	0.001	0.005
Tyrosine	g	0.614	0	0.001	0.005
Valine	g	0.936	0	0.002	0.007
Arginine	g	1.533	0	0.003	0.012
Histidine	g	0.366	0	0.001	0.003
Alanine	g	0.957	0	0.002	0.008
Aspartic acid	g	1.961	0	0.004	0.016
Glutamic acid	g	4.386	0	0.009	0.035
Glycine	g	1.052	0	0.002	0.008
Proline	g	1.401	0	0.003	0.011
Serine	g	0.957	0	0.002	0.008
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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. 11616 Dock, raw

Rumex spp.

Refuse: 30% Stalks

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 133g	Measure 2*	Measure 3*
Proximates:							
Water	g	93.00		1	123.69		
Energy	kcal	22		0	29		
Energy	kj	92		0	122		
Protein (N x 5.95)	g	2.00		1	2.66		
Total lipid (fat)	g	0.70		1	0.93		
Carbohydrate, by difference	g	3.20		0	4.26		
Fiber, total dietary	g	2.9		0	3.9		
Ash	g	1.10		0	1.46		
Sugars, total	g						
Minerals:							
Calcium	mg	44		1	59		
Iron	mg	2.40		1	3.19		
Magnesium	mg	103		1	137		
Phosphorus	mg	63		1	84		
Potassium	mg	390		1	519		
Sodium	mg	4		1	5		
Zinc	mg	0.20		0	0.27		
Copper	mg	0.131		0	0.174		
Manganese	mg	0.349		0	0.464		
Selenium	µg	0.9		0	1.2		
Vitamins:							
Ascorbic acid	mg	48.0		1	63.8		
Thiamin	mg	0.040		1	0.053		
Riboflavin	mg	0.100		1	0.133		
Niacin	mg	0.500		1	0.665		
Pantothenic acid	mg	0.041		0	0.055		
Vitamin B-6	mg	0.122		0	0.162		
Folate	µg	13		0	18		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	4000		1	5320		
Vitamin A, RE	µg	400		1	532		
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	0.094	1	0.125
Isoleucine	g	0.102	1	0.136
Leucine	g	0.167	1	0.222
Lysine	g	0.115	1	0.153
Methionine	g	0.035	1	0.047
Cystine	g			
Phenylalanine	g	0.114	1	0.152
Tyrosine	g	0.083	1	0.110
Valine	g	0.133	1	0.177
Arginine	g	0.108	1	0.144
Histidine	g	0.054	1	0.072
Alanine	g	0.132	1	0.176
Aspartic acid	g	0.181	1	0.241
Glutamic acid	g	0.216	1	0.287
Glycine	g	0.114	1	0.152
Proline	g	0.116	1	0.154
Serine	g	0.077	1	0.102
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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. 11617 Dock, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1*	Measure 2*	Measure 3*
Proximates:							
Water	g	93.60		0			
Energy	kcal	20		0			
Energy	kj	84		0			
Protein (N x 5.95)	g	1.83		0			
Total lipid (fat)	g	0.64		0			
Carbohydrate, by difference	g	2.93		0			
Fiber, total dietary	g	2.6		0			
Ash	g	1.01		0			
Sugars, total	g						
Minerals:							
Calcium	mg	38		0			
Iron	mg	2.08		0			
Magnesium	mg	89		0			
Phosphorus	mg	52		0			
Potassium	mg	321		0			
Sodium	mg	3		0			
Zinc	mg	0.17		0			
Copper	mg	0.114		0			
Manganese	mg	0.303		0			
Selenium	µg	0.9		0			
Vitamins:							
Ascorbic acid	mg	26.3		0			
Thiamin	mg	0.034		0			
Riboflavin	mg	0.086		0			
Niacin	mg	0.411		0			
Pantothenic acid	mg	0.036		0			
Vitamin B-6	mg	0.100		0			
Folate	µg	8		0			
Vitamin B-12	µg	0.00		0			
Vitamin A	IU	3474		0			
Vitamin A, RE	µg	347		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	0.086	0
Isoleucine	g	0.093	0
Leucine	g	0.152	0
Lysine	g	0.105	0
Methionine	g	0.032	0
Cystine	g		
Phenylalanine	g	0.104	0
Tyrosine	g	0.075	0
Valine	g	0.121	0
Arginine	g	0.098	0
Histidine	g	0.049	0
Alanine	g	0.121	0
Aspartic acid	g	0.166	0
Glutamic acid	g	0.197	0
Glycine	g	0.104	0
Proline	g	0.106	0
Serine	g	0.070	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. 11618 Eppaw, raw

Perideridia oregana

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* 100g	Measure 2*	Measure 3*
Proximates:							
Water	g	60.00		1	60.00		
Energy	kcal	150		0	150		
Energy	kj	628		0	628		
Protein (N x 5.95)	g	4.60		1	4.60		
Total lipid (fat)	g	1.80		1	1.80		
Carbohydrate, by difference	g	31.68		0	31.68		
Fiber, total dietary	g						
Ash	g	1.92		0	1.92		
Sugars, total	g						
Minerals:							
Calcium	mg	110		1	110		
Iron	mg	1.15		0	1.15		
Magnesium	mg	32		1	32		
Phosphorus	mg	165		1	165		
Potassium	mg	340		1	340		
Sodium	mg	12		1	12		
Zinc	mg	1.15		0	1.15		
Copper	mg	0.234		0	0.234		
Manganese	mg	1.094		0	1.094		
Selenium	µg	0.9		0	0.9		
Vitamins:							
Ascorbic acid	mg	13.0		1	13.0		
Thiamin	mg	0.110		1	0.110		
Riboflavin	mg	0.120		1	0.120		
Niacin	mg	0.300		1	0.300		
Pantothenic acid	mg	1.172		0	1.172		
Vitamin B-6	mg	0.176		0	0.176		
Folate	µg	24		0	24		
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

NDB No. 11620 Horseradish-tree, pods, raw

Moringa oleifera

Refuse: 48% Hard outer covering and fibers

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 100g	Measure 2* 11g	Measure 3*
Proximates:							
Water	g	88.20		1	88.20	9.70	
Energy	kcal	37		0	37	4	
Energy	kj	155		0	155	17	
Protein (N x 5.95)	g	2.10		0	2.10	0.23	
Total lipid (fat)	g	0.20		0	0.20	0.02	
Carbohydrate, by difference	g	8.53		0	8.53	0.94	
Fiber, total dietary	g	3.2		0	3.2	0.4	
Ash	g	0.97		0	0.97	0.11	
Sugars, total	g						
Minerals:							
Calcium	mg	30		0	30	3	
Iron	mg	0.36		0	0.36	0.04	
Magnesium	mg	45		1	45	5	
Phosphorus	mg	50		0	50	6	
Potassium	mg	461		1	461	51	
Sodium	mg	42		1	42	5	
Zinc	mg	0.45		0	0.45	0.05	
Copper	mg	0.084		0	0.084	0.009	
Manganese	mg	0.259		0	0.259	0.028	
Selenium	µg	0.7		0	0.7	0.1	
Vitamins:							
Ascorbic acid	mg	141.0		0	141.0	15.5	
Thiamin	mg	0.053		0	0.053	0.006	
Riboflavin	mg	0.074		0	0.074	0.008	
Niacin	mg	0.620		0	0.620	0.068	
Pantothenic acid	mg	0.794		0	0.794	0.087	
Vitamin B-6	mg	0.120		1	0.120	0.013	
Folate	µg	44		0	44	5	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	74		0	74	8	
Vitamin A, RE	µg	7		0	7	1	
Vitamin E, α-TE	mg	0.095		0	0.095	0.010	
Lipids:							
Saturated, total	g	0.033		0	0.033	0.004	
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	0.102	0	0.102	0.011
14:1	g				
16:1	g				
18:1	g				
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.003	0	0.003	0.000
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 pod, 15-1/3 in long

NDB No. 11621 Horseradish-tree, 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* 118g	Measure 2*	Measure 3*
Proximates:							
Water	g	88.42		1	104.34		
Energy	kcal	36		0	42		
Energy	kj	151		0	178		
Protein (N x 5.95)	g	2.09		1	2.47		
Total lipid (fat)	g	0.19		1	0.22		
Carbohydrate, by difference	g	8.18		0	9.65		
Fiber, total dietary	g	4.2		0	5.0		
Ash	g	1.12		1	1.32		
Sugars, total	g						
Minerals:							
Calcium	mg	20		1	24		
Iron	mg	0.45		1	0.53		
Magnesium	mg	42		1	50		
Phosphorus	mg	49		1	58		
Potassium	mg	457		1	539		
Sodium	mg	43		1	51		
Zinc	mg	0.42		0	0.50		
Copper	mg	0.078		0	0.092		
Manganese	mg	0.241		0	0.284		
Selenium	µg	0.7		0	0.8		
Vitamins:							
Ascorbic acid	mg	97.0		0	114.5		
Thiamin	mg	0.046		0	0.054		
Riboflavin	mg	0.068		0	0.080		
Niacin	mg	0.590		0	0.696		
Pantothenic acid	mg	0.701		0	0.827		
Vitamin B-6	mg	0.112		0	0.132		
Folate	µg	30		0	36		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	70		0	83		
Vitamin A, RE	µg	7		0	8		
Vitamin E, α-TE	mg	0.095		0	0.112		
Lipids:							
Saturated, total	g	0.031		0	0.037		
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	0.007		
17:0	g						
18:0	g	0.013		0	0.015		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.097	0	0.114
14:1	g			
16:1	g	0.000	0	0.000
18:1	g	0.097	0	0.114
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.003	0	0.004
18:2	g	0.003	0	0.004
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, sliced

NDB No. 11622 Kale, scotch, raw

Brassica napus (Pabularia Group)

Refuse: 39% Stems, tough part of midribs

Nutrients 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	87.00		1	58.29		
Energy	kcal	42		0	28		
Energy	kj	176		0	118		
Protein (N x 5.95)	g	2.80		1	1.88		
Total lipid (fat)	g	0.60		1	0.40		
Carbohydrate, by difference	g	8.32		0	5.57		
Fiber, total dietary	g	1.7		0	1.1		
Ash	g	1.28		0	0.86		
Sugars, total	g						
Minerals:							
Calcium	mg	205		1	137		
Iron	mg	3.00		1	2.01		
Magnesium	mg	88		1	59		
Phosphorus	mg	62		1	42		
Potassium	mg	450		1	302		
Sodium	mg	70		1	47		
Zinc	mg	0.37		0	0.25		
Copper	mg	0.243		0	0.163		
Manganese	mg	0.648		0	0.434		
Selenium	µg	0.9		0	0.6		
Vitamins:							
Ascorbic acid	mg	130.0		1	87.1		
Thiamin	mg	0.070		1	0.047		
Riboflavin	mg	0.060		1	0.040		
Niacin	mg	1.300		1	0.871		
Pantothenic acid	mg	0.076		0	0.051		
Vitamin B-6	mg	0.227		0	0.152		
Folate	µg	28		0	19		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	3100		1	2077		
Vitamin A, RE	µg	310		1	208		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.078		0	0.052		
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	0.002		0	0.001		
14:0	g	0.003		0	0.002		
15.0	g						
16:0	g	0.065		0	0.044		
17:0	g						
18:0	g	0.003		0	0.002		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.045	0	0.030
14:1	g			
16:1	g	0.001	0	0.001
18:1	g	0.042	0	0.028
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.289	0	0.194
18:2	g	0.118	0	0.079
18:3	g	0.154	0	0.103
18:4	g			
20:4	g	0.001	0	0.001
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.034	0	0.023
Threonine	g	0.125	0	0.084
Isoleucine	g	0.168	0	0.113
Leucine	g	0.196	0	0.131
Lysine	g	0.168	0	0.113
Methionine	g	0.027	0	0.018
Cystine	g	0.037	0	0.025
Phenylalanine	g	0.143	0	0.096
Tyrosine	g	0.099	0	0.066
Valine	g	0.153	0	0.103
Arginine	g	0.156	0	0.105
Histidine	g	0.059	0	0.040
Alanine	g	0.141	0	0.094
Aspartic acid	g	0.250	0	0.168
Glutamic acid	g	0.318	0	0.213
Glycine	g	0.135	0	0.090
Proline	g	0.166	0	0.111
Serine	g	0.118	0	0.079
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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. 11623 Kale, scotch, 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	0.41		0	0.53		
Carbohydrate, by difference	g	5.63		0	7.32		
Fiber, total dietary	g	1.2		0	1.6		
Ash	g	0.87		0	1.13		
Sugars, total	g						
Minerals:							
Calcium	mg	132		0	172		
Iron	mg	1.93		0	2.51		
Magnesium	mg	57		0	74		
Phosphorus	mg	38		0	49		
Potassium	mg	274		0	356		
Sodium	mg	45		0	59		
Zinc	mg	0.24		0	0.31		
Copper	mg	0.156		0	0.203		
Manganese	mg	0.417		0	0.542		
Selenium	µg	0.9		0	1.2		
Vitamins:							
Ascorbic acid	mg	52.8		0	68.6		
Thiamin	mg	0.040		0	0.052		
Riboflavin	mg	0.039		0	0.051		
Niacin	mg	0.792		0	1.030		
Pantothenic acid	mg	0.048		0	0.062		
Vitamin B-6	mg	0.139		0	0.181		
Folate	µg	13		0	17		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	1994		0	2592		
Vitamin A, RE	µg	199		0	259		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.053		0	0.069		
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	0.001		0	0.001		
14:0	g	0.002		0	0.003		
15.0	g						
16:0	g	0.044		0	0.057		
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			
22.1	g			
Polyunsaturated, total	g	0.196	0	0.255
18:2	g	0.080	0	0.104
18:3	g	0.104	0	0.135
18:4	g			
20:4	g	0.001	0	0.001
20:5	g			
22:5	g			
22:6	g			
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	0.113	0	0.147
Leucine	g	0.132	0	0.172
Lysine	g	0.113	0	0.147
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	0.105	0	0.137
Histidine	g	0.040	0	0.052
Alanine	g	0.095	0	0.124
Aspartic acid	g	0.169	0	0.220
Glutamic acid	g	0.215	0	0.279
Glycine	g	0.091	0	0.118
Proline	g	0.112	0	0.146
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. 11624 Leeks, (bulb and lower-leaf portion), freeze-dried

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 0g	Measure 2* 1g	Measure 3*
Proximates:							
Water	g	2.00		1	0.00	0.02	
Energy	kcal	321		0	1	3	
Energy	kj	1343		0	3	11	
Protein (N x 5.95)	g	15.20		1	0.03	0.12	
Total lipid (fat)	g	2.10		1	0.00	0.02	
Carbohydrate, by difference	g	74.65		0	0.15	0.60	
Fiber, total dietary	g	10.4		0	0.0	0.1	
Ash	g	6.05		0	0.01	0.05	
Sugars, total	g						
Minerals:							
Calcium	mg	360		1	1	3	
Iron	mg	7.60		1	0.02	0.06	
Magnesium	mg	161		0	0	1	
Phosphorus	mg	346		1	1	3	
Potassium	mg	2400		1	5	19	
Sodium	mg	35		1	0	0	
Zinc	mg	0.66		0	0.00	0.01	
Copper	mg	0.657		0	0.001	0.005	
Manganese	mg	2.634		0	0.005	0.021	
Selenium	µg	5.7		0	0.0	0.0	
Vitamins:							
Ascorbic acid	mg	118.0		1	0.2	0.9	
Thiamin	mg	0.800		1	0.002	0.006	
Riboflavin	mg	0.400		1	0.001	0.003	
Niacin	mg	3.500		1	0.007	0.028	
Pantothenic acid	mg	0.767		0	0.002	0.006	
Vitamin B-6	mg	1.209		0	0.002	0.010	
Folate	µg	366		0	1	3	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	277		1	1	2	
Vitamin A, RE	µg	28		1	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.279		0	0.001	0.002	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g	0.265		0	0.001	0.002	
17:0	g						
18:0	g	0.015		0	0.000	0.000	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.029	0	0.000	0.000
14:1	g				
16:1	g				
18:1	g	0.029	0	0.000	0.000
20:1	g				
22.1	g				
Polyunsaturated, total	g	1.161	0	0.002	0.009
18:2	g	0.470	0	0.001	0.004
18:3	g	0.691	0	0.001	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	0.117	0	0.000	0.001
Threonine	g	0.640	0	0.001	0.005
Isoleucine	g	0.525	0	0.001	0.004
Leucine	g	0.973	0	0.002	0.008
Lysine	g	0.786	0	0.002	0.006
Methionine	g	0.180	0	0.000	0.001
Cystine	g	0.253	0	0.001	0.002
Phenylalanine	g	0.559	0	0.001	0.004
Tyrosine	g	0.413	0	0.001	0.003
Valine	g	0.572	0	0.001	0.005
Arginine	g	0.790	0	0.002	0.006
Histidine	g	0.253	0	0.001	0.002
Alanine	g	0.749	0	0.001	0.006
Aspartic acid	g	1.420	0	0.003	0.011
Glutamic acid	g	2.293	0	0.005	0.018
Glycine	g	0.698	0	0.001	0.006
Proline	g	0.674	0	0.001	0.005
Serine	g	0.936	0	0.002	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 tablespoon
Measure 2: 1/4 cup

NDB No. 11625 Parsley, freeze-dried

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 0g	Measure 2* 1g	Measure 3*
Proximates:							
Water	g	2.00		1	0.01	0.03	
Energy	kcal	271		0	1	4	
Energy	kj	1134		0	5	16	
Protein (N x 5.95)	g	31.30		1	0.13	0.44	
Total lipid (fat)	g	5.20		1	0.02	0.07	
Carbohydrate, by difference	g	42.38		0	0.17	0.59	
Fiber, total dietary	g	32.7		0	0.1	0.5	
Ash	g	19.12		0	0.08	0.27	
Sugars, total	g						
Minerals:							
Calcium	mg	176		1	1	2	
Iron	mg	53.90		1	0.22	0.75	
Magnesium	mg	372		0	1	5	
Phosphorus	mg	548		1	2	8	
Potassium	mg	6300		1	25	88	
Sodium	mg	391		1	2	5	
Zinc	mg	6.11		0	0.02	0.09	
Copper	mg	0.459		0	0.002	0.006	
Manganese	mg	1.338		0	0.005	0.019	
Selenium	µg	32.3		0	0.1	0.5	
Vitamins:							
Ascorbic acid	mg	149.0		1	0.6	2.1	
Thiamin	mg	1.040		1	0.004	0.015	
Riboflavin	mg	2.260		1	0.009	0.032	
Niacin	mg	10.400		1	0.042	0.146	
Pantothenic acid	mg	2.516		0	0.010	0.035	
Vitamin B-6	mg	1.375		0	0.006	0.019	
Folate	µg	1535		0	6	21	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	63240		1	253	885	
Vitamin A, RE	µg	6324		1	25	89	
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	0.516	0	0.002	0.007
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g	3.115	0	0.012	0.044
Methionine	g	0.210	0	0.001	0.003
Cystine	g				
Phenylalanine	g				
Tyrosine	g				
Valine	g				
Arginine	g				
Histidine	g				
Alanine	g				
Aspartic acid	g				
Glutamic acid	g				
Glycine	g				
Proline	g				
Serine	g				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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. 11626 Beans, mung, mature seeds, sprouted, canned, drained solids

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 125g	Measure 2*	Measure 3*
Proximates:							
Water	g	96.10	0.224	5	120.13		
Energy	kcal	12		0	15		
Energy	kj	50		0	63		
Protein (N x 5.95)	g	1.40	0.067	5	1.75		
Total lipid (fat)	g	0.06		0	0.08		
Carbohydrate, by difference	g	2.15		0	2.69		
Fiber, total dietary	g	0.8		0	1.0		
Ash	g	0.30		0	0.38		
Sugars, total	g						
Minerals:							
Calcium	mg	14	0.653	5	18		
Iron	mg	0.43	0.036	5	0.54		
Magnesium	mg	9		0	11		
Phosphorus	mg	32	6.261	5	40		
Potassium	mg	27	2.236	5	34		
Sodium	mg	140		0	175		
Zinc	mg	0.28		0	0.35		
Copper	mg	0.157		0	0.196		
Manganese	mg	0.073		0	0.091		
Selenium	µg	0.6	0.325	2	0.8		
Vitamins:							
Ascorbic acid	mg	0.3	0.080	5	0.4		
Thiamin	mg	0.030	0.004	5	0.038		
Riboflavin	mg	0.070	0.040	5	0.088		
Niacin	mg	0.220	0.009	5	0.275		
Pantothenic acid	mg	0.143		0	0.179		
Vitamin B-6	mg	0.032		0	0.040		
Folate	µg	10	1.227	3	12		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	23	2.088	5	29		
Vitamin A, RE	µg	2	0.209	5	3		
Vitamin E, α-TE	mg	0.010		0	0.013		
Lipids:							
Saturated, total	g	0.016		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	0.000		0	0.000		
14:0	g	0.000		0	0.000		
15.0	g						
16:0	g	0.011		0	0.014		
17:0	g						
18:0	g	0.003		0	0.004		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.008	0	0.010
14:1	g			
16:1	g	0.000	0	0.000
18:1	g	0.008	0	0.010
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.020	0	0.025
18:2	g	0.015	0	0.019
18:3	g	0.006	0	0.008
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	0.024
Threonine	g	0.040	0	0.050
Isoleucine	g	0.067	0	0.084
Leucine	g	0.089	0	0.111
Lysine	g	0.085	0	0.106
Methionine	g	0.017	0	0.021
Cystine	g	0.009	0	0.011
Phenylalanine	g	0.060	0	0.075
Tyrosine	g	0.026	0	0.033
Valine	g	0.067	0	0.084
Arginine	g	0.101	0	0.126
Histidine	g	0.036	0	0.045
Alanine	g	0.050	0	0.063
Aspartic acid	g	0.245	0	0.306
Glutamic acid	g	0.082	0	0.103
Glycine	g	0.032	0	0.040
Proline	g			
Serine	g	0.017	0	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

NDB No. 11632 Peppers, jalapeno, 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* 136g	Measure 2* 104g	Measure 3* 22g
Proximates:							
Water	g	88.89	0.522	3	120.89	92.45	19.56
Energy	kcal	27		0	37	28	6
Energy	kj	113		0	154	118	25
Protein (N x 5.95)	g	0.92	0.066	3	1.25	0.96	0.20
Total lipid (fat)	g	0.94	0.170	3	1.28	0.98	0.21
Carbohydrate, by difference	g	4.72		0	6.42	4.91	1.04
Fiber, total dietary	g	2.6	0.489	3	3.5	2.7	0.6
Ash	g	4.51	0.325	3	6.13	4.69	0.99
Sugars, total	g						
Minerals:							
Calcium	mg	23	1.399	3	31	24	5
Iron	mg	1.88	0.398	3	2.56	1.96	0.41
Magnesium	mg	15	3.109	3	20	16	3
Phosphorus	mg	18	0.637	3	24	19	4
Potassium	mg	193	26.006	3	262	201	42
Sodium	mg	1671	91.478	3	2273	1738	368
Zinc	mg	0.34	0.067	3	0.46	0.35	0.07
Copper	mg	0.146	0.007	3	0.199	0.152	0.032
Manganese	mg	0.114	0.032	3	0.155	0.119	0.025
Selenium	µg	0.4		0	0.5	0.4	0.1
Vitamins:							
Ascorbic acid	mg	10.0	2.122	3	13.6	10.4	2.2
Thiamin	mg	0.043	0.006	3	0.058	0.045	0.009
Riboflavin	mg	0.038	0.006	3	0.052	0.040	0.008
Niacin	mg	0.403	0.084	3	0.548	0.419	0.089
Pantothenic acid	mg	0.416	0.271	3	0.566	0.433	0.092
Vitamin B-6	mg	0.190	0.031	3	0.258	0.198	0.042
Folate	µg	14	0.401	3	19	15	3
Vitamin B-12	µg	0.00		0	0.00	0.00	0.00
Vitamin A	IU	1700		1	2312	1768	374
Vitamin A, RE	µg	170		1	231	177	37
Vitamin E, α-TE	mg	0.690		0	0.938	0.718	0.152
Lipids:							
Saturated, total	g	0.097		0	0.132	0.101	0.021
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	0.003	0.002	0.000
14:0	g	0.006		0	0.008	0.006	0.001
15.0	g						
16:0	g	0.072		0	0.098	0.075	0.016
17:0	g						
18:0	g	0.013		0	0.018	0.014	0.003
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.053	0	0.072	0.055	0.012
14:1	g					
16:1	g	0.002	0	0.003	0.002	0.000
18:1	g	0.050	0	0.068	0.052	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	0.514	0	0.699	0.535	0.113
18:2	g	0.490	0	0.666	0.510	0.108
18:3	g	0.024	0	0.033	0.025	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	0.016	0.012	0.003
Threonine	g	0.033	0	0.045	0.034	0.007
Isoleucine	g	0.030	0	0.041	0.031	0.007
Leucine	g	0.048	0	0.065	0.050	0.011
Lysine	g	0.042	0	0.057	0.044	0.009
Methionine	g	0.012	0	0.016	0.012	0.003
Cystine	g	0.017	0	0.023	0.018	0.004
Phenylalanine	g	0.029	0	0.039	0.030	0.006
Tyrosine	g	0.020	0	0.027	0.021	0.004
Valine	g	0.039	0	0.053	0.041	0.009
Arginine	g	0.044	0	0.060	0.046	0.010
Histidine	g	0.018	0	0.024	0.019	0.004
Alanine	g	0.038	0	0.052	0.040	0.008
Aspartic acid	g	0.132	0	0.180	0.137	0.029
Glutamic acid	g	0.122	0	0.166	0.127	0.027
Glycine	g	0.035	0	0.048	0.036	0.008
Proline	g	0.040	0	0.054	0.042	0.009
Serine	g	0.037	0	0.050	0.038	0.008
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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 pepper

NDB No. 11634 Peppers, sweet, green, freeze-dried

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 0g	Measure 2* 2g	Measure 3*
Proximates:							
Water	g	2.00		1	0.01	0.03	
Energy	kcal	314		0	1	5	
Energy	kj	1314		0	5	21	
Protein (N x 5.95)	g	17.90		1	0.07	0.29	
Total lipid (fat)	g	3.00		1	0.01	0.05	
Carbohydrate, by difference	g	68.70		0	0.27	1.10	
Fiber, total dietary	g	21.3		0	0.1	0.3	
Ash	g	8.40		0	0.03	0.13	
Sugars, total	g						
Minerals:							
Calcium	mg	134		1	1	2	
Iron	mg	10.40		1	0.04	0.17	
Magnesium	mg	188		0	1	3	
Phosphorus	mg	327		1	1	5	
Potassium	mg	3170		1	13	51	
Sodium	mg	193		1	1	3	
Zinc	mg	2.41		0	0.01	0.04	
Copper	mg	1.389		0	0.006	0.022	
Manganese	mg	1.897		0	0.008	0.030	
Selenium	µg	3.7		0	0.0	0.1	
Vitamins:							
Ascorbic acid	mg	1900.0		1	7.6	30.4	
Thiamin	mg	1.200		1	0.005	0.019	
Riboflavin	mg	1.200		1	0.005	0.019	
Niacin	mg	7.400		1	0.030	0.118	
Pantothenic acid	mg	0.488		0	0.002	0.008	
Vitamin B-6	mg	2.223		0	0.009	0.036	
Folate	µg	229		0	1	4	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	6249		1	25	100	
Vitamin A, RE	µg	625		1	3	10	
Vitamin E, α-TE	mg	4.000		0	0.016	0.064	
Lipids:							
Saturated, total	g	0.447		0	0.002	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	0.002		0	0.000	0.000	
14:0	g	0.009		0	0.000	0.000	
15.0	g						
16:0	g	0.331		0	0.001	0.005	
17:0	g						
18:0	g	0.105		0	0.000	0.002	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.202	0	0.001	0.003
14:1	g				
16:1	g	0.021	0	0.000	0.000
18:1	g	0.181	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	1.607	0	0.006	0.026
18:2	g	1.462	0	0.006	0.023
18:3	g	0.145	0	0.001	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	0.229	0	0.001	0.004
Threonine	g	0.659	0	0.003	0.011
Isoleucine	g	0.579	0	0.002	0.009
Leucine	g	0.937	0	0.004	0.015
Lysine	g	0.796	0	0.003	0.013
Methionine	g	0.215	0	0.001	0.003
Cystine	g	0.344	0	0.001	0.006
Phenylalanine	g	0.553	0	0.002	0.009
Tyrosine	g	0.372	0	0.001	0.006
Valine	g	0.756	0	0.003	0.012
Arginine	g	0.859	0	0.003	0.014
Histidine	g	0.364	0	0.001	0.006
Alanine	g	0.733	0	0.003	0.012
Aspartic acid	g	2.558	0	0.010	0.041
Glutamic acid	g	2.363	0	0.009	0.038
Glycine	g	0.662	0	0.003	0.011
Proline	g	0.779	0	0.003	0.012
Serine	g	0.719	0	0.003	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 tablespoon
Measure 2: 1/4 cup

NDB No. 11637 Radishes, white icicle, raw

Raphanus sativus

Refuse: 35% 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* 50g	Measure 2* 17g	Measure 3*
Proximates:							
Water	g	95.37	0.478	4	47.69	16.21	
Energy	kcal	14		0	7	2	
Energy	kj	59		0	30	10	
Protein (N x 5.95)	g	1.10		1	0.55	0.19	
Total lipid (fat)	g	0.10		1	0.05	0.02	
Carbohydrate, by difference	g	2.63		0	1.31	0.45	
Fiber, total dietary	g	1.4		0	0.7	0.2	
Ash	g	0.80		1	0.40	0.14	
Sugars, total	g						
Minerals:							
Calcium	mg	27		1	14	5	
Iron	mg	0.80		1	0.40	0.14	
Magnesium	mg	9		1	5	2	
Phosphorus	mg	28		1	14	5	
Potassium	mg	280		1	140	48	
Sodium	mg	16		1	8	3	
Zinc	mg	0.13		0	0.07	0.02	
Copper	mg	0.099		0	0.050	0.017	
Manganese	mg	0.033		0	0.017	0.006	
Selenium	µg	0.7		0	0.4	0.1	
Vitamins:							
Ascorbic acid	mg	29.0		1	14.5	4.9	
Thiamin	mg	0.030		1	0.015	0.005	
Riboflavin	mg	0.020		1	0.010	0.003	
Niacin	mg	0.300		1	0.150	0.051	
Pantothenic acid	mg	0.184		1	0.092	0.031	
Vitamin B-6	mg	0.075		1	0.038	0.013	
Folate	µg	14	2.818	3	7	2	
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						
Lipids:							
Saturated, total	g	0.030		0	0.015	0.005	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.000		1	0.000	0.000	
15.0	g						
16:0	g	0.026		1	0.013	0.004	
17:0	g						
18:0	g	0.004		1	0.002	0.001	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.016	0	0.008	0.003
14:1	g				
16:1	g	0.000	1	0.000	0.000
18:1	g	0.016	1	0.008	0.003
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.045	0	0.023	0.008
18:2	g	0.016	1	0.008	0.003
18:3	g	0.029	1	0.015	0.005
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	0.003	0.001
Threonine	g	0.045	0	0.023	0.008
Isoleucine	g	0.048	0	0.024	0.008
Leucine	g	0.058	0	0.029	0.010
Lysine	g	0.055	0	0.028	0.009
Methionine	g	0.010	0	0.005	0.002
Cystine	g	0.009	0	0.004	0.002
Phenylalanine	g	0.036	0	0.018	0.006
Tyrosine	g	0.021	0	0.011	0.004
Valine	g	0.051	0	0.026	0.009
Arginine	g	0.064	0	0.032	0.011
Histidine	g	0.021	0	0.011	0.004
Alanine	g	0.034	0	0.017	0.006
Aspartic acid	g	0.075	0	0.038	0.013
Glutamic acid	g	0.208	0	0.104	0.035
Glycine	g	0.034	0	0.017	0.006
Proline	g	0.028	0	0.014	0.005
Serine	g	0.033	0	0.017	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: 1/2 cup slices
Measure 2: 1 radish, (7" long)

NDB No. 11640 Shallots, freeze-dried

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 1g	Measure 2* 4g	Measure 3*
Proximates:							
Water	g	2.00		1	0.02	0.07	
Energy	kcal	348		0	3	13	
Energy	kj	1456		0	13	52	
Protein (N x 5.95)	g	12.30		1	0.11	0.44	
Total lipid (fat)	g	0.50		1	0.00	0.02	
Carbohydrate, by difference	g	80.70		0	0.73	2.91	
Fiber, total dietary	g						
Ash	g	4.50		0	0.04	0.16	
Sugars, total	g						
Minerals:							
Calcium	mg	183		1	2	7	
Iron	mg	6.00		1	0.05	0.22	
Magnesium	mg	104		0	1	4	
Phosphorus	mg	296		1	3	11	
Potassium	mg	1650		1	15	59	
Sodium	mg	59		1	1	2	
Zinc	mg	1.93		0	0.02	0.07	
Copper	mg	0.425		0	0.004	0.015	
Manganese	mg	1.417		0	0.013	0.051	
Selenium	µg	5.7		0	0.1	0.2	
Vitamins:							
Ascorbic acid	mg	39.0		1	0.4	1.4	
Thiamin	mg	0.300		1	0.003	0.011	
Riboflavin	mg	0.100		1	0.001	0.004	
Niacin	mg	1.000		1	0.009	0.036	
Pantothenic acid	mg	1.408		0	0.013	0.051	
Vitamin B-6	mg	1.675		0	0.015	0.060	
Folate	µg	116		0	1	4	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	56099		0	505	2020	
Vitamin A, RE	µg	5610		0	50	202	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.084		0	0.001	0.003	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.002		0	0.000	0.000	
15.0	g						
16:0	g	0.075		0	0.001	0.003	
17:0	g						
18:0	g	0.007		0	0.000	0.000	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.070	0	0.001	0.003
14:1	g				
16:1	g				
18:1	g	0.070	0	0.001	0.003
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.196	0	0.002	0.007
18:2	g	0.185	0	0.002	0.007
18:3	g	0.010	0	0.000	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	0.138	0	0.001	0.005
Threonine	g	0.482	0	0.004	0.017
Isoleucine	g	0.522	0	0.005	0.019
Leucine	g	0.734	0	0.007	0.026
Lysine	g	0.614	0	0.006	0.022
Methionine	g	0.134	0	0.001	0.005
Cystine	g				
Phenylalanine	g	0.396	0	0.004	0.014
Tyrosine	g	0.356	0	0.003	0.013
Valine	g	0.543	0	0.005	0.020
Arginine	g	0.890	0	0.008	0.032
Histidine	g	0.213	0	0.002	0.008
Alanine	g	0.555	0	0.005	0.020
Aspartic acid	g	1.138	0	0.010	0.041
Glutamic acid	g	2.545	0	0.023	0.092
Glycine	g	0.610	0	0.005	0.022
Proline	g	0.813	0	0.007	0.029
Serine	g	0.555	0	0.005	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 tablespoon
Measure 2: 1/4 cup

NDB No. 11641 Squash, summer, all varieties, raw

Cucurbita spp.

Refuse: 5% Ends

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 113g	Measure 2* 323g	Measure 3* 196g
Proximates:							
Water	g	93.68		25	105.86	302.59	183.61
Energy	kcal	20		0	23	65	39
Energy	kj	84		0	95	271	165
Protein (N x 5.95)	g	1.18		10	1.33	3.81	2.31
Total lipid (fat)	g	0.21		10	0.24	0.68	0.41
Carbohydrate, by difference	g	4.35		0	4.92	14.05	8.53
Fiber, total dietary	g	1.9		0	2.1	6.1	3.7
Ash	g	0.58	0.027	6	0.66	1.87	1.14
Sugars, total	g						
Minerals:							
Calcium	mg	20		10	23	65	39
Iron	mg	0.46		10	0.52	1.49	0.90
Magnesium	mg	23		10	26	74	45
Phosphorus	mg	35		10	40	113	69
Potassium	mg	195		16	220	630	382
Sodium	mg	2		16	2	6	4
Zinc	mg	0.26		7	0.29	0.84	0.51
Copper	mg	0.076		7	0.086	0.245	0.149
Manganese	mg	0.157	0.013	6	0.177	0.507	0.308
Selenium	µg	0.2		0	0.2	0.6	0.4
Vitamins:							
Ascorbic acid	mg	14.8		10	16.7	47.8	29.0
Thiamin	mg	0.064		10	0.072	0.207	0.125
Riboflavin	mg	0.037		10	0.042	0.120	0.073
Niacin	mg	0.551		10	0.623	1.780	1.080
Pantothenic acid	mg	0.102	0.015	6	0.115	0.329	0.200
Vitamin B-6	mg	0.109	0.007	6	0.123	0.352	0.214
Folate	µg	26	3.600	15	29	83	50
Vitamin B-12	µg	0.00		0	0.00	0.00	0.00
Vitamin A	IU	196		10	221	633	384
Vitamin A, RE	µg	20		10	23	65	39
Vitamin E, α-TE	mg	0.120		0	0.136	0.388	0.235
Lipids:							
Saturated, total	g	0.044		0	0.050	0.142	0.086
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	0.003	0.002
14:0	g	0.001		0	0.001	0.003	0.002
15.0	g						
16:0	g	0.038		0	0.043	0.123	0.074
17:0	g						
18:0	g	0.004		0	0.005	0.013	0.008
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.016	0	0.018	0.052	0.031
14:1	g					
16:1	g	0.001	0	0.001	0.003	0.002
18:1	g	0.014	0	0.016	0.045	0.027
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	0.101	0.287	0.174
18:2	g	0.033	0	0.037	0.107	0.065
18:3	g	0.056	0	0.063	0.181	0.110
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	1	0.012	0.036	0.022
Threonine	g	0.028	1	0.032	0.090	0.055
Isoleucine	g	0.042	1	0.047	0.136	0.082
Leucine	g	0.069	1	0.078	0.223	0.135
Lysine	g	0.065	1	0.073	0.210	0.127
Methionine	g	0.017	1	0.019	0.055	0.033
Cystine	g	0.012	1	0.014	0.039	0.024
Phenylalanine	g	0.041	1	0.046	0.132	0.080
Tyrosine	g	0.031	1	0.035	0.100	0.061
Valine	g	0.053	1	0.060	0.171	0.104
Arginine	g	0.050	1	0.057	0.162	0.098
Histidine	g	0.025	1	0.028	0.081	0.049
Alanine	g	0.062	1	0.070	0.200	0.122
Aspartic acid	g	0.144	1	0.163	0.465	0.282
Glutamic acid	g	0.126	1	0.142	0.407	0.247
Glycine	g	0.044	1	0.050	0.142	0.086
Proline	g	0.037	1	0.042	0.120	0.073
Serine	g	0.048	1	0.054	0.155	0.094
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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 large
Measure 3: 1 medium

NDB No. 11642 Squash, summer, all varieties, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 180g	Measure 2*	Measure 3*
Proximates:							
Water	g	93.70	0.122	6	168.66		
Energy	kcal	20		0	36		
Energy	kj	84		0	151		
Protein (N x 5.95)	g	0.91	0.075	6	1.64		
Total lipid (fat)	g	0.31	0.022	6	0.56		
Carbohydrate, by difference	g	4.31		0	7.76		
Fiber, total dietary	g	1.4		0	2.5		
Ash	g	0.77	0.024	6	1.39		
Sugars, total	g						
Minerals:							
Calcium	mg	27	1.248	6	49		
Iron	mg	0.36	0.036	6	0.65		
Magnesium	mg	24	0.500	6	43		
Phosphorus	mg	39	1.908	6	70		
Potassium	mg	192	5.618	6	346		
Sodium	mg	1	0.335	6	2		
Zinc	mg	0.39	0.012	6	0.70		
Copper	mg	0.103	0.006	6	0.185		
Manganese	mg	0.213	0.011	6	0.383		
Selenium	µg	0.2		0	0.4		
Vitamins:							
Ascorbic acid	mg	5.5	0.775	6	9.9		
Thiamin	mg	0.044	0.003	9	0.079		
Riboflavin	mg	0.041	0.004	9	0.074		
Niacin	mg	0.513	0.044	6	0.923		
Pantothenic acid	mg	0.137	0.003	6	0.247		
Vitamin B-6	mg	0.065	0.008	9	0.117		
Folate	µg	20	3.726	3	36		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	287	39.996	6	517		
Vitamin A, RE	µg	29	4.000	6	52		
Vitamin E, α-TE	mg	0.120		0	0.216		
Lipids:							
Saturated, total	g	0.064		0	0.115		
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	0.056		0	0.101		
17:0	g						
18:0	g	0.006		0	0.011		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.023	0	0.041
14:1	g			
16:1	g	0.001	0	0.002
18:1	g	0.021	0	0.038
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	0.049	0	0.088
18:3	g	0.082	0	0.148
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	0.014
Threonine	g	0.022	0	0.040
Isoleucine	g	0.033	0	0.059
Leucine	g	0.053	0	0.095
Lysine	g	0.050	0	0.090
Methionine	g	0.013	0	0.023
Cystine	g	0.010	0	0.018
Phenylalanine	g	0.032	0	0.058
Tyrosine	g	0.024	0	0.043
Valine	g	0.041	0	0.074
Arginine	g	0.038	0	0.068
Histidine	g	0.020	0	0.036
Alanine	g	0.048	0	0.086
Aspartic acid	g	0.111	0	0.200
Glutamic acid	g	0.097	0	0.175
Glycine	g	0.034	0	0.061
Proline	g	0.028	0	0.050
Serine	g	0.037	0	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, sliced

NDB No. 11643 Squash, winter, all varieties, raw

Cucurbita spp.

Refuse: 29% Seeds, rind and stem

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 116g	Measure 2*	Measure 3*
Proximates:							
Water	g	88.72		17	102.92		
Energy	kcal	37		0	43		
Energy	kj	155		0	180		
Protein (N x 5.95)	g	1.45		4	1.68		
Total lipid (fat)	g	0.23		4	0.27		
Carbohydrate, by difference	g	8.80		0	10.21		
Fiber, total dietary	g	1.5		0	1.7		
Ash	g	0.80		0	0.93		
Sugars, total	g						
Minerals:							
Calcium	mg	31		4	36		
Iron	mg	0.58		4	0.67		
Magnesium	mg	21		5	24		
Phosphorus	mg	32		4	37		
Potassium	mg	350		10	406		
Sodium	mg	4		9	5		
Zinc	mg	0.13	0.010	2	0.15		
Copper	mg	0.065	0.055	2	0.075		
Manganese	mg	0.168		0	0.195		
Selenium	µg	0.4		0	0.5		
Vitamins:							
Ascorbic acid	mg	12.3		4	14.3		
Thiamin	mg	0.097		4	0.113		
Riboflavin	mg	0.027		4	0.031		
Niacin	mg	0.800		4	0.928		
Pantothenic acid	mg	0.400		0	0.464		
Vitamin B-6	mg	0.082		0	0.095		
Folate	µg	22	2.887	6	25		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	4060		4	4710		
Vitamin A, RE	µg	406		4	471		
Vitamin E, α-TE	mg	0.120		0	0.139		
Lipids:							
Saturated, total	g	0.046		0	0.053		
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		3	0.001		
14:0	g	0.001		3	0.001		
15.0	g						
16:0	g	0.040		3	0.046		
17:0	g						
18:0	g	0.004		3	0.005		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.017	0	0.020
14:1	g			
16:1	g	0.001	3	0.001
18:1	g	0.016	3	0.019
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.094	0	0.109
18:2	g	0.035	3	0.041
18:3	g	0.059	3	0.068
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	2	0.024
Threonine	g	0.043	2	0.050
Isoleucine	g	0.057	2	0.066
Leucine	g	0.082	2	0.095
Lysine	g	0.053	2	0.061
Methionine	g	0.018	2	0.021
Cystine	g	0.013	2	0.015
Phenylalanine	g	0.057	2	0.066
Tyrosine	g	0.049	2	0.057
Valine	g	0.062	2	0.072
Arginine	g	0.081	2	0.094
Histidine	g	0.027	2	0.031
Alanine	g	0.061	2	0.071
Aspartic acid	g	0.156	2	0.181
Glutamic acid	g	0.254	2	0.295
Glycine	g	0.053	2	0.061
Proline	g	0.052	2	0.060
Serine	g	0.057	2	0.066
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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. 11644 Squash, winter, all varieties, cooked, baked, without salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 205g	Measure 2*	Measure 3*
Proximates:							
Water	g	89.02	0.754	12	182.49		
Energy	kcal	39		0	80		
Energy	kj	163		0	334		
Protein (N x 5.95)	g	0.89	0.098	7	1.82		
Total lipid (fat)	g	0.63	0.119	8	1.29		
Carbohydrate, by difference	g	8.75		0	17.94		
Fiber, total dietary	g	2.8		0	5.7		
Ash	g	0.72	0.036	8	1.48		
Sugars, total	g						
Minerals:							
Calcium	mg	14		1	29		
Iron	mg	0.33	0.040	8	0.68		
Magnesium	mg	8		1	16		
Phosphorus	mg	20		1	41		
Potassium	mg	437		1	896		
Sodium	mg	1		1	2		
Zinc	mg	0.26	0.063	7	0.53		
Copper	mg	0.095	0.021	7	0.195		
Manganese	mg	0.211	0.056	7	0.433		
Selenium	µg	0.4		0	0.8		
Vitamins:							
Ascorbic acid	mg	9.6		0	19.7		
Thiamin	mg	0.085		0	0.174		
Riboflavin	mg	0.024		0	0.049		
Niacin	mg	0.701		0	1.437		
Pantothenic acid	mg	0.350		0	0.718		
Vitamin B-6	mg	0.072		0	0.148		
Folate	µg	28	4.602	3	57		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	3557		0	7292		
Vitamin A, RE	µg	356		0	730		
Vitamin E, α-TE	mg	0.120		0	0.246		
Lipids:							
Saturated, total	g	0.130		0	0.267		
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	0.006		
14:0	g	0.002		0	0.004		
15.0	g						
16:0	g	0.112		0	0.230		
17:0	g						
18:0	g	0.013		0	0.027		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.047	0	0.096
14:1	g			
16:1	g	0.003	0	0.006
18:1	g	0.043	0	0.088
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.265	0	0.543
18:2	g	0.099	0	0.203
18:3	g	0.165	0	0.338
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	0.027
Threonine	g	0.027	0	0.055
Isoleucine	g	0.035	0	0.072
Leucine	g	0.050	0	0.103
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	0.038	0	0.078
Arginine	g	0.049	0	0.100
Histidine	g	0.017	0	0.035
Alanine	g	0.037	0	0.076
Aspartic acid	g	0.095	0	0.195
Glutamic acid	g	0.155	0	0.318
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. 11645 Sweetpotato, canned, syrup 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* 228g	Measure 2* 638g	Measure 3*
Proximates:							
Water	g	77.39	0.586	26	176.45	493.75	
Energy	kcal	89		0	203	568	
Energy	kj	372		0	848	2373	
Protein (N x 5.95)	g	0.98	0.038	26	2.23	6.25	
Total lipid (fat)	g	0.20	0.000	16	0.46	1.28	
Carbohydrate, by difference	g	20.93		0	47.72	133.53	
Fiber, total dietary	g	2.5		0	5.7	15.9	
Ash	g	0.50	0.012	26	1.14	3.19	
Sugars, total	g						
Minerals:							
Calcium	mg	15	0.782	36	34	96	
Iron	mg	0.80	0.059	36	1.82	5.10	
Magnesium	mg	13	0.503	36	30	83	
Phosphorus	mg	27	1.235	36	62	172	
Potassium	mg	185	4.275	27	422	1180	
Sodium	mg	44	2.243	29	100	281	
Zinc	mg	0.19	0.011	36	0.43	1.21	
Copper	mg	0.124	0.013	36	0.283	0.791	
Manganese	mg	0.507	0.051	36	1.156	3.235	
Selenium	µg	0.7		0	1.6	4.5	
Vitamins:							
Ascorbic acid	mg	10.5	0.674	25	23.9	67.0	
Thiamin	mg	0.024	0.001	25	0.055	0.153	
Riboflavin	mg	0.046	0.003	24	0.105	0.293	
Niacin	mg	0.456	0.016	25	1.040	2.909	
Pantothenic acid	mg	0.330		0	0.752	2.105	
Vitamin B-6	mg	0.051		0	0.116	0.325	
Folate	µg	7		0	15	41	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	5719	293.414	26	13039	36487	
Vitamin A, RE	µg	572	29.341	26	1304	3649	
Vitamin E, α-TE	mg	0.230		0	0.524	1.467	
Lipids:							
Saturated, total	g	0.043		0	0.098	0.274	
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	0.089	0.249	
17:0	g						
18:0	g	0.004		0	0.009	0.026	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.008	0	0.018	0.051
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.008	0	0.018	0.051
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	0.203	0.568
18:2	g	0.075	0	0.171	0.479
18:3	g	0.014	0	0.032	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	0.012	0	0.027	0.077
Threonine	g	0.049	0	0.112	0.313
Isoleucine	g	0.049	0	0.112	0.313
Leucine	g	0.072	0	0.164	0.459
Lysine	g	0.048	0	0.109	0.306
Methionine	g	0.024	0	0.055	0.153
Cystine	g	0.008	0	0.018	0.051
Phenylalanine	g	0.059	0	0.135	0.376
Tyrosine	g	0.040	0	0.091	0.255
Valine	g	0.064	0	0.146	0.408
Arginine	g	0.046	0	0.105	0.293
Histidine	g	0.018	0	0.041	0.115
Alanine	g	0.054	0	0.123	0.345
Aspartic acid	g	0.168	0	0.383	1.072
Glutamic acid	g	0.096	0	0.219	0.612
Glycine	g	0.044	0	0.100	0.281
Proline	g	0.043	0	0.098	0.274
Serine	g	0.051	0	0.116	0.325
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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. 11647 Sweetpotato, canned, syrup 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* 196g	Measure 2*	Measure 3*
Proximates:							
Water	g	72.47	0.625	29	142.04		
Energy	kcal	108		0	212		
Energy	kj	452		0	886		
Protein (N x 5.95)	g	1.28	0.049	29	2.51		
Total lipid (fat)	g	0.32	0.013	29	0.63		
Carbohydrate, by difference	g	25.36		0	49.71		
Fiber, total dietary	g	3.0		0	5.9		
Ash	g	0.57	0.060	29	1.12		
Sugars, total	g						
Minerals:							
Calcium	mg	17	1.307	29	33		
Iron	mg	0.95	0.074	29	1.86		
Magnesium	mg	12	0.969	10	24		
Phosphorus	mg	25	2.273	10	49		
Potassium	mg	193	5.562	10	378		
Sodium	mg	39	4.888	10	76		
Zinc	mg	0.16	0.009	10	0.31		
Copper	mg	0.167	0.022	10	0.327		
Manganese	mg	0.615	0.094	10	1.205		
Selenium	µg	0.8		0	1.6		
Vitamins:							
Ascorbic acid	mg	10.8	0.532	29	21.2		
Thiamin	mg	0.025	0.001	29	0.049		
Riboflavin	mg	0.038	0.001	29	0.074		
Niacin	mg	0.340	0.022	29	0.666		
Pantothenic acid	mg	0.402		0	0.788		
Vitamin B-6	mg	0.062		0	0.122		
Folate	µg	8		0	15		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	7157	481.272	29	14028		
Vitamin A, RE	µg	716	48.127	29	1403		
Vitamin E, α-TE	mg	0.280		0	0.549		
Lipids:							
Saturated, total	g	0.069		0	0.135		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g	0.062		0	0.122		
17:0	g						
18:0	g	0.007		0	0.014		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.012	0	0.024
14:1	g			
16:1	g			
18:1	g	0.012	0	0.024
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.141	0	0.276
18:2	g	0.119	0	0.233
18:3	g	0.022	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	0.016	0	0.031
Threonine	g	0.064	0	0.125
Isoleucine	g	0.064	0	0.125
Leucine	g	0.094	0	0.184
Lysine	g	0.063	0	0.123
Methionine	g	0.032	0	0.063
Cystine	g	0.010	0	0.020
Phenylalanine	g	0.077	0	0.151
Tyrosine	g	0.053	0	0.104
Valine	g	0.084	0	0.165
Arginine	g	0.060	0	0.118
Histidine	g	0.024	0	0.047
Alanine	g	0.070	0	0.137
Aspartic acid	g	0.220	0	0.431
Glutamic acid	g	0.126	0	0.247
Glycine	g	0.058	0	0.114
Proline	g	0.056	0	0.110
Serine	g	0.066	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. 11649 Tomato products, canned, sauce, spanish style

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* 244g	Measure 2* 425g	Measure 3*
Proximates:							
Water	g	89.08	0.423	5	217.36	378.59	
Energy	kcal	33		0	81	140	
Energy	kj	138		0	337	587	
Protein (N x 5.95)	g	1.44	0.131	5	3.51	6.12	
Total lipid (fat)	g	0.27	0.016	5	0.66	1.15	
Carbohydrate, by difference	g	7.24		0	17.67	30.77	
Fiber, total dietary	g	1.4		0	3.4	6.0	
Ash	g	1.98	0.039	5	4.83	8.41	
Sugars, total	g						
Minerals:							
Calcium	mg	17	1.496	5	41	72	
Iron	mg	3.48	0.227	5	8.49	14.79	
Magnesium	mg	19		0	46	81	
Phosphorus	mg	48		0	117	204	
Potassium	mg	369		0	900	1568	
Sodium	mg	472	25.714	5	1152	2006	
Zinc	mg	0.34		0	0.83	1.45	
Copper	mg	0.160		0	0.390	0.680	
Manganese	mg	0.216		0	0.527	0.918	
Selenium	µg	0.6		0	1.5	2.5	
Vitamins:							
Ascorbic acid	mg	8.6	1.465	5	21.0	36.5	
Thiamin	mg	0.074	0.006	5	0.181	0.315	
Riboflavin	mg	0.062	0.003	5	0.151	0.264	
Niacin	mg	1.292	0.092	5	3.152	5.491	
Pantothenic acid	mg	0.281		0	0.686	1.194	
Vitamin B-6	mg	0.177		0	0.432	0.752	
Folate	µg	14		0	33	57	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	985	66.752	5	2403	4186	
Vitamin A, RE	µg	99	6.675	5	242	421	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.038		0	0.093	0.161	
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	0.027		0	0.066	0.115	
17:0	g						
18:0	g	0.010		0	0.024	0.043	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.040	0	0.098	0.170
14:1	g				
16:1	g	0.001	0	0.002	0.004
18:1	g	0.039	0	0.095	0.166
20:1	g	0.000	0	0.000	0.000
22.1	g				
Polyunsaturated, total	g	0.108	0	0.264	0.459
18:2	g	0.103	0	0.251	0.438
18:3	g	0.004	0	0.010	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	0.010	0	0.024	0.043
Threonine	g	0.033	0	0.081	0.140
Isoleucine	g	0.028	0	0.068	0.119
Leucine	g	0.040	0	0.098	0.170
Lysine	g	0.041	0	0.100	0.174
Methionine	g	0.007	0	0.017	0.030
Cystine	g	0.009	0	0.022	0.038
Phenylalanine	g	0.030	0	0.073	0.128
Tyrosine	g	0.019	0	0.046	0.081
Valine	g	0.029	0	0.071	0.123
Arginine	g	0.029	0	0.071	0.123
Histidine	g	0.023	0	0.056	0.098
Alanine	g	0.045	0	0.110	0.191
Aspartic acid	g	0.180	0	0.439	0.765
Glutamic acid	g	0.575	0	1.403	2.444
Glycine	g	0.024	0	0.059	0.102
Proline	g	0.032	0	0.078	0.136
Serine	g	0.034	0	0.083	0.145
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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: 15 oz can (303 x 406)

NDB No. 11653 Beans, pinto, 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*	Measure 2*	Measure 3*
Proximates:							
Water	g	81.30	11.500	2			
Energy	kcal	62		0			
Energy	kj	259		0			
Protein (N x 5.95)	g	5.25	1.950	2			
Total lipid (fat)	g	0.90	0.600	2			
Carbohydrate, by difference	g	11.60		0			
Fiber, total dietary	g						
Ash	g	0.95	0.450	2			
Sugars, total	g						
Minerals:							
Calcium	mg	43	27.300	2			
Iron	mg	1.97	1.430	2			
Magnesium	mg	53	33.250	2			
Phosphorus	mg	94	43.950	2			
Potassium	mg	307	119.900	2			
Sodium	mg	153		1			
Zinc	mg	0.50		1			
Copper	mg	0.320		0			
Manganese	mg	0.366		0			
Selenium	µg	0.6		0			
Vitamins:							
Ascorbic acid	mg	21.7	6.900	2			
Thiamin	mg	0.230	0.010	2			
Riboflavin	mg	0.175	0.005	2			
Niacin	mg	2.280	0.020	2			
Pantothenic acid	mg	0.740		0			
Vitamin B-6	mg	0.171		0			
Folate	µg	118		0			
Vitamin B-12	µg	0.00		0			
Vitamin A	IU	2	1.205	2			
Vitamin A, RE	µg	0	0.121	2			
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.109		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	0.097		0			
17:0	g						
18:0	g	0.012		0			
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.067	0
14:1	g		
16:1	g		
18:1	g	0.067	0
20:1	g		
22.1	g		
Polyunsaturated, total	g	0.523	0
18:2	g	0.189	0
18:3	g	0.334	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	0.055	0
Threonine	g	0.220	0
Isoleucine	g	0.233	0
Leucine	g	0.377	0
Lysine	g	0.299	0
Methionine	g	0.055	0
Cystine	g	0.060	0
Phenylalanine	g	0.265	0
Tyrosine	g	0.181	0
Valine	g	0.270	0
Arginine	g	0.286	0
Histidine	g	0.147	0
Alanine	g	0.218	0
Aspartic acid	g	0.682	0
Glutamic acid	g	0.640	0
Glycine	g	0.181	0
Proline	g	0.212	0
Serine	g	0.281	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. 11654 Beans, pinto, 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	93.39		0			
Energy	kcal	22		0			
Energy	kj	92		0			
Protein (N x 5.95)	g	1.86		0			
Total lipid (fat)	g	0.32		0			
Carbohydrate, by difference	g	4.10		0			
Fiber, total dietary	g						
Ash	g	0.34		0			
Sugars, total	g						
Minerals:							
Calcium	mg	15		0			
Iron	mg	0.66		0			
Magnesium	mg	18		0			
Phosphorus	mg	30		0			
Potassium	mg	98		0			
Sodium	mg	51		0			
Zinc	mg	0.17		0			
Copper	mg	0.107		0			
Manganese	mg	0.123		0			
Selenium	µg	0.6		0			
Vitamins:							
Ascorbic acid	mg	6.1		0			
Thiamin	mg	0.067		0			
Riboflavin	mg	0.059		0			
Niacin	mg	0.725		0			
Pantothenic acid	mg	0.235		0			
Vitamin B-6	mg	0.054		0			
Folate	µg	29		0			
Vitamin B-12	µg	0.00		0			
Vitamin A	IU	1		0			
Vitamin A, RE	µg	0		0			
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.039		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	0.034		0			
17:0	g						
18:0	g	0.004		0			
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.024	0
14:1	g		
16:1	g		
18:1	g	0.024	0
20:1	g		
22.1	g		
Polyunsaturated, total	g	0.185	0
18:2	g	0.067	0
18:3	g	0.118	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	0.019	0
Threonine	g	0.078	0
Isoleucine	g	0.082	0
Leucine	g	0.133	0
Lysine	g	0.106	0
Methionine	g	0.019	0
Cystine	g	0.021	0
Phenylalanine	g	0.094	0
Tyrosine	g	0.064	0
Valine	g	0.095	0
Arginine	g	0.101	0
Histidine	g	0.052	0
Alanine	g	0.077	0
Aspartic acid	g	0.241	0
Glutamic acid	g	0.226	0
Glycine	g	0.064	0
Proline	g	0.075	0
Serine	g	0.099	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. 11655 Carrot juice, canned

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 236g	Measure 2* 30g	Measure 3*
Proximates:							
Water	g	88.87	0.425	3	209.73	26.22	
Energy	kcal	40		0	94	12	
Energy	kj	167		0	394	49	
Protein (N x 5.95)	g	0.95		0	2.24	0.28	
Total lipid (fat)	g	0.15		0	0.35	0.04	
Carbohydrate, by difference	g	9.29		0	21.92	2.74	
Fiber, total dietary	g	0.8		0	1.9	0.2	
Ash	g	0.75		0	1.77	0.22	
Sugars, total	g						
Minerals:							
Calcium	mg	24		0	57	7	
Iron	mg	0.46		0	1.09	0.14	
Magnesium	mg	14		0	33	4	
Phosphorus	mg	42		0	99	12	
Potassium	mg	292		0	689	86	
Sodium	mg	29		0	68	9	
Zinc	mg	0.18		0	0.42	0.05	
Copper	mg	0.046		0	0.109	0.014	
Manganese	mg	0.130		0	0.307	0.038	
Selenium	µg	0.6		0	1.4	0.2	
Vitamins:							
Ascorbic acid	mg	8.5		0	20.1	2.5	
Thiamin	mg	0.092		0	0.217	0.027	
Riboflavin	mg	0.055		0	0.130	0.016	
Niacin	mg	0.386		0	0.911	0.114	
Pantothenic acid	mg	0.228		0	0.538	0.067	
Vitamin B-6	mg	0.217		0	0.512	0.064	
Folate	µg	4	0.292	3	9	1	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	10946		2	25833	3229	
Vitamin A, RE	µg	1095		2	2584	323	
Vitamin E, α-TE	mg	0.010		0	0.024	0.003	
Lipids:							
Saturated, total	g	0.027		0	0.064	0.008	
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	0.005	0.001	
14:0	g	0.001		0	0.002	0.000	
15.0	g						
16:0	g	0.021		0	0.050	0.006	
17:0	g						
18:0	g	0.001		0	0.002	0.000	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.007	0	0.017	0.002
14:1	g				
16:1	g	0.002	0	0.005	0.001
18:1	g	0.005	0	0.012	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	0.071	0	0.168	0.021
18:2	g	0.061	0	0.144	0.018
18:3	g	0.009	0	0.021	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				
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 fl oz

NDB No. 11656 Corn pudding, home-prepared

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 250g	Measure 2* 167g	Measure 3*
Proximates:							
Water	g	76.32		0	190.80	127.45	
Energy	kcal	109		0	273	182	
Energy	kj	456		0	1140	762	
Protein (N x 5.95)	g	4.39		0	10.97	7.33	
Total lipid (fat)	g	5.32		0	13.30	8.88	
Carbohydrate, by difference	g	12.76		0	31.90	21.31	
Fiber, total dietary	g						
Ash	g	1.20		0	3.00	2.00	
Sugars, total	g						
Minerals:							
Calcium	mg	40		0	100	67	
Iron	mg	0.56		0	1.40	0.94	
Magnesium	mg	15		0	38	25	
Phosphorus	mg	57		0	143	95	
Potassium	mg	161		0	403	269	
Sodium	mg	55		0	138	92	
Zinc	mg	0.50		0	1.25	0.84	
Copper	mg	0.043		0	0.108	0.072	
Manganese	mg	0.536		0	1.340	0.895	
Selenium	µg	5.2		0	13.0	8.7	
Vitamins:							
Ascorbic acid	mg	2.8		0	7.0	4.7	
Thiamin	mg	0.413		0	1.032	0.690	
Riboflavin	mg	0.128		0	0.320	0.214	
Niacin	mg	0.987		0	2.467	1.648	
Pantothenic acid	mg	0.246		0	0.615	0.411	
Vitamin B-6	mg	0.118		0	0.295	0.197	
Folate	µg	25		0	63	42	
Vitamin B-12	µg	0.09		0	0.23	0.15	
Vitamin A	IU	246		0	615	411	
Vitamin A, RE	µg	36		0	90	60	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	2.537		0	6.343	4.237	
4:0	g	0.101		0	0.253	0.169	
6.0	g	0.060		0	0.150	0.100	
8:0	g	0.035		0	0.088	0.058	
10:0	g	0.079		0	0.198	0.132	
12:0	g	0.088		0	0.220	0.147	
14:0	g	0.321		0	0.803	0.536	
15.0	g						
16:0	g	1.269		0	3.172	2.119	
17:0	g						
18:0	g	0.517		0	1.293	0.863	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.721	0	4.303	2.874
14:1	g				
16:1	g	0.126	0	0.315	0.210
18:1	g	1.547	0	3.868	2.583
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.684	0	1.710	1.142
18:2	g	0.626	0	1.565	1.045
18:3	g	0.058	0	0.145	0.097
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	100	0	250	167
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.053	0	0.133	0.089
Threonine	g	0.198	0	0.495	0.331
Isoleucine	g	0.235	0	0.588	0.392
Leucine	g	0.430	0	1.075	0.718
Lysine	g	0.263	0	0.658	0.439
Methionine	g	0.117	0	0.293	0.195
Cystine	g	0.065	0	0.163	0.109
Phenylalanine	g	0.224	0	0.560	0.374
Tyrosine	g	0.182	0	0.455	0.304
Valine	g	0.287	0	0.718	0.479
Arginine	g	0.217	0	0.543	0.362
Histidine	g	0.115	0	0.287	0.192
Alanine	g	0.295	0	0.738	0.493
Aspartic acid	g	0.377	0	0.943	0.630
Glutamic acid	g	0.752	0	1.880	1.256
Glycine	g	0.147	0	0.368	0.245
Proline	g	0.311	0	0.778	0.519
Serine	g	0.268	0	0.670	0.448
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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: 2/3 cup (#6 scoop)

NDB No. 11657 Potatoes, mashed, home-prepared, whole milk 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	78.46		0	164.77		
Energy	kcal	77		0	162		
Energy	kj	322		0	676		
Protein (N x 5.95)	g	1.94		0	4.07		
Total lipid (fat)	g	0.59		0	1.24		
Carbohydrate, by difference	g	17.55		0	36.85		
Fiber, total dietary	g	2.0		0	4.2		
Ash	g	1.47		0	3.09		
Sugars, total	g						
Minerals:							
Calcium	mg	26		0	55		
Iron	mg	0.27		0	0.57		
Magnesium	mg	18		0	38		
Phosphorus	mg	48		0	101		
Potassium	mg	299		0	628		
Sodium	mg	303		0	636		
Zinc	mg	0.29		0	0.61		
Copper	mg	0.140		0	0.294		
Manganese	mg	0.118		0	0.248		
Selenium	µg	0.6		0	1.3		
Vitamins:							
Ascorbic acid	mg	6.7		0	14.1		
Thiamin	mg	0.088		0	0.185		
Riboflavin	mg	0.040		0	0.084		
Niacin	mg	1.118		0	2.348		
Pantothenic acid	mg	0.476		0	1.000		
Vitamin B-6	mg	0.233		0	0.489		
Folate	µg	8		0	17		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	19		0	40		
Vitamin A, RE	µg	6		0	13		
Vitamin E, α-TE	mg	0.050		0	0.105		
Lipids:							
Saturated, total	g	0.333		0	0.699		
4:0	g	0.016		0	0.034		
6.0	g	0.010		0	0.021		
8:0	g	0.006		0	0.013		
10:0	g	0.013		0	0.027		
12:0	g	0.017		0	0.036		
14:0	g	0.051		0	0.107		
15.0	g						
16:0	g	0.145		0	0.305		
17:0	g						
18:0	g	0.064		0	0.134		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.146	0	0.307
14:1	g			
16:1	g	0.012	0	0.025
18:1	g	0.126	0	0.265
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.055	0	0.116
18:2	g	0.039	0	0.082
18:3	g	0.016	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	2	0	4
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.030	0	0.063
Threonine	g	0.075	0	0.158
Isoleucine	g	0.089	0	0.187
Leucine	g	0.136	0	0.286
Lysine	g	0.128	0	0.269
Methionine	g	0.035	0	0.074
Cystine	g	0.023	0	0.048
Phenylalanine	g	0.088	0	0.185
Tyrosine	g	0.078	0	0.164
Valine	g	0.115	0	0.242
Arginine	g	0.085	0	0.179
Histidine	g	0.045	0	0.094
Alanine	g	0.062	0	0.130
Aspartic acid	g	0.393	0	0.825
Glutamic acid	g	0.348	0	0.731
Glycine	g	0.054	0	0.113
Proline	g	0.100	0	0.210
Serine	g	0.090	0	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 cup

NDB No. 11658 Spinach souffle, 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* 136g	Measure 2* 813g	Measure 3*
Proximates:							
Water	g	73.94		0	100.56	601.13	
Energy	kcal	161		0	219	1309	
Energy	kj	674		0	917	5480	
Protein (N x 5.95)	g	8.08		0	10.99	65.69	
Total lipid (fat)	g	13.50		0	18.36	109.75	
Carbohydrate, by difference	g	2.08		0	2.83	16.91	
Fiber, total dietary	g						
Ash	g	2.41		0	3.28	19.59	
Sugars, total	g						
Minerals:							
Calcium	mg	169		0	230	1374	
Iron	mg	0.99		0	1.35	8.05	
Magnesium	mg	28		0	38	228	
Phosphorus	mg	170		0	231	1382	
Potassium	mg	148		0	201	1203	
Sodium	mg	561		0	763	4561	
Zinc	mg	0.95		0	1.29	7.72	
Copper	mg	0.088		0	0.120	0.715	
Manganese	mg	0.807		0	1.098	6.561	
Selenium	µg	9.5		0	12.9	77.2	
Vitamins:							
Ascorbic acid	mg	2.2		0	3.0	17.9	
Thiamin	mg	0.067		0	0.091	0.545	
Riboflavin	mg	0.224		0	0.305	1.821	
Niacin	mg	0.351		0	0.477	2.854	
Pantothenic acid	mg	0.649		0	0.883	5.276	
Vitamin B-6	mg	0.088		0	0.120	0.715	
Folate	µg	59		0	80	480	
Vitamin B-12	µg	1.00		0	1.36	8.13	
Vitamin A	IU	2545		0	3461	20691	
Vitamin A, RE	µg	496		0	675	4032	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	5.256		0	7.148	42.731	
4:0	g	0.171		0	0.233	1.390	
6.0	g	0.089		0	0.121	0.724	
8:0	g	0.048		0	0.065	0.390	
10:0	g	0.104		0	0.141	0.846	
12:0	g	0.100		0	0.136	0.813	
14:0	g	0.561		0	0.763	4.561	
15.0	g						
16:0	g	2.781		0	3.782	22.610	
17:0	g						
18:0	g	1.255		0	1.707	10.203	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	5.026	0	6.835	40.861
14:1	g				
16:1	g	0.236	0	0.321	1.919
18:1	g	4.710	0	6.406	38.292
20:1	g				
22.1	g				
Polyunsaturated, total	g	2.266	0	3.082	18.423
18:2	g	2.081	0	2.830	16.919
18:3	g	0.147	0	0.200	1.195
18:4	g				
20:4	g	0.021	0	0.029	0.171
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	135	0	184	1098
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.122	0	0.166	0.992
Threonine	g	0.337	0	0.458	2.740
Isoleucine	g	0.478	0	0.650	3.886
Leucine	g	0.731	0	0.994	5.943
Lysine	g	0.575	0	0.782	4.675
Methionine	g	0.219	0	0.298	1.780
Cystine	g	0.105	0	0.143	0.854
Phenylalanine	g	0.422	0	0.574	3.431
Tyrosine	g	0.358	0	0.487	2.911
Valine	g	0.529	0	0.719	4.301
Arginine	g	0.392	0	0.533	3.187
Histidine	g	0.230	0	0.313	1.870
Alanine	g	0.336	0	0.457	2.732
Aspartic acid	g	0.603	0	0.820	4.902
Glutamic acid	g	1.602	0	2.179	13.024
Glycine	g	0.237	0	0.322	1.927
Proline	g	0.645	0	0.877	5.244
Serine	g	0.503	0	0.684	4.089
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
Measure 2: recipe yield

NDB No. 11659 Sweetpotato, cooked, candied, 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* 105g	Measure 2*	Measure 3*
Proximates:							
Water	g	66.94		0	70.29		
Energy	kcal	137		0	144		
Energy	kj	573		0	602		
Protein (N x 5.95)	g	0.87		0	0.91		
Total lipid (fat)	g	3.25		0	3.41		
Carbohydrate, by difference	g	27.86		0	29.25		
Fiber, total dietary	g	2.4		0	2.5		
Ash	g	1.08		0	1.13		
Sugars, total	g						
Minerals:							
Calcium	mg	26		0	27		
Iron	mg	1.13		0	1.19		
Magnesium	mg	11		0	12		
Phosphorus	mg	26		0	27		
Potassium	mg	189		0	198		
Sodium	mg	70		0	74		
Zinc	mg	0.15		0	0.16		
Copper	mg	0.102		0	0.107		
Manganese	mg	0.427		0	0.448		
Selenium	µg	0.8		0	0.8		
Vitamins:							
Ascorbic acid	mg	6.7		0	7.0		
Thiamin	mg	0.018		0	0.019		
Riboflavin	mg	0.042		0	0.044		
Niacin	mg	0.394		0	0.414		
Pantothenic acid	mg	0.271		0	0.285		
Vitamin B-6	mg	0.041		0	0.043		
Folate	µg	11		0	12		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	4189		0	4398		
Vitamin A, RE	µg	419		0	440		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	1.350		0	1.418		
4:0	g	0.069		0	0.072		
6.0	g	0.041		0	0.043		
8:0	g	0.024		0	0.025		
10:0	g	0.054		0	0.057		
12:0	g	0.060		0	0.063		
14:0	g	0.216		0	0.227		
15.0	g						
16:0	g	0.580		0	0.609		
17:0	g						
18:0	g	0.263		0	0.276		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.627	0	0.658
14:1	g			
16:1	g	0.048	0	0.050
18:1	g	0.547	0	0.574
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.147	0	0.154
18:2	g	0.076	0	0.080
18:3	g	0.074	0	0.078
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	8	0	8
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.011	0	0.012
Threonine	g	0.043	0	0.045
Isoleucine	g	0.044	0	0.046
Leucine	g	0.065	0	0.068
Lysine	g	0.044	0	0.046
Methionine	g	0.021	0	0.022
Cystine	g	0.007	0	0.007
Phenylalanine	g	0.052	0	0.055
Tyrosine	g	0.036	0	0.038
Valine	g	0.057	0	0.060
Arginine	g	0.040	0	0.042
Histidine	g	0.017	0	0.018
Alanine	g	0.047	0	0.049
Aspartic acid	g	0.146	0	0.153
Glutamic acid	g	0.089	0	0.093
Glycine	g	0.039	0	0.041
Proline	g	0.040	0	0.042
Serine	g	0.045	0	0.047
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

*** Common Measures:**

Measure 1: 1 piece (2-1/2" x 2" dia)

NDB No. 11660 Tomatoes, red, ripe, cooked, stewed

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 101g	Measure 2* 604g	Measure 3*
Proximates:							
Water	g	80.63		0	81.44	487.01	
Energy	kcal	79		0	80	477	
Energy	kj	331		0	334	1999	
Protein (N x 5.95)	g	1.96		0	1.98	11.84	
Total lipid (fat)	g	2.68		0	2.71	16.19	
Carbohydrate, by difference	g	13.05		0	13.18	78.82	
Fiber, total dietary	g	1.7		0	1.7	10.3	
Ash	g	1.68		0	1.70	10.15	
Sugars, total	g						
Minerals:							
Calcium	mg	26		0	26	157	
Iron	mg	1.06		0	1.07	6.40	
Magnesium	mg	15		0	15	91	
Phosphorus	mg	38		0	38	230	
Potassium	mg	247		0	249	1492	
Sodium	mg	455		0	460	2748	
Zinc	mg	0.18		0	0.18	1.09	
Copper	mg	0.095		0	0.096	0.574	
Manganese	mg	0.193		0	0.195	1.166	
Selenium	µg	1.2		0	1.2	7.2	
Vitamins:							
Ascorbic acid	mg	18.2		0	18.4	109.9	
Thiamin	mg	0.108		0	0.109	0.652	
Riboflavin	mg	0.080		0	0.081	0.483	
Niacin	mg	1.110		0	1.121	6.704	
Pantothenic acid	mg	0.256		0	0.259	1.546	
Vitamin B-6	mg	0.086		0	0.087	0.519	
Folate	µg	11		0	11	66	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	666		0	673	4023	
Vitamin A, RE	µg	67		0	68	405	
Vitamin E, α-TE	mg	1.270		0	1.283	7.671	
Lipids:							
Saturated, total	g	0.521		0	0.526	3.147	
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	0.007	0.042	
15.0	g						
16:0	g	0.327		0	0.330	1.975	
17:0	g						
18:0	g	0.186		0	0.188	1.123	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.048	0	1.058	6.330
14:1	g				
16:1	g	0.002	0	0.002	0.012
18:1	g	1.046	0	1.056	6.318
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.878	0	0.887	5.303
18:2	g	0.839	0	0.847	5.068
18:3	g	0.038	0	0.038	0.230
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	14	85
Amino acids:					
Tryptophan	g	0.019	0	0.019	0.115
Threonine	g	0.054	0	0.055	0.326
Isoleucine	g	0.064	0	0.065	0.387
Leucine	g	0.106	0	0.107	0.640
Lysine	g	0.062	0	0.063	0.374
Methionine	g	0.024	0	0.024	0.145
Cystine	g	0.029	0	0.029	0.175
Phenylalanine	g	0.075	0	0.076	0.453
Tyrosine	g	0.041	0	0.041	0.248
Valine	g	0.075	0	0.076	0.453
Arginine	g	0.067	0	0.068	0.405
Histidine	g	0.036	0	0.036	0.217
Alanine	g	0.063	0	0.064	0.381
Aspartic acid	g	0.174	0	0.176	1.051
Glutamic acid	g	0.643	0	0.649	3.884
Glycine	g	0.063	0	0.064	0.381
Proline	g	0.130	0	0.131	0.785
Serine	g	0.077	0	0.078	0.465
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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: recipe yield

NDB No. 11663 Seaweed, agar, dried

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1*	Measure 2*	Measure 3*
Proximates:							
Water	g	8.68	0.382	2			
Energy	kcal	306		0			
Energy	kj	1280		0			
Protein (N x 5.95)	g	6.21	2.228	2			
Total lipid (fat)	g	0.30		0			
Carbohydrate, by difference	g	80.89		0			
Fiber, total dietary	g	7.7		0			
Ash	g	3.93	0.725	2			
Sugars, total	g						
Minerals:							
Calcium	mg	625	65.000	2			
Iron	mg	21.40	12.403	2			
Magnesium	mg	770		0			
Phosphorus	mg	52	38.000	2			
Potassium	mg	1125		0			
Sodium	mg	102	71.614	3			
Zinc	mg	5.80		0			
Copper	mg	0.610		0			
Manganese	mg	4.300		0			
Selenium	µg	7.4		0			
Vitamins:							
Ascorbic acid	mg	0.0		0			
Thiamin	mg	0.010		0			
Riboflavin	mg	0.222		0			
Niacin	mg	0.202		0			
Pantothenic acid	mg	3.018		0			
Vitamin B-6	mg	0.303		0			
Folate	µg	580		0			
Vitamin B-12	µg	0.00		0			
Vitamin A	IU	0		0			
Vitamin A, RE	µg	0		0			
Vitamin E, α-TE	mg	5.000		0			
Lipids:							
Saturated, total	g	0.061		0			
4:0	g	0.000		0			
6.0	g	0.000		0			
8:0	g	0.000		0			
10:0	g	0.000		0			
12:0	g	0.000		0			
14:0	g	0.003		0			
15.0	g						
16:0	g	0.055		0			
17:0	g						
18:0	g	0.003		0			
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.027	0
14:1	g		
16:1	g	0.009	0
18:1	g	0.009	0
20:1	g	0.009	0
22.1	g	0.000	0
Polyunsaturated, total	g	0.102	0
18:2	g	0.004	0
18:3	g	0.001	0
18:4	g	0.000	0
20:4	g	0.010	0
20:5	g	0.087	0
22:5	g	0.000	0
22:6	g	0.000	0
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. 11666 Seaweed, spirulina, raw

Spirulina 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*	Measure 2*	Measure 3*
Proximates:							
Water	g	90.67	1.006	5			
Energy	kcal	26		0			
Energy	kj	109		0			
Protein (N x 5.95)	g	5.92	0.150	14			
Total lipid (fat)	g	0.39	0.088	10			
Carbohydrate, by difference	g	2.42		0			
Fiber, total dietary	g						
Ash	g	0.60	0.064	8			
Sugars, total	g						
Minerals:							
Calcium	mg	12		0			
Iron	mg	2.79		0			
Magnesium	mg	19		0			
Phosphorus	mg	11		0			
Potassium	mg	127	19.870	2			
Sodium	mg	98	3.451	2			
Zinc	mg	0.20		0			
Copper	mg	0.597		0			
Manganese	mg	0.186		0			
Selenium	µg	0.7		0			
Vitamins:							
Ascorbic acid	mg	0.9	0.010	4			
Thiamin	mg	0.222	0.095	4			
Riboflavin	mg	0.342	0.080	4			
Niacin	mg	1.196		0			
Pantothenic acid	mg	0.325		0			
Vitamin B-6	mg	0.034	0.205	4			
Folate	µg	9		0			
Vitamin B-12	µg	0.00		0			
Vitamin A	IU	56		0			
Vitamin A, RE	µg	6		0			
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.135		0			
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.004		0			
15.0	g						
16:0	g	0.127		0			
17:0	g						
18:0	g	0.004		0			
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.034	0
14:1	g		
16:1	g	0.017	0
18:1	g	0.018	0
20:1	g		
22.1	g		
Polyunsaturated, total	g	0.106	0
18:2	g	0.064	0
18:3	g	0.042	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	0.096	8
Threonine	g	0.306	9
Isoleucine	g	0.331	9
Leucine	g	0.509	9
Lysine	g	0.312	9
Methionine	g	0.118	9
Cystine	g	0.068	7
Phenylalanine	g	0.286	9
Tyrosine	g	0.266	9
Valine	g	0.362	8
Arginine	g	0.427	8
Histidine	g	0.112	8
Alanine	g	0.465	8
Aspartic acid	g	0.597	8
Glutamic acid	g	0.864	8
Glycine	g	0.319	8
Proline	g	0.245	8
Serine	g	0.309	8
Other:			
Caffeine	mg		
Theobromine	mg		
Alcohol	g		

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is 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. 11667 Seaweed, spirulina, dried

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 15g	Measure 2*	Measure 3*
Proximates:							
Water	g	4.68	0.050	2	0.70		
Energy	kcal	290		0	44		
Energy	kj	1213		0	182		
Protein (N x 5.95)	g	57.47	0.090	2	8.62		
Total lipid (fat)	g	7.72	0.110	2	1.16		
Carbohydrate, by difference	g	23.90		0	3.59		
Fiber, total dietary	g	3.6		0	0.5		
Ash	g	6.23	0.070	2	0.93		
Sugars, total	g						
Minerals:							
Calcium	mg	120		0	18		
Iron	mg	28.50	2.000	2	4.28		
Magnesium	mg	195	39.070	2	29		
Phosphorus	mg	118		0	18		
Potassium	mg	1363		0	204		
Sodium	mg	1048		0	157		
Zinc	mg	2.00		0	0.30		
Copper	mg	6.100		0	0.915		
Manganese	mg	1.900		0	0.285		
Selenium	µg	7.2		0	1.1		
Vitamins:							
Ascorbic acid	mg	10.1		0	1.5		
Thiamin	mg	2.380		0	0.357		
Riboflavin	mg	3.670		0	0.551		
Niacin	mg	12.820		0	1.923		
Pantothenic acid	mg	3.480		0	0.522		
Vitamin B-6	mg	0.364		0	0.055		
Folate	µg	94		0	14		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	570		0	86		
Vitamin A, RE	µg	57		0	9		
Vitamin E, α-TE	mg	5.000		0	0.750		
Lipids:							
Saturated, total	g	2.650		0	0.398		
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	0.075		0	0.011		
15.0	g						
16:0	g	2.496		0	0.374		
17:0	g						
18:0	g	0.077		0	0.012		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.675	0	0.101
14:1	g			
16:1	g	0.328	0	0.049
18:1	g	0.347	0	0.052
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	2.080	0	0.312
18:2	g	1.254	0	0.188
18:3	g	0.823	0	0.123
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	0.929	0	0.139
Threonine	g	2.970	0	0.446
Isoleucine	g	3.209	0	0.481
Leucine	g	4.947	0	0.742
Lysine	g	3.025	0	0.454
Methionine	g	1.149	0	0.172
Cystine	g	0.662	0	0.099
Phenylalanine	g	2.777	0	0.417
Tyrosine	g	2.584	0	0.388
Valine	g	3.512	0	0.527
Arginine	g	4.147	0	0.622
Histidine	g	1.085	0	0.163
Alanine	g	4.515	0	0.677
Aspartic acid	g	5.793	0	0.869
Glutamic acid	g	8.386	0	1.258
Glycine	g	3.099	0	0.465
Proline	g	2.382	0	0.357
Serine	g	2.998	0	0.450
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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. 11669 Seaweed, wakame, raw
Undaria spp.

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 10g	Measure 2*	Measure 3*
Proximates:							
Water	g	79.99	2.635	4	8.00		
Energy	kcal	45		0	5		
Energy	kj	188		0	19		
Protein (N x 5.95)	g	3.03	0.202	3	0.30		
Total lipid (fat)	g	0.64		0	0.06		
Carbohydrate, by difference	g	9.14		0	0.91		
Fiber, total dietary	g	0.5		0	0.1		
Ash	g	7.20	0.925	4	0.72		
Sugars, total	g						
Minerals:							
Calcium	mg	150	42.023	2	15		
Iron	mg	2.18	0.778	2	0.22		
Magnesium	mg	107		0	11		
Phosphorus	mg	80		0	8		
Potassium	mg	50		0	5		
Sodium	mg	872	348.172	2	87		
Zinc	mg	0.38		0	0.04		
Copper	mg	0.284	0.170	4	0.028		
Manganese	mg	1.400		0	0.140		
Selenium	µg	0.7		0	0.1		
Vitamins:							
Ascorbic acid	mg	3.0		0	0.3		
Thiamin	mg	0.060		0	0.006		
Riboflavin	mg	0.230		0	0.023		
Niacin	mg	1.600		0	0.160		
Pantothenic acid	mg	0.697		0	0.070		
Vitamin B-6	mg	0.002		0	0.000		
Folate	µg	196		0	20		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	360		0	36		
Vitamin A, RE	µg	36		0	4		
Vitamin E, α-TE	mg	1.000		0	0.100		
Lipids:							
Saturated, total	g	0.130		0	0.013		
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	0.007		0	0.001		
15.0	g						
16:0	g	0.117		0	0.012		
17:0	g						
18:0	g	0.006		0	0.001		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.058	0	0.006
14:1	g			
16:1	g	0.019	0	0.002
18:1	g	0.020	0	0.002
20:1	g	0.020	0	0.002
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.218	0	0.022
18:2	g	0.010	0	0.001
18:3	g	0.002	0	0.000
18:4	g	0.000	0	0.000
20:4	g	0.021	0	0.002
20:5	g	0.186	0	0.019
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	1	0.004
Threonine	g	0.165	1	0.017
Isoleucine	g	0.087	1	0.009
Leucine	g	0.257	1	0.026
Lysine	g	0.112	1	0.011
Methionine	g	0.063	1	0.006
Cystine	g	0.028	1	0.003
Phenylalanine	g	0.112	1	0.011
Tyrosine	g	0.049	1	0.005
Valine	g	0.209	1	0.021
Arginine	g	0.092	1	0.009
Histidine	g	0.015	1	0.002
Alanine	g	0.136	1	0.014
Aspartic acid	g	0.179	1	0.018
Glutamic acid	g	0.199	1	0.020
Glycine	g	0.112	1	0.011
Proline	g	0.092	1	0.009
Serine	g	0.078	1	0.008
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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. 11670 Peppers, hot chili, green, raw

Capsicum frutescens

Refuse: 27% Stem ends, seeds and core

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 45g	Measure 2* 75g	Measure 3*
Proximates:							
Water	g	87.74	1.215	5	39.48	65.81	
Energy	kcal	40		0	18	30	
Energy	kj	167		0	75	125	
Protein (N x 5.95)	g	2.00	0.000	2	0.90	1.50	
Total lipid (fat)	g	0.20		0	0.09	0.15	
Carbohydrate, by difference	g	9.46		0	4.26	7.10	
Fiber, total dietary	g	1.5		0	0.7	1.1	
Ash	g	0.60		0	0.27	0.45	
Sugars, total	g						
Minerals:							
Calcium	mg	18	0.500	2	8	14	
Iron	mg	1.20	0.200	2	0.54	0.90	
Magnesium	mg	25	2.000	2	11	19	
Phosphorus	mg	46	0.500	2	21	35	
Potassium	mg	340	80.000	2	153	255	
Sodium	mg	7	2.000	2	3	5	
Zinc	mg	0.30		0	0.14	0.23	
Copper	mg	0.174		0	0.078	0.130	
Manganese	mg	0.237		0	0.107	0.178	
Selenium	µg	0.5		0	0.2	0.4	
Vitamins:							
Ascorbic acid	mg	242.5	2.500	2	109.1	181.9	
Thiamin	mg	0.090	0.010	2	0.041	0.068	
Riboflavin	mg	0.090	0.010	2	0.041	0.068	
Niacin	mg	0.950	0.050	2	0.428	0.713	
Pantothenic acid	mg	0.061		0	0.027	0.046	
Vitamin B-6	mg	0.278		0	0.125	0.209	
Folate	µg	23	2.011	3	11	18	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	770		0	347	578	
Vitamin A, RE	µg	77		0	35	58	
Vitamin E, α-TE	mg	0.690		0	0.311	0.518	
Lipids:							
Saturated, total	g	0.021		0	0.009	0.016	
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	0.000	0.001	
15.0	g						
16:0	g	0.015		0	0.007	0.011	
17:0	g						
18:0	g	0.003		0	0.001	0.002	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.011	0	0.005	0.008
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.011	0	0.005	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	0.109	0	0.049	0.082
18:2	g	0.104	0	0.047	0.078
18:3	g	0.005	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	0.026	11	0.012	0.020
Threonine	g	0.074	7	0.033	0.056
Isoleucine	g	0.065	7	0.029	0.049
Leucine	g	0.105	7	0.047	0.079
Lysine	g	0.089	13	0.040	0.067
Methionine	g	0.024	13	0.011	0.018
Cystine	g	0.038	6	0.017	0.029
Phenylalanine	g	0.062	7	0.028	0.047
Tyrosine	g	0.042	7	0.019	0.032
Valine	g	0.084	7	0.038	0.063
Arginine	g	0.096	7	0.043	0.072
Histidine	g	0.041	7	0.018	0.031
Alanine	g	0.082	7	0.037	0.062
Aspartic acid	g	0.286	7	0.129	0.215
Glutamic acid	g	0.264	7	0.119	0.198
Glycine	g	0.074	7	0.033	0.056
Proline	g	0.087	7	0.039	0.065
Serine	g	0.080	7	0.036	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 pepper
Measure 2: 1/2 cup chopped or diced

NDB No. 11671 Potatoes, o'brien, 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* 194g	Measure 2* 1162g	Measure 3*
Proximates:							
Water	g	79.60		0	154.42	924.95	
Energy	kcal	81		0	157	941	
Energy	kj	339		0	658	3939	
Protein (N x 5.95)	g	2.35		0	4.56	27.31	
Total lipid (fat)	g	1.28		0	2.48	14.87	
Carbohydrate, by difference	g	15.47		0	30.01	179.76	
Fiber, total dietary	g						
Ash	g	1.29		0	2.50	14.99	
Sugars, total	g						
Minerals:							
Calcium	mg	36		0	70	418	
Iron	mg	0.47		0	0.91	5.46	
Magnesium	mg	18		0	35	209	
Phosphorus	mg	50		0	97	581	
Potassium	mg	266		0	516	3091	
Sodium	mg	217		0	421	2522	
Zinc	mg	0.30		0	0.58	3.49	
Copper	mg	0.129		0	0.250	1.499	
Manganese	mg	0.121		0	0.235	1.406	
Selenium	µg	1.2		0	2.3	13.9	
Vitamins:							
Ascorbic acid	mg	16.7		0	32.4	194.1	
Thiamin	mg	0.075		0	0.145	0.872	
Riboflavin	mg	0.056		0	0.109	0.651	
Niacin	mg	1.008		0	1.956	11.713	
Pantothenic acid	mg	0.436		0	0.846	5.066	
Vitamin B-6	mg	0.213		0	0.413	2.475	
Folate	µg	8		0	16	96	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	481		0	933	5589	
Vitamin A, RE	µg	57		0	111	662	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.797		0	1.546	9.261	
4:0	g	0.040		0	0.078	0.465	
6.0	g	0.021		0	0.041	0.244	
8:0	g	0.011		0	0.021	0.128	
10:0	g	0.025		0	0.049	0.290	
12:0	g	0.025		0	0.049	0.290	
14:0	g	0.125		0	0.243	1.452	
15.0	g						
16:0	g	0.365		0	0.708	4.241	
17:0	g						
18:0	g	0.152		0	0.295	1.766	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.347	0	0.673	4.032
14:1	g				
16:1	g	0.036	0	0.070	0.418
18:1	g	0.302	0	0.586	3.509
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.055	0	0.107	0.639
18:2	g	0.037	0	0.072	0.430
18:3	g	0.018	0	0.035	0.209
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	4	0	8	46
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.035	0	0.068	0.407
Threonine	g	0.089	0	0.173	1.034
Isoleucine	g	0.110	0	0.213	1.278
Leucine	g	0.169	0	0.328	1.964
Lysine	g	0.144	0	0.279	1.673
Methionine	g	0.043	0	0.083	0.500
Cystine	g	0.030	0	0.058	0.349
Phenylalanine	g	0.106	0	0.206	1.232
Tyrosine	g	0.092	0	0.178	1.069
Valine	g	0.133	0	0.258	1.545
Arginine	g	0.109	0	0.211	1.267
Histidine	g	0.054	0	0.105	0.627
Alanine	g	0.076	0	0.147	0.883
Aspartic acid	g	0.376	0	0.729	4.369
Glutamic acid	g	0.470	0	0.912	5.461
Glycine	g	0.067	0	0.130	0.779
Proline	g	0.150	0	0.291	1.743
Serine	g	0.112	0	0.217	1.301
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: recipe yield

NDB No. 11672 Potato pancakes, 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* 76g	Measure 2*	Measure 3*
Proximates:							
Water	g	47.26		0	35.92		
Energy	kcal	272		0	207		
Energy	kj	1138		0	865		
Protein (N x 5.95)	g	6.16		0	4.68		
Total lipid (fat)	g	15.24		0	11.58		
Carbohydrate, by difference	g	28.64		0	21.77		
Fiber, total dietary	g	2.0		0	1.5		
Ash	g	2.69		0	2.04		
Sugars, total	g						
Minerals:							
Calcium	mg	24		0	18		
Iron	mg	1.56		0	1.19		
Magnesium	mg	33		0	25		
Phosphorus	mg	111		0	84		
Potassium	mg	786		0	597		
Sodium	mg	508		0	386		
Zinc	mg	0.83		0	0.63		
Copper	mg	0.367		0	0.279		
Manganese	mg	0.410		0	0.312		
Selenium	µg	4.6		0	3.5		
Vitamins:							
Ascorbic acid	mg	22.0		0	16.7		
Thiamin	mg	0.135		0	0.103		
Riboflavin	mg	0.173		0	0.131		
Niacin	mg	2.143		0	1.629		
Pantothenic acid	mg	0.741		0	0.563		
Vitamin B-6	mg	0.379		0	0.288		
Folate	µg	16		0	12		
Vitamin B-12	µg	0.19		0	0.14		
Vitamin A	IU	143		0	109		
Vitamin A, RE	µg	14		0	11		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	3.044		0	2.313		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.001		0	0.001		
10:0	g	0.002		0	0.002		
12:0	g	0.005		0	0.004		
14:0	g	0.047		0	0.036		
15.0	g						
16:0	g	2.323		0	1.765		
17:0	g						
18:0	g	0.656		0	0.499		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	4.639	0	3.526
14:1	g			
16:1	g	0.094	0	0.071
18:1	g	4.536	0	3.447
20:1	g	0.006	0	0.005
22.1	g	0.001	0	0.001
Polyunsaturated, total	g	6.541	0	4.971
18:2	g	6.119	0	4.650
18:3	g	0.381	0	0.290
18:4	g	0.000	0	0.000
20:4	g	0.032	0	0.024
20:5	g	0.001	0	0.001
22:5	g	0.000	0	0.000
22:6	g	0.008	0	0.006
Cholesterol	mg	96	0	73
Phytosterols	mg	28	0	21
Amino acids:				
Tryptophan	g	0.085	0	0.065
Threonine	g	0.251	0	0.191
Isoleucine	g	0.286	0	0.217
Leucine	g	0.440	0	0.334
Lysine	g	0.388	0	0.295
Methionine	g	0.141	0	0.107
Cystine	g	0.112	0	0.085
Phenylalanine	g	0.298	0	0.226
Tyrosine	g	0.234	0	0.178
Valine	g	0.349	0	0.265
Arginine	g	0.334	0	0.254
Histidine	g	0.139	0	0.106
Alanine	g	0.260	0	0.198
Aspartic acid	g	0.991	0	0.753
Glutamic acid	g	0.995	0	0.756
Glycine	g	0.199	0	0.151
Proline	g	0.263	0	0.200
Serine	g	0.355	0	0.270
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

*** Common Measures:**

Measure 1: 1 pancake

NDB No. 11674 Potatoes, baked, flesh and 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* 202g	Measure 2*	Measure 3*
Proximates:							
Water	g	71.20	1.064	12	143.82		
Energy	kcal	109		0	220		
Energy	kj	456		0	921		
Protein (N x 5.95)	g	2.30	0.043	10	4.65		
Total lipid (fat)	g	0.10		0	0.20		
Carbohydrate, by difference	g	25.23		0	50.96		
Fiber, total dietary	g	2.4		0	4.8		
Ash	g	1.16	0.055	10	2.34		
Sugars, total	g						
Minerals:							
Calcium	mg	10	1.884	12	20		
Iron	mg	1.36	0.293	12	2.75		
Magnesium	mg	27	1.590	12	55		
Phosphorus	mg	57	3.174	12	115		
Potassium	mg	418	16.382	12	844		
Sodium	mg	8	0.766	12	16		
Zinc	mg	0.32	0.027	12	0.65		
Copper	mg	0.305	0.038	12	0.616		
Manganese	mg	0.229	0.019	12	0.463		
Selenium	µg	0.8	0.256	10	1.6		
Vitamins:							
Ascorbic acid	mg	12.9	0.525	6	26.1		
Thiamin	mg	0.107	0.006	12	0.216		
Riboflavin	mg	0.033	0.001	12	0.067		
Niacin	mg	1.645	0.087	11	3.323		
Pantothenic acid	mg	0.555		1	1.121		
Vitamin B-6	mg	0.347	0.011	12	0.701		
Folate	µg	11	0.548	12	22		
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	0.050		0	0.101		
Lipids:							
Saturated, total	g	0.026		0	0.053		
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	0.003		0	0.006		
14:0	g	0.001		0	0.002		
15.0	g						
16:0	g	0.016		0	0.032		
17:0	g						
18:0	g	0.004		0	0.008		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.002	0	0.004
14:1	g			
16:1	g	0.001	0	0.002
18:1	g	0.001	0	0.002
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.043	0	0.087
18:2	g	0.032	0	0.065
18:3	g	0.010	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	0.036	0	0.073
Threonine	g	0.084	0	0.170
Isoleucine	g	0.093	0	0.188
Leucine	g	0.138	0	0.279
Lysine	g	0.140	0	0.283
Methionine	g	0.036	0	0.073
Cystine	g	0.029	0	0.059
Phenylalanine	g	0.102	0	0.206
Tyrosine	g	0.085	0	0.172
Valine	g	0.130	0	0.263
Arginine	g	0.106	0	0.214
Histidine	g	0.050	0	0.101
Alanine	g	0.071	0	0.143
Aspartic acid	g	0.563	0	1.137
Glutamic acid	g	0.386	0	0.780
Glycine	g	0.068	0	0.137
Proline	g	0.083	0	0.168
Serine	g	0.100	0	0.202
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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, (2-1/3" x 4-3/4")

NDB No. 11675 Potatoes, microwaved, cooked in skin, flesh and 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* 202g	Measure 2*	Measure 3*
Proximates:							
Water	g	72.04	1.061	10	145.52		
Energy	kcal	105		0	212		
Energy	kj	439		0	887		
Protein (N x 5.95)	g	2.44	0.120	6	4.93		
Total lipid (fat)	g	0.10		0	0.20		
Carbohydrate, by difference	g	24.13		0	48.74		
Fiber, total dietary	g	2.3		0	4.6		
Ash	g	1.18	0.077	6	2.38		
Sugars, total	g						
Minerals:							
Calcium	mg	11	3.037	10	22		
Iron	mg	1.24	0.089	10	2.50		
Magnesium	mg	27	1.825	10	55		
Phosphorus	mg	105	44.634	10	212		
Potassium	mg	447	19.494	10	903		
Sodium	mg	8	1.513	10	16		
Zinc	mg	0.36	0.033	10	0.73		
Copper	mg	0.334	0.036	10	0.675		
Manganese	mg	0.292	0.029	10	0.590		
Selenium	µg	0.4		0	0.8		
Vitamins:							
Ascorbic acid	mg	15.1		3	30.5		
Thiamin	mg	0.120	0.006	10	0.242		
Riboflavin	mg	0.032	0.001	10	0.065		
Niacin	mg	1.714	0.107	10	3.462		
Pantothenic acid	mg	0.454		0	0.917		
Vitamin B-6	mg	0.344	0.022	10	0.695		
Folate	µg	12	0.559	10	24		
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	0.053		
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.001		0	0.002		
12:0	g	0.003		0	0.006		
14:0	g	0.001		0	0.002		
15.0	g						
16:0	g	0.016		0	0.032		
17:0	g						
18:0	g	0.004		0	0.008		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.002	0	0.004
14:1	g			
16:1	g	0.001	0	0.002
18:1	g	0.001	0	0.002
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.043	0	0.087
18:2	g	0.032	0	0.065
18:3	g	0.010	0	0.020
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	0.038	0	0.077
Threonine	g	0.089	0	0.180
Isoleucine	g	0.099	0	0.200
Leucine	g	0.147	0	0.297
Lysine	g	0.149	0	0.301
Methionine	g	0.039	0	0.079
Cystine	g	0.031	0	0.063
Phenylalanine	g	0.109	0	0.220
Tyrosine	g	0.091	0	0.184
Valine	g	0.138	0	0.279
Arginine	g	0.113	0	0.228
Histidine	g	0.054	0	0.109
Alanine	g	0.075	0	0.152
Aspartic acid	g	0.598	0	1.208
Glutamic acid	g	0.410	0	0.828
Glycine	g	0.073	0	0.147
Proline	g	0.088	0	0.178
Serine	g	0.106	0	0.214
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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, (2-1/2" dia, sphere)

NDB No. 11676 Radish seeds, sprouted, raw

Raphanus sativus

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	90.07	2.968	3	34.23		
Energy	kcal	43		0	16		
Energy	kj	180		0	68		
Protein (N x 5.95)	g	3.81	0.920	3	1.45		
Total lipid (fat)	g	2.53	1.566	3	0.96		
Carbohydrate, by difference	g	3.60		0	1.37		
Fiber, total dietary	g						
Ash	g	0.53	0.127	3	0.20		
Sugars, total	g						
Minerals:							
Calcium	mg	51	9.435	3	19		
Iron	mg	0.86	0.211	3	0.33		
Magnesium	mg	44	6.778	3	17		
Phosphorus	mg	113	10.808	3	43		
Potassium	mg	86	16.619	3	33		
Sodium	mg	6	1.426	3	2		
Zinc	mg	0.56	0.159	3	0.21		
Copper	mg	0.120	0.035	3	0.046		
Manganese	mg	0.260	0.036	3	0.099		
Selenium	µg	0.6		0	0.2		
Vitamins:							
Ascorbic acid	mg	28.9	3.205	3	11.0		
Thiamin	mg	0.102	0.005	3	0.039		
Riboflavin	mg	0.103	0.009	3	0.039		
Niacin	mg	2.853	0.390	3	1.084		
Pantothenic acid	mg	0.733	0.088	3	0.279		
Vitamin B-6	mg	0.285	0.057	3	0.108		
Folate	µg	95	11.465	3	36		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	391	73.877	3	149		
Vitamin A, RE	µg	39	7.388	3	15		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.767		0	0.291		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.003		0	0.001		
15.0	g						
16:0	g	0.663		0	0.252		
17:0	g						
18:0	g	0.095		0	0.036		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.419	0	0.159
14:1	g			
16:1	g	0.007	0	0.003
18:1	g	0.409	0	0.155
20:1	g			
22.1	g			
Polyunsaturated, total	g	1.141	0	0.434
18:2	g	0.410	0	0.156
18:3	g	0.722	0	0.274
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. 11677 Shallots, raw

Allium ascalonicum

Refuse: 12% Skins

Nutrients 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	79.80		0	7.98		
Energy	kcal	72		0	7		
Energy	kj	301		0	30		
Protein (N x 5.95)	g	2.50		0	0.25		
Total lipid (fat)	g	0.10		0	0.01		
Carbohydrate, by difference	g	16.80		0	1.68		
Fiber, total dietary	g						
Ash	g	0.80		0	0.08		
Sugars, total	g						
Minerals:							
Calcium	mg	37		0	4		
Iron	mg	1.20		0	0.12		
Magnesium	mg	21		0	2		
Phosphorus	mg	60		0	6		
Potassium	mg	334		0	33		
Sodium	mg	12		0	1		
Zinc	mg	0.40		0	0.04		
Copper	mg	0.088		0	0.009		
Manganese	mg	0.292		0	0.029		
Selenium	µg	1.2		0	0.1		
Vitamins:							
Ascorbic acid	mg	8.0		0	0.8		
Thiamin	mg	0.060		0	0.006		
Riboflavin	mg	0.020		0	0.002		
Niacin	mg	0.200		0	0.020		
Pantothenic acid	mg	0.290		0	0.029		
Vitamin B-6	mg	0.345		0	0.034		
Folate	µg	34		0	3		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	1190		0	119		
Vitamin A, RE	µg	119		0	12		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.017		0	0.002		
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	0.015		0	0.002		
17:0	g						
18:0	g	0.001		0	0.000		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.014	0	0.001
14:1	g			
16:1	g			
18:1	g	0.014	0	0.001
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.039	0	0.004
18:2	g	0.037	0	0.004
18:3	g	0.002	0	0.000
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	0	0
Phytosterols	mg	5	0	1
Amino acids:				
Tryptophan	g	0.028	0	0.003
Threonine	g	0.098	0	0.010
Isoleucine	g	0.106	0	0.011
Leucine	g	0.149	0	0.015
Lysine	g	0.125	0	0.013
Methionine	g	0.027	0	0.003
Cystine	g			
Phenylalanine	g	0.081	0	0.008
Tyrosine	g	0.072	0	0.007
Valine	g	0.110	0	0.011
Arginine	g	0.181	0	0.018
Histidine	g	0.043	0	0.004
Alanine	g	0.113	0	0.011
Aspartic acid	g	0.231	0	0.023
Glutamic acid	g	0.517	0	0.052
Glycine	g	0.124	0	0.012
Proline	g	0.165	0	0.017
Serine	g	0.113	0	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 tablespoon, chopped

NDB No. 11693 Tomatoes, crushed, 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*	Measure 2*	Measure 3*
Proximates:							
Water	g	89.44	0.316	31			
Energy	kcal	32		0			
Energy	kj	134		0			
Protein (N x 5.95)	g	1.64	0.083	31			
Total lipid (fat)	g	0.28	0.030	31			
Carbohydrate, by difference	g	7.29		0			
Fiber, total dietary	g	1.9		0			
Ash	g	1.35	0.061	31			
Sugars, total	g						
Minerals:							
Calcium	mg	34	3.889	31			
Iron	mg	1.30	0.171	31			
Magnesium	mg	20		0			
Phosphorus	mg	32		0			
Potassium	mg	293	21.062	12			
Sodium	mg	132	12.382	27			
Zinc	mg	0.27		0			
Copper	mg	0.183		0			
Manganese	mg	0.183		0			
Selenium	µg	0.6		0			
Vitamins:							
Ascorbic acid	mg	9.2	0.948	33			
Thiamin	mg	0.075		0			
Riboflavin	mg	0.052		0			
Niacin	mg	1.222		0			
Pantothenic acid	mg	0.278		0			
Vitamin B-6	mg	0.150		0			
Folate	µg	13		0			
Vitamin B-12	µg	0.00		0			
Vitamin A	IU	699	71.921	33			
Vitamin A, RE	µg	70		0			
Vitamin E, α-TE	mg	0.532		0			
Lipids:							
Saturated, total	g	0.040		0			
4:0	g	0.000		0			
6.0	g	0.000		0			
8:0	g	0.000		0			
10:0	g	0.000		0			
12:0	g	0.000		0			
14:0	g	0.000		0			
15.0	g						
16:0	g	0.027		0			
17:0	g						
18:0	g	0.010		0			
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.043	0
14:1	g		
16:1	g	0.001	0
18:1	g	0.041	0
20:1	g	0.000	0
22.1	g	0.000	0
Polyunsaturated, total	g	0.113	0
18:2	g	0.108	0
18:3	g	0.005	0
18:4	g	0.000	0
20:4	g	0.000	0
20:5	g	0.000	0
22:5	g	0.000	0
22:6	g	0.000	0
Cholesterol	mg	0	0
Phytosterols	mg		
Amino acids:			
Tryptophan	g	0.012	0
Threonine	g	0.040	0
Isoleucine	g	0.037	0
Leucine	g	0.057	0
Lysine	g	0.057	0
Methionine	g	0.013	0
Cystine	g	0.020	0
Phenylalanine	g	0.040	0
Tyrosine	g	0.027	0
Valine	g	0.040	0
Arginine	g	0.038	0
Histidine	g	0.023	0
Alanine	g	0.045	0
Aspartic acid	g	0.215	0
Glutamic acid	g	0.570	0
Glycine	g	0.038	0
Proline	g	0.030	0
Serine	g	0.042	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. 11695 Tomatoes, orange, 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* 158g	Measure 2* 111g	Measure 3*
Proximates:							
Water	g	94.78	0.078	2	149.75	105.21	
Energy	kcal	16		0	25	18	
Energy	kj	67		0	106	74	
Protein (N x 5.95)	g	1.16	0.064	2	1.83	1.29	
Total lipid (fat)	g	0.19	0.002	2	0.30	0.21	
Carbohydrate, by difference	g	3.18		0	5.02	3.53	
Fiber, total dietary	g	0.9	0.028	2	1.4	1.0	
Ash	g	0.69	0.070	2	1.09	0.77	
Sugars, total	g						
Minerals:							
Calcium	mg	5	0.354	2	8	6	
Iron	mg	0.47	0.064	2	0.74	0.52	
Magnesium	mg	8	0.283	2	13	9	
Phosphorus	mg	29	0.283	2	46	32	
Potassium	mg	212	14.177	2	335	235	
Sodium	mg	42	6.258	2	66	47	
Zinc	mg	0.14	0.025	2	0.22	0.16	
Copper	mg	0.062		0	0.098	0.069	
Manganese	mg	0.088		0	0.139	0.098	
Selenium	µg	0.4		0	0.6	0.4	
Vitamins:							
Ascorbic acid	mg	16.0	0.308	2	25.3	17.8	
Thiamin	mg	0.046	0.005	2	0.073	0.051	
Riboflavin	mg	0.034	0.001	2	0.054	0.038	
Niacin	mg	0.593	0.018	2	0.937	0.658	
Pantothenic acid	mg	0.186	0.016	2	0.294	0.206	
Vitamin B-6	mg	0.060	0.002	2	0.095	0.067	
Folate	µg	29	0.849	2	46	32	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	1496	188.120	2	2364	1661	
Vitamin A, RE	µg	150		2	237	167	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.025		0	0.040	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	0.019		0	0.030	0.021	
17:0	g						
18:0	g	0.007		0	0.011	0.008	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.028	0	0.044	0.031
14:1	g				
16:1	g	0.001	0	0.002	0.001
18:1	g	0.028	0	0.044	0.031
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.076	0	0.120	0.084
18:2	g	0.073	0	0.115	0.081
18:3	g	0.003	0	0.005	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	4	0	6	4
Amino acids:					
Tryptophan	g	0.008	0	0.013	0.009
Threonine	g	0.029	0	0.046	0.032
Isoleucine	g	0.027	0	0.043	0.030
Leucine	g	0.042	0	0.066	0.047
Lysine	g	0.042	0	0.066	0.047
Methionine	g	0.010	0	0.016	0.011
Cystine	g	0.015	0	0.024	0.017
Phenylalanine	g	0.030	0	0.047	0.033
Tyrosine	g	0.020	0	0.032	0.022
Valine	g	0.030	0	0.047	0.033
Arginine	g	0.029	0	0.046	0.032
Histidine	g	0.018	0	0.028	0.020
Alanine	g	0.033	0	0.052	0.037
Aspartic acid	g	0.161	0	0.254	0.179
Glutamic acid	g	0.427	0	0.675	0.474
Glycine	g	0.029	0	0.046	0.032
Proline	g	0.022	0	0.035	0.024
Serine	g	0.031	0	0.049	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, chopped
Measure 2: 1 tomato

NDB No. 11696 Tomatoes, yellow, 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* 139g	Measure 2* 212g	Measure 3*
Proximates:							
Water	g	95.28	0.064	2	132.44	201.99	
Energy	kcal	15		0	21	32	
Energy	kj	63		0	88	134	
Protein (N x 5.95)	g	0.98	0.186	2	1.36	2.08	
Total lipid (fat)	g	0.26	0.108	2	0.36	0.55	
Carbohydrate, by difference	g	2.98		0	4.14	6.32	
Fiber, total dietary	g	0.7		1	1.0	1.5	
Ash	g	0.50	0.166	2	0.70	1.06	
Sugars, total	g						
Minerals:							
Calcium	mg	11	1.945	2	15	23	
Iron	mg	0.49	0.063	2	0.68	1.04	
Magnesium	mg	12	1.308	2	17	25	
Phosphorus	mg	36	7.142	2	50	76	
Potassium	mg	258	20.966	2	359	547	
Sodium	mg	23	7.142	2	32	49	
Zinc	mg	0.28	0.112	2	0.39	0.59	
Copper	mg	0.101		1	0.140	0.214	
Manganese	mg	0.120	0.004	2	0.167	0.254	
Selenium	µg	0.4		0	0.6	0.8	
Vitamins:							
Ascorbic acid	mg	9.0	3.543	2	12.5	19.1	
Thiamin	mg	0.041	0.002	2	0.057	0.087	
Riboflavin	mg	0.047	0.011	2	0.065	0.100	
Niacin	mg	1.179	0.141	2	1.639	2.499	
Pantothenic acid	mg	0.110	0.017	2	0.153	0.233	
Vitamin B-6	mg	0.056	0.015	2	0.078	0.119	
Folate	µg	30	9.475	2	42	64	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	0		2	0	0	
Vitamin A, RE	µg	0		2	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.036		0	0.050	0.076	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g	0.027		0	0.038	0.057	
17:0	g						
18:0	g	0.010		0	0.014	0.021	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.040	0	0.056	0.085
14:1	g				
16:1	g	0.002	0	0.003	0.004
18:1	g	0.039	0	0.054	0.083
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.108	0	0.150	0.229
18:2	g	0.104	0	0.145	0.220
18:3	g	0.004	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	6	0	8	13
Amino acids:					
Tryptophan	g	0.007	0	0.010	0.015
Threonine	g	0.024	0	0.033	0.051
Isoleucine	g	0.023	0	0.032	0.049
Leucine	g	0.036	0	0.050	0.076
Lysine	g	0.036	0	0.050	0.076
Methionine	g	0.008	0	0.011	0.017
Cystine	g	0.013	0	0.018	0.028
Phenylalanine	g	0.025	0	0.035	0.053
Tyrosine	g	0.017	0	0.024	0.036
Valine	g	0.025	0	0.035	0.053
Arginine	g	0.024	0	0.033	0.051
Histidine	g	0.015	0	0.021	0.032
Alanine	g	0.028	0	0.039	0.059
Aspartic acid	g	0.135	0	0.188	0.286
Glutamic acid	g	0.359	0	0.499	0.761
Glycine	g	0.024	0	0.033	0.051
Proline	g	0.018	0	0.025	0.038
Serine	g	0.026	0	0.036	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, chopped
Measure 2: 1 tomato

NDB No. 11697 Arrowroot, raw

Maranta arundinacea

Refuse: 15% Peel

Nutrients 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* 33g	Measure 3*
Proximates:							
Water	g	80.75	0.037	2	96.90	26.65	
Energy	kcal	65		0	78	21	
Energy	kj	272		0	326	90	
Protein (N x 5.95)	g	4.24	0.172	2	5.09	1.40	
Total lipid (fat)	g	0.20	0.021	2	0.24	0.07	
Carbohydrate, by difference	g	13.38		0	16.06	4.42	
Fiber, total dietary	g	1.3	0.163	2	1.6	0.4	
Ash	g	1.42	0.152	2	1.70	0.47	
Sugars, total	g						
Minerals:							
Calcium	mg	6	0.566	2	7	2	
Iron	mg	2.22	0.104	2	2.66	0.73	
Magnesium	mg	25	1.273	2	30	8	
Phosphorus	mg	98	3.889	2	118	32	
Potassium	mg	454	15.415	2	545	150	
Sodium	mg	26	11.950	2	31	9	
Zinc	mg	0.63	0.087	2	0.76	0.21	
Copper	mg	0.121	0.007	2	0.145	0.040	
Manganese	mg	0.174	0.017	2	0.209	0.057	
Selenium	µg	0.7		0	0.8	0.2	
Vitamins:							
Ascorbic acid	mg	1.9		1	2.3	0.6	
Thiamin	mg	0.143	0.025	2	0.172	0.047	
Riboflavin	mg	0.059	0.005	2	0.071	0.019	
Niacin	mg	1.693	0.045	2	2.032	0.559	
Pantothenic acid	mg	0.292	0.046	2	0.350	0.096	
Vitamin B-6	mg	0.266	0.039	2	0.319	0.088	
Folate	µg	338	6.541	2	406	112	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	19	5.918	2	23	6	
Vitamin A, RE	µg	2		2	2	1	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.039		0	0.047	0.013	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.002		0	0.002	0.001	
15.0	g						
16:0	g	0.035		0	0.042	0.012	
17:0	g						
18:0	g	0.002		0	0.002	0.001	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.004	0	0.005	0.001
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.004	0	0.005	0.001
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.092	0	0.110	0.030
18:2	g	0.074	0	0.089	0.024
18:3	g	0.018	0	0.022	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, sliced
Measure 2: 1 root

NDB No. 11698 Chrysanthemum leaves, raw

Chrysanthemum coronarium

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* 51g	Measure 2* 18g	Measure 3*
Proximates:							
Water	g	91.40	0.279	2	46.61	16.45	
Energy	kcal	24		0	12	4	
Energy	kj	100		0	51	18	
Protein (N x 5.95)	g	3.36	0.309	2	1.71	0.60	
Total lipid (fat)	g	0.56	0.056	2	0.29	0.10	
Carbohydrate, by difference	g	3.01		0	1.54	0.54	
Fiber, total dietary	g	3.0	0.007	2	1.5	0.5	
Ash	g	1.67	0.010	2	0.85	0.30	
Sugars, total	g						
Minerals:							
Calcium	mg	117	14.142	2	60	21	
Iron	mg	2.30	0.508	2	1.17	0.41	
Magnesium	mg	32	3.288	2	16	6	
Phosphorus	mg	54	2.722	2	28	10	
Potassium	mg	567	58.725	2	289	102	
Sodium	mg	118	3.394	2	60	21	
Zinc	mg	0.71	0.117	2	0.36	0.13	
Copper	mg	0.137		1	0.070	0.025	
Manganese	mg	0.943	0.346	2	0.481	0.170	
Selenium	µg	0.3		0	0.2	0.1	
Vitamins:							
Ascorbic acid	mg	1.4		1	0.7	0.3	
Thiamin	mg	0.130	0.013	2	0.066	0.023	
Riboflavin	mg	0.144	0.020	2	0.073	0.026	
Niacin	mg	0.531	0.114	2	0.271	0.096	
Pantothenic acid	mg	0.221	0.015	2	0.113	0.040	
Vitamin B-6	mg	0.176	0.011	2	0.090	0.032	
Folate	µg	177	53.775	2	90	32	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	1870	473.615	2	954	337	
Vitamin A, RE	µg	187		2	95	34	
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: 1 leaf

NDB No. 11700 Amaranth leaves, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	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	257		0	339		
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. 11701 Arrowhead, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	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	254		0	30		
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 corm

NDB No. 11702 Artichokes, (globe or french), cooked, boiled, drained, with salt

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

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	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	331		0	397	278	
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						
Lipids:							
Saturated, total	g	0.037		0	0.044	0.031	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
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				
18:1	g	0.005	0	0.006	0.004
20:1	g				
22.1	g				
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				
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 medium artichoke
Measure 2: 1/2 cup hearts

NDB No. 11703 Artichokes, (globe or french), frozen, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	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	289		0	486	694	231
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						
Lipids:							
Saturated, total	g	0.117		0	0.197	0.281	0.094
4:0	g						
6.0	g						
8:0	g						
10:0	g						
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					
18:1	g	0.015	0	0.025	0.036	0.012
20:1	g					
22.1	g					
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					
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					
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. 11705 Asparagus, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	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	2.1		0	1.9	1.3	
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	240		0	216	144	
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						
Lipids:							
Saturated, total	g	0.071		0	0.064	0.043	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
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				
22.1	g				
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				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
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. 11707 Asparagus, canned, no salt added, solids and liquids

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	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	0.020	5	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	26	6.065	6	32	107	
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	0.126		0	0.154	0.518	
Lipids:							
Saturated, total	g	0.044		0	0.054	0.181	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
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				
22.1	g				
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				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.018	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. 11709 Asparagus, frozen, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	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	240		0	432	703	144
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						
Lipids:							
Saturated, total	g	0.095		0	0.171	0.278	0.057
4:0	g						
6.0	g						
8:0	g						
10:0	g						
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					
22.1	g					
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					
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	0.029	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. 11710 Balsam-pear (bitter gourd), leafy tips, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	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	249		0	144		
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						
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. 11711 Balsam-pear (bitter gourd), pods, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 124g	Measure 2*	Measure 3*
Proximates:							
Water	g	93.95		1	116.50		
Energy	kcal	19		0	24		
Energy	kj	79		0	98		
Protein (N x 5.95)	g	0.84		1	1.04		
Total lipid (fat)	g	0.18		1	0.22		
Carbohydrate, by difference	g	4.32		0	5.36		
Fiber, total dietary	g	2.0		0	2.5		
Ash	g	0.71		1	0.88		
Sugars, total	g						
Minerals:							
Calcium	mg	9		1	11		
Iron	mg	0.38		1	0.47		
Magnesium	mg	16		1	20		
Phosphorus	mg	36		1	45		
Potassium	mg	319		1	396		
Sodium	mg	242		0	300		
Zinc	mg	0.77		0	0.95		
Copper	mg	0.033		0	0.041		
Manganese	mg	0.086		0	0.107		
Selenium	µg	0.2		0	0.2		
Vitamins:							
Ascorbic acid	mg	33.0		0	40.9		
Thiamin	mg	0.051		0	0.063		
Riboflavin	mg	0.053		0	0.066		
Niacin	mg	0.280		0	0.347		
Pantothenic acid	mg	0.193		0	0.239		
Vitamin B-6	mg	0.041		0	0.051		
Folate	µg	51		0	63		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	113		0	140		
Vitamin A, RE	µg	11		0	14		
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, (1/2" pieces)

NDB No. 11712 Bamboo shoots, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	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	240		0	288	346	
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. 11713 Beans, kidney, mature seeds, sprouted, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	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	243		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. 11714 Lima beans, immature seeds, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	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	253		0	430		
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						
Lipids:							
Saturated, total	g	0.073		0	0.124		
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	0.064		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			
18:1	g	0.019	0	0.032
20:1	g			
22.1	g			
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			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
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. 11715 Lima beans, immature seeds, canned, no salt added, solids and liquids

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	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	4	1.263	4	5	18	
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	8.7	0.261	145	10.8	39.5	
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	0.000		0	0.000	0.000	
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. 11716 Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	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	265		0	824	239	
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						
Lipids:							
Saturated, total	g	0.068		0	0.211	0.061	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
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				
18:1	g	0.017	0	0.053	0.015
20:1	g				
22.1	g				
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				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.087	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. 11717 Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	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	289		0	899	246	
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						
Lipids:							
Saturated, total	g	0.077		0	0.239	0.065	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
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				
18:1	g	0.020	0	0.062	0.017
20:1	g				
22.1	g				
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				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.080	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. 11718 Mung beans, mature seeds, sprouted, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	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	246		0	305		
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. 11719 Beans, navy, mature seeds, sprouted, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	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	250		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. 11720 Beans, pinto, immature seeds, frozen, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	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	319		0	906	300	
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. 11721 Beans, pinto, mature seeds, sprouted, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1*	Measure 2*	Measure 3*
Proximates:							
Water	g	93.39		0			
Energy	kcal	22		0			
Energy	kj	92		0			
Protein (N x 5.95)	g	1.86		0			
Total lipid (fat)	g	0.32		0			
Carbohydrate, by difference	g	4.10		0			
Fiber, total dietary	g						
Ash	g	0.34		0			
Sugars, total	g						
Minerals:							
Calcium	mg	15		0			
Iron	mg	0.66		0			
Magnesium	mg	18		0			
Phosphorus	mg	30		0			
Potassium	mg	98		0			
Sodium	mg	287		0			
Zinc	mg	0.17		0			
Copper	mg	0.107		0			
Manganese	mg	0.123		0			
Selenium	µg	0.6		0			
Vitamins:							
Ascorbic acid	mg	6.1		0			
Thiamin	mg	0.067		0			
Riboflavin	mg	0.059		0			
Niacin	mg	0.725		0			
Pantothenic acid	mg	0.235		0			
Vitamin B-6	mg	0.054		0			
Folate	µg	29		0			
Vitamin B-12	µg	0.00		0			
Vitamin A	IU	1		0			
Vitamin A, RE	µg	0		0			
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.039		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	0.034		0			
17:0	g						
18:0	g	0.004		0			
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.024	0
14:1	g		
16:1	g		
18:1	g	0.024	0
20:1	g		
22.1	g		
Polyunsaturated, total	g	0.185	0
18:2	g	0.067	0
18:3	g	0.118	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	0.019	0
Threonine	g	0.078	0
Isoleucine	g	0.082	0
Leucine	g	0.133	0
Lysine	g	0.106	0
Methionine	g	0.019	0
Cystine	g	0.021	0
Phenylalanine	g	0.094	0
Tyrosine	g	0.064	0
Valine	g	0.095	0
Arginine	g	0.101	0
Histidine	g	0.052	0
Alanine	g	0.077	0
Aspartic acid	g	0.241	0
Glutamic acid	g	0.226	0
Glycine	g	0.064	0
Proline	g	0.075	0
Serine	g	0.099	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. 11722 Beans, snap, yellow, raw

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*	Measure 3*
Proximates:							
Water	g	90.27	0.280	161	99.30		
Energy	kcal	31		0	34		
Energy	kj	130		0	143		
Protein (N x 5.95)	g	1.82	0.050	100	2.00		
Total lipid (fat)	g	0.12	0.033	10	0.13		
Carbohydrate, by difference	g	7.14		0	7.85		
Fiber, total dietary	g	3.4		0	3.7		
Ash	g	0.66	0.019	140	0.73		
Sugars, total	g						
Minerals:							
Calcium	mg	37	1.405	149	41		
Iron	mg	1.04	0.079	151	1.14		
Magnesium	mg	25	0.647	147	28		
Phosphorus	mg	38	0.807	136	42		
Potassium	mg	209	4.557	150	230		
Sodium	mg	6	0.177	150	7		
Zinc	mg	0.24	0.022	148	0.26		
Copper	mg	0.069	0.004	157	0.076		
Manganese	mg	0.214	0.008	146	0.235		
Selenium	µg	0.6		1	0.7		
Vitamins:							
Ascorbic acid	mg	16.3	1.289	5	17.9		
Thiamin	mg	0.084	0.002	98	0.092		
Riboflavin	mg	0.105	0.003	98	0.116		
Niacin	mg	0.752		8	0.827		
Pantothenic acid	mg	0.094		0	0.103		
Vitamin B-6	mg	0.074		0	0.081		
Folate	µg	37	3.519	6	40		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	108		0	119		
Vitamin A, RE	µg	11		0	12		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.026		0	0.029		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.000		1	0.000		
15.0	g						
16:0	g	0.022		2	0.024		
17:0	g						
18:0	g	0.004		2	0.004		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.005	0	0.006
14:1	g			
16:1	g	0.000	1	0.000
18:1	g	0.004	2	0.004
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.059	0	0.065
18:2	g	0.023	2	0.025
18:3	g	0.036	2	0.040
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	0.019	3	0.021
Threonine	g	0.079	94	0.087
Isoleucine	g	0.066	94	0.073
Leucine	g	0.112	94	0.123
Lysine	g	0.088	94	0.097
Methionine	g	0.022	15	0.024
Cystine	g	0.018	15	0.020
Phenylalanine	g	0.067	94	0.074
Tyrosine	g	0.042	94	0.046
Valine	g	0.090	94	0.099
Arginine	g	0.073	94	0.080
Histidine	g	0.034	94	0.037
Alanine	g	0.084	94	0.092
Aspartic acid	g	0.255	94	0.281
Glutamic acid	g	0.187	94	0.206
Glycine	g	0.065	94	0.072
Proline	g	0.068	94	0.075
Serine	g	0.099	94	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. 11723 Beans, snap, green, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	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	239		0	299		
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						
Lipids:							
Saturated, total	g	0.064		0	0.080		
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	0.053		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			
22.1	g			
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			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
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. 11724 Beans, snap, yellow, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	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	3.3		0	4.1		
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	81		0	101		
Vitamin A, RE	µg	8		0	10		
Vitamin E, α-TE	mg	0.290		0	0.363		
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. 11725 Beans, snap, yellow, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	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	3.3		0	4.1		
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	239		0	299		
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	81		0	101		
Vitamin A, RE	µg	8		0	10		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.064		0	0.080		
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	0.053		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			
22.1	g			
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			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
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. 11726 Beans, snap, green, canned, no salt added, solids and liquids

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	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		0	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	14	2.636	26	17	61	
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	0.140		0	0.168	0.615	
Lipids:							
Saturated, total	g	0.023		0	0.028	0.101	
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	0.019		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				
22.1	g				
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				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.008	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. 11727 Beans, snap, yellow, 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		0	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	98	2.417	1079	118	430	
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	63		0	76	277	
Vitamin A, RE	µg	6		0	7	26	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.023		0	0.028	0.101	
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	0.019		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				
22.1	g				
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				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.008	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. 11728 Beans, snap, yellow, canned, no salt added, solids and liquids

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	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		0	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	98	2.417	1079	118	430	
Sodium	mg	14	2.636	26	17	61	
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	4.0	0.114	1526	4.8	17.6	
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	63		0	76	277	
Vitamin A, RE	µg	6		0	7	26	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.023		0	0.028	0.101	
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	0.019		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				
22.1	g				
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				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.008	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. 11729 Beans, snap, green, canned, special dietary 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	2		0	3	1	5
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. 11730 Beans, snap, yellow, 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	128		0	159	364	
Vitamin A, RE	µg	13		0	16	37	
Vitamin E, α-TE	mg	0.110		0	0.136	0.312	
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. 11731 Beans, snap, green, frozen, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	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	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	245		0	331		
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						
Lipids:							
Saturated, total	g	0.044		0	0.059		
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	0.035		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			
22.1	g			
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			
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	0.022
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. 11732 Beans, snap, yellow, frozen, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	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	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	112		0	151		
Vitamin A, RE	µg	11		0	15		
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. 11733 Beans, snap, yellow, frozen, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	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	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	245		0	331		
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	112		0	151		
Vitamin A, RE	µg	11		0	15		
Vitamin E, α-TE	mg	0.140		0	0.189		
Lipids:							
Saturated, total	g	0.044		0	0.059		
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	0.035		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			
22.1	g			
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			
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	0.022
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. 11734 Beets, cooked, boiled. drained, with salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	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	285		0	242	285	
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						
Lipids:							
Saturated, total	g	0.028		0	0.024	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	0.027		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				
18:1	g	0.035	0	0.030	0.035
20:1	g				
22.1	g				
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				
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	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. 11735 Beets, canned, no salt added, solids and liquids

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	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	142	2.508	138	349		
Sodium	mg	21	7.001	9	52		
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	0.300		0	0.738		
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	0.000		0	0.000		
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. 11736 Beet greens, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 144g	Measure 2*	Measure 3*
Proximates:							
Water	g	89.13		0	128.35		
Energy	kcal	27		0	39		
Energy	kj	113		0	163		
Protein (N x 5.95)	g	2.57		1	3.70		
Total lipid (fat)	g	0.20		1	0.29		
Carbohydrate, by difference	g	5.46		0	7.86		
Fiber, total dietary	g	2.9		0	4.2		
Ash	g	2.64		1	3.80		
Sugars, total	g						
Minerals:							
Calcium	mg	114		1	164		
Iron	mg	1.90		0	2.74		
Magnesium	mg	68		1	98		
Phosphorus	mg	41		1	59		
Potassium	mg	909		1	1309		
Sodium	mg	477		0	687		
Zinc	mg	0.50		0	0.72		
Copper	mg	0.251		0	0.361		
Manganese	mg	0.514		0	0.740		
Selenium	µg	0.9		0	1.3		
Vitamins:							
Ascorbic acid	mg	24.9		0	35.9		
Thiamin	mg	0.117		0	0.168		
Riboflavin	mg	0.289		0	0.416		
Niacin	mg	0.499		0	0.719		
Pantothenic acid	mg	0.329		0	0.474		
Vitamin B-6	mg	0.132		0	0.190		
Folate	µg	14		0	21		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	5100		0	7344		
Vitamin A, RE	µg	510		0	734		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.031		0	0.045		
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	0.043		
17:0	g						
18:0	g	0.001		0	0.001		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.038	0	0.055
14:1	g			
16:1	g			
18:1	g	0.038	0	0.055
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.070	0	0.101
18:2	g	0.065	0	0.094
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	0.040	0	0.058
Threonine	g	0.076	0	0.109
Isoleucine	g	0.053	0	0.076
Leucine	g	0.115	0	0.166
Lysine	g	0.075	0	0.108
Methionine	g	0.021	0	0.030
Cystine	g	0.024	0	0.035
Phenylalanine	g	0.068	0	0.098
Tyrosine	g	0.061	0	0.088
Valine	g	0.076	0	0.109
Arginine	g	0.073	0	0.105
Histidine	g	0.039	0	0.056
Alanine	g	0.095	0	0.137
Aspartic acid	g	0.152	0	0.219
Glutamic acid	g	0.312	0	0.449
Glycine	g	0.094	0	0.135
Proline	g	0.061	0	0.088
Serine	g	0.082	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, (1" pieces)

NDB No. 11737 Borage, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1*	Measure 2*	Measure 3*
Proximates:							
Water	g	91.88		0			
Energy	kcal	25		0			
Energy	kj	105		0			
Protein (N x 5.95)	g	2.09		0			
Total lipid (fat)	g	0.81		0			
Carbohydrate, by difference	g	3.55		0			
Fiber, total dietary	g						
Ash	g	1.67		0			
Sugars, total	g						
Minerals:							
Calcium	mg	102		0			
Iron	mg	3.64		0			
Magnesium	mg	57		0			
Phosphorus	mg	55		0			
Potassium	mg	491		0			
Sodium	mg	324		0			
Zinc	mg	0.22		0			
Copper	mg	0.143		0			
Manganese	mg	0.385		0			
Selenium	µg	0.9		0			
Vitamins:							
Ascorbic acid	mg	32.5		0			
Thiamin	mg	0.059		0			
Riboflavin	mg	0.165		0			
Niacin	mg	0.940		0			
Pantothenic acid	mg	0.045		0			
Vitamin B-6	mg	0.088		0			
Folate	µg	10		0			
Vitamin B-12	µg	0.00		0			
Vitamin A	IU	4385		0			
Vitamin A, RE	µg	438		0			
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.197		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	0.069		0			
17:0	g						
18:0	g	0.024		0			
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.245	0
14:1	g		
16:1	g	0.222	0
18:1	g		
20:1	g		
22.1	g	0.023	0
Polyunsaturated, total	g	0.127	0
18:2	g	0.127	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. 11738 Broadbeans, immature seeds, cooked, boiled, drained, with salt
Vicia faba

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						
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	277		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. 11739 Broccoli, leaves, 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	90.69	0.333	33			
Energy	kcal	28		0			
Energy	kj	117		0			
Protein (N x 5.95)	g	2.98	0.109	22			
Total lipid (fat)	g	0.35	0.034	22			
Carbohydrate, by difference	g	5.24		0			
Fiber, total dietary	g						
Ash	g	0.92	0.027	23			
Sugars, total	g						
Minerals:							
Calcium	mg	48	2.510	28			
Iron	mg	0.88	0.082	34			
Magnesium	mg	25	3.601	27			
Phosphorus	mg	66	1.593	27			
Potassium	mg	325	7.243	25			
Sodium	mg	27	1.782	30			
Zinc	mg	0.40	0.014	33			
Copper	mg	0.045	0.003	33			
Manganese	mg	0.229	0.016	22			
Selenium	µg	3.0		0			
Vitamins:							
Ascorbic acid	mg	93.2	2.068	15			
Thiamin	mg	0.065	0.008	15			
Riboflavin	mg	0.119	0.004	15			
Niacin	mg	0.638	0.021	15			
Pantothenic acid	mg	0.535	0.049	15			
Vitamin B-6	mg	0.159	0.011	15			
Folate	µg	71	7.000	26			
Vitamin B-12	µg	0.00		0			
Vitamin A	IU	16000		0			
Vitamin A, RE	µg	1600		0			
Vitamin E, α-TE	mg	1.660		0			
Lipids:							
Saturated, total	g	0.054		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	0.007		0			
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.024	0
14:1	g		
16:1	g		
18:1	g	0.024	0
20:1	g		
22.1	g		
Polyunsaturated, total	g	0.167	0
18:2	g	0.038	0
18:3	g	0.129	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	0.029	26
Threonine	g	0.091	26
Isoleucine	g	0.109	26
Leucine	g	0.131	26
Lysine	g	0.141	26
Methionine	g	0.034	26
Cystine	g	0.020	4
Phenylalanine	g	0.084	26
Tyrosine	g	0.063	4
Valine	g	0.128	26
Arginine	g	0.145	26
Histidine	g	0.050	24
Alanine	g	0.118	4
Aspartic acid	g	0.213	4
Glutamic acid	g	0.375	4
Glycine	g	0.095	4
Proline	g	0.114	4
Serine	g	0.100	4
Other:			
Caffeine	mg		
Theobromine	mg		
Alcohol	g		

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is 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. 11740 Broccoli, flower clusters, 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* 71g	Measure 2* 11g	Measure 3*
Proximates:							
Water	g	90.69	0.333	33	64.39	9.98	
Energy	kcal	28		0	20	3	
Energy	kj	117		0	83	13	
Protein (N x 5.95)	g	2.98	0.109	22	2.12	0.33	
Total lipid (fat)	g	0.35	0.034	22	0.25	0.04	
Carbohydrate, by difference	g	5.24		0	3.72	0.58	
Fiber, total dietary	g						
Ash	g	0.92	0.027	23	0.65	0.10	
Sugars, total	g						
Minerals:							
Calcium	mg	48	2.510	28	34	5	
Iron	mg	0.88	0.082	34	0.62	0.10	
Magnesium	mg	25	3.601	27	18	3	
Phosphorus	mg	66	1.593	27	47	7	
Potassium	mg	325	7.243	25	231	36	
Sodium	mg	27	1.782	30	19	3	
Zinc	mg	0.40	0.014	33	0.28	0.04	
Copper	mg	0.045	0.003	33	0.032	0.005	
Manganese	mg	0.229	0.016	22	0.163	0.025	
Selenium	µg	3.0		0	2.1	0.3	
Vitamins:							
Ascorbic acid	mg	93.2	2.068	15	66.2	10.3	
Thiamin	mg	0.065	0.008	15	0.046	0.007	
Riboflavin	mg	0.119	0.004	15	0.084	0.013	
Niacin	mg	0.638	0.021	15	0.453	0.070	
Pantothenic acid	mg	0.535	0.049	15	0.380	0.059	
Vitamin B-6	mg	0.159	0.011	15	0.113	0.017	
Folate	µg	71	7.000	26	50	8	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	3000		0	2130	330	
Vitamin A, RE	µg	300		0	213	33	
Vitamin E, α-TE	mg	1.660		0	1.179	0.183	
Lipids:							
Saturated, total	g	0.054		0	0.038	0.006	
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	0.033	0.005	
17:0	g						
18:0	g	0.007		0	0.005	0.001	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.024	0	0.017	0.003
14:1	g				
16:1	g				
18:1	g	0.024	0	0.017	0.003
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.167	0	0.119	0.018
18:2	g	0.038	0	0.027	0.004
18:3	g	0.129	0	0.092	0.014
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	26	0.021	0.003
Threonine	g	0.091	26	0.065	0.010
Isoleucine	g	0.109	26	0.077	0.012
Leucine	g	0.131	26	0.093	0.014
Lysine	g	0.141	26	0.100	0.016
Methionine	g	0.034	26	0.024	0.004
Cystine	g	0.020	4	0.014	0.002
Phenylalanine	g	0.084	26	0.060	0.009
Tyrosine	g	0.063	4	0.045	0.007
Valine	g	0.128	26	0.091	0.014
Arginine	g	0.145	26	0.103	0.016
Histidine	g	0.050	24	0.036	0.006
Alanine	g	0.118	4	0.084	0.013
Aspartic acid	g	0.213	4	0.151	0.023
Glutamic acid	g	0.375	4	0.266	0.041
Glycine	g	0.095	4	0.067	0.010
Proline	g	0.114	4	0.081	0.013
Serine	g	0.100	4	0.071	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, flowerets
Measure 2: 1 floweret

NDB No. 11741 Broccoli, stalks, 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* 114g	Measure 2*	Measure 3*
Proximates:							
Water	g	90.69	0.333	33	103.39		
Energy	kcal	28		0	32		
Energy	kj	117		0	133		
Protein (N x 5.95)	g	2.98	0.109	22	3.40		
Total lipid (fat)	g	0.35	0.034	22	0.40		
Carbohydrate, by difference	g	5.24		0	5.97		
Fiber, total dietary	g						
Ash	g	0.92	0.027	23	1.05		
Sugars, total	g						
Minerals:							
Calcium	mg	48	2.510	28	55		
Iron	mg	0.88	0.082	34	1.00		
Magnesium	mg	25	3.601	27	29		
Phosphorus	mg	66	1.593	27	75		
Potassium	mg	325	7.243	25	371		
Sodium	mg	27	1.782	30	31		
Zinc	mg	0.40	0.014	33	0.46		
Copper	mg	0.045	0.003	33	0.051		
Manganese	mg	0.229	0.016	22	0.261		
Selenium	µg	3.0		0	3.4		
Vitamins:							
Ascorbic acid	mg	93.2	2.068	15	106.2		
Thiamin	mg	0.065	0.008	15	0.074		
Riboflavin	mg	0.119	0.004	15	0.136		
Niacin	mg	0.638	0.021	15	0.727		
Pantothenic acid	mg	0.535	0.049	15	0.610		
Vitamin B-6	mg	0.159	0.011	15	0.181		
Folate	µg	71	7.000	26	81		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	400		0	456		
Vitamin A, RE	µg	40		0	46		
Vitamin E, α-TE	mg	1.660		0	1.892		
Lipids:							
Saturated, total	g	0.054		0	0.062		
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	0.054		
17:0	g						
18:0	g	0.007		0	0.008		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.024	0	0.027
14:1	g			
16:1	g			
18:1	g	0.024	0	0.027
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.167	0	0.190
18:2	g	0.038	0	0.043
18:3	g	0.129	0	0.147
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	26	0.033
Threonine	g	0.091	26	0.104
Isoleucine	g	0.109	26	0.124
Leucine	g	0.131	26	0.149
Lysine	g	0.141	26	0.161
Methionine	g	0.034	26	0.039
Cystine	g	0.020	4	0.023
Phenylalanine	g	0.084	26	0.096
Tyrosine	g	0.063	4	0.072
Valine	g	0.128	26	0.146
Arginine	g	0.145	26	0.165
Histidine	g	0.050	24	0.057
Alanine	g	0.118	4	0.135
Aspartic acid	g	0.213	4	0.243
Glutamic acid	g	0.375	4	0.428
Glycine	g	0.095	4	0.108
Proline	g	0.114	4	0.130
Serine	g	0.100	4	0.114
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

*** Common Measures:**
Measure 1: 1 stalk

NDB No. 11742 Broccoli, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	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	262		0	734	472	367
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						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
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					
18:1	g	0.024	0	0.067	0.043	0.034
20:1	g					
22.1	g					
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					
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	0.031	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. 11743 Broccoli, frozen, chopped, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	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	260		0	478		
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						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g	0.016		0	0.029		
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			
18:1	g	0.008	0	0.015
20:1	g			
22.1	g			
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			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
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. 11744 Broccoli, frozen, spears, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	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	260		0	650	239	
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	1.650		0	4.125	1.518	
Lipids:							
Saturated, total	g	0.018		0	0.045	0.017	
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		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				
18:1	g	0.008	1	0.020	0.007
20:1	g				
22.1	g				
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				
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	0.080	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. 11745 Brussels sprouts, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 21g	Measure 2* 78g	Measure 3*
Proximates:							
Water	g	87.32		0	18.34	68.11	
Energy	kcal	41		0	9	32	
Energy	kj	172		0	36	134	
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	257		0	54	200	
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						
Lipids:							
Saturated, total	g	0.105		0	0.022	0.082	
4:0	g						
6.0	g						
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				
22.1	g				
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				
20:4	g	0.002	0	0.000	0.002
20:5	g				
22:5	g				
22:6	g				
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. 11746 Brussels sprouts, frozen, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	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	259		0	401		
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						
Lipids:							
Saturated, total	g	0.081		0	0.126		
4:0	g						
6.0	g						
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			
22.1	g			
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			
20:4	g	0.002	0	0.003
20:5	g			
22:5	g			
22:6	g			
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. 11747 Burdock root, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	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	240		0	300	398	
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						
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	0.008	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. 11748 Butterbur, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	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	240		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. 11749 Cabbage, common (danish, domestic, and pointed types), freshly harvest, raw

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* 908g	Measure 2* 35g	Measure 3*
Proximates:							
Water	g	92.52	0.173	57	840.08	32.38	
Energy	kcal	24		0	218	8	
Energy	kj	100		0	908	35	
Protein (N x 5.95)	g	1.21	0.132	6	10.99	0.42	
Total lipid (fat)	g	0.18	0.071	5	1.63	0.06	
Carbohydrate, by difference	g	5.37		0	48.76	1.88	
Fiber, total dietary	g	2.3		0	20.9	0.8	
Ash	g	0.72	0.021	27	6.54	0.25	
Sugars, total	g						
Minerals:							
Calcium	mg	47	2.244	36	427	16	
Iron	mg	0.56	0.152	29	5.08	0.20	
Magnesium	mg	15	1.665	37	136	5	
Phosphorus	mg	23	1.628	34	209	8	
Potassium	mg	246	9.164	30	2234	86	
Sodium	mg	18	1.651	46	163	6	
Zinc	mg	0.18	0.010	39	1.63	0.06	
Copper	mg	0.023	0.002	49	0.209	0.008	
Manganese	mg	0.159	0.016	35	1.444	0.056	
Selenium	µg	0.9	0.318	6	8.2	0.3	
Vitamins:							
Ascorbic acid	mg	51.0		0	463.1	17.9	
Thiamin	mg	0.050		1	0.454	0.018	
Riboflavin	mg	0.030		1	0.272	0.011	
Niacin	mg	0.300		1	2.724	0.105	
Pantothenic acid	mg	0.140	0.005	6	1.271	0.049	
Vitamin B-6	mg	0.095	0.010	6	0.863	0.033	
Folate	µg	57	12.121	10	515	20	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	126	23.908	7	1144	44	
Vitamin A, RE	µg	13	2.391	7	118	5	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.023		0	0.209	0.008	
4:0	g						
6.0	g						
8:0	g	0.000		1	0.000	0.000	
10:0	g	0.000		1	0.000	0.000	
12:0	g	0.001		1	0.009	0.000	
14:0	g	0.001		1	0.009	0.000	
15.0	g						
16:0	g	0.019		1	0.173	0.007	
17:0	g						
18:0	g	0.001		1	0.009	0.000	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.013	0	0.118	0.005
14:1	g				
16:1	g	0.000	1	0.000	0.000
18:1	g	0.013	1	0.118	0.005
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.087	0	0.790	0.030
18:2	g	0.035	1	0.318	0.012
18:3	g	0.046	1	0.418	0.016
18:4	g				
20:4	g	0.000	1	0.000	0.000
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	0	0	0	0
Phytosterols	mg	11	0	100	4
Amino acids:					
Tryptophan	g	0.012	199	0.109	0.004
Threonine	g	0.042	206	0.381	0.015
Isoleucine	g	0.061	205	0.554	0.021
Leucine	g	0.063	205	0.572	0.022
Lysine	g	0.057	208	0.518	0.020
Methionine	g	0.012	210	0.109	0.004
Cystine	g	0.010	15	0.091	0.004
Phenylalanine	g	0.039	205	0.354	0.014
Tyrosine	g	0.021	10	0.191	0.007
Valine	g	0.052	205	0.472	0.018
Arginine	g	0.069	205	0.627	0.024
Histidine	g	0.025	204	0.227	0.009
Alanine	g	0.042	9	0.381	0.015
Aspartic acid	g	0.119	9	1.081	0.042
Glutamic acid	g	0.270	9	2.452	0.095
Glycine	g	0.027	9	0.245	0.009
Proline	g	0.238	9	2.161	0.083
Serine	g	0.071	9	0.645	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 head

Measure 2: 1/2 cup shredded

NDB No. 11750 Cabbage, common (danish, domestic, and pointed types), stored, raw

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* 908g	Measure 2* 35g	Measure 3*
Proximates:							
Water	g	92.52	0.173	57	840.08	32.38	
Energy	kcal	24		0	218	8	
Energy	kj	100		0	908	35	
Protein (N x 5.95)	g	1.21	0.132	6	10.99	0.42	
Total lipid (fat)	g	0.18	0.071	5	1.63	0.06	
Carbohydrate, by difference	g	5.37		0	48.76	1.88	
Fiber, total dietary	g	2.3		0	20.9	0.8	
Ash	g	0.72	0.021	27	6.54	0.25	
Sugars, total	g						
Minerals:							
Calcium	mg	47	2.244	36	427	16	
Iron	mg	0.56	0.152	29	5.08	0.20	
Magnesium	mg	15	1.665	37	136	5	
Phosphorus	mg	23	1.628	34	209	8	
Potassium	mg	246	9.164	30	2234	86	
Sodium	mg	18	1.651	46	163	6	
Zinc	mg	0.18	0.010	39	1.63	0.06	
Copper	mg	0.023	0.002	49	0.209	0.008	
Manganese	mg	0.159	0.016	35	1.444	0.056	
Selenium	µg	0.9	0.318	6	8.2	0.3	
Vitamins:							
Ascorbic acid	mg	42.0		0	381.4	14.7	
Thiamin	mg	0.050		1	0.454	0.018	
Riboflavin	mg	0.030		1	0.272	0.011	
Niacin	mg	0.300		1	2.724	0.105	
Pantothenic acid	mg	0.140	0.005	6	1.271	0.049	
Vitamin B-6	mg	0.095	0.010	6	0.863	0.033	
Folate	µg	57	12.121	10	515	20	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	126	23.908	7	1144	44	
Vitamin A, RE	µg	13	2.391	7	118	5	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.023		0	0.209	0.008	
4:0	g						
6.0	g						
8:0	g	0.000		1	0.000	0.000	
10:0	g	0.000		1	0.000	0.000	
12:0	g	0.001		1	0.009	0.000	
14:0	g	0.001		1	0.009	0.000	
15.0	g						
16:0	g	0.019		1	0.173	0.007	
17:0	g						
18:0	g	0.001		1	0.009	0.000	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.013	0	0.118	0.005
14:1	g				
16:1	g	0.000	1	0.000	0.000
18:1	g	0.013	1	0.118	0.005
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.087	0	0.790	0.030
18:2	g	0.035	1	0.318	0.012
18:3	g	0.046	1	0.418	0.016
18:4	g				
20:4	g	0.000	1	0.000	0.000
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	0	0	0	0
Phytosterols	mg	11	0	100	4
Amino acids:					
Tryptophan	g	0.012	199	0.109	0.004
Threonine	g	0.042	206	0.381	0.015
Isoleucine	g	0.061	205	0.554	0.021
Leucine	g	0.063	205	0.572	0.022
Lysine	g	0.057	208	0.518	0.020
Methionine	g	0.012	210	0.109	0.004
Cystine	g	0.010	15	0.091	0.004
Phenylalanine	g	0.039	205	0.354	0.014
Tyrosine	g	0.021	10	0.191	0.007
Valine	g	0.052	205	0.472	0.018
Arginine	g	0.069	205	0.627	0.024
Histidine	g	0.025	204	0.227	0.009
Alanine	g	0.042	9	0.381	0.015
Aspartic acid	g	0.119	9	1.081	0.042
Glutamic acid	g	0.270	9	2.452	0.095
Glycine	g	0.027	9	0.245	0.009
Proline	g	0.238	9	2.161	0.083
Serine	g	0.071	9	0.645	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 head

Measure 2: 1/2 cup shredded

NDB No. 11751 Cabbage, common, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	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	2.8		0	35.3	2.1	
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	255		0	3218	191	
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						
Lipids:							
Saturated, total	g	0.053		0	0.669	0.040	
4:0	g	0.000		0	0.000	0.000	
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	0.001		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				
22.1	g				
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				
20:4	g	0.001	0	0.013	0.001
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.010	0	0.126	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. 11752 Cabbage, red, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	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	244		0	54	183	
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						
Lipids:							
Saturated, total	g	0.026		0	0.006	0.020	
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	0.001		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				
22.1	g				
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				
20:4	g	0.000	0	0.000	0.000
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.011	0	0.002	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. 11753 Cabbage, savoy, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	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	260		0	377		
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. 11754 Cabbage, chinese (pak-choi), cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	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	270		0	459		
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						
Lipids:							
Saturated, total	g	0.021		0	0.036		
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	0.001		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			
22.1	g			
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			
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	0.015	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. 11755 Cabbage, chinese (pe-tsai), cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	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	245		0	292	34	
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. 11756 Cardoon, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	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	412		0			
Zinc	mg	0.18		0			
Copper	mg	0.029		0			
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. 11757 Carrots, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	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	302		0	29	236	139
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						
Lipids:							
Saturated, total	g	0.034		0	0.003	0.027	0.016
4:0	g						
6.0	g						
8:0	g						
10:0	g						
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					
22.1	g					
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					
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	0.012	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. 11758 Carrots, canned, no salt added, solids and liquids

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	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	0.59	0.020	155	0.73	2.68	
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	158	5.499	75	194	717	
Sodium	mg	34	5.276	10	42	154	
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	0.420		0	0.517	1.907	
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	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	0.007	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. 11759 Carrots, canned, no salt added, drained solids

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	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		1	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	42		0	96	61	1
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						
Lipids:							
Saturated, total	g	0.036		0	0.082	0.053	0.001
4:0	g						
6.0	g						
8:0	g						
10:0	g						
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					
22.1	g					
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					
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	0.007	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. 11760 Carrots, frozen, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	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	295		0	431		
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						
Lipids:							
Saturated, total	g	0.021		0	0.031		
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	0.016		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			
22.1	g			
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			
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	0.019
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, slices

NDB No. 11761 Cauliflower, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	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	242		0	150	131	
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						
Lipids:							
Saturated, total	g	0.070		0	0.043	0.038	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g	0.062		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				
18:1	g	0.032	0	0.020	0.017
20:1	g				
22.1	g				
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				
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	0.015	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. 11762 Cauliflower, frozen, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	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	254		0	457		
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						
Lipids:							
Saturated, total	g	0.033		0	0.059		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g	0.029		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			
18:1	g	0.015	0	0.027
20:1	g			
22.1	g			
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			
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	0.038
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. 11763 Celeriac, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	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						
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	297		0	460		
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. 11764 Celery, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 150g	Measure 2*	Measure 3*
Proximates:							
Water	g	94.11		0	141.16		
Energy	kcal	18		0	27		
Energy	kj	75		0	113		
Protein (N x 5.95)	g	0.83		0	1.25		
Total lipid (fat)	g	0.16		0	0.24		
Carbohydrate, by difference	g	4.01		0	6.01		
Fiber, total dietary	g	1.6		1	2.4		
Ash	g	0.90		0	1.35		
Sugars, total	g						
Minerals:							
Calcium	mg	42		0	63		
Iron	mg	0.42		0	0.63		
Magnesium	mg	12		0	18		
Phosphorus	mg	25		0	38		
Potassium	mg	284		0	426		
Sodium	mg	327		0	491		
Zinc	mg	0.14		0	0.21		
Copper	mg	0.036		0	0.054		
Manganese	mg	0.106		0	0.159		
Selenium	µg	1.0		0	1.5		
Vitamins:							
Ascorbic acid	mg	6.1		0	9.2		
Thiamin	mg	0.043		0	0.064		
Riboflavin	mg	0.047		0	0.070		
Niacin	mg	0.319		0	0.479		
Pantothenic acid	mg	0.195		0	0.293		
Vitamin B-6	mg	0.086		0	0.129		
Folate	µg	22		0	33		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	132		0	198		
Vitamin A, RE	µg	13		0	20		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.040		0	0.060		
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	0.035		0	0.053		
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	0.045
14:1	g			
16:1	g	0.001	0	0.002
18:1	g	0.029	0	0.044
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.075	0	0.113
18:2	g	0.075	0	0.113
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	7	0	11
Amino acids:				
Tryptophan	g	0.011	0	0.017
Threonine	g	0.024	0	0.036
Isoleucine	g	0.025	0	0.038
Leucine	g	0.039	0	0.059
Lysine	g	0.032	0	0.048
Methionine	g	0.007	0	0.011
Cystine	g	0.005	0	0.008
Phenylalanine	g	0.024	0	0.036
Tyrosine	g	0.011	0	0.017
Valine	g	0.033	0	0.050
Arginine	g	0.024	0	0.036
Histidine	g	0.014	0	0.021
Alanine	g	0.027	0	0.041
Aspartic acid	g	0.141	0	0.212
Glutamic acid	g	0.107	0	0.161
Glycine	g	0.026	0	0.039
Proline	g	0.022	0	0.033
Serine	g	0.024	0	0.036
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, diced

NDB No. 11765 Chard, swiss, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	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		1	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	415		0	726		
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						
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	0.018	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. 11766 Chayote, fruit, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	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						
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	237		0	379		
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. 11767 Chrysanthemum, garland, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	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	289		0	289		
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						
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, (1" pieces)

NDB No. 11768 Collards, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	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	252		0	479		
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. 11769 Collards, frozen, chopped, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	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	286		0	486		
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						
Lipids:							
Saturated, total	g	0.040		0	0.068		
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	0.038	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. 11770 Corn, sweet, yellow, cooked, boiled, drained, with salt

Refuse: 45% Cob

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 164g	Measure 2* 77g	Measure 3* 82g
Proximates:							
Water	g	69.57	1.246	7	114.09	53.57	57.05
Energy	kcal	108		0	177	83	89
Energy	kj	452		0	741	348	371
Protein (N x 5.95)	g	3.32	0.154	7	5.44	2.56	2.72
Total lipid (fat)	g	1.28	0.125	7	2.10	0.99	1.05
Carbohydrate, by difference	g	25.11		0	41.18	19.33	20.59
Fiber, total dietary	g	2.8		0	4.6	2.2	2.3
Ash	g	0.72	0.016	7	1.18	0.55	0.59
Sugars, total	g						
Minerals:							
Calcium	mg	2	0.254	7	3	2	2
Iron	mg	0.61	0.058	7	1.00	0.47	0.50
Magnesium	mg	32	5.030	7	52	25	26
Phosphorus	mg	103		1	169	79	84
Potassium	mg	249	28.982	7	408	192	204
Sodium	mg	253		0	415	195	207
Zinc	mg	0.48	0.045	6	0.79	0.37	0.39
Copper	mg	0.053	0.002	6	0.087	0.041	0.043
Manganese	mg	0.194		0	0.318	0.149	0.159
Selenium	µg	0.8		0	1.3	0.6	0.7
Vitamins:							
Ascorbic acid	mg	6.2	0.490	6	10.2	4.8	5.1
Thiamin	mg	0.215		0	0.353	0.166	0.176
Riboflavin	mg	0.072		0	0.118	0.055	0.059
Niacin	mg	1.614	0.086	6	2.647	1.243	1.323
Pantothenic acid	mg	0.878	0.036	6	1.440	0.676	0.720
Vitamin B-6	mg	0.060	0.010	6	0.098	0.046	0.049
Folate	µg	46		0	76	36	38
Vitamin B-12	µg	0.00		0	0.00	0.00	0.00
Vitamin A	IU	217	50.459	6	356	167	178
Vitamin A, RE	µg	22	5.046	6	36	17	18
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.197		0	0.323	0.152	0.162
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g	0.185		0	0.303	0.142	0.152
17:0	g						
18:0	g	0.012		0	0.020	0.009	0.010
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.374	0	0.613	0.288	0.307
14:1	g					
16:1	g					
18:1	g	0.374	0	0.613	0.288	0.307
20:1	g					
22.1	g					
Polyunsaturated, total	g	0.603	0	0.989	0.464	0.494
18:2	g	0.586	0	0.961	0.451	0.481
18:3	g	0.018	0	0.030	0.014	0.015
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	0.023	0	0.038	0.018	0.019
Threonine	g	0.133	0	0.218	0.102	0.109
Isoleucine	g	0.133	0	0.218	0.102	0.109
Leucine	g	0.358	0	0.587	0.276	0.294
Lysine	g	0.141	0	0.231	0.109	0.116
Methionine	g	0.069	0	0.113	0.053	0.057
Cystine	g	0.027	0	0.044	0.021	0.022
Phenylalanine	g	0.155	0	0.254	0.119	0.127
Tyrosine	g	0.126	0	0.207	0.097	0.103
Valine	g	0.191	0	0.313	0.147	0.157
Arginine	g	0.135	0	0.221	0.104	0.111
Histidine	g	0.091	0	0.149	0.070	0.075
Alanine	g	0.304	0	0.499	0.234	0.249
Aspartic acid	g	0.252	0	0.413	0.194	0.207
Glutamic acid	g	0.655	0	1.074	0.504	0.537
Glycine	g	0.131	0	0.215	0.101	0.107
Proline	g	0.301	0	0.494	0.232	0.247
Serine	g	0.158	0	0.259	0.122	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
Measure 2: kernels from 1 ear
Measure 3: 1/2 cup cut

NDB No. 11771 Corn, sweet, yellow, canned, no salt added, solids and liquids

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	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	12	2.283	33	15	58	
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						
Lipids:							
Saturated, total	g	0.077		0	0.099	0.371	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g	0.071		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				
18:1	g	0.144	0	0.184	0.694
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.234	0	0.300	1.128
18:2	g	0.227	0	0.291	1.094
18:3	g	0.007	0	0.009	0.034
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	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	0.177	0	0.227	0.853
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. 11772 Corn, sweet, yellow, canned, cream style, no salt added

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	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	3		0	8	14	
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						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
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				
18:1	g	0.123	0	0.315	0.593
20:1	g				
22.1	g				
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				
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	0.031	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. 11773 Corn, sweet, yellow, canned, vacuum pack, no salt added

Refuse: 0%

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

Monounsaturated, total	g	0.147	0	0.154	0.500
14:1	g				
16:1	g				
18:1	g	0.147	0	0.154	0.500
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.237	0	0.249	0.806
18:2	g	0.230	0	0.242	0.782
18:3	g	0.007	0	0.007	0.024
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	0.017	0	0.018	0.058
Threonine	g	0.097	0	0.102	0.330
Isoleucine	g	0.097	0	0.102	0.330
Leucine	g	0.260	0	0.273	0.884
Lysine	g	0.102	0	0.107	0.347
Methionine	g	0.050	0	0.053	0.170
Cystine	g	0.020	0	0.021	0.068
Phenylalanine	g	0.112	0	0.118	0.381
Tyrosine	g	0.092	0	0.097	0.313
Valine	g	0.138	0	0.145	0.469
Arginine	g	0.098	0	0.103	0.333
Histidine	g	0.066	0	0.069	0.224
Alanine	g	0.220	0	0.231	0.748
Aspartic acid	g	0.182	0	0.191	0.619
Glutamic acid	g	0.475	0	0.499	1.615
Glycine	g	0.095	0	0.100	0.323
Proline	g	0.218	0	0.229	0.741
Serine	g	0.114	0	0.120	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: 1 can (303 x 406)

NDB No. 11774 Corn, sweet, yellow, frozen, kernels, cut off cob, boiled, drained, with salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	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	245		0	696	201	
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						
Lipids:							
Saturated, total	g	0.066		0	0.187	0.054	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g	0.062		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				
18:1	g	0.126	1	0.358	0.103
20:1	g				
22.1	g				
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				
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	0.094	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. 11775 Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, with salt

Refuse: 45% Cob

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	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	240		0	151	197	
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. 11777 Cowpeas (Blackeyes), immature seeds, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	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	240		0	396		
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						
Lipids:							
Saturated, total	g	0.096		0	0.158		
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	0.082		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			
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			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
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. 11778 Cowpeas (Blackeyes), immature seeds, frozen, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	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	241		0	410		
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		0	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						
Lipids:							
Saturated, total	g	0.175		0	0.298		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
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			
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			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
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. 11779 Cowpeas, young pods with seeds, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	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	239		0	227		
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. 11780 Cowpeas, leafy tips, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	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	242		0	128		
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. 11781 Cress, garden, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 135g	Measure 2*	Measure 3*
Proximates:							
Water	g	92.50		0	124.88		
Energy	kcal	23		0	31		
Energy	kj	96		0	130		
Protein (N x 5.95)	g	1.90		0	2.56		
Total lipid (fat)	g	0.60		0	0.81		
Carbohydrate, by difference	g	3.80		0	5.13		
Fiber, total dietary	g	0.7		0	0.9		
Ash	g	1.20		0	1.62		
Sugars, total	g						
Minerals:							
Calcium	mg	61		0	82		
Iron	mg	0.80		0	1.08		
Magnesium	mg	26		0	35		
Phosphorus	mg	48		0	65		
Potassium	mg	353		0	477		
Sodium	mg	244		0	329		
Zinc	mg	0.15		0	0.20		
Copper	mg	0.114		0	0.154		
Manganese	mg	0.372		0	0.502		
Selenium	µg	0.9		0	1.2		
Vitamins:							
Ascorbic acid	mg	23.0		0	31.1		
Thiamin	mg	0.060		0	0.081		
Riboflavin	mg	0.160		0	0.216		
Niacin	mg	0.800		0	1.080		
Pantothenic acid	mg	0.163		0	0.220		
Vitamin B-6	mg	0.157		0	0.212		
Folate	µg	37		0	50		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	7700		0	10395		
Vitamin A, RE	µg	770		0	1040		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.020		0	0.027		
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	0.019		
17:0	g						
18:0	g	0.006		0	0.008		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.205	0	0.277
14:1	g			
16:1	g			
18:1	g	0.075	0	0.101
20:1	g	0.052	0	0.070
22.1	g	0.078	0	0.105
Polyunsaturated, total	g	0.196	0	0.265
18:2	g	0.130	0	0.176
18:3	g	0.065	0	0.088
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. 11782 Dandelion greens, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	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	280		0	294		
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						
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. 11783 Eggplant, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	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	239		0	237		
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						
Lipids:							
Saturated, total	g	0.044		0	0.044		
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	0.032		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			
22.1	g			
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			
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	0.008
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. 11784 Gourd, white-flowered (calabash), cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	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	238		0	347		
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. 11785 Gourd, dishcloth (towelgourd), cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	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	257		0	457	229	
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. 11786 Horseradish-tree, leafy tips, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	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	245		0	103		
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						
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	0.081	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. 11787 Horseradish-tree, pods, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 118g	Measure 2*	Measure 3*
Proximates:							
Water	g	88.42		1	104.34		
Energy	kcal	36		0	42		
Energy	kj	151		0	178		
Protein (N x 5.95)	g	2.09		1	2.47		
Total lipid (fat)	g	0.19		1	0.22		
Carbohydrate, by difference	g	8.18		0	9.65		
Fiber, total dietary	g	4.2		0	5.0		
Ash	g	1.12		1	1.32		
Sugars, total	g						
Minerals:							
Calcium	mg	20		1	24		
Iron	mg	0.45		1	0.53		
Magnesium	mg	42		1	50		
Phosphorus	mg	49		1	58		
Potassium	mg	457		1	539		
Sodium	mg	279		0	329		
Zinc	mg	0.42		0	0.50		
Copper	mg	0.078		0	0.092		
Manganese	mg	0.241		0	0.284		
Selenium	µg	0.7		0	0.8		
Vitamins:							
Ascorbic acid	mg	97.0		0	114.5		
Thiamin	mg	0.046		0	0.054		
Riboflavin	mg	0.068		0	0.080		
Niacin	mg	0.590		0	0.696		
Pantothenic acid	mg	0.701		0	0.827		
Vitamin B-6	mg	0.112		0	0.132		
Folate	µg	30		0	36		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	70		0	83		
Vitamin A, RE	µg	7		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			
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. 11788 Hyacinth-beans, immature seeds, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	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	238		0	207		
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. 11789 Jute, potherb, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	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	247		0	215		
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						
Lipids:							
Saturated, total	g	0.030		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	0.024		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			
22.1	g			
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			
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	0.021
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. 11790 Kale, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	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	259		0	337		
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						
Lipids:							
Saturated, total	g	0.052		0	0.068		
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	0.001		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			
22.1	g			
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			
20:4	g	0.001	0	0.001
20:5	g			
22:5	g			
22:6	g			
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. 11791 Kale, frozen, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 130g	Measure 2*	Measure 3*
Proximates:							
Water	g	90.50		0	117.65		
Energy	kcal	30		0	39		
Energy	kj	126		0	164		
Protein (N x 5.95)	g	2.84		0	3.69		
Total lipid (fat)	g	0.49		0	0.64		
Carbohydrate, by difference	g	5.24		0	6.81		
Fiber, total dietary	g	2.0		0	2.6		
Ash	g	0.94		0	1.22		
Sugars, total	g						
Minerals:							
Calcium	mg	138		0	179		
Iron	mg	0.94		0	1.22		
Magnesium	mg	18		0	23		
Phosphorus	mg	28		0	36		
Potassium	mg	321		0	417		
Sodium	mg	251		0	326		
Zinc	mg	0.18		0	0.23		
Copper	mg	0.047		0	0.061		
Manganese	mg	0.450		0	0.585		
Selenium	µg	0.9		0	1.2		
Vitamins:							
Ascorbic acid	mg	25.2		0	32.8		
Thiamin	mg	0.043		0	0.056		
Riboflavin	mg	0.114		0	0.148		
Niacin	mg	0.672		0	0.874		
Pantothenic acid	mg	0.053		0	0.069		
Vitamin B-6	mg	0.086		0	0.112		
Folate	µg	14		0	19		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	6354		0	8260		
Vitamin A, RE	µg	635		0	826		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.063		0	0.082		
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	0.002		0	0.003		
14:0	g	0.002		0	0.003		
15.0	g						
16:0	g	0.053		0	0.069		
17:0	g						
18:0	g	0.002		0	0.003		
20:0	g						
22.0	g						
24:0	g						

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

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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. 11792 Kale, scotch, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	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	0.41		0	0.53		
Carbohydrate, by difference	g	5.63		0	7.32		
Fiber, total dietary	g						
Ash	g	0.87		0	1.13		
Sugars, total	g						
Minerals:							
Calcium	mg	132		0	172		
Iron	mg	1.93		0	2.51		
Magnesium	mg	57		0	74		
Phosphorus	mg	38		0	49		
Potassium	mg	274		0	356		
Sodium	mg	281		0	365		
Zinc	mg	0.24		0	0.31		
Copper	mg	0.156		0	0.203		
Manganese	mg	0.417		0	0.542		
Selenium	µg	0.9		0	1.2		
Vitamins:							
Ascorbic acid	mg	52.8		0	68.6		
Thiamin	mg	0.040		0	0.052		
Riboflavin	mg	0.039		0	0.051		
Niacin	mg	0.792		0	1.030		
Pantothenic acid	mg	0.048		0	0.062		
Vitamin B-6	mg	0.139		0	0.181		
Folate	µg	13		0	17		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	1994		0	2592		
Vitamin A, RE	µg	199		0	259		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.053		0	0.069		
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	0.001		0	0.001		
14:0	g	0.002		0	0.003		
15.0	g						
16:0	g	0.044		0	0.057		
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			
22.1	g			
Polyunsaturated, total	g	0.196	0	0.255
18:2	g	0.080	0	0.104
18:3	g	0.104	0	0.135
18:4	g			
20:4	g	0.001	0	0.001
20:5	g			
22:5	g			
22:6	g			
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	0.113	0	0.147
Leucine	g	0.132	0	0.172
Lysine	g	0.113	0	0.147
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	0.105	0	0.137
Histidine	g	0.040	0	0.052
Alanine	g	0.095	0	0.124
Aspartic acid	g	0.169	0	0.220
Glutamic acid	g	0.215	0	0.279
Glycine	g	0.091	0	0.118
Proline	g	0.112	0	0.146
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. 11793 Kohlrabi, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	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		1	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	257		0	424		
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						
Lipids:							
Saturated, total	g	0.014		0	0.023		
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	0.001		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			
22.1	g			
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			
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	0.011	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, slices

NDB No. 11794 Lambs quarters, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	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	265		0	477		
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						
Lipids:							
Saturated, total	g	0.052		0	0.094		
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	0.041		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			
20:4	g	0.001	0	0.002
20:5	g			
22:5	g			
22:6	g			
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. 11795 Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	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	246		0	305	64	
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

NDB No. 11796 Lotus root, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	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		1	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	281		0	169	250	
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						
Lipids:							
Saturated, total	g	0.021		0	0.013	0.019	
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	0.020		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				
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				
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	0.007	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. 11797 Mushrooms, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	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		1	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	238		0	371	23	29
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	13.4		0	20.9	1.3	1.6
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						
Lipids:							
Saturated, total	g	0.061		0	0.095	0.006	0.007
4:0	g						
6.0	g						
8:0	g						
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					
18:1	g	0.007	0	0.011	0.001	0.001
20:1	g					
22.1	g					
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					
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	0.051	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. 11798 Mushrooms, shiitake, cooked, with salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	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	240		0	348	173	
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						
Lipids:							
Saturated, total	g	0.055		0	0.080	0.040	
4:0	g						
6.0	g						
8:0	g						
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				
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				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.004	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. 11799 Mustard greens, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	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	252		0	353		
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						
Lipids:							
Saturated, total	g	0.012		0	0.017		
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	0.006		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			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
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. 11800 Mustard greens, frozen, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 212g	Measure 2* 75g	Measure 3*
Proximates:							
Water	g	93.80		0	198.86	70.35	
Energy	kcal	19		0	40	14	
Energy	kj	79		0	167	59	
Protein (N x 5.95)	g	2.27		0	4.81	1.70	
Total lipid (fat)	g	0.25		0	0.53	0.19	
Carbohydrate, by difference	g	3.12		0	6.61	2.34	
Fiber, total dietary	g	2.8		0	5.9	2.1	
Ash	g	0.57		0	1.21	0.43	
Sugars, total	g						
Minerals:							
Calcium	mg	101		0	214	76	
Iron	mg	1.12		0	2.37	0.84	
Magnesium	mg	13		0	28	10	
Phosphorus	mg	24		0	51	18	
Potassium	mg	139		0	295	104	
Sodium	mg	261		0	553	196	
Zinc	mg	0.20		0	0.42	0.15	
Copper	mg	0.058		0	0.123	0.044	
Manganese	mg	0.294		0	0.623	0.220	
Selenium	µg	0.6		0	1.3	0.5	
Vitamins:							
Ascorbic acid	mg	13.8		0	29.3	10.3	
Thiamin	mg	0.040		0	0.085	0.030	
Riboflavin	mg	0.053		0	0.112	0.040	
Niacin	mg	0.258		0	0.547	0.194	
Pantothenic acid	mg	0.016		0	0.034	0.012	
Vitamin B-6	mg	0.108		0	0.229	0.081	
Folate	µg	70		0	147	52	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	4470		0	9476	3353	
Vitamin A, RE	µg	447		0	948	335	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.013		0	0.028	0.010	
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	0.013	0.005	
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	0.113	0	0.240	0.085
14:1	g				
16:1	g	0.001	0	0.002	0.001
18:1	g	0.018	0	0.038	0.013
20:1	g	0.023	0	0.049	0.017
22.1	g	0.071	0	0.151	0.053
Polyunsaturated, total	g	0.047	0	0.100	0.035
18:2	g	0.024	0	0.051	0.018
18:3	g	0.022	0	0.047	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	0.025	0	0.053	0.019
Threonine	g	0.060	0	0.127	0.045
Isoleucine	g	0.083	0	0.176	0.062
Leucine	g	0.070	0	0.148	0.053
Lysine	g	0.103	0	0.218	0.077
Methionine	g	0.021	0	0.045	0.016
Cystine	g	0.034	0	0.072	0.026
Phenylalanine	g	0.060	0	0.127	0.045
Tyrosine	g	0.120	0	0.254	0.090
Valine	g	0.088	0	0.187	0.066
Arginine	g	0.166	0	0.352	0.125
Histidine	g	0.041	0	0.087	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 package (10 oz) yields
Measure 2: 1/2 cup chopped or diced

NDB No. 11801 Mustard spinach, (tendergreen), cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	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	250		0	450		
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. 11802 New zealand spinach, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	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	343		0	617		
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. 11803 Okra, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	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	241		0	193	205	
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						
Lipids:							
Saturated, total	g	0.045		0	0.036	0.038	
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	0.038		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				
22.1	g				
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				
20:4	g	0.000	0	0.000	0.000
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.016	0	0.013	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. 11804 Okra, frozen, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	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	239		0	609	220	
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						
Lipids:							
Saturated, total	g	0.079		0	0.201	0.073	
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	0.068		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				
22.1	g				
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				
20:4	g	0.000	0	0.000	0.000
20:5	g				
22:5	g				
22:6	g				
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. 11805 Onions, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 210g	Measure 2* 15g	Measure 3* 170g
Proximates:							
Water	g	87.86		0	184.51	13.18	149.36
Energy	kcal	44		0	92	7	75
Energy	kj	184		0	386	28	313
Protein (N x 5.95)	g	1.36		0	2.86	0.20	2.31
Total lipid (fat)	g	0.19		0	0.40	0.03	0.32
Carbohydrate, by difference	g	10.15		0	21.32	1.52	17.25
Fiber, total dietary	g	1.4		0	2.9	0.2	2.4
Ash	g	0.44		0	0.92	0.07	0.75
Sugars, total	g						
Minerals:							
Calcium	mg	22		0	46	3	37
Iron	mg	0.24		0	0.50	0.04	0.41
Magnesium	mg	11		0	23	2	19
Phosphorus	mg	35		0	74	5	60
Potassium	mg	166		0	349	25	282
Sodium	mg	239		0	502	36	406
Zinc	mg	0.21		0	0.44	0.03	0.36
Copper	mg	0.067		0	0.141	0.010	0.114
Manganese	mg	0.153		0	0.321	0.023	0.260
Selenium	µg	0.6		0	1.3	0.1	1.0
Vitamins:							
Ascorbic acid	mg	5.2		0	10.9	0.8	8.8
Thiamin	mg	0.042		0	0.088	0.006	0.071
Riboflavin	mg	0.023		0	0.048	0.003	0.039
Niacin	mg	0.165		0	0.347	0.025	0.281
Pantothenic acid	mg	0.113		0	0.237	0.017	0.192
Vitamin B-6	mg	0.129		0	0.271	0.019	0.219
Folate	µg	15		0	32	2	26
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	0.221
Lipids:							
Saturated, total	g	0.031		0	0.065	0.005	0.053
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	0.002
15.0	g						
16:0	g	0.028		0	0.059	0.004	0.048
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	0.046
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	0.046
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	0.124
18:2	g	0.070	0	0.147	0.011	0.119
18:3	g	0.004	0	0.008	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	18	0	38	3	31
Amino acids:						
Tryptophan	g	0.020	0	0.042	0.003	0.034
Threonine	g	0.033	0	0.069	0.005	0.056
Isoleucine	g	0.048	0	0.101	0.007	0.082
Leucine	g	0.048	0	0.101	0.007	0.082
Lysine	g	0.065	0	0.137	0.010	0.111
Methionine	g	0.011	0	0.023	0.002	0.019
Cystine	g	0.024	0	0.050	0.004	0.041
Phenylalanine	g	0.035	0	0.074	0.005	0.060
Tyrosine	g	0.034	0	0.071	0.005	0.058
Valine	g	0.031	0	0.065	0.005	0.053
Arginine	g	0.183	0	0.384	0.027	0.311
Histidine	g	0.022	0	0.046	0.003	0.037
Alanine	g	0.038	0	0.080	0.006	0.065
Aspartic acid	g	0.074	0	0.155	0.011	0.126
Glutamic acid	g	0.220	0	0.462	0.033	0.374
Glycine	g	0.057	0	0.120	0.009	0.097
Proline	g	0.042	0	0.088	0.006	0.071
Serine	g	0.040	0	0.084	0.006	0.068
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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. 11806 Onions, frozen, chopped, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	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	1.7		0	0.3	1.8	
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	248		0	37	260	
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		1	0.021	0.146	
Pantothenic acid	mg	0.099		1	0.015	0.104	
Vitamin B-6	mg	0.069		1	0.010	0.072	
Folate	µg	13		1	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						
Lipids:							
Saturated, total	g	0.016		0	0.002	0.017	
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	0.002	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				
18:1	g	0.013	0	0.002	0.014
20:1	g				
22.1	g				
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				
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	0.002	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. 11807 Onions, frozen, whole, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	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	244		0	512		
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						
Lipids:							
Saturated, total	g	0.009		0	0.019		
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	0.008		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			
18:1	g	0.007	0	0.015
20:1	g			
22.1	g			
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			
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	0.021
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. 11808 Parsnips, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	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		1	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	246		0	192	394	
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						
Lipids:							
Saturated, total	g	0.050		0	0.039	0.080	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
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				
22.1	g				
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				
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 parsnip, (9" long)

NDB No. 11809 Peas, edible-podded, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	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	240		0	384		
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						
Lipids:							
Saturated, total	g	0.044		0	0.070		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.002		0	0.003		
15.0	g						
16:0	g						
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			
22.1	g			
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			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
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. 11810 Peas, edible-podded, frozen, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 160g	Measure 2* 253g	Measure 3*
Proximates:							
Water	g	86.60		0	138.56	219.10	
Energy	kcal	52		0	83	132	
Energy	kj	218		0	349	552	
Protein (N x 5.95)	g	3.50		0	5.60	8.86	
Total lipid (fat)	g	0.38		0	0.61	0.96	
Carbohydrate, by difference	g	9.02		0	14.43	22.82	
Fiber, total dietary	g	3.1		0	5.0	7.8	
Ash	g	0.50		0	0.80	1.26	
Sugars, total	g						
Minerals:							
Calcium	mg	59		0	94	149	
Iron	mg	2.40		0	3.84	6.07	
Magnesium	mg	28		0	45	71	
Phosphorus	mg	58		0	93	147	
Potassium	mg	217		0	347	549	
Sodium	mg	241		0	386	610	
Zinc	mg	0.49		0	0.78	1.24	
Copper	mg	0.090		0	0.144	0.228	
Manganese	mg	0.280		0	0.448	0.708	
Selenium	µg	0.8		0	1.3	2.0	
Vitamins:							
Ascorbic acid	mg	22.0		0	35.2	55.7	
Thiamin	mg	0.064		0	0.102	0.162	
Riboflavin	mg	0.119		0	0.190	0.301	
Niacin	mg	0.563		0	0.901	1.424	
Pantothenic acid	mg	0.857		0	1.371	2.168	
Vitamin B-6	mg	0.174		0	0.278	0.440	
Folate	µg	35		0	56	89	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	167		0	267	423	
Vitamin A, RE	µg	17		0	27	43	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.073		0	0.117	0.185	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.003		0	0.005	0.008	
15.0	g						
16:0	g	0.063		0	0.101	0.159	
17:0	g						
18:0	g	0.006		0	0.010	0.015	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.039	0	0.062	0.099
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.039	0	0.062	0.099
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.167	0	0.267	0.423
18:2	g	0.142	0	0.227	0.359
18:3	g	0.025	0	0.040	0.063
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	0.034	0	0.054	0.086
Threonine	g	0.123	0	0.197	0.311
Isoleucine	g	0.202	0	0.323	0.511
Leucine	g	0.286	0	0.458	0.724
Lysine	g	0.252	0	0.403	0.638
Methionine	g	0.014	0	0.022	0.035
Cystine	g	0.040	0	0.064	0.101
Phenylalanine	g	0.112	0	0.179	0.283
Tyrosine	g	0.123	0	0.197	0.311
Valine	g	0.342	0	0.547	0.865
Arginine	g	0.168	0	0.269	0.425
Histidine	g	0.022	0	0.035	0.056
Alanine	g	0.073	0	0.117	0.185
Aspartic acid	g	0.286	0	0.458	0.724
Glutamic acid	g	0.560	0	0.896	1.417
Glycine	g	0.090	0	0.144	0.228
Proline	g	0.078	0	0.125	0.197
Serine	g	0.157	0	0.251	0.397
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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

NDB No. 11811 Peas, green, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	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		1	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	239		0	382		
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						
Lipids:							
Saturated, total	g	0.039		0	0.062		
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	0.056		
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			
18:1	g	0.019	0	0.030
20:1	g			
22.1	g			
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			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
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. 11812 Peas, green, canned, no salt added, solids and liquids

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	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	9	1.439	35	11	43	
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	0.380		0	0.471	1.832	
Lipids:							
Saturated, total	g	0.054		0	0.067	0.260	
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	0.048		0	0.060	0.231	
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	0.027	0	0.033	0.130
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.027	0	0.033	0.130
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.142	0	0.176	0.684
18:2	g	0.115	0	0.143	0.554
18:3	g	0.027	0	0.033	0.130
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. 11813 Peas, green, canned, dietary 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* 85g	Measure 2* 313g	Measure 3*
Proximates:							
Water	g	81.70	0.788	11	69.44	255.72	
Energy	kcal	69		0	59	216	
Energy	kj	289		0	246	905	
Protein (N x 5.95)	g	4.42	0.174	11	3.76	13.83	
Total lipid (fat)	g	0.35	0.028	11	0.30	1.10	
Carbohydrate, by difference	g	12.58		0	10.69	39.38	
Fiber, total dietary	g	4.1		0	3.5	12.8	
Ash	g	0.97	0.058	11	0.82	3.04	
Sugars, total	g						
Minerals:							
Calcium	mg	20	1.769	6	17	63	
Iron	mg	0.95	0.137	11	0.81	2.97	
Magnesium	mg	17	0.469	6	14	53	
Phosphorus	mg	67	1.901	6	57	210	
Potassium	mg	173	16.888	6	147	541	
Sodium	mg	2		0	2	6	
Zinc	mg	0.71	0.085	11	0.60	2.22	
Copper	mg	0.082	0.007	11	0.070	0.257	
Manganese	mg	0.303	0.033	10	0.258	0.948	
Selenium	µg	1.7	0.460	16	1.4	5.3	
Vitamins:							
Ascorbic acid	mg	9.6	1.271	6	8.2	30.0	
Thiamin	mg	0.121	0.011	6	0.103	0.379	
Riboflavin	mg	0.078	0.005	6	0.066	0.244	
Niacin	mg	0.732	0.048	6	0.622	2.291	
Pantothenic acid	mg	0.128		0	0.109	0.401	
Vitamin B-6	mg	0.064	0.003	6	0.054	0.200	
Folate	µg	44	6.200	4	38	139	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	768	7.463	6	653	2404	
Vitamin A, RE	µg	77	0.746	6	65	241	
Vitamin E, α-TE	mg	0.380		0	0.323	1.189	
Lipids:							
Saturated, total	g	0.062		0	0.053	0.194	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g	0.056		0	0.048	0.175	
17:0	g						
18:0	g	0.006		0	0.005	0.019	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.031	0	0.026	0.097
14:1	g				
16:1	g				
18:1	g	0.031	0	0.026	0.097
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.163	0	0.139	0.510
18:2	g	0.132	0	0.112	0.413
18:3	g	0.031	0	0.026	0.097
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	0.030	0	0.026	0.094
Threonine	g	0.165	0	0.140	0.516
Isoleucine	g	0.159	0	0.135	0.498
Leucine	g	0.264	0	0.224	0.826
Lysine	g	0.259	0	0.220	0.811
Methionine	g	0.067	0	0.057	0.210
Cystine	g	0.026	0	0.022	0.081
Phenylalanine	g	0.163	0	0.139	0.510
Tyrosine	g	0.093	0	0.079	0.291
Valine	g	0.192	0	0.163	0.601
Arginine	g	0.349	0	0.297	1.092
Histidine	g	0.087	0	0.074	0.272
Alanine	g	0.196	0	0.167	0.613
Aspartic acid	g	0.404	0	0.343	1.265
Glutamic acid	g	0.604	0	0.513	1.891
Glycine	g	0.150	0	0.128	0.470
Proline	g	0.141	0	0.120	0.441
Serine	g	0.148	0	0.126	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: 1/2 cup
Measure 2: 1 can (303 x 406)

NDB No. 11814 Peas, green, frozen, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	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	323		0	817	258	
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						
Lipids:							
Saturated, total	g	0.049		0	0.124	0.039	
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	0.111	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				
18:1	g	0.024	0	0.061	0.019
20:1	g				
22.1	g				
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				
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	0.089	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. 11815 Peas, mature seeds, sprouted, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	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	239		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. 11816 Peas and carrots, canned, no salt added, solids and liquids

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	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	3.3		0	8.4		
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	4		0	10		
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	0.420		0	1.071		
Lipids:							
Saturated, total	g	0.049		0	0.125		
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	0.043		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	0.000	0	0.000
22.1	g	0.000	0	0.000
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	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	0.041
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. 11817 Peas and carrots, frozen, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	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	304		0	845	243	
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						
Lipids:							
Saturated, total	g	0.077		0	0.214	0.062	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
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				
22.1	g				
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				
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	0.061	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. 11818 Peas and onions, frozen, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	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	273		0	491		
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						
Lipids:							
Saturated, total	g	0.036		0	0.065		
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	0.033		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			
18:1	g	0.019	0	0.034
20:1	g			
22.1	g			
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			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
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. 11819 Peppers, hot chili, red, raw

Refuse: 27% Stem ends, seeds and core

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 45g	Measure 2* 75g	Measure 3*
Proximates:							
Water	g	87.74	1.215	5	39.48	65.81	
Energy	kcal	40		0	18	30	
Energy	kj	167		0	75	125	
Protein (N x 5.95)	g	2.00	0.000	2	0.90	1.50	
Total lipid (fat)	g	0.20		0	0.09	0.15	
Carbohydrate, by difference	g	9.46		0	4.26	7.10	
Fiber, total dietary	g	1.5		0	0.7	1.1	
Ash	g	0.60		0	0.27	0.45	
Sugars, total	g						
Minerals:							
Calcium	mg	18	0.500	2	8	14	
Iron	mg	1.20	0.200	2	0.54	0.90	
Magnesium	mg	25	2.000	2	11	19	
Phosphorus	mg	46	0.500	2	21	35	
Potassium	mg	340	80.000	2	153	255	
Sodium	mg	7	2.000	2	3	5	
Zinc	mg	0.30		0	0.14	0.23	
Copper	mg	0.174		0	0.078	0.130	
Manganese	mg	0.237		0	0.107	0.178	
Selenium	µg	0.5		0	0.2	0.4	
Vitamins:							
Ascorbic acid	mg	242.5	2.500	2	109.1	181.9	
Thiamin	mg	0.090	0.010	2	0.041	0.068	
Riboflavin	mg	0.090	0.010	2	0.041	0.068	
Niacin	mg	0.950	0.050	2	0.428	0.713	
Pantothenic acid	mg	0.061		0	0.027	0.046	
Vitamin B-6	mg	0.278		0	0.125	0.209	
Folate	µg	23	2.011	3	11	18	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	10750		0	4838	8063	
Vitamin A, RE	µg	1075		0	484	806	
Vitamin E, α-TE	mg	0.690		0	0.311	0.518	
Lipids:							
Saturated, total	g	0.021		0	0.009	0.016	
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	0.000	0.001	
15.0	g						
16:0	g	0.015		0	0.007	0.011	
17:0	g						
18:0	g	0.003		0	0.001	0.002	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.011	0	0.005	0.008
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.011	0	0.005	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	0.109	0	0.049	0.082
18:2	g	0.104	0	0.047	0.078
18:3	g	0.005	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	0.026	11	0.012	0.020
Threonine	g	0.074	7	0.033	0.056
Isoleucine	g	0.065	7	0.029	0.049
Leucine	g	0.105	7	0.047	0.079
Lysine	g	0.089	13	0.040	0.067
Methionine	g	0.024	13	0.011	0.018
Cystine	g	0.038	6	0.017	0.029
Phenylalanine	g	0.062	7	0.028	0.047
Tyrosine	g	0.042	7	0.019	0.032
Valine	g	0.084	7	0.038	0.063
Arginine	g	0.096	7	0.043	0.072
Histidine	g	0.041	7	0.018	0.031
Alanine	g	0.082	7	0.037	0.062
Aspartic acid	g	0.286	7	0.129	0.215
Glutamic acid	g	0.264	7	0.119	0.198
Glycine	g	0.074	7	0.033	0.056
Proline	g	0.087	7	0.039	0.065
Serine	g	0.080	7	0.036	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 pepper
Measure 2: 1/2 cup chopped or diced

NDB No. 11820 Peppers, hot chili, red, canned, excluding seeds, solids and liquids

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	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	11892		0	8681	8087	
Vitamin A, RE	µg	1189		0	868	809	
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. 11821 Peppers, sweet, red, 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* 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	2.0		0	3.0	1.8	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	190.0		1	283.1	174.8	17.7
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	5700		1	8493	5244	530
Vitamin A, RE	µg	570		1	849	524	53
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. 11822 Peppers, sweet, green, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 12g	Measure 2* 73g	Measure 3* 92g
Proximates:							
Water	g	91.87		0	10.66	67.07	84.52
Energy	kcal	28		0	3	20	26
Energy	kj	117		0	14	85	108
Protein (N x 5.95)	g	0.92		0	0.11	0.67	0.85
Total lipid (fat)	g	0.20		0	0.02	0.15	0.18
Carbohydrate, by difference	g	6.70		0	0.78	4.89	6.16
Fiber, total dietary	g	1.2		1	0.1	0.9	1.1
Ash	g	0.31		0	0.04	0.23	0.29
Sugars, total	g						
Minerals:							
Calcium	mg	9		0	1	7	8
Iron	mg	0.46		0	0.05	0.34	0.42
Magnesium	mg	10		0	1	7	9
Phosphorus	mg	18		0	2	13	17
Potassium	mg	166		0	19	121	153
Sodium	mg	238		1	28	174	219
Zinc	mg	0.12		0	0.01	0.09	0.11
Copper	mg	0.065		0	0.008	0.047	0.060
Manganese	mg	0.115		0	0.013	0.084	0.106
Selenium	µg	0.3		0	0.0	0.2	0.3
Vitamins:							
Ascorbic acid	mg	74.4		0	8.6	54.3	68.4
Thiamin	mg	0.059		0	0.007	0.043	0.054
Riboflavin	mg	0.030		0	0.003	0.022	0.028
Niacin	mg	0.477		0	0.055	0.348	0.439
Pantothenic acid	mg	0.079		0	0.009	0.058	0.073
Vitamin B-6	mg	0.233		0	0.027	0.170	0.214
Folate	µg	16		0	2	12	15
Vitamin B-12	µg	0.00		0	0.00	0.00	0.00
Vitamin A	IU	592		0	69	432	545
Vitamin A, RE	µg	59		0	7	43	54
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.029		0	0.003	0.021	0.027
4:0	g						
6.0	g						
8:0	g						
10:0	g						
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	0.003	0.016	0.020
17:0	g						
18:0	g	0.007		0	0.001	0.005	0.006
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.013	0	0.002	0.009	0.012
14:1	g					
16:1	g	0.001	0	0.000	0.001	0.001
18:1	g	0.012	0	0.001	0.009	0.011
20:1	g					
22.1	g					
Polyunsaturated, total	g	0.106	0	0.012	0.077	0.098
18:2	g	0.096	0	0.011	0.070	0.088
18:3	g	0.010	0	0.001	0.007	0.009
18:4	g					
20:4	g					
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	0	0	0	0	0
Phytosterols	mg	9	0	1	7	8
Amino acids:						
Tryptophan	g	0.012	0	0.001	0.009	0.011
Threonine	g	0.034	0	0.004	0.025	0.031
Isoleucine	g	0.030	0	0.003	0.022	0.028
Leucine	g	0.048	0	0.006	0.035	0.044
Lysine	g	0.041	0	0.005	0.030	0.038
Methionine	g	0.011	0	0.001	0.008	0.010
Cystine	g	0.018	0	0.002	0.013	0.017
Phenylalanine	g	0.029	0	0.003	0.021	0.027
Tyrosine	g	0.019	0	0.002	0.014	0.017
Valine	g	0.039	0	0.005	0.028	0.036
Arginine	g	0.044	0	0.005	0.032	0.040
Histidine	g	0.019	0	0.002	0.014	0.017
Alanine	g	0.038	0	0.004	0.028	0.035
Aspartic acid	g	0.132	0	0.015	0.096	0.121
Glutamic acid	g	0.122	0	0.014	0.089	0.112
Glycine	g	0.034	0	0.004	0.025	0.031
Proline	g	0.040	0	0.005	0.029	0.037
Serine	g	0.037	0	0.004	0.027	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 tablespoon
Measure 2: 1 pepper
Measure 3: 1/2 cup, chopped

NDB No. 11823 Peppers, sweet, red, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	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	171.0		1	230.8	19.8	116.3
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	3760		0	5076	436	2557
Vitamin A, RE	µg	376		0	508	44	256
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. 11824 Peppers, sweet, red, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 12g	Measure 2* 73g	Measure 3* 92g
Proximates:							
Water	g	91.87		0	11.02	67.07	84.52
Energy	kcal	28		0	3	20	26
Energy	kj	117		0	14	85	108
Protein (N x 5.95)	g	0.92		0	0.11	0.67	0.85
Total lipid (fat)	g	0.20		0	0.02	0.15	0.18
Carbohydrate, by difference	g	6.70		0	0.80	4.89	6.16
Fiber, total dietary	g	1.2		1	0.1	0.9	1.1
Ash	g	0.31		0	0.04	0.23	0.29
Sugars, total	g						
Minerals:							
Calcium	mg	9		0	1	7	8
Iron	mg	0.46		0	0.06	0.34	0.42
Magnesium	mg	10		0	1	7	9
Phosphorus	mg	18		0	2	13	17
Potassium	mg	166		0	20	121	153
Sodium	mg	238		1	29	174	219
Zinc	mg	0.12		0	0.01	0.09	0.11
Copper	mg	0.065		0	0.008	0.047	0.060
Manganese	mg	0.115		0	0.014	0.084	0.106
Selenium	µg	0.3		0	0.0	0.2	0.3
Vitamins:							
Ascorbic acid	mg	171.0		1	20.5	124.8	157.3
Thiamin	mg	0.059		0	0.007	0.043	0.054
Riboflavin	mg	0.030		0	0.004	0.022	0.028
Niacin	mg	0.477		0	0.057	0.348	0.439
Pantothenic acid	mg	0.079		0	0.009	0.058	0.073
Vitamin B-6	mg	0.233		0	0.028	0.170	0.214
Folate	µg	16		0	2	12	15
Vitamin B-12	µg	0.00		0	0.00	0.00	0.00
Vitamin A	IU	3760		1	451	2745	3459
Vitamin A, RE	µg	376		0	45	274	346
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.029		0	0.003	0.021	0.027
4:0	g						
6.0	g						
8:0	g						
10:0	g						
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	0.003	0.016	0.020
17:0	g						
18:0	g	0.007		0	0.001	0.005	0.006
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.013	0	0.002	0.009	0.012
14:1	g					
16:1	g	0.001	0	0.000	0.001	0.001
18:1	g	0.012	0	0.001	0.009	0.011
20:1	g					
22.1	g					
Polyunsaturated, total	g	0.106	0	0.013	0.077	0.098
18:2	g	0.096	0	0.012	0.070	0.088
18:3	g	0.010	0	0.001	0.007	0.009
18:4	g					
20:4	g					
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	0	0	0	0	0
Phytosterols	mg	9	0	1	7	8
Amino acids:						
Tryptophan	g	0.012	0	0.001	0.009	0.011
Threonine	g	0.034	0	0.004	0.025	0.031
Isoleucine	g	0.030	0	0.004	0.022	0.028
Leucine	g	0.048	0	0.006	0.035	0.044
Lysine	g	0.041	0	0.005	0.030	0.038
Methionine	g	0.011	0	0.001	0.008	0.010
Cystine	g	0.018	0	0.002	0.013	0.017
Phenylalanine	g	0.029	0	0.003	0.021	0.027
Tyrosine	g	0.019	0	0.002	0.014	0.017
Valine	g	0.039	0	0.005	0.028	0.036
Arginine	g	0.044	0	0.005	0.032	0.040
Histidine	g	0.019	0	0.002	0.014	0.017
Alanine	g	0.038	0	0.005	0.028	0.035
Aspartic acid	g	0.132	0	0.016	0.096	0.121
Glutamic acid	g	0.122	0	0.015	0.089	0.112
Glycine	g	0.034	0	0.004	0.025	0.031
Proline	g	0.040	0	0.005	0.029	0.037
Serine	g	0.037	0	0.004	0.027	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 tablespoon
Measure 2: 1 pepper
Measure 3: 1/2 cup, chopped

NDB No. 11825 Peppers, sweet, green, frozen, chopped, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	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						
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	240		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. 11826 Pigeonpeas, immature seeds, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	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		1	61		
Phosphorus	mg	118		0	181		
Potassium	mg	456		1	698		
Sodium	mg	240		0	367		
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						
Lipids:							
Saturated, total	g	0.365		0	0.558		
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	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			
18:1	g	0.013	0	0.020
20:1	g			
22.1	g			
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			
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. 11827 Pokeberry shoots, (poke), cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 165g	Measure 2*	Measure 3*
Proximates:							
Water	g	92.90		0	153.29		
Energy	kcal	20		0	33		
Energy	kj	84		0	139		
Protein (N x 5.95)	g	2.30		0	3.79		
Total lipid (fat)	g	0.40		0	0.66		
Carbohydrate, by difference	g	3.10		0	5.12		
Fiber, total dietary	g	1.5		1	2.5		
Ash	g	1.30		0	2.15		
Sugars, total	g						
Minerals:							
Calcium	mg	53		0	87		
Iron	mg	1.20		0	1.98		
Magnesium	mg	14		0	23		
Phosphorus	mg	33		0	54		
Potassium	mg	184		0	304		
Sodium	mg	254		0	419		
Zinc	mg	0.19		0	0.31		
Copper	mg	0.126		0	0.208		
Manganese	mg	0.336		0	0.554		
Selenium	µg	0.9		0	1.5		
Vitamins:							
Ascorbic acid	mg	82.0		0	135.3		
Thiamin	mg	0.070		0	0.116		
Riboflavin	mg	0.250		0	0.413		
Niacin	mg	1.100		0	1.815		
Pantothenic acid	mg	0.039		0	0.064		
Vitamin B-6	mg	0.111		0	0.183		
Folate	µg	9		0	14		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	8700		0	14355		
Vitamin A, RE	µg	870		0	1436		
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. 11828 Potatoes, baked, flesh and skin, with salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 61g	Measure 2* 202g	Measure 3*
Proximates:							
Water	g	71.20	1.064	12	43.43	143.82	
Energy	kcal	109		0	66	220	
Energy	kj	456		0	278	921	
Protein (N x 5.95)	g	2.30	0.043	10	1.40	4.65	
Total lipid (fat)	g	0.10		0	0.06	0.20	
Carbohydrate, by difference	g	25.23		0	15.39	50.96	
Fiber, total dietary	g	2.4		0	1.5	4.8	
Ash	g	1.16	0.055	10	0.71	2.34	
Sugars, total	g						
Minerals:							
Calcium	mg	10	1.884	12	6	20	
Iron	mg	1.36	0.293	12	0.83	2.75	
Magnesium	mg	27	1.590	12	16	55	
Phosphorus	mg	57	3.174	12	35	115	
Potassium	mg	418	16.382	12	255	844	
Sodium	mg	244		0	149	493	
Zinc	mg	0.32	0.027	12	0.20	0.65	
Copper	mg	0.305	0.038	12	0.186	0.616	
Manganese	mg	0.229	0.019	12	0.140	0.463	
Selenium	µg	0.8	0.256	10	0.5	1.6	
Vitamins:							
Ascorbic acid	mg	12.9	0.525	6	7.9	26.1	
Thiamin	mg	0.107	0.006	12	0.065	0.216	
Riboflavin	mg	0.033	0.001	12	0.020	0.067	
Niacin	mg	1.645	0.087	11	1.003	3.323	
Pantothenic acid	mg	0.555		1	0.339	1.121	
Vitamin B-6	mg	0.347	0.011	12	0.212	0.701	
Folate	µg	11	0.548	12	7	22	
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	0.016	0.053	
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	0.006	
14:0	g	0.001		0	0.001	0.002	
15.0	g						
16:0	g	0.016		0	0.010	0.032	
17:0	g						
18:0	g	0.004		0	0.002	0.008	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.002	0	0.001	0.004
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	0.026	0.087
18:2	g	0.032	0	0.020	0.065
18:3	g	0.010	0	0.006	0.020
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	0.036	0	0.022	0.073
Threonine	g	0.084	0	0.051	0.170
Isoleucine	g	0.093	0	0.057	0.188
Leucine	g	0.138	0	0.084	0.279
Lysine	g	0.140	0	0.085	0.283
Methionine	g	0.036	0	0.022	0.073
Cystine	g	0.029	0	0.018	0.059
Phenylalanine	g	0.102	0	0.062	0.206
Tyrosine	g	0.085	0	0.052	0.172
Valine	g	0.130	0	0.079	0.263
Arginine	g	0.106	0	0.065	0.214
Histidine	g	0.050	0	0.031	0.101
Alanine	g	0.071	0	0.043	0.143
Aspartic acid	g	0.563	0	0.343	1.137
Glutamic acid	g	0.386	0	0.235	0.780
Glycine	g	0.068	0	0.041	0.137
Proline	g	0.083	0	0.051	0.168
Serine	g	0.100	0	0.061	0.202
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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. 11829 Potatoes, baked, flesh, with salt

Refuse: 23% Skin and adhering flesh

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	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	241		0	147	376	
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						
Lipids:							
Saturated, total	g	0.026		0	0.016	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	0.010	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				
22.1	g				
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				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.030	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. 11830 Potatoes, baked, skin, with salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	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	257		0	149		
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						
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. 11831 Potatoes, boiled, cooked in skin, flesh, with salt

Refuse: 9% Skins and eyes

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	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	2.0		0	1.6	2.7	
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	240		0	187	326	
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. 11832 Potatoes, boiled, cooked in skin, skin, with salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	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	250		0	85		
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. 11833 Potatoes, boiled, cooked without skin, flesh, with salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	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	2.0		0	1.6	2.7	
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	241		0	188	325	
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. 11834 Potatoes, microwaved, cooked, in skin, flesh and skin, with salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 202g	Measure 2*	Measure 3*
Proximates:							
Water	g	72.04	1.061	10	145.52		
Energy	kcal	105		0	212		
Energy	kj	439		0	887		
Protein (N x 5.95)	g	2.44	0.120	6	4.93		
Total lipid (fat)	g	0.10		0	0.20		
Carbohydrate, by difference	g	24.13		0	48.74		
Fiber, total dietary	g	2.3		0	4.6		
Ash	g	1.18	0.077	6	2.38		
Sugars, total	g						
Minerals:							
Calcium	mg	11	3.037	10	22		
Iron	mg	1.24	0.089	10	2.50		
Magnesium	mg	27	1.825	10	55		
Phosphorus	mg	105	44.634	10	212		
Potassium	mg	447	19.494	10	903		
Sodium	mg	244		0	493		
Zinc	mg	0.36	0.033	10	0.73		
Copper	mg	0.334	0.036	10	0.675		
Manganese	mg	0.292	0.029	10	0.590		
Selenium	µg	0.4		0	0.8		
Vitamins:							
Ascorbic acid	mg	15.1		3	30.5		
Thiamin	mg	0.120	0.006	10	0.242		
Riboflavin	mg	0.032	0.001	10	0.065		
Niacin	mg	1.714	0.107	10	3.462		
Pantothenic acid	mg	0.454		0	0.917		
Vitamin B-6	mg	0.344	0.022	10	0.695		
Folate	µg	12	0.559	10	24		
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	0.053		
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.001		0	0.002		
12:0	g	0.003		0	0.006		
14:0	g	0.001		0	0.002		
15.0	g						
16:0	g	0.016		0	0.032		
17:0	g						
18:0	g	0.004		0	0.008		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.002	0	0.004
14:1	g			
16:1	g	0.001	0	0.002
18:1	g	0.001	0	0.002
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.043	0	0.087
18:2	g	0.032	0	0.065
18:3	g	0.010	0	0.020
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	0.038	0	0.077
Threonine	g	0.089	0	0.180
Isoleucine	g	0.099	0	0.200
Leucine	g	0.147	0	0.297
Lysine	g	0.149	0	0.301
Methionine	g	0.039	0	0.079
Cystine	g	0.031	0	0.063
Phenylalanine	g	0.109	0	0.220
Tyrosine	g	0.091	0	0.184
Valine	g	0.138	0	0.279
Arginine	g	0.113	0	0.228
Histidine	g	0.054	0	0.109
Alanine	g	0.075	0	0.152
Aspartic acid	g	0.598	0	1.208
Glutamic acid	g	0.410	0	0.828
Glycine	g	0.073	0	0.147
Proline	g	0.088	0	0.178
Serine	g	0.106	0	0.214
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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, (2-1/3" x 4-3/4")

NDB No. 11835 Potatoes, microwaved, cooked in skin, flesh, with salt

Refuse: 23% Skin and adhering flesh

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	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	243		0	190	379	
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. 11836 Potatoes, microwaved, cooked, in skin, skin with salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	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	252		0	146		
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. 11837 Potatoes, frozen, whole, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	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	256		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. 11838 Potatoes, french fried, frozen, home-prepared, heated in oven, with salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	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	266		0	133	527	
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						
Lipids:							
Saturated, total	g	1.262		0	0.631	2.499	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g	0.769		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				
18:1	g	4.747	0	2.373	9.399
20:1	g	0.014	0	0.007	0.028
22.1	g				
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				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.043	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: yield from 9 oz package

NDB No. 11840 Potatoes, frozen, french fried, par fried, cottage-cut, prepared, heated in oven, with salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	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	281		0	141	556	
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: yield from 9 oz package

NDB No. 11843 Potatoes, au gratin, home-prepared from recipe using margarine

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	3.530		0	8.648		
4:0	g	0.150		0	0.368		
6.0	g	0.077		0	0.189		
8:0	g	0.043		0	0.105		
10:0	g	0.092		0	0.225		
12:0	g	0.091		0	0.223		
14:0	g	0.479		0	1.174		
15.0	g						
16:0	g	1.698		0	4.160		
17:0	g						
18:0	g	0.773		0	1.894		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.587	0	6.338
14:1	g			
16:1	g	0.135	0	0.331
18:1	g	2.388	0	5.851
20:1	g			
22.1	g			
Polyunsaturated, total	g	1.076	0	2.636
18:2	g	0.978	0	2.396
18:3	g	0.102	0	0.250
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	15	0	37
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. 11844 Potatoes, scalloped, home-prepared with margarine

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	1.377		0	3.374		
4:0	g	0.051		0	0.125		
6.0	g	0.028		0	0.069		
8:0	g	0.018		0	0.044		
10:0	g	0.038		0	0.093		
12:0	g	0.043		0	0.105		
14:0	g	0.161		0	0.394		
15.0	g						
16:0	g	0.665		0	1.629		
17:0	g						
18:0	g	0.335		0	0.821		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.352	0	3.312
14:1	g			
16:1	g	0.038	0	0.093
18:1	g	1.296	0	3.175
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.746	0	1.828
18:2	g	0.693	0	1.698
18:3	g	0.060	0	0.147
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	6	0	15
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. 11845 Pumpkin, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	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	237		0	581		
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						
Lipids:							
Saturated, total	g	0.037		0	0.091		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
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			
22.1	g			
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			
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	0.022
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. 11846 Pumpkin, canned, with salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	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	241		0	590		
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		1	0.059		
Riboflavin	mg	0.054		1	0.132		
Niacin	mg	0.367		1	0.899		
Pantothenic acid	mg	0.400		1	0.980		
Vitamin B-6	mg	0.056		1	0.137		
Folate	µg	12		1	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						
Lipids:							
Saturated, total	g	0.146		0	0.358		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
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			
22.1	g			
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			
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	0.032
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. 11847 Pumpkin, flowers, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	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		1	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	242		0	324		
Zinc	mg	0.10		0	0.13		
Copper	mg	0.100		0	0.134		
Manganese	mg						
Selenium	µg	0.9		0	1.2		
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						
Lipids:							
Saturated, total	g	0.041		0	0.055		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
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			
22.1	g			
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			
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. 11848 Pumpkin, leaves, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	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		1	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	244		0	173		
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						
Lipids:							
Saturated, total	g	0.114		0	0.081		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
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			
22.1	g			
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			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
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. 11849 Purslane, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 115g	Measure 2*	Measure 3*
Proximates:							
Water	g	93.52		1	107.55		
Energy	kcal	18		0	21		
Energy	kj	75		0	86		
Protein (N x 5.95)	g	1.49		1	1.71		
Total lipid (fat)	g	0.19		1	0.22		
Carbohydrate, by difference	g	3.55		0	4.08		
Fiber, total dietary	g						
Ash	g	1.25		1	1.44		
Sugars, total	g						
Minerals:							
Calcium	mg	78		1	90		
Iron	mg	0.77		1	0.89		
Magnesium	mg	67		1	77		
Phosphorus	mg	37		1	43		
Potassium	mg	488		1	561		
Sodium	mg	280		0	322		
Zinc	mg	0.17		0	0.20		
Copper	mg	0.114		0	0.131		
Manganese	mg	0.307		0	0.353		
Selenium	µg	0.9		0	1.0		
Vitamins:							
Ascorbic acid	mg	10.5		0	12.1		
Thiamin	mg	0.031		0	0.036		
Riboflavin	mg	0.090		0	0.104		
Niacin	mg	0.460		0	0.529		
Pantothenic acid	mg	0.036		0	0.041		
Vitamin B-6	mg	0.070		0	0.081		
Folate	µg	9		0	10		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	1852		0	2130		
Vitamin A, RE	µg	185		0	213		
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	0.016	0	0.018
Threonine	g	0.050	0	0.058
Isoleucine	g	0.053	0	0.061
Leucine	g	0.091	0	0.105
Lysine	g	0.065	0	0.075
Methionine	g	0.014	0	0.016
Cystine	g	0.010	0	0.012
Phenylalanine	g	0.058	0	0.067
Tyrosine	g	0.024	0	0.028
Valine	g	0.072	0	0.083
Arginine	g	0.057	0	0.066
Histidine	g	0.023	0	0.026
Alanine	g	0.057	0	0.066
Aspartic acid	g	0.077	0	0.089
Glutamic acid	g	0.219	0	0.252
Glycine	g	0.046	0	0.053
Proline	g	0.070	0	0.081
Serine	g	0.045	0	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 cup

NDB No. 11850 Radishes, oriental, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	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		1	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	249		0	366		
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						
Lipids:							
Saturated, total	g	0.073		0	0.107		
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	0.063		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			
22.1	g			
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			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
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, slices

NDB No. 11851 Rutabagas, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 120g	Measure 2*	Measure 3*
Proximates:							
Water	g	88.88		0	106.66		
Energy	kcal	39		0	47		
Energy	kj	163		0	196		
Protein (N x 5.95)	g	1.29		0	1.55		
Total lipid (fat)	g	0.22		0	0.26		
Carbohydrate, by difference	g	8.74		0	10.49		
Fiber, total dietary	g						
Ash	g	0.87		0	1.04		
Sugars, total	g						
Minerals:							
Calcium	mg	48		0	58		
Iron	mg	0.53		0	0.64		
Magnesium	mg	23		0	28		
Phosphorus	mg	56		0	67		
Potassium	mg	326		0	391		
Sodium	mg	254		0	305		
Zinc	mg	0.35		0	0.42		
Copper	mg	0.041		0	0.049		
Manganese	mg	0.174		0	0.209		
Selenium	µg	0.7		0	0.8		
Vitamins:							
Ascorbic acid	mg	18.8		0	22.6		
Thiamin	mg	0.082		0	0.098		
Riboflavin	mg	0.041		0	0.049		
Niacin	mg	0.715		0	0.858		
Pantothenic acid	mg	0.155		0	0.186		
Vitamin B-6	mg	0.102		0	0.122		
Folate	µg	15		0	18		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	561		0	673		
Vitamin A, RE	µg	56		0	67		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.029		0	0.035		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g	0.026		0	0.031		
17:0	g						
18:0	g	0.003		0	0.004		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.027	0	0.032
14:1	g			
16:1	g			
18:1	g	0.027	0	0.032
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.095	0	0.114
18:2	g	0.038	0	0.046
18:3	g	0.057	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	0.014	0	0.017
Threonine	g	0.050	0	0.060
Isoleucine	g	0.053	0	0.064
Leucine	g	0.041	0	0.049
Lysine	g	0.042	0	0.050
Methionine	g	0.010	0	0.012
Cystine	g	0.012	0	0.014
Phenylalanine	g	0.034	0	0.041
Tyrosine	g	0.025	0	0.030
Valine	g	0.051	0	0.061
Arginine	g	0.159	0	0.191
Histidine	g	0.032	0	0.038
Alanine	g	0.035	0	0.042
Aspartic acid	g	0.094	0	0.113
Glutamic acid	g	0.152	0	0.182
Glycine	g	0.030	0	0.036
Proline	g			
Serine	g	0.037	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: 1/2 cup mashed

NDB No. 11852 Salsify, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	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		1	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	252		0	340		
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						
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. 11853 Soybeans, green, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 180g	Measure 2*	Measure 3*
Proximates:							
Water	g	68.60	1.500	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		0	108		
Phosphorus	mg	158	74.500	2	284		
Potassium	mg	539		0	970		
Sodium	mg	250		0	450		
Zinc	mg	0.91		0	1.64		
Copper	mg	0.117		0	0.211		
Manganese	mg	0.502		0	0.904		
Selenium	µg	1.4		0	2.5		
Vitamins:							
Ascorbic acid	mg	17.0		0	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		0	0.230		
Vitamin B-6	mg	0.060		0	0.108		
Folate	µg	111		1	200		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	156		0	281		
Vitamin A, RE	µg	16		0	29		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.740		0	1.332		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
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			
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			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
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. 11854 Spinach, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	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	306		0	551		
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						
Lipids:							
Saturated, total	g	0.042		0	0.076		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
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			
22.1	g			
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			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
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. 11855 Spinach, canned, no salt added, solids and liquids

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	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	2.2		0	5.1		
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	75		0	176		
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	0.962		0	2.251		
Lipids:							
Saturated, total	g	0.060		0	0.140		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
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			
22.1	g			
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			
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	0.066
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. 11856 Spinach, frozen, chopped or leaf, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	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	322		0	708	306	
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						
Lipids:							
Saturated, total	g	0.033		0	0.073	0.031	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
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				
22.1	g				
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				
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	0.092	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. 11857 Squash, summer, all varieties, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 180g	Measure 2*	Measure 3*
Proximates:							
Water	g	93.70	0.122	6	168.66		
Energy	kcal	20		0	36		
Energy	kj	84		0	151		
Protein (N x 5.95)	g	0.91	0.075	6	1.64		
Total lipid (fat)	g	0.31	0.022	6	0.56		
Carbohydrate, by difference	g	4.31		0	7.76		
Fiber, total dietary	g	1.4		1	2.5		
Ash	g	0.77	0.024	6	1.39		
Sugars, total	g						
Minerals:							
Calcium	mg	27	1.248	6	49		
Iron	mg	0.36	0.036	6	0.65		
Magnesium	mg	24	0.500	6	43		
Phosphorus	mg	39	1.908	6	70		
Potassium	mg	192	5.618	6	346		
Sodium	mg	237		0	427		
Zinc	mg	0.39	0.012	6	0.70		
Copper	mg	0.103	0.006	6	0.185		
Manganese	mg	0.213	0.011	6	0.383		
Selenium	µg	0.2		0	0.4		
Vitamins:							
Ascorbic acid	mg	5.5	0.775	6	9.9		
Thiamin	mg	0.044	0.003	9	0.079		
Riboflavin	mg	0.041	0.004	9	0.074		
Niacin	mg	0.513	0.044	6	0.923		
Pantothenic acid	mg	0.137	0.003	6	0.247		
Vitamin B-6	mg	0.065	0.008	9	0.117		
Folate	µg	20	3.726	3	36		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	287	39.996	6	517		
Vitamin A, RE	µg	29	4.000	6	52		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.064		0	0.115		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g	0.001		0	0.002		
14:0	g	0.001		0	0.002		
15.0	g						
16:0	g	0.056		0	0.101		
17:0	g						
18:0	g	0.006		0	0.011		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.023	0	0.041
14:1	g			
16:1	g	0.001	0	0.002
18:1	g	0.021	0	0.038
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.131	0	0.236
18:2	g	0.049	0	0.088
18:3	g	0.082	0	0.148
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	0.014
Threonine	g	0.022	0	0.040
Isoleucine	g	0.033	0	0.059
Leucine	g	0.053	0	0.095
Lysine	g	0.050	0	0.090
Methionine	g	0.013	0	0.023
Cystine	g	0.010	0	0.018
Phenylalanine	g	0.032	0	0.058
Tyrosine	g	0.024	0	0.043
Valine	g	0.041	0	0.074
Arginine	g	0.038	0	0.068
Histidine	g	0.020	0	0.036
Alanine	g	0.048	0	0.086
Aspartic acid	g	0.111	0	0.200
Glutamic acid	g	0.097	0	0.175
Glycine	g	0.034	0	0.061
Proline	g	0.028	0	0.050
Serine	g	0.037	0	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, slices

NDB No. 11858 Squash, summer, crookneck and straightneck, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 180g	Measure 2*	Measure 3*
Proximates:							
Water	g	93.70	0.122	6	168.66		
Energy	kcal	20		0	36		
Energy	kj	84		0	151		
Protein (N x 5.95)	g	0.91	0.075	6	1.64		
Total lipid (fat)	g	0.31	0.022	6	0.56		
Carbohydrate, by difference	g	4.31		0	7.76		
Fiber, total dietary	g	1.4		0	2.5		
Ash	g	0.77	0.024	6	1.39		
Sugars, total	g						
Minerals:							
Calcium	mg	27	1.248	6	49		
Iron	mg	0.36	0.036	6	0.65		
Magnesium	mg	24	0.500	6	43		
Phosphorus	mg	39	1.908	6	70		
Potassium	mg	192	5.618	6	346		
Sodium	mg	237		0	427		
Zinc	mg	0.39	0.012	6	0.70		
Copper	mg	0.103	0.006	6	0.185		
Manganese	mg	0.213	0.011	6	0.383		
Selenium	µg	0.2		0	0.4		
Vitamins:							
Ascorbic acid	mg	5.5	0.775	6	9.9		
Thiamin	mg	0.049	0.002	6	0.088		
Riboflavin	mg	0.049	0.003	6	0.088		
Niacin	mg	0.513	0.044	6	0.923		
Pantothenic acid	mg	0.137	0.003	6	0.247		
Vitamin B-6	mg	0.094	0.006	6	0.169		
Folate	µg	20	3.726	3	36		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	287	39.996	6	517		
Vitamin A, RE	µg	29	4.000	6	52		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.064		0	0.115		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g	0.001		0	0.002		
14:0	g	0.001		0	0.002		
15.0	g						
16:0	g	0.056		0	0.101		
17:0	g						
18:0	g	0.006		0	0.011		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.023	0	0.041
14:1	g			
16:1	g	0.001	0	0.002
18:1	g	0.021	0	0.038
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.131	0	0.236
18:2	g	0.049	0	0.088
18:3	g	0.082	0	0.148
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	0.014
Threonine	g	0.022	0	0.040
Isoleucine	g	0.033	0	0.059
Leucine	g	0.053	0	0.095
Lysine	g	0.050	0	0.090
Methionine	g	0.013	0	0.023
Cystine	g	0.010	0	0.018
Phenylalanine	g	0.032	0	0.058
Tyrosine	g	0.024	0	0.043
Valine	g	0.041	0	0.074
Arginine	g	0.038	0	0.068
Histidine	g	0.020	0	0.036
Alanine	g	0.048	0	0.086
Aspartic acid	g	0.111	0	0.200
Glutamic acid	g	0.097	0	0.175
Glycine	g	0.034	0	0.061
Proline	g	0.028	0	0.050
Serine	g	0.037	0	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, slices

NDB No. 11859 Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	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	242		0	465		
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						
Lipids:							
Saturated, total	g	0.040		0	0.077		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
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			
22.1	g			
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			
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	0.021
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. 11860 Squash, summer, scallop, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 90g	Measure 2* 120g	Measure 3*
Proximates:							
Water	g	95.00		0	85.50	114.00	
Energy	kcal	16		0	14	19	
Energy	kj	67		0	60	80	
Protein (N x 5.95)	g	1.03		0	0.93	1.24	
Total lipid (fat)	g	0.17		0	0.15	0.20	
Carbohydrate, by difference	g	3.30		0	2.97	3.96	
Fiber, total dietary	g	1.9		0	1.7	2.3	
Ash	g	0.50		0	0.45	0.60	
Sugars, total	g						
Minerals:							
Calcium	mg	15		0	14	18	
Iron	mg	0.33		0	0.30	0.40	
Magnesium	mg	19		0	17	23	
Phosphorus	mg	28		0	25	34	
Potassium	mg	140		0	126	168	
Sodium	mg	237		0	213	284	
Zinc	mg	0.24		0	0.22	0.29	
Copper	mg	0.083		0	0.075	0.100	
Manganese	mg	0.128		0	0.115	0.154	
Selenium	µg	0.2		0	0.2	0.2	
Vitamins:							
Ascorbic acid	mg	10.8		0	9.7	13.0	
Thiamin	mg	0.051		0	0.046	0.061	
Riboflavin	mg	0.025		0	0.023	0.030	
Niacin	mg	0.464		0	0.418	0.557	
Pantothenic acid	mg	0.079		0	0.071	0.095	
Vitamin B-6	mg	0.085		0	0.077	0.102	
Folate	µg	21		0	19	25	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	85		0	77	102	
Vitamin A, RE	µg	9		0	8	11	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.035		0	0.032	0.042	
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	0.001		0	0.001	0.001	
15.0	g						
16:0	g	0.031		0	0.028	0.037	
17:0	g						
18:0	g	0.003		0	0.003	0.004	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.013	0	0.012	0.016
14:1	g				
16:1	g	0.001	0	0.001	0.001
18:1	g	0.012	0	0.011	0.014
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.072	0	0.065	0.086
18:2	g	0.027	0	0.024	0.032
18:3	g	0.045	0	0.041	0.054
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	0.008	0.011
Threonine	g	0.025	0	0.023	0.030
Isoleucine	g	0.037	0	0.033	0.044
Leucine	g	0.061	0	0.055	0.073
Lysine	g	0.057	0	0.051	0.068
Methionine	g	0.015	0	0.013	0.018
Cystine	g	0.011	0	0.010	0.013
Phenylalanine	g	0.036	0	0.032	0.043
Tyrosine	g	0.028	0	0.025	0.034
Valine	g	0.047	0	0.042	0.056
Arginine	g	0.044	0	0.040	0.053
Histidine	g	0.022	0	0.020	0.026
Alanine	g	0.054	0	0.049	0.065
Aspartic acid	g	0.126	0	0.113	0.151
Glutamic acid	g	0.111	0	0.100	0.133
Glycine	g	0.039	0	0.035	0.047
Proline	g	0.032	0	0.029	0.038
Serine	g	0.042	0	0.038	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: 1/2 cup slices
Measure 2: 1/2 cup mashed

NDB No. 11861 Squash, summer, zucchini, includes skin, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 90g	Measure 2* 120g	Measure 3*
Proximates:							
Water	g	94.74		1	85.27	113.69	
Energy	kcal	16		0	14	19	
Energy	kj	67		0	60	80	
Protein (N x 5.95)	g	0.64		1	0.58	0.77	
Total lipid (fat)	g	0.05		1	0.05	0.06	
Carbohydrate, by difference	g	3.93		0	3.54	4.72	
Fiber, total dietary	g	1.4		0	1.3	1.7	
Ash	g	0.64		1	0.58	0.77	
Sugars, total	g						
Minerals:							
Calcium	mg	13		1	12	16	
Iron	mg	0.35		1	0.31	0.42	
Magnesium	mg	22		1	20	26	
Phosphorus	mg	40		1	36	48	
Potassium	mg	253		1	228	304	
Sodium	mg	239		0	215	287	
Zinc	mg	0.18		1	0.16	0.22	
Copper	mg	0.086		0	0.077	0.103	
Manganese	mg	0.178		0	0.160	0.214	
Selenium	µg	0.2		0	0.2	0.2	
Vitamins:							
Ascorbic acid	mg	4.6		0	4.1	5.5	
Thiamin	mg	0.041		0	0.037	0.049	
Riboflavin	mg	0.041		0	0.037	0.049	
Niacin	mg	0.428		0	0.385	0.514	
Pantothenic acid	mg	0.114		0	0.103	0.137	
Vitamin B-6	mg	0.078		0	0.070	0.094	
Folate	µg	17		0	15	20	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	240		0	216	288	
Vitamin A, RE	µg	24		0	22	29	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.010		0	0.009	0.012	
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	0.009		0	0.008	0.011	
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	0.004	0	0.004	0.005
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.004	0	0.004	0.005
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.021	0	0.019	0.025
18:2	g	0.008	0	0.007	0.010
18:3	g	0.013	0	0.012	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	0.006	0	0.005	0.007
Threonine	g	0.015	0	0.013	0.018
Isoleucine	g	0.023	0	0.021	0.028
Leucine	g	0.037	0	0.033	0.044
Lysine	g	0.035	0	0.032	0.042
Methionine	g	0.009	0	0.008	0.011
Cystine	g	0.007	0	0.006	0.008
Phenylalanine	g	0.022	0	0.020	0.026
Tyrosine	g	0.017	0	0.015	0.020
Valine	g	0.029	0	0.026	0.035
Arginine	g	0.027	0	0.024	0.032
Histidine	g	0.014	0	0.013	0.017
Alanine	g	0.033	0	0.030	0.040
Aspartic acid	g	0.078	0	0.070	0.094
Glutamic acid	g	0.068	0	0.061	0.082
Glycine	g	0.024	0	0.022	0.029
Proline	g	0.020	0	0.018	0.024
Serine	g	0.026	0	0.023	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: 1/2 cup slices
Measure 2: 1/2 cup mashed

NDB No. 11862 Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	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	238		0	531		
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						
Lipids:							
Saturated, total	g	0.027		0	0.060		
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	0.024		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			
22.1	g			
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			
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	0.022
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. 11863 Squash, winter, all varieties, cooked, baked, with salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 205g	Measure 2*	Measure 3*
Proximates:							
Water	g	89.02	0.754	12	182.49		
Energy	kcal	39		0	80		
Energy	kj	163		0	334		
Protein (N x 5.95)	g	0.89	0.098	7	1.82		
Total lipid (fat)	g	0.63	0.119	8	1.29		
Carbohydrate, by difference	g	8.75		0	17.94		
Fiber, total dietary	g	2.8		1	5.7		
Ash	g	0.72	0.036	8	1.48		
Sugars, total	g						
Minerals:							
Calcium	mg	14		1	29		
Iron	mg	0.33	0.040	8	0.68		
Magnesium	mg	8		1	16		
Phosphorus	mg	20		1	41		
Potassium	mg	437		1	896		
Sodium	mg	237		0	486		
Zinc	mg	0.26	0.063	7	0.53		
Copper	mg	0.095	0.021	7	0.195		
Manganese	mg	0.211	0.056	7	0.433		
Selenium	µg	0.4		0	0.8		
Vitamins:							
Ascorbic acid	mg	9.6		0	19.7		
Thiamin	mg	0.085		0	0.174		
Riboflavin	mg	0.024		0	0.049		
Niacin	mg	0.701		0	1.437		
Pantothenic acid	mg	0.350		0	0.718		
Vitamin B-6	mg	0.072		0	0.148		
Folate	µg	28	4.602	3	57		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	3557		0	7292		
Vitamin A, RE	µg	356		0	730		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.130		0	0.267		
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	0.112		0	0.230		
17:0	g						
18:0	g	0.013		0	0.027		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.047	0	0.096
14:1	g			
16:1	g	0.003	0	0.006
18:1	g	0.043	0	0.088
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.265	0	0.543
18:2	g	0.099	0	0.203
18:3	g	0.165	0	0.338
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	0.050	0	0.103
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	0.038	0	0.078
Arginine	g	0.049	0	0.100
Histidine	g	0.017	0	0.035
Alanine	g	0.037	0	0.076
Aspartic acid	g	0.095	0	0.195
Glutamic acid	g	0.155	0	0.318
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. 11864 Squash, winter, acorn, cooked, baked, with 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	240		0	492		
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. 11865 Squash, winter, acorn, cooked, boiled, mashed, with salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	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	239		0	586		
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. 11866 Squash, winter, butternut, cooked, baked, with salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	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	240		0	492		
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		1	1.986		
Pantothenic acid	mg	0.359		1	0.736		
Vitamin B-6	mg	0.124		1	0.254		
Folate	µg	19		1	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. 11867 Squash, winter, butternut, frozen, cooked, boiled, with salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	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	238		0	571		
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. 11868 Squash, winter, hubbard, cooked, baked, with salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	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	244		0	500		
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. 11869 Squash, winter, hubbard, cooked, boiled, mashed, with salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	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		1	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	241		0	569		
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						
Lipids:							
Saturated, total	g	0.076		0	0.179		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
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			
22.1	g			
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			
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	0.050
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. 11870 Squash, winter, spaghetti, cooked, boiled, drained, or baked, with salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	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		1	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						
Potassium	mg	117	11.400	3	181		
Sodium	mg	254		0	394		
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						
Lipids:							
Saturated, total	g	0.062		0	0.096		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
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			
22.1	g			
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			
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	0.014
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. 11871 Succotash, (corn and limas), cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	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						
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	253		0	486		
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. 11872 Succotash, (corn and limas), frozen, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	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	281		0	478		
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						
Lipids:							
Saturated, total	g	0.166		0	0.282		
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	0.151		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			
18:1	g	0.173	0	0.294
20:1	g			
22.1	g			
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			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
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. 11873 Swamp cabbage, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	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	358		0	351		
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						
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	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. 11874 Sweetpotato leaves, cooked, steamed, with salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	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	249		0	159		
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						
Lipids:							
Saturated, total	g	0.065		0	0.042		
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	0.038		
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			
18:1	g	0.012	0	0.008
20:1	g			
22.1	g			
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			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
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. 11875 Sweetpotato, cooked, baked in skin, with 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* 114g	Measure 2* 100g	Measure 3*
Proximates:							
Water	g	72.85	1.103	6	83.05	72.85	
Energy	kcal	103		0	117	103	
Energy	kj	431		0	491	431	
Protein (N x 5.95)	g	1.72	0.159	6	1.96	1.72	
Total lipid (fat)	g	0.11	0.000	2	0.13	0.11	
Carbohydrate, by difference	g	24.27		0	27.67	24.27	
Fiber, total dietary	g	3.0		1	3.4	3.0	
Ash	g	1.06	0.031	6	1.21	1.06	
Sugars, total	g						
Minerals:							
Calcium	mg	28	3.556	6	32	28	
Iron	mg	0.45	0.024	6	0.51	0.45	
Magnesium	mg	20	1.467	6	23	20	
Phosphorus	mg	55	1.430	6	63	55	
Potassium	mg	348	23.514	6	397	348	
Sodium	mg	246		0	280	246	
Zinc	mg	0.29	0.034	6	0.33	0.29	
Copper	mg	0.208	0.023	6	0.237	0.208	
Manganese	mg	0.560	0.027	6	0.638	0.560	
Selenium	µg	0.7	0.225	4	0.8	0.7	
Vitamins:							
Ascorbic acid	mg	24.6	0.911	8	28.0	24.6	
Thiamin	mg	0.073	0.006	6	0.083	0.073	
Riboflavin	mg	0.127	0.069	7	0.145	0.127	
Niacin	mg	0.604	0.047	7	0.689	0.604	
Pantothenic acid	mg	0.646	0.066	7	0.736	0.646	
Vitamin B-6	mg	0.241	0.023	6	0.275	0.241	
Folate	µg	23	3.348	6	26	23	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	21822	1365.579	8	24877	21822	
Vitamin A, RE	µg	2182	136.558	8	2487	2182	
Vitamin E, α-TE	mg	0.280		0	0.319	0.280	
Lipids:							
Saturated, total	g	0.024		0	0.027	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	0.022		0	0.025	0.022	
17:0	g						
18:0	g	0.002		0	0.002	0.002	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.004	0	0.005	0.004
14:1	g				
16:1	g				
18:1	g	0.004	0	0.005	0.004
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.049	0	0.056	0.049
18:2	g	0.041	0	0.047	0.041
18:3	g	0.008	0	0.009	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	0.021	0	0.024	0.021
Threonine	g	0.086	0	0.098	0.086
Isoleucine	g	0.086	0	0.098	0.086
Leucine	g	0.126	0	0.144	0.126
Lysine	g	0.085	0	0.097	0.085
Methionine	g	0.042	0	0.048	0.042
Cystine	g	0.014	0	0.016	0.014
Phenylalanine	g	0.103	0	0.117	0.103
Tyrosine	g	0.071	0	0.081	0.071
Valine	g	0.112	0	0.128	0.112
Arginine	g	0.080	0	0.091	0.080
Histidine	g	0.032	0	0.036	0.032
Alanine	g	0.094	0	0.107	0.094
Aspartic acid	g	0.295	0	0.336	0.295
Glutamic acid	g	0.169	0	0.193	0.169
Glycine	g	0.078	0	0.089	0.078
Proline	g	0.076	0	0.087	0.076
Serine	g	0.089	0	0.101	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 medium (2" dia, 5" long, raw)
Measure 2: 1/2 cup mashed

NDB No. 11876 Sweetpotato, cooked, boiled, without skin, with salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	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	249		0	817	376	
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		1	2.099	0.966	
Pantothenic acid	mg	0.532		1	1.745	0.803	
Vitamin B-6	mg	0.244		1	0.800	0.368	
Folate	µg	11		1	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						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
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				
18:1	g	0.011	0	0.036	0.017
20:1	g				
22.1	g				
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				
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	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. 11877 Sweetpotato, frozen, cooked, baked, with salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	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	244		0	429		
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. 11878 Taro, cooked, with salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	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	251		0	331		
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						
Lipids:							
Saturated, total	g	0.023		0	0.030		
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	0.025		
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			
18:1	g	0.009	0	0.012
20:1	g			
22.1	g			
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			
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	0.011
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, slices

NDB No. 11879 Taro, leaves, cooked, steamed, with salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	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	238		0	345		
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. 11880 Taro, shoots, cooked, with salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	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	238		0	333		
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. 11881 Taro, tahitian, cooked, with salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	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	290		0	397		
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. 11882 Tomatoes, red, ripe, raw, November thru May average

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	10.0		1	14.9	18.0	6.2
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						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
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					
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					
20:4	g					
20:5	g					
22:5	g					
22:6	g					
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. 11883 Tomatoes, red, ripe, raw, June thru October average

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	26.0		1	38.7	46.8	16.1
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						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
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					
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					
20:4	g					
20:5	g					
22:5	g					
22:6	g					
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
Measure 3: 1 Italian tomato

NDB No. 11884 Tomatoes, red, ripe, cooked, boiled, with salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 240g	Measure 2* 120g	Measure 3*
Proximates:							
Water	g	92.16		0	221.18	110.59	
Energy	kcal	27		0	65	32	
Energy	kj	113		0	271	136	
Protein (N x 5.95)	g	1.07		0	2.57	1.28	
Total lipid (fat)	g	0.41		0	0.98	0.49	
Carbohydrate, by difference	g	5.83		0	13.99	7.00	
Fiber, total dietary	g	1.1		0	2.6	1.3	
Ash	g	0.53		0	1.27	0.64	
Sugars, total	g						
Minerals:							
Calcium	mg	6		0	14	7	
Iron	mg	0.56		0	1.34	0.67	
Magnesium	mg	14		0	34	17	
Phosphorus	mg	31		0	74	37	
Potassium	mg	279		0	670	335	
Sodium	mg	247		0	593	296	
Zinc	mg	0.11		0	0.26	0.13	
Copper	mg	0.093		0	0.223	0.112	
Manganese	mg	0.132		0	0.317	0.158	
Selenium	µg	0.5		0	1.2	0.6	
Vitamins:							
Ascorbic acid	mg	22.8		0	54.7	27.4	
Thiamin	mg	0.070		0	0.168	0.084	
Riboflavin	mg	0.057		0	0.137	0.068	
Niacin	mg	0.749		0	1.798	0.899	
Pantothenic acid	mg	0.295		0	0.708	0.354	
Vitamin B-6	mg	0.095		0	0.228	0.114	
Folate	µg	13		0	31	16	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	743		0	1783	892	
Vitamin A, RE	µg	74		0	178	89	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.057		0	0.137	0.068	
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	0.041		0	0.098	0.049	
17:0	g						
18:0	g	0.016		0	0.038	0.019	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.063	0	0.151	0.076
14:1	g				
16:1	g	0.002	0	0.005	0.002
18:1	g	0.061	0	0.146	0.073
20:1	g	0.000	0	0.000	0.000
22.1	g				
Polyunsaturated, total	g	0.169	0	0.406	0.203
18:2	g	0.163	0	0.391	0.196
18:3	g	0.006	0	0.014	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	9	0	22	11
Amino acids:					
Tryptophan	g	0.008	0	0.019	0.010
Threonine	g	0.027	0	0.065	0.032
Isoleucine	g	0.026	0	0.062	0.031
Leucine	g	0.039	0	0.094	0.047
Lysine	g	0.039	0	0.094	0.047
Methionine	g	0.009	0	0.022	0.011
Cystine	g	0.014	0	0.034	0.017
Phenylalanine	g	0.028	0	0.067	0.034
Tyrosine	g	0.018	0	0.043	0.022
Valine	g	0.027	0	0.065	0.032
Arginine	g	0.026	0	0.062	0.031
Histidine	g	0.016	0	0.038	0.019
Alanine	g	0.030	0	0.072	0.036
Aspartic acid	g	0.148	0	0.355	0.178
Glutamic acid	g	0.393	0	0.943	0.472
Glycine	g	0.026	0	0.062	0.031
Proline	g	0.020	0	0.048	0.024
Serine	g	0.028	0	0.067	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
Measure 2: 1/2 cup

NDB No. 11885 Tomatoes, red, ripe, canned, whole, no salt added

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 240g	Measure 2* 15g	Measure 3* 190g
Proximates:							
Water	g	93.65	0.027	492	224.76	14.05	177.94
Energy	kcal	19		0	46	3	36
Energy	kj	79		0	190	12	150
Protein (N x 5.95)	g	0.92	0.007	490	2.21	0.14	1.75
Total lipid (fat)	g	0.13	0.009	220	0.31	0.02	0.25
Carbohydrate, by difference	g	4.37		0	10.49	0.66	8.30
Fiber, total dietary	g	1.0		0	2.4	0.2	1.9
Ash	g	0.93	0.013	424	2.23	0.14	1.77
Sugars, total	g						
Minerals:							
Calcium	mg	30	0.487	487	72	5	57
Iron	mg	0.55	0.019	456	1.32	0.08	1.05
Magnesium	mg	12	0.156	140	29	2	23
Phosphorus	mg	19	0.499	137	46	3	36
Potassium	mg	227	5.101	138	545	34	431
Sodium	mg	10	1.984	9	24	2	19
Zinc	mg	0.16	0.005	47	0.38	0.02	0.30
Copper	mg	0.110	0.004	47	0.264	0.017	0.209
Manganese	mg	0.127		0	0.305	0.019	0.241
Selenium	µg	0.7	0.214	3	1.7	0.1	1.3
Vitamins:							
Ascorbic acid	mg	14.2	0.197	399	34.1	2.1	27.0
Thiamin	mg	0.045	0.001	385	0.108	0.007	0.086
Riboflavin	mg	0.031	0.000	401	0.074	0.005	0.059
Niacin	mg	0.735	0.012	417	1.764	0.110	1.397
Pantothenic acid	mg	0.167		1	0.401	0.025	0.317
Vitamin B-6	mg	0.090		0	0.216	0.013	0.171
Folate	µg	8		0	19	1	15
Vitamin B-12	µg	0.00		0	0.00	0.00	0.00
Vitamin A	IU	595	7.019	699	1428	89	1131
Vitamin A, RE	µg	60		0	144	9	114
Vitamin E, α-TE	mg	0.380		0	0.912	0.057	0.722
Lipids:							
Saturated, total	g	0.019		0	0.046	0.003	0.036
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	0.031	0.002	0.025
17:0	g						
18:0	g	0.005		0	0.012	0.001	0.010
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.020	0	0.048	0.003	0.038
14:1	g					
16:1	g	0.001	0	0.002	0.000	0.002
18:1	g	0.020	0	0.048	0.003	0.038
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	0.054	0	0.130	0.008	0.103
18:2	g	0.051	0	0.122	0.008	0.097
18:3	g	0.002	0	0.005	0.000	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	0.007	0	0.017	0.001	0.013
Threonine	g	0.024	0	0.058	0.004	0.046
Isoleucine	g	0.022	0	0.053	0.003	0.042
Leucine	g	0.034	0	0.082	0.005	0.065
Lysine	g	0.034	0	0.082	0.005	0.065
Methionine	g	0.008	0	0.019	0.001	0.015
Cystine	g	0.012	0	0.029	0.002	0.023
Phenylalanine	g	0.024	0	0.058	0.004	0.046
Tyrosine	g	0.016	0	0.038	0.002	0.030
Valine	g	0.024	0	0.058	0.004	0.046
Arginine	g	0.023	0	0.055	0.003	0.044
Histidine	g	0.014	0	0.034	0.002	0.027
Alanine	g	0.027	0	0.065	0.004	0.051
Aspartic acid	g	0.128	0	0.307	0.019	0.243
Glutamic acid	g	0.339	0	0.814	0.051	0.644
Glycine	g	0.023	0	0.055	0.003	0.044
Proline	g	0.018	0	0.043	0.003	0.034
Serine	g	0.025	0	0.060	0.004	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 tablespoon
Measure 3: 1 can

NDB No. 11886 Tomato juice, canned, without salt added

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 243g	Measure 2* 30g	Measure 3* 182g
Proximates:							
Water	g	93.90	0.139	170	228.18	28.55	170.90
Energy	kcal	17		0	41	5	31
Energy	kj	71		0	173	22	129
Protein (N x 5.95)	g	0.76	0.010	161	1.85	0.23	1.38
Total lipid (fat)	g	0.06		0	0.15	0.02	0.11
Carbohydrate, by difference	g	4.23		0	10.28	1.29	7.70
Fiber, total dietary	g	0.8		0	1.9	0.2	1.5
Ash	g	1.05	0.009	184	2.55	0.32	1.91
Sugars, total	g						
Minerals:							
Calcium	mg	9	0.286	175	22	3	16
Iron	mg	0.58	0.046	178	1.41	0.18	1.06
Magnesium	mg	11		0	27	3	20
Phosphorus	mg	19		0	46	6	35
Potassium	mg	220	5.321	149	535	67	400
Sodium	mg	10		0	24	3	18
Zinc	mg	0.14	0.013	47	0.34	0.04	0.25
Copper	mg	0.101		0	0.245	0.031	0.184
Manganese	mg	0.400		1	0.972	0.122	0.728
Selenium	µg	0.5	0.110	7	1.2	0.2	0.9
Vitamins:							
Ascorbic acid	mg	18.3	0.607	244	44.5	5.6	33.3
Thiamin	mg	0.047	0.003	155	0.114	0.014	0.086
Riboflavin	mg	0.031	0.002	154	0.075	0.009	0.056
Niacin	mg	0.673	0.056	149	1.635	0.205	1.225
Pantothenic acid	mg	0.250		0	0.608	0.076	0.455
Vitamin B-6	mg	0.111		0	0.270	0.034	0.202
Folate	µg	20	0.640	3	48	6	36
Vitamin B-12	µg	0.00		0	0.00	0.00	0.00
Vitamin A	IU	556	14.523	215	1351	169	1012
Vitamin A, RE	µg	56	1.452	215	136	17	102
Vitamin E, α-TE	mg	0.910		0	2.211	0.277	1.656
Lipids:							
Saturated, total	g	0.008		0	0.019	0.002	0.015
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	0.006		0	0.015	0.002	0.011
17:0	g						
18:0	g	0.002		0	0.005	0.001	0.004
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.009	0	0.022	0.003	0.016
14:1	g					
16:1	g	0.000	0	0.000	0.000	0.000
18:1	g	0.009	0	0.022	0.003	0.016
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	0.024	0	0.058	0.007	0.044
18:2	g	0.023	0	0.056	0.007	0.042
18:3	g	0.001	0	0.002	0.000	0.002
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	1	0.012	0.002	0.009
Threonine	g	0.017	4	0.041	0.005	0.031
Isoleucine	g	0.015	4	0.036	0.005	0.027
Leucine	g	0.021	4	0.051	0.006	0.038
Lysine	g	0.022	8	0.053	0.007	0.040
Methionine	g	0.004	2	0.010	0.001	0.007
Cystine	g	0.004	1	0.010	0.001	0.007
Phenylalanine	g	0.016	4	0.039	0.005	0.029
Tyrosine	g	0.010	4	0.024	0.003	0.018
Valine	g	0.015	4	0.036	0.005	0.027
Arginine	g	0.015	4	0.036	0.005	0.027
Histidine	g	0.012	4	0.029	0.004	0.022
Alanine	g	0.024	4	0.058	0.007	0.044
Aspartic acid	g	0.095	4	0.231	0.029	0.173
Glutamic acid	g	0.303	4	0.736	0.092	0.551
Glycine	g	0.012	4	0.029	0.004	0.022
Proline	g	0.017	4	0.041	0.005	0.031
Serine	g	0.018	4	0.044	0.005	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
Measure 2: 1 fl oz
Measure 3: 6 fl oz

NDB No. 11887 Tomato products, canned, paste, with salt added

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 131g	Measure 2* 170g	Measure 3*
Proximates:							
Water	g	73.80	0.074	314	96.68	125.46	
Energy	kcal	82		0	107	139	
Energy	kj	343		0	449	583	
Protein (N x 5.95)	g	3.67	0.023	380	4.81	6.24	
Total lipid (fat)	g	0.55	0.090	84	0.72	0.94	
Carbohydrate, by difference	g	19.30		0	25.28	32.81	
Fiber, total dietary	g	4.1		0	5.4	7.0	
Ash	g	2.67	0.020	278	3.50	4.54	
Sugars, total	g						
Minerals:							
Calcium	mg	35	0.521	289	46	60	
Iron	mg	1.94	0.052	358	2.54	3.30	
Magnesium	mg	51	0.685	148	67	87	
Phosphorus	mg	79	0.633	147	103	134	
Potassium	mg	937	10.856	102	1227	1593	
Sodium	mg	790		0	1035	1343	
Zinc	mg	0.80	0.052	24	1.05	1.36	
Copper	mg	0.592	0.080	24	0.776	1.006	
Manganese	mg	0.520		0	0.681	0.884	
Selenium	µg	1.4		0	1.8	2.4	
Vitamins:							
Ascorbic acid	mg	42.4	1.032	272	55.5	72.1	
Thiamin	mg	0.155	0.002	352	0.203	0.264	
Riboflavin	mg	0.190	0.007	350	0.249	0.323	
Niacin	mg	3.223	0.037	344	4.222	5.479	
Pantothenic acid	mg	0.753		1	0.986	1.280	
Vitamin B-6	mg	0.380		0	0.498	0.646	
Folate	µg	22		0	29	38	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	2445	26.347	410	3203	4157	
Vitamin A, RE	µg	244		0	320	415	
Vitamin E, α-TE	mg	4.300		0	5.633	7.310	
Lipids:							
Saturated, total	g	0.078		0	0.102	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	0.001		0	0.001	0.002	
15.0	g						
16:0	g	0.056		0	0.073	0.095	
17:0	g						
18:0	g	0.020		0	0.026	0.034	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.083	0	0.109	0.141
14:1	g				
16:1	g	0.003	0	0.004	0.005
18:1	g	0.081	0	0.106	0.138
20:1	g	0.001	0	0.001	0.002
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.224	0	0.293	0.381
18:2	g	0.214	0	0.280	0.364
18:3	g	0.009	0	0.012	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	0.025	0	0.033	0.043
Threonine	g	0.083	0	0.109	0.141
Isoleucine	g	0.071	0	0.093	0.121
Leucine	g	0.102	0	0.134	0.173
Lysine	g	0.105	0	0.138	0.179
Methionine	g	0.018	0	0.024	0.031
Cystine	g	0.021	0	0.028	0.036
Phenylalanine	g	0.078	0	0.102	0.133
Tyrosine	g	0.050	0	0.066	0.085
Valine	g	0.075	0	0.098	0.128
Arginine	g	0.074	0	0.097	0.126
Histidine	g	0.058	0	0.076	0.099
Alanine	g	0.115	0	0.151	0.196
Aspartic acid	g	0.459	0	0.601	0.780
Glutamic acid	g	1.466	0	1.920	2.492
Glycine	g	0.060	0	0.079	0.102
Proline	g	0.081	0	0.106	0.138
Serine	g	0.087	0	0.114	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: 1/2 cup
Measure 2: 1 can (6 oz)

NDB No. 11888 Tomato products, canned, puree, with salt added

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 250g	Measure 2* 822g	Measure 3*
Proximates:							
Water	g	87.46	0.211	95	218.65	718.92	
Energy	kcal	40		0	100	329	
Energy	kj	167		0	418	1373	
Protein (N x 5.95)	g	1.69	0.045	82	4.22	13.89	
Total lipid (fat)	g	0.16	0.016	91	0.40	1.32	
Carbohydrate, by difference	g	9.56		0	23.90	78.58	
Fiber, total dietary	g	2.0		0	5.0	16.4	
Ash	g	1.14	0.055	78	2.85	9.37	
Sugars, total	g						
Minerals:							
Calcium	mg	17	0.666	70	43	140	
Iron	mg	1.24	0.156	181	3.10	10.19	
Magnesium	mg	24	0.305	131	60	197	
Phosphorus	mg	40	0.560	131	100	329	
Potassium	mg	426	7.896	91	1065	3502	
Sodium	mg	399		0	998	3280	
Zinc	mg	0.22		1	0.55	1.81	
Copper	mg	0.163		1	0.408	1.340	
Manganese	mg	0.256		0	0.640	2.104	
Selenium	µg	0.7		0	1.8	5.8	
Vitamins:							
Ascorbic acid	mg	10.4	0.995	52	26.0	85.5	
Thiamin	mg	0.071	0.001	138	0.178	0.584	
Riboflavin	mg	0.054	0.000	121	0.135	0.444	
Niacin	mg	1.715	0.031	82	4.287	14.097	
Pantothenic acid	mg	0.440		0	1.100	3.617	
Vitamin B-6	mg	0.152		0	0.380	1.249	
Folate	µg	11		0	28	90	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	1275	22.122	206	3188	10481	
Vitamin A, RE	µg	128		0	320	1052	
Vitamin E, α-TE	mg	2.520		0	6.300	20.714	
Lipids:							
Saturated, total	g	0.021		0	0.053	0.173	
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	0.040	0.132	
17:0	g						
18:0	g	0.005		0	0.013	0.041	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.023	0	0.058	0.189
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.023	0	0.058	0.189
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	0.158	0.518
18:2	g	0.060	0	0.150	0.493
18:3	g	0.003	0	0.008	0.025
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	0.028	0.090
Threonine	g	0.038	0	0.095	0.312
Isoleucine	g	0.032	0	0.080	0.263
Leucine	g	0.047	0	0.118	0.386
Lysine	g	0.049	0	0.123	0.403
Methionine	g	0.009	0	0.023	0.074
Cystine	g	0.010	0	0.025	0.082
Phenylalanine	g	0.035	0	0.088	0.288
Tyrosine	g	0.022	0	0.055	0.181
Valine	g	0.034	0	0.085	0.279
Arginine	g	0.033	0	0.083	0.271
Histidine	g	0.026	0	0.065	0.214
Alanine	g	0.053	0	0.133	0.436
Aspartic acid	g	0.212	0	0.530	1.743
Glutamic acid	g	0.676	0	1.690	5.557
Glycine	g	0.028	0	0.070	0.230
Proline	g	0.037	0	0.093	0.304
Serine	g	0.040	0	0.100	0.329
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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 (29 oz) (401 x 411)

NDB No. 11889 Turnips, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 156g	Measure 2* 230g	Measure 3*
Proximates:							
Water	g	93.60		0	146.02	215.28	
Energy	kcal	21		0	33	48	
Energy	kj	88		0	137	202	
Protein (N x 5.95)	g	0.71		0	1.11	1.63	
Total lipid (fat)	g	0.08		0	0.12	0.18	
Carbohydrate, by difference	g	4.90		0	7.64	11.27	
Fiber, total dietary	g	2.0		0	3.1	4.6	
Ash	g	0.55		0	0.86	1.27	
Sugars, total	g						
Minerals:							
Calcium	mg	22		0	34	51	
Iron	mg	0.22		0	0.34	0.51	
Magnesium	mg	8		0	12	18	
Phosphorus	mg	19		0	30	44	
Potassium	mg	135		0	211	311	
Sodium	mg	286		0	446	658	
Zinc	mg	0.20		0	0.31	0.46	
Copper	mg	0.064		0	0.100	0.147	
Manganese	mg	0.100		0	0.156	0.230	
Selenium	µg	0.6		0	0.9	1.4	
Vitamins:							
Ascorbic acid	mg	11.6		0	18.1	26.7	
Thiamin	mg	0.027		0	0.042	0.062	
Riboflavin	mg	0.023		0	0.036	0.053	
Niacin	mg	0.299		0	0.466	0.688	
Pantothenic acid	mg	0.142		0	0.222	0.327	
Vitamin B-6	mg	0.067		0	0.105	0.154	
Folate	µg	9		0	14	21	
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	0.008		0	0.012	0.018	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g	0.008		0	0.012	0.018	
17:0	g						
18:0	g	0.001		0	0.002	0.002	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.005	0	0.008	0.012
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.004	0	0.006	0.009
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.042	0	0.066	0.097
18:2	g	0.009	0	0.014	0.021
18:3	g	0.032	0	0.050	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	0.007	0	0.011	0.016
Threonine	g	0.020	0	0.031	0.046
Isoleucine	g	0.029	0	0.045	0.067
Leucine	g	0.026	0	0.041	0.060
Lysine	g	0.028	0	0.044	0.064
Methionine	g	0.009	0	0.014	0.021
Cystine	g	0.004	0	0.006	0.009
Phenylalanine	g	0.014	0	0.022	0.032
Tyrosine	g	0.011	0	0.017	0.025
Valine	g	0.023	0	0.036	0.053
Arginine	g	0.019	0	0.030	0.044
Histidine	g	0.011	0	0.017	0.025
Alanine	g	0.027	0	0.042	0.062
Aspartic acid	g	0.050	0	0.078	0.115
Glutamic acid	g	0.102	0	0.159	0.235
Glycine	g	0.019	0	0.030	0.044
Proline	g	0.021	0	0.033	0.048
Serine	g	0.023	0	0.036	0.053
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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. 11890 Turnips, frozen, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 156g	Measure 2*	Measure 3*
Proximates:							
Water	g	93.60		0	146.02		
Energy	kcal	23		0	36		
Energy	kj	96		0	150		
Protein (N x 5.95)	g	1.53		0	2.39		
Total lipid (fat)	g	0.24		0	0.37		
Carbohydrate, by difference	g	4.35		0	6.79		
Fiber, total dietary	g	2.0		0	3.1		
Ash	g	0.28		0	0.44		
Sugars, total	g						
Minerals:							
Calcium	mg	32		0	50		
Iron	mg	0.98		0	1.53		
Magnesium	mg	14		0	22		
Phosphorus	mg	26		0	41		
Potassium	mg	182		0	284		
Sodium	mg	272		0	424		
Zinc	mg	0.20		0	0.31		
Copper	mg	0.063		0	0.098		
Manganese	mg	0.100		0	0.156		
Selenium	µg	0.6		0	0.9		
Vitamins:							
Ascorbic acid	mg	3.9		0	6.1		
Thiamin	mg	0.035		0	0.055		
Riboflavin	mg	0.028		0	0.044		
Niacin	mg	0.560		0	0.874		
Pantothenic acid	mg	0.141		0	0.220		
Vitamin B-6	mg	0.067		0	0.105		
Folate	µg	8		0	12		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	25		0	39		
Vitamin A, RE	µg	2		0	3		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.025		0	0.039		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g	0.023		0	0.036		
17:0	g						
18:0	g	0.002		0	0.003		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.015	0	0.023
14:1	g			
16:1	g	0.001	0	0.002
18:1	g	0.013	0	0.020
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.125	0	0.195
18:2	g	0.028	0	0.044
18:3	g	0.094	0	0.147
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	0.015	0	0.023
Threonine	g	0.042	0	0.066
Isoleucine	g	0.062	0	0.097
Leucine	g	0.057	0	0.089
Lysine	g	0.061	0	0.095
Methionine	g	0.019	0	0.030
Cystine	g	0.009	0	0.014
Phenylalanine	g	0.030	0	0.047
Tyrosine	g	0.023	0	0.036
Valine	g	0.051	0	0.080
Arginine	g	0.041	0	0.064
Histidine	g	0.024	0	0.037
Alanine	g	0.059	0	0.092
Aspartic acid	g	0.108	0	0.168
Glutamic acid	g	0.221	0	0.345
Glycine	g	0.042	0	0.066
Proline	g	0.045	0	0.070
Serine	g	0.049	0	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

NDB No. 11891 Turnip greens, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 144g	Measure 2*	Measure 3*
Proximates:							
Water	g	93.20		0	134.21		
Energy	kcal	20		0	29		
Energy	kj	84		0	121		
Protein (N x 5.95)	g	1.14		0	1.64		
Total lipid (fat)	g	0.23		0	0.33		
Carbohydrate, by difference	g	4.36		0	6.28		
Fiber, total dietary	g	3.5		0	5.0		
Ash	g	1.07		0	1.54		
Sugars, total	g						
Minerals:							
Calcium	mg	137		0	197		
Iron	mg	0.80		0	1.15		
Magnesium	mg	22		0	32		
Phosphorus	mg	29		0	42		
Potassium	mg	203		0	292		
Sodium	mg	265		0	382		
Zinc	mg	0.14		0	0.20		
Copper	mg	0.253		0	0.364		
Manganese	mg	0.337		0	0.485		
Selenium	µg	0.9		0	1.3		
Vitamins:							
Ascorbic acid	mg	27.4		0	39.5		
Thiamin	mg	0.045		0	0.065		
Riboflavin	mg	0.072		0	0.104		
Niacin	mg	0.411		0	0.592		
Pantothenic acid	mg	0.274		0	0.395		
Vitamin B-6	mg	0.180		0	0.259		
Folate	µg	118		0	170		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	5498		0	7917		
Vitamin A, RE	µg	550		0	792		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.053		0	0.076		
4:0	g						
6.0	g						
8:0	g	0.001		0	0.001		
10:0	g	0.001		0	0.001		
12:0	g	0.001		0	0.001		
14:0	g	0.002		0	0.003		
15.0	g						
16:0	g	0.041		0	0.059		
17:0	g						
18:0	g	0.007		0	0.010		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.015	0	0.022
14:1	g			
16:1	g	0.011	0	0.016
18:1	g	0.004	0	0.006
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.091	0	0.131
18:2	g	0.028	0	0.040
18:3	g	0.064	0	0.092
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	0.020	0	0.029
Threonine	g	0.063	0	0.091
Isoleucine	g	0.059	0	0.085
Leucine	g	0.105	0	0.151
Lysine	g	0.074	0	0.107
Methionine	g	0.026	0	0.037
Cystine	g	0.013	0	0.019
Phenylalanine	g	0.070	0	0.101
Tyrosine	g	0.044	0	0.063
Valine	g	0.078	0	0.112
Arginine	g	0.072	0	0.104
Histidine	g	0.028	0	0.040
Alanine	g	0.078	0	0.112
Aspartic acid	g	0.121	0	0.174
Glutamic acid	g	0.156	0	0.225
Glycine	g	0.069	0	0.099
Proline	g	0.054	0	0.078
Serine	g	0.047	0	0.068
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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. 11892 Turnip greens, frozen, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 220g	Measure 2* 82g	Measure 3*
Proximates:							
Water	g	90.40		0	198.88	74.13	
Energy	kcal	30		0	66	25	
Energy	kj	126		0	277	103	
Protein (N x 5.95)	g	3.35		0	7.37	2.75	
Total lipid (fat)	g	0.42		0	0.92	0.34	
Carbohydrate, by difference	g	4.98		0	10.96	4.08	
Fiber, total dietary	g	3.4		0	7.5	2.8	
Ash	g	0.85		0	1.87	0.70	
Sugars, total	g						
Minerals:							
Calcium	mg	152		0	334	125	
Iron	mg	1.94		0	4.27	1.59	
Magnesium	mg	26		0	57	21	
Phosphorus	mg	34		0	75	28	
Potassium	mg	224		0	493	184	
Sodium	mg	251		0	552	206	
Zinc	mg	0.41		1	0.90	0.34	
Copper	mg	0.150		1	0.330	0.123	
Manganese	mg	0.475		0	1.045	0.389	
Selenium	µg	1.2		0	2.6	1.0	
Vitamins:							
Ascorbic acid	mg	21.8		0	48.0	17.9	
Thiamin	mg	0.054		1	0.119	0.044	
Riboflavin	mg	0.074		1	0.163	0.061	
Niacin	mg	0.468		0	1.030	0.384	
Pantothenic acid	mg	0.069		0	0.152	0.057	
Vitamin B-6	mg	0.067		1	0.147	0.055	
Folate	µg	39	6.132	3	87	32	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	7975		0	17545	6540	
Vitamin A, RE	µg	798		0	1756	654	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.099		0	0.218	0.081	
4:0	g						
6.0	g						
8:0	g	0.002		0	0.004	0.002	
10:0	g	0.002		0	0.004	0.002	
12:0	g	0.002		0	0.004	0.002	
14:0	g	0.004		0	0.009	0.003	
15.0	g						
16:0	g	0.076		0	0.167	0.062	
17:0	g						
18:0	g	0.014		0	0.031	0.011	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.028	0	0.062	0.023
14:1	g				
16:1	g	0.020	0	0.044	0.016
18:1	g	0.007	0	0.015	0.006
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.170	0	0.374	0.139
18:2	g	0.051	0	0.112	0.042
18:3	g	0.119	0	0.262	0.098
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	0.058	0	0.128	0.048
Threonine	g	0.184	0	0.405	0.151
Isoleucine	g	0.173	0	0.381	0.142
Leucine	g	0.307	0	0.675	0.252
Lysine	g	0.218	0	0.480	0.179
Methionine	g	0.076	0	0.167	0.062
Cystine	g	0.038	0	0.084	0.031
Phenylalanine	g	0.206	0	0.453	0.169
Tyrosine	g	0.130	0	0.286	0.107
Valine	g	0.228	0	0.502	0.187
Arginine	g	0.210	0	0.462	0.172
Histidine	g	0.081	0	0.178	0.066
Alanine	g	0.229	0	0.504	0.188
Aspartic acid	g	0.353	0	0.777	0.289
Glutamic acid	g	0.457	0	1.005	0.375
Glycine	g	0.201	0	0.442	0.165
Proline	g	0.158	0	0.348	0.130
Serine	g	0.137	0	0.301	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 package (10 oz) yields
Measure 2: 1/2 cup

NDB No. 11893 Turnip greens and turnips, frozen, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 163g	Measure 2*	Measure 3*
Proximates:							
Water	g	94.19		0	153.53		
Energy	kcal	17		0	28		
Energy	kj	71		0	116		
Protein (N x 5.95)	g	2.08		0	3.39		
Total lipid (fat)	g	0.16		0	0.26		
Carbohydrate, by difference	g	2.88		0	4.69		
Fiber, total dietary	g	2.4		0	3.9		
Ash	g	0.70		0	1.14		
Sugars, total	g						
Minerals:							
Calcium	mg	91		0	148		
Iron	mg	1.33		0	2.17		
Magnesium	mg	12		0	20		
Phosphorus	mg	17		0	28		
Potassium	mg	62		0	101		
Sodium	mg	251		0	409		
Zinc	mg	0.13		0	0.21		
Copper	mg	0.041		0	0.067		
Manganese	mg	0.177		0	0.289		
Selenium	µg	0.9		0	1.5		
Vitamins:							
Ascorbic acid	mg	9.4		0	15.3		
Thiamin	mg	0.030		0	0.049		
Riboflavin	mg	0.070		0	0.114		
Niacin	mg	0.295		0	0.481		
Pantothenic acid	mg	0.096		0	0.156		
Vitamin B-6	mg	0.058		0	0.095		
Folate	µg	22		0	35		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	5161		0	8412		
Vitamin A, RE	µg	516		0	841		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.027		0	0.044		
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	0.001		0	0.002		
15.0	g						
16:0	g	0.022		0	0.036		
17:0	g						
18:0	g	0.003		0	0.005		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.010	0	0.016
14:1	g			
16:1	g	0.004	0	0.007
18:1	g	0.006	0	0.010
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.074	0	0.121
18:2	g	0.019	0	0.031
18:3	g	0.054	0	0.088
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	0.031	0	0.051
Threonine	g	0.097	0	0.158
Isoleucine	g	0.101	0	0.165
Leucine	g	0.156	0	0.254
Lysine	g	0.120	0	0.196
Methionine	g	0.041	0	0.067
Cystine	g	0.020	0	0.033
Phenylalanine	g	0.102	0	0.166
Tyrosine	g	0.066	0	0.108
Valine	g	0.120	0	0.196
Arginine	g	0.108	0	0.176
Histidine	g	0.045	0	0.073
Alanine	g	0.124	0	0.202
Aspartic acid	g	0.198	0	0.323
Glutamic acid	g	0.288	0	0.469
Glycine	g	0.105	0	0.171
Proline	g	0.087	0	0.142
Serine	g	0.079	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. 11894 Vegetables, mixed, frozen, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 275g	Measure 2* 91g	Measure 3*
Proximates:							
Water	g	83.23		0	228.88	75.74	
Energy	kcal	59		0	162	54	
Energy	kj	247		0	679	225	
Protein (N x 5.95)	g	2.86		0	7.87	2.60	
Total lipid (fat)	g	0.15		0	0.41	0.14	
Carbohydrate, by difference	g	13.09		0	36.00	11.91	
Fiber, total dietary	g	4.4		0	12.1	4.0	
Ash	g	0.67		0	1.84	0.61	
Sugars, total	g						
Minerals:							
Calcium	mg	25		0	69	23	
Iron	mg	0.82		0	2.25	0.75	
Magnesium	mg	22		0	61	20	
Phosphorus	mg	51		0	140	46	
Potassium	mg	169		0	465	154	
Sodium	mg	271		0	745	247	
Zinc	mg	0.49		0	1.35	0.45	
Copper	mg	0.083		0	0.228	0.076	
Manganese	mg	0.379		0	1.042	0.345	
Selenium	µg	0.3		1	0.8	0.3	
Vitamins:							
Ascorbic acid	mg	3.2		0	8.8	2.9	
Thiamin	mg	0.071	0.023	2	0.195	0.065	
Riboflavin	mg	0.120	0.032	2	0.330	0.109	
Niacin	mg	0.851		0	2.340	0.774	
Pantothenic acid	mg	0.151		0	0.415	0.137	
Vitamin B-6	mg	0.074	0.013	2	0.204	0.067	
Folate	µg	19		0	52	17	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	4277		0	11762	3892	
Vitamin A, RE	µg	428		0	1177	389	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.031		0	0.085	0.028	
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	0.027		0	0.074	0.025	
17:0	g						
18:0	g	0.003		0	0.008	0.003	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.010	0	0.028	0.009
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.009	0	0.025	0.008
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.072	0	0.198	0.066
18:2	g	0.053	0	0.146	0.048
18:3	g	0.019	0	0.052	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	0.029	0	0.080	0.026
Threonine	g	0.115	0	0.316	0.105
Isoleucine	g	0.139	0	0.382	0.126
Leucine	g	0.190	0	0.523	0.173
Lysine	g	0.170	0	0.468	0.155
Methionine	g	0.034	0	0.094	0.031
Cystine	g	0.026	0	0.071	0.024
Phenylalanine	g	0.120	0	0.330	0.109
Tyrosine	g	0.074	0	0.204	0.067
Valine	g	0.149	0	0.410	0.136
Arginine	g	0.193	0	0.531	0.176
Histidine	g	0.073	0	0.201	0.066
Alanine	g	0.123	0	0.338	0.112
Aspartic acid	g	0.303	0	0.833	0.276
Glutamic acid	g	0.390	0	1.073	0.355
Glycine	g	0.104	0	0.286	0.095
Proline	g	0.070	0	0.193	0.064
Serine	g	0.136	0	0.374	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 package (10 oz) yields
Measure 2: 1/2 cup

NDB No. 11895 Waxgourd, (chinese preserving melon), cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 175g	Measure 2*	Measure 3*
Proximates:							
Water	g	96.06		0	168.10		
Energy	kcal	13		0	23		
Energy	kj	54		0	95		
Protein (N x 5.95)	g	0.40		0	0.70		
Total lipid (fat)	g	0.20		0	0.35		
Carbohydrate, by difference	g	3.03		0	5.30		
Fiber, total dietary	g	1.0		0	1.8		
Ash	g	0.30		0	0.53		
Sugars, total	g						
Minerals:							
Calcium	mg	18		0	32		
Iron	mg	0.38		0	0.67		
Magnesium	mg	10		0	18		
Phosphorus	mg	17		0	30		
Potassium	mg	5		0	9		
Sodium	mg	343		0	600		
Zinc	mg	0.59		0	1.03		
Copper	mg	0.022		0	0.039		
Manganese	mg	0.056		0	0.098		
Selenium	µg	0.2		0	0.4		
Vitamins:							
Ascorbic acid	mg	10.5		0	18.4		
Thiamin	mg	0.034		0	0.060		
Riboflavin	mg	0.001		0	0.002		
Niacin	mg	0.384		0	0.672		
Pantothenic acid	mg	0.121		0	0.212		
Vitamin B-6	mg	0.032		0	0.056		
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	0.016		0	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	0.019		
17:0	g						
18:0	g	0.005		0	0.009		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.037	0	0.065
14:1	g			
16:1	g			
18:1	g	0.037	0	0.065
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.088	0	0.154
18:2	g	0.088	0	0.154
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	0.002	0	0.004
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g	0.009	0	0.016
Methionine	g	0.003	0	0.005
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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. 11896 Winged bean, immature seeds, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 62g	Measure 2* 31g	Measure 3*
Proximates:							
Water	g	90.11		0	55.87	27.93	
Energy	kcal	38		0	24	12	
Energy	kj	159		0	99	49	
Protein (N x 5.95)	g	5.31		0	3.29	1.65	
Total lipid (fat)	g	0.66		0	0.41	0.20	
Carbohydrate, by difference	g	3.21		0	1.99	1.00	
Fiber, total dietary	g						
Ash	g	0.71		1	0.44	0.22	
Sugars, total	g						
Minerals:							
Calcium	mg	61		0	38	19	
Iron	mg	1.09		0	0.68	0.34	
Magnesium	mg	30		1	19	9	
Phosphorus	mg	25		0	16	8	
Potassium	mg	274		1	170	85	
Sodium	mg	240		0	149	74	
Zinc	mg	0.28		0	0.17	0.09	
Copper	mg	0.037		0	0.023	0.011	
Manganese	mg	0.158		0	0.098	0.049	
Selenium	µg	1.1		0	0.7	0.3	
Vitamins:							
Ascorbic acid	mg	9.8		0	6.1	3.0	
Thiamin	mg	0.086		0	0.053	0.027	
Riboflavin	mg	0.072		0	0.045	0.022	
Niacin	mg	0.652		1	0.404	0.202	
Pantothenic acid	mg	0.041		0	0.025	0.013	
Vitamin B-6	mg	0.082		1	0.051	0.025	
Folate	µg	35		0	22	11	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	88		0	55	27	
Vitamin A, RE	µg	9		0	6	3	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.181		0	0.112	0.056	
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	0.051		0	0.032	0.016	
17:0	g						
18:0	g	0.029		0	0.018	0.009	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.189	0	0.117	0.059
14:1	g				
16:1	g				
18:1	g	0.189	0	0.117	0.059
20:1	g				
22.1	g	0.001	0	0.001	0.000
Polyunsaturated, total	g	0.142	0	0.088	0.044
18:2	g	0.125	0	0.078	0.039
18:3	g	0.017	0	0.011	0.005
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: 1/2 cup

NDB No. 11897 Yam, cooked, boiled, drained, or baked, with salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 136g	Measure 2* 68g	Measure 3*
Proximates:							
Water	g	70.13	1.132	12	95.38	47.69	
Energy	kcal	116		0	158	79	
Energy	kj	485		0	660	330	
Protein (N x 5.95)	g	1.49	0.260	6	2.03	1.01	
Total lipid (fat)	g	0.14	0.100	6	0.19	0.10	
Carbohydrate, by difference	g	27.60		0	37.54	18.77	
Fiber, total dietary	g	3.9		0	5.3	2.7	
Ash	g	0.66	0.036	6	0.90	0.45	
Sugars, total	g						
Minerals:							
Calcium	mg	14	4.137	6	19	10	
Iron	mg	0.52	0.059	6	0.71	0.35	
Magnesium	mg	18	2.082	6	24	12	
Phosphorus	mg	49	4.506	6	67	33	
Potassium	mg	670	36.100	6	911	456	
Sodium	mg	244		0	332	166	
Zinc	mg	0.20	0.023	6	0.27	0.14	
Copper	mg	0.152	0.014	6	0.207	0.103	
Manganese	mg	0.371		0	0.505	0.252	
Selenium	µg	0.7		0	1.0	0.5	
Vitamins:							
Ascorbic acid	mg	12.1	3.014	12	16.5	8.2	
Thiamin	mg	0.095	0.019	6	0.129	0.065	
Riboflavin	mg	0.028	0.005	6	0.038	0.019	
Niacin	mg	0.552	0.030	6	0.751	0.375	
Pantothenic acid	mg	0.311	0.009	6	0.423	0.211	
Vitamin B-6	mg	0.228	0.011	6	0.310	0.155	
Folate	µg	16	4.000	12	22	11	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	0	0.000	6	0	0	
Vitamin A, RE	µg	0	0.000	6	0	0	
Vitamin E, α-TE	mg	0.160		0	0.218	0.109	
Lipids:							
Saturated, total	g	0.029		0	0.039	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	0.000		0	0.000	0.000	
14:0	g	0.000		0	0.000	0.000	
15.0	g						
16:0	g	0.027		0	0.037	0.018	
17:0	g						
18:0	g	0.003		0	0.004	0.002	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.005	0	0.007	0.003
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.005	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	0.060	0	0.082	0.041
18:2	g	0.050	0	0.068	0.034
18:3	g	0.009	0	0.012	0.006
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	0.016	0.008
Threonine	g	0.052	0	0.071	0.035
Isoleucine	g	0.050	0	0.068	0.034
Leucine	g	0.094	0	0.128	0.064
Lysine	g	0.058	0	0.079	0.039
Methionine	g	0.020	0	0.027	0.014
Cystine	g	0.018	0	0.024	0.012
Phenylalanine	g	0.069	0	0.094	0.047
Tyrosine	g	0.039	0	0.053	0.027
Valine	g	0.060	0	0.082	0.041
Arginine	g	0.124	0	0.169	0.084
Histidine	g	0.033	0	0.045	0.022
Alanine	g	0.061	0	0.083	0.041
Aspartic acid	g	0.151	0	0.205	0.103
Glutamic acid	g	0.176	0	0.239	0.120
Glycine	g	0.052	0	0.071	0.035
Proline	g	0.053	0	0.072	0.036
Serine	g	0.079	0	0.107	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, cubes
Measure 2: 1/2 cup cubes

NDB No. 11898 Yambean (jicama), cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1*	Measure 2*	Measure 3*
Proximates:							
Water	g	90.07		0			
Energy	kcal	38		0			
Energy	kj	159		0			
Protein (N x 5.95)	g	0.72		0			
Total lipid (fat)	g	0.09		0			
Carbohydrate, by difference	g	8.82		0			
Fiber, total dietary	g						
Ash	g	0.30		0			
Sugars, total	g						
Minerals:							
Calcium	mg	11		0			
Iron	mg	0.57		0			
Magnesium	mg	11		0			
Phosphorus	mg	16		0			
Potassium	mg	135		0			
Sodium	mg	242		0			
Zinc	mg	0.15		0			
Copper	mg	0.046		0			
Manganese	mg	0.057		0			
Selenium	µg	0.7		0			
Vitamins:							
Ascorbic acid	mg	14.1		0			
Thiamin	mg	0.017		0			
Riboflavin	mg	0.028		0			
Niacin	mg	0.190		0			
Pantothenic acid	mg	0.121		0			
Vitamin B-6	mg	0.040		0			
Folate	µg	8		0			
Vitamin B-12	µg	0.00		0			
Vitamin A	IU	19		0			
Vitamin A, RE	µg	2		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	0.018	0
Isoleucine	g	0.016	0
Leucine	g	0.025	0
Lysine	g	0.026	0
Methionine	g	0.007	0
Cystine	g	0.006	0
Phenylalanine	g	0.017	0
Tyrosine	g	0.012	0
Valine	g	0.022	0
Arginine	g	0.037	0
Histidine	g	0.019	0
Alanine	g	0.020	0
Aspartic acid	g	0.200	0
Glutamic acid	g	0.043	0
Glycine	g	0.016	0
Proline	g	0.025	0
Serine	g	0.025	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. 11899 Yardlong bean, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	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	240		0	250	34	
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. 11900 Corn, sweet, white, raw

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* 73g
Proximates:							
Water	g	75.96	0.880	101	116.98	108.62	55.45
Energy	kcal	86		0	132	123	63
Energy	kj	360		0	554	515	263
Protein (N x 5.95)	g	3.22	0.223	6	4.96	4.60	2.35
Total lipid (fat)	g	1.18	0.132	6	1.82	1.69	0.86
Carbohydrate, by difference	g	19.02		0	29.29	27.20	13.88
Fiber, total dietary	g	2.7		0	4.2	3.9	2.0
Ash	g	0.62	0.044	45	0.95	0.89	0.45
Sugars, total	g						
Minerals:							
Calcium	mg	2	1.022	51	3	3	1
Iron	mg	0.52	0.022	91	0.80	0.74	0.38
Magnesium	mg	37	1.739	87	57	53	27
Phosphorus	mg	89	3.749	77	137	127	65
Potassium	mg	270	5.127	90	416	386	197
Sodium	mg	15	3.000	90	23	21	11
Zinc	mg	0.45	0.041	56	0.69	0.64	0.33
Copper	mg	0.054	0.005	101	0.083	0.077	0.039
Manganese	mg	0.161	0.014	90	0.248	0.230	0.118
Selenium	µg	0.6	0.001	269	0.9	0.9	0.4
Vitamins:							
Ascorbic acid	mg	6.8	0.568	7	10.5	9.7	5.0
Thiamin	mg	0.200		1	0.308	0.286	0.146
Riboflavin	mg	0.060		1	0.092	0.086	0.044
Niacin	mg	1.700		1	2.618	2.431	1.241
Pantothenic acid	mg	0.760	0.060	6	1.170	1.087	0.555
Vitamin B-6	mg	0.055	0.009	6	0.085	0.079	0.040
Folate	µg	46	3.940	6	71	65	33
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	0.090		0	0.139	0.129	0.066
Lipids:							
Saturated, total	g	0.182		0	0.280	0.260	0.133
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		2	0.263	0.245	0.125
17:0	g						
18:0	g	0.011		2	0.017	0.016	0.008
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.347	0	0.534	0.496	0.253
14:1	g					
16:1	g					
18:1	g	0.347	2	0.534	0.496	0.253
20:1	g					
22.1	g					
Polyunsaturated, total	g	0.559	0	0.861	0.799	0.408
18:2	g	0.542	2	0.835	0.775	0.396
18:3	g	0.016	2	0.025	0.023	0.012
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	0.023	17	0.035	0.033	0.017
Threonine	g	0.129	21	0.199	0.184	0.094
Isoleucine	g	0.129	21	0.199	0.184	0.094
Leucine	g	0.348	21	0.536	0.498	0.254
Lysine	g	0.137	21	0.211	0.196	0.100
Methionine	g	0.067	21	0.103	0.096	0.049
Cystine	g	0.026	3	0.040	0.037	0.019
Phenylalanine	g	0.150	21	0.231	0.215	0.109
Tyrosine	g	0.123	5	0.189	0.176	0.090
Valine	g	0.185	21	0.285	0.265	0.135
Arginine	g	0.131	21	0.202	0.187	0.096
Histidine	g	0.089	21	0.137	0.127	0.065
Alanine	g	0.295	5	0.454	0.422	0.215
Aspartic acid	g	0.244	5	0.376	0.349	0.178
Glutamic acid	g	0.636	5	0.979	0.909	0.464
Glycine	g	0.127	5	0.196	0.182	0.093
Proline	g	0.292	5	0.450	0.418	0.213
Serine	g	0.153	5	0.236	0.219	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 large ear (7-3/4" to 9" long)
Measure 3: 1 small ear (5-1/2" to 6-1/2" long)

NDB No. 11901 Corn, sweet, white, cooked, boiled, drained, without salt

Refuse: 45% Cob

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 77g	Measure 2* 82g	Measure 3*
Proximates:							
Water	g	69.57	1.246	7	53.57	57.05	
Energy	kcal	108		0	83	89	
Energy	kj	452		0	348	371	
Protein (N x 5.95)	g	3.32	0.154	7	2.56	2.72	
Total lipid (fat)	g	1.28	0.125	7	0.99	1.05	
Carbohydrate, by difference	g	25.11		0	19.33	20.59	
Fiber, total dietary	g	2.7		0	2.1	2.2	
Ash	g	0.72	0.016	7	0.55	0.59	
Sugars, total	g						
Minerals:							
Calcium	mg	2	0.254	7	2	2	
Iron	mg	0.61	0.058	7	0.47	0.50	
Magnesium	mg	32	5.030	7	25	26	
Phosphorus	mg	103		1	79	84	
Potassium	mg	249	28.982	7	192	204	
Sodium	mg	17	3.294	6	13	14	
Zinc	mg	0.48	0.045	6	0.37	0.39	
Copper	mg	0.053	0.002	6	0.041	0.043	
Manganese	mg	0.194		0	0.149	0.159	
Selenium	µg	0.8		0	0.6	0.7	
Vitamins:							
Ascorbic acid	mg	6.2	0.490	6	4.8	5.1	
Thiamin	mg	0.215		0	0.166	0.176	
Riboflavin	mg	0.072		0	0.055	0.059	
Niacin	mg	1.614	0.086	6	1.243	1.323	
Pantothenic acid	mg	0.878	0.036	6	0.676	0.720	
Vitamin B-6	mg	0.060	0.010	6	0.046	0.049	
Folate	µg	46		0	36	38	
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	0.090		0	0.069	0.074	
Lipids:							
Saturated, total	g	0.197		0	0.152	0.162	
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	0.185		0	0.142	0.152	
17:0	g						
18:0	g	0.012		0	0.009	0.010	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.374	0	0.288	0.307
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.374	0	0.288	0.307
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.603	0	0.464	0.494
18:2	g	0.586	0	0.451	0.481
18:3	g	0.018	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				
Amino acids:					
Tryptophan	g	0.023	0	0.018	0.019
Threonine	g	0.133	0	0.102	0.109
Isoleucine	g	0.133	0	0.102	0.109
Leucine	g	0.358	0	0.276	0.294
Lysine	g	0.141	0	0.109	0.116
Methionine	g	0.069	0	0.053	0.057
Cystine	g	0.027	0	0.021	0.022
Phenylalanine	g	0.155	0	0.119	0.127
Tyrosine	g	0.126	0	0.097	0.103
Valine	g	0.191	0	0.147	0.157
Arginine	g	0.135	0	0.104	0.111
Histidine	g	0.091	0	0.070	0.075
Alanine	g	0.304	0	0.234	0.249
Aspartic acid	g	0.252	0	0.194	0.207
Glutamic acid	g	0.655	0	0.504	0.537
Glycine	g	0.131	0	0.101	0.107
Proline	g	0.301	0	0.232	0.247
Serine	g	0.158	0	0.122	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: kernels from 1 ear
Measure 2: 1/2 cup cut

NDB No. 11902 Corn, sweet, white, cooked, boiled, drained, with salt

Refuse: 45% Cob

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 77g	Measure 2* 82g	Measure 3*
Proximates:							
Water	g	69.57	1.246	7	53.57	57.05	
Energy	kcal	108		0	83	89	
Energy	kj	452		0	348	371	
Protein (N x 5.95)	g	3.32	0.154	7	2.56	2.72	
Total lipid (fat)	g	1.28	0.125	7	0.99	1.05	
Carbohydrate, by difference	g	25.11		0	19.33	20.59	
Fiber, total dietary	g	2.7		0	2.1	2.2	
Ash	g	0.72	0.016	7	0.55	0.59	
Sugars, total	g						
Minerals:							
Calcium	mg	2	0.254	7	2	2	
Iron	mg	0.61	0.058	7	0.47	0.50	
Magnesium	mg	32	5.030	7	25	26	
Phosphorus	mg	103		1	79	84	
Potassium	mg	249	28.982	7	192	204	
Sodium	mg	253		0	195	207	
Zinc	mg	0.48	0.045	6	0.37	0.39	
Copper	mg	0.053	0.002	6	0.041	0.043	
Manganese	mg	0.194		0	0.149	0.159	
Selenium	µg	0.8		0	0.6	0.7	
Vitamins:							
Ascorbic acid	mg	6.2	0.490	6	4.8	5.1	
Thiamin	mg	0.215		0	0.166	0.176	
Riboflavin	mg	0.072		0	0.055	0.059	
Niacin	mg	1.614	0.086	6	1.243	1.323	
Pantothenic acid	mg	0.878	0.036	6	0.676	0.720	
Vitamin B-6	mg	0.060	0.010	6	0.046	0.049	
Folate	µg	46		0	36	38	
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	0.197		0	0.152	0.162	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g	0.185		0	0.142	0.152	
17:0	g						
18:0	g	0.012		0	0.009	0.010	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.374	0	0.288	0.307
14:1	g				
16:1	g				
18:1	g	0.374	0	0.288	0.307
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.603	0	0.464	0.494
18:2	g	0.586	0	0.451	0.481
18:3	g	0.018	0	0.014	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	0.023	0	0.018	0.019
Threonine	g	0.133	0	0.102	0.109
Isoleucine	g	0.133	0	0.102	0.109
Leucine	g	0.358	0	0.276	0.294
Lysine	g	0.141	0	0.109	0.116
Methionine	g	0.069	0	0.053	0.057
Cystine	g	0.027	0	0.021	0.022
Phenylalanine	g	0.155	0	0.119	0.127
Tyrosine	g	0.126	0	0.097	0.103
Valine	g	0.191	0	0.147	0.157
Arginine	g	0.135	0	0.104	0.111
Histidine	g	0.091	0	0.070	0.075
Alanine	g	0.304	0	0.234	0.249
Aspartic acid	g	0.252	0	0.194	0.207
Glutamic acid	g	0.655	0	0.504	0.537
Glycine	g	0.131	0	0.101	0.107
Proline	g	0.301	0	0.232	0.247
Serine	g	0.158	0	0.122	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: kernels from 1 ear
Measure 2: 1/2 cup cut

NDB No. 11903 Corn, sweet, white, canned, whole kernel, 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	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.077		0	0.099	0.371	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g	0.071		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				
18:1	g	0.144	0	0.184	0.694
20:1	g				
22.1	g				
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				
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	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. 11904 Corn, sweet, white, canned, whole kernel, no salt added, solids and liquids

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	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	0.7		0	0.9	3.4	
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	12	2.283	33	15	58	
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	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.077		0	0.099	0.371	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g	0.071		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				
18:1	g	0.144	0	0.184	0.694
20:1	g				
22.1	g				
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				
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	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. 11905 Corn, sweet, white, 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* 298g	Measure 3*
Proximates:							
Water	g	76.92	0.708	5	126.15	229.22	
Energy	kcal	81		0	133	241	
Energy	kj	339		0	556	1010	
Protein (N x 5.95)	g	2.62	0.041	5	4.30	7.81	
Total lipid (fat)	g	1.00	0.097	5	1.64	2.98	
Carbohydrate, by difference	g	18.59		0	30.49	55.40	
Fiber, total dietary	g	2.0		0	3.3	6.0	
Ash	g	0.87	0.015	5	1.43	2.59	
Sugars, total	g						
Minerals:							
Calcium	mg	5		0	8	15	
Iron	mg	0.86	0.215	5	1.41	2.56	
Magnesium	mg	20		0	33	60	
Phosphorus	mg	65		0	107	194	
Potassium	mg	195		0	320	581	
Sodium	mg	323		0	530	963	
Zinc	mg	0.39	0.034	5	0.64	1.16	
Copper	mg	0.058	0.014	5	0.095	0.173	
Manganese	mg	0.173	0.050	5	0.284	0.516	
Selenium	µg	0.7	0.159	7	1.1	2.1	
Vitamins:							
Ascorbic acid	mg	8.5		0	13.9	25.3	
Thiamin	mg	0.033		0	0.054	0.098	
Riboflavin	mg	0.078		0	0.128	0.232	
Niacin	mg	1.197		0	1.963	3.567	
Pantothenic acid	mg	0.666		0	1.092	1.985	
Vitamin B-6	mg	0.047		0	0.077	0.140	
Folate	µg	49		0	80	145	
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	0.090		0	0.148	0.268	
Lipids:							
Saturated, total	g	0.154		0	0.253	0.459	
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	0.144		0	0.236	0.429	
17:0	g						
18:0	g	0.010		0	0.016	0.030	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.292	0	0.479	0.870
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.292	0	0.479	0.870
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.471	0	0.772	1.404
18:2	g	0.457	0	0.749	1.362
18:3	g	0.014	0	0.023	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	0.018	0	0.030	0.054
Threonine	g	0.105	0	0.172	0.313
Isoleucine	g	0.105	0	0.172	0.313
Leucine	g	0.284	0	0.466	0.846
Lysine	g	0.112	0	0.184	0.334
Methionine	g	0.055	0	0.090	0.164
Cystine	g	0.021	0	0.034	0.063
Phenylalanine	g	0.122	0	0.200	0.364
Tyrosine	g	0.100	0	0.164	0.298
Valine	g	0.151	0	0.248	0.450
Arginine	g	0.107	0	0.175	0.319
Histidine	g	0.072	0	0.118	0.215
Alanine	g	0.240	0	0.394	0.715
Aspartic acid	g	0.199	0	0.326	0.593
Glutamic acid	g	0.518	0	0.850	1.544
Glycine	g	0.103	0	0.169	0.307
Proline	g	0.238	0	0.390	0.709
Serine	g	0.125	0	0.205	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 can (303 x 406)

NDB No. 11906 Corn, sweet, white, canned, cream style, regular pack

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	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	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
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. 11907 Corn, sweet, white, canned, cream style, no salt added

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 128g	Measure 2* 482g	Measure 3*
Proximates:							
Water	g	78.73	0.198	267	100.77	379.48	
Energy	kcal	72		0	92	347	
Energy	kj	301		0	385	1451	
Protein (N x 5.95)	g	1.74	0.024	305	2.23	8.39	
Total lipid (fat)	g	0.42	0.011	281	0.54	2.02	
Carbohydrate, by difference	g	18.13		0	23.21	87.39	
Fiber, total dietary	g	1.2		0	1.5	5.8	
Ash	g	0.98	0.017	291	1.25	4.72	
Sugars, total	g						
Minerals:							
Calcium	mg	3	0.110	287	4	14	
Iron	mg	0.38	0.012	286	0.49	1.83	
Magnesium	mg	17	0.246	226	22	82	
Phosphorus	mg	51	1.092	251	65	246	
Potassium	mg	134	2.209	250	172	646	
Sodium	mg	3		0	4	14	
Zinc	mg	0.53	0.010	80	0.68	2.55	
Copper	mg	0.052	0.006	81	0.067	0.251	
Manganese	mg	0.039		0	0.050	0.188	
Selenium	µg	0.6		0	0.8	2.9	
Vitamins:							
Ascorbic acid	mg	4.6	0.124	324	5.9	22.2	
Thiamin	mg	0.025	0.001	274	0.032	0.121	
Riboflavin	mg	0.053	0.002	297	0.068	0.255	
Niacin	mg	0.960	0.028	304	1.229	4.627	
Pantothenic acid	mg	0.180	0.004	7	0.230	0.868	
Vitamin B-6	mg	0.063	0.002	14	0.081	0.304	
Folate	µg	45		0	57	216	
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	0.090		0	0.115	0.434	
Lipids:							
Saturated, total	g	0.065		0	0.083	0.313	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g	0.061		0	0.078	0.294	
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	0.123	0	0.157	0.593
14:1	g				
16:1	g				
18:1	g	0.123	0	0.157	0.593
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.198	0	0.253	0.954
18:2	g	0.193	0	0.247	0.930
18:3	g	0.006	0	0.008	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	0.012	0	0.015	0.058
Threonine	g	0.070	0	0.090	0.337
Isoleucine	g	0.070	0	0.090	0.337
Leucine	g	0.188	0	0.241	0.906
Lysine	g	0.074	0	0.095	0.357
Methionine	g	0.036	0	0.046	0.174
Cystine	g	0.014	0	0.018	0.067
Phenylalanine	g	0.081	0	0.104	0.390
Tyrosine	g	0.066	0	0.084	0.318
Valine	g	0.100	0	0.128	0.482
Arginine	g	0.071	0	0.091	0.342
Histidine	g	0.048	0	0.061	0.231
Alanine	g	0.159	0	0.204	0.766
Aspartic acid	g	0.132	0	0.169	0.636
Glutamic acid	g	0.343	0	0.439	1.653
Glycine	g	0.068	0	0.087	0.328
Proline	g	0.158	0	0.202	0.762
Serine	g	0.083	0	0.106	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: 1/2 cup
Measure 2: 1 can (303 x 406)

NDB No. 11908 Corn, sweet, white, 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* 340g	Measure 3*
Proximates:							
Water	g	76.58	0.431	71	80.41	260.37	
Energy	kcal	79		0	83	269	
Energy	kj	331		0	348	1125	
Protein (N x 5.95)	g	2.41	0.096	71	2.53	8.19	
Total lipid (fat)	g	0.50	0.026	71	0.53	1.70	
Carbohydrate, by difference	g	19.44		0	20.41	66.10	
Fiber, total dietary	g	2.0		0	2.1	6.8	
Ash	g	1.07	0.049	71	1.12	3.64	
Sugars, total	g						
Minerals:							
Calcium	mg	5	0.389	69	5	17	
Iron	mg	0.42	0.017	69	0.44	1.43	
Magnesium	mg	23	0.620	57	24	78	
Phosphorus	mg	64	1.569	63	67	218	
Potassium	mg	186	5.052	66	195	632	
Sodium	mg	272	7.706	66	286	925	
Zinc	mg	0.46	0.012	57	0.48	1.56	
Copper	mg	0.048	0.002	57	0.050	0.163	
Manganese	mg	0.067	0.007	15	0.070	0.228	
Selenium	µg	0.7		0	0.7	2.4	
Vitamins:							
Ascorbic acid	mg	8.1	0.205	56	8.5	27.5	
Thiamin	mg	0.041	0.003	71	0.043	0.139	
Riboflavin	mg	0.073	0.002	71	0.077	0.248	
Niacin	mg	1.167	0.038	70	1.225	3.968	
Pantothenic acid	mg	0.675		0	0.709	2.295	
Vitamin B-6	mg	0.055	0.005	15	0.058	0.187	
Folate	µg	49		0	52	168	
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	0.077		0	0.081	0.262	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g	0.073		0	0.077	0.248	
17:0	g						
18:0	g	0.005		0	0.005	0.017	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.147	0	0.154	0.500
14:1	g				
16:1	g				
18:1	g	0.147	0	0.154	0.500
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.237	0	0.249	0.806
18:2	g	0.230	0	0.242	0.782
18:3	g	0.007	0	0.007	0.024
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	0.017	0	0.018	0.058
Threonine	g	0.097	0	0.102	0.330
Isoleucine	g	0.097	0	0.102	0.330
Leucine	g	0.260	0	0.273	0.884
Lysine	g	0.102	0	0.107	0.347
Methionine	g	0.050	0	0.053	0.170
Cystine	g	0.020	0	0.021	0.068
Phenylalanine	g	0.112	0	0.118	0.381
Tyrosine	g	0.092	0	0.097	0.313
Valine	g	0.138	0	0.145	0.469
Arginine	g	0.098	0	0.103	0.333
Histidine	g	0.066	0	0.069	0.224
Alanine	g	0.220	0	0.231	0.748
Aspartic acid	g	0.182	0	0.191	0.619
Glutamic acid	g	0.475	0	0.499	1.615
Glycine	g	0.095	0	0.100	0.323
Proline	g	0.218	0	0.229	0.741
Serine	g	0.114	0	0.120	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: 1 can (303 x 406)

NDB No. 11909 Corn, sweet, white, canned, vacuum pack, no salt added

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 105g	Measure 2* 340g	Measure 3*
Proximates:							
Water	g	76.58	0.431	71	80.41	260.37	
Energy	kcal	79		0	83	269	
Energy	kj	331		0	348	1125	
Protein (N x 5.95)	g	2.41	0.096	71	2.53	8.19	
Total lipid (fat)	g	0.50	0.026	71	0.53	1.70	
Carbohydrate, by difference	g	19.44		0	20.41	66.10	
Fiber, total dietary	g	2.0		0	2.1	6.8	
Ash	g	1.07	0.049	71	1.12	3.64	
Sugars, total	g						
Minerals:							
Calcium	mg	5	0.389	69	5	17	
Iron	mg	0.42	0.017	69	0.44	1.43	
Magnesium	mg	23	0.620	57	24	78	
Phosphorus	mg	64	1.569	63	67	218	
Potassium	mg	186	5.052	66	195	632	
Sodium	mg	3		0	3	10	
Zinc	mg	0.46	0.012	57	0.48	1.56	
Copper	mg	0.048	0.002	57	0.050	0.163	
Manganese	mg	0.067	0.007	15	0.070	0.228	
Selenium	µg	0.7		0	0.7	2.4	
Vitamins:							
Ascorbic acid	mg	8.1	0.205	56	8.5	27.5	
Thiamin	mg	0.041	0.003	71	0.043	0.139	
Riboflavin	mg	0.073	0.002	71	0.077	0.248	
Niacin	mg	1.167	0.038	70	1.225	3.968	
Pantothenic acid	mg	0.675		0	0.709	2.295	
Vitamin B-6	mg	0.055	0.005	15	0.058	0.187	
Folate	µg	49		0	52	168	
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	0.090		0	0.094	0.306	
Lipids:							
Saturated, total	g	0.077		0	0.081	0.262	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g	0.073		0	0.077	0.248	
17:0	g						
18:0	g	0.005		0	0.005	0.017	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.147	0	0.154	0.500
14:1	g				
16:1	g				
18:1	g	0.147	0	0.154	0.500
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.237	0	0.249	0.806
18:2	g	0.230	0	0.242	0.782
18:3	g	0.007	0	0.007	0.024
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	0.017	0	0.018	0.058
Threonine	g	0.097	0	0.102	0.330
Isoleucine	g	0.097	0	0.102	0.330
Leucine	g	0.260	0	0.273	0.884
Lysine	g	0.102	0	0.107	0.347
Methionine	g	0.050	0	0.053	0.170
Cystine	g	0.020	0	0.021	0.068
Phenylalanine	g	0.112	0	0.118	0.381
Tyrosine	g	0.092	0	0.097	0.313
Valine	g	0.138	0	0.145	0.469
Arginine	g	0.098	0	0.103	0.333
Histidine	g	0.066	0	0.069	0.224
Alanine	g	0.220	0	0.231	0.748
Aspartic acid	g	0.182	0	0.191	0.619
Glutamic acid	g	0.475	0	0.499	1.615
Glycine	g	0.095	0	0.100	0.323
Proline	g	0.218	0	0.229	0.741
Serine	g	0.114	0	0.120	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: 1 can (303 x 406)

NDB No. 11910 Corn, sweet, white, 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	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
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						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g	0.112		0	0.092	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				
18:1	g	0.227	0	0.186	0.645
20:1	g				
22.1	g				
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				
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	0.017	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. 11911 Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, without salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	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	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	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
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. 11912 Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, with salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	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	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	245		0	696	201	
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	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.066		0	0.187	0.054	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g	0.062		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				
18:1	g	0.126	1	0.358	0.103
20:1	g				
22.1	g				
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				
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	0.094	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. 11913 Corn, sweet, white, 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	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
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. 11914 Corn, sweet, white, 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	2.1		0	1.3	1.7	
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	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
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. 11915 Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, with salt

Refuse: 45% Cob

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	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	240		0	151	197	
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	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
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. 11916 Peppers, sweet, red, 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* 70g	Measure 3*
Proximates:							
Water	g	91.25	1.750	2	127.75	63.88	
Energy	kcal	18		0	25	13	
Energy	kj	75		0	105	53	
Protein (N x 5.95)	g	0.80	0.200	2	1.12	0.56	
Total lipid (fat)	g	0.30	0.100	2	0.42	0.21	
Carbohydrate, by difference	g	3.90		0	5.46	2.73	
Fiber, total dietary	g	1.2		0	1.7	0.8	
Ash	g	3.75	1.650	2	5.25	2.63	
Sugars, total	g						
Minerals:							
Calcium	mg	41	18.500	2	57	29	
Iron	mg	0.80	0.100	2	1.12	0.56	
Magnesium	mg	11	4.000	2	15	8	
Phosphorus	mg	20	5.500	2	28	14	
Potassium	mg	146	0.500	2	204	102	
Sodium	mg	1369	644.000	2	1917	958	
Zinc	mg	0.18	0.005	2	0.25	0.13	
Copper	mg	0.130	0.000	2	0.182	0.091	
Manganese	mg	0.160		0	0.224	0.112	
Selenium	µg	0.3		0	0.4	0.2	
Vitamins:							
Ascorbic acid	mg	46.5	0.500	2	65.1	32.5	
Thiamin	mg	0.025	0.005	2	0.035	0.018	
Riboflavin	mg	0.030		0	0.042	0.021	
Niacin	mg	0.550		0	0.770	0.385	
Pantothenic acid	mg	0.038		0	0.053	0.027	
Vitamin B-6	mg	0.178		0	0.249	0.125	
Folate	µg	16		0	23	11	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	520		0	728	364	
Vitamin A, RE	µg	52		0	73	36	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.045		0	0.063	0.032	
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	0.001		0	0.001	0.001	
15.0	g						
16:0	g	0.033		0	0.046	0.023	
17:0	g						
18:0	g	0.011		0	0.015	0.008	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.020	0	0.028	0.014
14:1	g				
16:1	g	0.002	0	0.003	0.001
18:1	g	0.018	0	0.025	0.013
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.161	0	0.225	0.113
18:2	g	0.146	0	0.204	0.102
18:3	g	0.015	0	0.021	0.011
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	0.014	0.007
Threonine	g	0.029	0	0.041	0.020
Isoleucine	g	0.026	0	0.036	0.018
Leucine	g	0.042	0	0.059	0.029
Lysine	g	0.036	0	0.050	0.025
Methionine	g	0.010	0	0.014	0.007
Cystine	g	0.015	0	0.021	0.011
Phenylalanine	g	0.025	0	0.035	0.018
Tyrosine	g	0.017	0	0.024	0.012
Valine	g	0.034	0	0.048	0.024
Arginine	g	0.038	0	0.053	0.027
Histidine	g	0.016	0	0.022	0.011
Alanine	g	0.033	0	0.046	0.023
Aspartic acid	g	0.114	0	0.160	0.080
Glutamic acid	g	0.106	0	0.148	0.074
Glycine	g	0.030	0	0.042	0.021
Proline	g	0.035	0	0.049	0.025
Serine	g	0.032	0	0.045	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, halves
Measure 2: 1/2 cup halves

NDB No. 11917 Peppers, sweet, red, frozen, chopped, unprepared

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 284g	Measure 2* 28g	Measure 3*
Proximates:							
Water	g	93.96	0.386	7	266.85	26.31	
Energy	kcal	20		0	57	6	
Energy	kj	84		0	239	24	
Protein (N x 5.95)	g	1.08	0.074	7	3.07	0.30	
Total lipid (fat)	g	0.21	0.049	7	0.60	0.06	
Carbohydrate, by difference	g	4.45		0	12.64	1.25	
Fiber, total dietary	g	1.6		0	4.5	0.4	
Ash	g	0.30	0.028	7	0.85	0.08	
Sugars, total	g						
Minerals:							
Calcium	mg	9	0.813	7	26	3	
Iron	mg	0.62	0.093	7	1.76	0.17	
Magnesium	mg	8		1	23	2	
Phosphorus	mg	17		1	48	5	
Potassium	mg	91		1	258	25	
Sodium	mg	5		1	14	1	
Zinc	mg	0.06		1	0.17	0.02	
Copper	mg	0.053		1	0.151	0.015	
Manganese	mg	0.117		0	0.332	0.033	
Selenium	µg	0.2		0	0.6	0.1	
Vitamins:							
Ascorbic acid	mg	58.7	11.929	7	166.7	16.4	
Thiamin	mg	0.069	0.018	7	0.196	0.019	
Riboflavin	mg	0.038	0.010	7	0.108	0.011	
Niacin	mg	1.370	0.753	7	3.891	0.384	
Pantothenic acid	mg	0.030		1	0.085	0.008	
Vitamin B-6	mg	0.137		1	0.389	0.038	
Folate	µg	14		0	40	4	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	4762		0	13524	1333	
Vitamin A, RE	µg	476		0	1352	133	
Vitamin E, α-TE	mg	0.690		0	1.960	0.193	
Lipids:							
Saturated, total	g	0.031		0	0.088	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	0.001		0	0.003	0.000	
15.0	g						
16:0	g	0.023		0	0.065	0.006	
17:0	g						
18:0	g	0.007		0	0.020	0.002	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.014	0	0.040	0.004
14:1	g				
16:1	g	0.001	0	0.003	0.000
18:1	g	0.013	0	0.037	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	0.113	0	0.321	0.032
18:2	g	0.102	0	0.290	0.029
18:3	g	0.010	0	0.028	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	0.014	0	0.040	0.004
Threonine	g	0.040	0	0.114	0.011
Isoleucine	g	0.035	0	0.099	0.010
Leucine	g	0.056	0	0.159	0.016
Lysine	g	0.048	0	0.136	0.013
Methionine	g	0.013	0	0.037	0.004
Cystine	g	0.021	0	0.060	0.006
Phenylalanine	g	0.033	0	0.094	0.009
Tyrosine	g	0.022	0	0.062	0.006
Valine	g	0.045	0	0.128	0.013
Arginine	g	0.052	0	0.148	0.015
Histidine	g	0.022	0	0.062	0.006
Alanine	g	0.044	0	0.125	0.012
Aspartic acid	g	0.154	0	0.437	0.043
Glutamic acid	g	0.142	0	0.403	0.040
Glycine	g	0.040	0	0.114	0.011
Proline	g	0.047	0	0.133	0.013
Serine	g	0.043	0	0.122	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 package (10 oz)
Measure 2: 1/10 of 10 oz package

NDB No. 11918 Peppers, sweet, red, 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*	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						
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	3343		0			
Vitamin A, RE	µg	334		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. 11919 Peppers, sweet, red, frozen, chopped, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	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						
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	240		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	3343		0			
Vitamin A, RE	µg	334		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. 11922 Sesbania flower, cooked, steamed, with salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	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	247		0	257		
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. 11923 Soybeans, mature seeds, sprouted, cooked, steamed, with salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	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	246		0	231		
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						
Lipids:							
Saturated, total	g	0.617		0	0.580		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
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			
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			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
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. 11924 Soybeans, mature seeds, sprouted, cooked, stir-fried, with salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	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		0			
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		0			
Phosphorus	mg	216		0			
Potassium	mg	567		0			
Sodium	mg	250		0			
Zinc	mg	2.10		1			
Copper	mg	0.527		0			
Manganese	mg	1.133		0			
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		0			
Vitamin B-6	mg	0.168		0			
Folate	µg	127		0			
Vitamin B-12	µg	0.00		0			
Vitamin A	IU	17		0			
Vitamin A, RE	µg	2		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	0.300	0
Threonine	g	0.759	0
Isoleucine	g	0.654	0
Leucine	g	1.100	0
Lysine	g	0.916	0
Methionine	g	0.147	0
Cystine	g	0.069	0
Phenylalanine	g	0.524	0
Tyrosine	g	0.432	0
Valine	g	0.734	0
Arginine	g	0.629	0
Histidine	g	0.352	0
Alanine	g	0.614	0
Aspartic acid	g	1.899	0
Glutamic acid	g	1.859	0
Glycine	g	0.509	0
Proline	g		
Serine	g	0.981	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. 11925 Dock, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1*	Measure 2*	Measure 3*
Proximates:							
Water	g	93.60		0			
Energy	kcal	20		0			
Energy	kj	84		0			
Protein (N x 5.95)	g	1.83		0			
Total lipid (fat)	g	0.64		0			
Carbohydrate, by difference	g	2.93		0			
Fiber, total dietary	g						
Ash	g	1.01		0			
Sugars, total	g						
Minerals:							
Calcium	mg	38		0			
Iron	mg	2.08		0			
Magnesium	mg	89		0			
Phosphorus	mg	52		0			
Potassium	mg	321		0			
Sodium	mg	239		0			
Zinc	mg	0.17		0			
Copper	mg	0.114		0			
Manganese	mg	0.303		0			
Selenium	µg	0.9		0			
Vitamins:							
Ascorbic acid	mg	26.3		0			
Thiamin	mg	0.034		0			
Riboflavin	mg	0.086		0			
Niacin	mg	0.411		0			
Pantothenic acid	mg	0.036		0			
Vitamin B-6	mg	0.100		0			
Folate	µg	8		0			
Vitamin B-12	µg	0.00		0			
Vitamin A	IU	3474		0			
Vitamin A, RE	µg	347		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	0.086	0
Isoleucine	g	0.093	0
Leucine	g	0.152	0
Lysine	g	0.105	0
Methionine	g	0.032	0
Cystine	g		
Phenylalanine	g	0.104	0
Tyrosine	g	0.075	0
Valine	g	0.121	0
Arginine	g	0.098	0
Histidine	g	0.049	0
Alanine	g	0.121	0
Aspartic acid	g	0.166	0
Glutamic acid	g	0.197	0
Glycine	g	0.104	0
Proline	g	0.106	0
Serine	g	0.070	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. 11926 Lentils, sprouted, cooked, stir-fried, with salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	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	246		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		1			
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. 11927 Mountain yam, hawaii, cooked, steamed, with salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	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	248		0	360		
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	0.043
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. 11928 Tree fern, cooked, with salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 31g	Measure 2* 71g	Measure 3*
Proximates:							
Water	g	88.60		0	27.47	62.91	
Energy	kcal	40		0	12	28	
Energy	kj	167		0	52	119	
Protein (N x 5.95)	g	0.29		0	0.09	0.21	
Total lipid (fat)	g	0.07		0	0.02	0.05	
Carbohydrate, by difference	g	10.98		0	3.40	7.80	
Fiber, total dietary	g	3.7		0	1.1	2.6	
Ash	g	0.06		0	0.02	0.04	
Sugars, total	g						
Minerals:							
Calcium	mg	8		0	2	6	
Iron	mg	0.16		0	0.05	0.11	
Magnesium	mg	5		0	2	4	
Phosphorus	mg	4		0	1	3	
Potassium	mg	5		0	2	4	
Sodium	mg	241		0	75	171	
Zinc	mg	0.31		0	0.10	0.22	
Copper	mg	0.202		0	0.063	0.143	
Manganese	mg	0.539		0	0.167	0.383	
Selenium	µg	0.9		0	0.3	0.6	
Vitamins:							
Ascorbic acid	mg	30.0		0	9.3	21.3	
Thiamin	mg	0.000		0	0.000	0.000	
Riboflavin	mg	0.300		0	0.093	0.213	
Niacin	mg	3.500		0	1.085	2.485	
Pantothenic acid	mg	0.063		0	0.020	0.045	
Vitamin B-6	mg	0.179		0	0.055	0.127	
Folate	µg	15		0	5	11	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	200		0	62	142	
Vitamin A, RE	µg	20		0	6	14	
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 frond, (6-1/2" long)
Measure 2: 1/2 cup chopped or diced

NDB No. 11929 Potatoes, mashed, prepared from granules, without milk, whole milk and margarine

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	77.48		0	162.71		
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	4.93		0	10.35		
Carbohydrate, by difference	g	14.40		0	30.24		
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	145		0	305		
Sodium	mg	263		0	552		
Zinc	mg	0.24		0	0.50		
Copper	mg	0.022		0	0.046		
Manganese	mg	0.003		0	0.006		
Selenium	µg	0.5		0	1.1		
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	0.763		0	1.602		
Pantothenic acid	mg	0.127		0	0.267		
Vitamin B-6	mg	0.010		0	0.021		
Folate	µg	7		0	15		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	198		0	416		
Vitamin A, RE	µg	20		0	42		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	1.284		0	2.696		
4:0	g	0.023		0	0.048		
6.0	g	0.014		0	0.029		
8:0	g	0.008		0	0.017		
10:0	g	0.019		0	0.040		
12:0	g	0.024		0	0.050		
14:0	g	0.087		0	0.183		
15.0	g						
16:0	g	0.711		0	1.493		
17:0	g						
18:0	g	0.398		0	0.836		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.041	0	4.286
14:1	g			
16:1	g	0.018	0	0.038
18:1	g	2.023	0	4.248
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	1.363	0	2.862
18:2	g	1.286	0	2.701
18:3	g	0.076	0	0.160
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	3	0	6
Phytosterols	mg	14	0	29
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. 11930 Potatoes, mashed, prepared from flakes, without milk, whole milk and margarine

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	0.5		0	1.1		
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	0.00		0	0.00		
Vitamin A	IU	180		0	378		
Vitamin A, RE	µg	21		0	44		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	1.460		0	3.066		
4:0	g	0.028		0	0.059		
6.0	g	0.015		0	0.032		
8:0	g	0.010		0	0.021		
10:0	g	0.022		0	0.046		
12:0	g	0.027		0	0.057		
14:0	g	0.098		0	0.206		
15.0	g						
16:0	g	0.799		0	1.678		
17:0	g						
18:0	g	0.444		0	0.932		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.307	0	4.845
14:1	g			
16:1	g	0.022	0	0.046
18:1	g	2.274	0	4.775
20:1	g			
22.1	g			
Polyunsaturated, total	g	1.551	0	3.257
18:2	g	1.463	0	3.072
18:3	g	0.088	0	0.185
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	4	0	8
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. 11931 Peppers, sweet, red, freeze-dried

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 0g	Measure 2* 2g	Measure 3*
Proximates:							
Water	g	2.00		1	0.01	0.03	
Energy	kcal	314		0	1	5	
Energy	kj	1314		0	5	21	
Protein (N x 5.95)	g	17.90		1	0.07	0.29	
Total lipid (fat)	g	3.00		1	0.01	0.05	
Carbohydrate, by difference	g	68.70		0	0.27	1.10	
Fiber, total dietary	g	21.3		0	0.1	0.3	
Ash	g	8.40		0	0.03	0.13	
Sugars, total	g						
Minerals:							
Calcium	mg	134		1	1	2	
Iron	mg	10.40		1	0.04	0.17	
Magnesium	mg	188		0	1	3	
Phosphorus	mg	327		1	1	5	
Potassium	mg	3170		1	13	51	
Sodium	mg	193		1	1	3	
Zinc	mg	2.41		0	0.01	0.04	
Copper	mg	1.389		0	0.006	0.022	
Manganese	mg	1.897		0	0.008	0.030	
Selenium	µg	3.7		0	0.0	0.1	
Vitamins:							
Ascorbic acid	mg	1900.0		1	7.6	30.4	
Thiamin	mg	1.200		1	0.005	0.019	
Riboflavin	mg	1.200		1	0.005	0.019	
Niacin	mg	7.400		1	0.030	0.118	
Pantothenic acid	mg	0.488		0	0.002	0.008	
Vitamin B-6	mg	2.223		0	0.009	0.036	
Folate	µg	229		0	1	4	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	77261		0	309	1236	
Vitamin A, RE	µg	7726		0	31	124	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.447		0	0.002	0.007	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g	0.002		0	0.000	0.000	
14:0	g	0.009		0	0.000	0.000	
15.0	g						
16:0	g	0.331		0	0.001	0.005	
17:0	g						
18:0	g	0.105		0	0.000	0.002	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.202	0	0.001	0.003
14:1	g				
16:1	g	0.021	0	0.000	0.000
18:1	g	0.181	0	0.001	0.003
20:1	g				
22.1	g				
Polyunsaturated, total	g	1.607	0	0.006	0.026
18:2	g	1.462	0	0.006	0.023
18:3	g	0.145	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	0.229	0	0.001	0.004
Threonine	g	0.659	0	0.003	0.011
Isoleucine	g	0.579	0	0.002	0.009
Leucine	g	0.937	0	0.004	0.015
Lysine	g	0.796	0	0.003	0.013
Methionine	g	0.215	0	0.001	0.003
Cystine	g	0.344	0	0.001	0.006
Phenylalanine	g	0.553	0	0.002	0.009
Tyrosine	g	0.372	0	0.001	0.006
Valine	g	0.756	0	0.003	0.012
Arginine	g	0.859	0	0.003	0.014
Histidine	g	0.364	0	0.001	0.006
Alanine	g	0.733	0	0.003	0.012
Aspartic acid	g	2.558	0	0.010	0.041
Glutamic acid	g	2.363	0	0.009	0.038
Glycine	g	0.662	0	0.003	0.011
Proline	g	0.779	0	0.003	0.012
Serine	g	0.719	0	0.003	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 tablespoon
Measure 2: 1/4 cup

NDB No. 11932 Beans, snap, yellow, canned, regular pack, drained solids

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	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	1.3		0	1.8	0.8	3.4
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	251	17.431	12	339	156	658
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	105		0	142	65	275
Vitamin A, RE	µg	11		0	15	7	29
Vitamin E, α-TE	mg	0.290		0	0.391	0.180	0.760
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. 11933 Beans, snap, yellow, canned, no salt added, drained solids

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 68g	Measure 2* 262g	Measure 3*
Proximates:							
Water	g	93.30	0.184	17	63.44	244.45	
Energy	kcal	20		0	14	52	
Energy	kj	84		0	57	220	
Protein (N x 5.95)	g	1.15	0.045	17	0.78	3.01	
Total lipid (fat)	g	0.10	0.005	17	0.07	0.26	
Carbohydrate, by difference	g	4.50		0	3.06	11.79	
Fiber, total dietary	g	1.3		0	0.9	3.4	
Ash	g	0.95	0.041	17	0.65	2.49	
Sugars, total	g						
Minerals:							
Calcium	mg	26	1.197	12	18	68	
Iron	mg	0.90	0.106	12	0.61	2.36	
Magnesium	mg	13	0.290	12	9	34	
Phosphorus	mg	19	0.654	12	13	50	
Potassium	mg	109	1.286	12	74	286	
Sodium	mg	2		0	1	5	
Zinc	mg	0.29	0.036	17	0.20	0.76	
Copper	mg	0.038	0.003	11	0.026	0.100	
Manganese	mg	0.200	0.019	16	0.136	0.524	
Selenium	µg	0.4	0.103	8	0.3	1.0	
Vitamins:							
Ascorbic acid	mg	4.8	0.397	12	3.3	12.6	
Thiamin	mg	0.015	0.001	12	0.010	0.039	
Riboflavin	mg	0.056	0.002	12	0.038	0.147	
Niacin	mg	0.201	0.007	12	0.137	0.527	
Pantothenic acid	mg	0.129		0	0.088	0.338	
Vitamin B-6	mg	0.037		0	0.025	0.097	
Folate	µg	32	7.950	6	22	83	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	105		0	71	275	
Vitamin A, RE	µg	11		0	7	29	
Vitamin E, α-TE	mg	0.290		0	0.197	0.760	
Lipids:							
Saturated, total	g	0.022		0	0.015	0.058	
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	0.019		0	0.013	0.050	
17:0	g						
18:0	g	0.003		0	0.002	0.008	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.004	0	0.003	0.010
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.004	0	0.003	0.010
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.051	0	0.035	0.134
18:2	g	0.019	0	0.013	0.050
18:3	g	0.031	0	0.021	0.081
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	0.031
Threonine	g	0.050	0	0.034	0.131
Isoleucine	g	0.042	0	0.029	0.110
Leucine	g	0.071	0	0.048	0.186
Lysine	g	0.055	0	0.037	0.144
Methionine	g	0.014	0	0.010	0.037
Cystine	g	0.011	0	0.007	0.029
Phenylalanine	g	0.042	0	0.029	0.110
Tyrosine	g	0.027	0	0.018	0.071
Valine	g	0.057	0	0.039	0.149
Arginine	g	0.046	0	0.031	0.121
Histidine	g	0.022	0	0.015	0.058
Alanine	g	0.053	0	0.036	0.139
Aspartic acid	g	0.161	0	0.109	0.422
Glutamic acid	g	0.118	0	0.080	0.309
Glycine	g	0.041	0	0.028	0.107
Proline	g	0.043	0	0.029	0.113
Serine	g	0.063	0	0.043	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: 1/2 cup
Measure 2: 1 can (303 x 406)

NDB No. 11934 Potatoes, mashed, home-prepared, 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	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						
Lipids:							
Saturated, total	g	2.770		0	5.817		
4:0	g	0.146		0	0.307		
6.0	g	0.087		0	0.183		
8:0	g	0.050		0	0.105		
10:0	g	0.114		0	0.239		
12:0	g	0.130		0	0.273		
14:0	g	0.414		0	0.869		
15.0	g						
16:0	g	1.162		0	2.440		
17:0	g						
18:0	g	0.526		0	1.105		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.172	0	2.461
14:1	g			
16:1	g	0.091	0	0.191
18:1	g	1.020	0	2.142
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.150	0	0.315
18:2	g	0.092	0	0.193
18:3	g	0.059	0	0.124
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	12	0	25
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. 11935 Catsup

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* 15g	Measure 3* 6g
Proximates:							
Water	g	66.58	0.266	33	159.79	9.99	3.99
Energy	kcal	104		0	250	16	6
Energy	kj	435		0	1044	65	26
Protein (N x 5.95)	g	1.52	0.044	30	3.65	0.23	0.09
Total lipid (fat)	g	0.36	0.011	30	0.86	0.05	0.02
Carbohydrate, by difference	g	27.29		0	65.50	4.09	1.64
Fiber, total dietary	g	1.3		0	3.1	0.2	0.1
Ash	g	4.26	0.076	30	10.22	0.64	0.26
Sugars, total	g						
Minerals:							
Calcium	mg	19	0.535	45	46	3	1
Iron	mg	0.70	0.033	46	1.68	0.11	0.04
Magnesium	mg	22	0.611	45	53	3	1
Phosphorus	mg	39	1.071	44	94	6	2
Potassium	mg	481	14.969	46	1154	72	29
Sodium	mg	1186	37.504	46	2846	178	71
Zinc	mg	0.23	0.005	44	0.55	0.03	0.01
Copper	mg	0.206	0.008	45	0.494	0.031	0.012
Manganese	mg	0.136	0.005	18	0.326	0.020	0.008
Selenium	µg	0.8	0.283	2	1.9	0.1	0.0
Vitamins:							
Ascorbic acid	mg	15.1	1.113	30	36.2	2.3	0.9
Thiamin	mg	0.089	0.004	30	0.214	0.013	0.005
Riboflavin	mg	0.073	0.003	30	0.175	0.011	0.004
Niacin	mg	1.367	0.038	30	3.281	0.205	0.082
Pantothenic acid	mg	0.143	0.046	5	0.343	0.021	0.009
Vitamin B-6	mg	0.175	0.015	2	0.420	0.026	0.011
Folate	µg	15	4.960	5	36	2	1
Vitamin B-12	µg	0.00		0	0.00	0.00	0.00
Vitamin A	IU	1016	68.417	30	2438	152	61
Vitamin A, RE	µg	102		0	245	15	6
Vitamin E, α-TE	mg	1.465		0	3.516	0.220	0.088
Lipids:							
Saturated, total	g	0.049		0	0.118	0.007	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	0.000		1	0.000	0.000	0.000
15.0	g						
16:0	g	0.036		1	0.086	0.005	0.002
17:0	g						
18:0	g	0.014		1	0.034	0.002	0.001
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.055	0	0.132	0.008	0.003
14:1	g					
16:1	g	0.002	1	0.005	0.000	0.000
18:1	g	0.053	1	0.127	0.008	0.003
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	0.147	0	0.353	0.022	0.009
18:2	g	0.142	1	0.341	0.021	0.009
18:3	g	0.005	1	0.012	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	7	1	17	1	0
Amino acids:						
Tryptophan	g	0.010	0	0.024	0.002	0.001
Threonine	g	0.035	0	0.084	0.005	0.002
Isoleucine	g	0.029	0	0.070	0.004	0.002
Leucine	g	0.042	0	0.101	0.006	0.003
Lysine	g	0.043	0	0.103	0.006	0.003
Methionine	g	0.008	0	0.019	0.001	0.000
Cystine	g	0.009	0	0.022	0.001	0.001
Phenylalanine	g	0.032	0	0.077	0.005	0.002
Tyrosine	g	0.020	0	0.048	0.003	0.001
Valine	g	0.031	0	0.074	0.005	0.002
Arginine	g	0.030	0	0.072	0.004	0.002
Histidine	g	0.024	0	0.058	0.004	0.001
Alanine	g	0.048	0	0.115	0.007	0.003
Aspartic acid	g	0.190	0	0.456	0.029	0.011
Glutamic acid	g	0.607	0	1.457	0.091	0.036
Glycine	g	0.025	0	0.060	0.004	0.002
Proline	g	0.033	0	0.079	0.005	0.002
Serine	g	0.036	0	0.086	0.005	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
Measure 2: 1 tablespoon
Measure 3: 1 packet

NDB No. 11937 Pickles, cucumber, dill

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 143g	Measure 2* 155g	Measure 3* 135g
Proximates:							
Water	g	91.67	0.445	85	131.09	142.09	123.75
Energy	kcal	18		0	26	28	24
Energy	kj	75		0	107	116	101
Protein (N x 5.95)	g	0.62	0.028	84	0.89	0.96	0.84
Total lipid (fat)	g	0.19	0.006	84	0.27	0.29	0.26
Carbohydrate, by difference	g	4.13		0	5.91	6.40	5.58
Fiber, total dietary	g	1.2		0	1.7	1.9	1.6
Ash	g	3.40	0.051	84	4.86	5.27	4.59
Sugars, total	g						
Minerals:							
Calcium	mg	9	3.200	84	13	14	12
Iron	mg	0.53	0.021	84	0.76	0.82	0.72
Magnesium	mg	11	0.394	74	16	17	15
Phosphorus	mg	21	0.744	74	30	33	28
Potassium	mg	116	4.575	74	166	180	157
Sodium	mg	1282	23.643	84	1833	1987	1731
Zinc	mg	0.14	0.006	76	0.20	0.22	0.19
Copper	mg	0.079	0.002	74	0.113	0.122	0.107
Manganese	mg	0.015	0.005	2	0.021	0.023	0.020
Selenium	µg	0.0		0	0.0	0.0	0.0
Vitamins:							
Ascorbic acid	mg	1.9	0.145	74	2.7	2.9	2.6
Thiamin	mg	0.014	0.001	75	0.020	0.022	0.019
Riboflavin	mg	0.029	0.001	75	0.041	0.045	0.039
Niacin	mg	0.060	0.010	74	0.086	0.093	0.081
Pantothenic acid	mg	0.054	0.012	3	0.077	0.084	0.073
Vitamin B-6	mg	0.013	0.007	3	0.019	0.020	0.018
Folate	µg	1	0.571	5	1	2	1
Vitamin B-12	µg	0.00		0	0.00	0.00	0.00
Vitamin A	IU	329	18.430	74	470	510	444
Vitamin A, RE	µg	33		0	47	51	45
Vitamin E, α-TE	mg	0.160		0	0.229	0.248	0.216
Lipids:							
Saturated, total	g	0.048		0	0.069	0.074	0.065
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		3	0.003	0.003	0.003
14:0	g	0.002		3	0.003	0.003	0.003
15.0	g						
16:0	g	0.041		3	0.059	0.064	0.055
17:0	g						
18:0	g	0.005		3	0.007	0.008	0.007
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.003		0	0.004	0.005	0.004
14:1	g						
16:1	g	0.000		3	0.000	0.000	0.000
18:1	g	0.003		3	0.004	0.005	0.004
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	0.110	0.119	0.104
18:2	g	0.033		3	0.047	0.051	0.045
18:3	g	0.044		3	0.063	0.068	0.059
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	14	0.000	3	20	22	19
Amino acids:							
Tryptophan	g	0.005		0	0.007	0.008	0.007
Threonine	g	0.017		0	0.024	0.026	0.023
Isoleucine	g	0.019		0	0.027	0.029	0.026
Leucine	g	0.026		0	0.037	0.040	0.035
Lysine	g	0.026		0	0.037	0.040	0.035
Methionine	g	0.005		0	0.007	0.008	0.007
Cystine	g	0.004		0	0.006	0.006	0.005
Phenylalanine	g	0.017		0	0.024	0.026	0.023
Tyrosine	g	0.010		0	0.014	0.016	0.014
Valine	g	0.020		0	0.029	0.031	0.027
Arginine	g	0.040		0	0.057	0.062	0.054
Histidine	g	0.009		0	0.013	0.014	0.012
Alanine	g	0.021		0	0.030	0.033	0.028
Aspartic acid	g	0.037		0	0.053	0.057	0.050
Glutamic acid	g	0.177		0	0.253	0.274	0.239
Glycine	g	0.022		0	0.031	0.034	0.030
Proline	g	0.014		0	0.020	0.022	0.019
Serine	g	0.018		0	0.026	0.028	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, chopped or diced
Measure 2: 1 cup (about 23 slices)
Measure 3: 1 large (4" long)

NDB No. 11940 Pickle, cucumber, sweet

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 160g	Measure 2* 170g	Measure 3* 35g
Proximates:							
Water	g	65.26	0.811	48	104.42	110.94	22.84
Energy	kcal	117		0	187	199	41
Energy	kj	490		0	784	833	172
Protein (N x 5.95)	g	0.37	0.021	48	0.59	0.63	0.13
Total lipid (fat)	g	0.26	0.012	48	0.42	0.44	0.09
Carbohydrate, by difference	g	31.81		0	50.90	54.08	11.13
Fiber, total dietary	g	1.1		0	1.8	1.9	0.4
Ash	g	2.30	0.043	48	3.68	3.91	0.81
Sugars, total	g						
Minerals:							
Calcium	mg	4	1.510	48	6	7	1
Iron	mg	0.59	0.030	48	0.94	1.00	0.21
Magnesium	mg	4	0.555	44	6	7	1
Phosphorus	mg	12	0.697	44	19	20	4
Potassium	mg	32	6.527	44	51	54	11
Sodium	mg	939	19.387	48	1502	1596	329
Zinc	mg	0.08	0.009	45	0.13	0.14	0.03
Copper	mg	0.105	0.008	44	0.168	0.179	0.037
Manganese	mg	0.015	0.005	2	0.024	0.026	0.005
Selenium	µg	0.0		0	0.0	0.0	0.0
Vitamins:							
Ascorbic acid	mg	1.2	0.149	44	1.9	2.0	0.4
Thiamin	mg	0.009	0.001	44	0.014	0.015	0.003
Riboflavin	mg	0.032	0.001	44	0.051	0.054	0.011
Niacin	mg	0.174	0.024	44	0.278	0.296	0.061
Pantothenic acid	mg	0.120	0.080	2	0.192	0.204	0.042
Vitamin B-6	mg	0.015	0.005	2	0.024	0.026	0.005
Folate	µg	1	0.375	2	2	2	0
Vitamin B-12	µg	0.00		0	0.00	0.00	0.00
Vitamin A	IU	126	9.482	44	202	214	44
Vitamin A, RE	µg	13		0	21	22	5
Vitamin E, α-TE	mg	0.160		0	0.256	0.272	0.056
Lipids:							
Saturated, total	g	0.067		0	0.107	0.114	0.023
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	0.003	0.001
14:0	g	0.002		1	0.003	0.003	0.001
15.0	g						
16:0	g	0.056		1	0.090	0.095	0.020
17:0	g						
18:0	g	0.006		1	0.010	0.010	0.002
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.004	0	0.006	0.007	0.001
14:1	g					
16:1	g	0.000	1	0.000	0.000	0.000
18:1	g	0.004	1	0.006	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	0.106	0	0.170	0.180	0.037
18:2	g	0.046	1	0.074	0.078	0.016
18:3	g	0.060	1	0.096	0.102	0.021
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	14	1	22	24	5
Amino acids:						
Tryptophan	g	0.003	0	0.005	0.005	0.001
Threonine	g	0.010	0	0.016	0.017	0.004
Isoleucine	g	0.012	0	0.019	0.020	0.004
Leucine	g	0.016	0	0.026	0.027	0.006
Lysine	g	0.015	0	0.024	0.026	0.005
Methionine	g	0.003	0	0.005	0.005	0.001
Cystine	g	0.002	0	0.003	0.003	0.001
Phenylalanine	g	0.010	0	0.016	0.017	0.004
Tyrosine	g	0.006	0	0.010	0.010	0.002
Valine	g	0.012	0	0.019	0.020	0.004
Arginine	g	0.024	0	0.038	0.041	0.008
Histidine	g	0.005	0	0.008	0.009	0.002
Alanine	g	0.013	0	0.021	0.022	0.005
Aspartic acid	g	0.022	0	0.035	0.037	0.008
Glutamic acid	g	0.106	0	0.170	0.180	0.037
Glycine	g	0.013	0	0.021	0.022	0.005
Proline	g	0.008	0	0.013	0.014	0.003
Serine	g	0.011	0	0.018	0.019	0.004
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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, Gherkin (3" long)

NDB No. 11941 Pickle, cucumber, sour

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 155g	Measure 2* 135g	Measure 3* 65g
Proximates:							
Water	g	94.08	0.057	6	145.82	127.01	61.15
Energy	kcal	11		0	17	15	7
Energy	kj	46		0	71	62	30
Protein (N x 5.95)	g	0.33	0.021	6	0.51	0.45	0.21
Total lipid (fat)	g	0.20	0.000	6	0.31	0.27	0.13
Carbohydrate, by difference	g	2.25		0	3.49	3.04	1.46
Fiber, total dietary	g	1.2		0	1.9	1.6	0.8
Ash	g	3.13	0.021	6	4.85	4.23	2.03
Sugars, total	g						
Minerals:							
Calcium	mg	0	0.000	6	0	0	0
Iron	mg	0.40	0.000	6	0.62	0.54	0.26
Magnesium	mg	4	0.000	6	6	5	3
Phosphorus	mg	14	0.224	6	22	19	9
Potassium	mg	23	0.671	6	36	31	15
Sodium	mg	1208	10.062	6	1872	1631	785
Zinc	mg	0.02	0.002	6	0.03	0.03	0.01
Copper	mg	0.085	0.002	6	0.132	0.115	0.055
Manganese	mg	0.011		0	0.017	0.015	0.007
Selenium	µg	0.0		0	0.0	0.0	0.0
Vitamins:							
Ascorbic acid	mg	1.0	0.000	6	1.6	1.4	0.7
Thiamin	mg	0.000	0.000	6	0.000	0.000	0.000
Riboflavin	mg	0.010	0.000	6	0.016	0.014	0.007
Niacin	mg	0.000	0.000	6	0.000	0.000	0.000
Pantothenic acid	mg	0.038		0	0.059	0.051	0.025
Vitamin B-6	mg	0.009		0	0.014	0.012	0.006
Folate	µg	1		0	1	1	0
Vitamin B-12	µg	0.00		0	0.00	0.00	0.00
Vitamin A	IU	145	15.652	6	225	196	94
Vitamin A, RE	µg	15		0	23	20	10
Vitamin E, α-TE	mg	0.160		0	0.248	0.216	0.104
Lipids:							
Saturated, total	g	0.052		0	0.081	0.070	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	0.002		1	0.003	0.003	0.001
14:0	g	0.002		1	0.003	0.003	0.001
15.0	g						
16:0	g	0.044		1	0.068	0.059	0.029
17:0	g						
18:0	g	0.005		1	0.008	0.007	0.003
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.003	0	0.005	0.004	0.002
14:1	g					
16:1	g	0.000	1	0.000	0.000	0.000
18:1	g	0.003	1	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	0.082	0	0.127	0.111	0.053
18:2	g	0.035	1	0.054	0.047	0.023
18:3	g	0.047	1	0.073	0.063	0.031
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	14	1	22	19	9
Amino acids:						
Tryptophan	g	0.003	0	0.005	0.004	0.002
Threonine	g	0.009	0	0.014	0.012	0.006
Isoleucine	g	0.010	0	0.016	0.014	0.007
Leucine	g	0.014	0	0.022	0.019	0.009
Lysine	g	0.014	0	0.022	0.019	0.009
Methionine	g	0.003	0	0.005	0.004	0.002
Cystine	g	0.002	0	0.003	0.003	0.001
Phenylalanine	g	0.009	0	0.014	0.012	0.006
Tyrosine	g	0.006	0	0.009	0.008	0.004
Valine	g	0.011	0	0.017	0.015	0.007
Arginine	g	0.021	0	0.033	0.028	0.014
Histidine	g	0.005	0	0.008	0.007	0.003
Alanine	g	0.011	0	0.017	0.015	0.007
Aspartic acid	g	0.020	0	0.031	0.027	0.013
Glutamic acid	g	0.095	0	0.147	0.128	0.062
Glycine	g	0.012	0	0.019	0.016	0.008
Proline	g	0.008	0	0.012	0.011	0.005
Serine	g	0.010	0	0.016	0.014	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
Measure 2: 1 large (4" long)
Measure 3: 1 medium (3-3/4" long)

NDB No. 11943 Pimento, canned

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 192g	Measure 2* 12g	Measure 3* 1g
Proximates:							
Water	g	93.10	0.299	7	178.75	11.17	0.93
Energy	kcal	23		0	44	3	0
Energy	kj	96		0	184	12	1
Protein (N x 5.95)	g	1.10	0.001	2	2.11	0.13	0.01
Total lipid (fat)	g	0.30	0.058	4	0.58	0.04	0.00
Carbohydrate, by difference	g	5.10		0	9.79	0.61	0.05
Fiber, total dietary	g	1.9		0	3.6	0.2	0.0
Ash	g	0.40	0.058	4	0.77	0.05	0.00
Sugars, total	g						
Minerals:							
Calcium	mg	6	0.377	4	12	1	0
Iron	mg	1.68	0.410	4	3.23	0.20	0.02
Magnesium	mg	6	0.480	4	12	1	0
Phosphorus	mg	17	0.427	4	33	2	0
Potassium	mg	158	9.238	4	303	19	2
Sodium	mg	14	0.787	6	27	2	0
Zinc	mg	0.19	0.011	4	0.36	0.02	0.00
Copper	mg	0.049	0.000	2	0.094	0.006	0.000
Manganese	mg	0.092	0.026	4	0.177	0.011	0.001
Selenium	µg	0.2		0	0.4	0.0	0.0
Vitamins:							
Ascorbic acid	mg	84.9	10.674	4	163.0	10.2	0.8
Thiamin	mg	0.017	0.006	4	0.033	0.002	0.000
Riboflavin	mg	0.060	0.012	4	0.115	0.007	0.001
Niacin	mg	0.615	0.037	4	1.181	0.074	0.006
Pantothenic acid	mg	0.010		0	0.019	0.001	0.000
Vitamin B-6	mg	0.215	0.032	4	0.413	0.026	0.002
Folate	µg	6	0.296	5	12	1	0
Vitamin B-12	µg	0.00		0	0.00	0.00	0.00
Vitamin A	IU	2655	557.280	4	5098	319	27
Vitamin A, RE	µg	266		0	511	32	3
Vitamin E, α-TE	mg	0.690		0	1.325	0.083	0.007
Lipids:							
Saturated, total	g	0.045		0	0.086	0.005	0.000
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	0.001		1	0.002	0.000	0.000
15.0	g						
16:0	g	0.033		1	0.063	0.004	0.000
17:0	g						
18:0	g	0.011		1	0.021	0.001	0.000
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.020	0	0.038	0.002	0.000
14:1	g					
16:1	g	0.002	1	0.004	0.000	0.000
18:1	g	0.018	1	0.035	0.002	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	0.161	0	0.309	0.019	0.002
18:2	g	0.146	1	0.280	0.018	0.001
18:3	g	0.015	1	0.029	0.002	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	9	1	17	1	0
Amino acids:						
Tryptophan	g	0.014	0	0.027	0.002	0.000
Threonine	g	0.040	0	0.077	0.005	0.000
Isoleucine	g	0.036	0	0.069	0.004	0.000
Leucine	g	0.058	0	0.111	0.007	0.001
Lysine	g	0.049	0	0.094	0.006	0.000
Methionine	g	0.013	0	0.025	0.002	0.000
Cystine	g	0.021	0	0.040	0.003	0.000
Phenylalanine	g	0.034	0	0.065	0.004	0.000
Tyrosine	g	0.023	0	0.044	0.003	0.000
Valine	g	0.046	0	0.088	0.006	0.000
Arginine	g	0.053	0	0.102	0.006	0.001
Histidine	g	0.022	0	0.042	0.003	0.000
Alanine	g	0.045	0	0.086	0.005	0.000
Aspartic acid	g	0.157	0	0.301	0.019	0.002
Glutamic acid	g	0.145	0	0.278	0.017	0.001
Glycine	g	0.041	0	0.079	0.005	0.000
Proline	g	0.048	0	0.092	0.006	0.000
Serine	g	0.044	0	0.084	0.005	0.000
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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: 1 slice

NDB No. 11944 Pickle relish, hot dog

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* 122g	Measure 3*
Proximates:							
Water	g	71.65	0.651	7	10.75	87.41	
Energy	kcal	91		0	14	111	
Energy	kj	381		0	57	465	
Protein (N x 5.95)	g	1.50	0.050	7	0.23	1.83	
Total lipid (fat)	g	0.46	0.043	7	0.07	0.56	
Carbohydrate, by difference	g	23.35		0	3.50	28.49	
Fiber, total dietary	g	1.5		0	0.2	1.8	
Ash	g	3.04	0.159	7	0.46	3.71	
Sugars, total	g						
Minerals:							
Calcium	mg	5	3.774	7	1	6	
Iron	mg	1.25	0.122	7	0.19	1.52	
Magnesium	mg	19	0.167	6	3	23	
Phosphorus	mg	40	0.166	6	6	49	
Potassium	mg	78	1.078	6	12	95	
Sodium	mg	1091	68.545	7	164	1331	
Zinc	mg	0.21	0.011	6	0.03	0.26	
Copper	mg	0.082	0.003	6	0.012	0.100	
Manganese	mg	0.015	0.000	4	0.002	0.018	
Selenium	µg	0.0		0	0.0	0.0	
Vitamins:							
Ascorbic acid	mg	1.0	0.000	6	0.2	1.2	
Thiamin	mg	0.040	0.000	6	0.006	0.049	
Riboflavin	mg	0.040	0.000	6	0.006	0.049	
Niacin	mg	0.500	0.000	6	0.075	0.610	
Pantothenic acid	mg	0.007	0.000	4	0.001	0.009	
Vitamin B-6	mg	0.015	0.000	4	0.002	0.018	
Folate	µg	1	0.000	4	0	1	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	167	39.553	6	25	204	
Vitamin A, RE	µg	17		0	3	21	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.044		0	0.007	0.054	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		1	0.000	0.000	
12:0	g	0.001		1	0.000	0.001	
14:0	g	0.001		1	0.000	0.001	
15.0	g						
16:0	g	0.036		1	0.005	0.044	
17:0	g						
18:0	g	0.006		1	0.001	0.007	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.227	0	0.034	0.277
14:1	g				
16:1	g	0.001	1	0.000	0.001
18:1	g	0.090	1	0.013	0.110
20:1	g	0.028	1	0.004	0.034
22.1	g	0.109	1	0.016	0.133
Polyunsaturated, total	g	0.110	0	0.017	0.134
18:2	g	0.056	1	0.008	0.068
18:3	g	0.054	1	0.008	0.066
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	0	0.003	0.023
Threonine	g	0.047	0	0.007	0.057
Isoleucine	g	0.050	0	0.008	0.061
Leucine	g	0.075	0	0.011	0.092
Lysine	g	0.069	0	0.010	0.084
Methionine	g	0.018	0	0.003	0.022
Cystine	g	0.019	0	0.003	0.023
Phenylalanine	g	0.046	0	0.007	0.056
Tyrosine	g	0.032	0	0.005	0.039
Valine	g	0.056	0	0.008	0.068
Arginine	g	0.097	0	0.015	0.118
Histidine	g	0.030	0	0.004	0.037
Alanine	g	0.055	0	0.008	0.067
Aspartic acid	g	0.093	0	0.014	0.113
Glutamic acid	g	0.331	0	0.050	0.404
Glycine	g	0.059	0	0.009	0.072
Proline	g	0.065	0	0.010	0.079
Serine	g	0.049	0	0.007	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 tablespoon
Measure 2: 1/2 cup

NDB No. 11945 Pickle relish, sweet

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 245g	Measure 2* 15g	Measure 3* 10g
Proximates:							
Water	g	62.07	0.772	7	152.07	9.31	6.21
Energy	kcal	130		0	319	20	13
Energy	kj	544		0	1333	82	54
Protein (N x 5.95)	g	0.37	0.026	7	0.91	0.06	0.04
Total lipid (fat)	g	0.47	0.047	7	1.15	0.07	0.05
Carbohydrate, by difference	g	35.05		0	85.87	5.26	3.50
Fiber, total dietary	g	1.1		0	2.7	0.2	0.1
Ash	g	2.03	0.051	7	4.97	0.30	0.20
Sugars, total	g						
Minerals:							
Calcium	mg	3	2.500	7	7	0	0
Iron	mg	0.87	0.086	7	2.13	0.13	0.09
Magnesium	mg	5	0.224	6	12	1	1
Phosphorus	mg	14	0.401	6	34	2	1
Potassium	mg	25	0.258	6	61	4	3
Sodium	mg	811	18.603	7	1987	122	81
Zinc	mg	0.14	0.013	7	0.34	0.02	0.01
Copper	mg	0.085	0.002	6	0.208	0.013	0.009
Manganese	mg	0.015	0.000	4	0.037	0.002	0.002
Selenium	µg	0.0		0	0.0	0.0	0.0
Vitamins:							
Ascorbic acid	mg	1.0	0.000	6	2.5	0.2	0.1
Thiamin	mg	0.000	0.000	6	0.000	0.000	0.000
Riboflavin	mg	0.033	0.002	6	0.081	0.005	0.003
Niacin	mg	0.233	0.021	6	0.571	0.035	0.023
Pantothenic acid	mg	0.007	0.000	4	0.017	0.001	0.001
Vitamin B-6	mg	0.015	0.000	4	0.037	0.002	0.002
Folate	µg	1	0.000	4	2	0	0
Vitamin B-12	µg	0.00		0	0.00	0.00	0.00
Vitamin A	IU	155	16.882	6	380	23	16
Vitamin A, RE	µg	16		0	39	2	2
Vitamin E, α-TE	mg	0.040		0	0.098	0.006	0.004
Lipids:							
Saturated, total	g	0.055		0	0.135	0.008	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		2	0.000	0.000	0.000
12:0	g	0.001		2	0.002	0.000	0.000
14:0	g	0.001		2	0.002	0.000	0.000
15.0	g						
16:0	g	0.045		2	0.110	0.007	0.004
17:0	g						
18:0	g	0.007		2	0.017	0.001	0.001
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.209	0	0.512	0.031	0.021
14:1	g					
16:1	g	0.001	2	0.002	0.000	0.000
18:1	g	0.090	2	0.221	0.013	0.009
20:1	g	0.024	2	0.059	0.004	0.002
22.1	g	0.094	2	0.230	0.014	0.009
Polyunsaturated, total	g	0.121	0	0.296	0.018	0.012
18:2	g	0.059	2	0.145	0.009	0.006
18:3	g	0.063	2	0.154	0.009	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	0.004	0	0.010	0.001	0.000
Threonine	g	0.011	0	0.027	0.002	0.001
Isoleucine	g	0.012	0	0.029	0.002	0.001
Leucine	g	0.017	0	0.042	0.003	0.002
Lysine	g	0.016	0	0.039	0.002	0.002
Methionine	g	0.004	0	0.010	0.001	0.000
Cystine	g	0.003	0	0.007	0.000	0.000
Phenylalanine	g	0.011	0	0.027	0.002	0.001
Tyrosine	g	0.007	0	0.017	0.001	0.001
Valine	g	0.013	0	0.032	0.002	0.001
Arginine	g	0.023	0	0.056	0.003	0.002
Histidine	g	0.006	0	0.015	0.001	0.001
Alanine	g	0.013	0	0.032	0.002	0.001
Aspartic acid	g	0.022	0	0.054	0.003	0.002
Glutamic acid	g	0.093	0	0.228	0.014	0.009
Glycine	g	0.014	0	0.034	0.002	0.001
Proline	g	0.012	0	0.029	0.002	0.001
Serine	g	0.011	0	0.027	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
Measure 2: 1 tablespoon
Measure 3: 1 packet (2/3 tablespoon)

NDB No. 11946 Pickle, cucumber, sour, low sodium

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 143g	Measure 2* 155g	Measure 3* 135g
Proximates:							
Water	g	94.08	0.057	6	134.53	145.82	127.01
Energy	kcal	11		0	16	17	15
Energy	kj	46		0	66	71	62
Protein (N x 5.95)	g	0.33	0.021	6	0.47	0.51	0.45
Total lipid (fat)	g	0.20	0.000	6	0.29	0.31	0.27
Carbohydrate, by difference	g	2.25		0	3.22	3.49	3.04
Fiber, total dietary	g	1.2		0	1.7	1.9	1.6
Ash	g	3.13	0.021	6	4.48	4.85	4.23
Sugars, total	g						
Minerals:							
Calcium	mg	0	0.000	6	0	0	0
Iron	mg	0.40	0.000	6	0.57	0.62	0.54
Magnesium	mg	4	0.000	6	6	6	5
Phosphorus	mg	14	0.224	6	20	22	19
Potassium	mg	23	0.671	6	33	36	31
Sodium	mg	18		1	26	28	24
Zinc	mg	0.02	0.002	6	0.03	0.03	0.03
Copper	mg	0.085	0.002	6	0.122	0.132	0.115
Manganese	mg						
Selenium	µg	0.0		0	0.0	0.0	0.0
Vitamins:							
Ascorbic acid	mg	1.0	0.000	6	1.4	1.6	1.4
Thiamin	mg	0.000	0.000	6	0.000	0.000	0.000
Riboflavin	mg	0.010	0.000	6	0.014	0.016	0.014
Niacin	mg	0.000	0.000	6	0.000	0.000	0.000
Pantothenic acid	mg						
Vitamin B-6	mg	0.009		0	0.013	0.014	0.012
Folate	µg	1		0	1	1	1
Vitamin B-12	µg	0.00		0	0.00	0.00	0.00
Vitamin A	IU	145	15.652	6	207	225	196
Vitamin A, RE	µg	15		0	21	23	20
Vitamin E, α-TE	mg	0.050		0	0.072	0.078	0.068
Lipids:							
Saturated, total	g	0.052		0	0.074	0.081	0.070
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	0.003	0.003
14:0	g	0.002		1	0.003	0.003	0.003
15.0	g						
16:0	g	0.044		1	0.063	0.068	0.059
17:0	g						
18:0	g	0.005		1	0.007	0.008	0.007
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.003	0	0.004	0.005	0.004
14:1	g					
16:1	g	0.000	1	0.000	0.000	0.000
18:1	g	0.003	1	0.004	0.005	0.004
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	0.082	0	0.117	0.127	0.111
18:2	g	0.035	1	0.050	0.054	0.047
18:3	g	0.047	1	0.067	0.073	0.063
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	14	1	20	22	19
Amino acids:						
Tryptophan	g	0.003	0	0.004	0.005	0.004
Threonine	g	0.009	0	0.013	0.014	0.012
Isoleucine	g	0.010	0	0.014	0.016	0.014
Leucine	g	0.014	0	0.020	0.022	0.019
Lysine	g	0.014	0	0.020	0.022	0.019
Methionine	g	0.003	0	0.004	0.005	0.004
Cystine	g	0.002	0	0.003	0.003	0.003
Phenylalanine	g	0.009	0	0.013	0.014	0.012
Tyrosine	g	0.006	0	0.009	0.009	0.008
Valine	g	0.011	0	0.016	0.017	0.015
Arginine	g	0.021	0	0.030	0.033	0.028
Histidine	g	0.005	0	0.007	0.008	0.007
Alanine	g	0.011	0	0.016	0.017	0.015
Aspartic acid	g	0.020	0	0.029	0.031	0.027
Glutamic acid	g	0.095	0	0.136	0.147	0.128
Glycine	g	0.012	0	0.017	0.019	0.016
Proline	g	0.008	0	0.011	0.012	0.011
Serine	g	0.010	0	0.014	0.016	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, chopped or diced
Measure 2: 1 cup (about 23 slices)
Measure 3: 1 large (4" long)

NDB No. 11947 Pickles, cucumber, dill, low sodium

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 65g	Measure 2* 6g	Measure 3*
Proximates:							
Water	g	91.67	0.445	85	59.59	5.50	
Energy	kcal	18		0	12	1	
Energy	kj	75		0	49	5	
Protein (N x 5.95)	g	0.62	0.028	84	0.40	0.04	
Total lipid (fat)	g	0.19	0.006	84	0.12	0.01	
Carbohydrate, by difference	g	4.13		0	2.68	0.25	
Fiber, total dietary	g	1.2		0	0.8	0.1	
Ash	g	3.40	0.051	84	2.21	0.20	
Sugars, total	g						
Minerals:							
Calcium	mg	9	3.200	84	6	1	
Iron	mg	0.53	0.021	84	0.34	0.03	
Magnesium	mg	11	0.394	74	7	1	
Phosphorus	mg	21	0.744	74	14	1	
Potassium	mg	116	4.575	74	75	7	
Sodium	mg	18		1	12	1	
Zinc	mg	0.14	0.006	76	0.09	0.01	
Copper	mg	0.079	0.002	74	0.051	0.005	
Manganese	mg	0.015	0.005	2	0.010	0.001	
Selenium	µg	0.0		0	0.0	0.0	
Vitamins:							
Ascorbic acid	mg	1.9	0.145	74	1.2	0.1	
Thiamin	mg	0.014	0.001	75	0.009	0.001	
Riboflavin	mg	0.029	0.001	75	0.019	0.002	
Niacin	mg	0.060	0.010	74	0.039	0.004	
Pantothenic acid	mg	0.054	0.012	3	0.035	0.003	
Vitamin B-6	mg	0.013	0.007	3	0.008	0.001	
Folate	µg	1	0.571	5	1	0	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	329	18.430	74	214	20	
Vitamin A, RE	µg	33		0	21	2	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.048		0	0.031	0.003	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g	0.002		3	0.001	0.000	
14:0	g	0.002		3	0.001	0.000	
15.0	g						
16:0	g	0.041		3	0.027	0.002	
17:0	g						
18:0	g	0.005		3	0.003	0.000	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.003		0	0.002	0.000
14:1	g					
16:1	g	0.000		3	0.000	0.000
18:1	g	0.003		3	0.002	0.000
20:1	g					
22.1	g					
Polyunsaturated, total	g	0.077		0	0.050	0.005
18:2	g	0.033		3	0.021	0.002
18:3	g	0.044		3	0.029	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	14	0.000	3	9	1
Amino acids:						
Tryptophan	g	0.005		0	0.003	0.000
Threonine	g	0.017		0	0.011	0.001
Isoleucine	g	0.019		0	0.012	0.001
Leucine	g	0.026		0	0.017	0.002
Lysine	g	0.026		0	0.017	0.002
Methionine	g	0.005		0	0.003	0.000
Cystine	g	0.004		0	0.003	0.000
Phenylalanine	g	0.017		0	0.011	0.001
Tyrosine	g	0.010		0	0.007	0.001
Valine	g	0.020		0	0.013	0.001
Arginine	g	0.040		0	0.026	0.002
Histidine	g	0.009		0	0.006	0.001
Alanine	g	0.021		0	0.014	0.001
Aspartic acid	g	0.037		0	0.024	0.002
Glutamic acid	g	0.177		0	0.115	0.011
Glycine	g	0.022		0	0.014	0.001
Proline	g	0.014		0	0.009	0.001
Serine	g	0.018		0	0.012	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 medium
Measure 2: 1 slice

NDB No. 11948 Pickle, cucumber, sweet, low sodium

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 160g	Measure 2* 170g	Measure 3* 35g
Proximates:							
Water	g	65.26	0.811	48	104.42	110.94	22.84
Energy	kcal	117		0	187	199	41
Energy	kj	490		0	784	833	172
Protein (N x 5.95)	g	0.37	0.021	48	0.59	0.63	0.13
Total lipid (fat)	g	0.26	0.012	48	0.42	0.44	0.09
Carbohydrate, by difference	g	31.81		0	50.90	54.08	11.13
Fiber, total dietary	g	1.1		0	1.8	1.9	0.4
Ash	g	2.30	0.043	48	3.68	3.91	0.81
Sugars, total	g						
Minerals:							
Calcium	mg	4	1.510	48	6	7	1
Iron	mg	0.59	0.030	48	0.94	1.00	0.21
Magnesium	mg	4	0.555	44	6	7	1
Phosphorus	mg	12	0.697	44	19	20	4
Potassium	mg	32	6.527	44	51	54	11
Sodium	mg	18		1	29	31	6
Zinc	mg	0.08	0.009	45	0.13	0.14	0.03
Copper	mg	0.105	0.008	44	0.168	0.179	0.037
Manganese	mg	0.015	0.005	2	0.024	0.026	0.005
Selenium	µg	0.0		0	0.0	0.0	0.0
Vitamins:							
Ascorbic acid	mg	1.2	0.149	44	1.9	2.0	0.4
Thiamin	mg	0.009	0.001	44	0.014	0.015	0.003
Riboflavin	mg	0.032	0.001	44	0.051	0.054	0.011
Niacin	mg	0.174	0.024	44	0.278	0.296	0.061
Pantothenic acid	mg	0.120	0.080	2	0.192	0.204	0.042
Vitamin B-6	mg	0.015	0.005	2	0.024	0.026	0.005
Folate	µg	1	0.375	2	2	2	0
Vitamin B-12	µg	0.00		0	0.00	0.00	0.00
Vitamin A	IU	126	9.482	44	202	214	44
Vitamin A, RE	µg	13		0	21	22	5
Vitamin E, α-TE	mg	0.160		0	0.256	0.272	0.056
Lipids:							
Saturated, total	g	0.067		0	0.107	0.114	0.023
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	0.003	0.001
14:0	g	0.002		1	0.003	0.003	0.001
15.0	g						
16:0	g	0.056		1	0.090	0.095	0.020
17:0	g						
18:0	g	0.006		1	0.010	0.010	0.002
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.004	0	0.006	0.007	0.001
14:1	g					
16:1	g	0.000	1	0.000	0.000	0.000
18:1	g	0.004	1	0.006	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	0.106	0	0.170	0.180	0.037
18:2	g	0.046	1	0.074	0.078	0.016
18:3	g	0.060	1	0.096	0.102	0.021
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	14	1	22	24	5
Amino acids:						
Tryptophan	g	0.003	0	0.005	0.005	0.001
Threonine	g	0.010	0	0.016	0.017	0.004
Isoleucine	g	0.012	0	0.019	0.020	0.004
Leucine	g	0.016	0	0.026	0.027	0.006
Lysine	g	0.015	0	0.024	0.026	0.005
Methionine	g	0.003	0	0.005	0.005	0.001
Cystine	g	0.002	0	0.003	0.003	0.001
Phenylalanine	g	0.010	0	0.016	0.017	0.004
Tyrosine	g	0.006	0	0.010	0.010	0.002
Valine	g	0.012	0	0.019	0.020	0.004
Arginine	g	0.024	0	0.038	0.041	0.008
Histidine	g	0.005	0	0.008	0.009	0.002
Alanine	g	0.013	0	0.021	0.022	0.005
Aspartic acid	g	0.022	0	0.035	0.037	0.008
Glutamic acid	g	0.106	0	0.170	0.180	0.037
Glycine	g	0.013	0	0.021	0.022	0.005
Proline	g	0.008	0	0.013	0.014	0.003
Serine	g	0.011	0	0.018	0.019	0.004
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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 or diced
Measure 2: 1 cup, sliced
Measure 3: 1 large

NDB No. 11949 Catsup, low sodium

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 240g	Measure 2* 15g	Measure 3* 6g
Proximates:							
Water	g	66.58	0.266	33	159.79	9.99	3.99
Energy	kcal	104		0	250	16	6
Energy	kj	435		0	1044	65	26
Protein (N x 5.95)	g	1.52	0.044	30	3.65	0.23	0.09
Total lipid (fat)	g	0.36	0.011	30	0.86	0.05	0.02
Carbohydrate, by difference	g	27.29		0	65.50	4.09	1.64
Fiber, total dietary	g	1.3		0	3.1	0.2	0.1
Ash	g	4.26	0.076	30	10.22	0.64	0.26
Sugars, total	g						
Minerals:							
Calcium	mg	19	0.535	45	46	3	1
Iron	mg	0.70	0.033	46	1.68	0.11	0.04
Magnesium	mg	22	0.611	45	53	3	1
Phosphorus	mg	39	1.071	44	94	6	2
Potassium	mg	481	14.969	46	1154	72	29
Sodium	mg	20		1	48	3	1
Zinc	mg	0.23	0.005	44	0.55	0.03	0.01
Copper	mg	0.206	0.008	45	0.494	0.031	0.012
Manganese	mg	0.136	0.005	18	0.326	0.020	0.008
Selenium	µg	0.8		0	1.9	0.1	0.0
Vitamins:							
Ascorbic acid	mg	15.1	1.113	30	36.2	2.3	0.9
Thiamin	mg	0.089	0.004	30	0.214	0.013	0.005
Riboflavin	mg	0.073	0.003	30	0.175	0.011	0.004
Niacin	mg	1.367	0.038	30	3.281	0.205	0.082
Pantothenic acid	mg	0.143	0.046	5	0.343	0.021	0.009
Vitamin B-6	mg	0.175	0.015	2	0.420	0.026	0.011
Folate	µg	15	4.960	5	36	2	1
Vitamin B-12	µg	0.00		0	0.00	0.00	0.00
Vitamin A	IU	1016	68.417	30	2438	152	61
Vitamin A, RE	µg	102		0	245	15	6
Vitamin E, α-TE	mg	1.465		0	3.516	0.220	0.088
Lipids:							
Saturated, total	g	0.049		0	0.118	0.007	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	0.000		1	0.000	0.000	0.000
15.0	g						
16:0	g	0.036		1	0.086	0.005	0.002
17:0	g						
18:0	g	0.014		1	0.034	0.002	0.001
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.055	0	0.132	0.008	0.003
14:1	g					
16:1	g	0.002	1	0.005	0.000	0.000
18:1	g	0.053	1	0.127	0.008	0.003
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	0.147	0	0.353	0.022	0.009
18:2	g	0.142	1	0.341	0.021	0.009
18:3	g	0.005	1	0.012	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	7	1	17	1	0
Amino acids:						
Tryptophan	g	0.010	0	0.024	0.002	0.001
Threonine	g	0.035	0	0.084	0.005	0.002
Isoleucine	g	0.029	0	0.070	0.004	0.002
Leucine	g	0.042	0	0.101	0.006	0.003
Lysine	g	0.043	0	0.103	0.006	0.003
Methionine	g	0.008	0	0.019	0.001	0.000
Cystine	g	0.009	0	0.022	0.001	0.001
Phenylalanine	g	0.032	0	0.077	0.005	0.002
Tyrosine	g	0.020	0	0.048	0.003	0.001
Valine	g	0.031	0	0.074	0.005	0.002
Arginine	g	0.030	0	0.072	0.004	0.002
Histidine	g	0.024	0	0.058	0.004	0.001
Alanine	g	0.048	0	0.115	0.007	0.003
Aspartic acid	g	0.190	0	0.456	0.029	0.011
Glutamic acid	g	0.607	0	1.457	0.091	0.036
Glycine	g	0.025	0	0.060	0.004	0.002
Proline	g	0.033	0	0.079	0.005	0.002
Serine	g	0.036	0	0.086	0.005	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
Measure 2: 1 tablespoon
Measure 3: 1 packet

NDB No. 11950 Mushrooms, enoki, raw

Pholiota nameko

Refuse: 16% Stems 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* 5g	Measure 2* 3g	Measure 3*
Proximates:							
Water	g	89.36	0.374	2	4.47	2.68	
Energy	kcal	34		0	2	1	
Energy	kj	142		0	7	4	
Protein (N x 5.95)	g	2.37	0.235	2	0.12	0.07	
Total lipid (fat)	g	0.39	0.125	2	0.02	0.01	
Carbohydrate, by difference	g	7.02		0	0.35	0.21	
Fiber, total dietary	g	2.6		1	0.1	0.1	
Ash	g	0.85	0.050	2	0.04	0.03	
Sugars, total	g						
Minerals:							
Calcium	mg	1	0.150	2	0	0	
Iron	mg	0.89	0.000	1	0.04	0.03	
Magnesium	mg	16	0.900	2	1	0	
Phosphorus	mg	113	5.500	2	6	3	
Potassium	mg	381	15.000	2	19	11	
Sodium	mg	3	0.500	2	0	0	
Zinc	mg	0.57	0.001	2	0.03	0.02	
Copper	mg	0.067	0.001	2	0.003	0.002	
Manganese	mg	0.082	0.011	2	0.004	0.002	
Selenium	µg	16.0		0	0.8	0.5	
Vitamins:							
Ascorbic acid	mg	11.9	0.457	2	0.6	0.4	
Thiamin	mg	0.086	0.022	2	0.004	0.003	
Riboflavin	mg	0.105	0.011	2	0.005	0.003	
Niacin	mg	3.645	0.035	2	0.182	0.109	
Pantothenic acid	mg	0.926	0.069	2	0.046	0.028	
Vitamin B-6	mg	0.043	0.009	2	0.002	0.001	
Folate	µg	30	11.241	2	2	1	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	7		1	0	0	
Vitamin A, RE	µg	1		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.043		0	0.002	0.001	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.001		1	0.000	0.000	
12:0	g	0.005		1	0.000	0.000	
14:0	g	0.002		1	0.000	0.000	
15.0	g						
16:0	g	0.027		1	0.001	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	0.007	0	0.000	0.000
14:1	g				
16:1	g				
18:1	g	0.007	1	0.000	0.000
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.161	0	0.008	0.005
18:2	g	0.160	1	0.008	0.005
18:3	g	0.001	1	0.000	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	0.064	0	0.003	0.002
Threonine	g	0.104	0	0.005	0.003
Isoleucine	g	0.048	0	0.002	0.001
Leucine	g	0.132	0	0.007	0.004
Lysine	g	0.176	0	0.009	0.005
Methionine	g	0.036	0	0.002	0.001
Cystine	g				
Phenylalanine	g	0.128	0	0.006	0.004
Tyrosine	g	0.108	0	0.005	0.003
Valine	g	0.080	0	0.004	0.002
Arginine	g	0.196	0	0.010	0.006
Histidine	g	0.060	0	0.003	0.002
Alanine	g	0.176	0	0.009	0.005
Aspartic acid	g	0.276	0	0.014	0.008
Glutamic acid	g	0.340	0	0.017	0.010
Glycine	g	0.116	0	0.006	0.003
Proline	g	0.208	0	0.010	0.006
Serine	g	0.104	0	0.005	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 large
Measure 2: 1 medium

NDB No. 11951 Peppers, sweet, yellow, raw

Capsicum annuum

Refuse: 18% Stem ends, seeds and core

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 186g	Measure 2* 52g	Measure 3*
Proximates:							
Water	g	92.02	0.076	2	171.16	47.85	
Energy	kcal	27		0	50	14	
Energy	kj	113		0	210	59	
Protein (N x 5.95)	g	1.00	0.000	2	1.86	0.52	
Total lipid (fat)	g	0.21	0.040	2	0.39	0.11	
Carbohydrate, by difference	g	6.32		0	11.76	3.29	
Fiber, total dietary	g	0.9		1	1.7	0.5	
Ash	g	0.45	0.050	2	0.84	0.23	
Sugars, total	g						
Minerals:							
Calcium	mg	11	1.600	2	20	6	
Iron	mg	0.46	0.000	4	0.86	0.24	
Magnesium	mg	12	0.400	2	22	6	
Phosphorus	mg	24	3.500	2	45	12	
Potassium	mg	212	16.500	2	394	110	
Sodium	mg	2	0.500	2	4	1	
Zinc	mg	0.17		1	0.32	0.09	
Copper	mg	0.107		1	0.199	0.056	
Manganese	mg	0.117	0.042	2	0.218	0.061	
Selenium	µg	0.3		0	0.6	0.2	
Vitamins:							
Ascorbic acid	mg	183.5	19.039	2	341.3	95.4	
Thiamin	mg	0.028	0.001	2	0.052	0.015	
Riboflavin	mg	0.025	0.001	2	0.047	0.013	
Niacin	mg	0.890	0.001	2	1.655	0.463	
Pantothenic acid	mg	0.168	0.007	2	0.312	0.087	
Vitamin B-6	mg	0.168	0.012	2	0.312	0.087	
Folate	µg	26	1.823	2	48	14	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	238		1	443	124	
Vitamin A, RE	µg	24		0	45	12	
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	0.013	0	0.024	0.007
Threonine	g	0.037	0	0.069	0.019
Isoleucine	g	0.032	0	0.060	0.017
Leucine	g	0.052	0	0.097	0.027
Lysine	g	0.044	0	0.082	0.023
Methionine	g	0.012	0	0.022	0.006
Cystine	g	0.019	0	0.035	0.010
Phenylalanine	g	0.031	0	0.058	0.016
Tyrosine	g	0.021	0	0.039	0.011
Valine	g	0.042	0	0.078	0.022
Arginine	g	0.048	0	0.089	0.025
Histidine	g	0.020	0	0.037	0.010
Alanine	g	0.041	0	0.076	0.021
Aspartic acid	g	0.143	0	0.266	0.074
Glutamic acid	g	0.132	0	0.246	0.069
Glycine	g	0.037	0	0.069	0.019
Proline	g	0.044	0	0.082	0.023
Serine	g	0.040	0	0.074	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 large pepper (3-3/4" long, 3" dia)
Measure 2: 10 strips

NDB No. 11952 Radicchio, raw

Cichorium intybus

Refuse: 9% Core and leaf ends

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 40g	Measure 2* 8g	Measure 3*
Proximates:							
Water	g	93.14	1.140	2	37.26	7.45	
Energy	kcal	23		0	9	2	
Energy	kj	96		0	38	8	
Protein (N x 5.95)	g	1.43	0.275	2	0.57	0.11	
Total lipid (fat)	g	0.25	0.090	2	0.10	0.02	
Carbohydrate, by difference	g	4.48		0	1.79	0.36	
Fiber, total dietary	g	0.9		0	0.4	0.1	
Ash	g	0.70	0.100	2	0.28	0.06	
Sugars, total	g						
Minerals:							
Calcium	mg	19	2.100	2	8	2	
Iron	mg	0.57	0.000	1	0.23	0.05	
Magnesium	mg	13	4.450	2	5	1	
Phosphorus	mg	40	10.000	2	16	3	
Potassium	mg	302	22.000	2	121	24	
Sodium	mg	22	19.500	2	9	2	
Zinc	mg	0.62	0.261	2	0.25	0.05	
Copper	mg	0.341	0.231	2	0.136	0.027	
Manganese	mg	0.138	0.023	2	0.055	0.011	
Selenium	µg	0.9		0	0.4	0.1	
Vitamins:							
Ascorbic acid	mg	8.0	3.973	2	3.2	0.6	
Thiamin	mg	0.016	0.005	2	0.006	0.001	
Riboflavin	mg	0.028	0.005	2	0.011	0.002	
Niacin	mg	0.255	0.035	2	0.102	0.020	
Pantothenic acid	mg	0.269	0.100	2	0.108	0.022	
Vitamin B-6	mg	0.057	0.029	2	0.023	0.005	
Folate	µg	60	17.439	2	24	5	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	27		1	11	2	
Vitamin A, RE	µg	3		0	1	0	
Vitamin E, α-TE	mg	2.260		0	0.904	0.181	
Lipids:							
Saturated, total	g	0.060		0	0.024	0.005	
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	0.052		0	0.021	0.004	
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	0.010	0	0.004	0.001
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.005	0	0.002	0.000
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.110	0	0.044	0.009
18:2	g	0.093	0	0.037	0.007
18:3	g	0.016	0	0.006	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	0.026	0	0.010	0.002
Threonine	g	0.040	0	0.016	0.003
Isoleucine	g	0.085	0	0.034	0.007
Leucine	g	0.062	0	0.025	0.005
Lysine	g	0.056	0	0.022	0.004
Methionine	g	0.008	0	0.003	0.001
Cystine	g				
Phenylalanine	g	0.034	0	0.014	0.003
Tyrosine	g				
Valine	g	0.065	0	0.026	0.005
Arginine	g	0.105	0	0.042	0.008
Histidine	g	0.024	0	0.010	0.002
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
Measure 2: 1 leaf

NDB No. 11953 Squash, zucchini, baby, raw
Cucurbita spp.

Refuse: 13% 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* 16g	Measure 2* 11g	Measure 3*
Proximates:							
Water	g	92.73	0.301	2	14.84	10.20	
Energy	kcal	21		0	3	2	
Energy	kj	88		0	14	10	
Protein (N x 5.95)	g	2.71	0.225	2	0.43	0.30	
Total lipid (fat)	g	0.40	0.060	2	0.06	0.04	
Carbohydrate, by difference	g	3.10		0	0.50	0.34	
Fiber, total dietary	g	1.1		1	0.2	0.1	
Ash	g	1.05	0.050	2	0.17	0.12	
Sugars, total	g						
Minerals:							
Calcium	mg	21	1.800	2	3	2	
Iron	mg	0.79	0.000	1	0.13	0.09	
Magnesium	mg	33	4.800	2	5	4	
Phosphorus	mg	93	13.000	2	15	10	
Potassium	mg	459	17.500	2	73	50	
Sodium	mg	3	1.500	2	0	0	
Zinc	mg	0.83	0.044	2	0.13	0.09	
Copper	mg	0.097	0.005	2	0.016	0.011	
Manganese	mg	0.196	0.021	2	0.031	0.022	
Selenium	µg	0.3		0	0.0	0.0	
Vitamins:							
Ascorbic acid	mg	34.1	6.877	2	5.5	3.8	
Thiamin	mg	0.042	0.007	2	0.007	0.005	
Riboflavin	mg	0.036	0.007	2	0.006	0.004	
Niacin	mg	0.705	0.015	2	0.113	0.078	
Pantothenic acid	mg	0.367	0.059	2	0.059	0.040	
Vitamin B-6	mg	0.142	0.021	2	0.023	0.016	
Folate	µg	20	2.648	2	3	2	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	490		1	78	54	
Vitamin A, RE	µg	49		0	8	5	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.083		0	0.013	0.009	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g	0.003		1	0.000	0.000	
14:0	g						
15.0	g						
16:0	g	0.071		1	0.011	0.008	
17:0	g						
18:0	g	0.009		1	0.001	0.001	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.031	0	0.005	0.003
14:1	g				
16:1	g	0.003	1	0.000	0.000
18:1	g	0.029	1	0.005	0.003
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.169	0	0.027	0.019
18:2	g	0.063	1	0.010	0.007
18:3	g	0.106	1	0.017	0.012
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	0.004	0.003
Threonine	g	0.066	0	0.011	0.007
Isoleucine	g	0.098	0	0.016	0.011
Leucine	g	0.159	0	0.025	0.017
Lysine	g	0.151	0	0.024	0.017
Methionine	g	0.039	0	0.006	0.004
Cystine	g	0.029	0	0.005	0.003
Phenylalanine	g	0.096	0	0.015	0.011
Tyrosine	g	0.073	0	0.012	0.008
Valine	g	0.123	0	0.020	0.014
Arginine	g	0.115	0	0.018	0.013
Histidine	g	0.059	0	0.009	0.006
Alanine	g	0.142	0	0.023	0.016
Aspartic acid	g	0.332	0	0.053	0.037
Glutamic acid	g	0.291	0	0.047	0.032
Glycine	g	0.103	0	0.016	0.011
Proline	g	0.085	0	0.014	0.009
Serine	g	0.111	0	0.018	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 large
Measure 2: 1 medium

NDB No. 11954 Tomatillos, raw

Physalis ixocarpa

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* 66g	Measure 3*
Proximates:							
Water	g	91.63	1.074	2	31.15	60.48	
Energy	kcal	32		0	11	21	
Energy	kj	134		0	46	88	
Protein (N x 5.95)	g	0.96	0.005	2	0.33	0.63	
Total lipid (fat)	g	1.02	0.165	2	0.35	0.67	
Carbohydrate, by difference	g	5.83		0	1.98	3.85	
Fiber, total dietary	g	1.9		0	0.6	1.3	
Ash	g	0.55	0.050	2	0.19	0.36	
Sugars, total	g						
Minerals:							
Calcium	mg	7	0.450	2	2	5	
Iron	mg	0.62	0.000	1	0.21	0.41	
Magnesium	mg	20	2.750	2	7	13	
Phosphorus	mg	39	8.500	2	13	26	
Potassium	mg	268	33.000	2	91	177	
Sodium	mg	1	0.000	2	0	1	
Zinc	mg	0.22	0.005	2	0.07	0.15	
Copper	mg	0.079	0.016	2	0.027	0.052	
Manganese	mg	0.153	0.003	2	0.052	0.101	
Selenium	µg	0.5		0	0.2	0.3	
Vitamins:							
Ascorbic acid	mg	11.7	7.428	2	4.0	7.7	
Thiamin	mg	0.044	0.001	2	0.015	0.029	
Riboflavin	mg	0.035	0.007	2	0.012	0.023	
Niacin	mg	1.850	0.350	2	0.629	1.221	
Pantothenic acid	mg	0.150	0.048	2	0.051	0.099	
Vitamin B-6	mg	0.056	0.000	2	0.019	0.037	
Folate	µg	7	0.209	2	2	5	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	114		1	39	75	
Vitamin A, RE	µg	11		0	4	7	
Vitamin E, α-TE	mg	0.380		0	0.129	0.251	
Lipids:							
Saturated, total	g	0.139		0	0.047	0.092	
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	0.102		0	0.035	0.067	
17:0	g						
18:0	g	0.040		0	0.014	0.026	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.155	0	0.053	0.102
14:1	g				
16:1	g	0.006	0	0.002	0.004
18:1	g	0.152	0	0.052	0.100
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.417	0	0.142	0.275
18:2	g	0.402	0	0.137	0.265
18:3	g	0.016	0	0.005	0.011
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
Measure 2: 1/2 cup chopped or diced

NDB No. 11955 Tomatoes, sun-dried

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 54g	Measure 2* 2g	Measure 3*
Proximates:							
Water	g	14.56		1	7.86	0.29	
Energy	kcal	258		0	139	5	
Energy	kj	1079		0	583	22	
Protein (N x 5.95)	g	14.11		1	7.62	0.28	
Total lipid (fat)	g	2.97		1	1.60	0.06	
Carbohydrate, by difference	g	55.76		0	30.11	1.12	
Fiber, total dietary	g	12.3		0	6.6	0.2	
Ash	g	12.60		1	6.80	0.25	
Sugars, total	g						
Minerals:							
Calcium	mg	110		1	59	2	
Iron	mg	9.09	0.000	1	4.91	0.18	
Magnesium	mg	194		1	105	4	
Phosphorus	mg	356		1	192	7	
Potassium	mg	3427		1	1851	69	
Sodium	mg	2095		1	1131	42	
Zinc	mg	1.99		1	1.07	0.04	
Copper	mg	1.423		1	0.768	0.028	
Manganese	mg	1.846		1	0.997	0.037	
Selenium	µg	5.5		0	3.0	0.1	
Vitamins:							
Ascorbic acid	mg	39.2		1	21.2	0.8	
Thiamin	mg	0.528		1	0.285	0.011	
Riboflavin	mg	0.489		1	0.264	0.010	
Niacin	mg	9.050		1	4.887	0.181	
Pantothenic acid	mg	2.087		1	1.127	0.042	
Vitamin B-6	mg	0.332		1	0.179	0.007	
Folate	µg	68		1	37	1	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	874		1	472	17	
Vitamin A, RE	µg	87		0	47	2	
Vitamin E, α-TE	mg	0.010		0	0.005	0.000	
Lipids:							
Saturated, total	g	0.426		0	0.230	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	0.004		1	0.002	0.000	
15.0	g						
16:0	g	0.326		1	0.176	0.007	
17:0	g						
18:0	g	0.096		1	0.052	0.002	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.487	0	0.263	0.010
14:1	g				
16:1	g	0.011	1	0.006	0.000
18:1	g	0.476	1	0.257	0.010
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	1.115	0	0.602	0.022
18:2	g	1.104	1	0.596	0.022
18:3	g	0.011	1	0.006	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	0.104	0	0.056	0.002
Threonine	g	0.357	0	0.193	0.007
Isoleucine	g	0.339	0	0.183	0.007
Leucine	g	0.517	0	0.279	0.010
Lysine	g	0.519	0	0.280	0.010
Methionine	g	0.122	0	0.066	0.002
Cystine	g	0.183	0	0.099	0.004
Phenylalanine	g	0.366	0	0.198	0.007
Tyrosine	g	0.242	0	0.131	0.005
Valine	g	0.361	0	0.195	0.007
Arginine	g	0.343	0	0.185	0.007
Histidine	g	0.214	0	0.116	0.004
Alanine	g	0.402	0	0.217	0.008
Aspartic acid	g	1.957	0	1.057	0.039
Glutamic acid	g	5.202	0	2.809	0.104
Glycine	g	0.348	0	0.188	0.007
Proline	g	0.266	0	0.144	0.005
Serine	g	0.375	0	0.203	0.008
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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 piece

NDB No. 11956 Tomatoes, sun-dried, packed in oil, 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* 110g	Measure 2* 3g	Measure 3*
Proximates:							
Water	g	53.83		1	59.21	1.61	
Energy	kcal	213		0	234	6	
Energy	kj	891		0	980	27	
Protein (N x 5.95)	g	5.06		1	5.57	0.15	
Total lipid (fat)	g	14.08		1	15.49	0.42	
Carbohydrate, by difference	g	23.33		0	25.66	0.70	
Fiber, total dietary	g	5.8		1	6.4	0.2	
Ash	g	3.70		1	4.07	0.11	
Sugars, total	g						
Minerals:							
Calcium	mg	47		1	52	1	
Iron	mg	2.67	0.000	1	2.94	0.08	
Magnesium	mg	81		1	89	2	
Phosphorus	mg	139		1	153	4	
Potassium	mg	1565		1	1722	47	
Sodium	mg	266		1	293	8	
Zinc	mg	0.78		1	0.86	0.02	
Copper	mg	0.473		1	0.520	0.014	
Manganese	mg	0.466		1	0.513	0.014	
Selenium	µg	3.0		0	3.3	0.1	
Vitamins:							
Ascorbic acid	mg	101.8		1	112.0	3.1	
Thiamin	mg	0.193		1	0.212	0.006	
Riboflavin	mg	0.383		1	0.421	0.011	
Niacin	mg	3.630		1	3.993	0.109	
Pantothenic acid	mg	0.479		1	0.527	0.014	
Vitamin B-6	mg	0.319		1	0.351	0.010	
Folate	µg	23		1	25	1	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	1286		1	1415	39	
Vitamin A, RE	µg	129		0	142	4	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	1.893		0	2.082	0.057	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.005		1	0.006	0.000	
15.0	g						
16:0	g	1.548		1	1.703	0.046	
17:0	g						
18:0	g	0.340		1	0.374	0.010	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	8.663	0	9.529	0.260
14:1	g				
16:1	g	0.100	1	0.110	0.003
18:1	g	8.530	1	9.383	0.256
20:1	g	0.033	1	0.036	0.001
22.1	g				
Polyunsaturated, total	g	2.060	0	2.266	0.062
18:2	g	1.982	1	2.180	0.059
18:3	g	0.078	1	0.086	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	0.037	0	0.041	0.001
Threonine	g	0.128	0	0.141	0.004
Isoleucine	g	0.121	0	0.133	0.004
Leucine	g	0.185	0	0.204	0.006
Lysine	g	0.186	0	0.205	0.006
Methionine	g	0.044	0	0.048	0.001
Cystine	g	0.066	0	0.073	0.002
Phenylalanine	g	0.131	0	0.144	0.004
Tyrosine	g	0.087	0	0.096	0.003
Valine	g	0.130	0	0.143	0.004
Arginine	g	0.123	0	0.135	0.004
Histidine	g	0.077	0	0.085	0.002
Alanine	g	0.144	0	0.158	0.004
Aspartic acid	g	0.702	0	0.772	0.021
Glutamic acid	g	1.865	0	2.051	0.056
Glycine	g	0.125	0	0.138	0.004
Proline	g	0.096	0	0.106	0.003
Serine	g	0.134	0	0.147	0.004
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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 piece

NDB No. 11957 Fennel, bulb, raw

Foeniculum vulgare

Refuse: 28% Stalk, 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* 87g	Measure 2* 234g	Measure 3*
Proximates:							
Water	g	90.21	3.025	2	78.48	211.09	
Energy	kcal	31		0	27	73	
Energy	kj	130		0	113	304	
Protein (N x 5.95)	g	1.24	0.525	2	1.08	2.90	
Total lipid (fat)	g	0.20	0.075	2	0.17	0.47	
Carbohydrate, by difference	g	7.29		0	6.34	17.06	
Fiber, total dietary	g	3.1		0	2.7	7.3	
Ash	g	1.05	0.150	2	0.91	2.46	
Sugars, total	g						
Minerals:							
Calcium	mg	49	7.550	2	43	115	
Iron	mg	0.73	0.000	1	0.63	1.70	
Magnesium	mg	17	6.200	2	15	40	
Phosphorus	mg	50	12.500	2	44	117	
Potassium	mg	414	85.000	2	360	969	
Sodium	mg	52	13.000	2	45	122	
Zinc	mg	0.20	0.048	2	0.17	0.47	
Copper	mg	0.066	0.032	2	0.057	0.154	
Manganese	mg	0.191	0.043	2	0.166	0.447	
Selenium	µg	0.7		0	0.6	1.6	
Vitamins:							
Ascorbic acid	mg	12.0	3.820	2	10.4	28.1	
Thiamin	mg	0.010	0.001	2	0.009	0.023	
Riboflavin	mg	0.032	0.007	2	0.028	0.075	
Niacin	mg	0.640	0.210	2	0.557	1.498	
Pantothenic acid	mg	0.232	0.114	2	0.202	0.543	
Vitamin B-6	mg	0.047	0.021	2	0.041	0.110	
Folate	µg	27	12.992	2	23	63	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	134	0.000	4	117	314	
Vitamin A, RE	µg	13	0.000	4	11	30	
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, sliced
Measure 2: 1 bulb

NDB No. 11958 Pickle relish, hamburger

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* 122g	Measure 3*
Proximates:							
Water	g	61.12	1.323	7	9.17	74.57	
Energy	kcal	129		0	19	157	
Energy	kj	540		0	81	659	
Protein (N x 5.95)	g	0.63	0.084	7	0.09	0.77	
Total lipid (fat)	g	0.54	0.057	7	0.08	0.66	
Carbohydrate, by difference	g	34.48		0	5.17	42.07	
Fiber, total dietary	g	3.2		0	0.5	3.9	
Ash	g	3.22	0.124	7	0.48	3.93	
Sugars, total	g						
Minerals:							
Calcium	mg	4	3.350	7	1	5	
Iron	mg	1.14	0.101	7	0.17	1.39	
Magnesium	mg	7	0.307	6	1	9	
Phosphorus	mg	17	0.558	6	3	21	
Potassium	mg	76	2.813	6	11	93	
Sodium	mg	1096	32.544	7	164	1337	
Zinc	mg	0.11	0.007	6	0.02	0.13	
Copper	mg	0.083	0.004	6	0.012	0.101	
Manganese	mg	0.015	0.000	4	0.002	0.018	
Selenium	µg	0.0		0	0.0	0.0	
Vitamins:							
Ascorbic acid	mg	2.3	0.615	6	0.3	2.8	
Thiamin	mg	0.020	0.000	6	0.003	0.024	
Riboflavin	mg	0.042	0.002	6	0.006	0.051	
Niacin	mg	0.617	0.017	6	0.093	0.753	
Pantothenic acid	mg	0.007	0.000	4	0.001	0.009	
Vitamin B-6	mg	0.015	0.000	4	0.002	0.018	
Folate	µg	1	0.000	4	0	1	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	267	7.601	6	40	326	
Vitamin A, RE	µg	27		0	4	33	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.052		0	0.008	0.063	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		1	0.000	0.000	
12:0	g	0.001		1	0.000	0.001	
14:0	g	0.001		1	0.000	0.001	
15.0	g						
16:0	g	0.043		1	0.006	0.052	
17:0	g						
18:0	g	0.007		1	0.001	0.009	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.269	0	0.040	0.328
14:1	g				
16:1	g	0.001	1	0.000	0.001
18:1	g	0.107	1	0.016	0.131
20:1	g	0.033	1	0.005	0.040
22.1	g	0.129	1	0.019	0.157
Polyunsaturated, total	g	0.131	0	0.020	0.160
18:2	g	0.067	1	0.010	0.082
18:3	g	0.064	1	0.010	0.078
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	0.007	0	0.001	0.009
Threonine	g	0.019	0	0.003	0.023
Isoleucine	g	0.021	0	0.003	0.026
Leucine	g	0.030	0	0.004	0.037
Lysine	g	0.028	0	0.004	0.034
Methionine	g	0.007	0	0.001	0.009
Cystine	g	0.007	0	0.001	0.009
Phenylalanine	g	0.019	0	0.003	0.023
Tyrosine	g	0.012	0	0.002	0.015
Valine	g	0.022	0	0.003	0.027
Arginine	g	0.042	0	0.006	0.051
Histidine	g	0.012	0	0.002	0.015
Alanine	g	0.022	0	0.003	0.027
Aspartic acid	g	0.038	0	0.006	0.046
Glutamic acid	g	0.147	0	0.022	0.179
Glycine	g	0.024	0	0.004	0.029
Proline	g	0.023	0	0.003	0.028
Serine	g	0.020	0	0.003	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 tablespoon
Measure 2: 1/2 cup

NDB No. 11959 Arugula, raw

Eruca sativa

Refuse: 40% Roots, stems and yellowed leaves

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 2g	Measure 2* 10g	Measure 3*
Proximates:							
Water	g	91.71	0.539	2	1.83	9.17	
Energy	kcal	25		0	1	3	
Energy	kj	105		0	2	11	
Protein (N x 5.95)	g	2.58	0.215	2	0.05	0.26	
Total lipid (fat)	g	0.66	0.010	2	0.01	0.07	
Carbohydrate, by difference	g	3.65		0	0.07	0.37	
Fiber, total dietary	g	1.6		0	0.0	0.2	
Ash	g	1.40	0.200	2	0.03	0.14	
Sugars, total	g						
Minerals:							
Calcium	mg	160	13.951	2	3	16	
Iron	mg	1.46	0.000	4	0.03	0.15	
Magnesium	mg	47	8.650	2	1	5	
Phosphorus	mg	52	1.500	2	1	5	
Potassium	mg	369	33.500	2	7	37	
Sodium	mg	27	14.000	2	1	3	
Zinc	mg	0.47	0.049	2	0.01	0.05	
Copper	mg	0.076	0.034	2	0.002	0.008	
Manganese	mg	0.321	0.034	2	0.006	0.032	
Selenium	µg	0.3		0	0.0	0.0	
Vitamins:							
Ascorbic acid	mg	15.0	0.000	1	0.3	1.5	
Thiamin	mg	0.044	0.012	2	0.001	0.004	
Riboflavin	mg	0.086	0.025	2	0.002	0.009	
Niacin	mg	0.305	0.025	2	0.006	0.031	
Pantothenic acid	mg	0.437	0.035	2	0.009	0.044	
Vitamin B-6	mg	0.073	0.001	2	0.001	0.007	
Folate	µg	97	5.692	2	2	10	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	2373		1	47	237	
Vitamin A, RE	µg	237		0	5	24	
Vitamin E, α-TE	mg	0.427		0	0.009	0.043	
Lipids:							
Saturated, total	g	0.086		0	0.002	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	0.003		0	0.000	0.000	
14:0	g	0.000		0	0.000	0.000	
15.0	g						
16:0	g	0.072		0	0.001	0.007	
17:0	g						
18:0	g	0.004		0	0.000	0.000	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.049	0	0.001	0.005
14:1	g				
16:1	g	0.001	0	0.000	0.000
18:1	g	0.046	0	0.001	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	0.319	0	0.006	0.032
18:2	g	0.130	0	0.003	0.013
18:3	g	0.170	0	0.003	0.017
18:4	g	0.000	0	0.000	0.000
20:4	g	0.002	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 leaf
Measure 2: 1/2 cup

NDB No. 11960 Carrots, baby, raw

Daucus carota

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 15g	Measure 2* 10g	Measure 3*
Proximates:							
Water	g	89.81	1.154	2	13.47	8.98	
Energy	kcal	38		0	6	4	
Energy	kj	159		0	24	16	
Protein (N x 5.95)	g	0.84	0.055	2	0.13	0.08	
Total lipid (fat)	g	0.53	0.275	2	0.08	0.05	
Carbohydrate, by difference	g	8.16		0	1.22	0.82	
Fiber, total dietary	g	1.8		1	0.3	0.2	
Ash	g	0.65	0.050	2	0.10	0.07	
Sugars, total	g						
Minerals:							
Calcium	mg	23	0.350	2	3	2	
Iron	mg	0.78	0.000	1	0.12	0.08	
Magnesium	mg	12	0.450	2	2	1	
Phosphorus	mg	38	1.500	2	6	4	
Potassium	mg	279	36.500	2	42	28	
Sodium	mg	35	0.500	2	5	4	
Zinc	mg	0.15	0.046	2	0.02	0.02	
Copper	mg	0.047	0.011	2	0.007	0.005	
Manganese	mg	0.078	0.011	2	0.012	0.008	
Selenium	µg	0.9		0	0.1	0.1	
Vitamins:							
Ascorbic acid	mg	8.4	0.273	2	1.3	0.8	
Thiamin	mg	0.031	0.004	2	0.005	0.003	
Riboflavin	mg	0.050	0.000	4	0.008	0.005	
Niacin	mg	0.885	0.005	2	0.133	0.089	
Pantothenic acid	mg	0.229	0.129	2	0.034	0.023	
Vitamin B-6	mg	0.077	0.021	2	0.012	0.008	
Folate	µg	33	4.075	2	5	3	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	15010		2	2252	1501	
Vitamin A, RE	µg	1501		2	225	150	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.092		0	0.014	0.009	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g	0.007		1	0.001	0.001	
14:0	g	0.003		1	0.000	0.000	
15.0	g						
16:0	g	0.078		1	0.012	0.008	
17:0	g						
18:0	g	0.003		1	0.000	0.000	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.027	0	0.004	0.003
14:1	g				
16:1	g	0.007	1	0.001	0.001
18:1	g	0.020	1	0.003	0.002
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.262	0	0.039	0.026
18:2	g	0.228	1	0.034	0.023
18:3	g	0.034	1	0.005	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	0.009	0	0.001	0.001
Threonine	g	0.031	0	0.005	0.003
Isoleucine	g	0.034	0	0.005	0.003
Leucine	g	0.035	0	0.005	0.004
Lysine	g	0.033	0	0.005	0.003
Methionine	g	0.006	0	0.001	0.001
Cystine	g	0.007	0	0.001	0.001
Phenylalanine	g	0.026	0	0.004	0.003
Tyrosine	g	0.016	0	0.002	0.002
Valine	g	0.036	0	0.005	0.004
Arginine	g	0.035	0	0.005	0.004
Histidine	g	0.013	0	0.002	0.001
Alanine	g	0.048	0	0.007	0.005
Aspartic acid	g	0.112	0	0.017	0.011
Glutamic acid	g	0.165	0	0.025	0.017
Glycine	g	0.024	0	0.004	0.002
Proline	g	0.024	0	0.004	0.002
Serine	g	0.028	0	0.004	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 large
Measure 2: 1 medium

NDB No. 11961 Hearts of palm, 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* 146g	Measure 2* 33g	Measure 3*
Proximates:							
Water	g	90.20	0.883	2	131.69	29.77	
Energy	kcal	28		0	41	9	
Energy	kj	117		0	171	39	
Protein (N x 5.95)	g	2.52	0.621	2	3.68	0.83	
Total lipid (fat)	g	0.62	0.128	2	0.91	0.20	
Carbohydrate, by difference	g	4.62		0	6.75	1.52	
Fiber, total dietary	g	2.4		0	3.5	0.8	
Ash	g	2.04	0.283	2	2.98	0.67	
Sugars, total	g						
Minerals:							
Calcium	mg	58	12.592	3	85	19	
Iron	mg	3.13	1.204	3	4.57	1.03	
Magnesium	mg	38	5.066	3	55	13	
Phosphorus	mg	65	13.488	3	95	21	
Potassium	mg	177	8.592	3	258	58	
Sodium	mg	426	41.816	3	622	141	
Zinc	mg	1.15	0.137	3	1.68	0.38	
Copper	mg	0.133	0.005	3	0.194	0.044	
Manganese	mg	1.394	0.847	2	2.035	0.460	
Selenium	µg	0.7		0	1.0	0.2	
Vitamins:							
Ascorbic acid	mg	7.9	3.090	2	11.5	2.6	
Thiamin	mg	0.011	0.001	2	0.016	0.004	
Riboflavin	mg	0.057	0.002	2	0.083	0.019	
Niacin	mg	0.437	0.035	2	0.638	0.144	
Pantothenic acid	mg	0.126	0.011	2	0.184	0.042	
Vitamin B-6	mg	0.022	0.003	2	0.032	0.007	
Folate	µg	39	4.865	2	57	13	
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						
Lipids:							
Saturated, total	g	0.130		0	0.190	0.043	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g	0.114		1	0.166	0.038	
17:0	g						
18:0	g	0.016		1	0.023	0.005	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.103	0	0.150	0.034
14:1	g				
16:1	g				
18:1	g	0.103	1	0.150	0.034
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.202	0	0.295	0.067
18:2	g	0.183	1	0.267	0.060
18:3	g	0.019	1	0.028	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	0.023	2	0.034	0.008
Threonine	g	0.097	2	0.142	0.032
Isoleucine	g	0.101	2	0.147	0.033
Leucine	g	0.169	2	0.247	0.056
Lysine	g	0.091	2	0.133	0.030
Methionine	g	0.042	2	0.061	0.014
Cystine	g	0.019	2	0.028	0.006
Phenylalanine	g	0.098	2	0.143	0.032
Tyrosine	g	0.049	2	0.072	0.016
Valine	g	0.114	2	0.166	0.038
Arginine	g	0.178	2	0.260	0.059
Histidine	g	0.055	2	0.080	0.018
Alanine	g	0.111	2	0.162	0.037
Aspartic acid	g	0.168	2	0.245	0.055
Glutamic acid	g	0.296	2	0.432	0.098
Glycine	g	0.108	2	0.158	0.036
Proline	g	0.088	2	0.128	0.029
Serine	g	0.081	2	0.118	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 cup
Measure 2: 1 piece

NDB No. 11962 Peppers, hot chile, sun-dried

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 37g	Measure 2* 1g	Measure 3*
Proximates:							
Water	g	7.15	0.185	3	2.65	0.04	
Energy	kcal	324		0	120	2	
Energy	kj	1356		0	502	7	
Protein (N x 5.95)	g	10.58	0.221	3	3.91	0.06	
Total lipid (fat)	g	5.81	0.947	3	2.15	0.03	
Carbohydrate, by difference	g	69.86		0	25.85	0.38	
Fiber, total dietary	g	28.7	4.850	2	10.6	0.2	
Ash	g	6.60	0.188	3	2.44	0.04	
Sugars, total	g						
Minerals:							
Calcium	mg	45		2	17	0	
Iron	mg	6.04		2	2.23	0.03	
Magnesium	mg	88		2	33	0	
Phosphorus	mg	159		2	59	1	
Potassium	mg	1870		2	692	10	
Sodium	mg	91		2	34	0	
Zinc	mg	1.02		2	0.38	0.01	
Copper	mg	0.228	0.014	4	0.084	0.001	
Manganese	mg	0.821		2	0.304	0.004	
Selenium	µg	3.5		0	1.3	0.0	
Vitamins:							
Ascorbic acid	mg	31.4	3.545	2	11.6	0.2	
Thiamin	mg	0.081		2	0.030	0.000	
Riboflavin	mg	1.205		2	0.446	0.007	
Niacin	mg	8.669		2	3.208	0.047	
Pantothenic acid	mg	0.956		2	0.354	0.005	
Vitamin B-6	mg	0.810		2	0.300	0.004	
Folate	µg	51		2	19	0	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	26488		1	9801	143	
Vitamin A, RE	µg	2649		0	980	14	
Vitamin E, α-TE	mg	3.140		0	1.162	0.017	
Lipids:							
Saturated, total	g	0.813		0	0.301	0.004	
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	0.016		1	0.006	0.000	
15.0	g						
16:0	g	0.690		1	0.255	0.004	
17:0	g						
18:0	g	0.107		1	0.040	0.001	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.468	0	0.173	0.003
14:1	g				
16:1	g	0.019	1	0.007	0.000
18:1	g	0.449	1	0.166	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	3.079	0	1.139	0.017
18:2	g	3.056	1	1.131	0.017
18:3	g	0.023	1	0.009	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	0.135	0	0.050	0.001
Threonine	g	0.389	0	0.144	0.002
Isoleucine	g	0.342	0	0.127	0.002
Leucine	g	0.554	0	0.205	0.003
Lysine	g	0.471	0	0.174	0.003
Methionine	g	0.127	0	0.047	0.001
Cystine	g	0.203	0	0.075	0.001
Phenylalanine	g	0.327	0	0.121	0.002
Tyrosine	g	0.220	0	0.081	0.001
Valine	g	0.447	0	0.165	0.002
Arginine	g	0.508	0	0.188	0.003
Histidine	g	0.215	0	0.080	0.001
Alanine	g	0.433	0	0.160	0.002
Aspartic acid	g	1.512	0	0.559	0.008
Glutamic acid	g	1.397	0	0.517	0.008
Glycine	g	0.391	0	0.145	0.002
Proline	g	0.460	0	0.170	0.002
Serine	g	0.425	0	0.157	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
Measure 2: 1 pepper

NDB No. 11963 Nopales, raw

Nopalea cochenillifera

Refuse: 4% Spines and dark spots

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 86g	Measure 2*	Measure 3*
Proximates:							
Water	g	93.93	0.225	2	80.78		
Energy	kcal	16		0	14		
Energy	kj	67		0	58		
Protein (N x 5.95)	g	1.28	0.256	2	1.10		
Total lipid (fat)	g	0.12	0.002	2	0.10		
Carbohydrate, by difference	g	3.39		0	2.92		
Fiber, total dietary	g	2.3	0.300	2	2.0		
Ash	g	1.27	0.123	2	1.09		
Sugars, total	g						
Minerals:							
Calcium	mg	163	43.700	2	140		
Iron	mg	0.68	0.175	2	0.58		
Magnesium	mg	58	3.695	2	50		
Phosphorus	mg	17	2.200	2	15		
Potassium	mg	319	10.750	2	274		
Sodium	mg	22	10.394	4	19		
Zinc	mg	0.29	0.016	2	0.25		
Copper	mg	0.056	0.011	2	0.048		
Manganese	mg	0.505	0.034	2	0.434		
Selenium	µg	0.7		0	0.6		
Vitamins:							
Ascorbic acid	mg	13.4	4.200	2	11.5		
Thiamin	mg	0.012	0.004	2	0.010		
Riboflavin	mg	0.042	0.004	2	0.036		
Niacin	mg	0.524	0.073	2	0.451		
Pantothenic acid	mg	0.182	0.004	2	0.157		
Vitamin B-6	mg	0.072	0.024	2	0.062		
Folate	µg	3	1.800	2	3		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	415	320.394	2	357		
Vitamin A, RE	µg	41		0	35		
Vitamin E, α-TE	mg	0.002		0	0.002		
Lipids:							
Saturated, total	g	0.016		0	0.014		
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	0.010		
17:0	g						
18:0	g	0.002		0	0.002		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.018	0	0.015
14:1	g			
16:1	g	0.002	0	0.002
18:1	g	0.017	0	0.015
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.050	0	0.043
18:2	g	0.044	0	0.038
18:3	g	0.005	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	0.014	4	0.012
Threonine	g	0.040	4	0.034
Isoleucine	g	0.049	4	0.042
Leucine	g	0.077	4	0.066
Lysine	g	0.059	4	0.051
Methionine	g	0.015	4	0.013
Cystine	g	0.008	4	0.007
Phenylalanine	g	0.049	4	0.042
Tyrosine	g	0.029	4	0.025
Valine	g	0.059	4	0.051
Arginine	g	0.052	4	0.045
Histidine	g	0.025	4	0.022
Alanine	g	0.050	4	0.043
Aspartic acid	g	0.086	4	0.074
Glutamic acid	g	0.145	4	0.125
Glycine	g	0.046	4	0.040
Proline	g	0.043	4	0.037
Serine	g	0.043	4	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, sliced

NDB No. 11964 Nopales, cooked, without salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 149g	Measure 2* 29g	Measure 3*
Proximates:							
Water	g	94.31	0.174	2	140.52	27.35	
Energy	kcal	15		0	22	4	
Energy	kj	63		0	94	18	
Protein (N x 5.95)	g	1.35	0.228	2	2.01	0.39	
Total lipid (fat)	g	0.05	0.004	2	0.07	0.01	
Carbohydrate, by difference	g	3.27		0	4.87	0.95	
Fiber, total dietary	g	2.0	0.050	2	3.0	0.6	
Ash	g	1.01	0.115	2	1.50	0.29	
Sugars, total	g						
Minerals:							
Calcium	mg	164	46.450	2	244	48	
Iron	mg	0.50	0.149	2	0.75	0.14	
Magnesium	mg	47	2.455	2	70	14	
Phosphorus	mg	16	1.950	2	24	5	
Potassium	mg	195	24.800	2	291	57	
Sodium	mg	20	10.344	4	30	6	
Zinc	mg	0.21	0.043	2	0.31	0.06	
Copper	mg	0.049	0.016	2	0.073	0.014	
Manganese	mg	0.408	0.022	2	0.608	0.118	
Selenium	µg	0.7		0	1.0	0.2	
Vitamins:							
Ascorbic acid	mg	5.3	0.865	2	7.9	1.5	
Thiamin	mg	0.011	0.003	2	0.016	0.003	
Riboflavin	mg	0.040	0.002	2	0.060	0.012	
Niacin	mg	0.296	0.063	2	0.441	0.086	
Pantothenic acid	mg	0.150	0.018	2	0.223	0.044	
Vitamin B-6	mg	0.067	0.023	2	0.100	0.019	
Folate	µg	3	1.400	2	4	1	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	459	374.605	2	684	133	
Vitamin A, RE	µg	46		0	69	13	
Vitamin E, α-TE	mg	0.001		0	0.001	0.000	
Lipids:							
Saturated, total	g	0.006		0	0.009	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	0.005		0	0.007	0.001	
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	0.010	0.002
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.007	0	0.010	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	0.021	0	0.031	0.006
18:2	g	0.018	0	0.027	0.005
18:3	g	0.002	0	0.003	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	0.014	4	0.021	0.004
Threonine	g	0.042	4	0.063	0.012
Isoleucine	g	0.052	4	0.077	0.015
Leucine	g	0.082	4	0.122	0.024
Lysine	g	0.063	4	0.094	0.018
Methionine	g	0.016	4	0.024	0.005
Cystine	g	0.008	4	0.012	0.002
Phenylalanine	g	0.052	4	0.077	0.015
Tyrosine	g	0.030	4	0.045	0.009
Valine	g	0.062	4	0.092	0.018
Arginine	g	0.055	4	0.082	0.016
Histidine	g	0.026	4	0.039	0.008
Alanine	g	0.053	4	0.079	0.015
Aspartic acid	g	0.092	4	0.137	0.027
Glutamic acid	g	0.154	4	0.229	0.045
Glycine	g	0.048	4	0.072	0.014
Proline	g	0.045	4	0.067	0.013
Serine	g	0.046	4	0.069	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 cup
Measure 2: 1 pad

NDB No. 11965 Cauliflower, green, raw

Brassica oleracea (Botrytis group)

Refuse: 39% Leaf stalks, core and trimmings

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 64g	Measure 2* 25g	Measure 3* 511g
Proximates:							
Water	g	89.79	0.272	6	57.47	22.45	458.83
Energy	kcal	31		0	20	8	158
Energy	kj	130		0	83	33	664
Protein (N x 5.95)	g	2.95	0.080	6	1.89	0.74	15.07
Total lipid (fat)	g	0.30	0.045	6	0.19	0.08	1.53
Carbohydrate, by difference	g	6.09		0	3.90	1.52	31.12
Fiber, total dietary	g	3.2	0.151	6	2.0	0.8	16.4
Ash	g	0.88	0.030	6	0.56	0.22	4.50
Sugars, total	g						
Minerals:							
Calcium	mg	33	1.409	6	21	8	169
Iron	mg	0.73	0.050	6	0.47	0.18	3.73
Magnesium	mg	20	0.574	6	13	5	102
Phosphorus	mg	62	1.620	6	40	16	317
Potassium	mg	300	14.600	6	192	75	1533
Sodium	mg	23	3.486	4	15	6	118
Zinc	mg	0.64	0.140	6	0.41	0.16	3.27
Copper	mg	0.041	0.005	6	0.026	0.010	0.210
Manganese	mg	0.247	0.010	6	0.158	0.062	1.262
Selenium	µg	0.6		0	0.4	0.2	3.1
Vitamins:							
Ascorbic acid	mg	88.1	9.347	6	56.4	22.0	450.2
Thiamin	mg	0.080	0.006	6	0.051	0.020	0.409
Riboflavin	mg	0.102	0.005	6	0.065	0.026	0.521
Niacin	mg	0.734	0.079	6	0.470	0.184	3.751
Pantothenic acid	mg	0.696	0.101	6	0.445	0.174	3.557
Vitamin B-6	mg	0.222	0.016	6	0.142	0.056	1.134
Folate	µg	57	4.205	4	36	14	291
Vitamin B-12	µg	0.00		0	0.00	0.00	0.00
Vitamin A	IU	152	41.397	7	97	38	777
Vitamin A, RE	µg	15		0	10	4	77
Vitamin E, α-TE	mg	0.040		0	0.026	0.010	0.204
Lipids:							
Saturated, total	g	0.047		0	0.030	0.012	0.240
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		2	0.000	0.000	0.000
14:0	g	0.000		2	0.000	0.000	0.000
15.0	g						
16:0	g	0.038		2	0.024	0.010	0.194
17:0	g						
18:0	g	0.004		2	0.003	0.001	0.020
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.028	0	0.018	0.007	0.143
14:1	g					
16:1	g	0.004	2	0.003	0.001	0.020
18:1	g	0.023	2	0.015	0.006	0.118
20:1	g	0.001	2	0.001	0.000	0.005
22.1	g	0.001	2	0.001	0.000	0.005
Polyunsaturated, total	g	0.133	0	0.085	0.033	0.680
18:2	g	0.029	2	0.019	0.007	0.148
18:3	g	0.104	2	0.067	0.026	0.531
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	0.039	0	0.025	0.010	0.199
Threonine	g	0.107	0	0.068	0.027	0.547
Isoleucine	g	0.112	0	0.072	0.028	0.572
Leucine	g	0.172	0	0.110	0.043	0.879
Lysine	g	0.158	0	0.101	0.040	0.807
Methionine	g	0.042	0	0.027	0.011	0.215
Cystine	g	0.034	0	0.022	0.009	0.174
Phenylalanine	g	0.105	0	0.067	0.026	0.537
Tyrosine	g	0.064	0	0.041	0.016	0.327
Valine	g	0.148	0	0.095	0.037	0.756
Arginine	g	0.142	0	0.091	0.035	0.726
Histidine	g	0.059	0	0.038	0.015	0.301
Alanine	g	0.156	0	0.100	0.039	0.797
Aspartic acid	g	0.345	0	0.221	0.086	1.763
Glutamic acid	g	0.393	0	0.252	0.098	2.008
Glycine	g	0.095	0	0.061	0.024	0.485
Proline	g	0.127	0	0.081	0.032	0.649
Serine	g	0.154	0	0.099	0.039	0.787
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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. 11967 Cauliflower, green, cooked, no salt

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*	Measure 3*
Proximates:							
Water	g	89.47		0	80.52		
Energy	kcal	32		0	29		
Energy	kj	134		0	121		
Protein (N x 5.95)	g	3.04		0	2.74		
Total lipid (fat)	g	0.31		0	0.28		
Carbohydrate, by difference	g	6.28		0	5.65		
Fiber, total dietary	g	3.3		0	3.0		
Ash	g	0.90		0	0.81		
Sugars, total	g						
Minerals:							
Calcium	mg	32		0	29		
Iron	mg	0.72		0	0.65		
Magnesium	mg	19		0	17		
Phosphorus	mg	57		0	51		
Potassium	mg	278		0	250		
Sodium	mg	23		0	21		
Zinc	mg	0.63		0	0.57		
Copper	mg	0.040		0	0.036		
Manganese	mg	0.242		0	0.218		
Selenium	µg	0.8		0	0.7		
Vitamins:							
Ascorbic acid	mg	72.6		0	65.3		
Thiamin	mg	0.070		0	0.063		
Riboflavin	mg	0.100		0	0.090		
Niacin	mg	0.681		0	0.613		
Pantothenic acid	mg	0.681		0	0.613		
Vitamin B-6	mg	0.206		0	0.185		
Folate	µg	41		0	37		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	141		0	127		
Vitamin A, RE	µg	14		0	13		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.049		0	0.044		
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	0.039		0	0.035		
17:0	g						
18:0	g	0.004		0	0.004		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.029	0	0.026
14:1	g			
16:1	g	0.004	0	0.004
18:1	g	0.024	0	0.022
20:1	g	0.001	0	0.001
22.1	g	0.001	0	0.001
Polyunsaturated, total	g	0.137	0	0.123
18:2	g	0.030	0	0.027
18:3	g	0.107	0	0.096
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	0.040	0	0.036
Threonine	g	0.110	0	0.099
Isoleucine	g	0.116	0	0.104
Leucine	g	0.178	0	0.160
Lysine	g	0.163	0	0.147
Methionine	g	0.043	0	0.039
Cystine	g	0.035	0	0.032
Phenylalanine	g	0.108	0	0.097
Tyrosine	g	0.066	0	0.059
Valine	g	0.153	0	0.138
Arginine	g	0.146	0	0.131
Histidine	g	0.061	0	0.055
Alanine	g	0.161	0	0.145
Aspartic acid	g	0.356	0	0.320
Glutamic acid	g	0.405	0	0.365
Glycine	g	0.098	0	0.088
Proline	g	0.131	0	0.118
Serine	g	0.159	0	0.143
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

*** Common Measures:**
Measure 1: 1/5 head

NDB No. 11968 Cauliflower, green, cooked, salt

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*	Measure 3*
Proximates:							
Water	g	89.47		0	55.47		
Energy	kcal	32		0	20		
Energy	kj	134		0	83		
Protein (N x 5.95)	g	3.04		0	1.88		
Total lipid (fat)	g	0.31		0	0.19		
Carbohydrate, by difference	g	6.28		0	3.89		
Fiber, total dietary	g	3.3		0	2.0		
Ash	g	0.90		0	0.56		
Sugars, total	g						
Minerals:							
Calcium	mg	32		0	20		
Iron	mg	0.72		0	0.45		
Magnesium	mg	19		0	12		
Phosphorus	mg	57		0	35		
Potassium	mg	278		0	172		
Sodium	mg	259		0	161		
Zinc	mg	0.63		0	0.39		
Copper	mg	0.040		0	0.025		
Manganese	mg	0.242		0	0.150		
Selenium	µg	0.8		0	0.5		
Vitamins:							
Ascorbic acid	mg	72.6		0	45.0		
Thiamin	mg	0.070		0	0.043		
Riboflavin	mg	0.100		0	0.062		
Niacin	mg	0.681		0	0.422		
Pantothenic acid	mg	0.681		0	0.422		
Vitamin B-6	mg	0.206		0	0.128		
Folate	µg	41		0	25		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	141		0	87		
Vitamin A, RE	µg	14		0	9		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.049		0	0.030		
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	0.039		0	0.024		
17:0	g						
18:0	g	0.004		0	0.002		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.029	0	0.018
14:1	g			
16:1	g	0.004	0	0.002
18:1	g	0.024	0	0.015
20:1	g	0.001	0	0.001
22.1	g	0.001	0	0.001
Polyunsaturated, total	g	0.137	0	0.085
18:2	g	0.030	0	0.019
18:3	g	0.107	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	0.040	0	0.025
Threonine	g	0.110	0	0.068
Isoleucine	g	0.116	0	0.072
Leucine	g	0.178	0	0.110
Lysine	g	0.163	0	0.101
Methionine	g	0.043	0	0.027
Cystine	g	0.035	0	0.022
Phenylalanine	g	0.108	0	0.067
Tyrosine	g	0.066	0	0.041
Valine	g	0.153	0	0.095
Arginine	g	0.146	0	0.091
Histidine	g	0.061	0	0.038
Alanine	g	0.161	0	0.100
Aspartic acid	g	0.356	0	0.221
Glutamic acid	g	0.405	0	0.251
Glycine	g	0.098	0	0.061
Proline	g	0.131	0	0.081
Serine	g	0.159	0	0.099
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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)

NDB No. 11969 Broccoli, chinese, cooked

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 88g	Measure 2*	Measure 3*
Proximates:							
Water	g	93.54	0.514	2	82.32		
Energy	kcal	22		0	19		
Energy	kj	92		0	81		
Protein (N x 5.95)	g	1.14	0.300	2	1.00		
Total lipid (fat)	g	0.72	0.159	2	0.63		
Carbohydrate, by difference	g	3.79		0	3.34		
Fiber, total dietary	g	2.5		0	2.2		
Ash	g	0.79	0.078	2	0.70		
Sugars, total	g						
Minerals:							
Calcium	mg	100	28.050	2	88		
Iron	mg	0.56	0.186	2	0.49		
Magnesium	mg	18	2.350	2	16		
Phosphorus	mg	41	3.850	2	36		
Potassium	mg	261	11.051	2	230		
Sodium	mg	7	1.050	2	6		
Zinc	mg	0.39	0.065	2	0.34		
Copper	mg	0.061	0.000	2	0.054		
Manganese	mg	0.264	0.004	2	0.232		
Selenium	µg	1.3		0	1.1		
Vitamins:							
Ascorbic acid	mg	28.2	9.651	2	24.8		
Thiamin	mg	0.095	0.000	2	0.084		
Riboflavin	mg	0.146	0.101	2	0.128		
Niacin	mg	0.437	0.017	2	0.385		
Pantothenic acid	mg	0.159	0.024	2	0.140		
Vitamin B-6	mg	0.070	0.071	2	0.062		
Folate	µg	99	4.400	2	87		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	1638	1227.482	2	1441		
Vitamin A, RE	µg	164		0	144		
Vitamin E, α-TE	mg	0.480		0	0.422		
Lipids:							
Saturated, total	g	0.110		0	0.097		
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	0.094		0	0.083		
17:0	g						
18:0	g	0.014		0	0.012		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.050	0	0.044
14:1	g			
16:1	g	0.000	0	0.000
18:1	g	0.048	0	0.042
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.330	0	0.290
18:2	g	0.076	0	0.067
18:3	g	0.258	0	0.227
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. 11970 Cabbage, napa, cooked

Brassica oleracea

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 109g	Measure 2*	Measure 3*
Proximates:							
Water	g	96.33	0.070	2	105.00		
Energy	kcal	12		0	13		
Energy	kj	50		0	55		
Protein (N x 5.95)	g	1.10	0.016	2	1.20		
Total lipid (fat)	g	0.17	0.069	2	0.19		
Carbohydrate, by difference	g	2.23		0	2.43		
Fiber, total dietary	g						
Ash	g	0.17	0.017	2	0.19		
Sugars, total	g						
Minerals:							
Calcium	mg	29	3.700	2	32		
Iron	mg	0.74	0.470	2	0.81		
Magnesium	mg	8	0.100	2	9		
Phosphorus	mg	19	3.300	2	21		
Potassium	mg	87	26.650	2	95		
Sodium	mg	11	1.000	2	12		
Zinc	mg	3.75	0.402	2	4.09		
Copper	mg	0.096	0.012	2	0.105		
Manganese	mg	0.203	0.110	2	0.221		
Selenium	µg	0.4		0	0.4		
Vitamins:							
Ascorbic acid	mg	3.2	0.718	2	3.5		
Thiamin	mg	0.005	0.003	2	0.005		
Riboflavin	mg	0.025	0.009	2	0.027		
Niacin	mg	0.466	0.054	2	0.508		
Pantothenic acid	mg	0.035	0.008	2	0.038		
Vitamin B-6	mg	0.037	0.009	2	0.040		
Folate	µg	43	7.500	2	47		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	88	83.225	2	96		
Vitamin A, RE	µg	9		2	10		
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. 11971 Cilantro, raw

Refuse: 5% Tough lower 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* 46g	Measure 2* 2g	Measure 3*
Proximates:							
Water	g	91.78	0.000	2	42.22	1.47	
Energy	kcal	24		0	11	0	
Energy	kj	100		0	46	2	
Protein (N x 5.95)	g	2.02	0.334	2	0.93	0.03	
Total lipid (fat)	g	0.48	0.051	2	0.22	0.01	
Carbohydrate, by difference	g	4.34		0	2.00	0.07	
Fiber, total dietary	g	2.8		0	1.3	0.0	
Ash	g	1.38	0.278	2	0.63	0.02	
Sugars, total	g						
Minerals:							
Calcium	mg	67	16.850	2	31	1	
Iron	mg	1.68	1.099	2	0.77	0.03	
Magnesium	mg	26	8.200	2	12	0	
Phosphorus	mg	54	7.300	2	25	1	
Potassium	mg	510	73.950	2	235	8	
Sodium	mg	54	9.700	2	25	1	
Zinc	mg	0.05	0.010	2	0.02	0.00	
Copper	mg	0.225	0.039	2	0.104	0.004	
Manganese	mg	0.426	0.052	2	0.196	0.007	
Selenium	µg	0.9		0	0.4	0.0	
Vitamins:							
Ascorbic acid	mg	35.3	17.267	2	16.2	0.6	
Thiamin	mg	0.063	0.039	2	0.029	0.001	
Riboflavin	mg	0.182	0.044	2	0.084	0.003	
Niacin	mg	1.306	0.063	2	0.601	0.021	
Pantothenic acid	mg	0.570	0.035	2	0.262	0.009	
Vitamin B-6	mg	0.132	0.015	2	0.061	0.002	
Folate	µg	62	3.900	2	29	1	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	6130	1329.072	2	2820	98	
Vitamin A, RE	µg	613		0	282	10	
Vitamin E, α-TE	mg	2.041		0	0.939	0.033	
Lipids:							
Saturated, total	g	0.011		0	0.005	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	0.010		0	0.005	0.000	
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	0.224	0	0.103	0.004
14:1	g				
16:1	g	0.002	0	0.001	0.000
18:1	g	0.223	0	0.103	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	0.032	0	0.015	0.001
18:2	g	0.033	0	0.015	0.001
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
Measure 2: 1 teaspoon

NDB No. 11972 Lemon grass (citronella), raw

Collinsonia canadensis

Refuse: 35% Tough 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* 67g	Measure 2* 5g	Measure 3*
Proximates:							
Water	g	70.58	8.943	2	47.29	3.39	
Energy	kcal	99		0	66	5	
Energy	kj	414		0	277	20	
Protein (N x 5.95)	g	1.82	0.200	2	1.22	0.09	
Total lipid (fat)	g	0.49	0.236	2	0.33	0.02	
Carbohydrate, by difference	g	25.29		0	16.94	1.21	
Fiber, total dietary	g						
Ash	g	1.80	0.948	2	1.21	0.09	
Sugars, total	g						
Minerals:							
Calcium	mg	65	11.550	2	44	3	
Iron	mg	8.17	3.688	2	5.47	0.39	
Magnesium	mg	60	1.600	2	40	3	
Phosphorus	mg	101	54.350	2	68	5	
Potassium	mg	723	451.750	2	484	35	
Sodium	mg	6	1.050	2	4	0	
Zinc	mg	2.23	1.230	2	1.49	0.11	
Copper	mg	0.266	0.073	2	0.178	0.013	
Manganese	mg	5.224	4.604	2	3.500	0.251	
Selenium	µg	0.7		0	0.5	0.0	
Vitamins:							
Ascorbic acid	mg	2.6	2.433	2	1.7	0.1	
Thiamin	mg	0.065	0.003	2	0.044	0.003	
Riboflavin	mg	0.135	0.029	2	0.090	0.006	
Niacin	mg	1.101	0.106	2	0.738	0.053	
Pantothenic acid	mg	0.050	0.014	2	0.034	0.002	
Vitamin B-6	mg	0.080	0.000	2	0.054	0.004	
Folate	µg	75	43.050	2	50	4	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	11	0.000	2	7	1	
Vitamin A, RE	µg	1		2	1	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.119		1	0.080	0.006	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.002		1	0.001	0.000	
15.0	g						
16:0	g	0.083		1	0.056	0.004	
17:0	g						
18:0	g	0.012		1	0.008	0.001	
20:0	g	0.005		1	0.003	0.000	
22.0	g	0.009		1	0.006	0.000	
24:0	g						

Monounsaturated, total	g	0.054	1	0.036	0.003
14:1	g				
16:1	g	0.012	1	0.008	0.001
18:1	g	0.042	1	0.028	0.002
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.170	1	0.114	0.008
18:2	g	0.138	1	0.092	0.007
18:3	g	0.031	1	0.021	0.001
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	0	1	0	0
Phytosterols	mg	6	1	4	0
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. 11973 Beans, fava, in pod, 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* 126g	Measure 2* 6g	Measure 3*
Proximates:							
Water	g	72.60	0.177	2	91.48	4.43	
Energy	kcal	88		0	111	5	
Energy	kj	368		0	464	22	
Protein (N x 5.95)	g	7.92	0.353	2	9.98	0.48	
Total lipid (fat)	g	0.73	0.082	2	0.92	0.04	
Carbohydrate, by difference	g	17.62		0	22.20	1.07	
Fiber, total dietary	g						
Ash	g	1.12	0.006	2	1.41	0.07	
Sugars, total	g						
Minerals:							
Calcium	mg	37	4.650	2	47	2	
Iron	mg	1.55	0.240	2	1.95	0.09	
Magnesium	mg	33	0.054	2	42	2	
Phosphorus	mg	129	8.553	2	163	8	
Potassium	mg	332	10.400	2	418	20	
Sodium	mg	25	5.150	2	32	2	
Zinc	mg	1.00	0.008	2	1.26	0.06	
Copper	mg	0.402	0.005	2	0.507	0.025	
Manganese	mg	0.661	0.232	2	0.833	0.040	
Selenium	µg	0.8		0	1.0	0.0	
Vitamins:							
Ascorbic acid	mg	3.7	0.169	2	4.7	0.2	
Thiamin	mg	0.133	0.012	2	0.168	0.008	
Riboflavin	mg	0.290	0.006	2	0.365	0.018	
Niacin	mg	2.249	0.542	2	2.834	0.137	
Pantothenic acid	mg	0.225	0.035	2	0.284	0.014	
Vitamin B-6	mg	0.104	0.001	2	0.131	0.006	
Folate	µg	148	41.700	2	186	9	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	333	79.620	2	420	20	
Vitamin A, RE	µg	33		2	42	2	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.118		1	0.149	0.007	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g	0.001		1	0.001	0.000	
14:0	g	0.002		1	0.003	0.000	
15.0	g	0.002		1	0.003	0.000	
16:0	g	0.065		1	0.082	0.004	
17:0	g	0.002		1	0.003	0.000	
18:0	g	0.028		1	0.035	0.002	
20:0	g	0.010		1	0.013	0.001	
22.0	g	0.005		1	0.006	0.000	
24:0	g	0.003		1	0.004	0.000	

Monounsaturated, total	g	0.104	1	0.131	0.006
14:1	g				
16:1	g	0.004	1	0.005	0.000
18:1	g	0.097	1	0.122	0.006
20:1	g	0.003	1	0.004	0.000
22.1	g				
Polyunsaturated, total	g	0.342	1	0.431	0.021
18:2	g	0.312	1	0.393	0.019
18:3	g	0.030	1	0.038	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	22	1	28	1
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. 11974 Grape leaves, raw

Vitis vinifera

Refuse: 5% Tough stems

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 14g	Measure 2* 3g	Measure 3*
Proximates:							
Water	g	73.32	4.545	2	10.26	2.20	
Energy	kcal	93		0	13	3	
Energy	kj	389		0	54	12	
Protein (N x 5.95)	g	5.60	0.541	2	0.78	0.17	
Total lipid (fat)	g	2.12	0.610	2	0.30	0.06	
Carbohydrate, by difference	g	17.30		0	2.42	0.52	
Fiber, total dietary	g	11.0		0	1.5	0.3	
Ash	g	1.65	0.050	2	0.23	0.05	
Sugars, total	g						
Minerals:							
Calcium	mg	363	30.450	2	51	11	
Iron	mg	2.63	0.203	2	0.37	0.08	
Magnesium	mg	95	11.450	2	13	3	
Phosphorus	mg	91	20.800	2	13	3	
Potassium	mg	272	8.299	2	38	8	
Sodium	mg	9	0.000	2	1	0	
Zinc	mg	0.67	0.088	2	0.09	0.02	
Copper	mg	0.415	0.016	2	0.058	0.012	
Manganese	mg	2.855	0.190	2	0.400	0.086	
Selenium	µg	0.9		0	0.1	0.0	
Vitamins:							
Ascorbic acid	mg	11.1	9.595	2	1.6	0.3	
Thiamin	mg	0.040	0.010	2	0.006	0.001	
Riboflavin	mg	0.354	0.082	2	0.050	0.011	
Niacin	mg	2.362	0.953	2	0.331	0.071	
Pantothenic acid	mg	0.231	0.088	2	0.032	0.007	
Vitamin B-6	mg	0.400	0.170	2	0.056	0.012	
Folate	µg	83	27.400	2	12	2	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	26993	3494.705	2	3779	810	
Vitamin A, RE	µg	2699		0	378	81	
Vitamin E, α-TE	mg	2.000		0	0.280	0.060	
Lipids:							
Saturated, total	g	0.336		1	0.047	0.010	
4:0	g	0.000		1	0.000	0.000	
6.0	g	0.000		1	0.000	0.000	
8:0	g	0.000		1	0.000	0.000	
10:0	g	0.000		1	0.000	0.000	
12:0	g	0.000		1	0.000	0.000	
14:0	g	0.005		1	0.001	0.000	
15.0	g	0.010		1	0.001	0.000	
16:0	g	0.243		1	0.034	0.007	
17:0	g	0.002		1	0.000	0.000	
18:0	g	0.026		1	0.004	0.001	
20:0	g	0.012		1	0.002	0.000	
22.0	g	0.008		1	0.001	0.000	
24:0	g	0.013		1	0.002	0.000	

Monounsaturated, total	g	0.081	1	0.011	0.002
14:1	g	0.003	1	0.000	0.000
16:1	g	0.035	1	0.005	0.001
18:1	g	0.039	1	0.005	0.001
20:1	g	0.000	1	0.000	0.000
22.1	g	0.000	1	0.000	0.000
Polyunsaturated, total	g	1.065	1	0.149	0.032
18:2	g	0.148	1	0.021	0.004
18:3	g	0.856	1	0.120	0.026
18:4	g	0.000	1	0.000	0.000
20:4	g	0.000	1	0.000	0.000
20:5	g	0.000	1	0.000	0.000
22:5	g	0.000	1	0.000	0.000
22:6	g	0.000	1	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg	21	1	3	1
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 leaf

NDB No. 11975 Grape leaves, 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* 4g	Measure 2*	Measure 3*
Proximates:							
Water	g	76.10	5.069	2	3.04		
Energy	kcal	69		0	3		
Energy	kj	289		0	12		
Protein (N x 5.95)	g	4.27	0.034	2	0.17		
Total lipid (fat)	g	1.97	0.269	2	0.08		
Carbohydrate, by difference	g	11.70		0	0.47		
Fiber, total dietary	g						
Ash	g	5.95	1.731	2	0.24		
Sugars, total	g						
Minerals:							
Calcium	mg	289	124.050	2	12		
Iron	mg	2.98	1.319	2	0.12		
Magnesium	mg	14	2.850	2	1		
Phosphorus	mg	34	6.250	2	1		
Potassium	mg	29	11.250	2	1		
Sodium	mg	2853	1456.799	2	114		
Zinc	mg	0.40	0.200	2	0.02		
Copper	mg	1.841	0.449	2	0.074		
Manganese	mg	0.290	0.007	2	0.012		
Selenium	µg	0.9		0	0.0		
Vitamins:							
Ascorbic acid	mg	11.3		1	0.5		
Thiamin	mg	0.064	0.029	2	0.003		
Riboflavin	mg	0.364	0.022	2	0.015		
Niacin	mg	4.505	1.844	2	0.180		
Pantothenic acid	mg	4.274	4.225	2	0.171		
Vitamin B-6	mg	0.136	0.058	2	0.005		
Folate	µg	78	22.150	2	3		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	5253	1420.510	2	210		
Vitamin A, RE	µg	525		2	21		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.312		1	0.012		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.005		1	0.000		
15.0	g	0.009		1	0.000		
16:0	g	0.240		1	0.010		
17:0	g	0.002		1	0.000		
18:0	g	0.025		1	0.001		
20:0	g	0.011		1	0.000		
22.0	g	0.008		1	0.000		
24:0	g	0.012		1	0.000		

Monounsaturated, total	g	0.076	1	0.003
14:1	g	0.003	1	0.000
16:1	g	0.034	1	0.001
18:1	g	0.039	1	0.002
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.989	1	0.040
18:2	g	0.146	1	0.006
18:3	g	0.843	1	0.034
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	0	0	0
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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. 11976 Pepper, banana, raw

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* 124g	Measure 2* 33g	Measure 3* 46g
Proximates:							
Water	g	91.81	2.180	2	113.84	30.30	42.23
Energy	kcal	27		0	33	9	12
Energy	kj	113		0	140	37	52
Protein (N x 5.95)	g	1.66	0.028	2	2.06	0.55	0.76
Total lipid (fat)	g	0.45	0.162	2	0.56	0.15	0.21
Carbohydrate, by difference	g	5.35		0	6.63	1.77	2.46
Fiber, total dietary	g	3.4		0	4.2	1.1	1.6
Ash	g	0.73	0.253	2	0.91	0.24	0.34
Sugars, total	g						
Minerals:							
Calcium	mg	14	3.950	2	17	5	6
Iron	mg	0.46	0.255	2	0.57	0.15	0.21
Magnesium	mg	17	4.350	2	21	6	8
Phosphorus	mg	32	5.550	2	40	11	15
Potassium	mg	256	110.800	2	317	84	118
Sodium	mg	13	0.000	1	16	4	6
Zinc	mg	0.25	0.080	2	0.31	0.08	0.12
Copper	mg	0.094	0.011	2	0.117	0.031	0.043
Manganese	mg	0.100	0.000	2	0.124	0.033	0.046
Selenium	µg	0.3		0	0.4	0.1	0.1
Vitamins:							
Ascorbic acid	mg	82.7	29.747	2	102.5	27.3	38.0
Thiamin	mg	0.081	0.000	2	0.100	0.027	0.037
Riboflavin	mg	0.054	0.012	2	0.067	0.018	0.025
Niacin	mg	1.242	0.213	2	1.540	0.410	0.571
Pantothenic acid	mg	0.265	0.054	2	0.329	0.087	0.122
Vitamin B-6	mg	0.357	0.125	2	0.443	0.118	0.164
Folate	µg	29	6.400	2	36	10	13
Vitamin B-12	µg	0.00		0	0.00	0.00	0.00
Vitamin A	IU	340	97.850	2	422	112	156
Vitamin A, RE	µg	34		0	42	11	16
Vitamin E, α-TE	mg	0.690		0	0.856	0.228	0.317
Lipids:							
Saturated, total	g	0.048		0	0.060	0.016	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	0.000		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	0.000	0.000
15.0	g						
16:0	g	0.036		0	0.045	0.012	0.017
17:0	g						
18:0	g	0.007		0	0.009	0.002	0.003
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.027	0	0.033	0.009	0.012
14:1	g					
16:1	g	0.002	0	0.002	0.001	0.001
18:1	g	0.025	0	0.031	0.008	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	0.243	0	0.301	0.080	0.112
18:2	g	0.240	0	0.298	0.079	0.110
18:3	g	0.003	0	0.004	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	3	1	4	1	1
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 small (4" long)
Measure 3: 1 medium (4-1/2" long)

NDB No. 11977 Pepper, serrano, raw

Refuse: 3% Stems

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 105g	Measure 2* 6g	Measure 3*
Proximates:							
Water	g	90.25	0.099	2	94.76	5.51	
Energy	kcal	32		0	34	2	
Energy	kj	134		0	141	8	
Protein (N x 5.95)	g	1.74	0.116	2	1.83	0.11	
Total lipid (fat)	g	0.44	0.084	2	0.46	0.03	
Carbohydrate, by difference	g	6.70		0	7.04	0.41	
Fiber, total dietary	g	3.7		0	3.9	0.2	
Ash	g	0.87	0.018	2	0.91	0.05	
Sugars, total	g						
Minerals:							
Calcium	mg	11	1.150	2	12	1	
Iron	mg	0.86	0.417	2	0.90	0.05	
Magnesium	mg	22	3.200	2	23	1	
Phosphorus	mg	40	3.950	2	42	2	
Potassium	mg	305	5.948	2	320	19	
Sodium	mg	10	2.350	2	11	1	
Zinc	mg	0.26	0.086	2	0.27	0.02	
Copper	mg	0.129	0.019	2	0.135	0.008	
Manganese	mg	0.187	0.028	2	0.196	0.011	
Selenium	µg	0.4		0	0.4	0.0	
Vitamins:							
Ascorbic acid	mg	44.9	0.046	2	47.1	2.7	
Thiamin	mg	0.054	0.026	2	0.057	0.003	
Riboflavin	mg	0.081	0.013	2	0.085	0.005	
Niacin	mg	1.537	0.038	2	1.614	0.094	
Pantothenic acid	mg	0.200	0.047	2	0.210	0.012	
Vitamin B-6	mg	0.505	0.091	2	0.530	0.031	
Folate	µg	23	0.900	2	24	1	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	937	187.704	2	984	57	
Vitamin A, RE	µg	94		0	99	6	
Vitamin E, α-TE	mg	0.690		0	0.724	0.042	
Lipids:							
Saturated, total	g	0.059		0	0.062	0.004	
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	0.000	
15.0	g						
16:0	g	0.043		0	0.045	0.003	
17:0	g						
18:0	g	0.010		0	0.011	0.001	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.023	0	0.024	0.001
14:1	g				
16:1	g	0.002	0	0.002	0.000
18:1	g	0.021	0	0.022	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	0.222	0	0.233	0.014
18:2	g	0.216	0	0.227	0.013
18:3	g	0.006	0	0.006	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	6	1	6	0
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 pepper

NDB No. 11978 Pepper, ancho, 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* 17g	Measure 2*	Measure 3*
Proximates:							
Water	g	22.63	0.972	2	3.85		
Energy	kcal	281		0	48		
Energy	kj	1176		0	200		
Protein (N x 5.95)	g	11.86	0.073	2	2.02		
Total lipid (fat)	g	8.20	0.546	2	1.39		
Carbohydrate, by difference	g	51.41		0	8.74		
Fiber, total dietary	g	21.6	1.870	2	3.7		
Ash	g	5.89	0.169	2	1.00		
Sugars, total	g						
Minerals:							
Calcium	mg	61	6.505	2	10		
Iron	mg	10.93	0.375	2	1.86		
Magnesium	mg	113	13.930	2	19		
Phosphorus	mg	201	20.648	2	34		
Potassium	mg	2411	93.267	2	410		
Sodium	mg	43	4.243	2	7		
Zinc	mg	1.42	0.045	2	0.24		
Copper	mg	0.508	0.051	2	0.086		
Manganese	mg	1.279	0.115	2	0.217		
Selenium	µg	2.9		0	0.5		
Vitamins:							
Ascorbic acid	mg	2.0	1.071	2	0.3		
Thiamin	mg	0.179	0.024	2	0.030		
Riboflavin	mg	2.255	0.110	2	0.383		
Niacin	mg	6.403	0.141	2	1.089		
Pantothenic acid	mg	1.993	0.119	2	0.339		
Vitamin B-6	mg	3.535	0.021	2	0.601		
Folate	µg	69	5.763	2	12		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	20438	1722.562	2	3474		
Vitamin A, RE	µg	2044		2	347		
Vitamin E, α-TE	mg	4.356		0	0.741		
Lipids:							
Saturated, total	g	0.820		0	0.139		
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	0.082		0	0.014		
15.0	g						
16:0	g	0.656		0	0.112		
17:0	g						
18:0	g	0.082		0	0.014		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.492	0	0.084
14:1	g			
16:1	g	0.000	0	0.000
18:1	g	0.410	0	0.070
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	4.511	0	0.767
18:2	g	4.265	0	0.725
18:3	g	0.164	0	0.028
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	0.155	0	0.026
Threonine	g	0.425	0	0.072
Isoleucine	g	0.373	0	0.063
Leucine	g	0.605	0	0.103
Lysine	g	0.515	0	0.088
Methionine	g	0.142	0	0.024
Cystine	g	0.219	0	0.037
Phenylalanine	g	0.361	0	0.061
Tyrosine	g	0.245	0	0.042
Valine	g	0.489	0	0.083
Arginine	g	0.554	0	0.094
Histidine	g	0.232	0	0.039
Alanine	g	0.476	0	0.081
Aspartic acid	g	1.661	0	0.282
Glutamic acid	g	1.532	0	0.260
Glycine	g	0.425	0	0.072
Proline	g	0.502	0	0.085
Serine	g	0.464	0	0.079
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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

NDB No. 11979 Peppers, jalapeno, raw

Refuse: 8% Stems and seeds

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 90g	Measure 2* 14g	Measure 3*
Proximates:							
Water	g	91.69	0.215	2	82.52	12.84	
Energy	kcal	30		0	27	4	
Energy	kj	126		0	113	18	
Protein (N x 5.95)	g	1.35	0.062	2	1.22	0.19	
Total lipid (fat)	g	0.62	0.025	2	0.56	0.09	
Carbohydrate, by difference	g	5.91		0	5.32	0.83	
Fiber, total dietary	g	2.8	0.049	2	2.5	0.4	
Ash	g	0.44	0.171	2	0.40	0.06	
Sugars, total	g						
Minerals:							
Calcium	mg	10	0.955	2	9	1	
Iron	mg	0.70	0.034	2	0.63	0.10	
Magnesium	mg	19	2.722	2	17	3	
Phosphorus	mg	31	4.101	2	28	4	
Potassium	mg	215	4.455	2	194	30	
Sodium	mg	1	0.000	2	1	0	
Zinc	mg	0.23	0.006	2	0.21	0.03	
Copper	mg	0.133		1	0.120	0.019	
Manganese	mg	0.250	0.050	2	0.225	0.035	
Selenium	µg	0.3		0	0.3	0.0	
Vitamins:							
Ascorbic acid	mg	44.3	2.797	2	39.9	6.2	
Thiamin	mg	0.144	0.066	2	0.130	0.020	
Riboflavin	mg	0.057	0.002	2	0.051	0.008	
Niacin	mg	1.117	0.130	2	1.005	0.156	
Pantothenic acid	mg	0.228	0.064	2	0.205	0.032	
Vitamin B-6	mg	0.508	0.006	2	0.457	0.071	
Folate	µg	47	2.828	2	42	7	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	215		0	194	30	
Vitamin A, RE	µg	22		0	20	3	
Vitamin E, α-TE	mg	0.473		0	0.426	0.066	
Lipids:							
Saturated, total	g	0.062		0	0.056	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	0.001	0.000	
14:0	g	0.004		0	0.004	0.001	
15.0	g						
16:0	g	0.045		0	0.041	0.006	
17:0	g						
18:0	g	0.008		0	0.007	0.001	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.033	0	0.030	0.005
14:1	g				
16:1	g	0.001	0	0.001	0.000
18:1	g	0.031	0	0.028	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	0.319	0	0.287	0.045
18:2	g	0.304	0	0.274	0.043
18:3	g	0.015	0	0.013	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	0.015	0.002
Threonine	g	0.049	0	0.044	0.007
Isoleucine	g	0.044	0	0.040	0.006
Leucine	g	0.071	0	0.064	0.010
Lysine	g	0.061	0	0.055	0.009
Methionine	g	0.017	0	0.015	0.002
Cystine	g	0.025	0	0.023	0.004
Phenylalanine	g	0.042	0	0.038	0.006
Tyrosine	g	0.029	0	0.026	0.004
Valine	g	0.057	0	0.051	0.008
Arginine	g	0.064	0	0.058	0.009
Histidine	g	0.027	0	0.024	0.004
Alanine	g	0.056	0	0.050	0.008
Aspartic acid	g	0.192	0	0.173	0.027
Glutamic acid	g	0.179	0	0.161	0.025
Glycine	g	0.051	0	0.046	0.007
Proline	g	0.059	0	0.053	0.008
Serine	g	0.054	0	0.049	0.008
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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 pepper

NDB No. 11980 Peppers, chili, green, 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* 139g	Measure 2*	Measure 3*
Proximates:							
Water	g	93.25	0.405	2	129.62		
Energy	kcal	21		0	29		
Energy	kj	88		0	122		
Protein (N x 5.95)	g	0.72	0.002	2	1.00		
Total lipid (fat)	g	0.27	0.008	2	0.38		
Carbohydrate, by difference	g	4.60		0	6.39		
Fiber, total dietary	g	1.7	0.131	2	2.4		
Ash	g	1.31	0.346	2	1.82		
Sugars, total	g						
Minerals:							
Calcium	mg	36	2.440	2	50		
Iron	mg	1.33	0.001	2	1.85		
Magnesium	mg	4	0.778	2	6		
Phosphorus	mg	11	2.192	2	15		
Potassium	mg	113	32.103	2	157		
Sodium	mg	397	153.973	2	552		
Zinc	mg	0.09	0.010	2	0.13		
Copper	mg						
Manganese	mg						
Selenium	µg	0.3		0	0.4		
Vitamins:							
Ascorbic acid	mg	34.2	12.049	2	47.5		
Thiamin	mg	0.010	0.003	2	0.014		
Riboflavin	mg	0.030	0.002	2	0.042		
Niacin	mg	0.627	0.029	2	0.872		
Pantothenic acid	mg	0.084	0.021	2	0.117		
Vitamin B-6	mg	0.120	0.011	2	0.167		
Folate	µg	54	1.131	2	75		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	126		2	175		
Vitamin A, RE	µg	13		2	18		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.028		0	0.039		
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	0.022		0	0.031		
17:0	g						
18:0	g	0.003		0	0.004		
20:0	g						
22.0	g	0.000		0	0.000		
24:0	g						

Monounsaturated, total	g	0.017	0	0.024
14:1	g	0.000	0	0.000
16:1	g	0.000	0	0.000
18:1	g	0.014	0	0.019
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.153	0	0.213
18:2	g	0.145	0	0.202
18:3	g	0.006	0	0.008
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	0.014
Threonine	g	0.026	0	0.036
Isoleucine	g	0.023	0	0.032
Leucine	g	0.038	0	0.053
Lysine	g	0.032	0	0.044
Methionine	g	0.009	0	0.013
Cystine	g	0.014	0	0.019
Phenylalanine	g	0.022	0	0.031
Tyrosine	g	0.015	0	0.021
Valine	g	0.030	0	0.042
Arginine	g	0.034	0	0.047
Histidine	g	0.014	0	0.019
Alanine	g	0.030	0	0.042
Aspartic acid	g	0.103	0	0.143
Glutamic acid	g	0.095	0	0.132
Glycine	g	0.026	0	0.036
Proline	g	0.031	0	0.043
Serine	g	0.029	0	0.040
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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. 11981 Peppers, hungarian, raw

Refuse: 12% 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* 27g	Measure 2*	Measure 3*
Proximates:							
Water	g	91.51	0.098	2	24.71		
Energy	kcal	29		0	8		
Energy	kj	121		0	33		
Protein (N x 5.95)	g	0.80	0.064	2	0.22		
Total lipid (fat)	g	0.41	0.074	2	0.11		
Carbohydrate, by difference	g	6.68		0	1.80		
Fiber, total dietary	g						
Ash	g	0.58	0.023	2	0.16		
Sugars, total	g						
Minerals:							
Calcium	mg	12	0.990	2	3		
Iron	mg	0.46	0.070	2	0.12		
Magnesium	mg	16	1.556	2	4		
Phosphorus	mg	29	2.793	2	8		
Potassium	mg	202	10.041	2	55		
Sodium	mg	1	0.283	2	0		
Zinc	mg	0.30	0.024	2	0.08		
Copper	mg	0.115		1	0.031		
Manganese	mg	0.204	10.996	2	0.055		
Selenium	µg	0.3		0	0.1		
Vitamins:							
Ascorbic acid	mg	92.9	13.948	2	25.1		
Thiamin	mg	0.079	0.002	2	0.021		
Riboflavin	mg	0.055	0.011	2	0.015		
Niacin	mg	1.092	0.226	2	0.295		
Pantothenic acid	mg	0.205	0.043	2	0.055		
Vitamin B-6	mg	0.517	0.058	2	0.140		
Folate	µg	53	11.915	2	14		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	140		2	38		
Vitamin A, RE	µg	14		2	4		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.046		0	0.012		
4:0	g	0.000		0	0.000		
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.002		0	0.001		
15.0	g						
16:0	g	0.033		0	0.009		
17:0	g						
18:0	g	0.007		0	0.002		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.024	0	0.006
14:1	g			
16:1	g			
18:1	g	0.024	0	0.006
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.240	0	0.065
18:2	g	0.229	0	0.062
18:3	g	0.011	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	0.010	0	0.003
Threonine	g	0.030	0	0.008
Isoleucine	g	0.026	0	0.007
Leucine	g	0.042	0	0.011
Lysine	g	0.036	0	0.010
Methionine	g	0.010	0	0.003
Cystine	g	0.015	0	0.004
Phenylalanine	g	0.025	0	0.007
Tyrosine	g	0.017	0	0.005
Valine	g	0.034	0	0.009
Arginine	g	0.039	0	0.011
Histidine	g	0.016	0	0.004
Alanine	g	0.033	0	0.009
Aspartic acid	g	0.115	0	0.031
Glutamic acid	g	0.106	0	0.029
Glycine	g	0.030	0	0.008
Proline	g	0.035	0	0.009
Serine	g	0.032	0	0.009
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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

NDB No. 11982 Peppers, pasilla, dried

Refuse: 6% Stems

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 7g	Measure 2*	Measure 3*
Proximates:							
Water	g	14.84	0.925	2	1.04		
Energy	kcal	345		0	24		
Energy	kj	1443		0	101		
Protein (N x 5.95)	g	12.35	1.136	2	0.86		
Total lipid (fat)	g	15.85	0.045	2	1.11		
Carbohydrate, by difference	g	51.13		0	3.58		
Fiber, total dietary	g	26.8	1.135	2	1.9		
Ash	g	5.82	0.026	2	0.41		
Sugars, total	g						
Minerals:							
Calcium	mg	97	1.697	2	7		
Iron	mg	9.83	1.927	2	0.69		
Magnesium	mg	130	12.551	2	9		
Phosphorus	mg	267	51.831	2	19		
Potassium	mg	2222	5.303	2	156		
Sodium	mg	89	19.198	2	6		
Zinc	mg	1.40	0.243	2	0.10		
Copper	mg	0.423	0.096	2	0.030		
Manganese	mg	1.580	0.023	2	0.111		
Selenium	µg	3.2		0	0.2		
Vitamins:							
Ascorbic acid	mg	6.4		1	0.4		
Thiamin	mg	0.172	0.034	2	0.012		
Riboflavin	mg	3.197	0.527	2	0.224		
Niacin	mg	7.175	0.353	2	0.502		
Pantothenic acid	mg	1.591	0.247	2	0.111		
Vitamin B-6	mg	4.228	0.427	2	0.296		
Folate	µg	170	63.746	2	12		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	35760	11425.521	2	2503		
Vitamin A, RE	µg	3576	1142.552	2	250		
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 pepper

NDB No. 11984 Epazote, raw

Chenopodium ambrosiodes

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* 1g	Measure 2* 2g	Measure 3*
Proximates:							
Water	g	89.21	0.098	2	0.71	1.78	
Energy	kcal	32		0	0	1	
Energy	kj	134		0	1	3	
Protein (N x 5.95)	g	0.33	0.010	2	0.00	0.01	
Total lipid (fat)	g	0.52	0.063	2	0.00	0.01	
Carbohydrate, by difference	g	7.44		0	0.06	0.15	
Fiber, total dietary	g	3.8	0.064	2	0.0	0.1	
Ash	g	2.50	0.247	2	0.02	0.05	
Sugars, total	g						
Minerals:							
Calcium	mg	275	44.760	2	2	6	
Iron	mg	1.88	0.337	2	0.02	0.04	
Magnesium	mg	121	9.935	2	1	2	
Phosphorus	mg	86	27.895	2	1	2	
Potassium	mg	633	6.647	2	5	13	
Sodium	mg	43	9.581	2	0	1	
Zinc	mg	1.10	0.256	2	0.01	0.02	
Copper	mg	0.190	0.038	2	0.002	0.004	
Manganese	mg	3.098	0.690	2	0.025	0.062	
Selenium	µg	0.9		0	0.0	0.0	
Vitamins:							
Ascorbic acid	mg	3.6	1.305	2	0.0	0.1	
Thiamin	mg	0.028	0.005	2	0.000	0.001	
Riboflavin	mg	0.348	0.000	2	0.003	0.007	
Niacin	mg	0.639	0.049	2	0.005	0.013	
Pantothenic acid	mg	0.179	0.023	2	0.001	0.004	
Vitamin B-6	mg	0.152	0.018	2	0.001	0.003	
Folate	µg	215	0.636	2	2	4	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	57		1	0	1	
Vitamin A, RE	µg	6		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 tablespoon
Measure 2: 1 sprig

NDB No. 11985 Fireweed, leaves, raw

Epilobium angustifolium

Refuse: 65% Stems and flowers

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 23g	Measure 2* 22g	Measure 3*
Proximates:							
Water	g	70.78	0.298	2	16.28	15.57	
Energy	kcal	103		0	24	23	
Energy	kj	431		0	99	95	
Protein (N x 5.95)	g	4.71	0.252	2	1.08	1.04	
Total lipid (fat)	g	2.75	0.333	2	0.63	0.61	
Carbohydrate, by difference	g	19.22		0	4.42	4.23	
Fiber, total dietary	g	10.6	0.484	2	2.4	2.3	
Ash	g	2.54	0.092	2	0.58	0.56	
Sugars, total	g						
Minerals:							
Calcium	mg	429	4.172	2	99	94	
Iron	mg	2.40		1	0.55	0.53	
Magnesium	mg	156	7.743	2	36	34	
Phosphorus	mg	108	20.365	2	25	24	
Potassium	mg	494	81.635	2	114	109	
Sodium	mg	34	9.228	2	8	7	
Zinc	mg	2.66	1.151	2	0.61	0.59	
Copper	mg	0.320		1	0.074	0.070	
Manganese	mg	6.704	0.083	2	1.542	1.475	
Selenium	µg	0.9		0	0.2	0.2	
Vitamins:							
Ascorbic acid	mg	2.2		1	0.5	0.5	
Thiamin	mg	0.033		1	0.008	0.007	
Riboflavin	mg	0.137	0.050	2	0.032	0.030	
Niacin	mg	4.674	1.694	2	1.075	1.028	
Pantothenic acid	mg	1.356	0.027	2	0.312	0.298	
Vitamin B-6	mg	0.632	0.280	2	0.145	0.139	
Folate	µg	112	36.699	2	26	25	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	3598		1	828	792	
Vitamin A, RE	µg	360		1	83	79	
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: 1 plant

NDB No. 11986 Malabar spinach, cooked

Refuse: 30% 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* 44g	Measure 2* 17g	Measure 3*
Proximates:							
Water	g	92.50	0.275	2	40.70	15.72	
Energy	kcal	23		0	10	4	
Energy	kj	96		0	42	16	
Protein (N x 5.95)	g	2.98	0.314	2	1.31	0.51	
Total lipid (fat)	g	0.78	0.053	2	0.34	0.13	
Carbohydrate, by difference	g	2.71		0	1.19	0.46	
Fiber, total dietary	g	2.1	0.021	2	0.9	0.4	
Ash	g	1.04	0.158	2	0.46	0.18	
Sugars, total	g						
Minerals:							
Calcium	mg	124	3.288	2	55	21	
Iron	mg	1.48	0.366	2	0.65	0.25	
Magnesium	mg	48	19.278	2	21	8	
Phosphorus	mg	36	2.758	2	16	6	
Potassium	mg	256	32.951	2	113	44	
Sodium	mg	55	8.450	2	24	9	
Zinc	mg	0.30	0.059	2	0.13	0.05	
Copper	mg	0.111		1	0.049	0.019	
Manganese	mg	0.255	0.023	2	0.112	0.043	
Selenium	µg	0.9		0	0.4	0.2	
Vitamins:							
Ascorbic acid	mg	5.9		1	2.6	1.0	
Thiamin	mg	0.106	0.040	2	0.047	0.018	
Riboflavin	mg	0.129	0.006	2	0.057	0.022	
Niacin	mg	0.787	0.366	2	0.346	0.134	
Pantothenic acid	mg	0.135	0.018	2	0.059	0.023	
Vitamin B-6	mg	0.086	0.029	2	0.038	0.015	
Folate	µg	114	9.228	2	50	19	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	1158		1	510	197	
Vitamin A, RE	µg	116		1	51	20	
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 bunch

NDB No. 11987 Mushroom, oyster, raw

Refuse: 11% 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* 148g	Measure 2* 15g	Measure 3*
Proximates:							
Water	g	87.76	1.881	2	129.88	13.16	
Energy	kcal	37		0	55	6	
Energy	kj	155		0	229	23	
Protein (N x 5.95)	g	4.14	0.510	2	6.13	0.62	
Total lipid (fat)	g	0.51	0.101	2	0.75	0.08	
Carbohydrate, by difference	g	6.22		0	9.21	0.93	
Fiber, total dietary	g	2.4	0.686	2	3.6	0.4	
Ash	g	1.37	0.194	2	2.03	0.21	
Sugars, total	g						
Minerals:							
Calcium	mg	6	1.520	2	9	1	
Iron	mg	1.74	0.442	2	2.58	0.26	
Magnesium	mg	20	5.763	2	30	3	
Phosphorus	mg	141	15.309	2	209	21	
Potassium	mg	516	89.732	2	764	77	
Sodium	mg	31	4.031	2	46	5	
Zinc	mg	0.78	0.174	2	1.15	0.12	
Copper	mg	0.363	0.043	2	0.537	0.054	
Manganese	mg	0.142		1	0.210	0.021	
Selenium	µg	18.4		0	27.2	2.8	
Vitamins:							
Ascorbic acid	mg	0.0	0.000	2	0.0	0.0	
Thiamin	mg	0.055	0.004	2	0.081	0.008	
Riboflavin	mg	0.360	0.058	2	0.533	0.054	
Niacin	mg	3.579	0.127	2	5.297	0.537	
Pantothenic acid	mg	1.291	0.121	2	1.911	0.194	
Vitamin B-6	mg	0.122	0.033	2	0.181	0.018	
Folate	µg	47	12.587	2	70	7	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	48		1	71	7	
Vitamin A, RE	µg	5		1	7	1	
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 small

NDB No. 11988 Fungi, Cloud ears, 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* 28g	Measure 2* 5g	Measure 3*
Proximates:							
Water	g	14.80	1.338	2	4.14	0.67	
Energy	kcal	284		0	80	13	
Energy	kj	1188		0	333	53	
Protein (N x 5.95)	g	9.25	0.807	2	2.59	0.42	
Total lipid (fat)	g	0.73	0.101	2	0.20	0.03	
Carbohydrate, by difference	g	73.00		0	20.44	3.29	
Fiber, total dietary	g	70.1	2.390	2	19.6	3.2	
Ash	g	2.21	0.410	2	0.62	0.10	
Sugars, total	g						
Minerals:							
Calcium	mg	159	68.024	2	45	7	
Iron	mg	5.88	0.034	2	1.65	0.26	
Magnesium	mg	83	12.940	2	23	4	
Phosphorus	mg	184	31.608	2	52	8	
Potassium	mg	754	176.105	2	211	34	
Sodium	mg	35	3.783	2	10	2	
Zinc	mg	1.32	0.171	2	0.37	0.06	
Copper	mg	0.183	0.008	2	0.051	0.008	
Manganese	mg	1.951	0.593	2	0.546	0.088	
Selenium	µg	128.0		0	35.8	5.8	
Vitamins:							
Ascorbic acid	mg	0.0	0.000	2	0.0	0.0	
Thiamin	mg	0.015	0.001	2	0.004	0.001	
Riboflavin	mg	0.844	0.046	2	0.236	0.038	
Niacin	mg	6.267	0.111	2	1.755	0.282	
Pantothenic acid	mg	0.481	0.080	2	0.135	0.022	
Vitamin B-6	mg	0.112	0.046	2	0.031	0.005	
Folate	µg	38	0.495	2	11	2	
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						
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 piece

NDB No. 11989 Mushrooms, straw, 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* 182g	Measure 2* 6g	Measure 3*
Proximates:							
Water	g	89.88	0.187	2	163.58	4.94	
Energy	kcal	32		0	58	2	
Energy	kj	134		0	244	7	
Protein (N x 5.95)	g	3.83	0.064	2	6.97	0.21	
Total lipid (fat)	g	0.68	0.072	2	1.24	0.04	
Carbohydrate, by difference	g	4.65		0	8.46	0.26	
Fiber, total dietary	g	2.5	0.495	2	4.5	0.1	
Ash	g	0.97	0.012	2	1.77	0.05	
Sugars, total	g						
Minerals:							
Calcium	mg	10	3.818	2	18	1	
Iron	mg	1.43	0.431	2	2.60	0.08	
Magnesium	mg	7	0.035	2	13	0	
Phosphorus	mg	61	3.394	2	111	3	
Potassium	mg	78	13.647	2	142	4	
Sodium	mg	384	13.506	2	699	21	
Zinc	mg	0.67	0.195	2	1.22	0.04	
Copper	mg	0.133	0.010	2	0.242	0.007	
Manganese	mg	0.098		0	0.178	0.005	
Selenium	µg	15.2		0	27.7	0.8	
Vitamins:							
Ascorbic acid	mg	0.0	0.000	2	0.0	0.0	
Thiamin	mg	0.013	0.000	2	0.024	0.001	
Riboflavin	mg	0.070	0.160	2	0.127	0.004	
Niacin	mg	0.224	0.089	2	0.408	0.012	
Pantothenic acid	mg	0.412	0.155	2	0.750	0.023	
Vitamin B-6	mg	0.014	0.005	2	0.025	0.001	
Folate	µg	38	16.087	2	69	2	
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	0.089		0	0.162	0.005	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.002		0	0.004	0.000	
12:0	g	0.007		0	0.013	0.000	
14:0	g	0.002		0	0.004	0.000	
15.0	g						
16:0	g	0.044		0	0.080	0.002	
17:0	g						
18:0	g	0.014		0	0.025	0.001	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.012	0	0.022	0.001
14:1	g				
16:1	g				
18:1	g	0.012	0	0.022	0.001
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.263	0	0.479	0.014
18:2	g	0.259	0	0.471	0.014
18:3	g	0.002	0	0.004	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 piece

NDB No. 11990 Wasabi, root, raw

Wasabia japonica

Refuse: 23% Peel

Nutrients 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* 169g	Measure 3*
Proximates:							
Water	g	69.12	0.630	2	89.86	116.81	
Energy	kcal	109		0	142	184	
Energy	kj	456		0	593	771	
Protein (N x 5.95)	g	4.80	0.057	2	6.24	8.11	
Total lipid (fat)	g	0.63	0.040	2	0.82	1.06	
Carbohydrate, by difference	g	23.54		0	30.60	39.78	
Fiber, total dietary	g	7.7	0.375	2	10.0	13.0	
Ash	g	1.92	0.132	2	2.50	3.24	
Sugars, total	g						
Minerals:							
Calcium	mg	128	6.223	2	166	216	
Iron	mg	1.03	0.093	2	1.34	1.74	
Magnesium	mg	69	13.400	2	90	117	
Phosphorus	mg	80	0.389	2	104	135	
Potassium	mg	568	53.563	2	738	960	
Sodium	mg	17	5.763	2	22	29	
Zinc	mg	1.62	0.849	2	2.11	2.74	
Copper	mg	0.154	0.003	2	0.200	0.260	
Manganese	mg	0.391	0.034	2	0.508	0.661	
Selenium	µg	0.7		0	0.9	1.2	
Vitamins:							
Ascorbic acid	mg	41.9	7.658	2	54.5	70.8	
Thiamin	mg	0.131	0.006	2	0.170	0.221	
Riboflavin	mg	0.114	0.001	2	0.148	0.193	
Niacin	mg	0.743	0.245	2	0.966	1.256	
Pantothenic acid	mg	0.203	0.007	2	0.264	0.343	
Vitamin B-6	mg	0.274	0.004	2	0.356	0.463	
Folate	µg	18	5.303	2	23	30	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	46		1	60	78	
Vitamin A, RE	µg	5		1	7	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	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
Measure 2: 1 root

NDB No. 11991 Yautia (tannier), raw

Xanthosoma sagittifolium

Refuse: 14% Peel

Nutrients 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* 305g	Measure 3*
Proximates:							
Water	g	73.02	1.802	2	98.58	222.71	
Energy	kcal	98		0	132	299	
Energy	kj	410		0	554	1251	
Protein (N x 5.95)	g	1.46	0.040	2	1.97	4.45	
Total lipid (fat)	g	0.40	0.026	2	0.54	1.22	
Carbohydrate, by difference	g	23.68		0	31.97	72.22	
Fiber, total dietary	g	1.5	0.021	2	2.0	4.6	
Ash	g	1.45	0.025	2	1.96	4.42	
Sugars, total	g						
Minerals:							
Calcium	mg	9	0.424	2	12	27	
Iron	mg	0.98	0.296	2	1.32	2.99	
Magnesium	mg	24	1.768	2	32	73	
Phosphorus	mg	51	0.849	2	69	156	
Potassium	mg	598	1.379	2	807	1824	
Sodium	mg	21	2.546	2	28	64	
Zinc	mg	0.50	0.070	2	0.68	1.52	
Copper	mg	0.257	0.028	2	0.347	0.784	
Manganese	mg	0.186	0.019	2	0.251	0.567	
Selenium	µg	0.7		0	0.9	2.1	
Vitamins:							
Ascorbic acid	mg	5.2	0.233	2	7.0	15.9	
Thiamin	mg	0.097	0.005	2	0.131	0.296	
Riboflavin	mg	0.040	0.001	2	0.054	0.122	
Niacin	mg	0.667	0.064	2	0.900	2.034	
Pantothenic acid	mg	0.209	0.020	2	0.282	0.637	
Vitamin B-6	mg	0.237	0.066	2	0.320	0.723	
Folate	µg	17	5.551	2	23	52	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	11		1	15	34	
Vitamin A, RE	µg	1		1	1	3	
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, sliced
Measure 2: 1 root

NDB No. 11995 Fiddlehead ferns, raw

Matteuccia struthioreris

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	88.68	0.295	5			
Energy	kcal	34		0			
Energy	kj	142		0			
Protein (N x 5.95)	g	4.55	0.013	5			
Total lipid (fat)	g	0.40	0.009	5			
Carbohydrate, by difference	g	5.54		0			
Fiber, total dietary	g						
Ash	g	0.83	0.013	5			
Sugars, total	g						
Minerals:							
Calcium	mg	32		2			
Iron	mg	1.31		2			
Magnesium	mg	34		2			
Phosphorus	mg	101		2			
Potassium	mg	370		2			
Sodium	mg	1		2			
Zinc	mg	0.83		2			
Copper	mg	0.320		2			
Manganese	mg	0.510		2			
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	26.6	2.415	5			
Thiamin	mg	0.020	0.001	5			
Riboflavin	mg	0.210	0.013	5			
Niacin	mg	4.980	0.085	5			
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg	0.00		0			
Vitamin A	IU	3676		5			
Vitamin A, RE	µg	368		5			
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. 11996 Fiddlehead ferns, frozen, unprepared

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1*	Measure 2*	Measure 3*
Proximates:							
Water	g	88.91	0.045	5			
Energy	kcal	34		0			
Energy	kj	142		0			
Protein (N x 5.95)	g	4.31	0.018	5			
Total lipid (fat)	g	0.35	0.004	5			
Carbohydrate, by difference	g	5.74		0			
Fiber, total dietary	g						
Ash	g	0.69	0.018	5			
Sugars, total	g						
Minerals:							
Calcium	mg	24		2			
Iron	mg	0.73		2			
Magnesium	mg	19		2			
Phosphorus	mg	58		2			
Potassium	mg	129		2			
Sodium	mg	0		2			
Zinc	mg	0.71		2			
Copper	mg	0.220		2			
Manganese	mg	0.940		2			
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	17.8	0.850	5			
Thiamin	mg	0.014	0.000	5			
Riboflavin	mg	0.130	0.009	5			
Niacin	mg	3.260	0.054	5			
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg	0.00		0			
Vitamin A	IU	1028		5			
Vitamin A, RE	µg	103		5			
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.