NDB No. 19002 Snacks, beef jerky, chopped and formed

Refuse: 0%

Nutrients 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* 20g	Measure 3*
Proximates:							
Water	g	23.36		1	6.62	4.63	
Energy	kcal	410		0	116	81	
Energy	kj	1715		0	486	340	
Protein (N x 5.95)	g	33.20		1	9.41	6.57	
Total lipid (fat)	g	25.60		1	7.26	5.07	
Carbohydrate, by difference	g	11.00		0	3.12	2.18	
Fiber, total dietary	g	1.8		1	0.5	0.4	
Ash	g	6.80		1	1.93	1.35	
Sugars, total	g						
Minerals:							
Calcium	mg	20		1	6	4	
Iron	mg	5.42		1	1.54	1.07	
Magnesium	mg	51		0	14	10	
Phosphorus	mg	407		0	115	81	
Potassium	mg	597		0	169	118	
Sodium	mg	2213		1	627	438	
Zinc	mg	8.11	0.825	2	2.30	1.61	
Copper	mg	0.227	0.040	2	0.064	0.045	
Manganese	mg	0.111	0.011	2	0.031	0.022	
Selenium	µg	10.7		0	3.0	2.1	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.154		0	0.044	0.030	
Riboflavin	mg	0.142		0	0.040	0.028	
Niacin	mg	1.732		0	0.491	0.343	
Pantothenic acid	mg	0.163		0	0.046	0.032	
Vitamin B-6	mg	0.179		0	0.051	0.035	
Folate	µg	134		0	38	27	
Vitamin B-12	µg	0.99		0	0.28	0.20	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	0.487		0	0.138	0.096	
Lipids:							
Saturated, total	g	10.850		1	3.076	2.148	
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	0.015		0	0.004	0.003	
12:0	g	0.162		0	0.046	0.032	
14:0	g	0.819		0	0.232	0.162	
15.0	g						
16:0	g	5.720		0	1.622	1.133	
17:0	g						
18:0	g	3.897		0	1.105	0.772	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	11.305	1	3.205	2.238
14:1	g				
16:1	g	1.135	0	0.322	0.225
18:1	g	10.099	0	2.863	2.000
20:1	g	0.071	0	0.020	0.014
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	1.011	1	0.287	0.200
18:2	g	0.810	0	0.230	0.160
18:3	g	0.185	0	0.052	0.037
18:4	g	0.000	0	0.000	0.000
20:4	g	0.016	0	0.005	0.003
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	48	1	14	10
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 oz
Measure 2: 1 large piece

NDB No. 19003 Snacks, corn-based, extruded, chips, plain

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 198g	Measure 3*
Proximates:							
Water	g	1.00	0.053	100	0.28	1.98	
Energy	kcal	539		0	153	1067	
Energy	kj	2255		0	639	4465	
Protein (N x 5.95)	g	6.60	0.093	91	1.87	13.07	
Total lipid (fat)	g	33.40	0.276	94	9.47	66.13	
Carbohydrate, by difference	g	56.90		0	16.13	112.66	
Fiber, total dietary	g	4.9		0	1.4	9.7	
Ash	g	2.20	0.046	92	0.62	4.36	
Sugars, total	g						
Minerals:							
Calcium	mg	127	2.792	126	36	251	
Iron	mg	1.32	0.030	127	0.37	2.61	
Magnesium	mg	76	1.208	125	22	150	
Phosphorus	mg	185	3.592	124	52	366	
Potassium	mg	142	2.808	121	40	281	
Sodium	mg	630	12.863	128	179	1247	
Zinc	mg	1.26	0.047	94	0.36	2.49	
Copper	mg	0.161	0.017	127	0.046	0.319	
Manganese	mg	0.381	0.014	95	0.108	0.754	
Selenium	µg	6.7	0.845	39	1.9	13.3	
Vitamins:							
Ascorbic acid	mg	0.0	0.000	8	0.0	0.0	
Thiamin	mg	0.027	0.005	83	0.008	0.053	
Riboflavin	mg	0.144	0.010	88	0.041	0.285	
Niacin	mg	1.183	0.057	92	0.335	2.342	
Pantothenic acid	mg	0.394		1	0.112	0.780	
Vitamin B-6	mg	0.242	0.030	18	0.069	0.479	
Folate	µg	20		1	6	40	
Vitamin B-12	µg	0.00		1	0.00	0.00	
Vitamin A	IU	94	11.485	29	27	186	
Vitamin A, RE	µg	9		0	3	18	
Vitamin E, α-TE	mg	1.360		0	0.386	2.693	
Lipids:							
Saturated, total	g	4.550		0	1.290	9.009	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.000		0	0.000	0.000	
15.0	g						
16:0	g	3.570		2	1.012	7.069	
17:0	g						
18:0	g	0.970		2	0.275	1.921	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	9.660		0	2.739	19.127
14:1	g					
16:1	g	0.090		2	0.026	0.178
18:1	g	9.570		2	2.713	18.949
20:1	g	0.000		0	0.000	0.000
22.1	g	0.000		0	0.000	0.000
Polyunsaturated, total	g	16.480		0	4.672	32.630
18:2	g	15.230		2	4.318	30.155
18:3	g	1.260		2	0.357	2.495
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	0.000	12	0	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.046		0	0.013	0.091
Threonine	g	0.246		0	0.070	0.487
Isoleucine	g	0.235		0	0.067	0.465
Leucine	g	0.803		0	0.228	1.590
Lysine	g	0.185		0	0.052	0.366
Methionine	g	0.137		0	0.039	0.271
Cystine	g	0.119		0	0.034	0.236
Phenylalanine	g	0.322		0	0.091	0.638
Tyrosine	g	0.266		0	0.075	0.527
Valine	g	0.331		0	0.094	0.655
Arginine	g	0.326		0	0.092	0.645
Histidine	g	0.200		0	0.057	0.396
Alanine	g	0.491		0	0.139	0.972
Aspartic acid	g	0.456		0	0.129	0.903
Glutamic acid	g	1.230		0	0.349	2.435
Glycine	g	0.269		0	0.076	0.533
Proline	g	0.572		0	0.162	1.133
Serine	g	0.312		0	0.088	0.618
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

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

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 7 oz bag

NDB No. 19004 Snacks, corn-based, extruded, chips, barbecue-flavor

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 198g	Measure 3*
Proximates:							
Water	g	1.20	0.095	21	0.34	2.38	
Energy	kcal	523		0	148	1036	
Energy	kj	2188		0	620	4332	
Protein (N x 5.95)	g	7.00	0.177	21	1.98	13.86	
Total lipid (fat)	g	32.70	0.435	22	9.27	64.75	
Carbohydrate, by difference	g	56.20		0	15.93	111.28	
Fiber, total dietary	g	5.2		0	1.5	10.3	
Ash	g	2.80	0.162	20	0.79	5.54	
Sugars, total	g						
Minerals:							
Calcium	mg	131	5.863	21	37	259	
Iron	mg	1.54	0.086	21	0.44	3.05	
Magnesium	mg	77	1.784	19	22	152	
Phosphorus	mg	207	6.005	19	59	410	
Potassium	mg	236	31.024	22	67	467	
Sodium	mg	763	35.568	7	216	1511	
Zinc	mg	1.06	0.108	19	0.30	2.10	
Copper	mg	0.166	0.039	18	0.047	0.329	
Manganese	mg	0.774	0.222	14	0.219	1.533	
Selenium	µg	4.1		0	1.2	8.1	
Vitamins:							
Ascorbic acid	mg	1.7	0.853	6	0.5	3.4	
Thiamin	mg	0.075	0.016	20	0.021	0.149	
Riboflavin	mg	0.210	0.020	17	0.060	0.416	
Niacin	mg	1.645	0.059	20	0.466	3.257	
Pantothenic acid	mg	0.143	0.043	3	0.041	0.283	
Vitamin B-6	mg	0.230	0.023	6	0.065	0.455	
Folate	µg	39		1	11	77	
Vitamin B-12	µg	0.00		1	0.00	0.00	
Vitamin A	IU	611	58.327	15	173	1210	
Vitamin A, RE	µg	61		0	17	121	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	4.460		0	1.264	8.831	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g	3.510		2	0.995	6.950	
17:0	g						
18:0	g	0.960		2	0.272	1.901	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	9.480		0	2.688	18.770
14:1	g					
16:1	g	0.090		2	0.026	0.178
18:1	g	9.390		2	2.662	18.592
20:1	g					
22.1	g					
Polyunsaturated, total	g	16.170		0	4.584	32.017
18:2	g	14.940		2	4.235	29.581
18:3	g	1.230		2	0.349	2.435
18:4	g					
20:4	g					
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	0	0.111	4	0	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.063		0	0.018	0.125
Threonine	g	0.279		0	0.079	0.552
Isoleucine	g	0.277		0	0.079	0.548
Leucine	g	0.747		0	0.212	1.479
Lysine	g	0.284		0	0.081	0.562
Methionine	g	0.134		0	0.038	0.265
Cystine	g	0.119		0	0.034	0.236
Phenylalanine	g	0.333		0	0.094	0.659
Tyrosine	g	0.273		0	0.077	0.541
Valine	g	0.357		0	0.101	0.707
Arginine	g	0.373		0	0.106	0.739
Histidine	g	0.200		0	0.057	0.396
Alanine	g	0.475		0	0.135	0.941
Aspartic acid	g	0.586		0	0.166	1.160
Glutamic acid	g	1.243		0	0.352	2.461
Glycine	g	0.293		0	0.083	0.580
Proline	g	0.521		0	0.148	1.032
Serine	g	0.337		0	0.096	0.667
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

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

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 7 oz bag

NDB No. 19005 Snacks, corn-based, extruded, cones, plain

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2*	Measure 3*
Proximates:							
Water	g	2.00		1	0.57		
Energy	kcal	510		0	145		
Energy	kj	2134		0	605		
Protein (N x 5.95)	g	5.80		1	1.64		
Total lipid (fat)	g	26.90		1	7.63		
Carbohydrate, by difference	g	62.90		0	17.83		
Fiber, total dietary	g	1.1		0	0.3		
Ash	g	2.30		1	0.65		
Sugars, total	g						
Minerals:							
Calcium	mg	3		1	1		
Iron	mg	2.54		1	0.72		
Magnesium	mg	11		1	3		
Phosphorus	mg	44		1	12		
Potassium	mg	81		1	23		
Sodium	mg	1022		1	290		
Zinc	mg	0.21		1	0.06		
Copper	mg	0.040		1	0.011		
Manganese	mg	0.087		1	0.025		
Selenium	µg	3.8		0	1.1		
Vitamins:							
Ascorbic acid	mg	0.0		1	0.0		
Thiamin	mg	0.320		1	0.091		
Riboflavin	mg	0.240		1	0.068		
Niacin	mg	1.410		1	0.400		
Pantothenic acid	mg	0.225		1	0.064		
Vitamin B-6	mg	0.040		1	0.011		
Folate	µg	3		1	1		
Vitamin B-12	µg	0.00		1	0.00		
Vitamin A	IU	318		1	90		
Vitamin A, RE	µg	32		0	9		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	22.750		0	6.450		
4:0	g						
6.0	g	0.160		1	0.045		
8:0	g	1.960		1	0.556		
10:0	g	1.570		1	0.445		
12:0	g	11.680		1	3.311		
14:0	g	4.400		1	1.247		
15.0	g						
16:0	g	2.230		1	0.632		
17:0	g						
18:0	g	0.740		1	0.210		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.700	0	0.482
14:1	g			
16:1	g	0.000	1	0.000
18:1	g	1.700	1	0.482
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.780	0	0.221
18:2	g	0.780	1	0.221
18:3	g	0.010	1	0.003
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	1	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.041	0	0.012
Threonine	g	0.219	0	0.062
Isoleucine	g	0.209	0	0.059
Leucine	g	0.715	0	0.203
Lysine	g	0.164	0	0.046
Methionine	g	0.122	0	0.035
Cystine	g	0.105	0	0.030
Phenylalanine	g	0.286	0	0.081
Tyrosine	g	0.237	0	0.067
Valine	g	0.295	0	0.084
Arginine	g	0.290	0	0.082
Histidine	g	0.178	0	0.050
Alanine	g	0.437	0	0.124
Aspartic acid	g	0.406	0	0.115
Glutamic acid	g	1.094	0	0.310
Glycine	g	0.239	0	0.068
Proline	g	0.508	0	0.144
Serine	g	0.277	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 oz

NDB No. 19006 Snacks, corn-based, extruded, cones, nacho-flavor

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2*	Measure 3*
Proximates:							
Water	g	1.90		1	0.54		
Energy	kcal	536		0	152		
Energy	kj	2243		0	636		
Protein (N x 5.95)	g	6.50		1	1.84		
Total lipid (fat)	g	31.70		1	8.99		
Carbohydrate, by difference	g	57.30		0	16.24		
Fiber, total dietary	g	1.0		0	0.3		
Ash	g	2.60		1	0.74		
Sugars, total	g						
Minerals:							
Calcium	mg	36		1	10		
Iron	mg	1.27		1	0.36		
Magnesium	mg	25		1	7		
Phosphorus	mg	76		1	22		
Potassium	mg	123		1	35		
Sodium	mg	952		1	270		
Zinc	mg	0.48		1	0.14		
Copper	mg	0.059		1	0.017		
Manganese	mg	0.078		1	0.022		
Selenium	µg	3.8		0	1.1		
Vitamins:							
Ascorbic acid	mg	0.1		1	0.0		
Thiamin	mg	0.210		1	0.060		
Riboflavin	mg	0.120		1	0.034		
Niacin	mg	1.410		1	0.400		
Pantothenic acid	mg	0.401		1	0.114		
Vitamin B-6	mg	0.116		1	0.033		
Folate	µg	5		1	1		
Vitamin B-12	µg	0.00		1	0.00		
Vitamin A	IU	315		1	89		
Vitamin A, RE	µg	38		0	11		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	26.790		0	7.595		
4:0	g	0.030		1	0.009		
6.0	g	0.200		1	0.057		
8:0	g	2.280		1	0.646		
10:0	g	1.830		1	0.519		
12:0	g	13.520		1	3.833		
14:0	g	5.170		1	1.466		
15.0	g						
16:0	g	2.810		1	0.797		
17:0	g						
18:0	g	0.960		1	0.272		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.140	0	0.607
14:1	g			
16:1	g	0.030	1	0.009
18:1	g	2.120	1	0.601
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.840	0	0.238
18:2	g	0.830	1	0.235
18:3	g	0.020	1	0.006
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	5	1	1
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.056	0	0.016
Threonine	g	0.252	0	0.071
Isoleucine	g	0.265	0	0.075
Leucine	g	0.758	0	0.215
Lysine	g	0.262	0	0.074
Methionine	g	0.141	0	0.040
Cystine	g	0.105	0	0.030
Phenylalanine	g	0.319	0	0.090
Tyrosine	g	0.274	0	0.078
Valine	g	0.350	0	0.099
Arginine	g	0.305	0	0.086
Histidine	g	0.199	0	0.056
Alanine	g	0.427	0	0.121
Aspartic acid	g	0.455	0	0.129
Glutamic acid	g	1.260	0	0.357
Glycine	g	0.235	0	0.067
Proline	g	0.587	0	0.166
Serine	g	0.320	0	0.091
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

*** Common Measures:**
Measure 1: 1 oz

NDB No. 19007 Snacks, corn-based, extruded, onion-flavor

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 57g	Measure 3*
Proximates:							
Water	g	2.00	0.078	15	0.57	1.13	
Energy	kcal	500		0	142	284	
Energy	kj	2092		0	593	1186	
Protein (N x 5.95)	g	7.70	0.166	15	2.18	4.37	
Total lipid (fat)	g	22.60	0.218	15	6.41	12.81	
Carbohydrate, by difference	g	65.10		0	18.46	36.91	
Fiber, total dietary	g	3.9		0	1.1	2.2	
Ash	g	2.60	0.076	15	0.74	1.47	
Sugars, total	g						
Minerals:							
Calcium	mg	29	1.162	15	8	16	
Iron	mg	3.72	0.490	13	1.05	2.11	
Magnesium	mg	28	2.116	15	8	16	
Phosphorus	mg	72	7.292	15	20	41	
Potassium	mg	143	4.997	14	41	81	
Sodium	mg	981	43.143	14	278	556	
Zinc	mg	0.33	0.024	14	0.09	0.19	
Copper	mg	0.118	0.023	15	0.033	0.067	
Manganese	mg	0.202		12	0.057	0.115	
Selenium	µg	10.6		0	3.0	6.0	
Vitamins:							
Ascorbic acid	mg	1.8	1.790	4	0.5	1.0	
Thiamin	mg	0.220	0.011	13	0.062	0.125	
Riboflavin	mg	0.310	0.023	13	0.088	0.176	
Niacin	mg	3.180	0.251	13	0.902	1.803	
Pantothenic acid	mg	0.262		1	0.074	0.149	
Vitamin B-6	mg	0.148	0.007	4	0.042	0.084	
Folate	µg	110		1	31	62	
Vitamin B-12	µg	0.00		1	0.00	0.00	
Vitamin A	IU	120	33.471	4	34	68	
Vitamin A, RE	µg	12		0	3	7	
Vitamin E, α-TE	mg	1.610		0	0.456	0.913	
Lipids:							
Saturated, total	g	4.340		0	1.230	2.461	
4:0	g	0.020		3	0.006	0.011	
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	0.040		3	0.011	0.023	
14:0	g	0.160		3	0.045	0.091	
15.0	g						
16:0	g	2.800		3	0.794	1.588	
17:0	g						
18:0	g	1.310		3	0.371	0.743	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	13.360	0	3.788	7.575
14:1	g				
16:1	g	0.080	3	0.023	0.045
18:1	g	13.270	3	3.762	7.524
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	3.140	0	0.890	1.780
18:2	g	3.010	3	0.853	1.707
18:3	g	0.130	3	0.037	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	1	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.059	0	0.017	0.033
Threonine	g	0.288	0	0.082	0.163
Isoleucine	g	0.284	0	0.081	0.161
Leucine	g	0.906	0	0.257	0.514
Lysine	g	0.241	0	0.068	0.137
Methionine	g	0.154	0	0.044	0.087
Cystine	g	0.134	0	0.038	0.076
Phenylalanine	g	0.378	0	0.107	0.214
Tyrosine	g	0.310	0	0.088	0.176
Valine	g	0.386	0	0.109	0.219
Arginine	g	0.402	0	0.114	0.228
Histidine	g	0.232	0	0.066	0.132
Alanine	g	0.548	0	0.155	0.311
Aspartic acid	g	0.570	0	0.162	0.323
Glutamic acid	g	1.445	0	0.410	0.819
Glycine	g	0.314	0	0.089	0.178
Proline	g	0.646	0	0.183	0.366
Serine	g	0.369	0	0.105	0.209
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 2 oz

NDB No. 19008 Snacks, corn-based, extruded, puffs or twists, cheese-flavor

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 227g	Measure 3*
Proximates:							
Water	g	1.50	0.038	156	0.43	3.40	
Energy	kcal	554		0	157	1258	
Energy	kj	2318		0	657	5262	
Protein (N x 5.95)	g	7.60	0.148	139	2.15	17.25	
Total lipid (fat)	g	34.40	0.236	151	9.75	78.09	
Carbohydrate, by difference	g	53.80		0	15.25	122.13	
Fiber, total dietary	g	1.1		0	0.3	2.5	
Ash	g	2.70	0.048	121	0.77	6.13	
Sugars, total	g						
Minerals:							
Calcium	mg	58	1.197	158	16	132	
Iron	mg	2.35	0.070	128	0.67	5.33	
Magnesium	mg	18	0.246	150	5	41	
Phosphorus	mg	108	2.660	151	31	245	
Potassium	mg	166	2.529	154	47	377	
Sodium	mg	1050	15.620	165	298	2384	
Zinc	mg	0.38	0.019	120	0.11	0.86	
Copper	mg	0.063	0.006	79	0.018	0.143	
Manganese	mg	0.071	0.003	110	0.020	0.161	
Selenium	µg	3.0		1	0.9	6.8	
Vitamins:							
Ascorbic acid	mg	0.2	0.050	20	0.1	0.5	
Thiamin	mg	0.264	0.011	93	0.075	0.599	
Riboflavin	mg	0.354	0.015	92	0.100	0.804	
Niacin	mg	3.232	0.119	93	0.916	7.337	
Pantothenic acid	mg	0.374	0.041	7	0.106	0.849	
Vitamin B-6	mg	0.133	0.007	26	0.038	0.302	
Folate	µg	120		1	34	272	
Vitamin B-12	µg	0.14		1	0.04	0.32	
Vitamin A	IU	265	14.548	56	75	602	
Vitamin A, RE	µg	34		0	10	77	
Vitamin E, α-TE	mg	5.120		0	1.452	11.622	
Lipids:							
Saturated, total	g	6.590		0	1.868	14.959	
4:0	g	0.030		3	0.009	0.068	
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	0.060		3	0.017	0.136	
14:0	g	0.240		3	0.068	0.545	
15.0	g						
16:0	g	4.250		3	1.205	9.648	
17:0	g						
18:0	g	2.000		3	0.567	4.540	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	20.280		0	5.749	46.036
14:1	g					
16:1	g	0.130		3	0.037	0.295
18:1	g	20.160		3	5.715	45.763
20:1	g	0.000		0	0.000	0.000
22.1	g	0.000		0	0.000	0.000
Polyunsaturated, total	g	4.760		0	1.349	10.805
18:2	g	4.570		3	1.296	10.374
18:3	g	0.190		3	0.054	0.431
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	4	0.172	63	1	9
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.094		0	0.027	0.213
Threonine	g	0.391		0	0.111	0.888
Isoleucine	g	0.366		0	0.104	0.831
Leucine	g	0.783		0	0.222	1.777
Lysine	g	0.456		0	0.129	1.035
Methionine	g	0.151		0	0.043	0.343
Cystine	g	0.138		0	0.039	0.313
Phenylalanine	g	0.299		0	0.085	0.679
Tyrosine	g	0.258		0	0.073	0.586
Valine	g	0.404		0	0.115	0.917
Arginine	g	0.283		0	0.080	0.642
Histidine	g	0.181		0	0.051	0.411
Alanine	g	0.424		0	0.120	0.962
Aspartic acid	g	0.645		0	0.183	1.464
Glutamic acid	g	1.387		0	0.393	3.148
Glycine	g	0.217		0	0.062	0.493
Proline	g	0.558		0	0.158	1.267
Serine	g	0.367		0	0.104	0.833
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

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

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 8 oz bag

NDB No. 19009 Snacks, cornnuts, plain

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 57g	Measure 3*
Proximates:							
Water	g	1.30	0.296	8	0.37	0.74	
Energy	kcal	439		0	124	249	
Energy	kj	1837		0	521	1042	
Protein (N x 5.95)	g	8.50	0.119	8	2.41	4.82	
Total lipid (fat)	g	14.10	0.395	8	4.00	7.99	
Carbohydrate, by difference	g	73.30		0	20.78	41.56	
Fiber, total dietary	g	6.9		0	2.0	3.9	
Ash	g	2.70	0.249	8	0.77	1.53	
Sugars, total	g						
Minerals:							
Calcium	mg	9	1.165	8	3	5	
Iron	mg	1.67	0.039	8	0.47	0.95	
Magnesium	mg	113	3.299	8	32	64	
Phosphorus	mg	275	5.169	8	78	156	
Potassium	mg	278	11.492	8	79	158	
Sodium	mg	549	45.568	8	156	311	
Zinc	mg	1.78	0.068	8	0.50	1.01	
Copper	mg	0.115	0.013	8	0.033	0.065	
Manganese	mg	0.455	0.032	8	0.129	0.258	
Selenium	µg	14.8		0	4.2	8.4	
Vitamins:							
Ascorbic acid	mg	0.0		1	0.0	0.0	
Thiamin	mg	0.041	0.014	6	0.012	0.023	
Riboflavin	mg	0.130		1	0.037	0.074	
Niacin	mg	1.694	0.135	8	0.480	0.960	
Pantothenic acid	mg	0.366		1	0.104	0.208	
Vitamin B-6	mg	0.229	0.013	8	0.065	0.130	
Folate	µg	0		1	0	0	
Vitamin B-12	µg	0.00		1	0.00	0.00	
Vitamin A	IU	0		1	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	1.010		0	0.286	0.573	
Lipids:							
Saturated, total	g	2.540		0	0.720	1.440	
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	0.030		1	0.009	0.017	
15.0	g						
16:0	g	1.580		1	0.448	0.896	
17:0	g						
18:0	g	0.940		1	0.266	0.533	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	7.270	0	2.061	4.122
14:1	g				
16:1	g	0.010	1	0.003	0.006
18:1	g	7.250	1	2.055	4.111
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	3.180	0	0.902	1.803
18:2	g	3.130	1	0.887	1.775
18:3	g	0.050	1	0.014	0.028
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	1	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 oz
Measure 2: 2 oz

NDB No. 19010 Snacks, crisped rice bar, chocolate chip

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2*	Measure 3*
Proximates:							
Water	g	7.00		1	1.98		
Energy	kcal	404		0	115		
Energy	kj	1690		0	479		
Protein (N x 5.95)	g	5.10	0.510	2	1.45		
Total lipid (fat)	g	13.50	0.550	2	3.83		
Carbohydrate, by difference	g	73.00		0	20.70		
Fiber, total dietary	g	2.2		0	0.6		
Ash	g	1.30		1	0.37		
Sugars, total	g						
Minerals:							
Calcium	mg	21	0.500	2	6		
Iron	mg	6.30	0.000	2	1.79		
Magnesium	mg	48	9.050	2	14		
Phosphorus	mg	134	19.000	2	38		
Potassium	mg	168	12.101	2	48		
Sodium	mg	278		1	79		
Zinc	mg	0.86		1	0.24		
Copper	mg	0.310	0.010	2	0.088		
Manganese	mg	0.999		1	0.283		
Selenium	µg	9.7		0	2.7		
Vitamins:							
Ascorbic acid	mg	0.0		1	0.0		
Thiamin	mg	0.530	0.001	2	0.150		
Riboflavin	mg	0.600	0.001	2	0.170		
Niacin	mg	7.050	0.050	2	1.999		
Pantothenic acid	mg	0.000		1	0.000		
Vitamin B-6	mg	0.705	0.005	2	0.200		
Folate	µg	140		1	40		
Vitamin B-12	µg	0.00		1	0.00		
Vitamin A	IU	1764	0.000	2	500		
Vitamin A, RE	µg	176		0	50		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	5.240		0	1.486		
4:0	g						
6.0	g	0.010		2	0.003		
8:0	g	0.080		2	0.023		
10:0	g	0.060		2	0.017		
12:0	g	0.460		2	0.130		
14:0	g	0.200		2	0.057		
15.0	g						
16:0	g	2.460		2	0.697		
17:0	g						
18:0	g	1.980		2	0.561		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.990	0	1.131
14:1	g			
16:1	g	0.030	2	0.009
18:1	g	3.970	2	1.125
20:1	g			
22.1	g			
Polyunsaturated, total	g	3.650	0	1.035
18:2	g	3.450	2	0.978
18:3	g	0.200	2	0.057
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	1	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.075	0	0.021
Threonine	g	0.164	0	0.046
Isoleucine	g	0.200	0	0.057
Leucine	g	0.390	0	0.111
Lysine	g	0.201	0	0.057
Methionine	g	0.102	0	0.029
Cystine	g	0.121	0	0.034
Phenylalanine	g	0.260	0	0.074
Tyrosine	g	0.198	0	0.056
Valine	g	0.287	0	0.081
Arginine	g	0.389	0	0.110
Histidine	g	0.116	0	0.033
Alanine	g	0.263	0	0.075
Aspartic acid	g	0.459	0	0.130
Glutamic acid	g	0.979	0	0.278
Glycine	g	0.244	0	0.069
Proline	g	0.253	0	0.072
Serine	g	0.253	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 bar (1 oz)

NDB No. 19011 Snacks, fruit leather, bars

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 23g	Measure 2*	Measure 3*
Proximates:							
Water	g	13.90	0.777	6	3.20		
Energy	kcal	351		0	81		
Energy	kj	1469		0	338		
Protein (N x 5.95)	g	1.80	0.059	6	0.41		
Total lipid (fat)	g	5.30	0.884	6	1.22		
Carbohydrate, by difference	g	78.50		0	18.05		
Fiber, total dietary	g	3.5		0	0.8		
Ash	g	0.50	0.020	6	0.12		
Sugars, total	g						
Minerals:							
Calcium	mg	29	0.929	3	7		
Iron	mg	0.80	0.093	3	0.18		
Magnesium	mg	22	0.750	3	5		
Phosphorus	mg	55	0.550	3	13		
Potassium	mg	138	7.126	3	32		
Sodium	mg	77	20.131	6	18		
Zinc	mg	0.19		0	0.04		
Copper	mg	0.171		0	0.039		
Manganese	mg	0.184		0	0.042		
Selenium	µg	2.6		0	0.6		
Vitamins:							
Ascorbic acid	mg	70.0	0.000	3	16.1		
Thiamin	mg	0.043	0.009	3	0.010		
Riboflavin	mg	0.030		1	0.007		
Niacin	mg	0.100		0	0.023		
Pantothenic acid	mg	0.075		0	0.017		
Vitamin B-6	mg	0.300		0	0.069		
Folate	µg	4		0	1		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	116		0	27		
Vitamin A, RE	µg	12		0	3		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	4.020		0	0.925		
4:0	g						
6.0	g	0.010		1	0.002		
8:0	g	0.160		1	0.037		
10:0	g	0.180		1	0.041		
12:0	g	2.300		1	0.529		
14:0	g	0.800		1	0.184		
15.0	g						
16:0	g	0.420		1	0.097		
17:0	g						
18:0	g	0.140		1	0.032		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.630	0	0.145
14:1	g			
16:1	g	0.000	1	0.000
18:1	g	0.630	1	0.145
20:1	g	0.000	1	0.000
22.1	g			
Polyunsaturated, total	g	0.180	0	0.041
18:2	g	0.180	1	0.041
18:3	g	0.000	1	0.000
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	0.005
Threonine	g	0.050	0	0.012
Isoleucine	g	0.062	0	0.014
Leucine	g	0.121	0	0.028
Lysine	g	0.047	0	0.011
Methionine	g	0.030	0	0.007
Cystine	g	0.036	0	0.008
Phenylalanine	g	0.085	0	0.020
Tyrosine	g	0.050	0	0.012
Valine	g	0.073	0	0.017
Arginine	g	0.069	0	0.016
Histidine	g	0.038	0	0.009
Alanine	g	0.059	0	0.014
Aspartic acid	g	0.111	0	0.026
Glutamic acid	g	0.546	0	0.126
Glycine	g	0.064	0	0.015
Proline	g	0.188	0	0.043
Serine	g	0.087	0	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 bar

NDB No. 19012 Snacks, fruit leather, bars, with cream

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 24g	Measure 2*	Measure 3*
Proximates:							
Water	g	12.10	0.143	5	2.90		
Energy	kcal	372		0	89		
Energy	kj	1556		0	373		
Protein (N x 5.95)	g	1.00	0.050	5	0.24		
Total lipid (fat)	g	8.20	0.123	5	1.97		
Carbohydrate, by difference	g	77.90		0	18.70		
Fiber, total dietary	g	3.6		0	0.9		
Ash	g	0.80	0.030	5	0.19		
Sugars, total	g						
Minerals:							
Calcium	mg	22	1.790	3	5		
Iron	mg	0.83	0.167	3	0.20		
Magnesium	mg	14	1.217	3	3		
Phosphorus	mg	30	0.536	3	7		
Potassium	mg	212	12.311	5	51		
Sodium	mg	95	7.658	5	23		
Zinc	mg	0.15		0	0.04		
Copper	mg	0.094		0	0.023		
Manganese	mg	0.089		0	0.021		
Selenium	µg	2.7		0	0.6		
Vitamins:							
Ascorbic acid	mg	62.0	0.000	5	14.9		
Thiamin	mg	0.043		0	0.010		
Riboflavin	mg	0.023	0.003	3	0.006		
Niacin	mg	0.100		0	0.024		
Pantothenic acid	mg	0.088		0	0.021		
Vitamin B-6	mg	0.300		0	0.072		
Folate	µg	3		0	1		
Vitamin B-12	µg	0.03		0	0.01		
Vitamin A	IU	55		0	13		
Vitamin A, RE	µg	12		0	3		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	2.430		0	0.583		
4:0	g	0.040		1	0.010		
6.0	g	0.020		1	0.005		
8:0	g	0.010		1	0.002		
10:0	g	0.030		1	0.007		
12:0	g	0.030		1	0.007		
14:0	g	0.150		1	0.036		
15.0	g						
16:0	g	1.190		1	0.286		
17:0	g						
18:0	g	0.950		1	0.228		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	4.280	0	1.027
14:1	g			
16:1	g	0.030	1	0.007
18:1	g	4.250	1	1.020
20:1	g	0.000	1	0.000
22.1	g			
Polyunsaturated, total	g	0.930	0	0.223
18:2	g	0.880	1	0.211
18:3	g	0.060	1	0.014
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	4	0	1
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.006	0	0.001
Threonine	g	0.033	0	0.008
Isoleucine	g	0.041	0	0.010
Leucine	g	0.069	0	0.017
Lysine	g	0.053	0	0.013
Methionine	g	0.017	0	0.004
Cystine	g	0.009	0	0.002
Phenylalanine	g	0.035	0	0.008
Tyrosine	g	0.026	0	0.006
Valine	g	0.047	0	0.011
Arginine	g	0.025	0	0.006
Histidine	g	0.017	0	0.004
Alanine	g	0.032	0	0.008
Aspartic acid	g	0.129	0	0.031
Glutamic acid	g	0.130	0	0.031
Glycine	g	0.023	0	0.006
Proline	g	0.059	0	0.014
Serine	g	0.042	0	0.010
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

*** Common Measures:**
Measure 1: 1 bar

NDB No. 19013 Snacks, fruit leather, pieces

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 27g	Measure 3* 21g
Proximates:							
Water	g	12.30	0.676	8	3.49	3.32	2.58
Energy	kcal	341		0	97	92	72
Energy	kj	1427		0	405	385	300
Protein (N x 5.95)	g	1.00	0.084	8	0.28	0.27	0.21
Total lipid (fat)	g	7.20	0.393	8	2.04	1.94	1.51
Carbohydrate, by difference	g	78.30		0	22.20	21.14	16.44
Fiber, total dietary	g	3.5		0	1.0	0.9	0.7
Ash	g	1.20	0.143	8	0.34	0.32	0.25
Sugars, total	g						
Minerals:							
Calcium	mg	18	3.100	2	5	5	4
Iron	mg	0.75	0.050	2	0.21	0.20	0.16
Magnesium	mg	14	0.949	7	4	4	3
Phosphorus	mg	24	3.157	6	7	6	5
Potassium	mg	164	6.462	7	46	44	34
Sodium	mg	403	27.419	7	114	109	85
Zinc	mg	0.19		0	0.05	0.05	0.04
Copper	mg	0.171		0	0.048	0.046	0.036
Manganese	mg	0.184		0	0.052	0.050	0.039
Selenium	µg	2.7		0	0.8	0.7	0.6
Vitamins:							
Ascorbic acid	mg	56.0	0.000	7	15.9	15.1	11.8
Thiamin	mg	0.043		0	0.012	0.012	0.009
Riboflavin	mg	0.100		1	0.028	0.027	0.021
Niacin	mg	0.100		1	0.028	0.027	0.021
Pantothenic acid	mg	0.319		0	0.090	0.086	0.067
Vitamin B-6	mg	0.300		0	0.085	0.081	0.063
Folate	µg	14		0	4	4	3
Vitamin B-12	µg	0.00		0	0.00	0.00	0.00
Vitamin A	IU	116		0	33	31	24
Vitamin A, RE	µg	12		0	3	3	3
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	1.060		0	0.301	0.286	0.223
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.010		1	0.003	0.003	0.002
15.0	g						
16:0	g	0.700		1	0.198	0.189	0.147
17:0	g						
18:0	g	0.350		1	0.099	0.094	0.074
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.030	0	0.859	0.818	0.636
14:1	g					
16:1	g	0.030	1	0.009	0.008	0.006
18:1	g	3.000	1	0.851	0.810	0.630
20:1	g	0.000	1	0.000	0.000	0.000
22.1	g					
Polyunsaturated, total	g	2.710	0	0.768	0.732	0.569
18:2	g	2.500	1	0.709	0.675	0.525
18:3	g	0.210	1	0.060	0.057	0.044
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	0.003	0.003	0.003
Threonine	g	0.030	0	0.009	0.008	0.006
Isoleucine	g	0.030	0	0.009	0.008	0.006
Leucine	g	0.061	0	0.017	0.016	0.013
Lysine	g	0.034	0	0.010	0.009	0.007
Methionine	g	0.010	0	0.003	0.003	0.002
Cystine	g	0.015	0	0.004	0.004	0.003
Phenylalanine	g	0.040	0	0.011	0.011	0.008
Tyrosine	g	0.032	0	0.009	0.009	0.007
Valine	g	0.036	0	0.010	0.010	0.008
Arginine	g	0.042	0	0.012	0.011	0.009
Histidine	g	0.021	0	0.006	0.006	0.004
Alanine	g	0.043	0	0.012	0.012	0.009
Aspartic acid	g	0.150	0	0.043	0.041	0.032
Glutamic acid	g	0.236	0	0.067	0.064	0.050
Glycine	g	0.039	0	0.011	0.011	0.008
Proline	g	0.072	0	0.020	0.019	0.015
Serine	g	0.045	0	0.013	0.012	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 oz
Measure 2: 1 package
Measure 3: 1 packet (.75 oz)

NDB No. 19014 Snacks, fruit leather, rolls

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 21g	Measure 2* 14g	Measure 3*
Proximates:							
Water	g	11.00	0.180	17	2.31	1.54	
Energy	kcal	350		0	74	49	
Energy	kj	1464		0	307	205	
Protein (N x 5.95)	g	1.00	0.060	17	0.21	0.14	
Total lipid (fat)	g	3.00	0.510	17	0.63	0.42	
Carbohydrate, by difference	g	84.30		0	17.70	11.80	
Fiber, total dietary	g	3.6		0	0.8	0.5	
Ash	g	0.90	0.042	17	0.19	0.13	
Sugars, total	g						
Minerals:							
Calcium	mg	32	1.164	17	7	4	
Iron	mg	1.01	0.115	17	0.21	0.14	
Magnesium	mg	20	0.843	17	4	3	
Phosphorus	mg	31	1.230	16	7	4	
Potassium	mg	294	11.212	17	62	41	
Sodium	mg	61	8.643	17	13	9	
Zinc	mg	0.19	0.012	7	0.04	0.03	
Copper	mg	0.171	0.006	7	0.036	0.024	
Manganese	mg	0.184	0.020	7	0.039	0.026	
Selenium	µg	2.7		0	0.6	0.4	
Vitamins:							
Ascorbic acid	mg	6.1	0.543	7	1.3	0.9	
Thiamin	mg	0.043		0	0.009	0.006	
Riboflavin	mg	0.020		1	0.004	0.003	
Niacin	mg	0.100		1	0.021	0.014	
Pantothenic acid	mg	0.325		0	0.068	0.046	
Vitamin B-6	mg	0.300	0.073	6	0.063	0.042	
Folate	µg	8		0	2	1	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	116	61.017	7	24	16	
Vitamin A, RE	µg	12		0	3	2	
Vitamin E, α-TE	mg	0.280		0	0.059	0.039	
Lipids:							
Saturated, total	g	0.650		0	0.137	0.091	
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		1	0.000	0.000	
14:0	g	0.010		1	0.002	0.001	
15.0	g						
16:0	g	0.340		1	0.071	0.048	
17:0	g						
18:0	g	0.300		1	0.063	0.042	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.480	0	0.311	0.207
14:1	g				
16:1	g	0.000	1	0.000	0.000
18:1	g	1.480	1	0.311	0.207
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.540	0	0.113	0.076
18:2	g	0.430	1	0.090	0.060
18:3	g	0.120	1	0.025	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	0.010	0	0.002	0.001
Threonine	g	0.030	0	0.006	0.004
Isoleucine	g	0.025	0	0.005	0.004
Leucine	g	0.050	0	0.011	0.007
Lysine	g	0.048	0	0.010	0.007
Methionine	g	0.003	0	0.001	0.000
Cystine	g	0.008	0	0.002	0.001
Phenylalanine	g	0.029	0	0.006	0.004
Tyrosine	g	0.027	0	0.006	0.004
Valine	g	0.031	0	0.007	0.004
Arginine	g	0.037	0	0.008	0.005
Histidine	g	0.018	0	0.004	0.003
Alanine	g	0.046	0	0.010	0.006
Aspartic acid	g	0.205	0	0.043	0.029
Glutamic acid	g	0.126	0	0.026	0.018
Glycine	g	0.035	0	0.007	0.005
Proline	g	0.038	0	0.008	0.005
Serine	g	0.041	0	0.009	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 large
Measure 2: 1 small

NDB No. 19015 Snacks, granola bars, hard, plain

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 25g	Measure 2* 28g	Measure 3*
Proximates:							
Water	g	3.90	0.241	27	0.96	1.11	
Energy	kcal	471		0	115	134	
Energy	kj	1971		0	483	559	
Protein (N x 5.95)	g	10.10	0.292	28	2.47	2.86	
Total lipid (fat)	g	19.80	0.445	27	4.85	5.61	
Carbohydrate, by difference	g	64.40		0	15.78	18.26	
Fiber, total dietary	g	5.3		0	1.3	1.5	
Ash	g	1.90	0.038	25	0.47	0.54	
Sugars, total	g						
Minerals:							
Calcium	mg	61	2.995	18	15	17	
Iron	mg	2.95	0.099	22	0.72	0.84	
Magnesium	mg	97	7.625	3	24	27	
Phosphorus	mg	277	4.152	21	68	79	
Potassium	mg	336	10.383	19	82	95	
Sodium	mg	294	7.089	24	72	83	
Zinc	mg	2.03		1	0.50	0.58	
Copper	mg	0.392		1	0.096	0.111	
Manganese	mg	1.777		1	0.435	0.504	
Selenium	µg	16.2		0	4.0	4.6	
Vitamins:							
Ascorbic acid	mg	0.9	0.001	3	0.2	0.3	
Thiamin	mg	0.264	0.006	23	0.065	0.075	
Riboflavin	mg	0.119	0.012	18	0.029	0.034	
Niacin	mg	1.581	0.287	9	0.387	0.448	
Pantothenic acid	mg	0.813	0.293	4	0.199	0.230	
Vitamin B-6	mg	0.085	0.010	4	0.021	0.024	
Folate	µg	23	1.698	3	6	7	
Vitamin B-12	µg	0.00		1	0.00	0.00	
Vitamin A	IU	151	23.302	3	37	43	
Vitamin A, RE	µg	15		0	4	4	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	2.370		0	0.581	0.672	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g	0.010		1	0.002	0.003	
14:0	g	0.010		1	0.002	0.003	
15.0	g						
16:0	g	1.540		1	0.377	0.437	
17:0	g						
18:0	g	0.760		1	0.186	0.215	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	4.380	0	1.073	1.242
14:1	g				
16:1	g	0.010	1	0.002	0.003
18:1	g	4.370	1	1.071	1.239
20:1	g				
22.1	g				
Polyunsaturated, total	g	12.050	0	2.952	3.416
18:2	g	11.990	1	2.938	3.399
18:3	g	0.060	1	0.015	0.017
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	0	1	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.177	0	0.043	0.050
Threonine	g	0.264	0	0.065	0.075
Isoleucine	g	0.352	0	0.086	0.100
Leucine	g	0.724	0	0.177	0.205
Lysine	g	0.400	0	0.098	0.113
Methionine	g	0.177	0	0.043	0.050
Cystine	g	0.304	0	0.074	0.086
Phenylalanine	g	0.479	0	0.117	0.136
Tyrosine	g	0.352	0	0.086	0.100
Valine	g	0.508	0	0.124	0.144
Arginine	g	0.674	0	0.165	0.191
Histidine	g	0.216	0	0.053	0.061
Alanine	g	0.460	0	0.113	0.130
Aspartic acid	g	0.830	0	0.203	0.235
Glutamic acid	g	1.975	0	0.484	0.560
Glycine	g	0.499	0	0.122	0.141
Proline	g	0.518	0	0.127	0.147
Serine	g	0.470	0	0.115	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 bar

Measure 2: 1 bar (1 oz)

NDB No. 19016 Snacks, granola bars, hard, almond

Refuse: 0%

Nutrients 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* 24g	Measure 3*
Proximates:							
Water	g	3.10		1	0.88	0.73	
Energy	kcal	495		0	140	117	
Energy	kj	2071		0	587	489	
Protein (N x 5.95)	g	7.70		1	2.18	1.82	
Total lipid (fat)	g	25.50		1	7.23	6.02	
Carbohydrate, by difference	g	62.00		0	17.58	14.63	
Fiber, total dietary	g	4.8		0	1.4	1.1	
Ash	g	1.60		1	0.45	0.38	
Sugars, total	g						
Minerals:							
Calcium	mg	32		1	9	8	
Iron	mg	2.50		1	0.71	0.59	
Magnesium	mg	81		1	23	19	
Phosphorus	mg	228		1	65	54	
Potassium	mg	273		1	77	64	
Sodium	mg	256		1	73	60	
Zinc	mg	1.58		1	0.45	0.37	
Copper	mg	0.127		1	0.036	0.030	
Manganese	mg	1.365		1	0.387	0.322	
Selenium	µg	15.0		0	4.3	3.5	
Vitamins:							
Ascorbic acid	mg	0.0		1	0.0	0.0	
Thiamin	mg	0.280		1	0.079	0.066	
Riboflavin	mg	0.070		1	0.020	0.017	
Niacin	mg	0.610		1	0.173	0.144	
Pantothenic acid	mg	0.466		1	0.132	0.110	
Vitamin B-6	mg	0.047		1	0.013	0.011	
Folate	µg	12		1	3	3	
Vitamin B-12	µg	0.00		1	0.00	0.00	
Vitamin A	IU	37		1	10	9	
Vitamin A, RE	µg	4		0	1	1	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	12.510		0	3.547	2.952	
4:0	g						
6.0	g	0.080		1	0.023	0.019	
8:0	g	0.940		1	0.266	0.222	
10:0	g	0.750		1	0.213	0.177	
12:0	g	5.600		1	1.588	1.322	
14:0	g	2.120		1	0.601	0.500	
15.0	g						
16:0	g	2.430		1	0.689	0.573	
17:0	g						
18:0	g	0.530		1	0.150	0.125	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	7.740	0	2.194	1.827
14:1	g				
16:1	g	0.050	1	0.014	0.012
18:1	g	7.690	1	2.180	1.815
20:1	g				
22.1	g				
Polyunsaturated, total	g	3.760	0	1.066	0.887
18:2	g	3.660	1	1.038	0.864
18:3	g	0.100	1	0.028	0.024
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	0	1	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.142	0	0.040	0.034
Threonine	g	0.221	0	0.063	0.052
Isoleucine	g	0.289	0	0.082	0.068
Leucine	g	0.585	0	0.166	0.138
Lysine	g	0.313	0	0.089	0.074
Methionine	g	0.135	0	0.038	0.032
Cystine	g	0.231	0	0.065	0.055
Phenylalanine	g	0.390	0	0.111	0.092
Tyrosine	g	0.282	0	0.080	0.067
Valine	g	0.406	0	0.115	0.096
Arginine	g	0.596	0	0.169	0.141
Histidine	g	0.178	0	0.050	0.042
Alanine	g	0.369	0	0.105	0.087
Aspartic acid	g	0.698	0	0.198	0.165
Glutamic acid	g	1.679	0	0.476	0.396
Glycine	g	0.411	0	0.117	0.097
Proline	g	0.425	0	0.120	0.100
Serine	g	0.374	0	0.106	0.088
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 bar

NDB No. 19017 Snacks, granola bars, hard, chocolate chip

Refuse: 0%

Nutrients 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* 24g	Measure 3*
Proximates:							
Water	g	2.40		1	0.68	0.57	
Energy	kcal	438		0	124	103	
Energy	kj	1833		0	520	433	
Protein (N x 5.95)	g	7.30		1	2.07	1.72	
Total lipid (fat)	g	16.30		1	4.62	3.85	
Carbohydrate, by difference	g	72.10		0	20.44	17.02	
Fiber, total dietary	g	4.4		0	1.2	1.0	
Ash	g	1.80		1	0.51	0.42	
Sugars, total	g						
Minerals:							
Calcium	mg	77		1	22	18	
Iron	mg	3.05		1	0.86	0.72	
Magnesium	mg	72		1	20	17	
Phosphorus	mg	204		1	58	48	
Potassium	mg	251		1	71	59	
Sodium	mg	344		1	98	81	
Zinc	mg	1.93		1	0.55	0.46	
Copper	mg	0.261		1	0.074	0.062	
Manganese	mg	1.507		1	0.427	0.356	
Selenium	µg	12.5		0	3.5	3.0	
Vitamins:							
Ascorbic acid	mg	0.1		1	0.0	0.0	
Thiamin	mg	0.180		1	0.051	0.042	
Riboflavin	mg	0.100		1	0.028	0.024	
Niacin	mg	0.555		1	0.157	0.131	
Pantothenic acid	mg	0.506		1	0.143	0.119	
Vitamin B-6	mg	0.058		1	0.016	0.014	
Folate	µg	13		1	4	3	
Vitamin B-12	µg	0.01		1	0.00	0.00	
Vitamin A	IU	42		1	12	10	
Vitamin A, RE	µg	4		0	1	1	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	11.410		0	3.235	2.693	
4:0	g						
6.0	g	0.060		1	0.017	0.014	
8:0	g	0.760		1	0.215	0.179	
10:0	g	0.610		1	0.173	0.144	
12:0	g	4.550		1	1.290	1.074	
14:0	g	1.720		1	0.488	0.406	
15.0	g						
16:0	g	2.160		1	0.612	0.510	
17:0	g						
18:0	g	1.520		1	0.431	0.359	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.630	0	0.746	0.621
14:1	g				
16:1	g	0.010	1	0.003	0.002
18:1	g	2.610	1	0.740	0.616
20:1	g				
22.1	g				
Polyunsaturated, total	g	1.270	0	0.360	0.300
18:2	g	1.220	1	0.346	0.288
18:3	g	0.050	1	0.014	0.012
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	0	1	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.134	0	0.038	0.032
Threonine	g	0.211	0	0.060	0.050
Isoleucine	g	0.274	0	0.078	0.065
Leucine	g	0.552	0	0.156	0.130
Lysine	g	0.311	0	0.088	0.073
Methionine	g	0.134	0	0.038	0.032
Cystine	g	0.222	0	0.063	0.052
Phenylalanine	g	0.368	0	0.104	0.087
Tyrosine	g	0.274	0	0.078	0.065
Valine	g	0.396	0	0.112	0.093
Arginine	g	0.517	0	0.147	0.122
Histidine	g	0.164	0	0.046	0.039
Alanine	g	0.356	0	0.101	0.084
Aspartic acid	g	0.648	0	0.184	0.153
Glutamic acid	g	1.494	0	0.424	0.353
Glycine	g	0.380	0	0.108	0.090
Proline	g	0.395	0	0.112	0.093
Serine	g	0.359	0	0.102	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 oz
Measure 2: 1 bar

NDB No. 19019 Snacks, granola bars, hard, peanut

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2*	Measure 3*
Proximates:							
Water	g	2.30		1	0.65		
Energy	kcal	479		0	136		
Energy	kj	2004		0	568		
Protein (N x 5.95)	g	11.00	0.474	2	3.12		
Total lipid (fat)	g	21.40	1.300	2	6.07		
Carbohydrate, by difference	g	63.70		0	18.06		
Fiber, total dietary	g	4.3		0	1.2		
Ash	g	1.50		1	0.43		
Sugars, total	g						
Minerals:							
Calcium	mg	39		1	11		
Iron	mg	2.50		1	0.71		
Magnesium	mg	110		1	31		
Phosphorus	mg	300		1	85		
Potassium	mg	305		1	86		
Sodium	mg	278	26.000	2	79		
Zinc	mg	2.09		1	0.59		
Copper	mg	0.279		1	0.079		
Manganese	mg	1.407		1	0.399		
Selenium	µg	15.0		0	4.3		
Vitamins:							
Ascorbic acid	mg	0.0		1	0.0		
Thiamin	mg	0.190		1	0.054		
Riboflavin	mg	0.080		1	0.023		
Niacin	mg	1.460		1	0.414		
Pantothenic acid	mg	0.600		1	0.170		
Vitamin B-6	mg	0.070		1	0.020		
Folate	µg	23		1	7		
Vitamin B-12	µg	0.00		1	0.00		
Vitamin A	IU	32		1	9		
Vitamin A, RE	µg	3		0	1		
Vitamin E, α-TE	mg	1.116		0	0.316		
Lipids:							
Saturated, total	g	2.520		0	0.714		
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	0.010		2	0.003		
14:0	g	0.010		2	0.003		
15.0	g						
16:0	g	1.630		2	0.462		
17:0	g						
18:0	g	0.780		2	0.221		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	5.760	0	1.633
14:1	g			
16:1	g	0.010	2	0.003
18:1	g	5.680	2	1.610
20:1	g	0.060	2	0.017
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	11.880	0	3.368
18:2	g	11.850	2	3.359
18:3	g	0.030	2	0.009
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	1	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.172	0	0.049
Threonine	g	0.331	0	0.094
Isoleucine	g	0.402	0	0.114
Leucine	g	0.800	0	0.227
Lysine	g	0.443	0	0.126
Methionine	g	0.182	0	0.052
Cystine	g	0.280	0	0.079
Phenylalanine	g	0.564	0	0.160
Tyrosine	g	0.423	0	0.120
Valine	g	0.549	0	0.156
Arginine	g	0.970	0	0.275
Histidine	g	0.261	0	0.074
Alanine	g	0.503	0	0.143
Aspartic acid	g	1.098	0	0.311
Glutamic acid	g	2.306	0	0.654
Glycine	g	0.611	0	0.173
Proline	g	0.564	0	0.160
Serine	g	0.549	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 oz

NDB No. 19020 Snacks, granola bars, soft, uncoated, plain

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2*	Measure 3*
Proximates:							
Water	g	6.40		1	1.81		
Energy	kcal	443		0	126		
Energy	kj	1854		0	526		
Protein (N x 5.95)	g	7.40	0.132	2	2.10		
Total lipid (fat)	g	17.20	1.625	2	4.88		
Carbohydrate, by difference	g	67.30		0	19.08		
Fiber, total dietary	g	4.6		0	1.3		
Ash	g	1.70		1	0.48		
Sugars, total	g						
Minerals:							
Calcium	mg	105		1	30		
Iron	mg	2.56	0.150	2	0.73		
Magnesium	mg	74		1	21		
Phosphorus	mg	230		1	65		
Potassium	mg	325		1	92		
Sodium	mg	278		1	79		
Zinc	mg	1.50		1	0.43		
Copper	mg	0.270		1	0.077		
Manganese	mg	1.530		1	0.434		
Selenium	µg	16.2		0	4.6		
Vitamins:							
Ascorbic acid	mg	0.0		1	0.0		
Thiamin	mg	0.295	0.035	2	0.084		
Riboflavin	mg	0.165	0.025	2	0.047		
Niacin	mg	0.515	0.515	2	0.146		
Pantothenic acid	mg	0.520		1	0.147		
Vitamin B-6	mg	0.100		1	0.028		
Folate	µg	24		1	7		
Vitamin B-12	µg	0.39		1	0.11		
Vitamin A	IU	0		1	0		
Vitamin A, RE	µg	0		0	0		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	7.240		0	2.053		
4:0	g						
6.0	g	0.050		1	0.014		
8:0	g	0.460		1	0.130		
10:0	g	0.360		1	0.102		
12:0	g	2.680		1	0.760		
14:0	g	1.040		1	0.295		
15.0	g						
16:0	g	2.120		1	0.601		
17:0	g						
18:0	g	0.540		1	0.153		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.810	0	1.080
14:1	g			
16:1	g	0.050	1	0.014
18:1	g	3.770	1	1.069
20:1	g			
22.1	g			
Polyunsaturated, total	g	5.320	0	1.508
18:2	g	5.020	1	1.423
18:3	g	0.300	1	0.085
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	1	1	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.101	0	0.029
Threonine	g	0.239	0	0.068
Isoleucine	g	0.293	0	0.083
Leucine	g	0.536	0	0.152
Lysine	g	0.292	0	0.083
Methionine	g	0.128	0	0.036
Cystine	g	0.163	0	0.046
Phenylalanine	g	0.381	0	0.108
Tyrosine	g	0.250	0	0.071
Valine	g	0.396	0	0.112
Arginine	g	0.490	0	0.139
Histidine	g	0.163	0	0.046
Alanine	g	0.365	0	0.103
Aspartic acid	g	0.645	0	0.183
Glutamic acid	g	1.495	0	0.424
Glycine	g	0.347	0	0.098
Proline	g	0.601	0	0.170
Serine	g	0.318	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 bar (1 oz)

NDB No. 19021 Snacks, granola bars, soft, uncoated, peanut butter

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2*	Measure 3*
Proximates:							
Water	g	7.30	1.640	2	2.07		
Energy	kcal	426		0	121		
Energy	kj	1782		0	505		
Protein (N x 5.95)	g	10.50	0.528	2	2.98		
Total lipid (fat)	g	15.80	1.645	2	4.48		
Carbohydrate, by difference	g	64.40		0	18.26		
Fiber, total dietary	g	4.3		0	1.2		
Ash	g	2.10	0.060	2	0.60		
Sugars, total	g						
Minerals:							
Calcium	mg	91	0.850	2	26		
Iron	mg	2.13	0.059	2	0.60		
Magnesium	mg	86		1	24		
Phosphorus	mg	250		1	71		
Potassium	mg	291	61.850	2	82		
Sodium	mg	409	67.550	2	116		
Zinc	mg	1.86		1	0.53		
Copper	mg	0.660		1	0.187		
Manganese	mg	1.400		1	0.397		
Selenium	µg	18.9		0	5.4		
Vitamins:							
Ascorbic acid	mg	0.0		1	0.0		
Thiamin	mg	0.228	0.018	2	0.065		
Riboflavin	mg	0.148	0.042	2	0.042		
Niacin	mg	3.142	0.038	2	0.891		
Pantothenic acid	mg	0.540		1	0.153		
Vitamin B-6	mg	0.103	0.003	2	0.029		
Folate	µg	32	0.651	2	9		
Vitamin B-12	µg	0.20		1	0.06		
Vitamin A	IU	14		1	4		
Vitamin A, RE	µg	2		0	1		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	3.650		0	1.035		
4:0	g						
6.0	g	0.010		1	0.003		
8:0	g	0.150		1	0.043		
10:0	g	0.120		1	0.034		
12:0	g	0.890		1	0.252		
14:0	g	0.340		1	0.096		
15.0	g						
16:0	g	1.670		1	0.473		
17:0	g						
18:0	g	0.460		1	0.130		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	6.590	0	1.868
14:1	g			
16:1	g	0.010	1	0.003
18:1	g	6.410	1	1.817
20:1	g	0.160	1	0.045
22.1	g			
Polyunsaturated, total	g	4.270	0	1.211
18:2	g	4.220	1	1.196
18:3	g	0.030	1	0.009
18:4	g			
20:4	g	0.020	1	0.006
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	1	1	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.110	0	0.031
Threonine	g	0.350	0	0.099
Isoleucine	g	0.374	0	0.106
Leucine	g	0.696	0	0.197
Lysine	g	0.374	0	0.106
Methionine	g	0.148	0	0.042
Cystine	g	0.153	0	0.043
Phenylalanine	g	0.531	0	0.151
Tyrosine	g	0.417	0	0.118
Valine	g	0.466	0	0.132
Arginine	g	1.107	0	0.314
Histidine	g	0.256	0	0.073
Alanine	g	0.441	0	0.125
Aspartic acid	g	1.158	0	0.328
Glutamic acid	g	2.121	0	0.601
Glycine	g	0.584	0	0.166
Proline	g	0.471	0	0.134
Serine	g	0.499	0	0.141
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

*** Common Measures:**
Measure 1: 1 bar (1 oz)

NDB No. 19022 Snacks, granola bars, soft, uncoated, raisin

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 43g	Measure 2* 28g	Measure 3*
Proximates:							
Water	g	6.40	0.120	2	2.72	1.81	
Energy	kcal	448		0	190	127	
Energy	kj	1874		0	796	531	
Protein (N x 5.95)	g	7.60	0.566	2	3.23	2.15	
Total lipid (fat)	g	17.80	0.195	2	7.57	5.05	
Carbohydrate, by difference	g	66.40		0	28.22	18.82	
Fiber, total dietary	g	4.2		0	1.8	1.2	
Ash	g	1.80	0.020	2	0.77	0.51	
Sugars, total	g						
Minerals:							
Calcium	mg	101	2.100	2	43	29	
Iron	mg	2.44	0.062	2	1.04	0.69	
Magnesium	mg	72		1	31	20	
Phosphorus	mg	220		1	94	62	
Potassium	mg	362	4.899	2	154	103	
Sodium	mg	282	10.850	2	120	80	
Zinc	mg	1.30		1	0.55	0.37	
Copper	mg	0.280		1	0.119	0.079	
Manganese	mg	1.260		1	0.536	0.357	
Selenium	µg	15.7		0	6.7	4.5	
Vitamins:							
Ascorbic acid	mg	0.0		1	0.0	0.0	
Thiamin	mg	0.231	0.051	2	0.098	0.065	
Riboflavin	mg	0.163	0.057	2	0.069	0.046	
Niacin	mg	1.101	0.009	2	0.468	0.312	
Pantothenic acid	mg	0.480		1	0.204	0.136	
Vitamin B-6	mg	0.103	0.003	2	0.044	0.029	
Folate	µg	21	0.600	2	9	6	
Vitamin B-12	µg	0.18		1	0.08	0.05	
Vitamin A	IU	0		1	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	9.570		0	4.067	2.713	
4:0	g						
6.0	g	0.070		1	0.030	0.020	
8:0	g	0.730		1	0.310	0.207	
10:0	g	0.570		1	0.242	0.162	
12:0	g	4.270		1	1.815	1.211	
14:0	g	1.620		1	0.689	0.459	
15.0	g						
16:0	g	1.850		1	0.786	0.524	
17:0	g						
18:0	g	0.460		1	0.196	0.130	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.840	0	1.207	0.805
14:1	g				
16:1	g	0.050	1	0.021	0.014
18:1	g	2.790	1	1.186	0.791
20:1	g				
22.1	g				
Polyunsaturated, total	g	3.210	0	1.364	0.910
18:2	g	3.040	1	1.292	0.862
18:3	g	0.170	1	0.072	0.048
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	1	1	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.108	0	0.046	0.031
Threonine	g	0.257	0	0.109	0.073
Isoleucine	g	0.305	0	0.130	0.086
Leucine	g	0.565	0	0.240	0.160
Lysine	g	0.301	0	0.128	0.085
Methionine	g	0.141	0	0.060	0.040
Cystine	g	0.173	0	0.074	0.049
Phenylalanine	g	0.394	0	0.167	0.112
Tyrosine	g	0.255	0	0.108	0.072
Valine	g	0.411	0	0.175	0.117
Arginine	g	0.586	0	0.249	0.166
Histidine	g	0.183	0	0.078	0.052
Alanine	g	0.385	0	0.164	0.109
Aspartic acid	g	0.650	0	0.276	0.184
Glutamic acid	g	1.646	0	0.700	0.467
Glycine	g	0.381	0	0.162	0.108
Proline	g	0.414	0	0.176	0.117
Serine	g	0.335	0	0.142	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 bar (1.5 oz)
Measure 2: 1 bar (1 oz)

NDB No. 19024 Snacks, granola bars, soft, coated, milk chocolate coating, chocolate chip

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 35g	Measure 2* 28g	Measure 3*
Proximates:							
Water	g	3.60	0.650	2	1.27	1.02	
Energy	kcal	466		0	165	132	
Energy	kj	1950		0	690	553	
Protein (N x 5.95)	g	5.80		1	2.05	1.64	
Total lipid (fat)	g	24.90	2.550	2	8.81	7.06	
Carbohydrate, by difference	g	63.80		0	22.59	18.09	
Fiber, total dietary	g	3.4		0	1.2	1.0	
Ash	g	1.50		1	0.53	0.43	
Sugars, total	g						
Minerals:							
Calcium	mg	103	0.500	2	36	29	
Iron	mg	2.33	0.295	2	0.82	0.66	
Magnesium	mg	66		1	23	19	
Phosphorus	mg	199		1	70	56	
Potassium	mg	313		1	111	89	
Sodium	mg	200	30.500	2	71	57	
Zinc	mg	1.30		1	0.46	0.37	
Copper	mg	0.350		1	0.124	0.099	
Manganese	mg	0.930		1	0.329	0.264	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		1	0.0	0.0	
Thiamin	mg	0.090	0.010	2	0.032	0.026	
Riboflavin	mg	0.250	0.040	2	0.089	0.071	
Niacin	mg	0.720	0.120	2	0.255	0.204	
Pantothenic acid	mg	0.510		1	0.181	0.145	
Vitamin B-6	mg	0.100		1	0.035	0.028	
Folate	µg	26		1	9	7	
Vitamin B-12	µg	0.57		1	0.20	0.16	
Vitamin A	IU	39		1	14	11	
Vitamin A, RE	µg	7		0	2	2	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	14.220		0	5.034	4.031	
4:0	g	0.100		1	0.035	0.028	
6.0	g	0.040		1	0.014	0.011	
8:0	g	0.130		1	0.046	0.037	
10:0	g	0.150		1	0.053	0.043	
12:0	g	0.630		1	0.223	0.179	
14:0	g	0.570		1	0.202	0.162	
15.0	g						
16:0	g	6.040		1	2.138	1.712	
17:0	g						
18:0	g	6.570		1	2.326	1.863	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	7.770	0	2.751	2.203
14:1	g				
16:1	g	0.190	1	0.067	0.054
18:1	g	7.580	1	2.683	2.149
20:1	g				
22.1	g				
Polyunsaturated, total	g	1.820	0	0.644	0.516
18:2	g	1.710	1	0.605	0.485
18:3	g	0.110	1	0.039	0.031
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	5	1	2	1
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.070	0	0.025	0.020
Threonine	g	0.226	0	0.080	0.064
Isoleucine	g	0.270	0	0.096	0.077
Leucine	g	0.474	0	0.168	0.134
Lysine	g	0.289	0	0.102	0.082
Methionine	g	0.114	0	0.040	0.032
Cystine	g	0.063	0	0.022	0.018
Phenylalanine	g	0.291	0	0.103	0.082
Tyrosine	g	0.244	0	0.086	0.069
Valine	g	0.345	0	0.122	0.098
Arginine	g	0.241	0	0.085	0.068
Histidine	g	0.105	0	0.037	0.030
Alanine	g	0.222	0	0.079	0.063
Aspartic acid	g	0.479	0	0.170	0.136
Glutamic acid	g	1.112	0	0.394	0.315
Glycine	g	0.177	0	0.063	0.050
Proline	g	0.393	0	0.139	0.111
Serine	g	0.254	0	0.090	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 bar (1.25 oz)
Measure 2: 1 bar (1 oz)

NDB No. 19026 Snacks, granola bars, soft, coated, milk chocolate coating, peanut butter

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 37g	Measure 3*
Proximates:							
Water	g	3.20		1	0.91	1.17	
Energy	kcal	509		0	144	187	
Energy	kj	2130		0	604	782	
Protein (N x 5.95)	g	10.20	0.510	2	2.89	3.74	
Total lipid (fat)	g	31.10	1.550	2	8.82	11.41	
Carbohydrate, by difference	g	53.40		0	15.14	19.60	
Fiber, total dietary	g	2.8		0	0.8	1.0	
Ash	g	1.90		1	0.54	0.70	
Sugars, total	g						
Minerals:							
Calcium	mg	108	13.062	3	31	40	
Iron	mg	1.45	0.221	3	0.41	0.53	
Magnesium	mg	67		1	19	25	
Phosphorus	mg	227		1	64	83	
Potassium	mg	339		1	96	124	
Sodium	mg	193	2.000	2	55	71	
Zinc	mg	1.47		1	0.42	0.54	
Copper	mg	0.323		1	0.092	0.119	
Manganese	mg	1.350		1	0.383	0.495	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.6		1	0.2	0.2	
Thiamin	mg	0.100	0.010	2	0.028	0.037	
Riboflavin	mg	0.210	0.032	3	0.060	0.077	
Niacin	mg	3.290	0.067	3	0.933	1.207	
Pantothenic acid	mg	0.530		1	0.150	0.195	
Vitamin B-6	mg	0.106		1	0.030	0.039	
Folate	µg	25		1	7	9	
Vitamin B-12	µg	0.00		1	0.00	0.00	
Vitamin A	IU	130	100.000	2	37	48	
Vitamin A, RE	µg	35		0	10	13	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	17.010		0	4.822	6.243	
4:0	g	0.070		1	0.020	0.026	
6.0	g	0.040		1	0.011	0.015	
8:0	g	0.420		1	0.119	0.154	
10:0	g	0.490		1	0.139	0.180	
12:0	g	5.500		1	1.559	2.019	
14:0	g	2.150		1	0.610	0.789	
15.0	g						
16:0	g	4.420		1	1.253	1.622	
17:0	g						
18:0	g	3.920		1	1.111	1.439	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	6.540	0	1.854	2.400
14:1	g				
16:1	g	0.120	1	0.034	0.044
18:1	g	6.390	1	1.812	2.345
20:1	g	0.030	1	0.009	0.011
22.1	g				
Polyunsaturated, total	g	1.900	0	0.539	0.697
18:2	g	1.830	1	0.519	0.672
18:3	g	0.070	1	0.020	0.026
18:4	g				
20:4	g	0.010	1	0.003	0.004
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	12	1	3	4
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.123	0	0.035	0.045
Threonine	g	0.387	0	0.110	0.142
Isoleucine	g	0.456	0	0.129	0.167
Leucine	g	0.804	0	0.228	0.295
Lysine	g	0.519	0	0.147	0.190
Methionine	g	0.173	0	0.049	0.063
Cystine	g	0.121	0	0.034	0.044
Phenylalanine	g	0.510	0	0.145	0.187
Tyrosine	g	0.431	0	0.122	0.158
Valine	g	0.555	0	0.157	0.204
Arginine	g	0.690	0	0.196	0.253
Histidine	g	0.228	0	0.065	0.084
Alanine	g	0.387	0	0.110	0.142
Aspartic acid	g	0.972	0	0.276	0.357
Glutamic acid	g	2.055	0	0.583	0.754
Glycine	g	0.405	0	0.115	0.149
Proline	g	0.680	0	0.193	0.250
Serine	g	0.491	0	0.139	0.180
Other:					
Caffeine	mg	6	1	2	2
Theobromine	mg	42	1	12	15
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 bar

NDB No. 19027 Snacks, granola bars, soft, uncoated, peanut butter and chocolate chip

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2*	Measure 3*
Proximates:							
Water	g	5.90		1	1.67		
Energy	kcal	432		0	122		
Energy	kj	1807		0	512		
Protein (N x 5.95)	g	9.80		1	2.78		
Total lipid (fat)	g	20.00		1	5.67		
Carbohydrate, by difference	g	62.20		0	17.63		
Fiber, total dietary	g	4.2		0	1.2		
Ash	g	2.00		1	0.57		
Sugars, total	g						
Minerals:							
Calcium	mg	80		1	23		
Iron	mg	1.94		1	0.55		
Magnesium	mg	88		1	25		
Phosphorus	mg	262		1	74		
Potassium	mg	377		1	107		
Sodium	mg	328		1	93		
Zinc	mg	1.70		1	0.48		
Copper	mg	0.400		1	0.113		
Manganese	mg	1.350		1	0.383		
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		1	0.0		
Thiamin	mg	0.120		1	0.034		
Riboflavin	mg	0.120		1	0.034		
Niacin	mg	3.150		1	0.893		
Pantothenic acid	mg	0.530		1	0.150		
Vitamin B-6	mg	0.100		1	0.028		
Folate	µg	33		1	9		
Vitamin B-12	µg	0.45		1	0.13		
Vitamin A	IU	12		1	3		
Vitamin A, RE	µg	2		0	1		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	5.590		0	1.585		
4:0	g						
6.0	g	0.010		1	0.003		
8:0	g	0.100		1	0.028		
10:0	g	0.080		1	0.023		
12:0	g	0.590		1	0.167		
14:0	g	0.240		1	0.068		
15.0	g						
16:0	g	2.730		1	0.774		
17:0	g						
18:0	g	1.850		1	0.524		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	8.360	0	2.370
14:1	g			
16:1	g	0.020	1	0.006
18:1	g	8.170	1	2.316
20:1	g	0.180	1	0.051
22.1	g			
Polyunsaturated, total	g	4.610	0	1.307
18:2	g	4.540	1	1.287
18:3	g	0.030	1	0.009
18:4	g			
20:4	g	0.030	1	0.009
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	1	1	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.101	0	0.029
Threonine	g	0.330	0	0.094
Isoleucine	g	0.348	0	0.099
Leucine	g	0.641	0	0.182
Lysine	g	0.357	0	0.101
Methionine	g	0.131	0	0.037
Cystine	g	0.137	0	0.039
Phenylalanine	g	0.497	0	0.141
Tyrosine	g	0.389	0	0.110
Valine	g	0.433	0	0.123
Arginine	g	1.046	0	0.297
Histidine	g	0.236	0	0.067
Alanine	g	0.407	0	0.115
Aspartic acid	g	1.105	0	0.313
Glutamic acid	g	1.973	0	0.559
Glycine	g	0.551	0	0.156
Proline	g	0.444	0	0.126
Serine	g	0.469	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 bar (1 oz)

NDB No. 19031 Snacks, oriental mix, rice-based

Refuse: 0%

Nutrients 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* 57g	Measure 3*
Proximates:							
Water	g	2.55		0	0.72	1.45	
Energy	kcal	549		0	156	311	
Energy	kj	2297		0	651	1302	
Protein (N x 5.95)	g	17.31		1	4.91	9.81	
Total lipid (fat)	g	25.58		1	7.25	14.50	
Carbohydrate, by difference	g	51.62		0	14.63	29.27	
Fiber, total dietary	g	13.2		1	3.7	7.5	
Ash	g	2.94		1	0.83	1.67	
Sugars, total	g						
Minerals:							
Calcium	mg	54		1	15	31	
Iron	mg	2.44		1	0.69	1.38	
Magnesium	mg	118		1	33	67	
Phosphorus	mg	262		1	74	149	
Potassium	mg	328		1	93	186	
Sodium	mg	413		1	117	234	
Zinc	mg	2.66		1	0.75	1.51	
Copper	mg	0.134		1	0.038	0.076	
Manganese	mg	1.273		1	0.361	0.722	
Selenium	µg	8.1		0	2.3	4.6	
Vitamins:							
Ascorbic acid	mg	0.3		0	0.1	0.2	
Thiamin	mg	0.311		1	0.088	0.176	
Riboflavin	mg	0.141		1	0.040	0.080	
Niacin	mg	3.081		1	0.873	1.747	
Pantothenic acid	mg	0.475		1	0.135	0.269	
Vitamin B-6	mg	0.072		1	0.020	0.041	
Folate	µg	38		1	11	22	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	3		0	1	2	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	8.420		1	2.387	4.774	
Lipids:							
Saturated, total	g	3.785		0	1.073	2.146	
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	0.001	0.001	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.059		0	0.017	0.033	
15.0	g						
16:0	g	2.517		0	0.714	1.427	
17:0	g						
18:0	g	1.064		0	0.302	0.603	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	9.860	0	2.795	5.591
14:1	g				
16:1	g	0.089	0	0.025	0.050
18:1	g	9.709	0	2.753	5.505
20:1	g	0.029	0	0.008	0.016
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	10.643	0	3.017	6.035
18:2	g	10.286	0	2.916	5.832
18:3	g	0.317	0	0.090	0.180
18:4	g	0.000	0	0.000	0.000
20:4	g	0.001	0	0.000	0.001
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg	25	0	7	14
Amino acids:					
Tryptophan	g	0.192	0	0.054	0.109
Threonine	g	0.640	0	0.181	0.363
Isoleucine	g	0.675	0	0.191	0.383
Leucine	g	1.240	0	0.352	0.703
Lysine	g	0.681	0	0.193	0.386
Methionine	g	0.247	0	0.070	0.140
Cystine	g	0.254	0	0.072	0.144
Phenylalanine	g	0.972	0	0.276	0.551
Tyrosine	g	0.743	0	0.211	0.421
Valine	g	0.797	0	0.226	0.452
Arginine	g	2.103	0	0.596	1.192
Histidine	g	0.473	0	0.134	0.268
Alanine	g	0.745	0	0.211	0.422
Aspartic acid	g	2.161	0	0.613	1.225
Glutamic acid	g	4.109	0	1.165	2.330
Glycine	g	1.081	0	0.306	0.613
Proline	g	0.945	0	0.268	0.536
Serine	g	0.929	0	0.263	0.527
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 2 oz

NDB No. 19032 Snacks, DOO DADS snack mix, original flavor

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 57g	Measure 2* 28g	Measure 3*
Proximates:							
Water	g	3.00	0.323	3	1.70	0.85	
Energy	kcal	456		0	259	129	
Energy	kj	1908		0	1082	541	
Protein (N x 5.95)	g	10.30	0.912	3	5.84	2.92	
Total lipid (fat)	g	18.50	0.512	3	10.49	5.24	
Carbohydrate, by difference	g	64.30		0	36.46	18.23	
Fiber, total dietary	g	6.8		0	3.9	1.9	
Ash	g	3.80	0.122	3	2.15	1.08	
Sugars, total	g						
Minerals:							
Calcium	mg	74	2.719	3	42	21	
Iron	mg	2.50	1.050	3	1.42	0.71	
Magnesium	mg	60		1	34	17	
Phosphorus	mg	296		1	168	84	
Potassium	mg	277	12.429	3	157	79	
Sodium	mg	1271	95.048	3	721	360	
Zinc	mg	2.25		1	1.28	0.64	
Copper	mg	0.321		1	0.182	0.091	
Manganese	mg	1.765		1	1.001	0.500	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.1		1	0.1	0.0	
Thiamin	mg	0.360	0.074	3	0.204	0.102	
Riboflavin	mg	0.260	0.020	3	0.147	0.074	
Niacin	mg	5.370	0.667	3	3.045	1.522	
Pantothenic acid	mg	0.578		1	0.328	0.164	
Vitamin B-6	mg	0.204		1	0.116	0.058	
Folate	µg	40		1	23	11	
Vitamin B-12	µg	0.01		1	0.01	0.00	
Vitamin A	IU	151		1	86	43	
Vitamin A, RE	µg	43		0	24	12	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	3.530		0	2.002	1.001	
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	1	1	1	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. 19033 Snacks, CHEX mix

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 57g	Measure 3*
Proximates:							
Water	g	3.50		1	0.99	1.98	
Energy	kcal	425		0	120	241	
Energy	kj	1778		0	504	1008	
Protein (N x 5.95)	g	11.00		1	3.12	6.24	
Total lipid (fat)	g	17.30		1	4.90	9.81	
Carbohydrate, by difference	g	65.10		0	18.46	36.91	
Fiber, total dietary	g	5.6		0	1.6	3.2	
Ash	g	3.14		0	0.89	1.78	
Sugars, total	g						
Minerals:							
Calcium	mg	35		1	10	20	
Iron	mg	24.70		1	7.00	14.00	
Magnesium	mg	63		1	18	36	
Phosphorus	mg	187		1	53	106	
Potassium	mg	269		1	76	153	
Sodium	mg	1017		1	288	577	
Zinc	mg	2.09		1	0.59	1.19	
Copper	mg	0.448		1	0.127	0.254	
Manganese	mg	1.553		1	0.440	0.881	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	47.5		1	13.5	26.9	
Thiamin	mg	1.555		1	0.441	0.882	
Riboflavin	mg	0.497		1	0.141	0.282	
Niacin	mg	16.838		1	4.774	9.547	
Pantothenic acid	mg	0.451		1	0.128	0.256	
Vitamin B-6	mg	1.555		1	0.441	0.882	
Folate	µg	0		1	0	0	
Vitamin B-12	µg	12.40		1	3.52	7.03	
Vitamin A	IU	145		1	41	82	
Vitamin A, RE	µg	14		0	4	8	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	5.530		0	1.568	3.136	
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	1	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 oz (approx 2/3 cup)
Measure 2: 2 oz

NDB No. 19034 Snacks, popcorn, air-popped

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 8g	Measure 2* 28g	Measure 3*
Proximates:							
Water	g	4.10	0.289	3	0.33	1.16	
Energy	kcal	382		0	31	108	
Energy	kj	1598		0	128	453	
Protein (N x 5.95)	g	12.00	0.569	3	0.96	3.40	
Total lipid (fat)	g	4.20	1.185	3	0.34	1.19	
Carbohydrate, by difference	g	77.90		0	6.23	22.08	
Fiber, total dietary	g	15.1		0	1.2	4.3	
Ash	g	1.80	0.088	3	0.14	0.51	
Sugars, total	g						
Minerals:							
Calcium	mg	10	1.739	3	1	3	
Iron	mg	2.66	0.300	3	0.21	0.75	
Magnesium	mg	131	16.063	4	10	37	
Phosphorus	mg	300	49.950	3	24	85	
Potassium	mg	301	28.884	3	24	85	
Sodium	mg	4	0.450	2	0	1	
Zinc	mg	3.44	0.381	3	0.28	0.98	
Copper	mg	0.420	0.080	3	0.034	0.119	
Manganese	mg	0.943	0.092	3	0.075	0.267	
Selenium	µg	9.9		0	0.8	2.8	
Vitamins:							
Ascorbic acid	mg	0.0	0.000	2	0.0	0.0	
Thiamin	mg	0.203	0.024	4	0.016	0.058	
Riboflavin	mg	0.283	0.063	4	0.023	0.080	
Niacin	mg	1.944	0.053	4	0.156	0.551	
Pantothenic acid	mg	0.420	0.077	5	0.034	0.119	
Vitamin B-6	mg	0.245	0.039	4	0.020	0.069	
Folate	µg	23	2.500	2	2	7	
Vitamin B-12	µg	0.00		1	0.00	0.00	
Vitamin A	IU	196		1	16	56	
Vitamin A, RE	µg	20		0	2	6	
Vitamin E, α-TE	mg	0.120		0	0.010	0.034	
Lipids:							
Saturated, total	g	0.570		0	0.046	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	0.500		1	0.040	0.142	
17:0	g						
18:0	g	0.070		1	0.006	0.020	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.100	0	0.088	0.312
14:1	g				
16:1	g	0.000	1	0.000	0.000
18:1	g	1.100	1	0.088	0.312
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	1.900	0	0.152	0.539
18:2	g	1.840	1	0.147	0.522
18:3	g	0.060	1	0.005	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	1	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.085	0	0.007	0.024
Threonine	g	0.452	0	0.036	0.128
Isoleucine	g	0.431	0	0.034	0.122
Leucine	g	1.473	0	0.118	0.418
Lysine	g	0.338	0	0.027	0.096
Methionine	g	0.252	0	0.020	0.071
Cystine	g	0.217	0	0.017	0.062
Phenylalanine	g	0.590	0	0.047	0.167
Tyrosine	g	0.488	0	0.039	0.138
Valine	g	0.607	0	0.049	0.172
Arginine	g	0.598	0	0.048	0.170
Histidine	g	0.367	0	0.029	0.104
Alanine	g	0.900	0	0.072	0.255
Aspartic acid	g	0.836	0	0.067	0.237
Glutamic acid	g	2.255	0	0.180	0.639
Glycine	g	0.492	0	0.039	0.139
Proline	g	1.048	0	0.084	0.297
Serine	g	0.571	0	0.046	0.162
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

NDB No. 19035 Snacks, popcorn, oil-popped

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 11g	Measure 2* 28g	Measure 3*
Proximates:							
Water	g	2.80	0.152	50	0.31	0.79	
Energy	kcal	500		0	55	142	
Energy	kj	2092		0	230	593	
Protein (N x 5.95)	g	9.00	0.264	32	0.99	2.55	
Total lipid (fat)	g	28.10	1.074	40	3.09	7.97	
Carbohydrate, by difference	g	57.20		0	6.29	16.22	
Fiber, total dietary	g	10.0		0	1.1	2.8	
Ash	g	2.90	0.215	32	0.32	0.82	
Sugars, total	g						
Minerals:							
Calcium	mg	10	1.080	55	1	3	
Iron	mg	2.78	0.091	63	0.31	0.79	
Magnesium	mg	108	3.123	50	12	31	
Phosphorus	mg	250	7.888	49	28	71	
Potassium	mg	225	9.120	51	25	64	
Sodium	mg	884	65.964	29	97	251	
Zinc	mg	2.64	0.094	52	0.29	0.75	
Copper	mg	0.221	0.010	48	0.024	0.063	
Manganese	mg	0.879	0.031	48	0.097	0.249	
Selenium	µg	7.3	1.149	28	0.8	2.1	
Vitamins:							
Ascorbic acid	mg	0.3	0.195	5	0.0	0.1	
Thiamin	mg	0.134	0.021	20	0.015	0.038	
Riboflavin	mg	0.136	0.015	23	0.015	0.039	
Niacin	mg	1.550	0.059	20	0.171	0.439	
Pantothenic acid	mg	0.305	0.053	7	0.034	0.086	
Vitamin B-6	mg	0.209	0.017	6	0.023	0.059	
Folate	µg	17	1.686	3	2	5	
Vitamin B-12	µg	0.00		1	0.00	0.00	
Vitamin A	IU	154	20.972	12	17	44	
Vitamin A, RE	µg	15		0	2	4	
Vitamin E, α-TE	mg	0.120		0	0.013	0.034	
Lipids:							
Saturated, total	g	4.890		0	0.538	1.386	
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	0.070		1	0.008	0.020	
15.0	g						
16:0	g	3.860		1	0.425	1.094	
17:0	g						
18:0	g	0.960		1	0.106	0.272	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	8.170		0	0.899	2.316
14:1	g					
16:1	g	0.050		1	0.006	0.014
18:1	g	8.120		1	0.893	2.302
20:1	g	0.000		0	0.000	0.000
22.1	g	0.000		0	0.000	0.000
Polyunsaturated, total	g	13.420		0	1.476	3.805
18:2	g	12.680		1	1.395	3.595
18:3	g	0.730		1	0.080	0.207
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	0.000	6	0	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.063		0	0.007	0.018
Threonine	g	0.338		0	0.037	0.096
Isoleucine	g	0.323		0	0.036	0.092
Leucine	g	1.103		0	0.121	0.313
Lysine	g	0.253		0	0.028	0.072
Methionine	g	0.189		0	0.021	0.054
Cystine	g	0.163		0	0.018	0.046
Phenylalanine	g	0.442		0	0.049	0.125
Tyrosine	g	0.366		0	0.040	0.104
Valine	g	0.455		0	0.050	0.129
Arginine	g	0.448		0	0.049	0.127
Histidine	g	0.275		0	0.030	0.078
Alanine	g	0.674		0	0.074	0.191
Aspartic acid	g	0.626		0	0.069	0.177
Glutamic acid	g	1.689		0	0.186	0.479
Glycine	g	0.369		0	0.041	0.105
Proline	g	0.785		0	0.086	0.223
Serine	g	0.428		0	0.047	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: 1 cup
Measure 2: 1 oz

NDB No. 19036 Snacks, popcorn, cakes

Refuse: 0%

Nutrients 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* 20g	Measure 3*
Proximates:							
Water	g	5.00	0.903	4	0.50	1.00	
Energy	kcal	384		0	38	77	
Energy	kj	1607		0	161	321	
Protein (N x 5.95)	g	9.70	0.387	4	0.97	1.94	
Total lipid (fat)	g	3.10	0.437	4	0.31	0.62	
Carbohydrate, by difference	g	80.10		0	8.01	16.02	
Fiber, total dietary	g	2.9		0	0.3	0.6	
Ash	g	2.00	0.263	4	0.20	0.40	
Sugars, total	g						
Minerals:							
Calcium	mg	9	1.495	3	1	2	
Iron	mg	1.87	0.333	3	0.19	0.37	
Magnesium	mg	159		1	16	32	
Phosphorus	mg	277		1	28	55	
Potassium	mg	327	28.480	3	33	65	
Sodium	mg	288	55.434	4	29	58	
Zinc	mg	3.99		1	0.40	0.80	
Copper	mg	0.569		1	0.057	0.114	
Manganese	mg	0.985		1	0.098	0.197	
Selenium	µg	9.9		0	1.0	2.0	
Vitamins:							
Ascorbic acid	mg	0.0		1	0.0	0.0	
Thiamin	mg	0.075	0.005	3	0.008	0.015	
Riboflavin	mg	0.178	0.026	3	0.018	0.036	
Niacin	mg	6.006	1.240	3	0.601	1.201	
Pantothenic acid	mg	0.434		1	0.043	0.087	
Vitamin B-6	mg	0.181		1	0.018	0.036	
Folate	µg	18		1	2	4	
Vitamin B-12	µg	0.00		1	0.00	0.00	
Vitamin A	IU	72	28.000	3	7	14	
Vitamin A, RE	µg	7		0	1	1	
Vitamin E, α-TE	mg	0.120		0	0.012	0.024	
Lipids:							
Saturated, total	g	0.480		0	0.048	0.096	
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		1	0.000	0.000	
14:0	g	0.000		1	0.000	0.000	
15.0	g						
16:0	g	0.420		1	0.042	0.084	
17:0	g						
18:0	g	0.050		1	0.005	0.010	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.920	0	0.092	0.184
14:1	g				
16:1	g	0.010	1	0.001	0.002
18:1	g	0.910	1	0.091	0.182
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	1.350	0	0.135	0.270
18:2	g	1.310	1	0.131	0.262
18:3	g	0.040	1	0.004	0.008
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	1	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.091	0	0.009	0.018
Threonine	g	0.363	0	0.036	0.073
Isoleucine	g	0.372	0	0.037	0.074
Leucine	g	1.053	0	0.105	0.211
Lysine	g	0.312	0	0.031	0.062
Methionine	g	0.210	0	0.021	0.042
Cystine	g	0.156	0	0.016	0.031
Phenylalanine	g	0.488	0	0.049	0.098
Tyrosine	g	0.387	0	0.039	0.077
Valine	g	0.523	0	0.052	0.105
Arginine	g	0.581	0	0.058	0.116
Histidine	g	0.280	0	0.028	0.056
Alanine	g	0.671	0	0.067	0.134
Aspartic acid	g	0.767	0	0.077	0.153
Glutamic acid	g	1.890	0	0.189	0.378
Glycine	g	0.431	0	0.043	0.086
Proline	g	0.706	0	0.071	0.141
Serine	g	0.480	0	0.048	0.096
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 cake
Measure 2: 2 cakes

NDB No. 19038 Snacks, popcorn, caramel-coated, with peanuts

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 57g	Measure 3*
Proximates:							
Water	g	3.30	0.180	12	0.94	1.87	
Energy	kcal	400		0	113	227	
Energy	kj	1674		0	475	949	
Protein (N x 5.95)	g	6.40	0.488	2	1.81	3.63	
Total lipid (fat)	g	7.80	0.709	5	2.21	4.42	
Carbohydrate, by difference	g	80.70		0	22.88	45.76	
Fiber, total dietary	g	3.8		0	1.1	2.2	
Ash	g	1.80		1	0.51	1.02	
Sugars, total	g						
Minerals:							
Calcium	mg	66	4.461	14	19	37	
Iron	mg	3.91	0.148	14	1.11	2.22	
Magnesium	mg	80	3.506	14	23	45	
Phosphorus	mg	127	4.885	11	36	72	
Potassium	mg	355	12.151	15	101	201	
Sodium	mg	295	10.008	15	84	167	
Zinc	mg	1.24	0.060	14	0.35	0.70	
Copper	mg	0.297	0.009	12	0.084	0.168	
Manganese	mg	0.764	0.026	12	0.217	0.433	
Selenium	µg	3.9		0	1.1	2.2	
Vitamins:							
Ascorbic acid	mg	0.0		1	0.0	0.0	
Thiamin	mg	0.051		1	0.014	0.029	
Riboflavin	mg	0.126		1	0.036	0.071	
Niacin	mg	1.990		1	0.564	1.128	
Pantothenic acid	mg	0.230		1	0.065	0.130	
Vitamin B-6	mg	0.185		1	0.052	0.105	
Folate	µg	16		1	5	9	
Vitamin B-12	µg	0.00		1	0.00	0.00	
Vitamin A	IU	64		1	18	36	
Vitamin A, RE	µg	6		0	2	3	
Vitamin E, α-TE	mg	1.500		0	0.425	0.851	
Lipids:							
Saturated, total	g	1.040		0	0.295	0.590	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.000		1	0.000	0.000	
15.0	g						
16:0	g	0.820		1	0.232	0.465	
17:0	g						
18:0	g	0.160		1	0.045	0.091	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.730	0	0.774	1.548
14:1	g				
16:1	g	0.010	1	0.003	0.006
18:1	g	2.670	1	0.757	1.514
20:1	g	0.050	1	0.014	0.028
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	3.270	0	0.927	1.854
18:2	g	3.210	1	0.910	1.820
18:3	g	0.060	1	0.017	0.034
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	1	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.052	0	0.015	0.029
Threonine	g	0.231	0	0.065	0.131
Isoleucine	g	0.227	0	0.064	0.129
Leucine	g	0.641	0	0.182	0.363
Lysine	g	0.199	0	0.056	0.113
Methionine	g	0.112	0	0.032	0.064
Cystine	g	0.103	0	0.029	0.058
Phenylalanine	g	0.320	0	0.091	0.181
Tyrosine	g	0.261	0	0.074	0.148
Valine	g	0.303	0	0.086	0.172
Arginine	g	0.489	0	0.139	0.277
Histidine	g	0.182	0	0.052	0.103
Alanine	g	0.392	0	0.111	0.222
Aspartic acid	g	0.572	0	0.162	0.324
Glutamic acid	g	1.250	0	0.354	0.709
Glycine	g	0.309	0	0.088	0.175
Proline	g	0.452	0	0.128	0.256
Serine	g	0.308	0	0.087	0.175
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 oz (approx 2/3 cup)
Measure 2: 2 oz

NDB No. 19039 Snacks, popcorn, caramel-coated, without peanuts

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2*	Measure 3*
Proximates:							
Water	g	2.80	0.189	5	0.79		
Energy	kcal	431		0	122		
Energy	kj	1803		0	511		
Protein (N x 5.95)	g	3.80	0.405	5	1.08		
Total lipid (fat)	g	12.80	3.312	5	3.63		
Carbohydrate, by difference	g	79.10		0	22.42		
Fiber, total dietary	g	5.2		0	1.5		
Ash	g	1.50	0.201	5	0.43		
Sugars, total	g						
Minerals:							
Calcium	mg	43	1.000	2	12		
Iron	mg	1.74	0.460	3	0.49		
Magnesium	mg	35		1	10		
Phosphorus	mg	83		1	24		
Potassium	mg	109		1	31		
Sodium	mg	206	25.150	2	58		
Zinc	mg	0.58		1	0.16		
Copper	mg	0.119		1	0.034		
Manganese	mg	0.220		1	0.062		
Selenium	µg	3.6		0	1.0		
Vitamins:							
Ascorbic acid	mg	0.0		1	0.0		
Thiamin	mg	0.065		1	0.018		
Riboflavin	mg	0.070		1	0.020		
Niacin	mg	2.200		1	0.624		
Pantothenic acid	mg	0.082		1	0.023		
Vitamin B-6	mg	0.028		1	0.008		
Folate	µg	2		1	1		
Vitamin B-12	µg	0.01		1	0.00		
Vitamin A	IU	50		1	14		
Vitamin A, RE	µg	10		0	3		
Vitamin E, α-TE	mg	1.200		0	0.340		
Lipids:							
Saturated, total	g	3.610		0	1.023		
4:0	g	0.110		1	0.031		
6.0	g	0.070		1	0.020		
8:0	g	0.040		1	0.011		
10:0	g	0.090		1	0.026		
12:0	g	0.100		1	0.028		
14:0	g	0.370		1	0.105		
15.0	g						
16:0	g	2.120		1	0.601		
17:0	g						
18:0	g	0.720		1	0.204		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.880	0	0.816
14:1	g			
16:1	g	0.100	1	0.028
18:1	g	2.780	1	0.788
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	4.480	0	1.270
18:2	g	4.070	1	1.154
18:3	g	0.400	1	0.113
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	5	1	1
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.045	0	0.013
Threonine	g	0.151	0	0.043
Isoleucine	g	0.157	0	0.045
Leucine	g	0.284	0	0.081
Lysine	g	0.281	0	0.080
Methionine	g	0.073	0	0.021
Cystine	g	0.039	0	0.011
Phenylalanine	g	0.154	0	0.044
Tyrosine	g	0.109	0	0.031
Valine	g	0.177	0	0.050
Arginine	g	0.235	0	0.067
Histidine	g	0.109	0	0.031
Alanine	g	0.208	0	0.059
Aspartic acid	g	0.389	0	0.110
Glutamic acid	g	0.658	0	0.187
Glycine	g	0.224	0	0.064
Proline	g	0.171	0	0.048
Serine	g	0.156	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 oz

NDB No. 19040 Snacks, popcorn, cheese-flavor

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 11g	Measure 2* 28g	Measure 3*
Proximates:							
Water	g	2.50	0.209	13	0.28	0.71	
Energy	kcal	526		0	58	149	
Energy	kj	2201		0	242	624	
Protein (N x 5.95)	g	9.30	0.292	10	1.02	2.64	
Total lipid (fat)	g	33.20	0.903	12	3.65	9.41	
Carbohydrate, by difference	g	51.60		0	5.68	14.63	
Fiber, total dietary	g	9.9		0	1.1	2.8	
Ash	g	3.40	0.194	8	0.37	0.96	
Sugars, total	g						
Minerals:							
Calcium	mg	113	11.073	11	12	32	
Iron	mg	2.24	0.181	10	0.25	0.64	
Magnesium	mg	91	5.826	6	10	26	
Phosphorus	mg	361	36.838	6	40	102	
Potassium	mg	261	23.823	8	29	74	
Sodium	mg	889	73.308	10	98	252	
Zinc	mg	2.01	0.136	6	0.22	0.57	
Copper	mg	0.140	0.024	4	0.015	0.040	
Manganese	mg	0.713	0.031	5	0.078	0.202	
Selenium	µg	12.0		0	1.3	3.4	
Vitamins:							
Ascorbic acid	mg	0.5	0.496	3	0.1	0.1	
Thiamin	mg	0.124	0.034	8	0.014	0.035	
Riboflavin	mg	0.241	0.022	7	0.027	0.068	
Niacin	mg	1.453	0.074	8	0.160	0.412	
Pantothenic acid	mg	0.461	0.011	3	0.051	0.131	
Vitamin B-6	mg	0.235	0.014	3	0.026	0.067	
Folate	µg	11		1	1	3	
Vitamin B-12	µg	0.53		1	0.06	0.15	
Vitamin A	IU	244	53.167	3	27	69	
Vitamin A, RE	µg	44		0	5	12	
Vitamin E, α-TE	mg	0.120		0	0.013	0.034	
Lipids:							
Saturated, total	g	6.410		0	0.705	1.817	
4:0	g	0.030		1	0.003	0.009	
6.0	g	0.020		1	0.002	0.006	
8:0	g	0.010		1	0.001	0.003	
10:0	g	0.030		1	0.003	0.009	
12:0	g	0.020		1	0.002	0.006	
14:0	g	0.220		1	0.024	0.062	
15.0	g						
16:0	g	4.800		1	0.528	1.361	
17:0	g						
18:0	g	1.280		1	0.141	0.363	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	9.700		0	1.067	2.750
14:1	g					
16:1	g	0.100		1	0.011	0.028
18:1	g	9.600		1	1.056	2.722
20:1	g	0.000		0	0.000	0.000
22.1	g	0.000		0	0.000	0.000
Polyunsaturated, total	g	15.370		0	1.691	4.357
18:2	g	14.500		1	1.595	4.111
18:3	g	0.880		1	0.097	0.249
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	11	2.722	5	1	3
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.094		0	0.010	0.027
Threonine	g	0.417		0	0.046	0.118
Isoleucine	g	0.402		0	0.044	0.114
Leucine	g	1.024		0	0.113	0.290
Lysine	g	0.443		0	0.049	0.126
Methionine	g	0.191		0	0.021	0.054
Cystine	g	0.160		0	0.018	0.045
Phenylalanine	g	0.405		0	0.045	0.115
Tyrosine	g	0.349		0	0.038	0.099
Valine	g	0.489		0	0.054	0.139
Arginine	g	0.391		0	0.043	0.111
Histidine	g	0.252		0	0.028	0.071
Alanine	g	0.580		0	0.064	0.164
Aspartic acid	g	0.718		0	0.079	0.204
Glutamic acid	g	1.729		0	0.190	0.490
Glycine	g	0.308		0	0.034	0.087
Proline	g	0.743		0	0.082	0.211
Serine	g	0.446		0	0.049	0.126
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

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

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 oz

NDB No. 19041 Snacks, pork skins, plain

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 14g	Measure 3*
Proximates:							
Water	g	1.80	0.099	24	0.51	0.26	
Energy	kcal	545		0	155	77	
Energy	kj	2280		0	646	323	
Protein (N x 5.95)	g	61.30	1.492	20	17.38	8.69	
Total lipid (fat)	g	31.30	0.441	16	8.87	4.44	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	5.40	0.193	24	1.53	0.77	
Sugars, total	g						
Minerals:							
Calcium	mg	30	2.750	21	9	4	
Iron	mg	0.88	0.043	23	0.25	0.12	
Magnesium	mg	11	0.923	21	3	2	
Phosphorus	mg	85	1.956	18	24	12	
Potassium	mg	127	5.130	24	36	18	
Sodium	mg	1838	67.941	14	521	261	
Zinc	mg	0.56	0.034	20	0.16	0.08	
Copper	mg	0.094	0.008	17	0.027	0.013	
Manganese	mg	0.069	0.010	19	0.020	0.010	
Selenium	µg	41.0		0	11.6	5.8	
Vitamins:							
Ascorbic acid	mg	0.5	0.151	13	0.1	0.1	
Thiamin	mg	0.099	0.009	7	0.028	0.014	
Riboflavin	mg	0.283	0.070	12	0.080	0.040	
Niacin	mg	1.549	0.119	21	0.439	0.220	
Pantothenic acid	mg	0.430	0.005	5	0.122	0.061	
Vitamin B-6	mg	0.023	0.004	2	0.007	0.003	
Folate	µg	0		1	0	0	
Vitamin B-12	µg	0.64	0.011	5	0.18	0.09	
Vitamin A	IU	131	53.950	5	37	19	
Vitamin A, RE	µg	39		0	11	6	
Vitamin E, α-TE	mg	0.600		0	0.170	0.085	
Lipids:							
Saturated, total	g	11.370		0	3.223	1.612	
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	0.020		1	0.006	0.003	
12:0	g	0.070		1	0.020	0.010	
14:0	g	0.390		1	0.111	0.055	
15.0	g						
16:0	g	6.850		1	1.942	0.971	
17:0	g						
18:0	g	4.040		1	1.145	0.573	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	14.780		0	4.190	2.096
14:1	g					
16:1	g	0.970		1	0.275	0.138
18:1	g	13.560		1	3.844	1.923
20:1	g	0.250		1	0.071	0.035
22.1	g	0.000		0	0.000	0.000
Polyunsaturated, total	g	3.640		0	1.032	0.516
18:2	g	3.350		1	0.950	0.475
18:3	g	0.260		1	0.074	0.037
18:4	g	0.000		0	0.000	0.000
20:4	g	0.030		1	0.009	0.004
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	95	6.090	15	27	13
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.118		0	0.033	0.017
Threonine	g	1.823		0	0.517	0.259
Isoleucine	g	1.382		0	0.392	0.196
Leucine	g	3.322		0	0.942	0.471
Lysine	g	2.783		0	0.789	0.395
Methionine	g	0.480		0	0.136	0.068
Cystine	g	0.529		0	0.150	0.075
Phenylalanine	g	1.940		0	0.550	0.275
Tyrosine	g	1.205		0	0.342	0.171
Valine	g	2.421		0	0.686	0.343
Arginine	g	4.841		0	1.372	0.686
Histidine	g	0.725		0	0.206	0.103
Alanine	g	5.811		0	1.647	0.824
Aspartic acid	g	4.469		0	1.267	0.634
Glutamic acid	g	7.625		0	2.162	1.081
Glycine	g	11.917		0	3.378	1.690
Proline	g	7.262		0	2.059	1.030
Serine	g	2.597		0	0.736	0.368
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

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

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1/2 oz

NDB No. 19042 Snacks, potato chips, barbecue-flavor

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 198g	Measure 3*
Proximates:							
Water	g	1.90	0.050	41	0.54	3.76	
Energy	kcal	491		0	139	972	
Energy	kj	2054		0	582	4067	
Protein (N x 5.95)	g	7.70	0.135	42	2.18	15.25	
Total lipid (fat)	g	32.40	0.450	43	9.19	64.15	
Carbohydrate, by difference	g	52.80		0	14.97	104.54	
Fiber, total dietary	g	4.4		0	1.2	8.7	
Ash	g	5.00	0.111	42	1.42	9.90	
Sugars, total	g						
Minerals:							
Calcium	mg	50	3.052	40	14	99	
Iron	mg	1.94	0.090	41	0.55	3.84	
Magnesium	mg	75	2.685	36	21	149	
Phosphorus	mg	186	7.383	36	53	368	
Potassium	mg	1261	29.069	43	357	2497	
Sodium	mg	750	61.222	13	213	1485	
Zinc	mg	0.94	0.055	35	0.27	1.86	
Copper	mg	0.360	0.036	31	0.102	0.713	
Manganese	mg	0.500	0.029	24	0.142	0.990	
Selenium	µg	8.1		0	2.3	16.0	
Vitamins:							
Ascorbic acid	mg	33.9	4.238	12	9.6	67.1	
Thiamin	mg	0.215	0.011	42	0.061	0.426	
Riboflavin	mg	0.215	0.012	42	0.061	0.426	
Niacin	mg	4.692	0.146	42	1.330	9.290	
Pantothenic acid	mg	0.617		1	0.175	1.222	
Vitamin B-6	mg	0.622	0.049	14	0.176	1.232	
Folate	µg	83	2.309	3	24	164	
Vitamin B-12	µg	0.00		1	0.00	0.00	
Vitamin A	IU	217	33.113	3	62	430	
Vitamin A, RE	µg	22		0	6	44	
Vitamin E, α-TE	mg	5.000		0	1.418	9.900	
Lipids:							
Saturated, total	g	8.050		0	2.282	15.939	
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		1	0.000	0.000	
12:0	g	0.010		1	0.003	0.020	
14:0	g	0.250		1	0.071	0.495	
15.0	g						
16:0	g	7.000		1	1.985	13.860	
17:0	g						
18:0	g	0.750		1	0.213	1.485	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	6.540		0	1.854	12.949
14:1	g					
16:1	g	0.250		1	0.071	0.495
18:1	g	6.260		1	1.775	12.395
20:1	g	0.030		1	0.009	0.059
22.1	g	0.000		0	0.000	0.000
Polyunsaturated, total	g	16.370		0	4.641	32.413
18:2	g	16.280		1	4.615	32.234
18:3	g	0.090		1	0.026	0.178
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	0.000	5	0	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.108		0	0.031	0.214
Threonine	g	0.322		0	0.091	0.638
Isoleucine	g	0.344		0	0.098	0.681
Leucine	g	0.506		0	0.143	1.002
Lysine	g	0.501		0	0.142	0.992
Methionine	g	0.127		0	0.036	0.251
Cystine	g	0.108		0	0.031	0.214
Phenylalanine	g	0.336		0	0.095	0.665
Tyrosine	g	0.275		0	0.078	0.545
Valine	g	0.426		0	0.121	0.843
Arginine	g	0.380		0	0.108	0.752
Histidine	g	0.176		0	0.050	0.348
Alanine	g	0.342		0	0.097	0.677
Aspartic acid	g	1.363		0	0.386	2.699
Glutamic acid	g	1.188		0	0.337	2.352
Glycine	g	0.288		0	0.082	0.570
Proline	g	0.304		0	0.086	0.602
Serine	g	0.345		0	0.098	0.683
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

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

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 7 oz bag

NDB No. 19043 Snacks, potato chips, sour-cream-and-onion-flavor

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 198g	Measure 3*
Proximates:							
Water	g	1.80	0.063	39	0.51	3.56	
Energy	kcal	531		0	151	1051	
Energy	kj	2222		0	630	4400	
Protein (N x 5.95)	g	8.10	0.201	39	2.30	16.04	
Total lipid (fat)	g	33.90	0.471	39	9.61	67.12	
Carbohydrate, by difference	g	51.50		0	14.60	101.97	
Fiber, total dietary	g	5.2		0	1.5	10.3	
Ash	g	4.70	0.079	39	1.33	9.31	
Sugars, total	g						
Minerals:							
Calcium	mg	72	2.593	39	20	143	
Iron	mg	1.60	0.067	40	0.45	3.17	
Magnesium	mg	74	3.127	35	21	147	
Phosphorus	mg	176	7.568	35	50	348	
Potassium	mg	1331	20.626	37	377	2635	
Sodium	mg	625	47.434	12	177	1238	
Zinc	mg	0.98	0.052	32	0.28	1.94	
Copper	mg	0.299	0.025	27	0.085	0.592	
Manganese	mg	0.405	0.027	22	0.115	0.802	
Selenium	µg	8.1		0	2.3	16.0	
Vitamins:							
Ascorbic acid	mg	37.3	4.864	12	10.6	73.9	
Thiamin	mg	0.189	0.010	40	0.054	0.374	
Riboflavin	mg	0.200	0.010	40	0.057	0.396	
Niacin	mg	4.029	0.172	37	1.142	7.977	
Pantothenic acid	mg	0.827	0.017	3	0.234	1.637	
Vitamin B-6	mg	0.665	0.057	12	0.189	1.317	
Folate	µg	62	12.257	4	18	123	
Vitamin B-12	µg	1.00		1	0.28	1.98	
Vitamin A	IU	170	64.279	7	48	337	
Vitamin A, RE	µg	21		0	6	42	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	8.890		0	2.520	17.602	
4:0	g	0.010		2	0.003	0.020	
6.0	g	0.010		2	0.003	0.020	
8:0	g	0.000		2	0.000	0.000	
10:0	g	0.010		2	0.003	0.020	
12:0	g	0.010		2	0.003	0.020	
14:0	g	0.300		2	0.085	0.594	
15.0	g						
16:0	g	7.730		2	2.191	15.305	
17:0	g						
18:0	g	0.820		2	0.232	1.624	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	6.120		0	1.735	12.118
14:1	g					
16:1	g	0.280		2	0.079	0.554
18:1	g	5.840		2	1.656	11.563
20:1	g	0.000		2	0.000	0.000
22.1	g					
Polyunsaturated, total	g	17.420		0	4.939	34.492
18:2	g	17.340		2	4.916	34.333
18:3	g	0.080		2	0.023	0.158
18:4	g					
20:4	g					
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	7	0.992	5	2	14
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.118		0	0.033	0.234
Threonine	g	0.425		0	0.120	0.841
Isoleucine	g	0.403		0	0.114	0.798
Leucine	g	0.655		0	0.186	1.297
Lysine	g	0.576		0	0.163	1.140
Methionine	g	0.141		0	0.040	0.279
Cystine	g	0.129		0	0.037	0.255
Phenylalanine	g	0.272		0	0.077	0.539
Tyrosine	g	0.238		0	0.067	0.471
Valine	g	0.421		0	0.119	0.834
Arginine	g	0.256		0	0.073	0.507
Histidine	g	0.151		0	0.043	0.299
Alanine	g	0.327		0	0.093	0.647
Aspartic acid	g	0.898		0	0.255	1.778
Glutamic acid	g	1.321		0	0.375	2.616
Glycine	g	0.182		0	0.052	0.360
Proline	g	0.462		0	0.131	0.915
Serine	g	0.362		0	0.103	0.717
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

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

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 7 oz bag

NDB No. 19045 Snacks, potato chips, made from dried potatoes, light

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 170g	Measure 3*
Proximates:							
Water	g	1.40	0.187	6	0.40	2.38	
Energy	kcal	501		0	142	852	
Energy	kj	2096		0	594	3563	
Protein (N x 5.95)	g	5.60		1	1.59	9.52	
Total lipid (fat)	g	25.70	0.337	3	7.29	43.69	
Carbohydrate, by difference	g	64.90		0	18.40	110.33	
Fiber, total dietary	g	3.6		0	1.0	6.1	
Ash	g	2.40		1	0.68	4.08	
Sugars, total	g						
Minerals:							
Calcium	mg	34	4.190	2	10	58	
Iron	mg	1.51	0.510	2	0.43	2.57	
Magnesium	mg	63	5.800	2	18	107	
Phosphorus	mg	154	16.051	2	44	262	
Potassium	mg	1005	55.398	2	285	1709	
Sodium	mg	428	47.565	2	121	728	
Zinc	mg	0.60	0.095	2	0.17	1.02	
Copper	mg	0.140	0.040	2	0.040	0.238	
Manganese	mg	0.350		1	0.099	0.595	
Selenium	µg	8.1		0	2.3	13.8	
Vitamins:							
Ascorbic acid	mg	12.0		1	3.4	20.4	
Thiamin	mg	0.190		1	0.054	0.323	
Riboflavin	mg	0.060		1	0.017	0.102	
Niacin	mg	4.200		1	1.191	7.140	
Pantothenic acid	mg	0.250		1	0.071	0.425	
Vitamin B-6	mg	0.782		1	0.222	1.329	
Folate	µg	23		1	7	39	
Vitamin B-12	µg	0.00		1	0.00	0.00	
Vitamin A	IU	0		1	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	5.000		0	1.418	8.500	
Lipids:							
Saturated, total	g	5.130		0	1.454	8.721	
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	0.150		1	0.043	0.255	
15.0	g						
16:0	g	4.340		1	1.230	7.378	
17:0	g						
18:0	g	0.630		1	0.179	1.071	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	5.920	0	1.678	10.064
14:1	g				
16:1	g	0.620	1	0.176	1.054
18:1	g	5.300	1	1.503	9.010
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	13.490	0	3.824	22.933
18:2	g	13.250	1	3.756	22.525
18:3	g	0.240	1	0.068	0.408
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	1	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.044	0	0.012	0.075
Threonine	g	0.245	0	0.069	0.417
Isoleucine	g	0.248	0	0.070	0.422
Leucine	g	0.369	0	0.105	0.627
Lysine	g	0.353	0	0.100	0.600
Methionine	g	0.065	0	0.018	0.111
Cystine	g	0.073	0	0.021	0.124
Phenylalanine	g	0.258	0	0.073	0.439
Tyrosine	g	0.221	0	0.063	0.376
Valine	g	0.329	0	0.093	0.559
Arginine	g	0.272	0	0.077	0.462
Histidine	g	0.125	0	0.035	0.213
Alanine	g	0.202	0	0.057	0.343
Aspartic acid	g	1.134	0	0.321	1.928
Glutamic acid	g	0.939	0	0.266	1.596
Glycine	g	0.194	0	0.055	0.330
Proline	g	0.204	0	0.058	0.347
Serine	g	0.230	0	0.065	0.391
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 oz

Measure 2: 1 can (6 oz)

NDB No. 19046 Snacks, potato chips, made from dried potatoes, sour-cream and onion-flavor

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 198g	Measure 3*
Proximates:							
Water	g	2.00		1	0.57	3.96	
Energy	kcal	547		0	155	1083	
Energy	kj	2289		0	649	4532	
Protein (N x 5.95)	g	6.60		1	1.87	13.07	
Total lipid (fat)	g	37.00		1	10.49	73.26	
Carbohydrate, by difference	g	51.30		0	14.54	101.57	
Fiber, total dietary	g	1.2		0	0.3	2.4	
Ash	g	3.10		1	0.88	6.14	
Sugars, total	g						
Minerals:							
Calcium	mg	64		1	18	127	
Iron	mg	1.40		1	0.40	2.77	
Magnesium	mg	55		1	16	109	
Phosphorus	mg	169		1	48	335	
Potassium	mg	496		1	141	982	
Sodium	mg	720		1	204	1426	
Zinc	mg	0.71		1	0.20	1.41	
Copper	mg	0.063		1	0.018	0.125	
Manganese	mg	0.405		1	0.115	0.802	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	9.5		1	2.7	18.8	
Thiamin	mg	0.180		1	0.051	0.356	
Riboflavin	mg	0.100		1	0.028	0.198	
Niacin	mg	2.500		1	0.709	4.950	
Pantothenic acid	mg	0.827		1	0.234	1.637	
Vitamin B-6	mg	0.476		1	0.135	0.942	
Folate	µg	23		1	7	46	
Vitamin B-12	µg	0.00		1	0.00	0.00	
Vitamin A	IU	755		1	214	1495	
Vitamin A, RE	µg	98		0	28	194	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	9.470		0	2.685	18.751	
4:0	g	0.040		1	0.011	0.079	
6.0	g	0.020		1	0.006	0.040	
8:0	g	0.010		1	0.003	0.020	
10:0	g	0.030		1	0.009	0.059	
12:0	g	0.030		1	0.009	0.059	
14:0	g	0.450		1	0.128	0.891	
15.0	g						
16:0	g	7.770		1	2.203	15.385	
17:0	g						
18:0	g	1.140		1	0.323	2.257	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	7.120	0	2.019	14.098
14:1	g				
16:1	g	0.360	1	0.102	0.713
18:1	g	6.760	1	1.916	13.385
20:1	g				
22.1	g				
Polyunsaturated, total	g	18.780	0	5.324	37.184
18:2	g	18.430	1	5.225	36.491
18:3	g	0.350	1	0.099	0.693
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	3	1	1	6
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.072	0	0.020	0.143
Threonine	g	0.284	0	0.081	0.562
Isoleucine	g	0.313	0	0.089	0.620
Leucine	g	0.485	0	0.137	0.960
Lysine	g	0.437	0	0.124	0.865
Methionine	g	0.102	0	0.029	0.202
Cystine	g	0.076	0	0.022	0.150
Phenylalanine	g	0.290	0	0.082	0.574
Tyrosine	g	0.254	0	0.072	0.503
Valine	g	0.380	0	0.108	0.752
Arginine	g	0.306	0	0.087	0.606
Histidine	g	0.148	0	0.042	0.293
Alanine	g	0.252	0	0.071	0.499
Aspartic acid	g	0.928	0	0.263	1.837
Glutamic acid	g	1.100	0	0.312	2.178
Glycine	g	0.206	0	0.058	0.408
Proline	g	0.373	0	0.106	0.739
Serine	g	0.291	0	0.082	0.576
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 oz

Measure 2: 1 can (6.75 oz)

NDB No. 19047 Snacks, pretzels, hard, plain, salted

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 60g	Measure 3*
Proximates:							
Water	g	3.30	0.134	105	0.94	1.98	
Energy	kcal	381		0	108	229	
Energy	kj	1594		0	452	956	
Protein (N x 5.95)	g	9.10	0.126	85	2.58	5.46	
Total lipid (fat)	g	3.50	0.158	94	0.99	2.10	
Carbohydrate, by difference	g	79.20		0	22.45	47.52	
Fiber, total dietary	g	3.2		0	0.9	1.9	
Ash	g	4.90	0.179	82	1.39	2.94	
Sugars, total	g						
Minerals:							
Calcium	mg	36	1.651	101	10	22	
Iron	mg	4.32	0.113	76	1.22	2.59	
Magnesium	mg	35	0.954	85	10	21	
Phosphorus	mg	113	4.774	88	32	68	
Potassium	mg	146	3.832	104	41	88	
Sodium	mg	1715	61.055	87	486	1029	
Zinc	mg	0.85	0.035	74	0.24	0.51	
Copper	mg	0.264	0.028	68	0.075	0.158	
Manganese	mg	1.789	0.203	64	0.507	1.073	
Selenium	µg	5.8	1.259	3	1.6	3.5	
Vitamins:							
Ascorbic acid	mg	0.0	0.000	8	0.0	0.0	
Thiamin	mg	0.461	0.016	61	0.131	0.277	
Riboflavin	mg	0.623	0.066	62	0.177	0.374	
Niacin	mg	5.251	0.145	62	1.489	3.151	
Pantothenic acid	mg	0.288	0.076	2	0.082	0.173	
Vitamin B-6	mg	0.116	0.029	4	0.033	0.070	
Folate	µg	171		2	48	103	
Vitamin B-12	µg	0.00		1	0.00	0.00	
Vitamin A	IU	0	0.000	15	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	0.210		0	0.060	0.126	
Lipids:							
Saturated, total	g	0.750		0	0.213	0.450	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.010		7	0.003	0.006	
10:0	g	0.010		7	0.003	0.006	
12:0	g	0.030		7	0.009	0.018	
14:0	g	0.020		7	0.006	0.012	
15.0	g						
16:0	g	0.470		7	0.133	0.282	
17:0	g						
18:0	g	0.210		7	0.060	0.126	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.360		0	0.386	0.816
14:1	g					
16:1	g	0.020		4	0.006	0.012
18:1	g	1.350		7	0.383	0.810
20:1	g	0.000		0	0.000	0.000
22.1	g	0.000		0	0.000	0.000
Polyunsaturated, total	g	1.220		0	0.346	0.732
18:2	g	1.150		7	0.326	0.690
18:3	g	0.060		7	0.017	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	0.000	13	0	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.109		0	0.031	0.065
Threonine	g	0.259		0	0.073	0.155
Isoleucine	g	0.345		0	0.098	0.207
Leucine	g	0.636		0	0.180	0.382
Lysine	g	0.221		0	0.063	0.133
Methionine	g	0.164		0	0.046	0.098
Cystine	g	0.196		0	0.056	0.118
Phenylalanine	g	0.453		0	0.128	0.272
Tyrosine	g	0.266		0	0.075	0.160
Valine	g	0.392		0	0.111	0.235
Arginine	g	0.349		0	0.099	0.209
Histidine	g	0.201		0	0.057	0.121
Alanine	g	0.304		0	0.086	0.182
Aspartic acid	g	0.415		0	0.118	0.249
Glutamic acid	g	3.037		0	0.861	1.822
Glycine	g	0.327		0	0.093	0.196
Proline	g	1.018		0	0.289	0.611
Serine	g	0.447		0	0.127	0.268
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

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

*** Common Measures:**

Measure 1: 1 oz

Measure 2: 10 twists

NDB No. 19048 Snacks, pretzels, hard, confectioner's coating, chocolate-flavor

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 11g	Measure 3*
Proximates:							
Water	g	2.50		1	0.71	0.28	
Energy	kcal	458		0	130	50	
Energy	kj	1916		0	543	211	
Protein (N x 5.95)	g	7.50		1	2.13	0.83	
Total lipid (fat)	g	16.70		1	4.73	1.84	
Carbohydrate, by difference	g	70.90		0	20.10	7.80	
Fiber, total dietary	g						
Ash	g	2.20		1	0.62	0.24	
Sugars, total	g						
Minerals:							
Calcium	mg	74		1	21	8	
Iron	mg	2.00		1	0.57	0.22	
Magnesium	mg	41		1	12	5	
Phosphorus	mg	145		1	41	16	
Potassium	mg	225		1	64	25	
Sodium	mg	569		1	161	63	
Zinc	mg	0.92		1	0.26	0.10	
Copper	mg	0.302		1	0.086	0.033	
Manganese	mg	0.562		1	0.159	0.062	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.5		1	0.1	0.1	
Thiamin	mg	0.099		1	0.028	0.011	
Riboflavin	mg	0.200		1	0.057	0.022	
Niacin	mg	0.800		1	0.227	0.088	
Pantothenic acid	mg	0.759		1	0.215	0.083	
Vitamin B-6	mg	0.172		1	0.049	0.019	
Folate	µg	9		1	3	1	
Vitamin B-12	µg	0.00		1	0.00	0.00	
Vitamin A	IU	10		1	3	1	
Vitamin A, RE	µg	2		0	1	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	7.680		0	2.177	0.845	
4:0	g	0.000		1	0.000	0.000	
6.0	g	0.010		1	0.003	0.001	
8:0	g	0.210		1	0.060	0.023	
10:0	g	0.230		1	0.065	0.025	
12:0	g	2.920		1	0.828	0.321	
14:0	g	1.060		1	0.301	0.117	
15.0	g						
16:0	g	1.940		1	0.550	0.213	
17:0	g						
18:0	g	1.310		1	0.371	0.144	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	5.390	0	1.528	0.593
14:1	g				
16:1	g	0.020	1	0.006	0.002
18:1	g	5.370	1	1.522	0.591
20:1	g				
22.1	g				
Polyunsaturated, total	g	2.150	0	0.610	0.237
18:2	g	1.990	1	0.564	0.219
18:3	g	0.160	1	0.045	0.018
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	0	1	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.096	0	0.027	0.011
Threonine	g	0.251	0	0.071	0.028
Isoleucine	g	0.287	0	0.081	0.032
Leucine	g	0.531	0	0.151	0.058
Lysine	g	0.253	0	0.072	0.028
Methionine	g	0.131	0	0.037	0.014
Cystine	g	0.147	0	0.042	0.016
Phenylalanine	g	0.357	0	0.101	0.039
Tyrosine	g	0.234	0	0.066	0.026
Valine	g	0.332	0	0.094	0.037
Arginine	g	0.306	0	0.087	0.034
Histidine	g	0.163	0	0.046	0.018
Alanine	g	0.274	0	0.078	0.030
Aspartic acid	g	0.420	0	0.119	0.046
Glutamic acid	g	2.183	0	0.619	0.240
Glycine	g	0.268	0	0.076	0.029
Proline	g	0.743	0	0.211	0.082
Serine	g	0.365	0	0.103	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 oz
Measure 2: 1 pretzel

NDB No. 19049 Snacks, M&M MARS, COMBOS Snacks Cheddar Cheese Pretzel

Refuse: 0%

Nutrients 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* 30g	Measure 3*
Proximates:							
Water	g	1.67		0	0.47	0.50	
Energy	kcal	463		0	131	139	
Energy	kj	1937		0	549	581	
Protein (N x 5.95)	g	9.85		0	2.79	2.96	
Total lipid (fat)	g	16.92		0	4.80	5.08	
Carbohydrate, by difference	g	66.50		0	18.85	19.95	
Fiber, total dietary	g						
Ash	g	5.01		0	1.42	1.50	
Sugars, total	g						
Minerals:							
Calcium	mg	197		0	56	59	
Iron	mg	0.92		0	0.26	0.28	
Magnesium	mg	22		1	6	7	
Phosphorus	mg	143		1	41	43	
Potassium	mg	130		1	37	39	
Sodium	mg	1117	53.770	3	317	335	
Zinc	mg	0.73		1	0.21	0.22	
Copper	mg	0.119		1	0.034	0.036	
Manganese	mg	0.448		1	0.127	0.134	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0	0.000	3	0.0	0.0	
Thiamin	mg	0.300		0	0.085	0.090	
Riboflavin	mg	0.557	0.019	3	0.158	0.167	
Niacin	mg	3.183	0.435	3	0.902	0.955	
Pantothenic acid	mg	0.481		1	0.136	0.144	
Vitamin B-6	mg	0.046		1	0.013	0.014	
Folate	µg	8		1	2	2	
Vitamin B-12	µg	0.12		1	0.03	0.04	
Vitamin A	IU	67	30.200	3	19	20	
Vitamin A, RE	µg	7		0	2	2	
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	5	0	1	2
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 oz
Measure 2: 10 combos

NDB No. 19050 Snacks, pretzels, hard, whole-wheat

Refuse: 0%

Nutrients 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* 57g	Measure 3*
Proximates:							
Water	g	3.90	0.521	3	1.11	2.21	
Energy	kcal	362		0	103	205	
Energy	kj	1515		0	430	859	
Protein (N x 5.95)	g	11.10	0.648	3	3.15	6.29	
Total lipid (fat)	g	2.60	0.623	3	0.74	1.47	
Carbohydrate, by difference	g	81.20		0	23.02	46.04	
Fiber, total dietary	g	7.7		0	2.2	4.4	
Ash	g	1.10	0.173	3	0.31	0.62	
Sugars, total	g						
Minerals:							
Calcium	mg	28	3.055	3	8	16	
Iron	mg	2.69	0.411	3	0.76	1.53	
Magnesium	mg	30		1	9	17	
Phosphorus	mg	125		1	35	71	
Potassium	mg	430	150.500	2	122	244	
Sodium	mg	203	107.000	2	58	115	
Zinc	mg	0.62		1	0.18	0.35	
Copper	mg	0.280		1	0.079	0.159	
Manganese	mg	2.662		1	0.755	1.509	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	1.0		1	0.3	0.6	
Thiamin	mg	0.440	0.091	3	0.125	0.249	
Riboflavin	mg	0.291	0.135	3	0.082	0.165	
Niacin	mg	6.537	1.181	3	1.853	3.706	
Pantothenic acid	mg	0.812		1	0.230	0.460	
Vitamin B-6	mg	0.274		1	0.078	0.155	
Folate	µg	54		1	15	31	
Vitamin B-12	µg	0.00		1	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	0.560		0	0.159	0.318	
4:0	g						
6.0	g						
8:0	g	0.000		3	0.000	0.000	
10:0	g	0.000		3	0.000	0.000	
12:0	g	0.030		3	0.009	0.017	
14:0	g	0.020		3	0.006	0.011	
15.0	g						
16:0	g	0.340		3	0.096	0.193	
17:0	g						
18:0	g	0.170		3	0.048	0.096	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.030	0	0.292	0.584
14:1	g				
16:1	g				
18:1	g	1.030	3	0.292	0.584
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.830	0	0.235	0.471
18:2	g	0.790	3	0.224	0.448
18:3	g	0.040	3	0.011	0.023
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	0	1	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.172	0	0.049	0.098
Threonine	g	0.325	0	0.092	0.184
Isoleucine	g	0.412	0	0.117	0.234
Leucine	g	0.750	0	0.213	0.425
Lysine	g	0.307	0	0.087	0.174
Methionine	g	0.178	0	0.050	0.101
Cystine	g	0.252	0	0.071	0.143
Phenylalanine	g	0.523	0	0.148	0.297
Tyrosine	g	0.328	0	0.093	0.186
Valine	g	0.504	0	0.143	0.286
Arginine	g	0.563	0	0.160	0.319
Histidine	g	0.258	0	0.073	0.146
Alanine	g	0.399	0	0.113	0.226
Aspartic acid	g	0.592	0	0.168	0.336
Glutamic acid	g	3.414	0	0.968	1.936
Glycine	g	0.456	0	0.129	0.259
Proline	g	1.140	0	0.323	0.646
Serine	g	0.523	0	0.148	0.297
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 2 oz

NDB No. 19051 Snacks, rice cakes, brown rice, plain

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 9g	Measure 2* 18g	Measure 3*
Proximates:							
Water	g	5.80	0.420	10	0.52	1.04	
Energy	kcal	387		0	35	70	
Energy	kj	1619		0	146	291	
Protein (N x 5.95)	g	8.20	0.431	10	0.74	1.48	
Total lipid (fat)	g	2.80	0.340	10	0.25	0.50	
Carbohydrate, by difference	g	81.50		0	7.33	14.67	
Fiber, total dietary	g	4.2		0	0.4	0.8	
Ash	g	1.70	0.188	10	0.15	0.31	
Sugars, total	g						
Minerals:							
Calcium	mg	11	1.255	9	1	2	
Iron	mg	1.49	0.124	9	0.13	0.27	
Magnesium	mg	131	3.500	2	12	24	
Phosphorus	mg	360	0.000	2	32	65	
Potassium	mg	290	21.258	6	26	52	
Sodium	mg	326	37.510	6	29	59	
Zinc	mg	3.00	0.000	2	0.27	0.54	
Copper	mg	0.445	0.035	2	0.040	0.080	
Manganese	mg	3.730		1	0.336	0.671	
Selenium	µg	24.6		0	2.2	4.4	
Vitamins:							
Ascorbic acid	mg	0.0	0.000	4	0.0	0.0	
Thiamin	mg	0.061	0.012	9	0.005	0.011	
Riboflavin	mg	0.165	0.036	8	0.015	0.030	
Niacin	mg	7.806	0.419	7	0.703	1.405	
Pantothenic acid	mg	1.000	0.000	2	0.090	0.180	
Vitamin B-6	mg	0.150	0.000	2	0.013	0.027	
Folate	µg	21	0.500	2	2	4	
Vitamin B-12	µg	0.00	0.000	2	0.00	0.00	
Vitamin A	IU	46		0	4	8	
Vitamin A, RE	µg	5		0	0	1	
Vitamin E, α-TE	mg	0.720		0	0.065	0.130	
Lipids:							
Saturated, total	g	0.570		0	0.051	0.103	
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		1	0.000	0.000	
14:0	g	0.010		1	0.001	0.002	
15.0	g						
16:0	g	0.480		1	0.043	0.086	
17:0	g						
18:0	g	0.050		1	0.005	0.009	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.030	0	0.093	0.185
14:1	g				
16:1	g	0.010	1	0.001	0.002
18:1	g	1.020	1	0.092	0.184
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.990	0	0.089	0.178
18:2	g	0.970	1	0.087	0.175
18:3	g	0.010	1	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	1	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.104	0	0.009	0.019
Threonine	g	0.299	0	0.027	0.054
Isoleucine	g	0.346	0	0.031	0.062
Leucine	g	0.675	0	0.061	0.122
Lysine	g	0.311	0	0.028	0.056
Methionine	g	0.184	0	0.017	0.033
Cystine	g	0.099	0	0.009	0.018
Phenylalanine	g	0.421	0	0.038	0.076
Tyrosine	g	0.306	0	0.028	0.055
Valine	g	0.479	0	0.043	0.086
Arginine	g	0.618	0	0.056	0.111
Histidine	g	0.207	0	0.019	0.037
Alanine	g	0.476	0	0.043	0.086
Aspartic acid	g	0.764	0	0.069	0.138
Glutamic acid	g	1.662	0	0.150	0.299
Glycine	g	0.402	0	0.036	0.072
Proline	g	0.383	0	0.034	0.069
Serine	g	0.422	0	0.038	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 cake
Measure 2: 2 cakes

NDB No. 19052 Snacks, rice cakes, brown rice, buckwheat

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 9g	Measure 2* 18g	Measure 3*
Proximates:							
Water	g	5.90	0.500	4	0.53	1.06	
Energy	kcal	380		0	34	68	
Energy	kj	1590		0	143	286	
Protein (N x 5.95)	g	9.00	0.698	4	0.81	1.62	
Total lipid (fat)	g	3.50	0.405	4	0.32	0.63	
Carbohydrate, by difference	g	80.10		0	7.21	14.42	
Fiber, total dietary	g	3.8		0	0.3	0.7	
Ash	g	1.60	0.121	4	0.14	0.29	
Sugars, total	g						
Minerals:							
Calcium	mg	11	2.903	4	1	2	
Iron	mg	1.14	0.188	4	0.10	0.21	
Magnesium	mg	151		1	14	27	
Phosphorus	mg	380		1	34	68	
Potassium	mg	299	10.966	4	27	54	
Sodium	mg	116		1	10	21	
Zinc	mg	2.50		1	0.23	0.45	
Copper	mg	0.380		1	0.034	0.068	
Manganese	mg	6.180		1	0.556	1.112	
Selenium	µg	16.4		0	1.5	3.0	
Vitamins:							
Ascorbic acid	mg	0.0		1	0.0	0.0	
Thiamin	mg	0.056	0.010	4	0.005	0.010	
Riboflavin	mg	0.103	0.009	4	0.009	0.019	
Niacin	mg	8.096	1.129	4	0.729	1.457	
Pantothenic acid	mg	1.160		1	0.104	0.209	
Vitamin B-6	mg	0.130		1	0.012	0.023	
Folate	µg	21		1	2	4	
Vitamin B-12	µg	0.00		1	0.00	0.00	
Vitamin A	IU	0	0.000	2	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.640		0	0.058	0.115	
4:0	g						
6.0	g						
8:0	g	0.020		1	0.002	0.004	
10:0	g	0.010		1	0.001	0.002	
12:0	g	0.010		1	0.001	0.002	
14:0	g	0.020		1	0.002	0.004	
15.0	g						
16:0	g	0.510		1	0.046	0.092	
17:0	g						
18:0	g	0.050		1	0.005	0.009	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.110	0	0.100	0.200
14:1	g				
16:1	g	0.020	1	0.002	0.004
18:1	g	1.090	1	0.098	0.196
20:1	g				
22.1	g	0.010	1	0.001	0.002
Polyunsaturated, total	g	1.110	0	0.100	0.200
18:2	g	1.050	1	0.095	0.189
18:3	g	0.070	1	0.006	0.013
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	0	1	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.125	0	0.011	0.023
Threonine	g	0.340	0	0.031	0.061
Isoleucine	g	0.358	0	0.032	0.064
Leucine	g	0.638	0	0.057	0.115
Lysine	g	0.414	0	0.037	0.075
Methionine	g	0.152	0	0.014	0.027
Cystine	g	0.137	0	0.012	0.025
Phenylalanine	g	0.399	0	0.036	0.072
Tyrosine	g	0.233	0	0.021	0.042
Valine	g	0.489	0	0.044	0.088
Arginine	g	0.677	0	0.061	0.122
Histidine	g	0.218	0	0.020	0.039
Alanine	g	0.517	0	0.047	0.093
Aspartic acid	g	0.800	0	0.072	0.144
Glutamic acid	g	1.568	0	0.141	0.282
Glycine	g	0.603	0	0.054	0.109
Proline	g	0.376	0	0.034	0.068
Serine	g	0.467	0	0.042	0.084
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 cake
Measure 2: 2 cakes

NDB No. 19053 Snacks, rice cakes, brown rice, sesame seed

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 9g	Measure 2* 18g	Measure 3*
Proximates:							
Water	g	5.90	0.318	7	0.53	1.06	
Energy	kcal	392		0	35	71	
Energy	kj	1640		0	148	295	
Protein (N x 5.95)	g	7.60	0.325	7	0.68	1.37	
Total lipid (fat)	g	3.80	0.241	7	0.34	0.68	
Carbohydrate, by difference	g	81.50		0	7.33	14.67	
Fiber, total dietary	g	5.4		0	0.5	1.0	
Ash	g	1.20	0.163	7	0.11	0.22	
Sugars, total	g						
Minerals:							
Calcium	mg	12	1.779	6	1	2	
Iron	mg	1.58	0.248	6	0.14	0.28	
Magnesium	mg	136	0.500	2	12	24	
Phosphorus	mg	375	5.000	2	34	68	
Potassium	mg	290	13.163	6	26	52	
Sodium	mg	227	88.000	2	20	41	
Zinc	mg	3.00	0.000	2	0.27	0.54	
Copper	mg	0.390	0.010	2	0.035	0.070	
Manganese	mg	4.299		1	0.387	0.774	
Selenium	µg	24.1		0	2.2	4.3	
Vitamins:							
Ascorbic acid	mg	3.0		1	0.3	0.5	
Thiamin	mg	0.048	0.011	5	0.004	0.009	
Riboflavin	mg	0.085	0.013	6	0.008	0.015	
Niacin	mg	7.205	0.632	4	0.648	1.297	
Pantothenic acid	mg	1.461		1	0.131	0.263	
Vitamin B-6	mg	0.155	0.005	2	0.014	0.028	
Folate	µg	18	5.500	2	2	3	
Vitamin B-12	µg	0.00	0.000	2	0.00	0.00	
Vitamin A	IU	0	0.000	2	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.540		0	0.049	0.097	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g	0.000		1	0.000	0.000	
14:0	g	0.010		1	0.001	0.002	
15.0	g						
16:0	g	0.430		1	0.039	0.077	
17:0	g						
18:0	g	0.080		1	0.007	0.014	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.100	0	0.099	0.198
14:1	g				
16:1	g	0.010	1	0.001	0.002
18:1	g	1.090	1	0.098	0.196
20:1	g	0.000	1	0.000	0.000
22.1	g				
Polyunsaturated, total	g	1.150	0	0.104	0.207
18:2	g	1.110	1	0.100	0.200
18:3	g	0.040	1	0.004	0.007
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	0	1	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.100	0	0.009	0.018
Threonine	g	0.279	0	0.025	0.050
Isoleucine	g	0.321	0	0.029	0.058
Leucine	g	0.625	0	0.056	0.113
Lysine	g	0.288	0	0.026	0.052
Methionine	g	0.174	0	0.016	0.031
Cystine	g	0.094	0	0.008	0.017
Phenylalanine	g	0.391	0	0.035	0.070
Tyrosine	g	0.286	0	0.026	0.051
Valine	g	0.444	0	0.040	0.080
Arginine	g	0.595	0	0.054	0.107
Histidine	g	0.193	0	0.017	0.035
Alanine	g	0.440	0	0.040	0.079
Aspartic acid	g	0.710	0	0.064	0.128
Glutamic acid	g	1.550	0	0.140	0.279
Glycine	g	0.380	0	0.034	0.068
Proline	g	0.355	0	0.032	0.064
Serine	g	0.394	0	0.035	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 cake
Measure 2: 2 cakes

NDB No. 19056 Snacks, tortilla chips, plain

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 213g	Measure 3*
Proximates:							
Water	g	1.80	0.109	42	0.51	3.83	
Energy	kcal	501		0	142	1067	
Energy	kj	2096		0	594	4464	
Protein (N x 5.95)	g	7.00	0.127	38	1.98	14.91	
Total lipid (fat)	g	26.20	0.489	41	7.43	55.81	
Carbohydrate, by difference	g	62.90		0	17.83	133.98	
Fiber, total dietary	g	6.5		0	1.8	13.8	
Ash	g	2.20	0.141	35	0.62	4.69	
Sugars, total	g						
Minerals:							
Calcium	mg	154	6.024	38	44	328	
Iron	mg	1.52	0.093	36	0.43	3.24	
Magnesium	mg	88	1.440	37	25	187	
Phosphorus	mg	205	5.441	37	58	437	
Potassium	mg	197	6.507	37	56	420	
Sodium	mg	528	21.206	42	150	1125	
Zinc	mg	1.53	0.093	10	0.43	3.26	
Copper	mg	0.120	0.009	31	0.034	0.256	
Manganese	mg	0.382	0.010	28	0.108	0.814	
Selenium	µg	6.7	0.845	39	1.9	14.3	
Vitamins:							
Ascorbic acid	mg	0.0		1	0.0	0.0	
Thiamin	mg	0.075	0.008	29	0.021	0.160	
Riboflavin	mg	0.184	0.024	30	0.052	0.392	
Niacin	mg	1.279	0.051	35	0.363	2.724	
Pantothenic acid	mg	0.788		1	0.223	1.678	
Vitamin B-6	mg	0.286	0.025	14	0.081	0.609	
Folate	µg	10		1	3	21	
Vitamin B-12	µg	0.00		1	0.00	0.00	
Vitamin A	IU	196	23.233	12	56	417	
Vitamin A, RE	µg	20		0	6	43	
Vitamin E, α-TE	mg	1.360		0	0.386	2.897	
Lipids:							
Saturated, total	g	5.020		0	1.423	10.693	
4:0	g	0.020		3	0.006	0.043	
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	0.050		3	0.014	0.107	
14:0	g	0.180		3	0.051	0.383	
15.0	g						
16:0	g	3.240		3	0.919	6.901	
17:0	g						
18:0	g	1.520		3	0.431	3.238	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	15.450		0	4.380	32.908
14:1	g					
16:1	g	0.100		3	0.028	0.213
18:1	g	15.350		3	4.352	32.695
20:1	g	0.000		0	0.000	0.000
22.1	g	0.000		0	0.000	0.000
Polyunsaturated, total	g	3.630		0	1.029	7.732
18:2	g	3.480		3	0.987	7.412
18:3	g	0.150		3	0.043	0.320
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	0.000	2	0	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.050		0	0.014	0.107
Threonine	g	0.266		0	0.075	0.567
Isoleucine	g	0.254		0	0.072	0.541
Leucine	g	0.868		0	0.246	1.849
Lysine	g	0.199		0	0.056	0.424
Methionine	g	0.148		0	0.042	0.315
Cystine	g	0.128		0	0.036	0.273
Phenylalanine	g	0.348		0	0.099	0.741
Tyrosine	g	0.288		0	0.082	0.613
Valine	g	0.358		0	0.101	0.763
Arginine	g	0.352		0	0.100	0.750
Histidine	g	0.216		0	0.061	0.460
Alanine	g	0.530		0	0.150	1.129
Aspartic acid	g	0.493		0	0.140	1.050
Glutamic acid	g	1.329		0	0.377	2.831
Glycine	g	0.290		0	0.082	0.618
Proline	g	0.618		0	0.175	1.316
Serine	g	0.337		0	0.096	0.718
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

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

*** Common Measures:**

Measure 1: 1 oz

Measure 2: 7-1/2 oz bag

NDB No. 19057 Snacks, tortilla chips, nacho-flavor

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 227g	Measure 3*
Proximates:							
Water	g	1.70	0.093	48	0.48	3.86	
Energy	kcal	498		0	141	1130	
Energy	kj	2084		0	591	4731	
Protein (N x 5.95)	g	7.80	0.101	41	2.21	17.71	
Total lipid (fat)	g	25.60	0.236	68	7.26	58.11	
Carbohydrate, by difference	g	62.40		0	17.69	141.65	
Fiber, total dietary	g	5.3		0	1.5	12.0	
Ash	g	2.60	0.091	43	0.74	5.90	
Sugars, total	g						
Minerals:							
Calcium	mg	147	5.910	45	42	334	
Iron	mg	1.43	0.057	46	0.41	3.25	
Magnesium	mg	82	1.870	42	23	186	
Phosphorus	mg	244	7.396	42	69	554	
Potassium	mg	216	7.799	45	61	490	
Sodium	mg	708	17.497	75	201	1607	
Zinc	mg	1.20	0.070	31	0.34	2.72	
Copper	mg	0.177	0.022	38	0.050	0.402	
Manganese	mg	0.408	0.011	29	0.116	0.926	
Selenium	µg	6.7		0	1.9	15.2	
Vitamins:							
Ascorbic acid	mg	1.8	0.000	2	0.5	4.1	
Thiamin	mg	0.128	0.010	37	0.036	0.291	
Riboflavin	mg	0.189	0.017	37	0.054	0.429	
Niacin	mg	1.431	0.078	35	0.406	3.248	
Pantothenic acid	mg	0.290	0.001	3	0.082	0.658	
Vitamin B-6	mg	0.286	0.022	3	0.081	0.649	
Folate	µg	14		1	4	32	
Vitamin B-12	µg	0.05		1	0.01	0.11	
Vitamin A	IU	371	37.190	20	105	842	
Vitamin A, RE	µg	41		0	12	93	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	4.900		0	1.389	11.123	
4:0	g	0.020		3	0.006	0.045	
6.0	g						
8:0	g						
10:0	g						
12:0	g	0.050		3	0.014	0.114	
14:0	g	0.180		3	0.051	0.409	
15.0	g						
16:0	g	3.170		3	0.899	7.196	
17:0	g						
18:0	g	1.480		3	0.420	3.360	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	15.090		0	4.278	34.254
14:1	g					
16:1	g	0.100		3	0.028	0.227
18:1	g	15.000		3	4.253	34.050
20:1	g					
22.1	g					
Polyunsaturated, total	g	3.540		0	1.004	8.036
18:2	g	3.400		3	0.964	7.718
18:3	g	0.140		3	0.040	0.318
18:4	g					
20:4	g					
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	3	0.393	10	1	7
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.066		0	0.019	0.150
Threonine	g	0.282		0	0.080	0.640
Isoleucine	g	0.296		0	0.084	0.672
Leucine	g	0.881		0	0.250	2.000
Lysine	g	0.291		0	0.082	0.661
Methionine	g	0.163		0	0.046	0.370
Cystine	g	0.125		0	0.035	0.284
Phenylalanine	g	0.374		0	0.106	0.849
Tyrosine	g	0.318		0	0.090	0.722
Valine	g	0.402		0	0.114	0.913
Arginine	g	0.387		0	0.110	0.878
Histidine	g	0.238		0	0.067	0.540
Alanine	g	0.503		0	0.143	1.142
Aspartic acid	g	0.537		0	0.152	1.219
Glutamic acid	g	1.507		0	0.427	3.421
Glycine	g	0.286		0	0.081	0.649
Proline	g	0.676		0	0.192	1.535
Serine	g	0.370		0	0.105	0.840
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

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

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 8 oz bag

NDB No. 19058 Snacks, tortilla chips, ranch-flavor

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 198g	Measure 3*
Proximates:							
Water	g	1.70	0.068	6	0.48	3.37	
Energy	kcal	490		0	139	970	
Energy	kj	2050		0	581	4059	
Protein (N x 5.95)	g	7.60	0.292	6	2.15	15.05	
Total lipid (fat)	g	23.80	0.667	6	6.75	47.12	
Carbohydrate, by difference	g	64.60		0	18.31	127.91	
Fiber, total dietary	g	3.9		0	1.1	7.7	
Ash	g	2.20	0.098	6	0.62	4.36	
Sugars, total	g						
Minerals:							
Calcium	mg	141	10.016	6	40	279	
Iron	mg	1.46	0.120	5	0.41	2.89	
Magnesium	mg	89	1.998	6	25	176	
Phosphorus	mg	239	15.556	6	68	473	
Potassium	mg	244	13.644	6	69	483	
Sodium	mg	612	24.530	6	174	1212	
Zinc	mg	1.24	0.010	3	0.35	2.46	
Copper	mg	0.118	0.024	5	0.033	0.234	
Manganese	mg	0.393	0.007	3	0.111	0.778	
Selenium	µg	6.7		0	1.9	13.3	
Vitamins:							
Ascorbic acid	mg	0.9	0.380	4	0.3	1.8	
Thiamin	mg	0.105	0.012	6	0.030	0.208	
Riboflavin	mg	0.238	0.058	6	0.067	0.471	
Niacin	mg	1.455	0.116	6	0.412	2.881	
Pantothenic acid	mg	0.615		1	0.174	1.218	
Vitamin B-6	mg	0.200		1	0.057	0.396	
Folate	µg	17		1	5	34	
Vitamin B-12	µg	0.00		1	0.00	0.00	
Vitamin A	IU	256	3.692	4	73	507	
Vitamin A, RE	µg	27		0	8	53	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	4.560		0	1.293	9.029	
4:0	g	0.020		3	0.006	0.040	
6.0	g						
8:0	g						
10:0	g						
12:0	g	0.040		3	0.011	0.079	
14:0	g	0.170		3	0.048	0.337	
15.0	g						
16:0	g	2.950		3	0.836	5.841	
17:0	g						
18:0	g	1.380		3	0.391	2.732	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	14.050		0	3.983	27.819
14:1	g					
16:1	g	0.090		3	0.026	0.178
18:1	g	13.960		3	3.958	27.641
20:1	g					
22.1	g					
Polyunsaturated, total	g	3.300		0	0.936	6.534
18:2	g	3.160		3	0.896	6.257
18:3	g	0.130		3	0.037	0.257
18:4	g					
20:4	g					
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	1	0.323	6	0	2
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.058		0	0.016	0.115
Threonine	g	0.285		0	0.081	0.564
Isoleucine	g	0.280		0	0.079	0.554
Leucine	g	0.871		0	0.247	1.725
Lysine	g	0.246		0	0.070	0.487
Methionine	g	0.154		0	0.044	0.305
Cystine	g	0.131		0	0.037	0.259
Phenylalanine	g	0.358		0	0.101	0.709
Tyrosine	g	0.297		0	0.084	0.588
Valine	g	0.380		0	0.108	0.752
Arginine	g	0.385		0	0.109	0.762
Histidine	g	0.223		0	0.063	0.442
Alanine	g	0.528		0	0.150	1.045
Aspartic acid	g	0.542		0	0.154	1.073
Glutamic acid	g	1.463		0	0.415	2.897
Glycine	g	0.295		0	0.084	0.584
Proline	g	0.633		0	0.179	1.253
Serine	g	0.351		0	0.100	0.695
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

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

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 7 oz bag

NDB No. 19059 Snacks, trail mix, regular

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 150g	Measure 2* 28g	Measure 3* 42g
Proximates:							
Water	g	9.20		1	13.80	2.61	3.86
Energy	kcal	462		0	693	131	194
Energy	kj	1933		0	2900	548	812
Protein (N x 5.95)	g	13.80		1	20.70	3.91	5.80
Total lipid (fat)	g	29.40		1	44.10	8.33	12.35
Carbohydrate, by difference	g	44.90		0	67.35	12.73	18.86
Fiber, total dietary	g						
Ash	g	2.60		1	3.90	0.74	1.09
Sugars, total	g						
Minerals:							
Calcium	mg	78		1	117	22	33
Iron	mg	3.05		1	4.58	0.86	1.28
Magnesium	mg	158		1	237	45	66
Phosphorus	mg	345		1	518	98	145
Potassium	mg	685		1	1028	194	288
Sodium	mg	229		1	344	65	96
Zinc	mg	3.22		1	4.83	0.91	1.35
Copper	mg	0.985		1	1.478	0.279	0.414
Manganese	mg	1.034		1	1.551	0.293	0.434
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	1.4		1	2.1	0.4	0.6
Thiamin	mg	0.462		1	0.693	0.131	0.194
Riboflavin	mg	0.198		1	0.297	0.056	0.083
Niacin	mg	4.712		1	7.068	1.336	1.979
Pantothenic acid	mg	0.895		1	1.343	0.254	0.376
Vitamin B-6	mg	0.298		1	0.447	0.084	0.125
Folate	µg	71		1	107	20	30
Vitamin B-12	µg	0.00		1	0.00	0.00	0.00
Vitamin A	IU	18		1	27	5	8
Vitamin A, RE	µg	2		0	3	1	1
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	5.550		0	8.325	1.573	2.331
4:0	g						
6.0	g	0.010		1	0.015	0.003	0.004
8:0	g	0.200		1	0.300	0.057	0.084
10:0	g	0.160		1	0.240	0.045	0.067
12:0	g	1.170		1	1.755	0.332	0.491
14:0	g	0.480		1	0.720	0.136	0.202
15.0	g						
16:0	g	2.530		1	3.795	0.717	1.063
17:0	g						
18:0	g	1.000		1	1.500	0.284	0.420
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	12.530	0	18.795	3.552	5.263
14:1	g					
16:1	g	0.070	1	0.105	0.020	0.029
18:1	g	12.290	1	18.435	3.484	5.162
20:1	g	0.170	1	0.255	0.048	0.071
22.1	g					
Polyunsaturated, total	g	9.650	0	14.475	2.736	4.053
18:2	g	9.580	1	14.370	2.716	4.024
18:3	g	0.070	1	0.105	0.020	0.029
18:4	g					
20:4	g					
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	0	1	0	0	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.166	0	0.249	0.047	0.070
Threonine	g	0.482	0	0.723	0.137	0.202
Isoleucine	g	0.515	0	0.773	0.146	0.216
Leucine	g	0.890	0	1.335	0.252	0.374
Lysine	g	0.515	0	0.773	0.146	0.216
Methionine	g	0.202	0	0.303	0.057	0.085
Cystine	g	0.217	0	0.325	0.062	0.091
Phenylalanine	g	0.658	0	0.987	0.187	0.276
Tyrosine	g	0.457	0	0.686	0.130	0.192
Valine	g	0.658	0	0.987	0.187	0.276
Arginine	g	1.520	0	2.280	0.431	0.638
Histidine	g	0.357	0	0.536	0.101	0.150
Alanine	g	0.587	0	0.881	0.166	0.247
Aspartic acid	g	1.523	0	2.284	0.432	0.640
Glutamic acid	g	3.023	0	4.535	0.857	1.270
Glycine	g	0.775	0	1.163	0.220	0.326
Proline	g	0.625	0	0.938	0.177	0.263
Serine	g	0.650	0	0.975	0.184	0.273
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates 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 oz
Measure 3: 1-1/2 oz

NDB No. 19061 Snacks, trail mix, tropical

Refuse: 0%

Nutrients 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* 28g	Measure 3* 42g
Proximates:							
Water	g	9.00		0	12.60	2.55	3.78
Energy	kcal	407		0	570	115	171
Energy	kj	1703		0	2384	483	715
Protein (N x 5.95)	g	6.30		0	8.82	1.79	2.65
Total lipid (fat)	g	17.10		0	23.94	4.85	7.18
Carbohydrate, by difference	g	65.60		0	91.84	18.60	27.55
Fiber, total dietary	g						
Ash	g	2.00		0	2.80	0.57	0.84
Sugars, total	g						
Minerals:							
Calcium	mg	57		0	80	16	24
Iron	mg	2.64		0	3.70	0.75	1.11
Magnesium	mg	96		0	134	27	40
Phosphorus	mg	186		0	260	53	78
Potassium	mg	709		0	993	201	298
Sodium	mg	10		0	14	3	4
Zinc	mg	1.17		0	1.64	0.33	0.49
Copper	mg	0.528		0	0.739	0.150	0.222
Manganese	mg	0.966		0	1.352	0.274	0.406
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	7.6		0	10.6	2.2	3.2
Thiamin	mg	0.450		0	0.630	0.128	0.189
Riboflavin	mg	0.115		0	0.161	0.033	0.048
Niacin	mg	1.482		0	2.075	0.420	0.622
Pantothenic acid	mg	1.218		0	1.705	0.345	0.512
Vitamin B-6	mg	0.327		0	0.458	0.093	0.137
Folate	µg	42		0	59	12	18
Vitamin B-12	µg	0.00		0	0.00	0.00	0.00
Vitamin A	IU	49		0	69	14	21
Vitamin A, RE	µg	5		0	7	1	2
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	8.480		0	11.872	2.404	3.562
4:0	g						
6.0	g	0.050		0	0.070	0.014	0.021
8:0	g	0.640		0	0.896	0.181	0.269
10:0	g	0.510		0	0.714	0.145	0.214
12:0	g	3.860		0	5.404	1.094	1.621
14:0	g	1.490		0	2.086	0.422	0.626
15.0	g						
16:0	g	1.270		0	1.778	0.360	0.533
17:0	g						
18:0	g	0.640		0	0.896	0.181	0.269
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.490	0	3.486	0.706	1.046
14:1	g					
16:1	g	0.010	0	0.014	0.003	0.004
18:1	g	2.460	0	3.444	0.697	1.033
20:1	g	0.010	0	0.014	0.003	0.004
22.1	g					
Polyunsaturated, total	g	5.160	0	7.224	1.463	2.167
18:2	g	5.120	0	7.168	1.452	2.150
18:3	g	0.040	0	0.056	0.011	0.017
18:4	g					
20:4	g					
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	0	0	0	0	0
Phytosterols	mg	80	0	112	23	34
Amino acids:						
Tryptophan	g	0.075	0	0.105	0.021	0.032
Threonine	g	0.223	0	0.312	0.063	0.094
Isoleucine	g	0.222	0	0.311	0.063	0.093
Leucine	g	0.360	0	0.504	0.102	0.151
Lysine	g	0.224	0	0.314	0.064	0.094
Methionine	g	0.146	0	0.204	0.041	0.061
Cystine	g	0.115	0	0.161	0.033	0.048
Phenylalanine	g	0.259	0	0.363	0.073	0.109
Tyrosine	g	0.160	0	0.224	0.045	0.067
Valine	g	0.296	0	0.414	0.084	0.124
Arginine	g	0.586	0	0.820	0.166	0.246
Histidine	g	0.211	0	0.295	0.060	0.089
Alanine	g	0.289	0	0.405	0.082	0.121
Aspartic acid	g	0.698	0	0.977	0.198	0.293
Glutamic acid	g	1.403	0	1.964	0.398	0.589
Glycine	g	0.267	0	0.374	0.076	0.112
Proline	g	0.228	0	0.319	0.065	0.096
Serine	g	0.209	0	0.293	0.059	0.088
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates 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 oz
Measure 3: 1-1/2 oz

NDB No. 19062 Snacks, trail mix, regular, with chocolate chips, salted nuts and seeds

Refuse: 0%

Nutrients 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* 28g	Measure 3* 42g
Proximates:							
Water	g	6.60		1	9.64	1.87	2.77
Energy	kcal	484		0	707	137	203
Energy	kj	2025		0	2957	574	851
Protein (N x 5.95)	g	14.20		1	20.73	4.03	5.96
Total lipid (fat)	g	31.90		1	46.57	9.04	13.40
Carbohydrate, by difference	g	44.90		0	65.55	12.73	18.86
Fiber, total dietary	g						
Ash	g	2.30		1	3.36	0.65	0.97
Sugars, total	g						
Minerals:							
Calcium	mg	109		1	159	31	46
Iron	mg	3.39		1	4.95	0.96	1.42
Magnesium	mg	161		1	235	46	68
Phosphorus	mg	387		1	565	110	163
Potassium	mg	648		1	946	184	272
Sodium	mg	121		1	177	34	51
Zinc	mg	3.14		1	4.58	0.89	1.32
Copper	mg	0.844		1	1.232	0.239	0.354
Manganese	mg	1.062		1	1.551	0.301	0.446
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	1.3		1	1.9	0.4	0.5
Thiamin	mg	0.413		1	0.603	0.117	0.173
Riboflavin	mg	0.224		1	0.327	0.064	0.094
Niacin	mg	4.405		1	6.431	1.249	1.850
Pantothenic acid	mg	0.964		1	1.407	0.273	0.405
Vitamin B-6	mg	0.259		1	0.378	0.073	0.109
Folate	µg	65		1	95	18	27
Vitamin B-12	µg	0.00		1	0.00	0.00	0.00
Vitamin A	IU	44		1	64	12	18
Vitamin A, RE	µg	5		0	7	1	2
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	6.100		0	8.906	1.729	2.562
4:0	g						
6.0	g	0.010		1	0.015	0.003	0.004
8:0	g	0.210		1	0.307	0.060	0.088
10:0	g	0.180		1	0.263	0.051	0.076
12:0	g	1.260		1	1.840	0.357	0.529
14:0	g	0.540		1	0.788	0.153	0.227
15.0	g						
16:0	g	2.750		1	4.015	0.780	1.155
17:0	g						
18:0	g	1.150		1	1.679	0.326	0.483
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	13.540	0	19.768	3.839	5.687
14:1	g					
16:1	g	0.070	1	0.102	0.020	0.029
18:1	g	13.280	1	19.389	3.765	5.578
20:1	g	0.190	1	0.277	0.054	0.080
22.1	g					
Polyunsaturated, total	g	11.290	0	16.483	3.201	4.742
18:2	g	11.210	1	16.367	3.178	4.708
18:3	g	0.080	1	0.117	0.023	0.034
18:4	g					
20:4	g					
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	4	1	6	1	2
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.163	0	0.238	0.046	0.068
Threonine	g	0.501	0	0.731	0.142	0.210
Isoleucine	g	0.555	0	0.810	0.157	0.233
Leucine	g	0.955	0	1.394	0.271	0.401
Lysine	g	0.584	0	0.853	0.166	0.245
Methionine	g	0.217	0	0.317	0.062	0.091
Cystine	g	0.191	0	0.279	0.054	0.080
Phenylalanine	g	0.687	0	1.003	0.195	0.289
Tyrosine	g	0.506	0	0.739	0.143	0.213
Valine	g	0.702	0	1.025	0.199	0.295
Arginine	g	1.498	0	2.187	0.425	0.629
Histidine	g	0.356	0	0.520	0.101	0.150
Alanine	g	0.581	0	0.848	0.165	0.244
Aspartic acid	g	1.531	0	2.235	0.434	0.643
Glutamic acid	g	3.006	0	4.389	0.852	1.263
Glycine	g	0.767	0	1.120	0.217	0.322
Proline	g	0.689	0	1.006	0.195	0.289
Serine	g	0.656	0	0.958	0.186	0.276
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates 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 oz
Measure 3: 1-1/2 oz

NDB No. 19063 Snacks, tortilla chips, taco-flavor

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 227g	Measure 3*
Proximates:							
Water	g	1.60	0.112	13	0.45	3.63	
Energy	kcal	480		0	136	1090	
Energy	kj	2008		0	569	4558	
Protein (N x 5.95)	g	7.90	0.223	13	2.24	17.93	
Total lipid (fat)	g	24.20	0.362	13	6.86	54.93	
Carbohydrate, by difference	g	63.10		0	17.89	143.24	
Fiber, total dietary	g	5.3		0	1.5	12.0	
Ash	g	3.10	0.239	13	0.88	7.04	
Sugars, total	g						
Minerals:							
Calcium	mg	155	6.066	13	44	352	
Iron	mg	2.02	0.095	13	0.57	4.59	
Magnesium	mg	88	2.127	13	25	200	
Phosphorus	mg	239	13.229	13	68	543	
Potassium	mg	217	10.119	13	62	493	
Sodium	mg	787	51.292	16	223	1786	
Zinc	mg	1.27	0.105	13	0.36	2.88	
Copper	mg	0.186	0.037	13	0.053	0.422	
Manganese	mg	0.442	0.034	8	0.125	1.003	
Selenium	µg	6.7		0	1.9	15.2	
Vitamins:							
Ascorbic acid	mg	0.9		1	0.3	2.0	
Thiamin	mg	0.242	0.015	13	0.069	0.549	
Riboflavin	mg	0.204	0.018	10	0.058	0.463	
Niacin	mg	1.999	0.100	13	0.567	4.538	
Pantothenic acid	mg	0.290		1	0.082	0.658	
Vitamin B-6	mg	0.297	0.009	3	0.084	0.674	
Folate	µg	21		1	6	48	
Vitamin B-12	µg	0.00		1	0.00	0.00	
Vitamin A	IU	905	119.446	8	257	2054	
Vitamin A, RE	µg	91		0	26	207	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	4.640		0	1.315	10.533	
4:0	g	0.020		3	0.006	0.045	
6.0	g						
8:0	g						
10:0	g						
12:0	g	0.050		3	0.014	0.114	
14:0	g	0.170		3	0.048	0.386	
15.0	g						
16:0	g	3.000		3	0.851	6.810	
17:0	g						
18:0	g	1.410		3	0.400	3.201	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	14.290	0	4.051	32.438
14:1	g				
16:1	g	0.090	3	0.026	0.204
18:1	g	14.200	3	4.026	32.234
20:1	g				
22.1	g				
Polyunsaturated, total	g	3.360	0	0.953	7.627
18:2	g	3.220	3	0.913	7.309
18:3	g	0.140	3	0.040	0.318
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	5	1	1	11
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.067	0	0.019	0.152
Threonine	g	0.292	0	0.083	0.663
Isoleucine	g	0.315	0	0.089	0.715
Leucine	g	0.890	0	0.252	2.020
Lysine	g	0.300	0	0.085	0.681
Methionine	g	0.163	0	0.046	0.370
Cystine	g	0.127	0	0.036	0.288
Phenylalanine	g	0.384	0	0.109	0.872
Tyrosine	g	0.318	0	0.090	0.722
Valine	g	0.412	0	0.117	0.935
Arginine	g	0.401	0	0.114	0.910
Histidine	g	0.240	0	0.068	0.545
Alanine	g	0.512	0	0.145	1.162
Aspartic acid	g	0.587	0	0.166	1.332
Glutamic acid	g	1.519	0	0.431	3.448
Glycine	g	0.300	0	0.085	0.681
Proline	g	0.679	0	0.192	1.541
Serine	g	0.383	0	0.109	0.869
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 8 oz bag

NDB No. 19065 Candies, HERSHEY, ALMOND JOY Candy Bar

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 20g	Measure 2* 49g	Measure 3*
Proximates:							
Water	g	9.62		0	1.92	4.71	
Energy	kcal	467		0	93	229	
Energy	kj	1954		0	391	957	
Protein (N x 5.95)	g	4.20		1	0.84	2.06	
Total lipid (fat)	g	26.80		1	5.36	13.13	
Carbohydrate, by difference	g	58.30		0	11.66	28.57	
Fiber, total dietary	g	4.8		1	1.0	2.4	
Ash	g	1.08		0	0.22	0.53	
Sugars, total	g	45.50		1	9.10	22.30	
Minerals:							
Calcium	mg	61		1	12	30	
Iron	mg	1.40		1	0.28	0.69	
Magnesium	mg						
Phosphorus	mg						
Potassium	mg	246		1	49	121	
Sodium	mg	146		1	29	72	
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU						
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	17.300		1	3.460	8.477	
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	6.600	1	1.320	3.234
14:1	g				
16:1	g				
18:1	g				
20:1	g				
22.1	g				
Polyunsaturated, total	g	1.500	1	0.300	0.735
18:2	g				
18:3	g				
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	4	1	1	2
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 snack size bar (0.7 oz)
Measure 2: 1 bar (1.7 oz)

NDB No. 19067 Candies, HERSHEY, TWIZZLERS Cherry Bits Candy

Refuse: 0%

Nutrients 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*	Measure 3*
Proximates:							
Water	g	15.65		0	6.26		
Energy	kcal	347		0	139		
Energy	kj	1452		0	581		
Protein (N x 5.95)	g	2.80		1	1.12		
Total lipid (fat)	g	2.50		1	1.00		
Carbohydrate, by difference	g	78.40		0	31.36		
Fiber, total dietary	g	1.3		1	0.5		
Ash	g	0.65		0	0.26		
Sugars, total	g	43.30		1	17.32		
Minerals:							
Calcium	mg	5		1	2		
Iron	mg	0.20		1	0.08		
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	212		1	85		
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU						
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.500		1	0.200		
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	1	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: 22 pieces (4 oz bag)

NDB No. 19069 Candies, NESTLE, BUTTERFINGER Bar and Dessert Topping

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 174g	Measure 2* 45g	Measure 3* 61g
Proximates:							
Water	g	2.19		3	3.81	0.99	1.34
Energy	kcal	480		0	835	216	293
Energy	kj	2008		0	3494	904	1225
Protein (N x 5.95)	g	12.45		3	21.66	5.60	7.59
Total lipid (fat)	g	18.66		3	32.47	8.40	11.38
Carbohydrate, by difference	g	65.56		0	114.07	29.50	39.99
Fiber, total dietary	g	2.4		3	4.2	1.1	1.5
Ash	g	1.14		3	1.98	0.51	0.70
Sugars, total	g	49.60		3	86.30	22.32	30.26
Minerals:							
Calcium	mg	27		3	47	12	16
Iron	mg	0.74		3	1.29	0.33	0.45
Magnesium	mg	79		0	137	36	48
Phosphorus	mg	131		0	228	59	80
Potassium	mg	381		0	663	171	232
Sodium	mg	198		3	345	89	121
Zinc	mg	1.17		0	2.04	0.53	0.71
Copper	mg	0.479		0	0.833	0.216	0.292
Manganese	mg	0.728		0	1.267	0.328	0.444
Selenium	µg	3.3		0	5.7	1.5	2.0
Vitamins:							
Ascorbic acid	mg	0.0		3	0.0	0.0	0.0
Thiamin	mg	0.085		0	0.148	0.038	0.052
Riboflavin	mg	0.071		0	0.124	0.032	0.043
Niacin	mg	2.497		0	4.345	1.124	1.523
Pantothenic acid	mg	0.281		0	0.489	0.126	0.171
Vitamin B-6	mg	0.069		0	0.120	0.031	0.042
Folate	µg	27		0	47	12	16
Vitamin B-12	µg	0.01		0	0.02	0.00	0.01
Vitamin A	IU	0		3	0	0	0
Vitamin A, RE	µg	0		0	0	0	0
Vitamin E, α-TE	mg	1.621		0	2.821	0.729	0.989
Lipids:							
Saturated, total	g	10.360		3	18.026	4.662	6.320
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.020		0	0.035	0.009	0.012
8:0	g	0.336		0	0.585	0.151	0.205
10:0	g	0.377		0	0.656	0.170	0.230
12:0	g	4.782		0	8.321	2.152	2.917
14:0	g	1.675		0	2.914	0.754	1.022
15.0	g						
16:0	g	2.148		0	3.738	0.967	1.310
17:0	g						
18:0	g	0.906		0	1.576	0.408	0.553
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	5.557	0	9.669	2.501	3.390
14:1	g					
16:1	g	0.002	0	0.003	0.001	0.001
18:1	g	5.443	0	9.471	2.449	3.320
20:1	g	0.111	0	0.193	0.050	0.068
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	2.802	0	4.875	1.261	1.709
18:2	g	2.801	0	4.874	1.260	1.709
18:3	g	0.001	0	0.002	0.000	0.001
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	1	3	2	0	1
Phytosterols	mg					
Amino acids:						
Tryptophan	g					
Threonine	g					
Isoleucine	g					
Leucine	g					
Lysine	g					
Methionine	g					
Cystine	g					
Phenylalanine	g					
Tyrosine	g					
Valine	g					
Arginine	g					
Histidine	g					
Alanine	g					
Aspartic acid	g					
Glutamic acid	g					
Glycine	g					
Proline	g					
Serine	g					
Other:						
Caffeine	mg	4	1	7	2	2
Theobromine	mg	34	1	59	15	21
Alcohol	g					

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

*** Common Measures:**

Measure 1: 1 cup, Butterfinger BB's
Measure 2: 1 bar (1.6 oz)
Measure 3: 1 bar (2.16 oz)

NDB No. 19070 Candies, butterscotch

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 6g	Measure 3*
Proximates:							
Water	g	0.80		0	0.23	0.05	
Energy	kcal	395		0	112	24	
Energy	kj	1653		0	469	99	
Protein (N x 5.95)	g	0.10		0	0.03	0.01	
Total lipid (fat)	g	3.50		0	0.99	0.21	
Carbohydrate, by difference	g	95.30		0	27.02	5.72	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.20		0	0.06	0.01	
Sugars, total	g						
Minerals:							
Calcium	mg	3		0	1	0	
Iron	mg	0.07		0	0.02	0.00	
Magnesium	mg	1		0	0	0	
Phosphorus	mg	3		0	1	0	
Potassium	mg	4		0	1	0	
Sodium	mg	367		0	104	22	
Zinc	mg	0.03		0	0.01	0.00	
Copper	mg	0.034		0	0.010	0.002	
Manganese	mg	0.036		0	0.010	0.002	
Selenium	µg	0.7		0	0.2	0.0	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.004		0	0.001	0.000	
Riboflavin	mg	0.018		0	0.005	0.001	
Niacin	mg	0.009		0	0.003	0.001	
Pantothenic acid	mg	0.013		0	0.004	0.001	
Vitamin B-6	mg	0.003		0	0.001	0.000	
Folate	µg	0		0	0	0	
Vitamin B-12	µg	0.01		0	0.00	0.00	
Vitamin A	IU	139		0	39	8	
Vitamin A, RE	µg	34		0	10	2	
Vitamin E, α-TE	mg	0.058		0	0.016	0.003	
Lipids:							
Saturated, total	g	1.090		0	0.309	0.065	
4:0	g	0.050		0	0.014	0.003	
6.0	g	0.030		0	0.009	0.002	
8:0	g	0.020		0	0.006	0.001	
10:0	g	0.040		0	0.011	0.002	
12:0	g	0.050		0	0.014	0.003	
14:0	g	0.180		0	0.051	0.011	
15.0	g						
16:0	g	0.480		0	0.136	0.029	
17:0	g						
18:0	g	0.220		0	0.062	0.013	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.500	0	0.142	0.030
14:1	g				
16:1	g	0.040	0	0.011	0.002
18:1	g	0.460	0	0.130	0.028
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.070	0	0.020	0.004
18:2	g	0.040	0	0.011	0.002
18:3	g	0.030	0	0.009	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	9	0	3	1
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.001	0	0.000	0.000
Threonine	g	0.002	0	0.001	0.000
Isoleucine	g	0.002	0	0.001	0.000
Leucine	g	0.004	0	0.001	0.000
Lysine	g	0.003	0	0.001	0.000
Methionine	g	0.001	0	0.000	0.000
Cystine	g	0.000	0	0.000	0.000
Phenylalanine	g	0.002	0	0.001	0.000
Tyrosine	g	0.002	0	0.001	0.000
Valine	g	0.002	0	0.001	0.000
Arginine	g	0.001	0	0.000	0.000
Histidine	g	0.001	0	0.000	0.000
Alanine	g	0.001	0	0.000	0.000
Aspartic acid	g	0.003	0	0.001	0.000
Glutamic acid	g	0.008	0	0.002	0.000
Glycine	g	0.001	0	0.000	0.000
Proline	g	0.004	0	0.001	0.000
Serine	g	0.002	0	0.001	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 oz
Measure 2: 1 piece

NDB No. 19071 Candies, carob

Refuse: 0%

Nutrients 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* 87g	Measure 3*
Proximates:							
Water	g	1.54		5	0.44	1.34	
Energy	kcal	540		0	153	470	
Energy	kj	2259		0	640	1965	
Protein (N x 5.95)	g	8.15		3	2.31	7.09	
Total lipid (fat)	g	31.36		5	8.89	27.28	
Carbohydrate, by difference	g	56.29		0	15.96	48.97	
Fiber, total dietary	g	3.8		2	1.1	3.3	
Ash	g	2.66		3	0.75	2.31	
Sugars, total	g						
Minerals:							
Calcium	mg	303		3	86	264	
Iron	mg	1.29		2	0.37	1.12	
Magnesium	mg	36		3	10	31	
Phosphorus	mg	126		2	36	110	
Potassium	mg	633		3	179	551	
Sodium	mg	107		2	30	93	
Zinc	mg	3.53		3	1.00	3.07	
Copper	mg	0.183		2	0.052	0.159	
Manganese	mg	0.140		1	0.040	0.122	
Selenium	µg	5.2		0	1.5	4.5	
Vitamins:							
Ascorbic acid	mg	0.5		2	0.1	0.4	
Thiamin	mg	0.100		3	0.028	0.087	
Riboflavin	mg	0.178		2	0.050	0.155	
Niacin	mg	1.040		3	0.295	0.905	
Pantothenic acid	mg	0.750		3	0.213	0.653	
Vitamin B-6	mg	0.130		3	0.037	0.113	
Folate	µg	28		3	8	24	
Vitamin B-12	µg	1.00		1	0.28	0.87	
Vitamin A	IU	24		3	7	21	
Vitamin A, RE	µg	8		0	2	7	
Vitamin E, α-TE	mg	1.571		0	0.445	1.367	
Lipids:							
Saturated, total	g	29.018		2	8.227	25.246	
4:0	g	0.163		2	0.046	0.142	
6.0	g	0.130		2	0.037	0.113	
8:0	g	1.545		2	0.438	1.344	
10:0	g	1.221		2	0.346	1.062	
12:0	g	12.958		2	3.674	11.273	
14:0	g	4.322		2	1.225	3.760	
15.0	g						
16:0	g	3.073		2	0.871	2.674	
17:0	g						
18:0	g	5.538		2	1.570	4.818	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.483	2	0.137	0.420
14:1	g				
16:1	g	0.000	2	0.000	0.000
18:1	g	0.482	2	0.137	0.419
20:1	g	0.000	2	0.000	0.000
22.1	g	0.000	2	0.000	0.000
Polyunsaturated, total	g	0.295	2	0.084	0.257
18:2	g	0.259	2	0.073	0.225
18:3	g	0.034	2	0.010	0.030
18:4	g	0.000	2	0.000	0.000
20:4	g	0.000	2	0.000	0.000
20:5	g	0.000	2	0.000	0.000
22:5	g	0.000	2	0.000	0.000
22:6	g	0.000	2	0.000	0.000
Cholesterol	mg	3	2	1	3
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 oz
Measure 2: 1 bar (3 oz)

NDB No. 19074 Candies, caramels

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 71g	Measure 2* 10g	Measure 3*
Proximates:							
Water	g	8.50	0.343	5	6.04	0.86	
Energy	kcal	382		0	271	39	
Energy	kj	1598		0	1135	161	
Protein (N x 5.95)	g	4.60	0.126	3	3.27	0.46	
Total lipid (fat)	g	8.10		1	5.75	0.82	
Carbohydrate, by difference	g	77.00		0	54.67	7.78	
Fiber, total dietary	g	1.2		0	0.9	0.1	
Ash	g	1.80	0.049	3	1.28	0.18	
Sugars, total	g	65.50		0	46.51	6.62	
Minerals:							
Calcium	mg	138	7.131	41	98	14	
Iron	mg	0.14	0.048	41	0.10	0.01	
Magnesium	mg	17	0.874	41	12	2	
Phosphorus	mg	114	5.475	40	81	12	
Potassium	mg	214	12.300	42	152	22	
Sodium	mg	245	13.433	42	174	25	
Zinc	mg	0.44	0.029	42	0.31	0.04	
Copper	mg	0.018	0.002	41	0.013	0.002	
Manganese	mg	0.011	0.002	41	0.008	0.001	
Selenium	µg	1.8	0.367	12	1.3	0.2	
Vitamins:							
Ascorbic acid	mg	0.5		1	0.4	0.1	
Thiamin	mg	0.010		1	0.007	0.001	
Riboflavin	mg	0.181		1	0.129	0.018	
Niacin	mg	0.250		1	0.178	0.025	
Pantothenic acid	mg	0.592		1	0.420	0.060	
Vitamin B-6	mg	0.035		1	0.025	0.004	
Folate	µg	5		1	4	1	
Vitamin B-12	µg	0.00		1	0.00	0.00	
Vitamin A	IU	32		1	23	3	
Vitamin A, RE	µg	8		0	6	1	
Vitamin E, α-TE	mg	0.463		0	0.329	0.047	
Lipids:							
Saturated, total	g	6.580		0	4.672	0.665	
4:0	g	0.050		1	0.036	0.005	
6.0	g	0.070		1	0.050	0.007	
8:0	g	0.500		1	0.355	0.051	
10:0	g	0.430		1	0.305	0.043	
12:0	g	2.920		1	2.073	0.295	
14:0	g	1.250		1	0.888	0.126	
15.0	g						
16:0	g	0.980		1	0.696	0.099	
17:0	g						
18:0	g	0.380		1	0.270	0.038	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.840		0	0.596	0.085
14:1	g					
16:1	g	0.040		1	0.028	0.004
18:1	g	0.810		1	0.575	0.082
20:1	g	0.000		0	0.000	0.000
22.1	g	0.000		0	0.000	0.000
Polyunsaturated, total	g	0.180		0	0.128	0.018
18:2	g	0.150		1	0.107	0.015
18:3	g	0.020		1	0.014	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	7	0.333	3	5	1
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.060		0	0.043	0.006
Threonine	g	0.192		0	0.136	0.019
Isoleucine	g	0.258		0	0.183	0.026
Leucine	g	0.417		0	0.296	0.042
Lysine	g	0.338		0	0.240	0.034
Methionine	g	0.107		0	0.076	0.011
Cystine	g	0.039		0	0.028	0.004
Phenylalanine	g	0.205		0	0.146	0.021
Tyrosine	g	0.205		0	0.146	0.021
Valine	g	0.285		0	0.202	0.029
Arginine	g	0.155		0	0.110	0.016
Histidine	g	0.115		0	0.082	0.012
Alanine	g	0.147		0	0.104	0.015
Aspartic acid	g	0.323		0	0.229	0.033
Glutamic acid	g	0.892		0	0.633	0.090
Glycine	g	0.091		0	0.065	0.009
Proline	g	0.412		0	0.293	0.042
Serine	g	0.232		0	0.165	0.023
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

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

*** Common Measures:**

Measure 1: 1 package (2.5 oz)
Measure 2: 1 piece

NDB No. 19075 Candies, HERSHEY, CARAMELLO Candy Bar

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 45g	Measure 2* 142g	Measure 3*
Proximates:							
Water	g	7.44		0	3.35	10.56	
Energy	kcal	474		0	213	673	
Energy	kj	1983		0	892	2816	
Protein (N x 5.95)	g	6.10		1	2.75	8.66	
Total lipid (fat)	g	21.70		1	9.77	30.81	
Carbohydrate, by difference	g	63.40		0	28.53	90.03	
Fiber, total dietary	g	1.6		1	0.7	2.3	
Ash	g	1.36		0	0.61	1.93	
Sugars, total	g	48.10		1	21.64	68.30	
Minerals:							
Calcium	mg	184		1	83	261	
Iron	mg	0.70		1	0.31	0.99	
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	137		1	62	195	
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU						
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	14.000		1	6.300	19.880	
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	7.100	1	3.195	10.082
14:1	g				
16:1	g				
18:1	g				
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.700	1	0.315	0.994
18:2	g				
18:3	g				
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	27	1	12	38
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 bar (1.6 oz)
Measure 2: 1 bar (5 oz)

NDB No. 19076 Candies, caramels, chocolate-flavor roll

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 7g	Measure 2* 64g	Measure 3*
Proximates:							
Water	g	7.30	0.507	4	0.51	4.67	
Energy	kcal	360		0	25	230	
Energy	kj	1506		0	105	964	
Protein (N x 5.95)	g	1.90	0.135	4	0.13	1.22	
Total lipid (fat)	g	2.50	0.243	4	0.18	1.60	
Carbohydrate, by difference	g	87.30		0	6.11	55.87	
Fiber, total dietary	g	0.6		0	0.0	0.4	
Ash	g	0.80	0.007	4	0.06	0.51	
Sugars, total	g	75.00		0	5.25	48.00	
Minerals:							
Calcium	mg	26		0	2	17	
Iron	mg	0.38		0	0.03	0.24	
Magnesium	mg	32		1	2	20	
Phosphorus	mg	40		0	3	26	
Potassium	mg	102		0	7	65	
Sodium	mg	81		0	6	52	
Zinc	mg	0.53		1	0.04	0.34	
Copper	mg	0.290		1	0.020	0.186	
Manganese	mg	0.118		0	0.008	0.076	
Selenium	µg	1.7		0	0.1	1.1	
Vitamins:							
Ascorbic acid	mg	0.1		0	0.0	0.1	
Thiamin	mg	0.019		0	0.001	0.012	
Riboflavin	mg	0.074		0	0.005	0.047	
Niacin	mg	0.086		0	0.006	0.055	
Pantothenic acid	mg	0.143		0	0.010	0.092	
Vitamin B-6	mg	0.019		0	0.001	0.012	
Folate	µg	1		1	0	1	
Vitamin B-12	µg	0.06		1	0.00	0.04	
Vitamin A	IU	8		0	1	5	
Vitamin A, RE	µg	2		0	0	1	
Vitamin E, α-TE	mg	0.239		0	0.017	0.153	
Lipids:							
Saturated, total	g	0.580		0	0.041	0.371	
4:0	g	0.010		1	0.001	0.006	
6.0	g	0.000		1	0.000	0.000	
8:0	g	0.000		1	0.000	0.000	
10:0	g	0.010		1	0.001	0.006	
12:0	g	0.010		1	0.001	0.006	
14:0	g	0.020		1	0.001	0.013	
15.0	g						
16:0	g	0.320		1	0.022	0.205	
17:0	g						
18:0	g	0.210		1	0.015	0.134	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.030	0	0.072	0.659
14:1	g				
16:1	g	0.010	1	0.001	0.006
18:1	g	1.010	1	0.071	0.646
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.790	0	0.055	0.506
18:2	g	0.730	1	0.051	0.467
18:3	g	0.060	1	0.004	0.038
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	1	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.028	0	0.002	0.018
Threonine	g	0.090	0	0.006	0.058
Isoleucine	g	0.090	0	0.006	0.058
Leucine	g	0.145	0	0.010	0.093
Lysine	g	0.122	0	0.009	0.078
Methionine	g	0.030	0	0.002	0.019
Cystine	g	0.026	0	0.002	0.017
Phenylalanine	g	0.080	0	0.006	0.051
Tyrosine	g	0.068	0	0.005	0.044
Valine	g	0.111	0	0.008	0.071
Arginine	g	0.081	0	0.006	0.052
Histidine	g	0.036	0	0.003	0.023
Alanine	g	0.082	0	0.006	0.052
Aspartic acid	g	0.176	0	0.012	0.113
Glutamic acid	g	0.315	0	0.022	0.202
Glycine	g	0.061	0	0.004	0.039
Proline	g	0.109	0	0.008	0.070
Serine	g	0.088	0	0.006	0.056
Other:					
Caffeine	mg	2	0	0	1
Theobromine	mg	53	0	4	34
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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
Measure 2: 1 bar (2.25 oz)

NDB No. 19077 Baking chocolate, unsweetened, liquid

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2*	Measure 3*
Proximates:							
Water	g	0.90		1	0.26		
Energy	kcal	472		0	134		
Energy	kj	1975		0	560		
Protein (N x 5.95)	g	12.10		1	3.43		
Total lipid (fat)	g	47.70		1	13.52		
Carbohydrate, by difference	g	33.90		0	9.61		
Fiber, total dietary	g	18.1		0	5.1		
Ash	g	3.10		1	0.88		
Sugars, total	g	0.00		0	0.00		
Minerals:							
Calcium	mg	54		1	15		
Iron	mg	4.15		1	1.18		
Magnesium	mg	265		1	75		
Phosphorus	mg	340		1	96		
Potassium	mg	1166		1	331		
Sodium	mg	12		1	3		
Zinc	mg	3.68		1	1.04		
Copper	mg	1.910		1	0.541		
Manganese	mg	1.650		1	0.468		
Selenium	µg	7.9		0	2.2		
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.050		1	0.014		
Riboflavin	mg	0.279		0	0.079		
Niacin	mg	2.100		1	0.595		
Pantothenic acid	mg	0.154		0	0.044		
Vitamin B-6	mg	0.072		0	0.020		
Folate	µg	19		0	5		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	12		0	3		
Vitamin A, RE	µg	1		0	0		
Vitamin E, α-TE	mg	6.036		0	1.711		
Lipids:							
Saturated, total	g	25.290		0	7.170		
4:0	g						
6.0	g	0.130		1	0.037		
8:0	g	1.590		1	0.451		
10:0	g	1.270		1	0.360		
12:0	g	9.450		1	2.679		
14:0	g	3.630		1	1.029		
15.0	g						
16:0	g	6.060		1	1.718		
17:0	g						
18:0	g	3.160		1	0.896		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	9.230	0	2.617
14:1	g			
16:1	g	0.050	1	0.014
18:1	g	9.180	1	2.603
20:1	g			
22.1	g			
Polyunsaturated, total	g	10.700	0	3.033
18:2	g	10.100	1	2.863
18:3	g	0.600	1	0.170
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	0.182	0	0.052
Threonine	g	0.481	0	0.136
Isoleucine	g	0.471	0	0.134
Leucine	g	0.737	0	0.209
Lysine	g	0.609	0	0.173
Methionine	g	0.125	0	0.035
Cystine	g	0.148	0	0.042
Phenylalanine	g	0.584	0	0.166
Tyrosine	g	0.456	0	0.129
Valine	g	0.730	0	0.207
Arginine	g	0.689	0	0.195
Histidine	g	0.210	0	0.060
Alanine	g	0.561	0	0.159
Aspartic acid	g	1.211	0	0.343
Glutamic acid	g	1.828	0	0.518
Glycine	g	0.545	0	0.155
Proline	g	0.520	0	0.147
Serine	g	0.525	0	0.149
Other:				
Caffeine	mg	47	0	13
Theobromine	mg	1597	0	453
Alcohol	g			

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

*** Common Measures:**
Measure 1: 1 oz

NDB No. 19078 Baking chocolate, unsweetened, squares

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 132g	Measure 2* 28g	Measure 3*
Proximates:							
Water	g	1.30	0.109	9	1.72	0.37	
Energy	kcal	522		0	689	148	
Energy	kj	2184		0	2883	619	
Protein (N x 5.95)	g	10.30	0.352	9	13.60	2.92	
Total lipid (fat)	g	55.30	0.567	9	73.00	15.68	
Carbohydrate, by difference	g	28.30		0	37.36	8.02	
Fiber, total dietary	g	15.4		0	20.3	4.4	
Ash	g	3.00	0.224	8	3.96	0.85	
Sugars, total	g						
Minerals:							
Calcium	mg	74	5.790	9	98	21	
Iron	mg	6.32	0.644	9	8.34	1.79	
Magnesium	mg	310	15.713	9	409	88	
Phosphorus	mg	417	14.389	6	550	118	
Potassium	mg	833	58.298	8	1100	236	
Sodium	mg	14	2.523	6	18	4	
Zinc	mg	4.01	0.191	8	5.29	1.14	
Copper	mg	2.168	0.064	9	2.862	0.615	
Manganese	mg	1.918	0.116	9	2.532	0.544	
Selenium	µg	7.5		0	9.9	2.1	
Vitamins:							
Ascorbic acid	mg	0.0		1	0.0	0.0	
Thiamin	mg	0.080	0.014	7	0.106	0.023	
Riboflavin	mg	0.167	0.050	7	0.220	0.047	
Niacin	mg	1.114	0.191	7	1.470	0.316	
Pantothenic acid	mg	0.198	0.026	4	0.261	0.056	
Vitamin B-6	mg	0.095	0.029	6	0.125	0.027	
Folate	µg	7	1.493	6	9	2	
Vitamin B-12	µg	0.00		1	0.00	0.00	
Vitamin A	IU	98	23.075	9	129	28	
Vitamin A, RE	µg	10		0	13	3	
Vitamin E, α-TE	mg	1.230		0	1.624	0.349	
Lipids:							
Saturated, total	g	32.600		0	43.032	9.242	
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	0.100		6	0.132	0.028	
15.0	g						
16:0	g	14.930		6	19.708	4.233	
17:0	g						
18:0	g	17.150		6	22.638	4.862	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	18.460	0	24.367	5.233
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	18.460	6	24.367	5.233
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	1.760	0	2.323	0.499
18:2	g	1.760	6	2.323	0.499
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	1	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.154	0	0.203	0.044
Threonine	g	0.407	0	0.537	0.115
Isoleucine	g	0.398	0	0.525	0.113
Leucine	g	0.623	0	0.822	0.177
Lysine	g	0.515	0	0.680	0.146
Methionine	g	0.106	0	0.140	0.030
Cystine	g	0.126	0	0.166	0.036
Phenylalanine	g	0.493	0	0.651	0.140
Tyrosine	g	0.385	0	0.508	0.109
Valine	g	0.617	0	0.814	0.175
Arginine	g	0.582	0	0.768	0.165
Histidine	g	0.177	0	0.234	0.050
Alanine	g	0.474	0	0.626	0.134
Aspartic acid	g	1.024	0	1.352	0.290
Glutamic acid	g	1.545	0	2.039	0.438
Glycine	g	0.461	0	0.609	0.131
Proline	g	0.439	0	0.579	0.124
Serine	g	0.444	0	0.586	0.126
Other:					
Caffeine	mg	204	1	269	58
Theobromine	mg	1237	1	1633	351
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 cup, grated
Measure 2: 1 square (1 oz)

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

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1*	Measure 2*	Measure 3*
Proximates:							
Water	g	1.91		2			
Energy	kcal	521		0			
Energy	kj	2180		0			
Protein (N x 5.95)	g	5.87		0			
Total lipid (fat)	g	27.00		2			
Carbohydrate, by difference	g	63.73		0			
Fiber, total dietary	g	0.1		0			
Ash	g	1.50		0			
Sugars, total	g						
Minerals:							
Calcium	mg	199		0			
Iron	mg	0.24		0			
Magnesium	mg	12		0			
Phosphorus	mg	176		0			
Potassium	mg	286		0			
Sodium	mg	90		0			
Zinc	mg	0.74		0			
Copper	mg	0.060		0			
Manganese	mg	0.013		0			
Selenium	µg	3.7		0			
Vitamins:							
Ascorbic acid	mg	0.5		0			
Thiamin	mg	0.063		0			
Riboflavin	mg	0.282		0			
Niacin	mg	0.745		0			
Pantothenic acid	mg	0.608		0			
Vitamin B-6	mg	0.056		0			
Folate	µg	17		0			
Vitamin B-12	µg	0.75		0			
Vitamin A	IU	35		0			
Vitamin A, RE	µg	1		0			
Vitamin E, α-TE	mg	2.250		0			
Lipids:							
Saturated, total	g	24.113		2			
4:0	g	0.000		2			
6.0	g	0.048		2			
8:0	g	0.635		2			
10:0	g	0.567		2			
12:0	g	11.918		2			
14:0	g	3.900		2			
15.0	g						
16:0	g	2.160		2			
17:0	g						
18:0	g	4.827		2			
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.527	2
14:1	g		
16:1	g	0.525	2
18:1	g	0.000	2
20:1	g	0.000	2
22.1	g	0.000	2
Polyunsaturated, total	g	0.524	2
18:2	g	0.490	2
18:3	g	0.034	2
18:4	g	0.000	2
20:4	g	0.000	2
20:5	g	0.000	2
22:5	g	0.000	2
22:6	g	0.000	2
Cholesterol	mg	1	2
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. 19080 Candies, semisweet chocolate

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 168g	Measure 2* 182g	Measure 3* 173g
Proximates:							
Water	g	0.70	0.062	8	1.18	1.27	1.21
Energy	kcal	479		0	805	872	829
Energy	kj	2004		0	3367	3647	3467
Protein (N x 5.95)	g	4.20	0.089	5	7.06	7.64	7.27
Total lipid (fat)	g	30.00	0.743	9	50.40	54.60	51.90
Carbohydrate, by difference	g	63.10		0	106.01	114.84	109.16
Fiber, total dietary	g	5.9	0.900	2	9.9	10.7	10.2
Ash	g	1.20	0.050	7	2.02	2.18	2.08
Sugars, total	g	56.90		1	95.59	103.56	98.44
Minerals:							
Calcium	mg	32	1.429	3	54	58	55
Iron	mg	3.13	0.283	5	5.26	5.70	5.41
Magnesium	mg	115	4.600	2	193	209	199
Phosphorus	mg	132	26.500	2	222	240	228
Potassium	mg	365	17.035	6	613	664	631
Sodium	mg	11	3.440	6	18	20	19
Zinc	mg	1.62	0.057	3	2.72	2.95	2.80
Copper	mg	0.700		1	1.176	1.274	1.211
Manganese	mg	0.800		1	1.344	1.456	1.384
Selenium	µg	3.1		0	5.2	5.6	5.4
Vitamins:							
Ascorbic acid	mg	0.0		1	0.0	0.0	0.0
Thiamin	mg	0.055	0.015	2	0.092	0.100	0.095
Riboflavin	mg	0.090	0.000	2	0.151	0.164	0.156
Niacin	mg	0.427	0.049	4	0.717	0.777	0.739
Pantothenic acid	mg	0.105		1	0.176	0.191	0.182
Vitamin B-6	mg	0.035		1	0.059	0.064	0.061
Folate	µg	3		1	5	5	5
Vitamin B-12	µg	0.00		1	0.00	0.00	0.00
Vitamin A	IU	21		1	35	38	36
Vitamin A, RE	µg	2		0	3	4	3
Vitamin E, α-TE	mg	1.190		0	1.999	2.166	2.059
Lipids:							
Saturated, total	g	17.750		0	29.820	32.305	30.707
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	0.060		8	0.101	0.109	0.104
14:0	g	0.150		8	0.252	0.273	0.260
15.0	g						
16:0	g	7.720		8	12.970	14.050	13.356
17:0	g						
18:0	g	9.470		8	15.910	17.235	16.383
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	9.970		0	16.750	18.145	17.248
14:1	g						
16:1	g	0.090		8	0.151	0.164	0.156
18:1	g	9.890		8	16.615	18.000	17.110
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	0.970		0	1.630	1.765	1.678
18:2	g	0.910		8	1.529	1.656	1.574
18:3	g	0.060		8	0.101	0.109	0.104
18:4	g	0.000		0	0.000	0.000	0.000
20:4	g	0.000		0	0.000	0.000	0.000
20:5	g	0.000		0	0.000	0.000	0.000
22:5	g	0.000		0	0.000	0.000	0.000
22:6	g	0.000		0	0.000	0.000	0.000
Cholesterol	mg	0		0	0	0	0
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.063		0	0.106	0.115	0.109
Threonine	g	0.168		0	0.282	0.306	0.291
Isoleucine	g	0.164		0	0.276	0.298	0.284
Leucine	g	0.257		0	0.432	0.468	0.445
Lysine	g	0.212		0	0.356	0.386	0.367
Methionine	g	0.044		0	0.074	0.080	0.076
Cystine	g	0.052		0	0.087	0.095	0.090
Phenylalanine	g	0.204		0	0.343	0.371	0.353
Tyrosine	g	0.159		0	0.267	0.289	0.275
Valine	g	0.254		0	0.427	0.462	0.439
Arginine	g	0.240		0	0.403	0.437	0.415
Histidine	g	0.073		0	0.123	0.133	0.126
Alanine	g	0.196		0	0.329	0.357	0.339
Aspartic acid	g	0.422		0	0.709	0.768	0.730
Glutamic acid	g	0.637		0	1.070	1.159	1.102
Glycine	g	0.190		0	0.319	0.346	0.329
Proline	g	0.181		0	0.304	0.329	0.313
Serine	g	0.183		0	0.307	0.333	0.317
Other:							
Caffeine	mg	62	3.923	6	104	113	107
Theobromine	mg	486	40.814	7	816	885	841
Alcohol	g						

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

*** Common Measures:**

Measure 1: 1 cup (6 oz package) chips
Measure 2: 1 cup, large chips
Measure 3: 1 cup, mini chips

NDB No. 19081 Candies, sweet chocolate

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 41g	Measure 3*
Proximates:							
Water	g	0.50	0.088	3	0.14	0.21	
Energy	kcal	505		0	143	207	
Energy	kj	2113		0	599	866	
Protein (N x 5.95)	g	3.90	0.280	4	1.11	1.60	
Total lipid (fat)	g	34.20	1.376	4	9.70	14.02	
Carbohydrate, by difference	g	59.60		0	16.90	24.44	
Fiber, total dietary	g	5.5		0	1.6	2.3	
Ash	g	1.00	0.000	3	0.28	0.41	
Sugars, total	g						
Minerals:							
Calcium	mg	24	1.409	6	7	10	
Iron	mg	2.76	0.369	6	0.78	1.13	
Magnesium	mg	113	9.699	6	32	46	
Phosphorus	mg	147	5.325	4	42	60	
Potassium	mg	290	17.076	6	82	119	
Sodium	mg	16	4.933	4	5	7	
Zinc	mg	1.50	0.051	6	0.43	0.62	
Copper	mg	0.574	0.072	6	0.163	0.235	
Manganese	mg	0.494	0.078	6	0.140	0.203	
Selenium	µg	2.8		0	0.8	1.1	
Vitamins:							
Ascorbic acid	mg	0.0		1	0.0	0.0	
Thiamin	mg	0.020		1	0.006	0.008	
Riboflavin	mg	0.240		1	0.068	0.098	
Niacin	mg	0.670		1	0.190	0.275	
Pantothenic acid	mg	0.071		1	0.020	0.029	
Vitamin B-6	mg	0.043		1	0.012	0.018	
Folate	µg	3		1	1	1	
Vitamin B-12	µg	0.00		1	0.00	0.00	
Vitamin A	IU	20		1	6	8	
Vitamin A, RE	µg	2		0	1	1	
Vitamin E, α-TE	mg	1.190		0	0.337	0.488	
Lipids:							
Saturated, total	g	20.080		0	5.693	8.233	
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	0.030		1	0.009	0.012	
15.0	g						
16:0	g	8.690		1	2.464	3.563	
17:0	g						
18:0	g	11.350		1	3.218	4.653	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	11.220	0	3.181	4.600
14:1	g				
16:1	g	0.070	1	0.020	0.029
18:1	g	11.150	1	3.161	4.572
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.990	0	0.281	0.406
18:2	g	0.960	1	0.272	0.394
18:3	g	0.030	1	0.009	0.012
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	1	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.058	0	0.016	0.024
Threonine	g	0.154	0	0.044	0.063
Isoleucine	g	0.151	0	0.043	0.062
Leucine	g	0.236	0	0.067	0.097
Lysine	g	0.195	0	0.055	0.080
Methionine	g	0.040	0	0.011	0.016
Cystine	g	0.048	0	0.014	0.020
Phenylalanine	g	0.187	0	0.053	0.077
Tyrosine	g	0.146	0	0.041	0.060
Valine	g	0.234	0	0.066	0.096
Arginine	g	0.221	0	0.063	0.091
Histidine	g	0.067	0	0.019	0.027
Alanine	g	0.180	0	0.051	0.074
Aspartic acid	g	0.388	0	0.110	0.159
Glutamic acid	g	0.586	0	0.166	0.240
Glycine	g	0.175	0	0.050	0.072
Proline	g	0.167	0	0.047	0.068
Serine	g	0.168	0	0.048	0.069
Other:					
Caffeine	mg	66	1	19	27
Theobromine	mg	426	1	121	175
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 oz

Measure 2: 1 bar (1.45 oz)

NDB No. 19083 Candies, sweet chocolate coated fondant

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 43g	Measure 2* 11g	Measure 3*
Proximates:							
Water	g	7.70	0.671	6	3.31	0.85	
Energy	kcal	366		0	157	40	
Energy	kj	1531		0	658	168	
Protein (N x 5.95)	g	2.20	0.299	5	0.95	0.24	
Total lipid (fat)	g	9.30	1.300	5	4.00	1.02	
Carbohydrate, by difference	g	80.20		0	34.49	8.82	
Fiber, total dietary	g	1.5		0	0.6	0.2	
Ash	g	0.40	0.026	6	0.17	0.04	
Sugars, total	g						
Minerals:							
Calcium	mg	17	2.291	4	7	2	
Iron	mg	1.56	0.028	4	0.67	0.17	
Magnesium	mg	63		1	27	7	
Phosphorus	mg	95		1	41	10	
Potassium	mg	168		1	72	18	
Sodium	mg	26	13.450	2	11	3	
Zinc	mg	0.45	0.166	3	0.19	0.05	
Copper	mg	0.430		1	0.185	0.047	
Manganese	mg	0.400		1	0.172	0.044	
Selenium	µg	1.3		0	0.6	0.1	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.026	0.010	4	0.011	0.003	
Riboflavin	mg	0.058	0.014	4	0.025	0.006	
Niacin	mg	0.575	0.275	2	0.247	0.063	
Pantothenic acid	mg	0.020		0	0.009	0.002	
Vitamin B-6	mg	0.008		0	0.003	0.001	
Folate	µg	2		0	1	0	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	20		1	9	2	
Vitamin A, RE	µg	2		0	1	0	
Vitamin E, α-TE	mg	0.347		0	0.149	0.038	
Lipids:							
Saturated, total	g	5.460		0	2.348	0.601	
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	0.020		6	0.009	0.002	
15.0	g						
16:0	g	2.500		6	1.075	0.275	
17:0	g						
18:0	g	2.870		6	1.234	0.316	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.090		0	1.329	0.340
14:1	g					
16:1	g	0.000		0	0.000	0.000
18:1	g	3.090		6	1.329	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	0.300		0	0.129	0.033
18:2	g	0.300		6	0.129	0.033
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	0.000	3	0	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.029		0	0.012	0.003
Threonine	g	0.078		0	0.034	0.009
Isoleucine	g	0.076		0	0.033	0.008
Leucine	g	0.119		0	0.051	0.013
Lysine	g	0.098		0	0.042	0.011
Methionine	g	0.020		0	0.009	0.002
Cystine	g	0.024		0	0.010	0.003
Phenylalanine	g	0.094		0	0.040	0.010
Tyrosine	g	0.073		0	0.031	0.008
Valine	g	0.118		0	0.051	0.013
Arginine	g	0.111		0	0.048	0.012
Histidine	g	0.034		0	0.015	0.004
Alanine	g	0.090		0	0.039	0.010
Aspartic acid	g	0.195		0	0.084	0.021
Glutamic acid	g	0.294		0	0.126	0.032
Glycine	g	0.088		0	0.038	0.010
Proline	g	0.084		0	0.036	0.009
Serine	g	0.085		0	0.037	0.009
Other:						
Caffeine	mg	6		0	3	1
Theobromine	mg	133		0	57	15
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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 patty
Measure 2: 1 small patty

NDB No. 19084 Candies, HERSHEY, HERSHEY'S GOLDEN COLLECTION Chocolate Covered Almond Solitaires

Refuse: 0%

Nutrients 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*	Measure 3*
Proximates:							
Water	g	1.91		0	1.49		
Energy	kcal	569		0	444		
Energy	kj	2381		0	1857		
Protein (N x 5.95)	g	12.00		1	9.36		
Total lipid (fat)	g	37.10		1	28.94		
Carbohydrate, by difference	g	46.90		0	36.58		
Fiber, total dietary	g	4.4		1	3.4		
Ash	g	2.09		0	1.63		
Sugars, total	g	37.10		1	28.94		
Minerals:							
Calcium	mg	188		1	147		
Iron	mg	2.30		1	1.79		
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	57		1	44		
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU						
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	15.200		1	11.856		
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	17.700	1	13.806
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g	4.200	1	3.276
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	13	1	10
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 (2.8 oz)

NDB No. 19085 Candies, confectioner's coating, butterscotch

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 170g	Measure 2* 28g	Measure 3*
Proximates:							
Water	g	0.75		2	1.27	0.21	
Energy	kcal	539		0	916	153	
Energy	kj	2255		0	3834	639	
Protein (N x 5.95)	g	2.20		2	3.74	0.62	
Total lipid (fat)	g	29.05		2	49.38	8.24	
Carbohydrate, by difference	g	67.10		0	114.07	19.02	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.90		2	1.53	0.26	
Sugars, total	g	68.10		1	115.77	19.31	
Minerals:							
Calcium	mg	34		1	58	10	
Iron	mg	0.08		1	0.14	0.02	
Magnesium	mg	5		0	9	1	
Phosphorus	mg	32		0	54	9	
Potassium	mg	187		1	318	53	
Sodium	mg	89		2	151	25	
Zinc	mg	0.12		0	0.20	0.03	
Copper	mg	0.031		0	0.053	0.009	
Manganese	mg	0.006		0	0.010	0.002	
Selenium	µg	1.3		0	2.2	0.4	
Vitamins:							
Ascorbic acid	mg	0.1		0	0.2	0.0	
Thiamin	mg	0.080		1	0.136	0.023	
Riboflavin	mg	0.000		1	0.000	0.000	
Niacin	mg	0.070		1	0.119	0.020	
Pantothenic acid	mg	0.149		0	0.253	0.042	
Vitamin B-6	mg	0.015		0	0.026	0.004	
Folate	µg	1		0	2	0	
Vitamin B-12	µg	0.10		0	0.17	0.03	
Vitamin A	IU	0		1	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	2.250		0	3.825	0.638	
Lipids:							
Saturated, total	g	24.100		1	40.970	6.832	
4:0	g	0.000		1	0.000	0.000	
6.0	g	0.060		1	0.102	0.017	
8:0	g	1.092		2	1.856	0.310	
10:0	g	1.076		2	1.829	0.305	
12:0	g	13.790		1	23.443	3.909	
14:0	g	4.674		2	7.946	1.325	
15.0	g						
16:0	g	2.344		2	3.985	0.665	
17:0	g						
18:0	g	1.722		2	2.927	0.488	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.271	0	3.861	0.644
14:1	g				
16:1	g	0.007	2	0.012	0.002
18:1	g	2.250	2	3.825	0.638
20:1	g	0.014	1	0.024	0.004
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.435	0	0.740	0.123
18:2	g	0.407	2	0.692	0.115
18:3	g	0.014	2	0.024	0.004
18:4	g	0.000	0	0.000	0.000
20:4	g	0.014	1	0.024	0.004
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.030	0	0.051	0.009
Threonine	g	0.096	0	0.163	0.027
Isoleucine	g	0.129	0	0.219	0.037
Leucine	g	0.208	0	0.354	0.059
Lysine	g	0.169	0	0.287	0.048
Methionine	g	0.053	0	0.090	0.015
Cystine	g	0.020	0	0.034	0.006
Phenylalanine	g	0.103	0	0.175	0.029
Tyrosine	g	0.103	0	0.175	0.029
Valine	g	0.142	0	0.241	0.040
Arginine	g	0.077	0	0.131	0.022
Histidine	g	0.058	0	0.099	0.016
Alanine	g	0.073	0	0.124	0.021
Aspartic acid	g	0.161	0	0.274	0.046
Glutamic acid	g	0.445	0	0.757	0.126
Glycine	g	0.045	0	0.077	0.013
Proline	g	0.206	0	0.350	0.058
Serine	g	0.115	0	0.196	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, chips
Measure 2: 1 oz

NDB No. 19086 Candies, confectioner's coating, peanut butter

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 168g	Measure 2* 28g	Measure 3*
Proximates:							
Water	g	5.70		0	9.58	1.62	
Energy	kcal	497		0	835	141	
Energy	kj	2079		0	3493	589	
Protein (N x 5.95)	g	18.30		1	30.74	5.19	
Total lipid (fat)	g	29.80		1	50.06	8.45	
Carbohydrate, by difference	g	44.90		0	75.43	12.73	
Fiber, total dietary	g	8.4		0	14.1	2.4	
Ash	g	1.30		0	2.18	0.37	
Sugars, total	g						
Minerals:							
Calcium	mg	110		1	185	31	
Iron	mg	1.70		1	2.86	0.48	
Magnesium	mg	110		1	185	31	
Phosphorus	mg	310		1	521	88	
Potassium	mg	505		1	848	143	
Sodium	mg	250		1	420	71	
Zinc	mg	2.00		1	3.36	0.57	
Copper	mg	0.400		1	0.672	0.113	
Manganese	mg	1.400		1	2.352	0.397	
Selenium	µg	2.7		0	4.5	0.8	
Vitamins:							
Ascorbic acid	mg	0.1		0	0.2	0.0	
Thiamin	mg	0.050		1	0.084	0.014	
Riboflavin	mg	0.200		1	0.336	0.057	
Niacin	mg	8.200		1	13.776	2.325	
Pantothenic acid	mg	1.141		0	1.917	0.323	
Vitamin B-6	mg	0.221		0	0.371	0.063	
Folate	µg	96		0	161	27	
Vitamin B-12	µg	0.06		0	0.10	0.02	
Vitamin A	IU	20		1	34	6	
Vitamin A, RE	µg	2		0	3	1	
Vitamin E, α-TE	mg	3.000		0	5.040	0.851	
Lipids:							
Saturated, total	g	13.120		0	22.042	3.720	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.030		1	0.050	0.009	
8:0	g	0.450		1	0.756	0.128	
10:0	g	0.500		1	0.840	0.142	
12:0	g	6.370		1	10.702	1.806	
14:0	g	2.230		1	3.746	0.632	
15.0	g						
16:0	g	2.790		1	4.687	0.791	
17:0	g						
18:0	g	0.740		1	1.243	0.210	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	9.590	0	16.111	2.719
14:1	g				
16:1	g	0.000	1	0.000	0.000
18:1	g	9.370	1	15.742	2.656
20:1	g	0.220	1	0.370	0.062
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	5.340	0	8.971	1.514
18:2	g	5.340	1	8.971	1.514
18:3	g	0.000	1	0.000	0.000
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	1	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.176	0	0.296	0.050
Threonine	g	0.629	0	1.057	0.178
Isoleucine	g	0.649	0	1.090	0.184
Leucine	g	1.191	0	2.001	0.338
Lysine	g	0.669	0	1.124	0.190
Methionine	g	0.166	0	0.279	0.047
Cystine	g	0.233	0	0.391	0.066
Phenylalanine	g	0.942	0	1.583	0.267
Tyrosine	g	0.742	0	1.247	0.210
Valine	g	0.772	0	1.297	0.219
Arginine	g	2.150	0	3.612	0.610
Histidine	g	0.463	0	0.778	0.131
Alanine	g	0.722	0	1.213	0.205
Aspartic acid	g	2.206	0	3.706	0.625
Glutamic acid	g	3.807	0	6.396	1.079
Glycine	g	1.082	0	1.818	0.307
Proline	g	0.822	0	1.381	0.233
Serine	g	0.899	0	1.510	0.255
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 cup, chips
Measure 2: 1 oz

NDB No. 19087 Sweets, candies, confectioner's coating, white

Refuse: 0%

Nutrients 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* 85g	Measure 3*
Proximates:							
Water	g	1.30		5	2.21	1.10	
Energy	kcal	539		0	916	458	
Energy	kj	2255		0	3834	1917	
Protein (N x 5.95)	g	5.87		3	9.98	4.99	
Total lipid (fat)	g	32.09		5	54.55	27.28	
Carbohydrate, by difference	g	59.25		0	100.72	50.36	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.50		3	2.55	1.27	
Sugars, total	g	60.00		0	102.00	51.00	
Minerals:							
Calcium	mg	199		3	338	169	
Iron	mg	0.24		3	0.41	0.20	
Magnesium	mg	12		3	20	10	
Phosphorus	mg	176		3	299	150	
Potassium	mg	286		3	486	243	
Sodium	mg	90		3	153	77	
Zinc	mg	0.74		3	1.26	0.63	
Copper	mg	0.060		3	0.102	0.051	
Manganese	mg	0.026		0	0.044	0.022	
Selenium	µg	5.3		0	9.0	4.5	
Vitamins:							
Ascorbic acid	mg	0.5		3	0.9	0.4	
Thiamin	mg	0.063		3	0.107	0.054	
Riboflavin	mg	0.282		3	0.479	0.240	
Niacin	mg	0.745		3	1.266	0.633	
Pantothenic acid	mg	0.608		3	1.034	0.517	
Vitamin B-6	mg	0.056		3	0.095	0.048	
Folate	µg	17		3	29	14	
Vitamin B-12	µg	0.61		0	1.04	0.52	
Vitamin A	IU	35		2	60	30	
Vitamin A, RE	µg	1		0	2	1	
Vitamin E, α-TE	mg	2.250		0	3.825	1.913	
Lipids:							
Saturated, total	g	19.412		2	33.000	16.500	
4:0	g	0.314		2	0.534	0.267	
6.0	g	0.155		2	0.264	0.132	
8:0	g	0.115		2	0.196	0.098	
10:0	g	0.220		2	0.374	0.187	
12:0	g	0.629		2	1.069	0.535	
14:0	g	0.797		2	1.355	0.677	
15.0	g						
16:0	g	7.947		2	13.510	6.755	
17:0	g						
18:0	g	9.145		2	15.546	7.773	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	9.097	2	15.465	7.732
14:1	g				
16:1	g	0.062	2	0.105	0.053
18:1	g	8.990	2	15.283	7.641
20:1	g	0.000	2	0.000	0.000
22.1	g	0.000	2	0.000	0.000
Polyunsaturated, total	g	1.013	2	1.722	0.861
18:2	g	0.910	2	1.547	0.774
18:3	g	0.103	2	0.175	0.088
18:4	g	0.000	2	0.000	0.000
20:4	g	0.000	2	0.000	0.000
20:5	g	0.000	2	0.000	0.000
22:5	g	0.000	2	0.000	0.000
22:6	g	0.000	2	0.000	0.000
Cholesterol	mg	21	2	36	18
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, chips
Measure 2: 1 bar (3 oz)

NDB No. 19088 Frozen desserts, ice cream, light (50% of the fat), vanilla

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 65g	Measure 2* 66g	Measure 3*
Proximates:							
Water	g	68.20	0.228	187	44.33	45.01	
Energy	kcal	139		0	90	92	
Energy	kj	582		0	378	384	
Protein (N x 5.95)	g	3.80	0.586	39	2.47	2.51	
Total lipid (fat)	g	4.30	0.050	299	2.80	2.84	
Carbohydrate, by difference	g	22.70		0	14.76	14.98	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.00	0.034	3	0.65	0.66	
Sugars, total	g						
Minerals:							
Calcium	mg	139	7.426	35	90	92	
Iron	mg	0.10	0.011	35	0.07	0.07	
Magnesium	mg	15	0.373	35	10	10	
Phosphorus	mg	109	4.079	35	71	72	
Potassium	mg	211	5.676	36	137	139	
Sodium	mg	85	1.920	36	55	56	
Zinc	mg	0.44	0.033	36	0.29	0.29	
Copper	mg	0.012	0.002	32	0.008	0.008	
Manganese	mg	0.007	0.001	32	0.005	0.005	
Selenium	µg	2.8	0.329	12	1.8	1.8	
Vitamins:							
Ascorbic acid	mg	0.8		1	0.5	0.5	
Thiamin	mg	0.058	0.005	4	0.038	0.038	
Riboflavin	mg	0.265	0.019	4	0.172	0.175	
Niacin	mg	0.090	0.000	2	0.059	0.059	
Pantothenic acid	mg	0.505		1	0.328	0.333	
Vitamin B-6	mg	0.065	0.003	3	0.042	0.043	
Folate	µg	6		1	4	4	
Vitamin B-12	µg	0.67	0.051	3	0.44	0.44	
Vitamin A	IU	165		1	107	109	
Vitamin A, RE	µg	47		0	31	31	
Vitamin E, α-TE	mg	0.000		0	0.000	0.000	
Lipids:							
Saturated, total	g	2.630		0	1.709	1.736	
4:0	g	0.140		1	0.091	0.092	
6.0	g	0.080		1	0.052	0.053	
8:0	g	0.050		1	0.033	0.033	
10:0	g	0.110		1	0.072	0.073	
12:0	g	0.120		1	0.078	0.079	
14:0	g	0.440		1	0.286	0.290	
15.0	g						
16:0	g	1.180		1	0.767	0.779	
17:0	g						
18:0	g	0.520		1	0.338	0.343	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.230		0	0.800	0.812
14:1	g					
16:1	g	0.100		1	0.065	0.066
18:1	g	1.130		1	0.735	0.746
20:1	g	0.000		0	0.000	0.000
22.1	g	0.000		0	0.000	0.000
Polyunsaturated, total	g	0.160		0	0.104	0.106
18:2	g	0.100		1	0.065	0.066
18:3	g	0.060		1	0.039	0.040
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	14	1.600	4	9	9
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.046		0	0.030	0.030
Threonine	g	0.153		0	0.099	0.101
Isoleucine	g	0.203		0	0.132	0.134
Leucine	g	0.330		0	0.215	0.218
Lysine	g	0.274		0	0.178	0.181
Methionine	g	0.084		0	0.055	0.055
Cystine	g	0.030		0	0.020	0.020
Phenylalanine	g	0.165		0	0.107	0.109
Tyrosine	g	0.159		0	0.103	0.105
Valine	g	0.228		0	0.148	0.150
Arginine	g	0.147		0	0.096	0.097
Histidine	g	0.092		0	0.060	0.061
Alanine	g	0.146		0	0.095	0.096
Aspartic acid	g	0.270		0	0.176	0.178
Glutamic acid	g	0.722		0	0.469	0.477
Glycine	g	0.149		0	0.097	0.098
Proline	g	0.368		0	0.239	0.243
Serine	g	0.188		0	0.122	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 individual cup (3.5 fl oz)
Measure 2: 1/2 cup (4 fl oz)

NDB No. 19089 Frozen desserts, ice cream, vanilla, rich

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 74g	Measure 2*	Measure 3*
Proximates:							
Water	g	57.20	0.555	7	42.33		
Energy	kcal	241		0	178		
Energy	kj	1008		0	746		
Protein (N x 5.95)	g	3.50	0.416	4	2.59		
Total lipid (fat)	g	16.20	0.212	11	11.99		
Carbohydrate, by difference	g	22.40		0	16.58		
Fiber, total dietary	g	0.0		0	0.0		
Ash	g	0.80		1	0.59		
Sugars, total	g	17.60		0	13.02		
Minerals:							
Calcium	mg	117		0	87		
Iron	mg	0.05		0	0.04		
Magnesium	mg	11		0	8		
Phosphorus	mg	95		0	70		
Potassium	mg	159		0	118		
Sodium	mg	56		0	41		
Zinc	mg	0.40		0	0.30		
Copper	mg	0.025		0	0.019		
Manganese	mg	0.008		0	0.006		
Selenium	µg	2.6		0	1.9		
Vitamins:							
Ascorbic acid	mg	0.7		0	0.5		
Thiamin	mg	0.039		0	0.029		
Riboflavin	mg	0.162		0	0.120		
Niacin	mg	0.084		0	0.062		
Pantothenic acid	mg	0.363		0	0.269		
Vitamin B-6	mg	0.038		0	0.028		
Folate	µg	5		0	4		
Vitamin B-12	µg	0.36		0	0.27		
Vitamin A	IU	643		0	476		
Vitamin A, RE	µg	184		0	136		
Vitamin E, α-TE	mg	0.000		0	0.000		
Lipids:							
Saturated, total	g	9.970		0	7.378		
4:0	g	0.520		1	0.385		
6.0	g	0.310		1	0.229		
8:0	g	0.180		1	0.133		
10:0	g	0.410		1	0.303		
12:0	g	0.450		1	0.333		
14:0	g	1.660		1	1.228		
15.0	g						
16:0	g	4.490		1	3.323		
17:0	g						
18:0	g	1.960		1	1.450		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	4.660	0	3.448
14:1	g			
16:1	g	0.360	1	0.266
18:1	g	4.300	1	3.182
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.600	0	0.444
18:2	g	0.370	1	0.274
18:3	g	0.240	1	0.178
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	61	0	45
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.041	0	0.030
Threonine	g	0.138	0	0.102
Isoleucine	g	0.182	0	0.135
Leucine	g	0.298	0	0.221
Lysine	g	0.248	0	0.184
Methionine	g	0.076	0	0.056
Cystine	g	0.027	0	0.020
Phenylalanine	g	0.149	0	0.110
Tyrosine	g	0.142	0	0.105
Valine	g	0.205	0	0.152
Arginine	g	0.135	0	0.100
Histidine	g	0.083	0	0.061
Alanine	g	0.136	0	0.101
Aspartic acid	g	0.245	0	0.181
Glutamic acid	g	0.652	0	0.482
Glycine	g	0.147	0	0.109
Proline	g	0.338	0	0.250
Serine	g	0.171	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: 1/2 cup (4 fl oz)

NDB No. 19090 Frozen desserts, ice cream, french vanilla, soft-serve

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 86g	Measure 2*	Measure 3*
Proximates:							
Water	g	59.80	0.361	11	51.43		
Energy	kcal	215		0	185		
Energy	kj	900		0	774		
Protein (N x 5.95)	g	4.10		1	3.53		
Total lipid (fat)	g	13.00	0.508	11	11.18		
Carbohydrate, by difference	g	22.20		0	19.09		
Fiber, total dietary	g	0.0		0	0.0		
Ash	g	0.90		1	0.77		
Sugars, total	g						
Minerals:							
Calcium	mg	131		1	113		
Iron	mg	0.21		1	0.18		
Magnesium	mg	12		1	10		
Phosphorus	mg	116		1	100		
Potassium	mg	177		1	152		
Sodium	mg	61		1	52		
Zinc	mg	0.52		1	0.45		
Copper	mg	0.030		1	0.026		
Manganese	mg	0.005		1	0.004		
Selenium	µg	3.0		0	2.6		
Vitamins:							
Ascorbic acid	mg	0.8		1	0.7		
Thiamin	mg	0.049		1	0.042		
Riboflavin	mg	0.182		1	0.157		
Niacin	mg	0.095		1	0.082		
Pantothenic acid	mg	0.506		1	0.435		
Vitamin B-6	mg	0.048		1	0.041		
Folate	µg	9		1	8		
Vitamin B-12	µg	0.50		1	0.43		
Vitamin A	IU	539		1	464		
Vitamin A, RE	µg	154		0	132		
Vitamin E, α-TE	mg	0.370		0	0.318		
Lipids:							
Saturated, total	g	7.480		0	6.433		
4:0	g	0.390		1	0.335		
6.0	g	0.230		1	0.198		
8:0	g	0.130		1	0.112		
10:0	g	0.300		1	0.258		
12:0	g	0.340		1	0.292		
14:0	g	1.240		1	1.066		
15.0	g						
16:0	g	3.360		1	2.890		
17:0	g						
18:0	g	1.470		1	1.264		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.490	0	3.001
14:1	g			
16:1	g	0.270	1	0.232
18:1	g	3.220	1	2.769
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.450	0	0.387
18:2	g	0.280	1	0.241
18:3	g	0.180	1	0.155
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	91	1	78
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.048	0	0.041
Threonine	g	0.169	0	0.145
Isoleucine	g	0.215	0	0.185
Leucine	g	0.353	0	0.304
Lysine	g	0.296	0	0.255
Methionine	g	0.091	0	0.078
Cystine	g	0.036	0	0.031
Phenylalanine	g	0.176	0	0.151
Tyrosine	g	0.170	0	0.146
Valine	g	0.241	0	0.207
Arginine	g	0.172	0	0.148
Histidine	g	0.099	0	0.085
Alanine	g	0.164	0	0.141
Aspartic acid	g	0.300	0	0.258
Glutamic acid	g	0.745	0	0.641
Glycine	g	0.163	0	0.140
Proline	g	0.374	0	0.322
Serine	g	0.216	0	0.186
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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 (4 fl oz)

NDB No. 19091 Candies, HERSHEY, YORK Peppermint Pattie

Refuse: 0%

Nutrients 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* 17g	Measure 3* 42g
Proximates:							
Water	g	10.10		0	1.41	1.72	4.24
Energy	kcal	393		0	55	67	165
Energy	kj	1644		0	230	279	690
Protein (N x 5.95)	g	2.20		1	0.31	0.37	0.92
Total lipid (fat)	g	7.10		1	0.99	1.21	2.98
Carbohydrate, by difference	g	80.10		0	11.21	13.62	33.64
Fiber, total dietary	g	2.0		1	0.3	0.3	0.8
Ash	g	0.50		0	0.07	0.09	0.21
Sugars, total	g						
Minerals:							
Calcium	mg	15		1	2	3	6
Iron	mg	1.00		1	0.14	0.17	0.42
Magnesium	mg						
Phosphorus	mg						
Potassium	mg	129		1	18	22	54
Sodium	mg	24		1	3	4	10
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU						
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	4.300		1	0.602	0.731	1.806
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	2.500	1	0.350	0.425	1.050
14:1	g					
16:1	g					
18:1	g					
20:1	g					
22.1	g					
Polyunsaturated, total	g	0.200	1	0.028	0.034	0.084
18:2	g					
18:3	g					
18:4	g					
20:4	g					
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	1	1	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 small patty (0.5 oz)
Measure 2: 1 small patty (0.6 oz)
Measure 3: 1 large patty (1.5 oz)

NDB No. 19093 Candies, HERSHEY, SYMPHONY Milk Chocolate Bar

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 42g	Measure 2* 67g	Measure 3*
Proximates:							
Water	g	0.60		0	0.25	0.40	
Energy	kcal	553		0	232	371	
Energy	kj	2314		0	972	1550	
Protein (N x 5.95)	g	7.20		1	3.02	4.82	
Total lipid (fat)	g	32.80		1	13.78	21.98	
Carbohydrate, by difference	g	57.94		0	24.33	38.82	
Fiber, total dietary	g	1.9		1	0.8	1.3	
Ash	g	1.46		0	0.61	0.98	
Sugars, total	g						
Minerals:							
Calcium	mg	215		1	90	144	
Iron	mg	1.20		1	0.50	0.80	
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	92		1	39	62	
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU						
Vitamin A, RE	µg						
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	22	1	9	15
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 bar (1.5 oz)
Measure 2: 1 bar (2.4 oz)

NDB No. 19095 Frozen desserts, ice cream, vanilla

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 58g	Measure 2* 66g	Measure 3*
Proximates:							
Water	g	61.00	0.360	50	35.38	40.26	
Energy	kcal	201		0	117	133	
Energy	kj	841		0	488	555	
Protein (N x 5.95)	g	3.50	0.199	152	2.03	2.31	
Total lipid (fat)	g	11.00	0.080	291	6.38	7.26	
Carbohydrate, by difference	g	23.60		0	13.69	15.58	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.90	0.045	6	0.52	0.59	
Sugars, total	g	17.60		0	10.21	11.62	
Minerals:							
Calcium	mg	128	5.483	17	74	84	
Iron	mg	0.09	0.007	35	0.05	0.06	
Magnesium	mg	14	0.361	12	8	9	
Phosphorus	mg	105	4.119	12	61	69	
Potassium	mg	199	6.120	12	115	131	
Sodium	mg	80	6.528	19	46	53	
Zinc	mg	0.69	0.160	14	0.40	0.46	
Copper	mg	0.023	0.002	7	0.013	0.015	
Manganese	mg	0.008	0.001	6	0.005	0.005	
Selenium	µg	2.6		0	1.5	1.7	
Vitamins:							
Ascorbic acid	mg	0.6	0.067	21	0.3	0.4	
Thiamin	mg	0.041	0.003	13	0.024	0.027	
Riboflavin	mg	0.240	0.013	14	0.139	0.158	
Niacin	mg	0.116	0.011	6	0.067	0.077	
Pantothenic acid	mg	0.581	0.170	3	0.337	0.383	
Vitamin B-6	mg	0.048	0.001	10	0.028	0.032	
Folate	µg	5	1.830	4	3	3	
Vitamin B-12	µg	0.39	0.043	3	0.23	0.26	
Vitamin A	IU	409	23.824	10	237	270	
Vitamin A, RE	µg	117		0	68	77	
Vitamin E, α-TE	mg	0.000		0	0.000	0.000	
Lipids:							
Saturated, total	g	6.790		0	3.938	4.481	
4:0	g	0.360		1	0.209	0.238	
6.0	g	0.210		1	0.122	0.139	
8:0	g	0.120		1	0.070	0.079	
10:0	g	0.280		1	0.162	0.185	
12:0	g	0.310		1	0.180	0.205	
14:0	g	1.130		1	0.655	0.746	
15.0	g						
16:0	g	3.060		1	1.775	2.020	
17:0	g						
18:0	g	1.330		1	0.771	0.878	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.170		0	1.839	2.092
14:1	g					
16:1	g	0.250		1	0.145	0.165
18:1	g	2.930		1	1.699	1.934
20:1	g	0.000		0	0.000	0.000
22.1	g	0.000		0	0.000	0.000
Polyunsaturated, total	g	0.410		0	0.238	0.271
18:2	g	0.250		1	0.145	0.165
18:3	g	0.160		1	0.093	0.106
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	44	1.924	10	26	29
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.045		0	0.026	0.030
Threonine	g	0.146		0	0.085	0.096
Isoleucine	g	0.195		0	0.113	0.129
Leucine	g	0.316		0	0.183	0.209
Lysine	g	0.258		0	0.150	0.170
Methionine	g	0.081		0	0.047	0.053
Cystine	g	0.029		0	0.017	0.019
Phenylalanine	g	0.157		0	0.091	0.104
Tyrosine	g	0.155		0	0.090	0.102
Valine	g	0.217		0	0.126	0.143
Arginine	g	0.125		0	0.072	0.083
Histidine	g	0.088		0	0.051	0.058
Alanine	g	0.121		0	0.070	0.080
Aspartic acid	g	0.250		0	0.145	0.165
Glutamic acid	g	0.681		0	0.395	0.449
Glycine	g	0.093		0	0.054	0.061
Proline	g	0.326		0	0.189	0.215
Serine	g	0.177		0	0.103	0.117
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

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

*** Common Measures:**

Measure 1: 1 individual cup (3.5 fl oz)
Measure 2: 1/2 cup (4 fl oz)

NDB No. 19096 Frozen desserts, ice cream, light (50% of the fat), vanilla, soft serve

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 88g	Measure 2*	Measure 3*
Proximates:							
Water	g	69.60	0.153	45	61.25		
Energy	kcal	126		0	111		
Energy	kj	527		0	464		
Protein (N x 5.95)	g	4.90		1	4.31		
Total lipid (fat)	g	2.60	0.116	67	2.29		
Carbohydrate, by difference	g	21.80		0	19.18		
Fiber, total dietary	g	0.0		0	0.0		
Ash	g	1.10		1	0.97		
Sugars, total	g						
Minerals:							
Calcium	mg	157		1	138		
Iron	mg	0.06		1	0.05		
Magnesium	mg	14		1	12		
Phosphorus	mg	121		1	106		
Potassium	mg	221		1	194		
Sodium	mg	70		1	62		
Zinc	mg	0.53		1	0.47		
Copper	mg	0.027		1	0.024		
Manganese	mg	0.008		1	0.007		
Selenium	µg	3.6		0	3.2		
Vitamins:							
Ascorbic acid	mg	0.9		1	0.8		
Thiamin	mg	0.052		1	0.046		
Riboflavin	mg	0.198		1	0.174		
Niacin	mg	0.118		1	0.104		
Pantothenic acid	mg	0.447		1	0.393		
Vitamin B-6	mg	0.046		1	0.040		
Folate	µg	6		1	5		
Vitamin B-12	µg	0.50		1	0.44		
Vitamin A	IU	103		1	91		
Vitamin A, RE	µg	29		0	26		
Vitamin E, α-TE	mg	0.000		0	0.000		
Lipids:							
Saturated, total	g	1.630		0	1.434		
4:0	g	0.090		2	0.079		
6.0	g	0.050		2	0.044		
8:0	g	0.030		2	0.026		
10:0	g	0.070		2	0.062		
12:0	g	0.070		2	0.062		
14:0	g	0.270		2	0.238		
15.0	g						
16:0	g	0.730		2	0.642		
17:0	g						
18:0	g	0.320		2	0.282		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.760	0	0.669
14:1	g			
16:1	g	0.060	2	0.053
18:1	g	0.700	2	0.616
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.100	0	0.088
18:2	g	0.060	2	0.053
18:3	g	0.040	2	0.035
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	12	1	11
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.059	0	0.052
Threonine	g	0.197	0	0.173
Isoleucine	g	0.260	0	0.229
Leucine	g	0.424	0	0.373
Lysine	g	0.351	0	0.309
Methionine	g	0.109	0	0.096
Cystine	g	0.039	0	0.034
Phenylalanine	g	0.211	0	0.186
Tyrosine	g	0.204	0	0.180
Valine	g	0.292	0	0.257
Arginine	g	0.185	0	0.163
Histidine	g	0.117	0	0.103
Alanine	g	0.184	0	0.162
Aspartic acid	g	0.345	0	0.304
Glutamic acid	g	0.923	0	0.812
Glycine	g	0.182	0	0.160
Proline	g	0.466	0	0.410
Serine	g	0.241	0	0.212
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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 (4 fl oz)

NDB No. 19097 Frozen desserts, sherbet, orange

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 74g	Measure 2* 66g	Measure 3*
Proximates:							
Water	g	66.10	0.297	40	48.91	43.63	
Energy	kcal	138		0	102	91	
Energy	kj	577		0	427	381	
Protein (N x 5.95)	g	1.10	0.330	41	0.81	0.73	
Total lipid (fat)	g	2.00	0.057	23	1.48	1.32	
Carbohydrate, by difference	g	30.40		0	22.50	20.06	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.40		1	0.30	0.26	
Sugars, total	g	24.32		0	18.00	16.05	
Minerals:							
Calcium	mg	54	4.021	10	40	36	
Iron	mg	0.14	0.027	6	0.10	0.09	
Magnesium	mg	8	1.167	8	6	5	
Phosphorus	mg	40	4.817	7	30	26	
Potassium	mg	96	13.153	12	71	63	
Sodium	mg	46	5.938	12	34	30	
Zinc	mg	0.48	0.292	10	0.36	0.32	
Copper	mg	0.028	0.005	5	0.021	0.018	
Manganese	mg	0.011	0.002	4	0.008	0.007	
Selenium	µg	1.3		0	1.0	0.9	
Vitamins:							
Ascorbic acid	mg	3.1		0	2.3	2.0	
Thiamin	mg	0.025		0	0.019	0.017	
Riboflavin	mg	0.078		0	0.058	0.051	
Niacin	mg	0.060		0	0.044	0.040	
Pantothenic acid	mg	0.180		0	0.133	0.119	
Vitamin B-6	mg	0.024		0	0.018	0.016	
Folate	µg	5		0	4	3	
Vitamin B-12	µg	0.19		0	0.14	0.13	
Vitamin A	IU	76		1	56	50	
Vitamin A, RE	µg	14		0	10	9	
Vitamin E, α-TE	mg	0.079		0	0.058	0.052	
Lipids:							
Saturated, total	g	1.160		0	0.858	0.766	
4:0	g	0.060		1	0.044	0.040	
6.0	g	0.030		1	0.022	0.020	
8:0	g	0.020		1	0.015	0.013	
10:0	g	0.050		1	0.037	0.033	
12:0	g	0.050		1	0.037	0.033	
14:0	g	0.200		1	0.148	0.132	
15.0	g						
16:0	g	0.510		1	0.377	0.337	
17:0	g						
18:0	g	0.230		1	0.170	0.152	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.530	0	0.392	0.350
14:1	g				
16:1	g	0.050	1	0.037	0.033
18:1	g	0.490	1	0.363	0.323
20:1	g	0.000	1	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.080	0	0.059	0.053
18:2	g	0.050	1	0.037	0.033
18:3	g	0.030	1	0.022	0.020
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	6	0	4	4
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.014	0	0.010	0.009
Threonine	g	0.044	0	0.033	0.029
Isoleucine	g	0.059	0	0.044	0.039
Leucine	g	0.096	0	0.071	0.063
Lysine	g	0.077	0	0.057	0.051
Methionine	g	0.024	0	0.018	0.016
Cystine	g	0.010	0	0.007	0.007
Phenylalanine	g	0.048	0	0.036	0.032
Tyrosine	g	0.047	0	0.035	0.031
Valine	g	0.066	0	0.049	0.044
Arginine	g	0.042	0	0.031	0.028
Histidine	g	0.027	0	0.020	0.018
Alanine	g	0.035	0	0.026	0.023
Aspartic acid	g	0.085	0	0.063	0.056
Glutamic acid	g	0.206	0	0.152	0.136
Glycine	g	0.022	0	0.016	0.015
Proline	g	0.100	0	0.074	0.066
Serine	g	0.054	0	0.040	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: 1/2 cup (4 fl oz)
Measure 2: 1 bar (2.75 fl oz)

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

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 57g	Measure 2* 16g	Measure 3*
Proximates:							
Water	g	1.84		0	1.05	0.29	
Energy	kcal	492		0	280	79	
Energy	kj	2059		0	1174	329	
Protein (N x 5.95)	g	9.00		1	5.13	1.44	
Total lipid (fat)	g	21.30		1	12.14	3.41	
Carbohydrate, by difference	g	66.10		0	37.68	10.58	
Fiber, total dietary	g	2.2		1	1.3	0.4	
Ash	g	1.76		0	1.00	0.28	
Sugars, total	g	45.10		1	25.71	7.22	
Minerals:							
Calcium	mg	74		1	42	12	
Iron	mg	1.30		1	0.74	0.21	
Magnesium	mg	64		0	36	10	
Phosphorus	mg	154		0	88	25	
Potassium	mg	297		0	169	48	
Sodium	mg	165		1	94	26	
Zinc	mg	1.23		0	0.70	0.20	
Copper	mg	0.291		0	0.166	0.047	
Manganese	mg	0.641		0	0.365	0.103	
Selenium	µg	3.7		0	2.1	0.6	
Vitamins:							
Ascorbic acid	mg	0.2		0	0.1	0.0	
Thiamin	mg	0.135		0	0.077	0.022	
Riboflavin	mg	0.120		0	0.068	0.019	
Niacin	mg	3.464		0	1.974	0.554	
Pantothenic acid	mg	0.490		0	0.279	0.078	
Vitamin B-6	mg	0.087		0	0.050	0.014	
Folate	µg	38		0	22	6	
Vitamin B-12	µg	0.13		0	0.07	0.02	
Vitamin A	IU	56		0	32	9	
Vitamin A, RE	µg	15		0	9	2	
Vitamin E, α-TE	mg	2.305		0	1.314	0.369	
Lipids:							
Saturated, total	g	7.900		1	4.503	1.264	
4:0	g	0.011		0	0.006	0.002	
6.0	g	0.004		0	0.002	0.001	
8:0	g	0.004		0	0.002	0.001	
10:0	g	0.007		0	0.004	0.001	
12:0	g	0.008		0	0.005	0.001	
14:0	g	0.288		0	0.164	0.046	
15.0	g						
16:0	g	4.435		0	2.528	0.710	
17:0	g						
18:0	g	2.934		0	1.672	0.469	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	10.000	1	5.700	1.600
14:1	g				
16:1	g	0.019	0	0.011	0.003
18:1	g	9.790	0	5.580	1.566
20:1	g	0.183	0	0.104	0.029
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	3.400	1	1.938	0.544
18:2	g	3.376	0	1.924	0.540
18:3	g	0.024	0	0.014	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	6	1	3	1
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
Cystine	g				
Phenylalanine	g				
Tyrosine	g				
Valine	g				
Arginine	g				
Histidine	g				
Alanine	g				
Aspartic acid	g				
Glutamic acid	g				
Glycine	g				
Proline	g				
Serine	g				
Other:					
Caffeine	mg	7	0	4	1
Theobromine	mg	49	0	28	8
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 bar (2 oz)
Measure 2: 1 snack size bar (0.6 oz)

NDB No. 19099 Candies, fondant, prepared-from-recipe

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 16g	Measure 2* 930g	Measure 3*
Proximates:							
Water	g	7.00		0	1.12	65.10	
Energy	kcal	358		0	57	3329	
Energy	kj	1498		0	240	13931	
Protein (N x 5.95)	g	0.00		0	0.00	0.00	
Total lipid (fat)	g	0.00		0	0.00	0.00	
Carbohydrate, by difference	g	92.80		0	14.85	863.04	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.20		0	0.03	1.86	
Sugars, total	g						
Minerals:							
Calcium	mg	2		0	0	19	
Iron	mg	0.06		0	0.01	0.56	
Magnesium	mg	1		0	0	9	
Phosphorus	mg	2		0	0	19	
Potassium	mg	16		0	3	149	
Sodium	mg	40		0	6	372	
Zinc	mg	0.04		0	0.01	0.37	
Copper	mg	0.040		0	0.006	0.372	
Manganese	mg	0.015		0	0.002	0.139	
Selenium	µg	0.6		0	0.1	5.6	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.001		0	0.000	0.009	
Riboflavin	mg	0.017		0	0.003	0.158	
Niacin	mg	0.002		0	0.000	0.019	
Pantothenic acid	mg	0.002		0	0.000	0.019	
Vitamin B-6	mg	0.001		0	0.000	0.009	
Folate	µg	0		0	0	0	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	2		0	0	19	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	0.000		0	0.000	0.000	
Lipids:							
Saturated, total	g	0.000		0	0.000	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	0.000		0	0.000	0.000	
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	0.000	0	0.000	0.000
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.000	0	0.000	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	0.000	0	0.000	0.000
18:2	g	0.000	0	0.000	0.000
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 piece
Measure 2: recipe yield (60 pieces)

NDB No. 19100 Candies, fudge, chocolate, prepared-from-recipe

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 17g	Measure 2* 830g	Measure 3*
Proximates:							
Water	g	9.70		0	1.65	80.51	
Energy	kcal	381		0	65	3162	
Energy	kj	1594		0	271	13230	
Protein (N x 5.95)	g	1.70		0	0.29	14.11	
Total lipid (fat)	g	8.50		0	1.45	70.55	
Carbohydrate, by difference	g	79.50		0	13.52	659.85	
Fiber, total dietary	g	0.8		0	0.1	6.6	
Ash	g	0.50		0	0.09	4.15	
Sugars, total	g						
Minerals:							
Calcium	mg	42		0	7	349	
Iron	mg	0.48		0	0.08	3.98	
Magnesium	mg	25		0	4	208	
Phosphorus	mg	58		0	10	481	
Potassium	mg	103		0	18	855	
Sodium	mg	62		0	11	515	
Zinc	mg	0.40		0	0.07	3.32	
Copper	mg	0.178		0	0.030	1.477	
Manganese	mg	0.136		0	0.023	1.129	
Selenium	µg	1.6		0	0.3	13.3	
Vitamins:							
Ascorbic acid	mg	0.2		0	0.0	1.7	
Thiamin	mg	0.014		0	0.002	0.116	
Riboflavin	mg	0.075		0	0.013	0.623	
Niacin	mg	0.101		0	0.017	0.838	
Pantothenic acid	mg	0.113		0	0.019	0.938	
Vitamin B-6	mg	0.016		0	0.003	0.133	
Folate	µg	2		0	0	17	
Vitamin B-12	µg	0.06		0	0.01	0.50	
Vitamin A	IU	191		0	32	1585	
Vitamin A, RE	µg	46		0	8	382	
Vitamin E, α-TE	mg	0.100		0	0.017	0.830	
Lipids:							
Saturated, total	g	5.160		0	0.877	42.828	
4:0	g	0.160		0	0.027	1.328	
6.0	g	0.090		0	0.015	0.747	
8:0	g	0.050		0	0.009	0.415	
10:0	g	0.120		0	0.020	0.996	
12:0	g	0.140		0	0.024	1.162	
14:0	g	0.500		0	0.085	4.150	
15.0	g						
16:0	g	2.270		0	0.386	18.841	
17:0	g						
18:0	g	1.720		0	0.292	14.276	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.610	0	0.444	21.663
14:1	g				
16:1	g	0.110	0	0.019	0.913
18:1	g	2.440	0	0.415	20.252
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.300	0	0.051	2.490
18:2	g	0.230	0	0.039	1.909
18:3	g	0.070	0	0.012	0.581
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	14	0	2	116
Phytosterols	mg	0	0	0	0
Amino acids:					
Tryptophan	g	0.024	0	0.004	0.199
Threonine	g	0.071	0	0.012	0.589
Isoleucine	g	0.085	0	0.014	0.706
Leucine	g	0.136	0	0.023	1.129
Lysine	g	0.111	0	0.019	0.921
Methionine	g	0.031	0	0.005	0.257
Cystine	g	0.017	0	0.003	0.141
Phenylalanine	g	0.079	0	0.013	0.656
Tyrosine	g	0.072	0	0.012	0.598
Valine	g	0.106	0	0.018	0.880
Arginine	g	0.073	0	0.012	0.606
Histidine	g	0.038	0	0.006	0.315
Alanine	g	0.065	0	0.011	0.540
Aspartic acid	g	0.141	0	0.024	1.170
Glutamic acid	g	0.305	0	0.052	2.531
Glycine	g	0.051	0	0.009	0.423
Proline	g	0.123	0	0.021	1.021
Serine	g	0.082	0	0.014	0.681
Other:					
Caffeine	mg	14	0	2	116
Theobromine	mg	87	0	15	722
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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
Measure 2: recipe yield (48 pieces)

NDB No. 19101 Candies, fudge, chocolate, with nuts, prepared-from-recipe

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 19g	Measure 2* 931g	Measure 3*
Proximates:							
Water	g	6.80		0	1.29	63.31	
Energy	kcal	426		0	81	3966	
Energy	kj	1782		0	339	16590	
Protein (N x 5.95)	g	3.40		0	0.65	31.65	
Total lipid (fat)	g	16.10		0	3.06	149.89	
Carbohydrate, by difference	g	72.80		0	13.83	677.77	
Fiber, total dietary	g	1.3		0	0.2	12.1	
Ash	g	0.70		0	0.13	6.52	
Sugars, total	g						
Minerals:							
Calcium	mg	50		0	10	466	
Iron	mg	0.76		0	0.14	7.08	
Magnesium	mg	45		0	9	419	
Phosphorus	mg	93		0	18	866	
Potassium	mg	158		0	30	1471	
Sodium	mg	60		0	11	559	
Zinc	mg	0.72		0	0.14	6.70	
Copper	mg	0.342		0	0.065	3.184	
Manganese	mg	0.503		0	0.096	4.683	
Selenium	µg	2.1		0	0.4	19.6	
Vitamins:							
Ascorbic acid	mg	0.6		0	0.1	5.6	
Thiamin	mg	0.063		0	0.012	0.587	
Riboflavin	mg	0.086		0	0.016	0.801	
Niacin	mg	0.228		0	0.043	2.123	
Pantothenic acid	mg	0.183		0	0.035	1.704	
Vitamin B-6	mg	0.088		0	0.017	0.819	
Folate	µg	10		0	2	93	
Vitamin B-12	µg	0.06		0	0.01	0.56	
Vitamin A	IU	202		0	38	1881	
Vitamin A, RE	µg	47		0	9	438	
Vitamin E, α-TE	mg	0.410		0	0.078	3.817	
Lipids:							
Saturated, total	g	5.620		0	1.068	52.322	
4:0	g	0.150		0	0.029	1.397	
6.0	g	0.090		0	0.017	0.838	
8:0	g	0.050		0	0.010	0.466	
10:0	g	0.120		0	0.023	1.117	
12:0	g	0.130		0	0.025	1.210	
14:0	g	0.510		0	0.097	4.748	
15.0	g						
16:0	g	2.710		0	0.515	25.230	
17:0	g						
18:0	g	1.740		0	0.331	16.199	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	4.320	0	0.821	40.219
14:1	g				
16:1	g	0.130	0	0.025	1.210
18:1	g	4.070	0	0.773	37.892
20:1	g	0.070	0	0.013	0.652
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	5.410	0	1.028	50.367
18:2	g	4.430	0	0.842	41.243
18:3	g	0.970	0	0.184	9.031
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	14	0	3	130
Phytosterols	mg	14	0	3	130
Amino acids:					
Tryptophan	g	0.042	0	0.008	0.391
Threonine	g	0.113	0	0.021	1.052
Isoleucine	g	0.139	0	0.026	1.294
Leucine	g	0.232	0	0.044	2.160
Lysine	g	0.142	0	0.027	1.322
Methionine	g	0.059	0	0.011	0.549
Cystine	g	0.054	0	0.010	0.503
Phenylalanine	g	0.141	0	0.027	1.313
Tyrosine	g	0.113	0	0.021	1.052
Valine	g	0.175	0	0.033	1.629
Arginine	g	0.299	0	0.057	2.784
Histidine	g	0.074	0	0.014	0.689
Alanine	g	0.126	0	0.024	1.173
Aspartic acid	g	0.290	0	0.055	2.700
Glutamic acid	g	0.584	0	0.111	5.437
Glycine	g	0.130	0	0.025	1.210
Proline	g	0.171	0	0.032	1.592
Serine	g	0.160	0	0.030	1.490
Other:					
Caffeine	mg	14	0	3	130
Theobromine	mg	87	0	17	810
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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
Measure 2: recipe yield (48 pieces)

NDB No. 19103 Candies, fudge, vanilla, prepared-from-recipe

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 16g	Measure 2* 783g	Measure 3*
Proximates:							
Water	g	10.90		0	1.74	85.35	
Energy	kcal	369		0	59	2889	
Energy	kj	1544		0	247	12090	
Protein (N x 5.95)	g	1.10		0	0.18	8.61	
Total lipid (fat)	g	5.40		0	0.86	42.28	
Carbohydrate, by difference	g	82.30		0	13.17	644.41	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.40		0	0.06	3.13	
Sugars, total	g						
Minerals:							
Calcium	mg	39		0	6	305	
Iron	mg	0.07		0	0.01	0.55	
Magnesium	mg	5		0	1	39	
Phosphorus	mg	32		0	5	251	
Potassium	mg	50		0	8	392	
Sodium	mg	67		0	11	525	
Zinc	mg	0.15		0	0.02	1.17	
Copper	mg	0.038		0	0.006	0.298	
Manganese	mg	0.011		0	0.002	0.086	
Selenium	µg	1.1		0	0.2	8.6	
Vitamins:							
Ascorbic acid	mg	0.2		0	0.0	1.6	
Thiamin	mg	0.010		0	0.002	0.078	
Riboflavin	mg	0.067		0	0.011	0.525	
Niacin	mg	0.029		0	0.005	0.227	
Pantothenic acid	mg	0.104		0	0.017	0.814	
Vitamin B-6	mg	0.010		0	0.002	0.078	
Folate	µg	1		0	0	8	
Vitamin B-12	µg	0.07		0	0.01	0.55	
Vitamin A	IU	204		0	33	1597	
Vitamin A, RE	µg	50		0	8	392	
Vitamin E, α-TE	mg	0.170		0	0.027	1.331	
Lipids:							
Saturated, total	g	3.350		0	0.536	26.231	
4:0	g	0.170		0	0.027	1.331	
6.0	g	0.100		0	0.016	0.783	
8:0	g	0.060		0	0.010	0.470	
10:0	g	0.140		0	0.022	1.096	
12:0	g	0.150		0	0.024	1.174	
14:0	g	0.540		0	0.086	4.228	
15.0	g						
16:0	g	1.430		0	0.229	11.197	
17:0	g						
18:0	g	0.660		0	0.106	5.168	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.550	0	0.248	12.137
14:1	g				
16:1	g	0.120	0	0.019	0.940
18:1	g	1.370	0	0.219	10.727
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.200	0	0.032	1.566
18:2	g	0.120	0	0.019	0.940
18:3	g	0.080	0	0.013	0.626
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	16	0	3	125
Phytosterols	mg	0	0	0	0
Amino acids:					
Tryptophan	g	0.014	0	0.002	0.110
Threonine	g	0.046	0	0.007	0.360
Isoleucine	g	0.062	0	0.010	0.485
Leucine	g	0.100	0	0.016	0.783
Lysine	g	0.081	0	0.013	0.634
Methionine	g	0.025	0	0.004	0.196
Cystine	g	0.009	0	0.001	0.070
Phenylalanine	g	0.049	0	0.008	0.384
Tyrosine	g	0.049	0	0.008	0.384
Valine	g	0.068	0	0.011	0.532
Arginine	g	0.037	0	0.006	0.290
Histidine	g	0.028	0	0.004	0.219
Alanine	g	0.035	0	0.006	0.274
Aspartic acid	g	0.077	0	0.012	0.603
Glutamic acid	g	0.213	0	0.034	1.668
Glycine	g	0.022	0	0.004	0.172
Proline	g	0.098	0	0.016	0.767
Serine	g	0.055	0	0.009	0.431
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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
Measure 2: recipe yield (48 pieces)

NDB No. 19104 Candies, fudge, vanilla, with nuts, prepared-from-recipe

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 15g	Measure 2* 884g	Measure 3*
Proximates:							
Water	g	8.00		0	1.20	70.72	
Energy	kcal	415		0	62	3669	
Energy	kj	1736		0	260	15346	
Protein (N x 5.95)	g	2.90		0	0.44	25.64	
Total lipid (fat)	g	13.30		0	2.00	117.57	
Carbohydrate, by difference	g	75.20		0	11.28	664.77	
Fiber, total dietary	g	0.6		0	0.1	5.3	
Ash	g	0.60		0	0.09	5.30	
Sugars, total	g						
Minerals:							
Calcium	mg	47		0	7	415	
Iron	mg	0.40		0	0.06	3.54	
Magnesium	mg	27		0	4	239	
Phosphorus	mg	71		0	11	628	
Potassium	mg	113		0	17	999	
Sodium	mg	61		0	9	539	
Zinc	mg	0.50		0	0.08	4.42	
Copper	mg	0.223		0	0.033	1.971	
Manganese	mg	0.407		0	0.061	3.598	
Selenium	µg	1.7		0	0.3	15.0	
Vitamins:							
Ascorbic acid	mg	0.6		0	0.1	5.3	
Thiamin	mg	0.061		0	0.009	0.539	
Riboflavin	mg	0.080		0	0.012	0.707	
Niacin	mg	0.169		0	0.025	1.494	
Pantothenic acid	mg	0.179		0	0.027	1.582	
Vitamin B-6	mg	0.086		0	0.013	0.760	
Folate	µg	10		0	2	88	
Vitamin B-12	µg	0.06		0	0.01	0.53	
Vitamin A	IU	198		0	30	1750	
Vitamin A, RE	µg	46		0	7	407	
Vitamin E, α-TE	mg	0.440		0	0.066	3.890	
Lipids:							
Saturated, total	g	3.740		0	0.561	33.062	
4:0	g	0.150		0	0.023	1.326	
6.0	g	0.090		0	0.013	0.796	
8:0	g	0.050		0	0.008	0.442	
10:0	g	0.120		0	0.018	1.061	
12:0	g	0.130		0	0.020	1.149	
14:0	g	0.510		0	0.077	4.508	
15.0	g						
16:0	g	1.860		0	0.279	16.442	
17:0	g						
18:0	g	0.730		0	0.109	6.453	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.320	0	0.498	29.349
14:1	g				
16:1	g	0.130	0	0.020	1.149
18:1	g	3.060	0	0.459	27.050
20:1	g	0.070	0	0.011	0.619
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	5.540	0	0.831	48.974
18:2	g	4.520	0	0.678	39.957
18:3	g	1.020	0	0.153	9.017
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	14	0	2	124
Phytosterols	mg	15	0	2	133
Amino acids:					
Tryptophan	g	0.035	0	0.005	0.309
Threonine	g	0.093	0	0.014	0.822
Isoleucine	g	0.120	0	0.018	1.061
Leucine	g	0.203	0	0.030	1.795
Lysine	g	0.116	0	0.017	1.025
Methionine	g	0.055	0	0.008	0.486
Cystine	g	0.048	0	0.007	0.424
Phenylalanine	g	0.116	0	0.017	1.025
Tyrosine	g	0.094	0	0.014	0.831
Valine	g	0.144	0	0.022	1.273
Arginine	g	0.277	0	0.042	2.449
Histidine	g	0.066	0	0.010	0.583
Alanine	g	0.102	0	0.015	0.902
Aspartic acid	g	0.239	0	0.036	2.113
Glutamic acid	g	0.515	0	0.077	4.553
Glycine	g	0.107	0	0.016	0.946
Proline	g	0.151	0	0.023	1.335
Serine	g	0.140	0	0.021	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 piece
Measure 2: recipe yield (48 pieces)

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

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 39g	Measure 2* 198g	Measure 3* 41g
Proximates:							
Water	g	1.90	0.100	3	0.74	3.76	0.78
Energy	kcal	513		0	200	1016	210
Energy	kj	2146		0	837	4249	880
Protein (N x 5.95)	g	13.70	0.314	3	5.34	27.13	5.62
Total lipid (fat)	g	33.50	0.518	3	13.06	66.33	13.73
Carbohydrate, by difference	g	48.70		0	18.99	96.43	19.97
Fiber, total dietary	g	6.1		0	2.4	12.1	2.5
Ash	g	1.80	0.075	3	0.70	3.56	0.74
Sugars, total	g						
Minerals:							
Calcium	mg	127	14.814	3	50	251	52
Iron	mg	1.34	0.132	3	0.52	2.65	0.55
Magnesium	mg	119		1	46	236	49
Phosphorus	mg	296		1	115	586	121
Potassium	mg	502	10.786	3	196	994	206
Sodium	mg	41	2.618	3	16	81	17
Zinc	mg	2.19		1	0.85	4.34	0.90
Copper	mg	0.809		1	0.316	1.602	0.332
Manganese	mg	0.830		1	0.324	1.643	0.340
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		1	0.0	0.0	0.0
Thiamin	mg	0.120	0.006	3	0.047	0.238	0.049
Riboflavin	mg	0.210	0.020	3	0.082	0.416	0.086
Niacin	mg	5.200	0.503	3	2.028	10.296	2.132
Pantothenic acid	mg	0.570		1	0.222	1.129	0.234
Vitamin B-6	mg	0.210		1	0.082	0.416	0.086
Folate	µg	8		1	3	16	3
Vitamin B-12	µg	0.29		1	0.11	0.57	0.12
Vitamin A	IU	0		1	0	0	0
Vitamin A, RE	µg	0		0	0	0	0
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	12.210		0	4.762	24.176	5.006
4:0	g						
6.0	g	0.030		1	0.012	0.059	0.012
8:0	g	0.060		1	0.023	0.119	0.025
10:0	g	0.060		1	0.023	0.119	0.025
12:0	g	0.130		1	0.051	0.257	0.053
14:0	g	0.320		1	0.125	0.634	0.131
15.0	g						
16:0	g	5.700		1	2.223	11.286	2.337
17:0	g						
18:0	g	4.780		1	1.864	9.464	1.960
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	14.740		0	5.749	29.185	6.043
14:1	g						
16:1	g	0.060		1	0.023	0.119	0.025
18:1	g	14.450		1	5.635	28.611	5.924
20:1	g	0.190		1	0.074	0.376	0.078
22.1	g						
Polyunsaturated, total	g	5.100		0	1.989	10.098	2.091
18:2	g	5.030		1	1.962	9.959	2.062
18:3	g	0.060		1	0.023	0.119	0.025
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	9	2.000	2	4	18	4
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	22		1	9	44	9
Theobromine	mg	109		1	43	216	45
Alcohol	g						

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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 (1.375 oz)
Measure 2: 1 package (7 oz)
Measure 3: 1 serving

NDB No. 19106 Candies, gumdrops, starch jelly pieces

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 182g	Measure 2* 36g	Measure 3* 22g
Proximates:							
Water	g	1.00	0.000	8	1.82	0.36	0.22
Energy	kcal	386		0	703	139	85
Energy	kj	1615		0	2939	581	355
Protein (N x 5.95)	g	0.00		1	0.00	0.00	0.00
Total lipid (fat)	g	0.00		1	0.00	0.00	0.00
Carbohydrate, by difference	g	98.90		0	180.00	35.60	21.76
Fiber, total dietary	g	0.0		0	0.0	0.0	0.0
Ash	g	0.10		1	0.18	0.04	0.02
Sugars, total	g						
Minerals:							
Calcium	mg	3	0.936	9	5	1	1
Iron	mg	0.40	0.109	8	0.73	0.14	0.09
Magnesium	mg	1	0.774	9	2	0	0
Phosphorus	mg	1	0.453	8	2	0	0
Potassium	mg	5	3.943	9	9	2	1
Sodium	mg	44	5.093	9	80	16	10
Zinc	mg	0.00	0.004	8	0.00	0.00	0.00
Copper	mg	0.012	0.008	8	0.022	0.004	0.003
Manganese	mg	0.010	0.017	8	0.018	0.004	0.002
Selenium	µg	0.6		0	1.1	0.2	0.1
Vitamins:							
Ascorbic acid	mg	0.0		1	0.0	0.0	0.0
Thiamin	mg	0.000		1	0.000	0.000	0.000
Riboflavin	mg	0.002		1	0.004	0.001	0.000
Niacin	mg	0.002		1	0.004	0.001	0.000
Pantothenic acid	mg	0.006		1	0.011	0.002	0.001
Vitamin B-6	mg	0.000		1	0.000	0.000	0.000
Folate	µg	0		1	0	0	0
Vitamin B-12	µg	0.00		1	0.00	0.00	0.00
Vitamin A	IU	0		1	0	0	0
Vitamin A, RE	µg	0		0	0	0	0
Vitamin E, α-TE	mg	0.000		0	0.000	0.000	0.000
Lipids:							
Saturated, total	g	0.000		0	0.000	0.000	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		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	0.000		0	0.000	0.000	0.000
17:0	g						
18:0	g	0.000		0	0.000	0.000	0.000
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.000	0	0.000	0.000	0.000
14:1	g					
16:1	g	0.000	0	0.000	0.000	0.000
18:1	g	0.000	0	0.000	0.000	0.000
20:1	g	0.000	0	0.000	0.000	0.000
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.000	0	0.000	0.000	0.000
18:2	g	0.000	0	0.000	0.000	0.000
18:3	g	0.000	0	0.000	0.000	0.000
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	1	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, gumdrops
Measure 2: 10 gumdrops
Measure 3: 10 gummy bears

NDB No. 19107 Candies, hard

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 6g	Measure 3* 3g
Proximates:							
Water	g	1.30	0.291	6	0.37	0.08	0.04
Energy	kcal	394		0	112	24	12
Energy	kj	1648		0	467	99	49
Protein (N x 5.95)	g	0.00		1	0.00	0.00	0.00
Total lipid (fat)	g	0.20		1	0.06	0.01	0.01
Carbohydrate, by difference	g	98.00		0	27.78	5.88	2.94
Fiber, total dietary	g	0.0		0	0.0	0.0	0.0
Ash	g	0.50	0.407	9	0.14	0.03	0.02
Sugars, total	g	62.90		1	17.83	3.77	1.89
Minerals:							
Calcium	mg	3	1.419	37	1	0	0
Iron	mg	0.30	0.050	42	0.09	0.02	0.01
Magnesium	mg	3	0.707	37	1	0	0
Phosphorus	mg	3	1.533	37	1	0	0
Potassium	mg	5	1.357	37	1	0	0
Sodium	mg	38	7.185	33	11	2	1
Zinc	mg	0.01	0.005	42	0.00	0.00	0.00
Copper	mg	0.029	0.010	5	0.008	0.002	0.001
Manganese	mg	0.010	0.001	37	0.003	0.001	0.000
Selenium	µg	0.6		0	0.2	0.0	0.0
Vitamins:							
Ascorbic acid	mg	0.0		1	0.0	0.0	0.0
Thiamin	mg	0.004		1	0.001	0.000	0.000
Riboflavin	mg	0.003		1	0.001	0.000	0.000
Niacin	mg	0.007		1	0.002	0.000	0.000
Pantothenic acid	mg	0.008		1	0.002	0.000	0.000
Vitamin B-6	mg	0.003		1	0.001	0.000	0.000
Folate	µg	0		1	0	0	0
Vitamin B-12	µg	0.00		1	0.00	0.00	0.00
Vitamin A	IU	0		1	0	0	0
Vitamin A, RE	µg	0		0	0	0	0
Vitamin E, α-TE	mg	0.000		0	0.000	0.000	0.000
Lipids:							
Saturated, total	g	0.000		0	0.000	0.000	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		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	0.000		0	0.000	0.000	0.000
17:0	g						
18:0	g	0.000		0	0.000	0.000	0.000
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.000	0	0.000	0.000	0.000
14:1	g					
16:1	g	0.000	0	0.000	0.000	0.000
18:1	g	0.000	0	0.000	0.000	0.000
20:1	g	0.000	0	0.000	0.000	0.000
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.000	0	0.000	0.000	0.000
18:2	g	0.000	0	0.000	0.000	0.000
18:3	g	0.000	0	0.000	0.000	0.000
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	1	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 oz
Measure 2: 1 piece
Measure 3: 1 small piece

NDB No. 19108 Candies, jellybeans

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 11g	Measure 2* 28g	Measure 3*
Proximates:							
Water	g	6.30		1	0.69	1.79	
Energy	kcal	367		0	40	104	
Energy	kj	1536		0	169	435	
Protein (N x 5.95)	g	0.00		1	0.00	0.00	
Total lipid (fat)	g	0.50		1	0.06	0.14	
Carbohydrate, by difference	g	93.10		0	10.24	26.39	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.10		1	0.01	0.03	
Sugars, total	g						
Minerals:							
Calcium	mg	3		1	0	1	
Iron	mg	1.10		1	0.12	0.31	
Magnesium	mg	2		1	0	1	
Phosphorus	mg	4		1	0	1	
Potassium	mg	37		1	4	10	
Sodium	mg	25		1	3	7	
Zinc	mg	0.05		1	0.01	0.01	
Copper	mg	0.028		1	0.003	0.008	
Manganese	mg	0.035		1	0.004	0.010	
Selenium	µg	0.6		0	0.1	0.2	
Vitamins:							
Ascorbic acid	mg	0.0		1	0.0	0.0	
Thiamin	mg	0.000		1	0.000	0.000	
Riboflavin	mg	0.000		1	0.000	0.000	
Niacin	mg	0.000		1	0.000	0.000	
Pantothenic acid	mg	0.000		1	0.000	0.000	
Vitamin B-6	mg	0.000		1	0.000	0.000	
Folate	µg	0		1	0	0	
Vitamin B-12	µg	0.00		1	0.00	0.00	
Vitamin A	IU	0		1	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	0.000		0	0.000	0.000	
Lipids:							
Saturated, total	g	0.140		0	0.015	0.040	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.003		0	0.000	0.001	
15.0	g						
16:0	g	0.100		0	0.011	0.028	
17:0	g						
18:0	g	0.037		0	0.004	0.010	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.200	0	0.022	0.057
14:1	g				
16:1	g	0.010	0	0.001	0.003
18:1	g	0.190	0	0.021	0.054
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.117	0	0.013	0.033
18:2	g	0.113	0	0.012	0.032
18:3	g	0.003	0	0.000	0.001
18:4	g	0.000	0	0.000	0.000
20:4	g	0.003	0	0.000	0.001
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	1	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: 10 small
Measure 2: 10 large (1 oz)

NDB No. 19109 Candies, HERSHEY, KIT KAT Wafer Bar

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 42g	Measure 2* 10g	Measure 3* 46g
Proximates:							
Water	g	1.80		0	0.76	0.18	0.83
Energy	kcal	514		0	216	51	236
Energy	kj	2151		0	903	215	989
Protein (N x 5.95)	g	7.10		1	2.98	0.71	3.27
Total lipid (fat)	g	25.50		1	10.71	2.55	11.73
Carbohydrate, by difference	g	64.00		0	26.88	6.40	29.44
Fiber, total dietary	g	1.9		1	0.8	0.2	0.9
Ash	g	1.60		0	0.67	0.16	0.74
Sugars, total	g	42.55		0	17.87	4.25	19.57
Minerals:							
Calcium	mg	165		1	69	17	76
Iron	mg	0.90		1	0.38	0.09	0.41
Magnesium	mg	39		0	16	4	18
Phosphorus	mg	238		0	100	24	109
Potassium	mg	291		1	122	29	134
Sodium	mg	75		1	32	8	35
Zinc	mg	1.23		0	0.52	0.12	0.57
Copper	mg	0.196		0	0.082	0.020	0.090
Manganese	mg	0.193		0	0.081	0.019	0.089
Selenium	µg	4.7	0.099	2	2.0	0.5	2.2
Vitamins:							
Ascorbic acid	mg	0.7		0	0.3	0.1	0.3
Thiamin	mg	0.176		0	0.074	0.018	0.081
Riboflavin	mg	0.543		0	0.228	0.054	0.250
Niacin	mg	2.547		0	1.070	0.255	1.172
Pantothenic acid	mg	1.080		0	0.454	0.108	0.497
Vitamin B-6	mg	0.126		0	0.053	0.013	0.058
Folate	µg	142		0	60	14	65
Vitamin B-12	µg	0.16		0	0.07	0.02	0.07
Vitamin A	IU	163		0	68	16	75
Vitamin A, RE	µg	48		0	20	5	22
Vitamin E, α-TE	mg	0.803		0	0.337	0.080	0.369
Lipids:							
Saturated, total	g	16.300		1	6.846	1.630	7.498
4:0	g	0.174		0	0.073	0.017	0.080
6.0	g	0.062		0	0.026	0.006	0.029
8:0	g	0.279		0	0.117	0.028	0.128
10:0	g	0.372		0	0.156	0.037	0.171
12:0	g	3.334		0	1.400	0.333	1.534
14:0	g	1.706		0	0.717	0.171	0.785
15.0	g						
16:0	g	5.672		0	2.382	0.567	2.609
17:0	g						
18:0	g	4.411		0	1.853	0.441	2.029
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	7.400	1	3.108	0.740	3.404
14:1	g					
16:1	g	0.407	0	0.171	0.041	0.187
18:1	g	6.869	0	2.885	0.687	3.160
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	0.800	1	0.336	0.080	0.368
18:2	g	0.712	0	0.299	0.071	0.328
18:3	g	0.087	0	0.037	0.009	0.040
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	6	1	3	1	3
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	12	0	5	1	6
Theobromine	mg	72	0	30	7	33
Alcohol	g					

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

*** Common Measures:**

Measure 1: 1 bar (1.5 oz)
Measure 2: 1 miniature bar (.35 oz)
Measure 3: 1 bar (1.625 oz)

NDB No. 19110 Candies, HERSHEY, KRACKEL Chocolate Bar

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 41g	Measure 2* 62g	Measure 3* 185g
Proximates:							
Water	g	1.54		0	0.63	0.95	2.85
Energy	kcal	531		0	218	329	982
Energy	kj	2222		0	911	1378	4111
Protein (N x 5.95)	g	6.60		1	2.71	4.09	12.21
Total lipid (fat)	g	28.70		1	11.77	17.79	53.09
Carbohydrate, by difference	g	61.60		0	25.26	38.19	113.96
Fiber, total dietary	g	2.2		1	0.9	1.4	4.1
Ash	g	1.56		0	0.64	0.97	2.89
Sugars, total	g	50.50		1	20.70	31.31	93.42
Minerals:							
Calcium	mg	175		1	72	109	324
Iron	mg	0.90		1	0.37	0.56	1.67
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	138		1	57	86	255
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU						
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	18.100		1	7.421	11.222	33.485
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	9.600	1	3.936	5.952	17.760
14:1	g					
16:1	g					
18:1	g					
20:1	g					
22.1	g					
Polyunsaturated, total	g	0.900	1	0.369	0.558	1.665
18:2	g					
18:3	g					
18:4	g					
20:4	g					
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	19	1	8	12	35
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 bar (1.5 oz)
Measure 2: 1 bar (2.2 oz)
Measure 3: 1 package (7 oz)

NDB No. 19111 Candies, NESTLE, BABY RUTH Bar

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 34g	Measure 2* 60g	Measure 3* 65g
Proximates:							
Water	g	4.90		3	1.67	2.94	3.19
Energy	kcal	481		0	164	289	313
Energy	kj	2013		0	684	1208	1308
Protein (N x 5.95)	g	7.49		3	2.55	4.49	4.87
Total lipid (fat)	g	21.17		3	7.20	12.70	13.76
Carbohydrate, by difference	g	65.23		0	22.18	39.14	42.40
Fiber, total dietary	g	2.9		3	1.0	1.7	1.9
Ash	g	1.21		3	0.41	0.73	0.79
Sugars, total	g	51.96		3	17.67	31.18	33.77
Minerals:							
Calcium	mg	41		3	14	25	27
Iron	mg	0.21		3	0.07	0.13	0.14
Magnesium	mg	80		0	27	48	52
Phosphorus	mg	151		0	51	91	98
Potassium	mg	396		0	135	238	257
Sodium	mg	226		3	77	136	147
Zinc	mg	1.30		0	0.44	0.78	0.85
Copper	mg	0.495		0	0.168	0.297	0.322
Manganese	mg	0.752		0	0.256	0.451	0.489
Selenium	µg	3.4		0	1.2	2.0	2.2
Vitamins:							
Ascorbic acid	mg	0.0		3	0.0	0.0	0.0
Thiamin	mg	0.099		0	0.034	0.059	0.064
Riboflavin	mg	0.094		0	0.032	0.056	0.061
Niacin	mg	2.777		0	0.944	1.666	1.805
Pantothenic acid	mg	0.331		0	0.113	0.199	0.215
Vitamin B-6	mg	0.065		0	0.022	0.039	0.042
Folate	µg	31		0	11	19	20
Vitamin B-12	µg	0.05		0	0.02	0.03	0.03
Vitamin A	IU	0		3	0	0	0
Vitamin A, RE	µg	0		0	0	0	0
Vitamin E, α-TE	mg	1.885		0	0.641	1.131	1.225
Lipids:							
Saturated, total	g	12.300		3	4.182	7.380	7.995
4:0	g	0.002		0	0.001	0.001	0.001
6.0	g	0.025		0	0.009	0.015	0.016
8:0	g	0.394		0	0.134	0.236	0.256
10:0	g	0.442		0	0.150	0.265	0.287
12:0	g	5.603		0	1.905	3.362	3.642
14:0	g	1.968		0	0.669	1.181	1.279
15.0	g						
16:0	g	2.626		0	0.893	1.576	1.707
17:0	g						
18:0	g	1.088		0	0.370	0.653	0.707
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	6.456	0	2.195	3.874	4.196
14:1	g					
16:1	g	0.003	0	0.001	0.002	0.002
18:1	g	6.320	0	2.149	3.792	4.108
20:1	g	0.132	0	0.045	0.079	0.086
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	3.304	0	1.123	1.982	2.148
18:2	g	3.302	0	1.123	1.981	2.146
18:3	g	0.001	0	0.000	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	4	3	1	2	3
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	4	1	1	2	3
Theobromine	mg	44	1	15	26	29
Alcohol	g					

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

*** Common Measures:**

Measure 1: 1 bar (1.2 oz)
Measure 2: 1 bar (2.1 oz)
Measure 3: 1 bar (2.28 oz)

NDB No. 19112 Candies, HERSHEY, TWIZZLERS Strawberry Twists Candy

Refuse: 0%

Nutrients 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* 142g	Measure 3*
Proximates:							
Water	g	16.70		0	11.86	23.71	
Energy	kcal	334		0	237	474	
Energy	kj	1397		0	992	1984	
Protein (N x 5.95)	g	3.40		1	2.41	4.83	
Total lipid (fat)	g	1.60		1	1.14	2.27	
Carbohydrate, by difference	g	77.40		0	54.95	109.91	
Fiber, total dietary	g	1.4		1	1.0	2.0	
Ash	g	0.90		0	0.64	1.28	
Sugars, total	g	36.80		1	26.13	52.26	
Minerals:							
Calcium	mg	7		1	5	10	
Iron	mg	0.30		1	0.21	0.43	
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	247		1	175	351	
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU						
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.400		1	0.284	0.568	
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	1	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 (2.5 oz)
Measure 2: 5 oz package

NDB No. 19113 Syrups, table blends, pancake, with butter

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 315g	Measure 2* 20g	Measure 3*
Proximates:							
Water	g	24.00		0	75.60	4.80	
Energy	kcal	296		0	932	59	
Energy	kj	1238		0	3900	248	
Protein (N x 5.95)	g	0.00		0	0.00	0.00	
Total lipid (fat)	g	1.60		0	5.04	0.32	
Carbohydrate, by difference	g	74.10		0	233.41	14.82	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.20		0	0.63	0.04	
Sugars, total	g						
Minerals:							
Calcium	mg	2		0	6	0	
Iron	mg	0.09		0	0.28	0.02	
Magnesium	mg	2		0	6	0	
Phosphorus	mg	10		0	32	2	
Potassium	mg	3		0	9	1	
Sodium	mg	98		0	309	20	
Zinc	mg	0.04		0	0.13	0.01	
Copper	mg	0.209		0	0.658	0.042	
Manganese	mg	0.086		0	0.271	0.017	
Selenium	µg	0.7		0	2.2	0.1	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.011		0	0.035	0.002	
Riboflavin	mg	0.009		0	0.028	0.002	
Niacin	mg	0.020		0	0.063	0.004	
Pantothenic acid	mg	0.025		0	0.079	0.005	
Vitamin B-6	mg	0.000		0	0.000	0.000	
Folate	µg	0		0	0	0	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	61		0	192	12	
Vitamin A, RE	µg	15		0	47	3	
Vitamin E, α-TE	mg	0.031		0	0.098	0.006	
Lipids:							
Saturated, total	g	1.010		0	3.181	0.202	
4:0	g	0.050		0	0.158	0.010	
6.0	g	0.030		0	0.094	0.006	
8:0	g	0.020		0	0.063	0.004	
10:0	g	0.040		0	0.126	0.008	
12:0	g	0.050		0	0.158	0.010	
14:0	g	0.160		0	0.504	0.032	
15.0	g						
16:0	g	0.430		0	1.354	0.086	
17:0	g						
18:0	g	0.200		0	0.630	0.040	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.470	0	1.480	0.094
14:1	g				
16:1	g	0.040	0	0.126	0.008
18:1	g	0.410	0	1.292	0.082
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.060	0	0.189	0.012
18:2	g	0.040	0	0.126	0.008
18:3	g	0.020	0	0.063	0.004
18:4	g				
20:4	g	0.000	0	0.000	0.000
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	4	0	13	1
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.000	0	0.000	0.000
Threonine	g	0.001	0	0.003	0.000
Isoleucine	g	0.001	0	0.003	0.000
Leucine	g	0.002	0	0.006	0.000
Lysine	g	0.001	0	0.003	0.000
Methionine	g	0.000	0	0.000	0.000
Cystine	g	0.000	0	0.000	0.000
Phenylalanine	g	0.001	0	0.003	0.000
Tyrosine	g	0.001	0	0.003	0.000
Valine	g	0.001	0	0.003	0.000
Arginine	g	0.001	0	0.003	0.000
Histidine	g	0.000	0	0.000	0.000
Alanine	g	0.001	0	0.003	0.000
Aspartic acid	g	0.001	0	0.003	0.000
Glutamic acid	g	0.004	0	0.013	0.001
Glycine	g	0.000	0	0.000	0.000
Proline	g	0.002	0	0.006	0.000
Serine	g	0.001	0	0.003	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

NDB No. 19115 Candies, M&M MARS, MARS Almond Bar

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 50g	Measure 2*	Measure 3*
Proximates:							
Water	g	4.50	0.015	2	2.25		
Energy	kcal	467		0	234		
Energy	kj	1954		0	977		
Protein (N x 5.95)	g	8.10	0.059	2	4.05		
Total lipid (fat)	g	23.00	0.200	2	11.50		
Carbohydrate, by difference	g	62.70		0	31.35		
Fiber, total dietary	g	2.0		0	1.0		
Ash	g	1.60	0.065	2	0.80		
Sugars, total	g	52.10		0	26.05		
Minerals:							
Calcium	mg	168	1.403	2	84		
Iron	mg	1.10	0.070	2	0.55		
Magnesium	mg	72		1	36		
Phosphorus	mg	234		0	117		
Potassium	mg	325	5.582	2	163		
Sodium	mg	170		1	85		
Zinc	mg	1.11		1	0.56		
Copper	mg	0.250		1	0.125		
Manganese	mg	0.367		0	0.184		
Selenium	µg	1.6		0	0.8		
Vitamins:							
Ascorbic acid	mg	0.7		0	0.4		
Thiamin	mg	0.041	0.002	2	0.021		
Riboflavin	mg	0.312	0.007	2	0.156		
Niacin	mg	0.945	0.015	2	0.473		
Pantothenic acid	mg	0.404		0	0.202		
Vitamin B-6	mg	0.060		0	0.030		
Folate	µg	19		0	10		
Vitamin B-12	µg	0.36		0	0.18		
Vitamin A	IU	187		0	94		
Vitamin A, RE	µg	50		0	25		
Vitamin E, α-TE	mg	4.658		0	2.329		
Lipids:							
Saturated, total	g	7.268		0	3.634		
4:0	g	0.165		0	0.083		
6.0	g	0.081		0	0.041		
8:0	g	0.054		0	0.027		
10:0	g	0.164		0	0.082		
12:0	g	0.294		0	0.147		
14:0	g	0.637		0	0.319		
15.0	g						
16:0	g	3.516		0	1.758		
17:0	g						
18:0	g	2.192		0	1.096		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	10.693	0	5.346
14:1	g			
16:1	g	0.215	0	0.108
18:1	g	10.315	0	5.157
20:1	g	0.009	0	0.004
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	3.980	0	1.990
18:2	g	3.700	0	1.850
18:3	g	0.261	0	0.131
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	17	0	9
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	4	0	2
Theobromine	mg	29	0	15
Alcohol	g			

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

*** Common Measures:**

Measure 1: 1 bar (1.76 oz)

NDB No. 19116 Candies, marshmallows

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 50g	Measure 2* 7g	Measure 3* 7g
Proximates:							
Water	g	16.40	0.374	6	8.20	1.15	1.18
Energy	kcal	318		0	159	22	23
Energy	kj	1331		0	666	93	96
Protein (N x 5.95)	g	1.80	0.107	5	0.90	0.13	0.13
Total lipid (fat)	g	0.20	0.055	5	0.10	0.01	0.01
Carbohydrate, by difference	g	81.30		0	40.65	5.69	5.85
Fiber, total dietary	g	0.1		0	0.1	0.0	0.0
Ash	g	0.30	0.136	5	0.15	0.02	0.02
Sugars, total	g	56.00		0	28.00	3.92	4.03
Minerals:							
Calcium	mg	3	0.356	10	2	0	0
Iron	mg	0.23	0.085	10	0.12	0.02	0.02
Magnesium	mg	2	0.503	10	1	0	0
Phosphorus	mg	8	1.375	6	4	1	1
Potassium	mg	5	1.161	10	3	0	0
Sodium	mg	47	6.629	11	24	3	3
Zinc	mg	0.04	0.015	10	0.02	0.00	0.00
Copper	mg	0.097	0.078	2	0.049	0.007	0.007
Manganese	mg	0.008	0.034	5	0.004	0.001	0.001
Selenium	µg	1.9		0	1.0	0.1	0.1
Vitamins:							
Ascorbic acid	mg	0.0	0.000	5	0.0	0.0	0.0
Thiamin	mg	0.001	0.000	5	0.001	0.000	0.000
Riboflavin	mg	0.001	0.000	4	0.001	0.000	0.000
Niacin	mg	0.078	0.015	5	0.039	0.005	0.006
Pantothenic acid	mg	0.005		1	0.003	0.000	0.000
Vitamin B-6	mg	0.000		0	0.000	0.000	0.000
Folate	µg	1		1	1	0	0
Vitamin B-12	µg	0.00		1	0.00	0.00	0.00
Vitamin A	IU	1	0.200	5	1	0	0
Vitamin A, RE	µg	0		0	0	0	0
Vitamin E, α-TE	mg	0.000		0	0.000	0.000	0.000
Lipids:							
Saturated, total	g	0.056		0	0.028	0.004	0.004
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.000		0	0.000	0.000	0.000
14:0	g	0.001		0	0.001	0.000	0.000
15.0	g						
16:0	g	0.040		0	0.020	0.003	0.003
17:0	g						
18:0	g	0.015		0	0.008	0.001	0.001
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.080		0	0.040	0.006	0.006
14:1	g						
16:1	g	0.004		0	0.002	0.000	0.000
18:1	g	0.076		0	0.038	0.005	0.005
20:1	g	0.000		0	0.000	0.000	0.000
22.1	g	0.000		0	0.000	0.000	0.000
Polyunsaturated, total	g	0.047		0	0.024	0.003	0.003
18:2	g	0.045		0	0.023	0.003	0.003
18:3	g	0.001		0	0.001	0.000	0.000
18:4	g	0.000		0	0.000	0.000	0.000
20:4	g	0.001		0	0.001	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	0.023	4	0	0	0
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.000		0	0.000	0.000	0.000
Threonine	g	0.035		0	0.018	0.002	0.003
Isoleucine	g	0.028		0	0.014	0.002	0.002
Leucine	g	0.066		0	0.033	0.005	0.005
Lysine	g	0.077		0	0.039	0.005	0.006
Methionine	g	0.015		0	0.008	0.001	0.001
Cystine	g	0.002		0	0.001	0.000	0.000
Phenylalanine	g	0.042		0	0.021	0.003	0.003
Tyrosine	g	0.010		0	0.005	0.001	0.001
Valine	g	0.050		0	0.025	0.004	0.004
Arginine	g	0.147		0	0.074	0.010	0.011
Histidine	g	0.017		0	0.009	0.001	0.001
Alanine	g	0.180		0	0.090	0.013	0.013
Aspartic acid	g	0.121		0	0.061	0.008	0.009
Glutamic acid	g	0.208		0	0.104	0.015	0.015
Glycine	g	0.416		0	0.208	0.029	0.030
Proline	g	0.275		0	0.138	0.019	0.020
Serine	g	0.061		0	0.031	0.004	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 of miniatures
Measure 2: 10 miniatures
Measure 3: 1 regular

NDB No. 19117 Candies, halavah, plain

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1*	Measure 2*	Measure 3*
Proximates:							
Water	g	3.67		2			
Energy	kcal	469		0			
Energy	kj	1962		0			
Protein (N x 5.95)	g	12.49		2			
Total lipid (fat)	g	21.52		2			
Carbohydrate, by difference	g	60.49		0			
Fiber, total dietary	g	4.5		2			
Ash	g	1.83		2			
Sugars, total	g						
Minerals:							
Calcium	mg	33		2			
Iron	mg	4.53		2			
Magnesium	mg	218		2			
Phosphorus	mg	607		2			
Potassium	mg	187		2			
Sodium	mg	195		2			
Zinc	mg	4.32		2			
Copper	mg	1.202		2			
Manganese	mg	0.873		2			
Selenium	µg	11.5		0			
Vitamins:							
Ascorbic acid	mg	0.1		2			
Thiamin	mg	0.424		2			
Riboflavin	mg	0.088		2			
Niacin	mg	2.856		2			
Pantothenic acid	mg	0.174		2			
Vitamin B-6	mg	0.348		2			
Folate	µg	65		2			
Vitamin B-12	µg	0.04		0			
Vitamin A	IU	2		2			
Vitamin A, RE	µg	0		0			
Vitamin E, α-TE	mg	2.835		0			
Lipids:							
Saturated, total	g	4.127		2			
4:0	g	0.000		2			
6.0	g	0.000		2			
8:0	g	0.000		2			
10:0	g	0.000		2			
12:0	g	0.000		2			
14:0	g	0.000		2			
15.0	g						
16:0	g	2.113		2			
17:0	g						
18:0	g	1.847		2			
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	8.194	2
14:1	g		
16:1	g	0.025	2
18:1	g	8.133	2
20:1	g	0.036	2
22.1	g	0.000	2
Polyunsaturated, total	g	8.481	2
18:2	g	8.421	2
18:3	g	0.060	2
18:4	g	0.000	2
20:4	g	0.000	2
20:5	g	0.000	2
22:5	g	0.000	2
22:6	g	0.000	2
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. 19118 Candies, NESTLE, OH HENRY! Bar

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 57g	Measure 2*	Measure 3*
Proximates:							
Water	g	5.90		1	3.36		
Energy	kcal	431		0	246		
Energy	kj	1803		0	1028		
Protein (N x 5.95)	g	10.90		0	6.21		
Total lipid (fat)	g	16.90		1	9.63		
Carbohydrate, by difference	g	64.70		0	36.88		
Fiber, total dietary	g	3.5		1	2.0		
Ash	g	1.50		1	0.86		
Sugars, total	g						
Minerals:							
Calcium	mg	109		1	62		
Iron	mg	0.56		1	0.32		
Magnesium	mg	62		0	35		
Phosphorus	mg	165		0	94		
Potassium	mg	324		1	185		
Sodium	mg	237		1	135		
Zinc	mg	1.21		0	0.69		
Copper	mg	0.287		0	0.164		
Manganese	mg	0.496		0	0.283		
Selenium	µg	3.5		0	2.0		
Vitamins:							
Ascorbic acid	mg	0.2		1	0.1		
Thiamin	mg	0.023		1	0.013		
Riboflavin	mg	0.161		1	0.092		
Niacin	mg	2.800		1	1.596		
Pantothenic acid	mg	0.469		0	0.267		
Vitamin B-6	mg	0.067		0	0.038		
Folate	µg	30		0	17		
Vitamin B-12	µg	0.21		0	0.12		
Vitamin A	IU	47		1	27		
Vitamin A, RE	µg	9		0	5		
Vitamin E, α-TE	mg	1.898		0	1.082		
Lipids:							
Saturated, total	g	6.720		0	3.830		
4:0	g	0.060		1	0.034		
6.0	g	0.050		1	0.029		
8:0	g	0.080		1	0.046		
10:0	g	0.100		1	0.057		
12:0	g	0.340		1	0.194		
14:0	g	0.310		1	0.177		
15.0	g						
16:0	g	2.980		1	1.699		
17:0	g						
18:0	g	2.350		1	1.340		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	6.670	0	3.802
14:1	g			
16:1	g	0.030	1	0.017
18:1	g	6.620	1	3.773
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	2.720	0	1.550
18:2	g	2.720	1	1.550
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	9	1	5
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	10	0	6
Theobromine	mg	67	0	38
Alcohol	g			

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

*** Common Measures:**

Measure 1: 1 bar (2 oz)

NDB No. 19119 Candies, NESTLE, CHUNKY Bar

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 35g	Measure 2* 40g	Measure 3*
Proximates:							
Water	g	2.90	0.105	2	1.01	1.16	
Energy	kcal	495		0	173	198	
Energy	kj	2071		0	725	828	
Protein (N x 5.95)	g	9.00	0.325	2	3.15	3.60	
Total lipid (fat)	g	29.20	0.000	2	10.22	11.68	
Carbohydrate, by difference	g	57.10		0	19.98	22.84	
Fiber, total dietary	g	4.8		0	1.7	1.9	
Ash	g	1.70	0.005	2	0.60	0.68	
Sugars, total	g						
Minerals:							
Calcium	mg	143	10.500	2	50	57	
Iron	mg	1.25	0.210	2	0.44	0.50	
Magnesium	mg	73		1	26	29	
Phosphorus	mg	208		1	73	83	
Potassium	mg	534	42.500	2	187	214	
Sodium	mg	53	3.300	2	19	21	
Zinc	mg	1.84		1	0.64	0.74	
Copper	mg	0.620		1	0.217	0.248	
Manganese	mg	0.495		1	0.173	0.198	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.3	0.145	2	0.1	0.1	
Thiamin	mg	0.087	0.003	2	0.030	0.035	
Riboflavin	mg	0.395	0.174	2	0.138	0.158	
Niacin	mg	1.900	0.100	2	0.665	0.760	
Pantothenic acid	mg	0.497		1	0.174	0.199	
Vitamin B-6	mg	0.124		1	0.043	0.050	
Folate	µg	22		1	8	9	
Vitamin B-12	µg	0.37		1	0.13	0.15	
Vitamin A	IU	63	13.900	2	22	25	
Vitamin A, RE	µg	11		0	4	4	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	23.220		0	8.127	9.288	
4:0	g	0.090		1	0.032	0.036	
6.0	g	0.130		1	0.046	0.052	
8:0	g	0.220		1	0.077	0.088	
10:0	g	0.220		1	0.077	0.088	
12:0	g	0.270		1	0.095	0.108	
14:0	g	0.720		1	0.252	0.288	
15.0	g						
16:0	g	10.120		1	3.542	4.048	
17:0	g						
18:0	g	10.750		1	3.763	4.300	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.310		0	0.109	0.124
14:1	g					
16:1	g	0.130		1	0.046	0.052
18:1	g	0.130		1	0.046	0.052
20:1	g					
22.1	g					
Polyunsaturated, total	g	4.410		0	1.543	1.764
18:2	g	4.270		1	1.494	1.708
18:3	g	0.130		1	0.046	0.052
18:4	g					
20:4	g					
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	11	1.150	2	4	4
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	29		1	10	12
Theobromine	mg	157		1	55	63
Alcohol	g					

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

*** Common Measures:**

Measure 1: 1 bar (1.25 oz)
Measure 2: 1 bar (1.4 oz)

NDB No. 19120 Candies, milk chocolate

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 168g	Measure 2* 7g	Measure 3* 44g
Proximates:							
Water	g	1.30	0.087	40	2.18	0.09	0.57
Energy	kcal	513		0	862	36	226
Energy	kj	2146		0	3605	150	944
Protein (N x 5.95)	g	6.90	0.265	29	11.59	0.48	3.04
Total lipid (fat)	g	30.70	0.309	31	51.58	2.15	13.51
Carbohydrate, by difference	g	59.20		0	99.46	4.14	26.05
Fiber, total dietary	g	3.4	0.650	2	5.7	0.2	1.5
Ash	g	1.50	0.070	25	2.52	0.11	0.66
Sugars, total	g						
Minerals:							
Calcium	mg	191	6.104	49	321	13	84
Iron	mg	1.39	0.065	52	2.34	0.10	0.61
Magnesium	mg	60	0.991	48	101	4	26
Phosphorus	mg	216	5.052	47	363	15	95
Potassium	mg	385	8.088	50	647	27	169
Sodium	mg	82	1.858	46	138	6	36
Zinc	mg	1.38	0.038	50	2.32	0.10	0.61
Copper	mg	0.385	0.017	47	0.647	0.027	0.169
Manganese	mg	0.299	0.010	48	0.502	0.021	0.132
Selenium	µg	3.9	0.393	14	6.6	0.3	1.7
Vitamins:							
Ascorbic acid	mg	0.4	0.080	2	0.7	0.0	0.2
Thiamin	mg	0.079	0.006	18	0.133	0.006	0.035
Riboflavin	mg	0.301	0.020	19	0.506	0.021	0.132
Niacin	mg	0.324	0.029	17	0.544	0.023	0.143
Pantothenic acid	mg	0.424	0.051	5	0.712	0.030	0.187
Vitamin B-6	mg	0.042	0.011	6	0.071	0.003	0.018
Folate	µg	8		0	13	1	4
Vitamin B-12	µg	0.39	0.025	2	0.66	0.03	0.17
Vitamin A	IU	185	21.438	24	311	13	81
Vitamin A, RE	µg	55		0	92	4	24
Vitamin E, α-TE	mg	1.240		0	2.083	0.087	0.546
Lipids:							
Saturated, total	g	18.480		0	31.046	1.294	8.131
4:0	g	0.180		8	0.302	0.013	0.079
6.0	g	0.070		10	0.118	0.005	0.031
8:0	g	0.050		10	0.084	0.004	0.022
10:0	g	0.370		10	0.622	0.026	0.163
12:0	g	1.070		10	1.798	0.075	0.471
14:0	g	0.940		10	1.579	0.066	0.414
15.0	g						
16:0	g	7.980		10	13.406	0.559	3.511
17:0	g						
18:0	g	7.630		10	12.818	0.534	3.357
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	9.970		0	16.750	0.698	4.387
14:1	g						
16:1	g	0.170		10	0.286	0.012	0.075
18:1	g	9.590		10	16.111	0.671	4.220
20:1	g	0.000		0	0.000	0.000	0.000
22.1	g	0.000		0	0.000	0.000	0.000
Polyunsaturated, total	g	1.060		0	1.781	0.074	0.466
18:2	g	0.960		10	1.613	0.067	0.422
18:3	g	0.100		10	0.168	0.007	0.044
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	22	0.750	16	37	2	10
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.083		0	0.139	0.006	0.037
Threonine	g	0.296		0	0.497	0.021	0.130
Isoleucine	g	0.369		0	0.620	0.026	0.162
Leucine	g	0.645		0	1.084	0.045	0.284
Lysine	g	0.412		0	0.692	0.029	0.181
Methionine	g	0.148		0	0.249	0.010	0.065
Cystine	g	0.042		0	0.071	0.003	0.018
Phenylalanine	g	0.380		0	0.638	0.027	0.167
Tyrosine	g	0.317		0	0.533	0.022	0.139
Valine	g	0.454		0	0.763	0.032	0.200
Arginine	g	0.201		0	0.338	0.014	0.088
Histidine	g	0.106		0	0.178	0.007	0.047
Alanine	g	0.243		0	0.408	0.017	0.107
Aspartic acid	g	0.581		0	0.976	0.041	0.256
Glutamic acid	g	1.447		0	2.431	0.101	0.637
Glycine	g	0.169		0	0.284	0.012	0.074
Proline	g	0.581		0	0.976	0.041	0.256
Serine	g	0.317		0	0.533	0.022	0.139
Other:							
Caffeine	mg	26	2.489	25	44	2	11
Theobromine	mg	169	4.256	25	284	12	74
Alcohol	g						

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

*** Common Measures:**

Measure 1: 1 cup, chips
Measure 2: 1 miniature bar
Measure 3: 1 bar (1.55 oz)

NDB No. 19121 Desserts, puddings, banana, dry mix, instant, prepared with 2% milk

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 587g	Measure 2* 147g	Measure 3*
Proximates:							
Water	g	74.50		0	437.31	109.52	
Energy	kcal	104		0	610	153	
Energy	kj	435		0	2553	639	
Protein (N x 5.95)	g	2.80		0	16.44	4.12	
Total lipid (fat)	g	1.70		0	9.98	2.50	
Carbohydrate, by difference	g	19.80		0	116.23	29.11	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.30		0	7.63	1.91	
Sugars, total	g						
Minerals:							
Calcium	mg	102		0	599	150	
Iron	mg	0.06		0	0.35	0.09	
Magnesium	mg	12		0	70	18	
Phosphorus	mg	216		0	1268	318	
Potassium	mg	131		0	769	193	
Sodium	mg	296		0	1738	435	
Zinc	mg	0.33		0	1.94	0.49	
Copper	mg	0.010		0	0.059	0.015	
Manganese	mg	0.003		0	0.018	0.004	
Selenium	µg	1.8		0	10.6	2.6	
Vitamins:							
Ascorbic acid	mg	0.8		0	4.7	1.2	
Thiamin	mg	0.033		0	0.194	0.049	
Riboflavin	mg	0.137		0	0.804	0.201	
Niacin	mg	0.072		0	0.423	0.106	
Pantothenic acid	mg	0.267		0	1.567	0.392	
Vitamin B-6	mg	0.036		0	0.211	0.053	
Folate	µg	4		0	23	6	
Vitamin B-12	µg	0.30		0	1.76	0.44	
Vitamin A	IU	170		0	998	250	
Vitamin A, RE	µg	45		0	264	66	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	1.010		0	5.929	1.485	
4:0	g	0.050		0	0.294	0.074	
6.0	g	0.030		0	0.176	0.044	
8:0	g	0.020		0	0.117	0.029	
10:0	g	0.040		0	0.235	0.059	
12:0	g	0.050		0	0.294	0.074	
14:0	g	0.170		0	0.998	0.250	
15.0	g						
16:0	g	0.440		0	2.583	0.647	
17:0	g						
18:0	g	0.200		0	1.174	0.294	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.480	0	2.818	0.706
14:1	g				
16:1	g	0.040	0	0.235	0.059
18:1	g	0.440	0	2.583	0.647
20:1	g	0.000	0	0.000	0.000
22.1	g				
Polyunsaturated, total	g	0.120	0	0.704	0.176
18:2	g	0.090	0	0.528	0.132
18:3	g	0.030	0	0.176	0.044
18:4	g				
20:4	g	0.000	0	0.000	0.000
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	6	0	35	9
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.037	0	0.217	0.054
Threonine	g	0.119	0	0.699	0.175
Isoleucine	g	0.159	0	0.933	0.234
Leucine	g	0.258	0	1.514	0.379
Lysine	g	0.209	0	1.227	0.307
Methionine	g	0.066	0	0.387	0.097
Cystine	g	0.024	0	0.141	0.035
Phenylalanine	g	0.127	0	0.745	0.187
Tyrosine	g	0.127	0	0.745	0.187
Valine	g	0.176	0	1.033	0.259
Arginine	g	0.095	0	0.558	0.140
Histidine	g	0.071	0	0.417	0.104
Alanine	g	0.091	0	0.534	0.134
Aspartic acid	g	0.200	0	1.174	0.294
Glutamic acid	g	0.551	0	3.234	0.810
Glycine	g	0.056	0	0.329	0.082
Proline	g	0.255	0	1.497	0.375
Serine	g	0.143	0	0.839	0.210
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

NDB No. 19122 Desserts, puddings, banana, dry mix, regular, prepared with 2% milk

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 559g	Measure 2* 140g	Measure 3*
Proximates:							
Water	g	75.70		0	423.16	105.98	
Energy	kcal	102		0	570	143	
Energy	kj	427		0	2387	598	
Protein (N x 5.95)	g	2.90		0	16.21	4.06	
Total lipid (fat)	g	1.70		0	9.50	2.38	
Carbohydrate, by difference	g	18.20		0	101.74	25.48	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.00		0	5.59	1.40	
Sugars, total	g						
Minerals:							
Calcium	mg	110		0	615	154	
Iron	mg	0.05		0	0.28	0.07	
Magnesium	mg	13		0	73	18	
Phosphorus	mg	84		0	470	118	
Potassium	mg	138		0	771	193	
Sodium	mg	166		0	928	232	
Zinc	mg	0.36		0	2.01	0.50	
Copper	mg	0.010		0	0.056	0.014	
Manganese	mg	0.004		0	0.022	0.006	
Selenium	µg	1.9		0	10.6	2.7	
Vitamins:							
Ascorbic acid	mg	0.7		0	3.9	1.0	
Thiamin	mg	0.031		0	0.173	0.043	
Riboflavin	mg	0.145		0	0.811	0.203	
Niacin	mg	0.075		0	0.419	0.105	
Pantothenic acid	mg	0.280		0	1.565	0.392	
Vitamin B-6	mg	0.034		0	0.190	0.048	
Folate	µg	4		0	22	6	
Vitamin B-12	µg	0.26		0	1.45	0.36	
Vitamin A	IU	180		0	1006	252	
Vitamin A, RE	µg	50		0	280	70	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	1.060		0	5.925	1.484	
4:0	g	0.060		0	0.335	0.084	
6.0	g	0.030		0	0.168	0.042	
8:0	g	0.020		0	0.112	0.028	
10:0	g	0.040		0	0.224	0.056	
12:0	g	0.050		0	0.280	0.070	
14:0	g	0.170		0	0.950	0.238	
15.0	g						
16:0	g	0.470		0	2.627	0.658	
17:0	g						
18:0	g	0.210		0	1.174	0.294	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.480	0	2.683	0.672
14:1	g				
16:1	g	0.040	0	0.224	0.056
18:1	g	0.440	0	2.460	0.616
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.090	0	0.503	0.126
18:2	g	0.060	0	0.335	0.084
18:3	g	0.030	0	0.168	0.042
18:4	g				
20:4	g	0.000	0	0.000	0.000
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	7	0	39	10
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.039	0	0.218	0.055
Threonine	g	0.126	0	0.704	0.176
Isoleucine	g	0.169	0	0.945	0.237
Leucine	g	0.273	0	1.526	0.382
Lysine	g	0.221	0	1.235	0.309
Methionine	g	0.070	0	0.391	0.098
Cystine	g	0.026	0	0.145	0.036
Phenylalanine	g	0.134	0	0.749	0.188
Tyrosine	g	0.134	0	0.749	0.188
Valine	g	0.186	0	1.040	0.260
Arginine	g	0.101	0	0.565	0.141
Histidine	g	0.076	0	0.425	0.106
Alanine	g	0.096	0	0.537	0.134
Aspartic acid	g	0.211	0	1.179	0.295
Glutamic acid	g	0.583	0	3.259	0.816
Glycine	g	0.059	0	0.330	0.083
Proline	g	0.269	0	1.504	0.377
Serine	g	0.151	0	0.844	0.211
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

NDB No. 19123 Desserts, puddings, chocolate, dry mix, instant, prepared with 2% milk

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 587g	Measure 2* 147g	Measure 3*
Proximates:							
Water	g	74.60		0	437.90	109.66	
Energy	kcal	102		0	599	150	
Energy	kj	427		0	2506	628	
Protein (N x 5.95)	g	3.10		0	18.20	4.56	
Total lipid (fat)	g	1.90		0	11.15	2.79	
Carbohydrate, by difference	g	18.90		0	110.94	27.78	
Fiber, total dietary	g	0.4		0	2.3	0.6	
Ash	g	1.40		0	8.22	2.06	
Sugars, total	g						
Minerals:							
Calcium	mg	104		0	610	153	
Iron	mg	0.29		0	1.70	0.43	
Magnesium	mg	18		0	106	26	
Phosphorus	mg	240		0	1409	353	
Potassium	mg	168		0	986	247	
Sodium	mg	284		0	1667	417	
Zinc	mg	0.42		0	2.47	0.62	
Copper	mg	0.063		0	0.370	0.093	
Manganese	mg	0.042		0	0.247	0.062	
Selenium	µg	1.7		0	10.0	2.5	
Vitamins:							
Ascorbic acid	mg	0.9		0	5.3	1.3	
Thiamin	mg	0.034		0	0.200	0.050	
Riboflavin	mg	0.144		0	0.845	0.212	
Niacin	mg	0.098		0	0.575	0.144	
Pantothenic acid	mg	0.274		0	1.608	0.403	
Vitamin B-6	mg	0.039		0	0.229	0.057	
Folate	µg	4		0	23	6	
Vitamin B-12	µg	0.31		0	1.82	0.46	
Vitamin A	IU	172		0	1010	253	
Vitamin A, RE	µg	38		0	223	56	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	1.100		0	6.457	1.617	
4:0	g	0.050		0	0.294	0.074	
6.0	g	0.030		0	0.176	0.044	
8:0	g	0.020		0	0.117	0.029	
10:0	g	0.040		0	0.235	0.059	
12:0	g	0.050		0	0.294	0.074	
14:0	g	0.170		0	0.998	0.250	
15.0	g						
16:0	g	0.490		0	2.876	0.720	
17:0	g						
18:0	g	0.250		0	1.468	0.368	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.580	0	3.405	0.853
14:1	g				
16:1	g	0.040	0	0.235	0.059
18:1	g	0.540	0	3.170	0.794
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.130	0	0.763	0.191
18:2	g	0.100	0	0.587	0.147
18:3	g	0.030	0	0.176	0.044
18:4	g				
20:4	g	0.000	0	0.000	0.000
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	6	0	35	9
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.042	0	0.247	0.062
Threonine	g	0.134	0	0.787	0.197
Isoleucine	g	0.175	0	1.027	0.257
Leucine	g	0.282	0	1.655	0.415
Lysine	g	0.228	0	1.338	0.335
Methionine	g	0.070	0	0.411	0.103
Cystine	g	0.029	0	0.170	0.043
Phenylalanine	g	0.145	0	0.851	0.213
Tyrosine	g	0.141	0	0.828	0.207
Valine	g	0.199	0	1.168	0.293
Arginine	g	0.116	0	0.681	0.171
Histidine	g	0.078	0	0.458	0.115
Alanine	g	0.107	0	0.628	0.157
Aspartic acid	g	0.236	0	1.385	0.347
Glutamic acid	g	0.609	0	3.575	0.895
Glycine	g	0.072	0	0.423	0.106
Proline	g	0.273	0	1.603	0.401
Serine	g	0.159	0	0.933	0.234
Other:					
Caffeine	mg	2	0	12	3
Theobromine	mg	62	0	364	91
Alcohol	g				

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

NDB No. 19124 Baking chocolate, mexican, squares

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 20g	Measure 2*	Measure 3*
Proximates:							
Water	g	1.59		2	0.32		
Energy	kcal	426		0	85		
Energy	kj	1782		0	356		
Protein (N x 5.95)	g	3.64		2	0.73		
Total lipid (fat)	g	15.59		2	3.12		
Carbohydrate, by difference	g	77.41		0	15.48		
Fiber, total dietary	g	3.9		2	0.8		
Ash	g	1.34		2	0.27		
Sugars, total	g						
Minerals:							
Calcium	mg	34		2	7		
Iron	mg	2.18		2	0.44		
Magnesium	mg	95		2	19		
Phosphorus	mg	142		2	28		
Potassium	mg	397		2	79		
Sodium	mg	3		2	1		
Zinc	mg	1.26		2	0.25		
Copper	mg	0.670		2	0.134		
Manganese	mg	0.449		2	0.090		
Selenium	µg	1.8		0	0.4		
Vitamins:							
Ascorbic acid	mg	0.1		2	0.0		
Thiamin	mg	0.057		2	0.011		
Riboflavin	mg	0.105		2	0.021		
Niacin	mg	1.829		2	0.366		
Pantothenic acid	mg	0.180		2	0.036		
Vitamin B-6	mg	0.034		2	0.007		
Folate	µg	2		0	0		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	18		0	4		
Vitamin A, RE	µg	2		0	0		
Vitamin E, α-TE	mg	0.475		0	0.095		
Lipids:							
Saturated, total	g	8.606		2	1.721		
4:0	g	0.000		2	0.000		
6.0	g	0.000		2	0.000		
8:0	g	0.000		2	0.000		
10:0	g	0.000		2	0.000		
12:0	g	0.000		2	0.000		
14:0	g	0.010		2	0.002		
15.0	g						
16:0	g	3.628		2	0.726		
17:0	g						
18:0	g	4.705		2	0.941		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	5.044	2	1.009
14:1	g			
16:1	g	0.037	2	0.007
18:1	g	5.007	2	1.001
20:1	g	0.000	2	0.000
22.1	g	0.000	2	0.000
Polyunsaturated, total	g	1.162	2	0.232
18:2	g	0.942	2	0.188
18:3	g	0.072	2	0.014
18:4	g	0.000	2	0.000
20:4	g	0.148	2	0.030
20:5	g	0.000	2	0.000
22:5	g	0.000	2	0.000
22:6	g	0.000	2	0.000
Cholesterol	mg	0	2	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	35	0	7
Theobromine	mg	210	0	42
Alcohol	g			

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

*** Common Measures:**
Measure 1: 1 tablet

NDB No. 19126 Candies, milk chocolate coated peanuts

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 149g	Measure 2* 40g	Measure 3*
Proximates:							
Water	g	1.90	0.100	3	2.83	0.76	
Energy	kcal	519		0	773	208	
Energy	kj	2171		0	3235	868	
Protein (N x 5.95)	g	13.10	0.910	5	19.52	5.24	
Total lipid (fat)	g	33.50	0.626	5	49.91	13.40	
Carbohydrate, by difference	g	49.40		0	73.61	19.76	
Fiber, total dietary	g	4.7		0	7.0	1.9	
Ash	g	1.80	0.075	3	2.68	0.72	
Sugars, total	g						
Minerals:							
Calcium	mg	104	15.972	5	155	42	
Iron	mg	1.31	0.074	5	1.95	0.52	
Magnesium	mg	94		0	140	38	
Phosphorus	mg	212	0.177	2	316	85	
Potassium	mg	502	10.786	3	748	201	
Sodium	mg	41	2.618	3	61	16	
Zinc	mg	1.94		0	2.89	0.78	
Copper	mg	0.470		0	0.700	0.188	
Manganese	mg	0.830		1	1.237	0.332	
Selenium	µg	4.9		0	7.3	2.0	
Vitamins:							
Ascorbic acid	mg	0.0		1	0.0	0.0	
Thiamin	mg	0.116	0.005	4	0.173	0.046	
Riboflavin	mg	0.174	0.025	5	0.259	0.070	
Niacin	mg	4.249	0.644	5	6.331	1.700	
Pantothenic acid	mg	0.570		1	0.849	0.228	
Vitamin B-6	mg	0.210		1	0.313	0.084	
Folate	µg	8		1	12	3	
Vitamin B-12	µg	0.27		0	0.40	0.11	
Vitamin A	IU	0		1	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	2.550		0	3.800	1.020	
Lipids:							
Saturated, total	g	14.600		0	21.754	5.840	
4:0	g	0.130		1	0.194	0.052	
6.0	g	0.030		1	0.045	0.012	
8:0	g	0.040		1	0.060	0.016	
10:0	g	0.090		1	0.134	0.036	
12:0	g	0.090		1	0.134	0.036	
14:0	g	0.440		1	0.656	0.176	
15.0	g						
16:0	g	7.000		1	10.430	2.800	
17:0	g						
18:0	g	6.790		1	10.117	2.716	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	12.920		0	19.251	5.168
14:1	g					
16:1	g	0.210		1	0.313	0.084
18:1	g	12.550		1	18.700	5.020
20:1	g	0.160		1	0.238	0.064
22.1	g	0.000		0	0.000	0.000
Polyunsaturated, total	g	4.330		0	6.452	1.732
18:2	g	4.280		1	6.377	1.712
18:3	g	0.050		1	0.075	0.020
18:4	g	0.000		0	0.000	0.000
20:4	g	0.000		0	0.000	0.000
20:5	g	0.000		0	0.000	0.000
22:5	g	0.000		0	0.000	0.000
22:6	g	0.000		0	0.000	0.000
Cholesterol	mg	9	2.000	2	13	4
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.140		0	0.209	0.056
Threonine	g	0.492		0	0.733	0.197
Isoleucine	g	0.561		0	0.836	0.224
Leucine	g	1.005		0	1.497	0.402
Lysine	g	0.602		0	0.897	0.241
Methionine	g	0.211		0	0.314	0.084
Cystine	g	0.126		0	0.188	0.050
Phenylalanine	g	0.687		0	1.024	0.275
Tyrosine	g	0.554		0	0.825	0.222
Valine	g	0.680		0	1.013	0.272
Arginine	g	1.001		0	1.491	0.400
Histidine	g	0.268		0	0.399	0.107
Alanine	g	0.483		0	0.720	0.193
Aspartic acid	g	1.347		0	2.007	0.539
Glutamic acid	g	2.693		0	4.013	1.077
Glycine	g	0.563		0	0.839	0.225
Proline	g	0.806		0	1.201	0.322
Serine	g	0.616		0	0.918	0.246
Other:						
Caffeine	mg	22		1	33	9
Theobromine	mg	109		1	162	44
Alcohol	g					

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

NDB No. 19127 Candies, milk chocolate coated raisins

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 180g	Measure 2* 10g	Measure 3*
Proximates:							
Water	g	11.20	2.282	7	20.16	1.12	
Energy	kcal	390		0	702	39	
Energy	kj	1632		0	2938	163	
Protein (N x 5.95)	g	4.10	0.299	8	7.38	0.41	
Total lipid (fat)	g	14.80	1.152	7	26.64	1.48	
Carbohydrate, by difference	g	68.30		0	122.94	6.83	
Fiber, total dietary	g	4.2		0	7.6	0.4	
Ash	g	1.50	0.073	7	2.70	0.15	
Sugars, total	g	62.22		0	112.00	6.22	
Minerals:							
Calcium	mg	86	14.400	4	155	9	
Iron	mg	1.71	0.329	4	3.08	0.17	
Magnesium	mg	45		1	81	5	
Phosphorus	mg	143	1.461	2	257	14	
Potassium	mg	514	5.500	2	925	51	
Sodium	mg	36	4.050	2	65	4	
Zinc	mg	0.81		0	1.46	0.08	
Copper	mg	0.339		0	0.610	0.034	
Manganese	mg	0.283		0	0.509	0.028	
Selenium	µg	2.3		0	4.1	0.2	
Vitamins:							
Ascorbic acid	mg	0.2	0.190	2	0.4	0.0	
Thiamin	mg	0.084	0.005	4	0.151	0.008	
Riboflavin	mg	0.161	0.037	4	0.290	0.016	
Niacin	mg	0.400	0.020	2	0.720	0.040	
Pantothenic acid	mg	0.217		0	0.391	0.022	
Vitamin B-6	mg	0.080		0	0.144	0.008	
Folate	µg	5		0	9	1	
Vitamin B-12	µg	0.18		0	0.32	0.02	
Vitamin A	IU	38	7.500	2	68	4	
Vitamin A, RE	µg	7		0	13	1	
Vitamin E, α-TE	mg	0.970		0	1.746	0.097	
Lipids:							
Saturated, total	g	8.800		0	15.840	0.880	
4:0	g	0.080		1	0.144	0.008	
6.0	g	0.020		1	0.036	0.002	
8:0	g	0.030		1	0.054	0.003	
10:0	g	0.060		1	0.108	0.006	
12:0	g	0.060		1	0.108	0.006	
14:0	g	0.290		1	0.522	0.029	
15.0	g						
16:0	g	3.920		1	7.056	0.392	
17:0	g						
18:0	g	4.350		1	7.830	0.435	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	4.740		0	8.532	0.474
14:1	g					
16:1	g	0.140		1	0.252	0.014
18:1	g	4.600		1	8.280	0.460
20:1	g	0.000		0	0.000	0.000
22.1	g	0.000		0	0.000	0.000
Polyunsaturated, total	g	0.510		0	0.918	0.051
18:2	g	0.450		1	0.810	0.045
18:3	g	0.050		1	0.090	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	3	1.638	3	5	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.041		0	0.074	0.004
Threonine	g	0.158		0	0.284	0.016
Isoleucine	g	0.167		0	0.301	0.017
Leucine	g	0.299		0	0.538	0.030
Lysine	g	0.202		0	0.364	0.020
Methionine	g	0.102		0	0.184	0.010
Cystine	g	0.036		0	0.065	0.004
Phenylalanine	g	0.186		0	0.335	0.019
Tyrosine	g	0.155		0	0.279	0.016
Valine	g	0.226		0	0.407	0.023
Arginine	g	0.172		0	0.310	0.017
Histidine	g	0.088		0	0.158	0.009
Alanine	g	0.152		0	0.274	0.015
Aspartic acid	g	0.390		0	0.702	0.039
Glutamic acid	g	0.861		0	1.550	0.086
Glycine	g	0.108		0	0.194	0.011
Proline	g	0.287		0	0.517	0.029
Serine	g	0.191		0	0.344	0.019
Other:						
Caffeine	mg	25		1	45	3
Theobromine	mg	127		1	229	13
Alcohol	g					

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

NDB No. 19128 Syrups, table blends, pancake, reduced-calorie

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 240g	Measure 2* 15g	Measure 3* 28g
Proximates:							
Water	g	54.90		1	131.76	8.23	15.56
Energy	kcal	164		0	394	25	46
Energy	kj	686		0	1646	103	194
Protein (N x 5.95)	g	0.00		1	0.00	0.00	0.00
Total lipid (fat)	g	0.00		1	0.00	0.00	0.00
Carbohydrate, by difference	g	44.30		0	106.32	6.64	12.56
Fiber, total dietary	g	0.0		0	0.0	0.0	0.0
Ash	g	0.70		1	1.68	0.11	0.20
Sugars, total	g						
Minerals:							
Calcium	mg	1		1	2	0	0
Iron	mg	0.02		1	0.05	0.00	0.01
Magnesium	mg	0		1	0	0	0
Phosphorus	mg	43		1	103	6	12
Potassium	mg	3		1	7	0	1
Sodium	mg	200	17.901	4	480	30	57
Zinc	mg	0.02		1	0.05	0.00	0.01
Copper	mg	0.003		1	0.007	0.000	0.001
Manganese	mg	0.088		1	0.211	0.013	0.025
Selenium	µg	0.4		0	1.0	0.1	0.1
Vitamins:							
Ascorbic acid	mg	0.0		1	0.0	0.0	0.0
Thiamin	mg	0.011		1	0.026	0.002	0.003
Riboflavin	mg	0.009		1	0.022	0.001	0.003
Niacin	mg	0.020		1	0.048	0.003	0.006
Pantothenic acid	mg	0.023		1	0.055	0.003	0.007
Vitamin B-6	mg	0.000		1	0.000	0.000	0.000
Folate	µg	0		1	0	0	0
Vitamin B-12	µg	0.00		1	0.00	0.00	0.00
Vitamin A	IU	0		1	0	0	0
Vitamin A, RE	µg	0		0	0	0	0
Vitamin E, α-TE	mg	0.000		0	0.000	0.000	0.000
Lipids:							
Saturated, total	g	0.000		0	0.000	0.000	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		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	0.000		0	0.000	0.000	0.000
17:0	g						
18:0	g	0.000		0	0.000	0.000	0.000
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.000	0	0.000	0.000	0.000
14:1	g					
16:1	g	0.000	0	0.000	0.000	0.000
18:1	g	0.000	0	0.000	0.000	0.000
20:1	g	0.000	0	0.000	0.000	0.000
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.000	0	0.000	0.000	0.000
18:2	g	0.000	0	0.000	0.000	0.000
18:3	g	0.000	0	0.000	0.000	0.000
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	1	0	0	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g					
Threonine	g					
Isoleucine	g					
Leucine	g					
Lysine	g					
Methionine	g					
Cystine	g					
Phenylalanine	g					
Tyrosine	g					
Valine	g					
Arginine	g					
Histidine	g					
Alanine	g					
Aspartic acid	g					
Glutamic acid	g					
Glycine	g					
Proline	g					
Serine	g					
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

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

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 tablespoon
Measure 3: 1 oz

NDB No. 19129 Syrups, table blends, pancake

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 314g	Measure 2* 20g	Measure 3*
Proximates:							
Water	g	24.10	2.075	4	75.67	4.82	
Energy	kcal	287		0	901	57	
Energy	kj	1201		0	3771	240	
Protein (N x 5.95)	g	0.00	0.000	2	0.00	0.00	
Total lipid (fat)	g	0.00	0.000	2	0.00	0.00	
Carbohydrate, by difference	g	75.70		0	237.70	15.14	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.20	0.000	2	0.63	0.04	
Sugars, total	g						
Minerals:							
Calcium	mg	1		1	3	0	
Iron	mg	0.09		1	0.28	0.02	
Magnesium	mg	2	1.315	2	6	0	
Phosphorus	mg	9		1	28	2	
Potassium	mg	2		1	6	0	
Sodium	mg	83	13.346	7	261	17	
Zinc	mg	0.04	0.004	2	0.13	0.01	
Copper	mg	0.213		1	0.669	0.043	
Manganese	mg	0.088		1	0.276	0.018	
Selenium	µg	0.7	0.141	2	2.2	0.1	
Vitamins:							
Ascorbic acid	mg	0.0		1	0.0	0.0	
Thiamin	mg	0.011		1	0.035	0.002	
Riboflavin	mg	0.009		1	0.028	0.002	
Niacin	mg	0.020		1	0.063	0.004	
Pantothenic acid	mg	0.023		1	0.072	0.005	
Vitamin B-6	mg	0.000		1	0.000	0.000	
Folate	µg	0		1	0	0	
Vitamin B-12	µg	0.00		1	0.00	0.00	
Vitamin A	IU	0		1	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	0.000		0	0.000	0.000	
Lipids:							
Saturated, total	g	0.000		0	0.000	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	0.000		0	0.000	0.000	
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	0.000	0	0.000	0.000
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.000	0	0.000	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	0.000	0	0.000	0.000
18:2	g	0.000	0	0.000	0.000
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	1	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
Cystine	g				
Phenylalanine	g				
Tyrosine	g				
Valine	g				
Arginine	g				
Histidine	g				
Alanine	g				
Aspartic acid	g				
Glutamic acid	g				
Glycine	g				
Proline	g				
Serine	g				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 tablespoon

NDB No. 19130 Candies, HERSHEY, HERSHEY'S GOLDEN COLLECTION Almond Chocolate Bar

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 78g	Measure 2*	Measure 3*
Proximates:							
Water	g	2.04		0	1.59		
Energy	kcal	574		0	448		
Energy	kj	2402		0	1874		
Protein (N x 5.95)	g	12.30		1	9.59		
Total lipid (fat)	g	38.10		1	29.72		
Carbohydrate, by difference	g	45.70		0	35.65		
Fiber, total dietary	g	4.8		1	3.7		
Ash	g	1.86		0	1.45		
Sugars, total	g	37.80		1	29.48		
Minerals:							
Calcium	mg	224		1	175		
Iron	mg	1.80		1	1.40		
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	67		1	52		
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU						
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	16.400		1	12.792		
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	17.700	1	13.806
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g	3.900	1	3.042
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	15	1	12
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 (2.8 oz)

NDB No. 19131 Topping, NESTLE, Buncha Crunch Dessert Topping

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 20g	Measure 2* 907g	Measure 3* 20g
Proximates:							
Water	g	1.50		3	0.30	13.61	0.30
Energy	kcal	515		0	103	4671	103
Energy	kj	2155		0	431	19546	431
Protein (N x 5.95)	g	5.70		3	1.14	51.70	1.14
Total lipid (fat)	g	25.44		3	5.09	230.74	5.09
Carbohydrate, by difference	g	65.93		0	13.19	597.99	13.19
Fiber, total dietary	g	1.6		3	0.3	14.5	0.3
Ash	g	1.43		3	0.29	12.97	0.29
Sugars, total	g	49.40		3	9.88	448.06	9.88
Minerals:							
Calcium	mg	129		3	26	1170	26
Iron	mg	0.60		3	0.12	5.44	0.12
Magnesium	mg	71		0	14	644	14
Phosphorus	mg	208		0	42	1887	42
Potassium	mg	348		0	70	3156	70
Sodium	mg	231		3	46	2095	46
Zinc	mg	1.71		0	0.34	15.51	0.34
Copper	mg	0.382		0	0.076	3.465	0.076
Manganese	mg	0.789		0	0.158	7.156	0.158
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.6		3	0.1	5.4	0.1
Thiamin	mg	0.577		0	0.115	5.233	0.115
Riboflavin	mg	0.732		0	0.146	6.639	0.146
Niacin	mg	8.270		0	1.654	75.009	1.654
Pantothenic acid	mg	0.544		0	0.109	4.934	0.109
Vitamin B-6	mg	0.688		0	0.138	6.240	0.138
Folate	µg	149		0	30	1351	30
Vitamin B-12	µg	0.31		0	0.06	2.81	0.06
Vitamin A	IU	90		0	18	816	18
Vitamin A, RE	µg	27		0	5	245	5
Vitamin E, α-TE	mg	1.763		0	0.353	15.990	0.353
Lipids:							
Saturated, total	g	11.940		3	2.388	108.296	2.388
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	0.495		0	0.099	4.490	0.099
15.0	g						
16:0	g	6.018		0	1.204	54.583	1.204
17:0	g						
18:0	g	5.264		0	1.053	47.744	1.053
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	9.396	0	1.879	85.222	1.879
14:1	g					
16:1	g	0.001	0	0.000	0.009	0.000
18:1	g	9.281	0	1.856	84.179	1.856
20:1	g	0.088	0	0.018	0.798	0.018
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	2.663	0	0.533	24.153	0.533
18:2	g	2.626	0	0.525	23.818	0.525
18:3	g	0.000	0	0.000	0.000	0.000
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	14	3	3	127	3
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 serving
Measure 2: 2 lb package
Measure 3: 2 tablespoons

NDB No. 19132 Candies, milk chocolate, with almonds

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 41g	Measure 2* 44g	Measure 3*
Proximates:							
Water	g	1.50	0.210	9	0.62	0.66	
Energy	kcal	526		0	216	231	
Energy	kj	2201		0	902	968	
Protein (N x 5.95)	g	9.00	0.319	13	3.69	3.96	
Total lipid (fat)	g	34.40	0.790	14	14.10	15.14	
Carbohydrate, by difference	g	53.20		0	21.81	23.41	
Fiber, total dietary	g	6.2		1	2.5	2.7	
Ash	g	1.70	0.017	9	0.70	0.75	
Sugars, total	g	43.90		0	18.00	19.32	
Minerals:							
Calcium	mg	224	13.194	12	92	99	
Iron	mg	1.63	0.225	12	0.67	0.72	
Magnesium	mg	90	5.285	6	37	40	
Phosphorus	mg	264	14.134	6	108	116	
Potassium	mg	444	6.652	8	182	195	
Sodium	mg	74	8.195	11	30	33	
Zinc	mg	1.34	0.197	6	0.55	0.59	
Copper	mg	0.422	0.033	5	0.173	0.186	
Manganese	mg	0.624	0.056	5	0.256	0.275	
Selenium	µg	4.0		0	1.6	1.8	
Vitamins:							
Ascorbic acid	mg	0.2	0.120	2	0.1	0.1	
Thiamin	mg	0.060	0.007	11	0.025	0.026	
Riboflavin	mg	0.435	0.027	12	0.178	0.191	
Niacin	mg	0.742	0.086	8	0.304	0.326	
Pantothenic acid	mg	0.430		0	0.176	0.189	
Vitamin B-6	mg	0.051		0	0.021	0.022	
Folate	µg	12		0	5	5	
Vitamin B-12	µg	0.33		0	0.14	0.15	
Vitamin A	IU	74	6.782	5	30	33	
Vitamin A, RE	µg	14		0	6	6	
Vitamin E, α-TE	mg	1.890		1	0.775	0.832	
Lipids:							
Saturated, total	g	16.980		0	6.962	7.471	
4:0	g	0.160		1	0.066	0.070	
6.0	g	0.040		1	0.016	0.018	
8:0	g	0.050		1	0.021	0.022	
10:0	g	0.110		1	0.045	0.048	
12:0	g	0.110		1	0.045	0.048	
14:0	g	0.580		1	0.238	0.255	
15.0	g						
16:0	g	7.660		1	3.141	3.370	
17:0	g						
18:0	g	8.270		1	3.391	3.639	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	13.490		0	5.531	5.936
14:1	g					
16:1	g	0.310		1	0.127	0.136
18:1	g	13.170		1	5.400	5.795
20:1	g	0.010		1	0.004	0.004
22.1	g	0.000		0	0.000	0.000
Polyunsaturated, total	g	2.280		0	0.935	1.003
18:2	g	2.170		1	0.890	0.955
18:3	g	0.110		1	0.045	0.048
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	19	1.933	8	8	8
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.116		0	0.048	0.051
Threonine	g	0.350		0	0.143	0.154
Isoleucine	g	0.432		0	0.177	0.190
Leucine	g	0.759		0	0.311	0.334
Lysine	g	0.446		0	0.183	0.196
Methionine	g	0.159		0	0.065	0.070
Cystine	g	0.079		0	0.032	0.035
Phenylalanine	g	0.470		0	0.193	0.207
Tyrosine	g	0.366		0	0.150	0.161
Valine	g	0.526		0	0.216	0.231
Arginine	g	0.468		0	0.192	0.206
Histidine	g	0.159		0	0.065	0.070
Alanine	g	0.327		0	0.134	0.144
Aspartic acid	g	0.792		0	0.325	0.348
Glutamic acid	g	1.984		0	0.813	0.873
Glycine	g	0.294		0	0.121	0.129
Proline	g	0.666		0	0.273	0.293
Serine	g	0.388		0	0.159	0.171
Other:						
Caffeine	mg	22		1	9	10
Theobromine	mg	158		1	65	70
Alcohol	g					

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

*** Common Measures:**

Measure 1: 1 bar (1.45 oz)
Measure 2: 1 bar (1.55 oz)

NDB No. 19133 Toppings, NESTLE, Rainbow Morsel Dessert Topping

Refuse: 0%

Nutrients 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* 14g	Measure 3* 1361g
Proximates:							
Water	g	1.47		3	0.21	0.21	20.01
Energy	kcal	487		0	68	68	6628
Energy	kj	2038		0	285	285	27737
Protein (N x 5.95)	g	4.21		3	0.59	0.59	57.30
Total lipid (fat)	g	19.38		3	2.71	2.71	263.76
Carbohydrate, by difference	g	74.04		0	10.37	10.37	1007.68
Fiber, total dietary	g	5.5		3	0.8	0.8	74.9
Ash	g	0.90		3	0.13	0.13	12.25
Sugars, total	g						
Minerals:							
Calcium	mg	31		3	4	4	422
Iron	mg	1.61		3	0.23	0.23	21.91
Magnesium	mg	76		0	11	11	1034
Phosphorus	mg	89		0	12	12	1211
Potassium	mg	240		0	34	34	3266
Sodium	mg	3		3	0	0	41
Zinc	mg	1.08		0	0.15	0.15	14.70
Copper	mg	0.475		0	0.066	0.066	6.465
Manganese	mg	0.534		0	0.075	0.075	7.268
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.7		3	0.1	0.1	9.5
Thiamin	mg	0.036		0	0.005	0.005	0.490
Riboflavin	mg	0.062		0	0.009	0.009	0.844
Niacin	mg	0.280		0	0.039	0.039	3.811
Pantothenic acid	mg	0.068		0	0.010	0.010	0.925
Vitamin B-6	mg	0.033		0	0.005	0.005	0.449
Folate	µg	2		0	0	0	27
Vitamin B-12	µg	0.00		0	0.00	0.00	0.00
Vitamin A	IU	5		3	1	1	68
Vitamin A, RE	µg	1		0	0	0	14
Vitamin E, α-TE	mg	0.776		0	0.109	0.109	10.561
Lipids:							
Saturated, total	g	11.600		3	1.624	1.624	157.876
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	0.033		0	0.005	0.005	0.449
15.0	g						
16:0	g	5.315		0	0.744	0.744	72.337
17:0	g						
18:0	g	6.107		0	0.855	0.855	83.116
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	6.479	0	0.907	0.907	88.179
14:1	g					
16:1	g	0.000	0	0.000	0.000	0.000
18:1	g	6.479	0	0.907	0.907	88.179
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	0.623	0	0.087	0.087	8.479
18:2	g	0.624	0	0.087	0.087	8.493
18:3	g	0.000	0	0.000	0.000	0.000
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	2	3	0	0	27
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 packet
Measure 2: 1 serving
Measure 3: 3-lb package

NDB No. 19134 Candies, milk chocolate, with rice cereal

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 40g	Measure 2* 45g	Measure 3* 47g
Proximates:							
Water	g	1.90	0.180	15	0.76	0.86	0.89
Energy	kcal	496		0	198	223	233
Energy	kj	2075		0	830	934	975
Protein (N x 5.95)	g	6.30	0.141	18	2.52	2.84	2.96
Total lipid (fat)	g	26.50	0.389	20	10.60	11.93	12.46
Carbohydrate, by difference	g	63.40		0	25.36	28.53	29.80
Fiber, total dietary	g	3.1		0	1.2	1.4	1.5
Ash	g	1.60	0.026	15	0.64	0.72	0.75
Sugars, total	g	55.00		0	22.00	24.75	25.85
Minerals:							
Calcium	mg	171	3.491	11	68	77	80
Iron	mg	0.75	0.076	11	0.30	0.34	0.35
Magnesium	mg	49	2.940	11	20	22	23
Phosphorus	mg	193	11.627	10	77	87	91
Potassium	mg	343	13.864	11	137	154	161
Sodium	mg	145	8.394	11	58	65	68
Zinc	mg	1.12	0.029	10	0.45	0.50	0.53
Copper	mg	0.312	0.030	10	0.125	0.140	0.147
Manganese	mg	0.319	0.007	9	0.128	0.144	0.150
Selenium	µg	5.5		0	2.2	2.5	2.6
Vitamins:							
Ascorbic acid	mg	0.3	0.105	2	0.1	0.1	0.1
Thiamin	mg	0.058	0.003	12	0.023	0.026	0.027
Riboflavin	mg	0.291	0.018	12	0.116	0.131	0.137
Niacin	mg	0.463	0.023	11	0.185	0.208	0.218
Pantothenic acid	mg	0.602	0.036	2	0.241	0.271	0.283
Vitamin B-6	mg	0.058	0.025	2	0.023	0.026	0.027
Folate	µg	9	0.500	2	4	4	4
Vitamin B-12	µg	0.34		0	0.14	0.15	0.16
Vitamin A	IU	57	7.212	6	23	26	27
Vitamin A, RE	µg	10		0	4	5	5
Vitamin E, α-TE	mg	1.087		0	0.435	0.489	0.511
Lipids:							
Saturated, total	g	15.890		0	6.356	7.151	7.468
4:0	g	0.150		1	0.060	0.068	0.070
6.0	g	0.040		1	0.016	0.018	0.019
8:0	g	0.050		1	0.020	0.023	0.024
10:0	g	0.110		1	0.044	0.050	0.052
12:0	g	0.110		1	0.044	0.050	0.052
14:0	g	0.520		1	0.208	0.234	0.244
15.0	g						
16:0	g	7.010		1	2.804	3.155	3.295
17:0	g						
18:0	g	7.910		1	3.164	3.559	3.718
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	8.640		0	3.456	3.888	4.061
14:1	g						
16:1	g	0.260		1	0.104	0.117	0.122
18:1	g	8.380		1	3.352	3.771	3.939
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	0.780		0	0.312	0.351	0.367
18:2	g	0.720		1	0.288	0.324	0.338
18:3	g	0.060		1	0.024	0.027	0.028
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	19	0.598	14	8	9	9
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.076		0	0.030	0.034	0.036
Threonine	g	0.263		0	0.105	0.118	0.124
Isoleucine	g	0.328		0	0.131	0.148	0.154
Leucine	g	0.577		0	0.231	0.260	0.271
Lysine	g	0.355		0	0.142	0.160	0.167
Methionine	g	0.136		0	0.054	0.061	0.064
Cystine	g	0.049		0	0.020	0.022	0.023
Phenylalanine	g	0.344		0	0.138	0.155	0.162
Tyrosine	g	0.278		0	0.111	0.125	0.131
Valine	g	0.409		0	0.164	0.184	0.192
Arginine	g	0.226		0	0.090	0.102	0.106
Histidine	g	0.103		0	0.041	0.046	0.048
Alanine	g	0.240		0	0.096	0.108	0.113
Aspartic acid	g	0.536		0	0.214	0.241	0.252
Glutamic acid	g	1.304		0	0.522	0.587	0.613
Glycine	g	0.170		0	0.068	0.077	0.080
Proline	g	0.498		0	0.199	0.224	0.234
Serine	g	0.294		0	0.118	0.132	0.138
Other:							
Caffeine	mg	23		1	9	10	11
Theobromine	mg	155		1	62	70	73
Alcohol	g						

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

*** Common Measures:**

Measure 1: 1 bar (1.4 oz)
Measure 2: 1 bar (1.45 oz)
Measure 3: 1 bar (1.65 oz)

NDB No. 19135 Candies, M&M MARS, MARS MILKY WAY Bar

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 23g	Measure 2* 54g	Measure 3* 60g
Proximates:							
Water	g	6.30	0.113	5	1.45	3.40	3.78
Energy	kcal	423		0	97	228	254
Energy	kj	1770		0	407	956	1062
Protein (N x 5.95)	g	4.50	0.110	4	1.03	2.43	2.70
Total lipid (fat)	g	16.10	1.139	5	3.70	8.69	9.66
Carbohydrate, by difference	g	71.70		0	16.49	38.72	43.02
Fiber, total dietary	g	1.7		0	0.4	0.9	1.0
Ash	g	1.30	0.028	4	0.30	0.70	0.78
Sugars, total	g	60.66		0	13.95	32.76	36.40
Minerals:							
Calcium	mg	130	0.630	2	30	70	78
Iron	mg	0.76	0.056	2	0.17	0.41	0.46
Magnesium	mg	34	1.767	2	8	18	20
Phosphorus	mg	144		0	33	78	86
Potassium	mg	241	21.579	2	55	130	145
Sodium	mg	240		1	55	130	144
Zinc	mg	0.71		1	0.16	0.38	0.43
Copper	mg	0.150		1	0.034	0.081	0.090
Manganese	mg	0.235		0	0.054	0.127	0.141
Selenium	µg	5.6		0	1.3	3.0	3.4
Vitamins:							
Ascorbic acid	mg	1.0		0	0.2	0.5	0.6
Thiamin	mg	0.035	0.004	2	0.008	0.019	0.021
Riboflavin	mg	0.222	0.005	2	0.051	0.120	0.133
Niacin	mg	0.350	0.070	2	0.080	0.189	0.210
Pantothenic acid	mg	0.300		0	0.069	0.162	0.180
Vitamin B-6	mg	0.050		0	0.012	0.027	0.030
Folate	µg	10		0	2	5	6
Vitamin B-12	µg	0.32		0	0.07	0.17	0.19
Vitamin A	IU	108		0	25	58	65
Vitamin A, RE	µg	32		0	7	17	19
Vitamin E, α-TE	mg	0.650		0	0.150	0.351	0.390
Lipids:							
Saturated, total	g	7.790		0	1.792	4.207	4.674
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.050		5	0.012	0.027	0.030
8:0	g	0.020		5	0.005	0.011	0.012
10:0	g	0.070		5	0.016	0.038	0.042
12:0	g	0.070		5	0.016	0.038	0.042
14:0	g	0.370		5	0.085	0.200	0.222
15.0	g						
16:0	g	3.490		5	0.803	1.885	2.094
17:0	g						
18:0	g	3.580		5	0.823	1.933	2.148
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	6.020	0	1.385	3.251	3.612
14:1	g					
16:1	g	0.080	5	0.018	0.043	0.048
18:1	g	5.940	5	1.366	3.208	3.564
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	0.600	0	0.138	0.324	0.360
18:2	g	0.560	5	0.129	0.302	0.336
18:3	g	0.040	5	0.009	0.022	0.024
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	14	1	3	8	8
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	8	0	2	4	5
Theobromine	mg	92	0	21	50	55
Alcohol	g					

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

*** Common Measures:**

Measure 1: 1 bar (.8 oz)
Measure 2: 1 bar (1.9 oz)
Measure 3: 1 bar (2.1 oz)

NDB No. 19136 Candies, HERSHEY, SKOR Toffee Bar

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 39g	Measure 2*	Measure 3*
Proximates:							
Water	g	2.59		0	1.01		
Energy	kcal	556		0	217		
Energy	kj	2326		0	907		
Protein (N x 5.95)	g	4.50		1	1.75		
Total lipid (fat)	g	34.10		1	13.30		
Carbohydrate, by difference	g	57.80		0	22.54		
Fiber, total dietary	g	1.6		1	0.6		
Ash	g	1.01		0	0.39		
Sugars, total	g	53.50		1	20.86		
Minerals:							
Calcium	mg	130		1	51		
Iron	mg	0.50		1	0.20		
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	276		1	108		
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU						
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	21.800		1	8.502		
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	11.000	1	4.290
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g	1.400	1	0.546
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	51	1	20
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 bar (1.4 oz)

NDB No. 19137 Toppings, strawberry

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 340g	Measure 2* 42g	Measure 3*
Proximates:							
Water	g	33.00		1	112.20	13.86	
Energy	kcal	254		0	864	107	
Energy	kj	1063		0	3614	446	
Protein (N x 5.95)	g	0.20		0	0.68	0.08	
Total lipid (fat)	g	0.10		0	0.34	0.04	
Carbohydrate, by difference	g	66.30		0	225.42	27.85	
Fiber, total dietary	g	1.0		0	3.4	0.4	
Ash	g	0.40		1	1.36	0.17	
Sugars, total	g						
Minerals:							
Calcium	mg	24		0	82	10	
Iron	mg	0.97		0	3.30	0.41	
Magnesium	mg	4		1	14	2	
Phosphorus	mg	13		0	44	5	
Potassium	mg	73		0	248	31	
Sodium	mg	21		0	71	9	
Zinc	mg	0.49		1	1.67	0.21	
Copper	mg	0.029		1	0.099	0.012	
Manganese	mg	0.040		1	0.136	0.017	
Selenium	µg	2.0		0	6.8	0.8	
Vitamins:							
Ascorbic acid	mg	24.9		0	84.7	10.5	
Thiamin	mg	0.010		1	0.034	0.004	
Riboflavin	mg	0.020		1	0.068	0.008	
Niacin	mg	0.245		0	0.833	0.103	
Pantothenic acid	mg	0.110		1	0.374	0.046	
Vitamin B-6	mg	0.020		1	0.068	0.008	
Folate	µg	2		1	7	1	
Vitamin B-12	µg	0.00		1	0.00	0.00	
Vitamin A	IU	18		0	61	8	
Vitamin A, RE	µg	2		0	7	1	
Vitamin E, α-TE	mg	0.140		0	0.476	0.059	
Lipids:							
Saturated, total	g	0.005		0	0.017	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	0.004		0	0.014	0.002	
17:0	g						
18:0	g	0.001		0	0.003	0.000	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.014	0	0.048	0.006
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.014	0	0.048	0.006
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.050	0	0.170	0.021
18:2	g	0.029	0	0.099	0.012
18:3	g	0.021	0	0.071	0.009
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	1	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: 2 tablespoons

NDB No. 19139 Baking chocolate, M&M MARS, "M&M's" Semisweet Chocolate Mini Baking Bits

Refuse: 0%

Nutrients 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* 11340g	Measure 3* 14g
Proximates:							
Water	g	1.27		0	0.18	144.02	0.18
Energy	kcal	518		0	73	58741	74
Energy	kj	2167		0	303	245738	308
Protein (N x 5.95)	g	4.42		0	0.62	501.23	0.63
Total lipid (fat)	g	26.29		0	3.68	2981.29	3.73
Carbohydrate, by difference	g	65.96		0	9.23	7479.86	9.37
Fiber, total dietary	g	6.7		0	0.9	759.8	1.0
Ash	g	2.07		0	0.29	234.74	0.29
Sugars, total	g	53.19		0	7.45	6031.75	7.55
Minerals:							
Calcium	mg	34		0	5	3856	5
Iron	mg	2.95		0	0.41	334.53	0.42
Magnesium	mg	106		0	15	12020	15
Phosphorus	mg	122		0	17	13835	17
Potassium	mg	336		0	47	38102	48
Sodium	mg	3		0	0	340	0
Zinc	mg	1.49		0	0.21	168.97	0.21
Copper	mg	0.646		0	0.090	73.256	0.092
Manganese	mg	0.736		0	0.103	83.462	0.105
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	0.0
Thiamin	mg	0.051		0	0.007	5.783	0.007
Riboflavin	mg	0.084		0	0.012	9.526	0.012
Niacin	mg	0.393		0	0.055	44.566	0.056
Pantothenic acid	mg	0.097		0	0.014	11.000	0.014
Vitamin B-6	mg	0.046		0	0.006	5.216	0.007
Folate	µg	28		0	4	3175	4
Vitamin B-12	µg	0.00		0	0.00	0.00	0.00
Vitamin A	IU	73		0	10	8278	10
Vitamin A, RE	µg	7		0	1	794	1
Vitamin E, α-TE	mg	1.054		0	0.148	119.524	0.150
Lipids:							
Saturated, total	g	15.655		0	2.192	1775.277	2.223
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	0.044		0	0.006	4.990	0.006
15.0	g						
16:0	g	7.171		0	1.004	813.191	1.018
17:0	g						
18:0	g	8.243		0	1.154	934.756	1.171
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	8.789	0	1.230	996.673	1.248
14:1	g					
16:1	g	0.000	0	0.000	0.000	0.000
18:1	g	8.789	0	1.230	996.673	1.248
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	0.842	0	0.118	95.483	0.120
18:2	g	0.842	0	0.118	95.483	0.120
18:3	g	0.000	0	0.000	0.000	0.000
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	3	0	0	340	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 package
Measure 3: 1 serving

NDB No. 19140 Candies, M&M MARS, "M&M's" Peanut Chocolate Candies

Refuse: 0%

Nutrients 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* 21g	Measure 3* 47g
Proximates:							
Water	g	1.78		0	3.03	0.37	0.84
Energy	kcal	516		0	877	108	243
Energy	kj	2159		0	3670	453	1015
Protein (N x 5.95)	g	9.47		0	16.10	1.99	4.45
Total lipid (fat)	g	26.24		0	44.61	5.51	12.33
Carbohydrate, by difference	g	60.46		0	102.78	12.70	28.42
Fiber, total dietary	g	3.4		0	5.8	0.7	1.6
Ash	g	2.05		0	3.48	0.43	0.96
Sugars, total	g	50.76		0	86.29	10.66	23.86
Minerals:							
Calcium	mg	101		0	172	21	47
Iron	mg	1.15		0	1.95	0.24	0.54
Magnesium	mg	74		0	126	16	35
Phosphorus	mg	228		0	388	48	107
Potassium	mg	346		0	588	73	163
Sodium	mg	48		0	82	10	23
Zinc	mg	2.30		0	3.91	0.48	1.08
Copper	mg	0.514		0	0.874	0.108	0.242
Manganese	mg	0.660		0	1.122	0.139	0.310
Selenium	µg	3.9		0	6.6	0.8	1.8
Vitamins:							
Ascorbic acid	mg	0.5		0	0.9	0.1	0.2
Thiamin	mg	0.099		0	0.168	0.021	0.047
Riboflavin	mg	0.168		0	0.286	0.035	0.079
Niacin	mg	3.748		0	6.372	0.787	1.762
Pantothenic acid	mg	0.541		0	0.920	0.114	0.254
Vitamin B-6	mg	0.083		0	0.141	0.017	0.039
Folate	µg	35		0	60	7	16
Vitamin B-12	µg	0.18		0	0.31	0.04	0.08
Vitamin A	IU	93		0	158	20	44
Vitamin A, RE	µg	24		0	41	5	11
Vitamin E, α-TE	mg	2.427		0	4.126	0.510	1.141
Lipids:							
Saturated, total	g	10.331		0	17.563	2.170	4.856
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	0.422		0	0.717	0.089	0.198
15.0	g						
16:0	g	4.589		0	7.801	0.964	2.157
17:0	g						
18:0	g	4.394		0	7.470	0.923	2.065
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	11.000	0	18.700	2.310	5.170
14:1	g					
16:1	g	0.000	0	0.000	0.000	0.000
18:1	g	6.850	0	11.645	1.438	3.220
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	4.200	0	7.140	0.882	1.974
18:2	g	0.803	0	1.365	0.169	0.377
18:3	g	0.000	0	0.000	0.000	0.000
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	9	0	15	2	4
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	11	0	19	2	5
Theobromine	mg	76	0	129	16	36
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates 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 fun size package
Measure 3: 1 package (1.67 oz)

NDB No. 19141 Candies, M&M MARS, "M&M's" Plain Chocolate Candies

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 208g	Measure 2* 42g	Measure 3* 10433g
Proximates:							
Water	g	1.70		0	3.54	0.71	177.36
Energy	kcal	492		0	1023	207	51330
Energy	kj	2059		0	4283	865	214815
Protein (N x 5.95)	g	4.33		0	9.01	1.82	451.75
Total lipid (fat)	g	21.13		0	43.95	8.87	2204.49
Carbohydrate, by difference	g	71.21		0	148.12	29.91	7429.34
Fiber, total dietary	g	2.5		0	5.2	1.1	260.8
Ash	g	1.63		0	3.39	0.68	170.06
Sugars, total	g	63.66		0	132.41	26.74	6641.65
Minerals:							
Calcium	mg	105		0	218	44	10955
Iron	mg	1.11		0	2.31	0.47	115.81
Magnesium	mg	41		0	85	17	4278
Phosphorus	mg	150		0	312	63	15650
Potassium	mg	266		0	553	112	27752
Sodium	mg	61		0	127	26	6364
Zinc	mg	0.96		0	2.00	0.40	100.16
Copper	mg	0.279		0	0.580	0.117	29.108
Manganese	mg	0.212		0	0.441	0.089	22.118
Selenium	µg	2.9		0	6.0	1.2	302.6
Vitamins:							
Ascorbic acid	mg	0.5		0	1.0	0.2	52.2
Thiamin	mg	0.055		0	0.114	0.023	5.738
Riboflavin	mg	0.213		0	0.443	0.089	22.222
Niacin	mg	0.224		0	0.466	0.094	23.370
Pantothenic acid	mg	0.293		0	0.609	0.123	30.569
Vitamin B-6	mg	0.029		0	0.060	0.012	3.026
Folate	µg	6		0	12	3	626
Vitamin B-12	µg	0.27		0	0.56	0.11	28.17
Vitamin A	IU	203		0	422	85	21179
Vitamin A, RE	µg	53		0	110	22	5529
Vitamin E, α-TE	mg	0.856		0	1.780	0.360	89.306
Lipids:							
Saturated, total	g	13.080		0	27.206	5.494	1364.636
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	0.583		0	1.213	0.245	60.824
15.0	g						
16:0	g	6.344		0	13.196	2.664	661.870
17:0	g						
18:0	g	6.074		0	12.634	2.551	633.700
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	6.883	0	14.317	2.891	718.103
14:1	g					
16:1	g	0.000	0	0.000	0.000	0.000
18:1	g	6.883	0	14.317	2.891	718.103
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	0.629	0	1.308	0.264	65.624
18:2	g	0.629	0	1.308	0.264	65.624
18:3	g	0.000	0	0.000	0.000	0.000
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	14	0	29	6	1461
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	18	0	37	8	1878
Theobromine	mg	116	0	241	49	12102
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates 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 box (1.48 oz)
Measure 3: 1 package

NDB No. 19142 Candies, HERSHEY, MOUNDS Candy Bar

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 53g	Measure 2* 19g	Measure 3*
Proximates:							
Water	g	10.99		0	5.82	2.09	
Energy	kcal	477		0	253	91	
Energy	kj	1996		0	1058	379	
Protein (N x 5.95)	g	3.80		1	2.01	0.72	
Total lipid (fat)	g	25.10		1	13.30	4.77	
Carbohydrate, by difference	g	58.90		0	31.22	11.19	
Fiber, total dietary	g	5.9		1	3.1	1.1	
Ash	g	1.21		0	0.64	0.23	
Sugars, total	g						
Minerals:							
Calcium	mg	15		1	8	3	
Iron	mg	2.10		1	1.11	0.40	
Magnesium	mg	56		0	30	11	
Phosphorus	mg	91		0	48	17	
Potassium	mg	247		0	131	47	
Sodium	mg	149		1	79	28	
Zinc	mg	0.98		0	0.52	0.19	
Copper	mg	0.405		0	0.215	0.077	
Manganese	mg	0.981		0	0.520	0.186	
Selenium	µg	6.2		0	3.3	1.2	
Vitamins:							
Ascorbic acid	mg	0.4		0	0.2	0.1	
Thiamin	mg	0.036		0	0.019	0.007	
Riboflavin	mg	0.060		0	0.032	0.011	
Niacin	mg	0.286		0	0.152	0.054	
Pantothenic acid	mg	0.254		0	0.135	0.048	
Vitamin B-6	mg	0.097		0	0.051	0.018	
Folate	µg	3		0	2	1	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	6		0	3	1	
Vitamin A, RE	µg	1		0	1	0	
Vitamin E, α-TE	mg	0.680		0	0.360	0.129	
Lipids:							
Saturated, total	g	20.300		1	10.759	3.857	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.099		0	0.052	0.019	
8:0	g	1.218		0	0.646	0.231	
10:0	g	0.967		0	0.513	0.184	
12:0	g	7.712		0	4.087	1.465	
14:0	g	3.060		0	1.622	0.581	
15.0	g						
16:0	g	3.712		0	1.967	0.705	
17:0	g						
18:0	g	3.471		0	1.840	0.659	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	4.300	1	2.279	0.817
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	4.300	0	2.279	0.817
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.500	1	0.265	0.095
18:2	g	0.500	0	0.265	0.095
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	2	1	1	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	17	0	9	3
Theobromine	mg	132	0	70	25
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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 (1.9 oz)
Measure 2: 1 snack size bar (0.7 oz)

NDB No. 19143 Candies, HERSHEY, MR. GOODBAR Chocolate Bar

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 49g	Measure 2* 73g	Measure 3*
Proximates:							
Water	g	0.72		0	0.35	0.53	
Energy	kcal	545		0	267	398	
Energy	kj	2280		0	1117	1664	
Protein (N x 5.95)	g	10.70		1	5.24	7.81	
Total lipid (fat)	g	34.90		1	17.10	25.48	
Carbohydrate, by difference	g	51.70		0	25.33	37.74	
Fiber, total dietary	g	3.5		1	1.7	2.6	
Ash	g	1.98		0	0.97	1.45	
Sugars, total	g	45.10		1	22.10	32.92	
Minerals:							
Calcium	mg	108		1	53	79	
Iron	mg	1.30		1	0.64	0.95	
Magnesium	mg	86		0	42	63	
Phosphorus	mg	248		0	122	181	
Potassium	mg	447		0	219	326	
Sodium	mg	149		1	73	109	
Zinc	mg	1.82		0	0.89	1.33	
Copper	mg	0.450		0	0.221	0.329	
Manganese	mg	0.703		0	0.344	0.513	
Selenium	µg	4.7		0	2.3	3.4	
Vitamins:							
Ascorbic acid	mg	0.3		0	0.1	0.2	
Thiamin	mg	0.160		0	0.078	0.117	
Riboflavin	mg	0.255		0	0.125	0.186	
Niacin	mg	3.314		0	1.624	2.419	
Pantothenic acid	mg	0.644		0	0.316	0.470	
Vitamin B-6	mg	0.090		0	0.044	0.066	
Folate	µg	39		0	19	28	
Vitamin B-12	µg	0.30		0	0.15	0.22	
Vitamin A	IU	143		0	70	104	
Vitamin A, RE	µg	37		0	18	27	
Vitamin E, α-TE	mg	2.726		0	1.336	1.990	
Lipids:							
Saturated, total	g	14.900		1	7.301	10.877	
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	0.604		0	0.296	0.441	
15.0	g						
16:0	g	7.624		0	3.736	5.566	
17:0	g						
18:0	g	6.472		0	3.171	4.725	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	11.700	1	5.733	8.541
14:1	g				
16:1	g	0.002	0	0.001	0.001
18:1	g	11.564	0	5.666	8.442
20:1	g	0.133	0	0.065	0.097
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	4.800	1	2.352	3.504
18:2	g	4.799	0	2.352	3.503
18:3	g	0.001	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	8	1	4	6
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	20	0	10	15
Theobromine	mg	130	0	64	95
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 bar (1.75 oz)
Measure 2: 1 bar (2.6 oz)

NDB No. 19144 Candies, NESTLE, 100 GRAND Bar

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 43g	Measure 2* 21g	Measure 3* 11340g
Proximates:							
Water	g	5.11		3	2.20	1.07	579.47
Energy	kcal	466		0	200	98	52844
Energy	kj	1950		0	839	410	221130
Protein (N x 5.95)	g	4.89		3	2.10	1.03	554.53
Total lipid (fat)	g	18.19		3	7.82	3.82	2062.75
Carbohydrate, by difference	g	70.71		0	30.41	14.85	8018.51
Fiber, total dietary	g	1.3		3	0.6	0.3	147.4
Ash	g	1.10		3	0.47	0.23	124.74
Sugars, total	g						
Minerals:							
Calcium	mg	114		3	49	24	12928
Iron	mg	0.30		3	0.13	0.06	34.02
Magnesium	mg	38		0	16	8	4309
Phosphorus	mg	134		0	58	28	15196
Potassium	mg	226		0	97	47	25628
Sodium	mg	207		3	89	43	23474
Zinc	mg	0.98		0	0.42	0.21	111.13
Copper	mg	0.245		0	0.105	0.051	27.783
Manganese	mg	0.327		0	0.141	0.069	37.082
Selenium	µg	2.4		0	1.0	0.5	272.2
Vitamins:							
Ascorbic acid	mg	0.5		3	0.2	0.1	56.7
Thiamin	mg	0.279		0	0.120	0.059	31.639
Riboflavin	mg	0.435		0	0.187	0.091	49.329
Niacin	mg	3.303		0	1.420	0.694	374.560
Pantothenic acid	mg	0.287		0	0.123	0.060	32.546
Vitamin B-6	mg	0.336		0	0.144	0.071	38.102
Folate	µg	70		0	30	15	7938
Vitamin B-12	µg	0.25		0	0.11	0.05	28.35
Vitamin A	IU	81		3	35	17	9185
Vitamin A, RE	µg	24		0	10	5	2722
Vitamin E, α-TE	mg	0.736		0	0.316	0.155	83.462
Lipids:							
Saturated, total	g	11.160		3	4.799	2.344	1265.544
4:0	g	0.013		0	0.006	0.003	1.474
6.0	g	0.009		0	0.004	0.002	1.021
8:0	g	0.034		0	0.015	0.007	3.856
10:0	g	0.034		0	0.015	0.007	3.856
12:0	g	0.183		0	0.079	0.038	20.752
14:0	g	0.577		0	0.248	0.121	65.432
15.0	g						
16:0	g	5.269		0	2.266	1.106	597.505
17:0	g						
18:0	g	4.954		0	2.130	1.040	561.784
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	5.794	0	2.491	1.217	657.040
14:1	g					
16:1	g	0.012	0	0.005	0.003	1.361
18:1	g	5.762	0	2.478	1.210	653.411
20:1	g	0.001	0	0.000	0.000	0.113
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.612	0	0.263	0.129	69.401
18:2	g	0.583	0	0.251	0.122	66.112
18:3	g	0.010	0	0.004	0.002	1.134
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	19	3	8	4	2155
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	26	1	11	5	2948
Theobromine	mg	74	1	32	16	8392
Alcohol	g					

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

*** Common Measures:**

Measure 1: 1 bar (1.5 oz)
Measure 2: 1 miniature bar
Measure 3: 1 package

NDB No. 19145 Candies, NESTLE, CRUNCH Bar and Dessert Topping

Refuse: 0%

Nutrients 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* 10g	Measure 3* 11340g
Proximates:							
Water	g	1.14		3	0.46	0.11	129.28
Energy	kcal	522		0	209	52	59195
Energy	kj	2184		0	874	218	247666
Protein (N x 5.95)	g	6.00		3	2.40	0.60	680.40
Total lipid (fat)	g	26.30		3	10.52	2.63	2982.42
Carbohydrate, by difference	g	65.21		0	26.08	6.52	7394.81
Fiber, total dietary	g	2.6		3	1.0	0.3	294.8
Ash	g	1.35		3	0.54	0.14	153.09
Sugars, total	g	56.00		3	22.40	5.60	6350.40
Minerals:							
Calcium	mg	169		3	68	17	19165
Iron	mg	0.50		3	0.20	0.05	56.70
Magnesium	mg	58		0	23	6	6577
Phosphorus	mg	202		0	81	20	22907
Potassium	mg	344	19.419	8	138	34	39010
Sodium	mg	133		3	53	13	15082
Zinc	mg	1.43		0	0.57	0.14	162.16
Copper	mg	0.363		0	0.145	0.036	41.164
Manganese	mg	0.455		0	0.182	0.046	51.597
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.3		3	0.1	0.0	34.0
Thiamin	mg	0.340		0	0.136	0.034	38.556
Riboflavin	mg	0.562		0	0.225	0.056	63.731
Niacin	mg	3.952		0	1.581	0.395	448.157
Pantothenic acid	mg	0.424		0	0.170	0.042	48.082
Vitamin B-6	mg	0.397		0	0.159	0.040	45.020
Folate	µg	79		0	32	8	8959
Vitamin B-12	µg	0.37		0	0.15	0.04	41.96
Vitamin A	IU	69		3	28	7	7825
Vitamin A, RE	µg	20		0	8	2	2268
Vitamin E, α-TE	mg	1.105		0	0.442	0.111	125.307
Lipids:							
Saturated, total	g	15.190		3	6.076	1.519	1722.546
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	0.676		0	0.270	0.068	76.658
15.0	g						
16:0	g	7.370		0	2.948	0.737	835.758
17:0	g						
18:0	g	7.037		0	2.815	0.704	797.996
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	8.607	0	3.443	0.861	976.034
14:1	g					
16:1	g	0.000	0	0.000	0.000	0.000
18:1	g	8.589	0	3.436	0.859	973.993
20:1	g	0.003	0	0.001	0.000	0.340
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.872	0	0.349	0.087	98.885
18:2	g	0.851	0	0.340	0.085	96.503
18:3	g	0.000	0	0.000	0.000	0.000
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	13	3	5	1	1474
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	24	1	10	2	2722
Theobromine	mg	156	1	62	16	17690
Alcohol	g					

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

*** Common Measures:**

Measure 1: 1 bar (1.4 oz)
Measure 2: 1 miniature bar
Measure 3: 1 package

NDB No. 19146 Baking chocolate, M&M MARS, "M&M's" Milk Chocolate Mini Baking Bits

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 11340g	Measure 2* 14g	Measure 3*
Proximates:							
Water	g	2.42		0	274.43	0.34	
Energy	kcal	498		0	56473	71	
Energy	kj	2084		0	236326	296	
Protein (N x 5.95)	g	4.78		0	542.05	0.68	
Total lipid (fat)	g	23.34		0	2646.76	3.31	
Carbohydrate, by difference	g	67.30		0	7631.82	9.56	
Fiber, total dietary	g	2.7		0	306.2	0.4	
Ash	g	2.16		0	244.94	0.31	
Sugars, total	g	61.58		0	6983.17	8.74	
Minerals:							
Calcium	mg	116		0	13154	16	
Iron	mg	1.23		0	139.48	0.17	
Magnesium	mg	46		0	5216	7	
Phosphorus	mg	166		0	18824	24	
Potassium	mg	293		0	33226	42	
Sodium	mg	68		0	7711	10	
Zinc	mg	1.06		0	120.20	0.15	
Copper	mg	0.304		0	34.474	0.043	
Manganese	mg	0.234		0	26.536	0.033	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.6		0	68.0	0.1	
Thiamin	mg	0.060		0	6.804	0.009	
Riboflavin	mg	0.231		0	26.195	0.033	
Niacin	mg	0.246		0	27.896	0.035	
Pantothenic acid	mg	0.322		0	36.515	0.046	
Vitamin B-6	mg	0.032		0	3.629	0.005	
Folate	µg	5		0	567	1	
Vitamin B-12	µg	0.30		0	34.02	0.04	
Vitamin A	IU	224		0	25402	32	
Vitamin A, RE	µg	45		0	5103	6	
Vitamin E, α-TE	mg	0.946		0	107.276	0.134	
Lipids:							
Saturated, total	g	14.452		0	1638.857	2.052	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.644		0	73.030	0.091	
15.0	g						
16:0	g	7.011		0	795.047	0.996	
17:0	g						
18:0	g	6.711		0	761.027	0.953	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	7.604	0	862.294	1.080
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	7.604	0	862.294	1.080
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.697	0	79.040	0.099
18:2	g	0.697	0	79.040	0.099
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	15	0	1701	2
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
Measure 2: 1 serving

NDB No. 19147 Candies, peanut bar

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 40g	Measure 3* 45g
Proximates:							
Water	g	1.60	0.150	4	0.45	0.64	0.72
Energy	kcal	522		0	148	209	235
Energy	kj	2184		0	619	874	983
Protein (N x 5.95)	g	15.50	1.151	4	4.39	6.20	6.97
Total lipid (fat)	g	33.70	0.229	4	9.55	13.48	15.17
Carbohydrate, by difference	g	47.40		0	13.44	18.96	21.33
Fiber, total dietary	g	5.7		0	1.6	2.3	2.6
Ash	g	1.90	0.089	3	0.54	0.76	0.86
Sugars, total	g	42.22		0	11.97	16.89	19.00
Minerals:							
Calcium	mg	78		1	22	31	35
Iron	mg	0.97		1	0.27	0.39	0.44
Magnesium	mg	115		0	33	46	52
Phosphorus	mg	322		0	91	129	145
Potassium	mg	407	100.000	2	115	163	183
Sodium	mg	156		0	44	62	70
Zinc	mg	4.13		0	1.17	1.65	1.86
Copper	mg	0.821		0	0.233	0.328	0.369
Manganese	mg	1.290		0	0.366	0.516	0.581
Selenium	µg	4.9		0	1.4	2.0	2.2
Vitamins:							
Ascorbic acid	mg	0.0		1	0.0	0.0	0.0
Thiamin	mg	0.100		1	0.028	0.040	0.045
Riboflavin	mg	0.140		1	0.040	0.056	0.063
Niacin	mg	7.922	0.821	4	2.246	3.169	3.565
Pantothenic acid	mg	0.865		0	0.245	0.346	0.389
Vitamin B-6	mg	0.159		0	0.045	0.064	0.072
Folate	µg	78		0	22	31	35
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	4.604		0	1.305	1.842	2.072
Lipids:							
Saturated, total	g	4.678		0	1.326	1.871	2.105
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	0.022		0	0.006	0.009	0.010
15.0	g						
16:0	g	3.528		0	1.000	1.411	1.588
17:0	g						
18:0	g	0.752		0	0.213	0.301	0.338
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	16.721	0	4.740	6.688	7.524
14:1	g					
16:1	g	0.010	0	0.003	0.004	0.005
18:1	g	16.260	0	4.610	6.504	7.317
20:1	g	0.495	0	0.140	0.198	0.223
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	10.650	0	3.019	4.260	4.793
18:2	g	10.647	0	3.018	4.259	4.791
18:3	g	0.002	0	0.001	0.001	0.001
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.149	0	0.042	0.060	0.067
Threonine	g	0.520	0	0.147	0.208	0.234
Isoleucine	g	0.534	0	0.151	0.214	0.240
Leucine	g	0.986	0	0.280	0.394	0.444
Lysine	g	0.545	0	0.155	0.218	0.245
Methionine	g	0.185	0	0.052	0.074	0.083
Cystine	g	0.194	0	0.055	0.078	0.087
Phenylalanine	g	0.787	0	0.223	0.315	0.354
Tyrosine	g	0.618	0	0.175	0.247	0.278
Valine	g	0.638	0	0.181	0.255	0.287
Arginine	g	1.818	0	0.515	0.727	0.818
Histidine	g	0.385	0	0.109	0.154	0.173
Alanine	g	0.604	0	0.171	0.242	0.272
Aspartic acid	g	1.855	0	0.526	0.742	0.835
Glutamic acid	g	3.178	0	0.901	1.271	1.430
Glycine	g	0.916	0	0.260	0.366	0.412
Proline	g	0.672	0	0.191	0.269	0.302
Serine	g	0.753	0	0.213	0.301	0.339
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

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

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 bar (1.4 oz)
Measure 3: 1 bar (1.6 oz)

NDB No. 19148 Candies, peanut brittle, prepared-from-recipe

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 501g	Measure 3*
Proximates:							
Water	g	1.80		0	0.51	9.02	
Energy	kcal	453		0	128	2270	
Energy	kj	1895		0	537	9494	
Protein (N x 5.95)	g	7.50		0	2.13	37.58	
Total lipid (fat)	g	19.10		0	5.41	95.69	
Carbohydrate, by difference	g	69.30		0	19.65	347.19	
Fiber, total dietary	g	2.0		0	0.6	10.0	
Ash	g	1.50		0	0.43	7.51	
Sugars, total	g						
Minerals:							
Calcium	mg	30		0	9	150	
Iron	mg	1.38		0	0.39	6.91	
Magnesium	mg	50		0	14	251	
Phosphorus	mg	111		0	31	556	
Potassium	mg	208		0	59	1042	
Sodium	mg	452		0	128	2265	
Zinc	mg	0.97		0	0.27	4.86	
Copper	mg	0.353		0	0.100	1.769	
Manganese	mg	0.592		0	0.168	2.966	
Selenium	µg	2.7		0	0.8	13.5	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.189		0	0.054	0.947	
Riboflavin	mg	0.052		0	0.015	0.261	
Niacin	mg	3.498		0	0.992	17.525	
Pantothenic acid	mg	0.525		0	0.149	2.630	
Vitamin B-6	mg	0.104		0	0.029	0.521	
Folate	µg	70		0	20	351	
Vitamin B-12	µg	0.01		0	0.00	0.05	
Vitamin A	IU	191		0	54	957	
Vitamin A, RE	µg	47		0	13	235	
Vitamin E, α-TE	mg	1.640		0	0.465	8.216	
Lipids:							
Saturated, total	g	5.020		0	1.423	25.150	
4:0	g	0.160		0	0.045	0.802	
6.0	g	0.090		0	0.026	0.451	
8:0	g	0.050		0	0.014	0.251	
10:0	g	0.120		0	0.034	0.601	
12:0	g	0.140		0	0.040	0.701	
14:0	g	0.500		0	0.142	2.505	
15.0	g						
16:0	g	2.780		0	0.788	13.928	
17:0	g						
18:0	g	0.910		0	0.258	4.559	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	8.480	0	2.404	42.485
14:1	g				
16:1	g	0.110	0	0.031	0.551
18:1	g	8.100	0	2.296	40.581
20:1	g	0.190	0	0.054	0.952
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	4.680	0	1.327	23.447
18:2	g	4.610	0	1.307	23.096
18:3	g	0.070	0	0.020	0.351
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	13	0	4	65
Phytosterols	mg	64	0	18	321
Amino acids:					
Tryptophan	g	0.073	0	0.021	0.366
Threonine	g	0.258	0	0.073	1.293
Isoleucine	g	0.265	0	0.075	1.328
Leucine	g	0.488	0	0.138	2.445
Lysine	g	0.272	0	0.077	1.363
Methionine	g	0.093	0	0.026	0.466
Cystine	g	0.096	0	0.027	0.481
Phenylalanine	g	0.389	0	0.110	1.949
Tyrosine	g	0.306	0	0.087	1.533
Valine	g	0.316	0	0.090	1.583
Arginine	g	0.893	0	0.253	4.474
Histidine	g	0.190	0	0.054	0.952
Alanine	g	0.298	0	0.084	1.493
Aspartic acid	g	0.913	0	0.259	4.574
Glutamic acid	g	1.568	0	0.445	7.856
Glycine	g	0.450	0	0.128	2.255
Proline	g	0.334	0	0.095	1.673
Serine	g	0.370	0	0.105	1.854
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 oz
Measure 2: recipe yield

NDB No. 19149 Candies, NESTLE, RAISINETS Chocolate Covered Raisins

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 45g	Measure 2* 10g	Measure 3* 45g
Proximates:							
Water	g	6.40	0.784	3	2.88	0.64	2.88
Energy	kcal	412		0	185	41	185
Energy	kj	1724		0	776	172	776
Protein (N x 5.95)	g	4.70	0.668	3	2.12	0.47	2.12
Total lipid (fat)	g	15.90	0.969	3	7.16	1.59	7.16
Carbohydrate, by difference	g	71.20		0	32.04	7.12	32.04
Fiber, total dietary	g	5.1		0	2.3	0.5	2.3
Ash	g	1.50	0.185	3	0.68	0.15	0.68
Sugars, total	g						
Minerals:							
Calcium	mg	108	15.400	2	49	11	49
Iron	mg	1.19	0.145	2	0.54	0.12	0.54
Magnesium	mg	45		1	20	5	20
Phosphorus	mg	144		1	65	14	65
Potassium	mg	514	5.500	2	231	51	231
Sodium	mg	36	4.050	2	16	4	16
Zinc	mg	0.79		1	0.36	0.08	0.36
Copper	mg	0.343		1	0.154	0.034	0.154
Manganese	mg	0.294		1	0.132	0.029	0.132
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.2	0.190	2	0.1	0.0	0.1
Thiamin	mg	0.090	0.000	2	0.041	0.009	0.041
Riboflavin	mg	0.220	0.030	2	0.099	0.022	0.099
Niacin	mg	0.400	0.020	2	0.180	0.040	0.180
Pantothenic acid	mg	0.280		1	0.126	0.028	0.126
Vitamin B-6	mg	0.118		1	0.053	0.012	0.053
Folate	µg	5		1	2	1	2
Vitamin B-12	µg	0.21		1	0.09	0.02	0.09
Vitamin A	IU	38	7.500	2	17	4	17
Vitamin A, RE	µg	9		0	4	1	4
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	7.340		0	3.303	0.734	3.303
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g	0.230		3	0.104	0.023	0.104
14:0	g	0.300		3	0.135	0.030	0.135
15.0	g						
16:0	g	3.440		3	1.548	0.344	1.548
17:0	g						
18:0	g	3.360		3	1.512	0.336	1.512
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	5.940		0	2.673	0.594	2.673
14:1	g						
16:1	g	0.080		3	0.036	0.008	0.036
18:1	g	5.800		3	2.610	0.580	2.610
20:1	g						
22.1	g						
Polyunsaturated, total	g	1.900		0	0.855	0.190	0.855
18:2	g	1.780		3	0.801	0.178	0.801
18:3	g	0.120		3	0.054	0.012	0.054
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	4	1.800	2	2	0	2
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	25		1	11	3	11
Theobromine	mg	127		1	57	13	57
Alcohol	g						

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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
Measure 2: 10 pieces
Measure 3: 1 package (1.58 oz)

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

Refuse: 0%

Nutrients 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* 45g	Measure 3* 17g
Proximates:							
Water	g	1.60		0	0.11	0.72	0.27
Energy	kcal	541		0	38	243	92
Energy	kj	2264		0	158	1019	385
Protein (N x 5.95)	g	10.30		1	0.72	4.64	1.75
Total lipid (fat)	g	31.30		1	2.19	14.09	5.32
Carbohydrate, by difference	g	54.60		0	3.82	24.57	9.28
Fiber, total dietary	g	3.2		1	0.2	1.4	0.5
Ash	g	2.20		0	0.15	0.99	0.37
Sugars, total	g	46.67		0	3.27	21.00	7.93
Minerals:							
Calcium	mg	78		1	5	35	13
Iron	mg	1.20		1	0.08	0.54	0.20
Magnesium	mg	89		0	6	40	15
Phosphorus	mg	203		0	14	91	35
Potassium	mg	352		1	25	158	60
Sodium	mg	317		1	22	143	54
Zinc	mg	1.83		0	0.13	0.82	0.31
Copper	mg	0.604		0	0.042	0.272	0.103
Manganese	mg	0.877		0	0.061	0.395	0.149
Selenium	µg	4.5		0	0.3	2.0	0.8
Vitamins:							
Ascorbic acid	mg	0.2		0	0.0	0.1	0.0
Thiamin	mg	0.244		0	0.017	0.110	0.041
Riboflavin	mg	0.170		0	0.012	0.077	0.029
Niacin	mg	4.621		0	0.323	2.079	0.786
Pantothenic acid	mg	0.859		0	0.060	0.387	0.146
Vitamin B-6	mg	0.146		0	0.010	0.066	0.025
Folate	µg	55		0	4	25	9
Vitamin B-12	µg	0.15		0	0.01	0.07	0.03
Vitamin A	IU	73		0	5	33	12
Vitamin A, RE	µg	19		0	1	9	3
Vitamin E, α-TE	mg	4.065		0	0.285	1.829	0.691
Lipids:							
Saturated, total	g	11.100		1	0.777	4.995	1.887
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	0.372		0	0.026	0.167	0.063
15.0	g						
16:0	g	6.193		0	0.434	2.787	1.053
17:0	g						
18:0	g	4.242		0	0.297	1.909	0.721
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	13.100	1	0.917	5.895	2.227
14:1	g					
16:1	g	0.004	0	0.000	0.002	0.001
18:1	g	12.844	0	0.899	5.780	2.183
20:1	g	0.252	0	0.018	0.113	0.043
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	5.600	1	0.392	2.520	0.952
18:2	g	5.599	0	0.392	2.520	0.952
18:3	g	0.001	0	0.000	0.000	0.000
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	5	1	0	2	1
Phytosterols	mg					
Amino acids:						
Tryptophan	g					
Threonine	g					
Isoleucine	g					
Leucine	g					
Lysine	g					
Methionine	g					
Cystine	g					
Phenylalanine	g					
Tyrosine	g					
Valine	g					
Arginine	g					
Histidine	g					
Alanine	g					
Aspartic acid	g					
Glutamic acid	g					
Glycine	g					
Proline	g					
Serine	g					
Other:						
Caffeine	mg	10	0	1	5	2
Theobromine	mg	66	0	5	30	11
Alcohol	g					

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

*** Common Measures:**

Measure 1: 1 miniature cup
Measure 2: 1 package (2 peanut butter cups, 1.6 oz)
Measure 3: 1 individual cup (.6 oz)

NDB No. 19151 Candies, HERSHEY, REESE'S Pieces Candy

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 47g	Measure 2* 8g	Measure 3* 39g
Proximates:							
Water	g	2.53		0	1.19	0.20	0.99
Energy	kcal	491		0	231	39	191
Energy	kj	2054		0	965	164	801
Protein (N x 5.95)	g	13.80		1	6.49	1.10	5.38
Total lipid (fat)	g	21.10		1	9.92	1.69	8.23
Carbohydrate, by difference	g	61.40		0	28.86	4.91	23.95
Fiber, total dietary	g	2.9		1	1.4	0.2	1.1
Ash	g	1.17		0	0.55	0.09	0.46
Sugars, total	g	52.80		1	24.82	4.22	20.59
Minerals:							
Calcium	mg	82		1	39	7	32
Iron	mg	0.80		1	0.38	0.06	0.31
Magnesium	mg	44		0	21	4	17
Phosphorus	mg	132		0	62	11	51
Potassium	mg	230		0	108	18	90
Sodium	mg	147		1	69	12	57
Zinc	mg	0.76		0	0.36	0.06	0.30
Copper	mg	0.216		0	0.102	0.017	0.084
Manganese	mg	0.514		0	0.242	0.041	0.200
Selenium	µg	1.8		0	0.8	0.1	0.7
Vitamins:							
Ascorbic acid	mg	0.4		0	0.2	0.0	0.2
Thiamin	mg	0.095		0	0.045	0.008	0.037
Riboflavin	mg	0.144		0	0.068	0.012	0.056
Niacin	mg	2.851		0	1.340	0.228	1.112
Pantothenic acid	mg	0.474		0	0.223	0.038	0.185
Vitamin B-6	mg	0.071		0	0.033	0.006	0.028
Folate	µg	28		0	13	2	11
Vitamin B-12	µg	0.21		0	0.10	0.02	0.08
Vitamin A	IU	2		0	1	0	1
Vitamin A, RE	µg	0		0	0	0	0
Vitamin E, α-TE	mg	2.091		0	0.983	0.167	0.815
Lipids:							
Saturated, total	g	18.100		1	8.507	1.448	7.059
4:0	g	0.002		0	0.001	0.000	0.001
6.0	g	0.038		0	0.018	0.003	0.015
8:0	g	0.616		0	0.290	0.049	0.240
10:0	g	0.692		0	0.325	0.055	0.270
12:0	g	8.763		0	4.119	0.701	3.418
14:0	g	3.084		0	1.449	0.247	1.203
15.0	g						
16:0	g	3.424		0	1.609	0.274	1.335
17:0	g						
18:0	g	1.477		0	0.694	0.118	0.576
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.100	1	0.987	0.168	0.819
14:1	g					
16:1	g	0.016	0	0.008	0.001	0.006
18:1	g	2.080	0	0.978	0.166	0.811
20:1	g	0.000	0	0.000	0.000	0.000
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	1.000	1	0.470	0.080	0.390
18:2	g	0.930	0	0.437	0.074	0.363
18:3	g	0.067	0	0.031	0.005	0.026
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	2	1	1	0	1
Phytosterols	mg					
Amino acids:						
Tryptophan	g					
Threonine	g					
Isoleucine	g					
Leucine	g					
Lysine	g					
Methionine	g					
Cystine	g					
Phenylalanine	g					
Tyrosine	g					
Valine	g					
Arginine	g					
Histidine	g					
Alanine	g					
Aspartic acid	g					
Glutamic acid	g					
Glycine	g					
Proline	g					
Serine	g					
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

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

*** Common Measures:**

Measure 1: 1/4 cup
Measure 2: 10 pieces
Measure 3: 50 pieces (1.4 oz)

NDB No. 19152 Candies, HERSHEY, ROLO Caramels in Milk Chocolate

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 53g	Measure 2* 49g	Measure 3* 3g
Proximates:							
Water	g	20.20		0	10.71	9.90	0.61
Energy	kcal	412		0	218	202	12
Energy	kj	1724		0	914	845	52
Protein (N x 5.95)	g	4.90		1	2.60	2.40	0.15
Total lipid (fat)	g	20.00		1	10.60	9.80	0.60
Carbohydrate, by difference	g	53.50		0	28.36	26.21	1.61
Fiber, total dietary	g	0.8		1	0.4	0.4	0.0
Ash	g	1.40		0	0.74	0.69	0.04
Sugars, total	g						
Minerals:							
Calcium	mg	153		1	81	75	5
Iron	mg	0.50		1	0.27	0.25	0.02
Magnesium	mg	39		0	21	19	1
Phosphorus	mg	150		0	80	74	5
Potassium	mg	248		1	131	122	7
Sodium	mg	176		1	93	86	5
Zinc	mg	0.92		0	0.49	0.45	0.03
Copper	mg	0.240		0	0.127	0.118	0.007
Manganese	mg	0.194		0	0.103	0.095	0.006
Selenium	µg	3.9		0	2.1	1.9	0.1
Vitamins:							
Ascorbic acid	mg	0.4		0	0.2	0.2	0.0
Thiamin	mg	0.054		0	0.029	0.026	0.002
Riboflavin	mg	0.218		0	0.116	0.107	0.007
Niacin	mg	0.214		0	0.113	0.105	0.006
Pantothenic acid	mg	0.322		0	0.171	0.158	0.010
Vitamin B-6	mg	0.032		0	0.017	0.016	0.001
Folate	µg	5		0	3	2	0
Vitamin B-12	µg	0.28		0	0.15	0.14	0.01
Vitamin A	IU	146		0	77	72	4
Vitamin A, RE	µg	37		0	20	18	1
Vitamin E, α-TE	mg	0.832		0	0.441	0.408	0.025
Lipids:							
Saturated, total	g	12.200		1	6.466	5.978	0.366
4:0	g	0.030		0	0.016	0.015	0.001
6.0	g	0.018		0	0.010	0.009	0.001
8:0	g	0.019		0	0.010	0.009	0.001
10:0	g	0.034		0	0.018	0.017	0.001
12:0	g	0.160		0	0.085	0.078	0.005
14:0	g	0.645		0	0.342	0.316	0.019
15.0	g						
16:0	g	5.799		0	3.073	2.842	0.174
17:0	g						
18:0	g	5.406		0	2.865	2.649	0.162
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	6.300	1	3.339	3.087	0.189
14:1	g					
16:1	g	0.020	0	0.011	0.010	0.001
18:1	g	6.266	0	3.321	3.070	0.188
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	0.600	1	0.318	0.294	0.018
18:2	g	0.582	0	0.308	0.285	0.017
18:3	g	0.017	0	0.009	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	18	1	10	9	1
Phytosterols	mg					
Amino acids:						
Tryptophan	g					
Threonine	g					
Isoleucine	g					
Leucine	g					
Lysine	g					
Methionine	g					
Cystine	g					
Phenylalanine	g					
Tyrosine	g					
Valine	g					
Arginine	g					
Histidine	g					
Alanine	g					
Aspartic acid	g					
Glutamic acid	g					
Glycine	g					
Proline	g					
Serine	g					
Other:						
Caffeine	mg	15	0	8	7	0
Theobromine	mg	102	0	54	50	3
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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 (1.91 oz)
Measure 2: 1 roll (1.74 oz)
Measure 3: 1 piece (0.2 oz)

NDB No. 19153 Candies, NESTLE, AFTER EIGHT Mints

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 8g	Measure 2* 41g	Measure 3* 41g
Proximates:							
Water	g	6.30		1	0.52	2.58	2.58
Energy	kcal	358		0	29	147	147
Energy	kj	1498		0	123	614	614
Protein (N x 5.95)	g	2.20		1	0.18	0.90	0.90
Total lipid (fat)	g	13.70		1	1.12	5.62	5.62
Carbohydrate, by difference	g	76.80		0	6.30	31.49	31.49
Fiber, total dietary	g	2.1		0	0.2	0.9	0.9
Ash	g	0.60		1	0.05	0.25	0.25
Sugars, total	g						
Minerals:							
Calcium	mg	23		1	2	9	9
Iron	mg	1.53		1	0.13	0.63	0.63
Magnesium	mg	45		1	4	18	18
Phosphorus	mg	57		1	5	23	23
Potassium	mg	168		1	14	69	69
Sodium	mg	12		1	1	5	5
Zinc	mg	0.59		1	0.05	0.24	0.24
Copper	mg	0.247		1	0.020	0.101	0.101
Manganese	mg	0.217		1	0.018	0.089	0.089
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		1	0.0	0.0	0.0
Thiamin	mg	0.050		1	0.004	0.021	0.021
Riboflavin	mg	0.040		1	0.003	0.016	0.016
Niacin	mg	0.300		1	0.025	0.123	0.123
Pantothenic acid	mg	0.034		1	0.003	0.014	0.014
Vitamin B-6	mg	0.016		1	0.001	0.007	0.007
Folate	µg	1		1	0	0	0
Vitamin B-12	µg	0.00		1	0.00	0.00	0.00
Vitamin A	IU	20		1	2	8	8
Vitamin A, RE	µg	2		0	0	1	1
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	8.180		0	0.671	3.354	3.354
4:0	g	0.010		1	0.001	0.004	0.004
6.0	g	0.010		1	0.001	0.004	0.004
8:0	g	0.010		1	0.001	0.004	0.004
10:0	g	0.050		1	0.004	0.021	0.021
12:0	g	0.040		1	0.003	0.016	0.016
14:0	g	0.120		1	0.010	0.049	0.049
15.0	g						
16:0	g	3.460		1	0.284	1.419	1.419
17:0	g						
18:0	g	4.420		1	0.362	1.812	1.812
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	4.410	0	0.362	1.808	1.808
14:1	g					
16:1	g	0.070	1	0.006	0.029	0.029
18:1	g	4.300	1	0.353	1.763	1.763
20:1	g	0.010	1	0.001	0.004	0.004
22.1	g					
Polyunsaturated, total	g	0.520	0	0.043	0.213	0.213
18:2	g	0.500	1	0.041	0.205	0.205
18:3	g	0.030	1	0.002	0.012	0.012
18:4	g					
20:4	g					
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	0	1	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	20	1	2	8	8
Theobromine	mg	142	1	12	58	58
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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
Measure 2: 1 serving
Measure 3: 5 pieces

NDB No. 19154 Candies, sesame crunch

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 2g	Measure 3* 35g
Proximates:							
Water	g	2.20	0.056	3	0.62	0.04	0.77
Energy	kcal	517		0	147	9	181
Energy	kj	2163		0	613	39	757
Protein (N x 5.95)	g	11.60	0.226	3	3.29	0.21	4.06
Total lipid (fat)	g	33.30	1.776	3	9.44	0.60	11.65
Carbohydrate, by difference	g	50.30		0	14.26	0.91	17.61
Fiber, total dietary	g	7.9		0	2.2	0.1	2.8
Ash	g	2.60	0.064	3	0.74	0.05	0.91
Sugars, total	g						
Minerals:							
Calcium	mg	655		0	186	12	229
Iron	mg	4.27	0.267	3	1.21	0.08	1.49
Magnesium	mg	251	10.477	3	71	5	88
Phosphorus	mg	423		0	120	8	148
Potassium	mg	322		0	91	6	113
Sodium	mg	167		0	47	3	58
Zinc	mg	3.76		1	1.07	0.07	1.32
Copper	mg	0.950		1	0.269	0.017	0.333
Manganese	mg	1.659		0	0.470	0.030	0.581
Selenium	µg	4.1		0	1.2	0.1	1.4
Vitamins:							
Ascorbic acid	mg	0.1		0	0.0	0.0	0.0
Thiamin	mg	0.530		0	0.150	0.010	0.186
Riboflavin	mg	0.172		0	0.049	0.003	0.060
Niacin	mg	3.703	0.123	3	1.050	0.067	1.296
Pantothenic acid	mg	0.041		0	0.012	0.001	0.014
Vitamin B-6	mg	0.532		0	0.151	0.010	0.186
Folate	µg	65		0	18	1	23
Vitamin B-12	µg	0.00		0	0.00	0.00	0.00
Vitamin A	IU	1		0	0	0	0
Vitamin A, RE	µg	1		0	0	0	0
Vitamin E, α-TE	mg	1.522		0	0.431	0.027	0.533
Lipids:							
Saturated, total	g	4.460		0	1.264	0.080	1.561
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	0.080		1	0.023	0.001	0.028
15.0	g						
16:0	g	2.980		1	0.845	0.054	1.043
17:0	g						
18:0	g	1.400		1	0.397	0.025	0.490
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	12.570	0	3.564	0.226	4.399
14:1	g					
16:1	g	0.100	1	0.028	0.002	0.035
18:1	g	12.420	1	3.521	0.224	4.347
20:1	g	0.050	1	0.014	0.001	0.018
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	14.580	0	4.133	0.262	5.103
18:2	g	14.330	1	4.063	0.258	5.016
18:3	g	0.250	1	0.071	0.005	0.088
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	1	0	0	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.223	0	0.063	0.004	0.078
Threonine	g	0.424	0	0.120	0.008	0.148
Isoleucine	g	0.440	0	0.125	0.008	0.154
Leucine	g	0.783	0	0.222	0.014	0.274
Lysine	g	0.328	0	0.093	0.006	0.115
Methionine	g	0.337	0	0.096	0.006	0.118
Cystine	g	0.206	0	0.058	0.004	0.072
Phenylalanine	g	0.542	0	0.154	0.010	0.190
Tyrosine	g	0.429	0	0.122	0.008	0.150
Valine	g	0.571	0	0.162	0.010	0.200
Arginine	g	1.513	0	0.429	0.027	0.530
Histidine	g	0.302	0	0.086	0.005	0.106
Alanine	g	0.534	0	0.151	0.010	0.187
Aspartic acid	g	0.951	0	0.270	0.017	0.333
Glutamic acid	g	2.279	0	0.646	0.041	0.798
Glycine	g	0.700	0	0.198	0.013	0.245
Proline	g	0.470	0	0.133	0.008	0.164
Serine	g	0.558	0	0.158	0.010	0.195
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

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

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 piece
Measure 3: 20 pieces

NDB No. 19155 Candies, M&M MARS, SNICKERS Bar

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 57g	Measure 2* 15g	Measure 3* 113g
Proximates:							
Water	g	5.49		0	3.13	0.82	6.20
Energy	kcal	479		0	273	72	541
Energy	kj	2004		0	1142	301	2265
Protein (N x 5.95)	g	8.00		0	4.56	1.20	9.04
Total lipid (fat)	g	24.58		0	14.01	3.69	27.78
Carbohydrate, by difference	g	59.21		0	33.75	8.88	66.91
Fiber, total dietary	g	2.5		0	1.4	0.4	2.8
Ash	g	2.73		0	1.56	0.41	3.08
Sugars, total	g	49.28		0	28.09	7.39	55.69
Minerals:							
Calcium	mg	94		0	54	14	106
Iron	mg	0.76		0	0.43	0.11	0.86
Magnesium	mg	72		0	41	11	81
Phosphorus	mg	222		0	127	33	251
Potassium	mg	324		0	185	49	366
Sodium	mg	266		0	152	40	301
Zinc	mg	2.35		0	1.34	0.35	2.66
Copper	mg	0.506		0	0.288	0.076	0.572
Manganese	mg	0.718		0	0.409	0.108	0.811
Selenium	µg	4.6	0.247	2	2.6	0.7	5.2
Vitamins:							
Ascorbic acid	mg	0.6		0	0.3	0.1	0.7
Thiamin	mg	0.099		0	0.056	0.015	0.112
Riboflavin	mg	0.152		0	0.087	0.023	0.172
Niacin	mg	4.190		0	2.388	0.629	4.735
Pantothenic acid	mg	0.560		0	0.319	0.084	0.633
Vitamin B-6	mg	0.088		0	0.050	0.013	0.099
Folate	µg	40		0	23	6	45
Vitamin B-12	µg	0.15		0	0.09	0.02	0.17
Vitamin A	IU	152		0	87	23	172
Vitamin A, RE	µg	39		0	22	6	44
Vitamin E, α-TE	mg	1.530		0	0.872	0.230	1.729
Lipids:							
Saturated, total	g	8.994		0	5.127	1.349	10.163
4:0	g	0.034		0	0.019	0.005	0.038
6.0	g	0.020		0	0.011	0.003	0.023
8:0	g	0.011		0	0.006	0.002	0.012
10:0	g	0.026		0	0.015	0.004	0.029
12:0	g	0.029		0	0.017	0.004	0.033
14:0	g	0.376		0	0.214	0.056	0.425
15.0	g						
16:0	g	3.226		0	1.839	0.484	3.645
17:0	g						
18:0	g	2.953		0	1.683	0.443	3.337
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	10.453	0	5.958	1.568	11.812
14:1	g					
16:1	g	0.021	0	0.012	0.003	0.024
18:1	g	3.185	0	1.815	0.478	3.599
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	4.918	0	2.803	0.738	5.557
18:2	g	0.297	0	0.169	0.045	0.336
18:3	g	0.014	0	0.008	0.002	0.016
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	13	0	7	2	15
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	7	0	4	1	8
Theobromine	mg	48	0	27	7	54
Alcohol	g					

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

*** Common Measures:**

Measure 1: 1 bar (2 oz)
Measure 2: 1 fun size bar
Measure 3: 1 king size bar (4 oz)

NDB No. 19156 Candies, M&M MARS, STARBURST Fruit Chews

Refuse: 0%

Nutrients 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* 59g	Measure 3* 5g
Proximates:							
Water	g	6.70	0.630	2	2.81	3.95	0.34
Energy	kcal	396		0	166	234	20
Energy	kj	1657		0	696	978	83
Protein (N x 5.95)	g	0.40	0.084	2	0.17	0.24	0.02
Total lipid (fat)	g	8.30	0.280	2	3.49	4.90	0.42
Carbohydrate, by difference	g	84.50		0	35.49	49.85	4.22
Fiber, total dietary	g	0.0		0	0.0	0.0	0.0
Ash	g	0.10	0.035	2	0.04	0.06	0.01
Sugars, total	g	66.67		0	28.00	39.34	3.33
Minerals:							
Calcium	mg	4	0.035	2	2	2	0
Iron	mg	0.13	0.025	2	0.05	0.08	0.01
Magnesium	mg	1	0.571	2	0	1	0
Phosphorus	mg	7		1	3	4	0
Potassium	mg	2	0.640	2	1	1	0
Sodium	mg	56		1	24	33	3
Zinc	mg	0.00	0.003	2	0.00	0.00	0.00
Copper	mg	0.012	0.013	2	0.005	0.007	0.001
Manganese	mg	0.015		1	0.006	0.009	0.001
Selenium	µg	0.8		0	0.3	0.5	0.0
Vitamins:							
Ascorbic acid	mg	52.9		1	22.2	31.2	2.6
Thiamin	mg	0.001	0.001	2	0.000	0.001	0.000
Riboflavin	mg	0.002		1	0.001	0.001	0.000
Niacin	mg	0.005	0.005	2	0.002	0.003	0.000
Pantothenic acid	mg	0.035		1	0.015	0.021	0.002
Vitamin B-6	mg	0.000		1	0.000	0.000	0.000
Folate	µg	0		1	0	0	0
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	1.510		0	0.634	0.891	0.076
Lipids:							
Saturated, total	g	1.237		0	0.520	0.730	0.062
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.000		0	0.000	0.000	0.000
14:0	g	0.008		0	0.003	0.005	0.000
15.0	g						
16:0	g	0.813		0	0.341	0.480	0.041
17:0	g						
18:0	g	0.415		0	0.174	0.245	0.021
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.569	0	1.499	2.106	0.178
14:1	g					
16:1	g	0.033	0	0.014	0.019	0.002
18:1	g	3.528	0	1.482	2.082	0.176
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	3.121	0	1.311	1.841	0.156
18:2	g	2.897	0	1.217	1.709	0.145
18:3	g	0.216	0	0.091	0.127	0.011
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	1	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 fun size package
Measure 2: 1 package (2.07 oz)
Measure 3: 1 piece

NDB No. 19157 Candies, M&M MARS, "M&M's" Mini Milk Chocolate Candies

Refuse: 0%

Nutrients 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* 142g	Measure 3*
Proximates:							
Water	g	2.42		0	1.02	3.44	
Energy	kcal	498		0	209	707	
Energy	kj	2084		0	875	2959	
Protein (N x 5.95)	g	4.78		0	2.01	6.79	
Total lipid (fat)	g	23.34		0	9.80	33.14	
Carbohydrate, by difference	g	67.12		0	28.19	95.31	
Fiber, total dietary	g	2.7		0	1.1	3.8	
Ash	g	2.34		0	0.98	3.32	
Sugars, total	g						
Minerals:							
Calcium	mg	116		0	49	165	
Iron	mg	1.23		0	0.52	1.75	
Magnesium	mg	46		0	19	65	
Phosphorus	mg	166		0	70	236	
Potassium	mg	293		0	123	416	
Sodium	mg	68		0	29	97	
Zinc	mg	1.06		0	0.45	1.51	
Copper	mg	0.304		0	0.128	0.432	
Manganese	mg	0.234		0	0.098	0.332	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.6		0	0.3	0.9	
Thiamin	mg	0.060		0	0.025	0.085	
Riboflavin	mg	0.231		0	0.097	0.328	
Niacin	mg	0.246		0	0.103	0.349	
Pantothenic acid	mg	0.322		0	0.135	0.457	
Vitamin B-6	mg	0.032		0	0.013	0.045	
Folate	µg	5		0	2	7	
Vitamin B-12	µg	0.29		0	0.12	0.41	
Vitamin A	IU	224		0	94	318	
Vitamin A, RE	µg	45		0	19	64	
Vitamin E, α-TE	mg	0.946		0	0.397	1.343	
Lipids:							
Saturated, total	g	14.452		0	6.070	20.522	
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	0.644		0	0.270	0.914	
15.0	g						
16:0	g	7.011		0	2.945	9.956	
17:0	g						
18:0	g	6.711		0	2.819	9.530	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	7.604	0	3.194	10.798
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	7.604	0	3.194	10.798
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.697	0	0.293	0.990
18:2	g	0.697	0	0.293	0.990
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	15	0	6	21
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 serving
Measure 2: 1 package, (net weight, 5 oz)

NDB No. 19158 Candies, NESTLE, DEMET'S TURTLES Candy

Refuse: 0%

Nutrients 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* 17g	Measure 3*
Proximates:							
Water	g	6.10		1	10.37	1.04	
Energy	kcal	485		0	825	82	
Energy	kj	2029		0	3449	345	
Protein (N x 5.95)	g	6.40		1	10.88	1.09	
Total lipid (fat)	g	27.80		1	47.26	4.73	
Carbohydrate, by difference	g	58.00		0	98.60	9.86	
Fiber, total dietary	g	2.6		0	4.4	0.4	
Ash	g	1.40		1	2.38	0.24	
Sugars, total	g						
Minerals:							
Calcium	mg	158		1	269	27	
Iron	mg	1.36		1	2.31	0.23	
Magnesium	mg	52		0	89	9	
Phosphorus	mg	197		1	335	33	
Potassium	mg	308		1	524	52	
Sodium	mg	94		1	160	16	
Zinc	mg	1.44		1	2.45	0.24	
Copper	mg	0.348		1	0.592	0.059	
Manganese	mg	0.655		1	1.114	0.111	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.7		1	1.2	0.1	
Thiamin	mg	0.150		1	0.255	0.026	
Riboflavin	mg	0.240		1	0.408	0.041	
Niacin	mg	0.340		1	0.578	0.058	
Pantothenic acid	mg	0.554		1	0.942	0.094	
Vitamin B-6	mg	0.053		1	0.090	0.009	
Folate	µg	10		1	17	2	
Vitamin B-12	µg	0.40		1	0.68	0.07	
Vitamin A	IU	163		1	277	28	
Vitamin A, RE	µg	34		0	58	6	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	10.840		0	18.428	1.843	
4:0	g	0.190		1	0.323	0.032	
6.0	g	0.130		1	0.221	0.022	
8:0	g	0.270		1	0.459	0.046	
10:0	g	0.240		1	0.408	0.041	
12:0	g	0.800		1	1.360	0.136	
14:0	g	0.190		1	0.323	0.032	
15.0	g						
16:0	g	5.020		1	8.534	0.853	
17:0	g						
18:0	g	3.910		1	6.647	0.665	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	11.080	0	18.836	1.884
14:1	g				
16:1	g	0.190	1	0.323	0.032
18:1	g	10.840	1	18.428	1.843
20:1	g	0.030	1	0.051	0.005
22.1	g				
Polyunsaturated, total	g	4.650	0	7.905	0.791
18:2	g	4.440	1	7.548	0.755
18:3	g	0.210	1	0.357	0.036
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	22	1	37	4
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	4	1	7	1
Theobromine	mg	48	1	82	8
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 package (6 oz)
Measure 2: 1 piece

NDB No. 19159 Candies, M&M MARS, 3 MUSKETEERS Bar

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 23g	Measure 2* 51g	Measure 3* 17g
Proximates:							
Water	g	5.80	0.171	7	1.33	2.96	0.96
Energy	kcal	416		0	96	212	69
Energy	kj	1741		0	400	888	287
Protein (N x 5.95)	g	3.20	0.054	7	0.74	1.63	0.53
Total lipid (fat)	g	12.90	0.500	7	2.97	6.58	2.13
Carbohydrate, by difference	g	76.80		0	17.66	39.17	12.67
Fiber, total dietary	g	1.6		0	0.4	0.8	0.3
Ash	g	1.20	0.069	7	0.28	0.61	0.20
Sugars, total	g	66.23		0	15.23	33.78	10.93
Minerals:							
Calcium	mg	84	8.563	3	19	43	14
Iron	mg	0.73	0.046	3	0.17	0.37	0.12
Magnesium	mg	29	0.556	2	7	15	5
Phosphorus	mg	91		1	21	46	15
Potassium	mg	133	51.928	3	31	68	22
Sodium	mg	194	14.063	4	45	99	32
Zinc	mg	0.55	0.048	2	0.13	0.28	0.09
Copper	mg	0.155	0.015	2	0.036	0.079	0.026
Manganese	mg	0.160		1	0.037	0.082	0.026
Selenium	µg	2.5		0	0.6	1.3	0.4
Vitamins:							
Ascorbic acid	mg	0.4		1	0.1	0.2	0.1
Thiamin	mg	0.034	0.002	3	0.008	0.017	0.006
Riboflavin	mg	0.140	0.015	3	0.032	0.071	0.023
Niacin	mg	0.230	0.035	3	0.053	0.117	0.038
Pantothenic acid	mg	0.231		1	0.053	0.118	0.038
Vitamin B-6	mg	0.015		1	0.003	0.008	0.002
Folate	µg	0		1	0	0	0
Vitamin B-12	µg	0.17		0	0.04	0.09	0.03
Vitamin A	IU	80		0	18	41	13
Vitamin A, RE	µg	24		0	6	12	4
Vitamin E, α-TE	mg	0.636		0	0.146	0.324	0.105
Lipids:							
Saturated, total	g	6.500		0	1.495	3.315	1.073
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	0.010		2	0.002	0.005	0.002
10:0	g	0.010		2	0.002	0.005	0.002
12:0	g	0.160		2	0.037	0.082	0.026
14:0	g	0.270		2	0.062	0.138	0.045
15.0	g						
16:0	g	2.900		2	0.667	1.479	0.479
17:0	g						
18:0	g	3.150		2	0.725	1.607	0.520
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	4.290		0	0.987	2.188	0.708
14:1	g						
16:1	g	0.080		2	0.018	0.041	0.013
18:1	g	4.130		2	0.950	2.106	0.681
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	0.450		0	0.104	0.230	0.074
18:2	g	0.360		2	0.083	0.184	0.059
18:3	g	0.090		2	0.021	0.046	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	11	0.500	2	3	6	2
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	11		0	3	6	2
Theobromine	mg	87		0	20	44	14
Alcohol	g						

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

*** Common Measures:**

Measure 1: 1 bar (.8 oz)
Measure 2: 1 bar (1.813 oz)
Measure 3: 1 fun size bar

NDB No. 19160 Candies, M&M MARS, TWIX Caramel Cookie Bars

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 57g	Measure 2* 58g	Measure 3* 95g
Proximates:							
Water	g	4.23		0	2.41	2.45	4.02
Energy	kcal	499		0	284	289	474
Energy	kj	2088		0	1190	1211	1984
Protein (N x 5.95)	g	4.60		0	2.62	2.67	4.37
Total lipid (fat)	g	24.39		0	13.90	14.15	23.17
Carbohydrate, by difference	g	65.58		0	37.38	38.04	62.30
Fiber, total dietary	g	1.1		0	0.6	0.6	1.0
Ash	g	1.21		0	0.69	0.70	1.15
Sugars, total	g	48.02		0	27.37	27.85	45.62
Minerals:							
Calcium	mg	90		0	51	52	86
Iron	mg	0.81		0	0.46	0.47	0.77
Magnesium	mg	32		0	18	19	30
Phosphorus	mg	120		0	68	70	114
Potassium	mg	202		0	115	117	192
Sodium	mg	193		0	110	112	183
Zinc	mg	0.78		0	0.44	0.45	0.74
Copper	mg	0.217		0	0.124	0.126	0.206
Manganese	mg	0.283		0	0.161	0.164	0.269
Selenium	µg	2.0		0	1.1	1.2	1.9
Vitamins:							
Ascorbic acid	mg	0.4		0	0.2	0.2	0.4
Thiamin	mg	0.159		0	0.091	0.092	0.151
Riboflavin	mg	0.229		0	0.131	0.133	0.218
Niacin	mg	1.196		0	0.682	0.694	1.136
Pantothenic acid	mg	0.281		0	0.160	0.163	0.267
Vitamin B-6	mg	0.027		0	0.015	0.016	0.026
Folate	µg	24		0	14	14	23
Vitamin B-12	µg	0.18		0	0.10	0.10	0.17
Vitamin A	IU	95		0	54	55	90
Vitamin A, RE	µg	25		0	14	15	24
Vitamin E, α-TE	mg	1.222		0	0.697	0.709	1.161
Lipids:							
Saturated, total	g	8.899		0	5.072	5.161	8.454
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	0.338		0	0.193	0.196	0.321
15.0	g						
16:0	g	4.675		0	2.665	2.711	4.441
17:0	g						
18:0	g	3.820		0	2.177	2.216	3.629
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	13.400	0	7.638	7.772	12.730
14:1	g					
16:1	g	0.043	0	0.025	0.025	0.041
18:1	g	13.291	0	7.576	7.709	12.626
20:1	g	0.043	0	0.025	0.025	0.041
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.850	0	0.484	0.493	0.808
18:2	g	0.755	0	0.430	0.438	0.717
18:3	g	0.094	0	0.054	0.055	0.089
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	5	0	3	3	5
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	3	1	2	2	3
Theobromine	mg	90	1	51	52	86
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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 (2 oz)
Measure 2: 1 package (2.06 oz, 2 bars)
Measure 3: 1 king size package (3.35 oz, 4 bars)

NDB No. 19161 Candies, M&M MARS, TWIX Peanut Butter Cookie Bars

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 54g	Measure 2* 58g	Measure 3* 50g
Proximates:							
Water	g	1.82		0	0.98	1.06	0.91
Energy	kcal	530		0	286	307	265
Energy	kj	2218		0	1198	1286	1109
Protein (N x 5.95)	g	10.12		0	5.46	5.87	5.06
Total lipid (fat)	g	32.18		0	17.38	18.66	16.09
Carbohydrate, by difference	g	52.67		0	28.44	30.55	26.34
Fiber, total dietary	g	3.4		0	1.8	2.0	1.7
Ash	g	3.21		0	1.73	1.86	1.61
Sugars, total	g	35.28		0	19.05	20.46	17.64
Minerals:							
Calcium	mg	77		0	42	45	39
Iron	mg	0.91		0	0.49	0.53	0.46
Magnesium	mg	74		0	40	43	37
Phosphorus	mg	190		0	103	110	95
Potassium	mg	356		0	192	206	178
Sodium	mg	272		0	147	158	136
Zinc	mg	1.40		0	0.76	0.81	0.70
Copper	mg	0.316		0	0.171	0.183	0.158
Manganese	mg	0.869		0	0.469	0.504	0.435
Selenium	µg	10.4		0	5.6	6.0	5.2
Vitamins:							
Ascorbic acid	mg	0.6		0	0.3	0.3	0.3
Thiamin	mg	0.097		0	0.052	0.056	0.049
Riboflavin	mg	0.149		0	0.080	0.086	0.075
Niacin	mg	4.032		0	2.177	2.339	2.016
Pantothenic acid	mg	0.479		0	0.259	0.278	0.240
Vitamin B-6	mg	0.141		0	0.076	0.082	0.070
Folate	µg	25		0	14	15	13
Vitamin B-12	µg	0.13		0	0.07	0.08	0.07
Vitamin A	IU	72		0	39	42	36
Vitamin A, RE	µg	18		0	10	10	9
Vitamin E, α-TE	mg	1.116		0	0.603	0.647	0.558
Lipids:							
Saturated, total	g	11.392		0	6.152	6.607	5.696
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	0.002		0	0.001	0.001	0.001
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.007		0	0.004	0.004	0.004
14:0	g	0.339		0	0.183	0.197	0.170
15.0	g						
16:0	g	6.147		0	3.319	3.565	3.074
17:0	g						
18:0	g	4.293		0	2.318	2.490	2.147
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	14.800	0	7.992	8.584	7.400
14:1	g					
16:1	g	0.020	0	0.011	0.012	0.010
18:1	g	14.536	0	7.849	8.431	7.268
20:1	g	0.224	0	0.121	0.130	0.112
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	4.200	0	2.268	2.436	2.100
18:2	g	3.878	0	2.094	2.249	1.939
18:3	g	0.297	0	0.160	0.172	0.149
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.021	0	0.011	0.012	0.011
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	5	0	3	3	3
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	9	0	5	5	5
Theobromine	mg	57	0	31	33	29
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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 (1.89 oz, 2 bars)
Measure 2: 1 package (2.06 oz, 2 bars)
Measure 3: 1 package (1.77 oz)

NDB No. 19162 Candies, HERSHEY, WHATCHAMACALLIT Candy Bar

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 48g	Measure 2*	Measure 3*
Proximates:							
Water	g	9.84		0	4.72		
Energy	kcal	446		0	214		
Energy	kj	1866		0	896		
Protein (N x 5.95)	g	9.00		1	4.32		
Total lipid (fat)	g	19.30		1	9.26		
Carbohydrate, by difference	g	60.30		0	28.94		
Fiber, total dietary	g	2.1		1	1.0		
Ash	g	1.56		0	0.75		
Sugars, total	g	44.20		1	21.22		
Minerals:							
Calcium	mg	114		1	55		
Iron	mg	0.70		1	0.34		
Magnesium	mg	60		0	29		
Phosphorus	mg	182		0	87		
Potassium	mg	309		1	148		
Sodium	mg	206		1	99		
Zinc	mg	1.29		0	0.62		
Copper	mg	0.307		0	0.147		
Manganese	mg	0.758		0	0.364		
Selenium	µg	2.3		0	1.1		
Vitamins:							
Ascorbic acid	mg	0.3		0	0.1		
Thiamin	mg	0.460		0	0.221		
Riboflavin	mg	0.599		0	0.288		
Niacin	mg	7.341		0	3.524		
Pantothenic acid	mg	0.561		0	0.269		
Vitamin B-6	mg	0.558		0	0.268		
Folate	µg	10		0	5		
Vitamin B-12	µg	0.33		0	0.16		
Vitamin A	IU	70		1	34		
Vitamin A, RE	µg	18		0	9		
Vitamin E, α-TE	mg	1.473		0	0.707		
Lipids:							
Saturated, total	g	9.400		1	4.512		
4:0	g	0.020		0	0.010		
6.0	g	0.017		0	0.008		
8:0	g	0.180		0	0.086		
10:0	g	0.208		0	0.100		
12:0	g	2.478		0	1.189		
14:0	g	1.106		0	0.531		
15.0	g						
16:0	g	3.026		0	1.452		
17:0	g						
18:0	g	2.301		0	1.104		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	5.900	1	2.832
14:1	g			
16:1	g	0.055	0	0.026
18:1	g	5.803	0	2.785
20:1	g	0.001	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	3.200	1	1.536
18:2	g	2.961	0	1.421
18:3	g	0.197	0	0.095
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	10	1	5
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	6	0	3
Theobromine	mg	39	0	19
Alcohol	g			

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

*** Common Measures:**
Measure 1: 1 bar (1.7 oz)

NDB No. 19163 Chewing gum

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 3g	Measure 2* 16g	Measure 3* 8g
Proximates:							
Water	g	2.60	0.304	3	0.08	0.42	0.21
Energy	kcal	341		0	10	55	27
Energy	kj	1427		0	43	228	114
Protein (N x 5.95)	g	0.00		1	0.00	0.00	0.00
Total lipid (fat)	g	0.30	0.215	2	0.01	0.05	0.02
Carbohydrate, by difference	g	96.70		0	2.90	15.47	7.74
Fiber, total dietary	g	0.0		0	0.0	0.0	0.0
Ash	g	0.40		1	0.01	0.06	0.03
Sugars, total	g						
Minerals:							
Calcium	mg	0		1	0	0	0
Iron	mg	0.00		1	0.00	0.00	0.00
Magnesium	mg	0		1	0	0	0
Phosphorus	mg	0		1	0	0	0
Potassium	mg	4		0	0	1	0
Sodium	mg	6		0	0	1	0
Zinc	mg	0.00		1	0.00	0.00	0.00
Copper	mg	0.000		1	0.000	0.000	0.000
Manganese	mg	0.000		1	0.000	0.000	0.000
Selenium	µg	0.5		0	0.0	0.1	0.0
Vitamins:							
Ascorbic acid	mg	0.0		1	0.0	0.0	0.0
Thiamin	mg	0.000		1	0.000	0.000	0.000
Riboflavin	mg	0.000		1	0.000	0.000	0.000
Niacin	mg	0.000		1	0.000	0.000	0.000
Pantothenic acid	mg	0.001		1	0.000	0.000	0.000
Vitamin B-6	mg	0.000		1	0.000	0.000	0.000
Folate	µg	0		1	0	0	0
Vitamin B-12	µg	0.00		1	0.00	0.00	0.00
Vitamin A	IU	0		1	0	0	0
Vitamin A, RE	µg	0		0	0	0	0
Vitamin E, α-TE	mg	0.000		0	0.000	0.000	0.000
Lipids:							
Saturated, total	g	0.042		0	0.001	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		0	0.000	0.000	0.000
15.0	g						
16:0	g	0.036		0	0.001	0.006	0.003
17:0	g						
18:0	g	0.005		0	0.000	0.001	0.000
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.079	0	0.002	0.013	0.006
14:1	g					
16:1	g	0.000	0	0.000	0.000	0.000
18:1	g	0.079	0	0.002	0.013	0.006
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	0.137	0	0.004	0.022	0.011
18:2	g	0.133	0	0.004	0.021	0.011
18:3	g	0.004	0	0.000	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	1	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 stick
Measure 2: 10 Chiclets
Measure 3: 1 block

NDB No. 19164 Candies, HERSHEY, SPECIAL DARK Sweet Chocolate Bar

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 41g	Measure 2* 62g	Measure 3* 227g
Proximates:							
Water	g	1.03		0	0.42	0.64	2.34
Energy	kcal	552		0	226	342	1253
Energy	kj	2310		0	947	1432	5244
Protein (N x 5.95)	g	4.90		1	2.01	3.04	11.12
Total lipid (fat)	g	32.40		1	13.28	20.09	73.55
Carbohydrate, by difference	g	60.60		0	24.85	37.57	137.56
Fiber, total dietary	g	5.0		1	2.0	3.1	11.3
Ash	g	1.07		0	0.44	0.66	2.43
Sugars, total	g	46.70		1	19.15	28.95	106.01
Minerals:							
Calcium	mg	27		1	11	17	61
Iron	mg	2.40		1	0.98	1.49	5.45
Magnesium	mg	111		0	46	69	252
Phosphorus	mg	150		0	62	93	341
Potassium	mg	299		0	123	185	679
Sodium	mg	7		1	3	4	16
Zinc	mg	1.45		0	0.59	0.90	3.29
Copper	mg	0.798		0	0.327	0.495	1.811
Manganese	mg	0.690		0	0.283	0.428	1.566
Selenium	µg	3.0		0	1.2	1.9	6.8
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	0.0
Thiamin	mg	0.029		0	0.012	0.018	0.066
Riboflavin	mg	0.070		0	0.029	0.043	0.159
Niacin	mg	0.399		0	0.164	0.247	0.906
Pantothenic acid	mg	0.071		0	0.029	0.044	0.161
Vitamin B-6	mg	0.034		0	0.014	0.021	0.077
Folate	µg	2		0	1	1	5
Vitamin B-12	µg	0.00		0	0.00	0.00	0.00
Vitamin A	IU	35		0	14	22	79
Vitamin A, RE	µg	4		0	2	2	9
Vitamin E, α-TE	mg	0.441		0	0.181	0.273	1.001
Lipids:							
Saturated, total	g	20.300		1	8.323	12.586	46.081
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	0.051		0	0.021	0.032	0.116
15.0	g						
16:0	g	9.039		0	3.706	5.604	20.519
17:0	g						
18:0	g	10.918		0	4.476	6.769	24.784
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	11.200	1	4.592	6.944	25.424
14:1	g					
16:1	g	0.026	0	0.011	0.016	0.059
18:1	g	11.160	0	4.576	6.919	25.333
20:1	g	0.000	0	0.000	0.000	0.000
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	1.000	1	0.410	0.620	2.270
18:2	g	0.975	0	0.400	0.604	2.213
18:3	g	0.013	0	0.005	0.008	0.030
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	1	1	0	1	2
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	73	0	30	45	166
Theobromine	mg	443	0	182	275	1006
Alcohol	g					

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

*** Common Measures:**

Measure 1: 1 bar (1.45 oz)
Measure 2: 1 bar (2.2 oz)
Measure 3: 1 extra large bar (32 squares, 8 oz)

NDB No. 19165 Cocoa, dry powder, unsweetened

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 86g	Measure 2* 5g	Measure 3*
Proximates:							
Water	g	3.00	0.305	8	2.58	0.16	
Energy	kcal	229		0	197	12	
Energy	kj	958		0	824	52	
Protein (N x 5.95)	g	19.60	0.520	8	16.86	1.06	
Total lipid (fat)	g	13.70	0.495	8	11.78	0.74	
Carbohydrate, by difference	g	54.30		0	46.70	2.93	
Fiber, total dietary	g	33.2		0	28.6	1.8	
Ash	g	5.80	0.558	7	4.99	0.31	
Sugars, total	g						
Minerals:							
Calcium	mg	128	8.030	9	110	7	
Iron	mg	13.86	1.608	9	11.92	0.75	
Magnesium	mg	499	11.115	9	429	27	
Phosphorus	mg	734	19.765	9	631	40	
Potassium	mg	1524	74.067	6	1311	82	
Sodium	mg	21	3.184	8	18	1	
Zinc	mg	6.81	0.256	9	5.86	0.37	
Copper	mg	3.788	0.146	9	3.258	0.205	
Manganese	mg	3.837	0.104	9	3.300	0.207	
Selenium	µg	14.3	3.095	3	12.3	0.8	
Vitamins:							
Ascorbic acid	mg	0.0		1	0.0	0.0	
Thiamin	mg	0.078	0.020	6	0.067	0.004	
Riboflavin	mg	0.241	0.061	6	0.207	0.013	
Niacin	mg	2.185	0.455	6	1.879	0.118	
Pantothenic acid	mg	0.254	0.064	5	0.218	0.014	
Vitamin B-6	mg	0.118	0.035	6	0.101	0.006	
Folate	µg	32	0.900	2	28	2	
Vitamin B-12	µg	0.00		1	0.00	0.00	
Vitamin A	IU	20		1	17	1	
Vitamin A, RE	µg	2		0	2	0	
Vitamin E, α-TE	mg	0.400		0	0.344	0.022	
Lipids:							
Saturated, total	g	8.070		0	6.940	0.436	
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	0.020		6	0.017	0.001	
15.0	g						
16:0	g	3.690		6	3.173	0.199	
17:0	g						
18:0	g	4.250		6	3.655	0.230	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	4.570	0	3.930	0.247
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	4.570	6	3.930	0.247
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.440	0	0.378	0.024
18:2	g	0.440	6	0.378	0.024
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	1	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.293	0	0.252	0.016
Threonine	g	0.776	0	0.667	0.042
Isoleucine	g	0.760	0	0.654	0.041
Leucine	g	1.189	0	1.023	0.064
Lysine	g	0.983	0	0.845	0.053
Methionine	g	0.202	0	0.174	0.011
Cystine	g	0.239	0	0.206	0.013
Phenylalanine	g	0.941	0	0.809	0.051
Tyrosine	g	0.735	0	0.632	0.040
Valine	g	1.177	0	1.012	0.064
Arginine	g	1.111	0	0.955	0.060
Histidine	g	0.339	0	0.292	0.018
Alanine	g	0.904	0	0.777	0.049
Aspartic acid	g	1.953	0	1.680	0.105
Glutamic acid	g	2.948	0	2.535	0.159
Glycine	g	0.879	0	0.756	0.047
Proline	g	0.838	0	0.721	0.045
Serine	g	0.846	0	0.728	0.046
Other:					
Caffeine	mg	230	1	198	12
Theobromine	mg	2057	1	1769	111
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates 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. 19166 Cocoa, dry powder, unsweetened, processed with alkali

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 86g	Measure 2* 5g	Measure 3*
Proximates:							
Water	g	2.70	0.150	2	2.32	0.15	
Energy	kcal	222		0	191	12	
Energy	kj	929		0	799	50	
Protein (N x 5.95)	g	18.10	0.426	2	15.57	0.98	
Total lipid (fat)	g	13.10	1.150	2	11.27	0.71	
Carbohydrate, by difference	g	54.80		0	47.13	2.96	
Fiber, total dietary	g	29.8		0	25.6	1.6	
Ash	g	7.80	0.450	2	6.71	0.42	
Sugars, total	g						
Minerals:							
Calcium	mg	111	1.204	3	95	6	
Iron	mg	15.52	4.219	3	13.35	0.84	
Magnesium	mg	476	14.971	3	409	26	
Phosphorus	mg	728	10.406	3	626	39	
Potassium	mg	2509	585.367	3	2158	135	
Sodium	mg	19	2.235	2	16	1	
Zinc	mg	6.37	0.254	3	5.48	0.34	
Copper	mg	3.607	0.148	3	3.102	0.195	
Manganese	mg	3.737	0.182	3	3.214	0.202	
Selenium	µg	13.2		0	11.4	0.7	
Vitamins:							
Ascorbic acid	mg	0.0		1	0.0	0.0	
Thiamin	mg	0.110		1	0.095	0.006	
Riboflavin	mg	0.460		1	0.396	0.025	
Niacin	mg	2.400		1	2.064	0.130	
Pantothenic acid	mg	0.254		1	0.218	0.014	
Vitamin B-6	mg	0.118		1	0.101	0.006	
Folate	µg	32		1	28	2	
Vitamin B-12	µg	0.00		1	0.00	0.00	
Vitamin A	IU	20		1	17	1	
Vitamin A, RE	µg	2		0	2	0	
Vitamin E, α-TE	mg	0.400		0	0.344	0.022	
Lipids:							
Saturated, total	g	7.760		0	6.674	0.419	
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	0.020		6	0.017	0.001	
15.0	g						
16:0	g	3.550		6	3.053	0.192	
17:0	g						
18:0	g	4.080		6	3.509	0.220	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	4.390	0	3.775	0.237
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	4.390	6	3.775	0.237
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.420	0	0.361	0.023
18:2	g	0.420	6	0.361	0.023
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	1	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.271	0	0.233	0.015
Threonine	g	0.716	0	0.616	0.039
Isoleucine	g	0.701	0	0.603	0.038
Leucine	g	1.097	0	0.943	0.059
Lysine	g	0.907	0	0.780	0.049
Methionine	g	0.187	0	0.161	0.010
Cystine	g	0.221	0	0.190	0.012
Phenylalanine	g	0.869	0	0.747	0.047
Tyrosine	g	0.678	0	0.583	0.037
Valine	g	1.086	0	0.934	0.059
Arginine	g	1.025	0	0.882	0.055
Histidine	g	0.312	0	0.268	0.017
Alanine	g	0.834	0	0.717	0.045
Aspartic acid	g	1.802	0	1.550	0.097
Glutamic acid	g	2.720	0	2.339	0.147
Glycine	g	0.812	0	0.698	0.044
Proline	g	0.773	0	0.665	0.042
Serine	g	0.781	0	0.672	0.042
Other:					
Caffeine	mg	78	1	67	4
Theobromine	mg	2634	1	2265	142
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates 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. 19169 Desserts, egg custards, dry mix

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 85g	Measure 2* 21g	Measure 3*
Proximates:							
Water	g	1.70	0.043	6	1.45	0.36	
Energy	kcal	410		0	349	86	
Energy	kj	1715		0	1458	360	
Protein (N x 5.95)	g	6.90	0.286	6	5.87	1.45	
Total lipid (fat)	g	6.40	0.161	6	5.44	1.34	
Carbohydrate, by difference	g	82.80		0	70.38	17.39	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	2.20	0.060	6	1.87	0.46	
Sugars, total	g						
Minerals:							
Calcium	mg	228	4.423	6	194	48	
Iron	mg	1.93	0.088	6	1.64	0.41	
Magnesium	mg	78		0	66	16	
Phosphorus	mg	504		0	428	106	
Potassium	mg	931		0	791	196	
Sodium	mg	484		0	411	102	
Zinc	mg	1.40		0	1.19	0.29	
Copper	mg	0.051		0	0.043	0.011	
Manganese	mg	0.020		0	0.017	0.004	
Selenium	µg	21.3		0	18.1	4.5	
Vitamins:							
Ascorbic acid	mg	0.6		0	0.5	0.1	
Thiamin	mg	0.145	0.001	6	0.123	0.030	
Riboflavin	mg	0.412	0.011	6	0.350	0.087	
Niacin	mg	0.557		0	0.473	0.117	
Pantothenic acid	mg	3.268		0	2.778	0.686	
Vitamin B-6	mg	0.324		0	0.275	0.068	
Folate	µg	31		0	26	7	
Vitamin B-12	µg	1.60		0	1.36	0.34	
Vitamin A	IU	217	13.661	6	184	46	
Vitamin A, RE	µg	64		0	54	13	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	2.030		0	1.725	0.426	
4:0	g	0.010		1	0.009	0.002	
6.0	g	0.010		1	0.009	0.002	
8:0	g	0.000		1	0.000	0.000	
10:0	g	0.010		1	0.009	0.002	
12:0	g	0.010		1	0.009	0.002	
14:0	g	0.050		1	0.043	0.011	
15.0	g						
16:0	g	1.430		1	1.216	0.300	
17:0	g						
18:0	g	0.510		1	0.434	0.107	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.400	0	2.040	0.504
14:1	g				
16:1	g	0.190	1	0.161	0.040
18:1	g	2.190	1	1.862	0.460
20:1	g	0.020	1	0.017	0.004
22.1	g	0.000	1	0.000	0.000
Polyunsaturated, total	g	0.850	0	0.723	0.179
18:2	g	0.710	1	0.603	0.149
18:3	g	0.020	1	0.017	0.004
18:4	g				
20:4	g	0.090	1	0.077	0.019
20:5	g	0.000	1	0.000	0.000
22:5	g				
22:6	g	0.020	1	0.017	0.004
Cholesterol	mg	251	0	213	53
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.096	0	0.082	0.020
Threonine	g	0.402	0	0.342	0.084
Isoleucine	g	0.366	0	0.311	0.077
Leucine	g	0.619	0	0.526	0.130
Lysine	g	0.548	0	0.466	0.115
Methionine	g	0.148	0	0.126	0.031
Cystine	g	0.130	0	0.111	0.027
Phenylalanine	g	0.254	0	0.216	0.053
Tyrosine	g	0.246	0	0.209	0.052
Valine	g	0.377	0	0.320	0.079
Arginine	g	0.338	0	0.287	0.071
Histidine	g	0.151	0	0.128	0.032
Alanine	g	0.335	0	0.285	0.070
Aspartic acid	g	0.674	0	0.573	0.142
Glutamic acid	g	1.042	0	0.886	0.219
Glycine	g	0.179	0	0.152	0.038
Proline	g	0.356	0	0.303	0.075
Serine	g	0.453	0	0.385	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 package (3 oz)
Measure 2: amount to make 1/2 cup

NDB No. 19170 Desserts, egg custards, dry mix, prepared with whole milk

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 133g	Measure 2* 533g	Measure 3*
Proximates:							
Water	g	73.20		0	97.36	390.16	
Energy	kcal	122		0	162	650	
Energy	kj	510		0	678	2718	
Protein (N x 5.95)	g	4.10		0	5.45	21.85	
Total lipid (fat)	g	4.10		0	5.45	21.85	
Carbohydrate, by difference	g	17.60		0	23.41	93.81	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.00		0	1.33	5.33	
Sugars, total	g						
Minerals:							
Calcium	mg	146		0	194	778	
Iron	mg	0.26		0	0.35	1.39	
Magnesium	mg	19		0	25	101	
Phosphorus	mg	131		0	174	698	
Potassium	mg	213		0	283	1135	
Sodium	mg	149		0	198	794	
Zinc	mg	0.52		0	0.69	2.77	
Copper	mg	0.021		0	0.028	0.112	
Manganese	mg	0.005		0	0.007	0.027	
Selenium	µg	14.1		1	18.8	75.2	
Vitamins:							
Ascorbic acid	mg	0.8		0	1.1	4.3	
Thiamin	mg	0.055		0	0.073	0.293	
Riboflavin	mg	0.215		0	0.286	1.146	
Niacin	mg	0.119		0	0.158	0.634	
Pantothenic acid	mg	0.603		0	0.802	3.214	
Vitamin B-6	mg	0.063		0	0.084	0.336	
Folate	µg	8		0	11	43	
Vitamin B-12	µg	0.45		0	0.60	2.40	
Vitamin A	IU	150		0	200	800	
Vitamin A, RE	µg	33		0	44	176	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	2.230		0	2.966	11.886	
4:0	g	0.100		0	0.133	0.533	
6.0	g	0.060		0	0.080	0.320	
8:0	g	0.030		0	0.040	0.160	
10:0	g	0.080		0	0.106	0.426	
12:0	g	0.090		0	0.120	0.480	
14:0	g	0.330		0	0.439	1.759	
15.0	g						
16:0	g	1.070		0	1.423	5.703	
17:0	g						
18:0	g	0.470		0	0.625	2.505	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.270	0	1.689	6.769
14:1	g				
16:1	g	0.100	0	0.133	0.533
18:1	g	1.160	0	1.543	6.183
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.260	0	0.346	1.386
18:2	g	0.190	0	0.253	1.013
18:3	g	0.050	0	0.067	0.267
18:4	g				
20:4	g	0.010	0	0.013	0.053
20:5	g	0.000	0	0.000	0.000
22:5	g				
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	61	0	81	325
Phytosterols	mg	0	0	0	0
Amino acids:					
Tryptophan	g	0.056	0	0.074	0.298
Threonine	g	0.194	0	0.258	1.034
Isoleucine	g	0.233	0	0.310	1.242
Leucine	g	0.381	0	0.507	2.031
Lysine	g	0.316	0	0.420	1.684
Methionine	g	0.096	0	0.128	0.512
Cystine	g	0.047	0	0.063	0.251
Phenylalanine	g	0.179	0	0.238	0.954
Tyrosine	g	0.178	0	0.237	0.949
Valine	g	0.253	0	0.336	1.348
Arginine	g	0.158	0	0.210	0.842
Histidine	g	0.102	0	0.136	0.544
Alanine	g	0.153	0	0.203	0.815
Aspartic acid	g	0.326	0	0.434	1.738
Glutamic acid	g	0.769	0	1.023	4.099
Glycine	g	0.090	0	0.120	0.480
Proline	g	0.335	0	0.446	1.786
Serine	g	0.229	0	0.305	1.221
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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: package yield (2 cups)

NDB No. 19171 Cocoa, dry powder, unsweetened, HERSHEY, HERSHEY'S European style cocoa

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 86g	Measure 2* 5g	Measure 3*
Proximates:							
Water	g	7.50		0	6.45	0.38	
Energy	kcal	386		0	332	19	
Energy	kj	1615		0	1389	81	
Protein (N x 5.95)	g	23.80		1	20.47	1.19	
Total lipid (fat)	g	9.30		1	8.00	0.47	
Carbohydrate, by difference	g	51.80		0	44.55	2.59	
Fiber, total dietary	g	28.8		1	24.8	1.4	
Ash	g	7.80		0	6.71	0.39	
Sugars, total	g	0.80		1	0.69	0.04	
Minerals:							
Calcium	mg	150		1	129	8	
Iron	mg	41.90		1	36.03	2.10	
Magnesium	mg						
Phosphorus	mg						
Potassium	mg	5075		1	4365	254	
Sodium	mg	49		1	42	2	
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU						
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	5.800		1	4.988	0.290	
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	3.200	1	2.752	0.160
14:1	g				
16:1	g				
18:1	g				
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.300	1	0.258	0.015
18:2	g				
18:3	g				
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	0	1	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
Cystine	g				
Phenylalanine	g				
Tyrosine	g				
Valine	g				
Arginine	g				
Histidine	g				
Alanine	g				
Aspartic acid	g				
Glutamic acid	g				
Glycine	g				
Proline	g				
Serine	g				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 tablespoon

NDB No. 19172 Desserts, gelatins, dry mix

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 85g	Measure 2* 21g	Measure 3*
Proximates:							
Water	g	1.00	0.029	84	0.85	0.21	
Energy	kcal	381		0	324	81	
Energy	kj	1594		0	1355	340	
Protein (N x 5.95)	g	7.80	0.031	84	6.63	1.66	
Total lipid (fat)	g	0.00		1	0.00	0.00	
Carbohydrate, by difference	g	90.50		0	76.92	19.28	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.70	0.016	84	0.60	0.15	
Sugars, total	g						
Minerals:							
Calcium	mg	3	0.102	9	3	1	
Iron	mg	0.15		1	0.13	0.03	
Magnesium	mg	2		1	2	0	
Phosphorus	mg	142		1	121	30	
Potassium	mg	7	0.966	17	6	1	
Sodium	mg	254		0	216	54	
Zinc	mg	0.01	0.009	2	0.01	0.00	
Copper	mg	0.118		1	0.100	0.025	
Manganese	mg	0.016		1	0.014	0.003	
Selenium	µg	6.7		1	5.7	1.4	
Vitamins:							
Ascorbic acid	mg	0.0		1	0.0	0.0	
Thiamin	mg	0.002		1	0.002	0.000	
Riboflavin	mg	0.021		1	0.018	0.004	
Niacin	mg	0.008		1	0.007	0.002	
Pantothenic acid	mg	0.011		1	0.009	0.002	
Vitamin B-6	mg	0.010		1	0.009	0.002	
Folate	µg	3		1	3	1	
Vitamin B-12	µg	0.00		1	0.00	0.00	
Vitamin A	IU	0		1	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	0.000		0	0.000	0.000	
Lipids:							
Saturated, total	g	0.000		0	0.000	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	0.000		0	0.000	0.000	
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	0.000	0	0.000	0.000
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.000	0	0.000	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	0.000	0	0.000	0.000
18:2	g	0.000	0	0.000	0.000
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	1	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.000	0	0.000	0.000
Threonine	g	0.151	0	0.128	0.032
Isoleucine	g	0.118	0	0.100	0.025
Leucine	g	0.251	0	0.213	0.053
Lysine	g	0.354	0	0.301	0.075
Methionine	g	0.062	0	0.053	0.013
Cystine	g	0.000	0	0.000	0.000
Phenylalanine	g	0.177	0	0.150	0.038
Tyrosine	g	0.031	0	0.026	0.007
Valine	g	0.213	0	0.181	0.045
Arginine	g	0.676	0	0.575	0.144
Histidine	g	0.068	0	0.058	0.014
Alanine	g	0.818	0	0.695	0.174
Aspartic acid	g	0.538	0	0.457	0.115
Glutamic acid	g	0.894	0	0.760	0.190
Glycine	g	1.947	0	1.655	0.415
Proline	g	1.256	0	1.068	0.268
Serine	g	0.266	0	0.226	0.057
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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 (3 oz)
Measure 2: amount to make 1/2 cup

NDB No. 19173 Desserts, gelatins, dry mix, prepared with water

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 540g	Measure 2* 135g	Measure 3* 540g
Proximates:							
Water	g	84.60		0	456.84	114.21	456.84
Energy	kcal	59		0	319	80	319
Energy	kj	247		0	1334	333	1334
Protein (N x 5.95)	g	1.20		0	6.48	1.62	6.48
Total lipid (fat)	g	0.00		0	0.00	0.00	0.00
Carbohydrate, by difference	g	14.00		0	75.60	18.90	75.60
Fiber, total dietary	g	0.0		0	0.0	0.0	0.0
Ash	g	0.20		0	1.08	0.27	1.08
Sugars, total	g						
Minerals:							
Calcium	mg	2		0	11	3	11
Iron	mg	0.03		0	0.16	0.04	0.16
Magnesium	mg	1		0	5	1	5
Phosphorus	mg	22		0	119	30	119
Potassium	mg	1		0	5	1	5
Sodium	mg	42		0	227	57	227
Zinc	mg	0.03		0	0.16	0.04	0.16
Copper	mg	0.024		0	0.130	0.032	0.130
Manganese	mg	0.003		0	0.016	0.004	0.016
Selenium	µg	0.3	0.028	2	1.6	0.4	1.6
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	0.0
Thiamin	mg	0.000		0	0.000	0.000	0.000
Riboflavin	mg	0.003		0	0.016	0.004	0.016
Niacin	mg	0.001		0	0.005	0.001	0.005
Pantothenic acid	mg	0.002		0	0.011	0.003	0.011
Vitamin B-6	mg	0.002		0	0.011	0.003	0.011
Folate	µg	0		0	0	0	0
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	0.000		0	0.000	0.000	0.000
Lipids:							
Saturated, total	g	0.000		0	0.000	0.000	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		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	0.000		0	0.000	0.000	0.000
17:0	g						
18:0	g	0.000		0	0.000	0.000	0.000
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.000	0	0.000	0.000	0.000
14:1	g					
16:1	g	0.000	0	0.000	0.000	0.000
18:1	g	0.000	0	0.000	0.000	0.000
20:1	g	0.000	0	0.000	0.000	0.000
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.000	0	0.000	0.000	0.000
18:2	g	0.000	0	0.000	0.000	0.000
18:3	g	0.000	0	0.000	0.000	0.000
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.000	0	0.000	0.000	0.000
Threonine	g	0.023	0	0.124	0.031	0.124
Isoleucine	g	0.018	0	0.097	0.024	0.097
Leucine	g	0.039	0	0.211	0.053	0.211
Lysine	g	0.055	0	0.297	0.074	0.297
Methionine	g	0.010	0	0.054	0.014	0.054
Cystine	g	0.000	0	0.000	0.000	0.000
Phenylalanine	g	0.027	0	0.146	0.036	0.146
Tyrosine	g	0.005	0	0.027	0.007	0.027
Valine	g	0.033	0	0.178	0.045	0.178
Arginine	g	0.105	0	0.567	0.142	0.567
Histidine	g	0.010	0	0.054	0.014	0.054
Alanine	g	0.127	0	0.686	0.171	0.686
Aspartic acid	g	0.083	0	0.448	0.112	0.448
Glutamic acid	g	0.138	0	0.745	0.186	0.745
Glycine	g	0.301	0	1.625	0.406	1.625
Proline	g	0.194	0	1.048	0.262	1.048
Serine	g	0.041	0	0.221	0.055	0.221
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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 (3 oz) yields
Measure 2: 1/2 cup
Measure 3: package yield (2 cups)

NDB No. 19175 Desserts, gelatins, dry mix, reduced calorie, with aspartame

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 9g	Measure 2* 10g	Measure 3* 3g
Proximates:							
Water	g	6.70		0	0.60	0.67	0.17
Energy	kcal	345		0	31	35	9
Energy	kj	1443		0	130	144	36
Protein (N x 5.95)	g	55.30		0	4.98	5.53	1.38
Total lipid (fat)	g	0.00		1	0.00	0.00	0.00
Carbohydrate, by difference	g	33.30		0	3.00	3.33	0.83
Fiber, total dietary	g	0.0		0	0.0	0.0	0.0
Ash	g	4.70		0	0.42	0.47	0.12
Sugars, total	g						
Minerals:							
Calcium	mg	2		0	0	0	0
Iron	mg	0.02		1	0.00	0.00	0.00
Magnesium	mg	1		0	0	0	0
Phosphorus	mg	1293		0	116	129	32
Potassium	mg	14	1.459	7	1	1	0
Sodium	mg	2165		0	195	217	54
Zinc	mg	0.07		1	0.01	0.01	0.00
Copper	mg	1.016		1	0.091	0.102	0.025
Manganese	mg	0.049		1	0.004	0.005	0.001
Selenium	µg	25.5		0	2.3	2.5	0.6
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	0.0
Thiamin	mg	0.012		1	0.001	0.001	0.000
Riboflavin	mg	0.108		1	0.010	0.011	0.003
Niacin	mg	0.040		1	0.004	0.004	0.001
Pantothenic acid	mg	0.059		1	0.005	0.006	0.001
Vitamin B-6	mg	0.049		1	0.004	0.005	0.001
Folate	µg	14		1	1	1	0
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	0.000		0	0.000	0.000	0.000
Lipids:							
Saturated, total	g	0.000		0	0.000	0.000	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		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	0.000		0	0.000	0.000	0.000
17:0	g						
18:0	g	0.000		0	0.000	0.000	0.000
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.000	0	0.000	0.000	0.000
14:1	g					
16:1	g	0.000	0	0.000	0.000	0.000
18:1	g	0.000	0	0.000	0.000	0.000
20:1	g	0.000	0	0.000	0.000	0.000
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.000	0	0.000	0.000	0.000
18:2	g	0.000	0	0.000	0.000	0.000
18:3	g	0.000	0	0.000	0.000	0.000
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.000	0	0.000	0.000	0.000
Threonine	g	1.066	0	0.096	0.107	0.027
Isoleucine	g	0.837	0	0.075	0.084	0.021
Leucine	g	1.774	0	0.160	0.177	0.044
Lysine	g	2.501	0	0.225	0.250	0.063
Methionine	g	0.439	0	0.040	0.044	0.011
Cystine	g	0.000	0	0.000	0.000	0.000
Phenylalanine	g	1.256	0	0.113	0.126	0.031
Tyrosine	g	0.219	0	0.020	0.022	0.005
Valine	g	1.505	0	0.135	0.151	0.038
Arginine	g	4.784	0	0.431	0.478	0.120
Histidine	g	0.478	0	0.043	0.048	0.012
Alanine	g	5.790	0	0.521	0.579	0.145
Aspartic acid	g	3.807	0	0.343	0.381	0.095
Glutamic acid	g	6.328	0	0.570	0.633	0.158
Glycine	g	13.773	0	1.240	1.377	0.344
Proline	g	8.890	0	0.800	0.889	0.222
Serine	g	1.884	0	0.170	0.188	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 tablespoon
Measure 2: 1 package (0.35 oz)
Measure 3: amount to make 1/2 cup

NDB No. 19176 Desserts, gelatins, dry mix, reduced calorie, with aspartame, prepared with water

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 117g	Measure 2* 469g	Measure 3*
Proximates:							
Water	g	98.00		0	114.66	459.62	
Energy	kcal	7		0	8	33	
Energy	kj	29		0	34	136	
Protein (N x 5.95)	g	1.10		0	1.29	5.16	
Total lipid (fat)	g	0.00		0	0.00	0.00	
Carbohydrate, by difference	g	0.70		0	0.82	3.28	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.20		0	0.23	0.94	
Sugars, total	g						
Minerals:							
Calcium	mg	2		0	2	9	
Iron	mg	0.01		0	0.01	0.05	
Magnesium	mg	1		0	1	5	
Phosphorus	mg	27		0	32	127	
Potassium	mg	0		0	0	0	
Sodium	mg	48		0	56	225	
Zinc	mg	0.03		0	0.04	0.14	
Copper	mg	0.027		0	0.032	0.127	
Manganese	mg	0.002		0	0.002	0.009	
Selenium	µg	0.5		0	0.6	2.3	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.000		0	0.000	0.000	
Riboflavin	mg	0.002		0	0.002	0.009	
Niacin	mg	0.001		0	0.001	0.005	
Pantothenic acid	mg	0.001		0	0.001	0.005	
Vitamin B-6	mg	0.001		0	0.001	0.005	
Folate	µg	0		0	0	0	
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	0.000		0	0.000	0.000	
Lipids:							
Saturated, total	g	0.000		0	0.000	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	0.000		0	0.000	0.000	
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	0.000	0	0.000	0.000
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.000	0	0.000	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	0.000	0	0.000	0.000
18:2	g	0.000	0	0.000	0.000
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	0.000	0	0.000	0.000
Threonine	g	0.022	0	0.026	0.103
Isoleucine	g	0.017	0	0.020	0.080
Leucine	g	0.037	0	0.043	0.174
Lysine	g	0.052	0	0.061	0.244
Methionine	g	0.009	0	0.011	0.042
Cystine	g	0.000	0	0.000	0.000
Phenylalanine	g	0.026	0	0.030	0.122
Tyrosine	g	0.005	0	0.006	0.023
Valine	g	0.031	0	0.036	0.145
Arginine	g	0.099	0	0.116	0.464
Histidine	g	0.010	0	0.012	0.047
Alanine	g	0.119	0	0.139	0.558
Aspartic acid	g	0.078	0	0.091	0.366
Glutamic acid	g	0.130	0	0.152	0.610
Glycine	g	0.284	0	0.332	1.332
Proline	g	0.183	0	0.214	0.858
Serine	g	0.039	0	0.046	0.183
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1/2 cup
Measure 2: package yield (2 cups)

NDB No. 19177 Desserts, gelatins, dry powder, unsweetened

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 7g	Measure 2* 28g	Measure 3*
Proximates:							
Water	g	13.00		1	0.91	3.64	
Energy	kcal	335		0	23	94	
Energy	kj	1402		0	98	393	
Protein (N x 5.95)	g	85.60		1	5.99	23.97	
Total lipid (fat)	g	0.10		1	0.01	0.03	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.30		1	0.09	0.36	
Sugars, total	g						
Minerals:							
Calcium	mg	55	1.499	2	4	15	
Iron	mg	1.11	0.455	2	0.08	0.31	
Magnesium	mg	22	1.500	2	2	6	
Phosphorus	mg	39	25.500	2	3	11	
Potassium	mg	16	3.500	2	1	4	
Sodium	mg	196	44.000	2	14	55	
Zinc	mg	0.14	0.060	2	0.01	0.04	
Copper	mg	2.161	2.139	2	0.151	0.605	
Manganese	mg	0.105	0.075	2	0.007	0.029	
Selenium	µg	39.5		1	2.8	11.1	
Vitamins:							
Ascorbic acid	mg	0.0	0.000	2	0.0	0.0	
Thiamin	mg	0.025	0.005	2	0.002	0.007	
Riboflavin	mg	0.230	0.000	2	0.016	0.064	
Niacin	mg	0.085	0.015	2	0.006	0.024	
Pantothenic acid	mg	0.125	0.065	2	0.009	0.035	
Vitamin B-6	mg	0.007		1	0.000	0.002	
Folate	µg	30	30.000	2	2	8	
Vitamin B-12	µg	0.00		1	0.00	0.00	
Vitamin A	IU	0	0.000	2	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	0.000		0	0.000	0.000	
Lipids:							
Saturated, total	g	0.070		0	0.005	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		1	0.000	0.000	
14:0	g	0.010		1	0.001	0.003	
15.0	g						
16:0	g	0.040		1	0.003	0.011	
17:0	g						
18:0	g	0.030		1	0.002	0.008	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.060	0	0.004	0.017
14:1	g				
16:1	g	0.010	1	0.001	0.003
18:1	g	0.050	1	0.004	0.014
20:1	g	0.000	1	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.010	0	0.001	0.003
18:2	g	0.000	1	0.000	0.000
18:3	g	0.000	1	0.000	0.000
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	1	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.000	0	0.000	0.000
Threonine	g	1.475	0	0.103	0.413
Isoleucine	g	1.158	0	0.081	0.324
Leucine	g	2.454	0	0.172	0.687
Lysine	g	3.460	0	0.242	0.969
Methionine	g	0.606	0	0.042	0.170
Cystine	g	0.000	0	0.000	0.000
Phenylalanine	g	1.737	0	0.122	0.486
Tyrosine	g	0.303	0	0.021	0.085
Valine	g	2.081	0	0.146	0.583
Arginine	g	6.616	0	0.463	1.852
Histidine	g	0.662	0	0.046	0.185
Alanine	g	8.009	0	0.561	2.243
Aspartic acid	g	5.265	0	0.369	1.474
Glutamic acid	g	8.753	0	0.613	2.451
Glycine	g	19.049	0	1.333	5.334
Proline	g	12.295	0	0.861	3.443
Serine	g	2.605	0	0.182	0.729
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 envelope (1 tablespoon)
Measure 2: 1 package (1 oz)

NDB No. 19179 Candies, E.J. BRACH'S, BRACH'S STAR BRITES Peppermint Mints

Refuse: 0%

Nutrients 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	1.90		1	0.28		
Energy	kcal	393		0	59		
Energy	kj	1643		0	246		
Protein (N x 5.95)	g	0.00		1	0.00		
Total lipid (fat)	g	0.20		1	0.03		
Carbohydrate, by difference	g	97.70		0	14.65		
Fiber, total dietary	g						
Ash	g	0.20		1	0.03		
Sugars, total	g	62.90		1	9.44		
Minerals:							
Calcium	mg						
Iron	mg						
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	40		1	6		
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU						
Vitamin A, RE	µg						
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
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: 3 pieces

NDB No. 19180 Candies, SUNMARK, WILLY WONKA'S EVERLASTING GOBSTOPPERS Jawbreakers

Refuse: 0%

Nutrients 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*	Measure 3*
Proximates:							
Water	g	7.70		1	1.23		
Energy	kcal	369		0	59		
Energy	kj	1544		0	247		
Protein (N x 5.95)	g	0.00		1	0.00		
Total lipid (fat)	g	0.00		1	0.00		
Carbohydrate, by difference	g	92.30		0	14.77		
Fiber, total dietary	g						
Ash	g	0.30		1	0.05		
Sugars, total	g						
Minerals:							
Calcium	mg						
Iron	mg						
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	6		1	1		
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU						
Vitamin A, RE	µg						
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
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: 6 pieces

NDB No. 19183 Desserts, puddings, chocolate, ready-to-eat

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 142g	Measure 3* 113g
Proximates:							
Water	g	69.30	0.237	39	19.65	98.41	78.31
Energy	kcal	133		0	38	189	150
Energy	kj	556		0	158	790	628
Protein (N x 5.95)	g	2.70	0.064	36	0.77	3.83	3.05
Total lipid (fat)	g	4.00	0.078	36	1.13	5.68	4.52
Carbohydrate, by difference	g	22.80		0	6.46	32.38	25.76
Fiber, total dietary	g	1.0		0	0.3	1.4	1.1
Ash	g	1.00	0.018	36	0.28	1.42	1.13
Sugars, total	g						
Minerals:							
Calcium	mg	90	2.696	38	26	128	102
Iron	mg	0.51	0.039	37	0.14	0.72	0.58
Magnesium	mg	21	0.578	39	6	30	24
Phosphorus	mg	80	2.265	36	23	114	90
Potassium	mg	180	5.168	38	51	256	203
Sodium	mg	129		1	37	183	146
Zinc	mg	0.42	0.025	38	0.12	0.60	0.47
Copper	mg	0.116	0.006	38	0.033	0.165	0.131
Manganese	mg	0.069	0.009	10	0.020	0.098	0.078
Selenium	µg	1.5		0	0.4	2.1	1.7
Vitamins:							
Ascorbic acid	mg	1.8	0.795	2	0.5	2.6	2.0
Thiamin	mg	0.026	0.001	36	0.007	0.037	0.029
Riboflavin	mg	0.155	0.005	36	0.044	0.220	0.175
Niacin	mg	0.347	0.026	36	0.098	0.493	0.392
Pantothenic acid	mg	0.143	0.029	2	0.041	0.203	0.162
Vitamin B-6	mg	0.028	0.001	2	0.008	0.040	0.032
Folate	µg	3	0.947	2	1	4	3
Vitamin B-12	µg	0.00	0.000	2	0.00	0.00	0.00
Vitamin A	IU	36	13.675	2	10	51	41
Vitamin A, RE	µg	11		0	3	16	12
Vitamin E, α-TE	mg	0.125		0	0.035	0.178	0.141
Lipids:							
Saturated, total	g	0.710		0	0.201	1.008	0.802
4:0	g	0.000		1	0.000	0.000	0.000
6.0	g	0.000		1	0.000	0.000	0.000
8:0	g	0.000		1	0.000	0.000	0.000
10:0	g	0.000		1	0.000	0.000	0.000
12:0	g	0.000		1	0.000	0.000	0.000
14:0	g	0.010		1	0.003	0.014	0.011
15.0	g						
16:0	g	0.440		1	0.125	0.625	0.497
17:0	g						
18:0	g	0.260		1	0.074	0.369	0.294
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.700		0	0.482	2.414	1.921
14:1	g						
16:1	g	0.020		1	0.006	0.028	0.023
18:1	g	1.690		1	0.479	2.400	1.910
20:1	g	0.000		0	0.000	0.000	0.000
22.1	g	0.000		0	0.000	0.000	0.000
Polyunsaturated, total	g	1.430		0	0.405	2.031	1.616
18:2	g	1.330		1	0.377	1.889	1.503
18:3	g	0.100		1	0.028	0.142	0.113
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	3	0.150	2	1	4	3
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.036		0	0.010	0.051	0.041
Threonine	g	0.115		0	0.033	0.163	0.130
Isoleucine	g	0.148		0	0.042	0.210	0.167
Leucine	g	0.240		0	0.068	0.341	0.271
Lysine	g	0.192		0	0.054	0.273	0.217
Methionine	g	0.059		0	0.017	0.084	0.067
Cystine	g	0.026		0	0.007	0.037	0.029
Phenylalanine	g	0.126		0	0.036	0.179	0.142
Tyrosine	g	0.121		0	0.034	0.172	0.137
Valine	g	0.171		0	0.048	0.243	0.193
Arginine	g	0.104		0	0.029	0.148	0.118
Histidine	g	0.066		0	0.019	0.094	0.075
Alanine	g	0.095		0	0.027	0.135	0.107
Aspartic acid	g	0.208		0	0.059	0.295	0.235
Glutamic acid	g	0.519		0	0.147	0.737	0.586
Glycine	g	0.067		0	0.019	0.095	0.076
Proline	g	0.228		0	0.065	0.324	0.258
Serine	g	0.136		0	0.039	0.193	0.154
Other:							
Caffeine	mg	5		1	1	7	6
Theobromine	mg	62		1	18	88	70
Alcohol	g						

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

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 can (5 oz)
Measure 3: 1 snack size (4 oz)

NDB No. 19184 Desserts, puddings, chocolate, dry mix, instant

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 99g	Measure 2* 25g	Measure 3*
Proximates:							
Water	g	3.20	0.067	8	3.17	0.80	
Energy	kcal	355		0	351	89	
Energy	kj	1485		0	1470	371	
Protein (N x 5.95)	g	2.30	0.122	8	2.28	0.57	
Total lipid (fat)	g	1.90	0.117	8	1.88	0.48	
Carbohydrate, by difference	g	87.70		0	86.82	21.93	
Fiber, total dietary	g	2.9		0	2.9	0.7	
Ash	g	4.70	0.025	8	4.65	1.18	
Sugars, total	g						
Minerals:							
Calcium	mg	20		0	20	5	
Iron	mg	1.56		0	1.54	0.39	
Magnesium	mg	44		0	44	11	
Phosphorus	mg	77		0	76	19	
Potassium	mg	236	10.534	17	234	59	
Sodium	mg	1429	30.403	17	1415	357	
Zinc	mg	0.63		0	0.62	0.16	
Copper	mg	0.359		0	0.355	0.090	
Manganese	mg	0.352		0	0.348	0.088	
Selenium	µg	2.7		0	2.7	0.7	
Vitamins:							
Ascorbic acid	mg	0.1		0	0.1	0.0	
Thiamin	mg	0.010		0	0.010	0.003	
Riboflavin	mg	0.060		0	0.059	0.015	
Niacin	mg	0.218		0	0.216	0.055	
Pantothenic acid	mg	0.048		0	0.048	0.012	
Vitamin B-6	mg	0.013		0	0.013	0.003	
Folate	µg	3		0	3	1	
Vitamin B-12	µg	0.03		0	0.03	0.01	
Vitamin A	IU	2		0	2	1	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	0.041		0	0.041	0.010	
Lipids:							
Saturated, total	g	0.640		0	0.634	0.160	
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	0.000		1	0.000	0.000	
15.0	g						
16:0	g	0.310		1	0.307	0.078	
17:0	g						
18:0	g	0.320		1	0.317	0.080	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.720	0	0.713	0.180
14:1	g				
16:1	g	0.010	1	0.010	0.003
18:1	g	0.720	1	0.713	0.180
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.420	0	0.416	0.105
18:2	g	0.400	1	0.396	0.100
18:3	g	0.030	1	0.030	0.008
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.032	0	0.032	0.008
Threonine	g	0.087	0	0.086	0.022
Isoleucine	g	0.089	0	0.088	0.022
Leucine	g	0.142	0	0.141	0.035
Lysine	g	0.114	0	0.113	0.029
Methionine	g	0.025	0	0.025	0.006
Cystine	g	0.027	0	0.027	0.007
Phenylalanine	g	0.105	0	0.104	0.026
Tyrosine	g	0.084	0	0.083	0.021
Valine	g	0.132	0	0.131	0.033
Arginine	g	0.120	0	0.119	0.030
Histidine	g	0.040	0	0.040	0.010
Alanine	g	0.100	0	0.099	0.025
Aspartic acid	g	0.213	0	0.211	0.053
Glutamic acid	g	0.341	0	0.338	0.085
Glycine	g	0.093	0	0.092	0.023
Proline	g	0.105	0	0.104	0.026
Serine	g	0.096	0	0.095	0.024
Other:					
Caffeine	mg	7	0	7	2
Theobromine	mg	232	0	230	58
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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 (3.5 oz)
Measure 2: amount to make 1/2 cup

NDB No. 19185 Desserts, puddings, chocolate, dry mix, instant, prepared with whole milk

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 147g	Measure 2* 587g	Measure 3*
Proximates:							
Water	g	73.60		0	108.19	432.03	
Energy	kcal	111		0	163	652	
Energy	kj	464		0	682	2724	
Protein (N x 5.95)	g	3.10		0	4.56	18.20	
Total lipid (fat)	g	3.10		0	4.56	18.20	
Carbohydrate, by difference	g	18.80		0	27.64	110.36	
Fiber, total dietary	g	1.0		0	1.5	5.9	
Ash	g	1.40		0	2.06	8.22	
Sugars, total	g						
Minerals:							
Calcium	mg	102		0	150	599	
Iron	mg	0.29		0	0.43	1.70	
Magnesium	mg	18		0	26	106	
Phosphorus	mg	239		0	351	1403	
Potassium	mg	166		0	244	974	
Sodium	mg	284		0	417	1667	
Zinc	mg	0.42		0	0.62	2.47	
Copper	mg	0.064		0	0.094	0.376	
Manganese	mg	0.042		0	0.062	0.247	
Selenium	µg	1.7	0.309	12	2.5	10.0	
Vitamins:							
Ascorbic acid	mg	0.9		0	1.3	5.3	
Thiamin	mg	0.033		0	0.049	0.194	
Riboflavin	mg	0.141		0	0.207	0.828	
Niacin	mg	0.096		0	0.141	0.564	
Pantothenic acid	mg	0.269		0	0.395	1.579	
Vitamin B-6	mg	0.038		0	0.056	0.223	
Folate	µg	4		0	6	23	
Vitamin B-12	µg	0.30		0	0.44	1.76	
Vitamin A	IU	107		0	157	628	
Vitamin A, RE	µg	21		0	31	123	
Vitamin E, α-TE	mg	0.060		0	0.088	0.352	
Lipids:							
Saturated, total	g	1.830		0	2.690	10.742	
4:0	g	0.090		0	0.132	0.528	
6.0	g	0.050		0	0.074	0.294	
8:0	g	0.030		0	0.044	0.176	
10:0	g	0.070		0	0.103	0.411	
12:0	g	0.080		0	0.118	0.470	
14:0	g	0.290		0	0.426	1.702	
15.0	g						
16:0	g	0.820		0	1.205	4.813	
17:0	g						
18:0	g	0.410		0	0.603	2.407	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.920	0	1.352	5.400
14:1	g				
16:1	g	0.070	0	0.103	0.411
18:1	g	0.850	0	1.250	4.989
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.180	0	0.265	1.057
18:2	g	0.130	0	0.191	0.763
18:3	g	0.050	0	0.074	0.294
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	11	0	16	65
Phytosterols	mg	0	0	0	0
Amino acids:					
Tryptophan	g	0.042	0	0.062	0.247
Threonine	g	0.132	0	0.194	0.775
Isoleucine	g	0.173	0	0.254	1.016
Leucine	g	0.279	0	0.410	1.638
Lysine	g	0.226	0	0.332	1.327
Methionine	g	0.069	0	0.101	0.405
Cystine	g	0.029	0	0.043	0.170
Phenylalanine	g	0.143	0	0.210	0.839
Tyrosine	g	0.140	0	0.206	0.822
Valine	g	0.197	0	0.290	1.156
Arginine	g	0.115	0	0.169	0.675
Histidine	g	0.078	0	0.115	0.458
Alanine	g	0.107	0	0.157	0.628
Aspartic acid	g	0.234	0	0.344	1.374
Glutamic acid	g	0.603	0	0.886	3.540
Glycine	g	0.071	0	0.104	0.417
Proline	g	0.270	0	0.397	1.585
Serine	g	0.158	0	0.232	0.927
Other:					
Caffeine	mg	2	0	3	12
Theobromine	mg	62	0	91	364
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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: package yield (2 cups)

NDB No. 19187 Desserts, flan, caramel custard, dry mix

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 85g	Measure 2* 21g	Measure 3*
Proximates:							
Water	g	7.80		1	6.63	1.64	
Energy	kcal	348		0	296	73	
Energy	kj	1456		0	1238	306	
Protein (N x 5.95)	g	0.00		1	0.00	0.00	
Total lipid (fat)	g	0.00		1	0.00	0.00	
Carbohydrate, by difference	g	91.60		0	77.86	19.24	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.61		0	0.52	0.13	
Sugars, total	g						
Minerals:							
Calcium	mg	24		1	20	5	
Iron	mg	0.08		1	0.07	0.02	
Magnesium	mg	0		1	0	0	
Phosphorus	mg	1		1	1	0	
Potassium	mg	153	8.625	5	130	32	
Sodium	mg	432	13.189	5	367	91	
Zinc	mg	0.04		1	0.03	0.01	
Copper	mg	0.015		1	0.013	0.003	
Manganese	mg	0.007		1	0.006	0.001	
Selenium	µg	21.3		0	18.1	4.5	
Vitamins:							
Ascorbic acid	mg	0.0		1	0.0	0.0	
Thiamin	mg	0.000		1	0.000	0.000	
Riboflavin	mg	0.000		1	0.000	0.000	
Niacin	mg	0.000		1	0.000	0.000	
Pantothenic acid	mg	0.000		1	0.000	0.000	
Vitamin B-6	mg	0.000		1	0.000	0.000	
Folate	µg	0		1	0	0	
Vitamin B-12	µg	0.00		1	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						
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	1	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 (3 oz)
Measure 2: amount to make 1/2 cup

NDB No. 19188 Desserts, puddings, chocolate, dry mix, regular

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 99g	Measure 2* 25g	Measure 3*
Proximates:							
Water	g	4.00	0.061	11	3.96	0.99	
Energy	kcal	361		0	357	90	
Energy	kj	1510		0	1495	374	
Protein (N x 5.95)	g	2.60	0.108	11	2.57	0.64	
Total lipid (fat)	g	2.10	0.148	11	2.08	0.52	
Carbohydrate, by difference	g	89.00		0	88.11	22.07	
Fiber, total dietary	g	1.8		0	1.8	0.4	
Ash	g	2.00	0.056	11	1.98	0.50	
Sugars, total	g						
Minerals:							
Calcium	mg	53	2.086	4	52	13	
Iron	mg	1.82	0.031	4	1.80	0.45	
Magnesium	mg	53		0	52	13	
Phosphorus	mg	88	9.481	4	87	22	
Potassium	mg	209	13.072	20	207	52	
Sodium	mg	353	23.265	18	349	88	
Zinc	mg	0.72		0	0.71	0.18	
Copper	mg	0.381		0	0.377	0.094	
Manganese	mg	0.237		1	0.235	0.059	
Selenium	µg	1.9		0	1.9	0.5	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.010		0	0.010	0.002	
Riboflavin	mg	0.202	0.001	2	0.200	0.050	
Niacin	mg	0.183		0	0.181	0.045	
Pantothenic acid	mg	0.049		0	0.049	0.012	
Vitamin B-6	mg	0.020		0	0.020	0.005	
Folate	µg	2		1	2	0	
Vitamin B-12	µg	0.02		0	0.02	0.00	
Vitamin A	IU	14		0	14	3	
Vitamin A, RE	µg	1		0	1	0	
Vitamin E, α-TE	mg	0.024		0	0.024	0.006	
Lipids:							
Saturated, total	g	1.210		0	1.198	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	0.000		1	0.000	0.000	
15.0	g						
16:0	g	0.530		1	0.525	0.131	
17:0	g						
18:0	g	0.680		1	0.673	0.169	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.690	0	0.683	0.171
14:1	g				
16:1	g	0.000	1	0.000	0.000
18:1	g	0.680	1	0.673	0.169
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.070	0	0.069	0.017
18:2	g	0.070	1	0.069	0.017
18:3	g	0.000	1	0.000	0.000
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	1	0	1	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.037	0	0.037	0.009
Threonine	g	0.101	0	0.100	0.025
Isoleucine	g	0.099	0	0.098	0.025
Leucine	g	0.158	0	0.156	0.039
Lysine	g	0.127	0	0.126	0.031
Methionine	g	0.027	0	0.027	0.007
Cystine	g	0.032	0	0.032	0.008
Phenylalanine	g	0.122	0	0.121	0.030
Tyrosine	g	0.096	0	0.095	0.024
Valine	g	0.153	0	0.151	0.038
Arginine	g	0.144	0	0.143	0.036
Histidine	g	0.044	0	0.044	0.011
Alanine	g	0.118	0	0.117	0.029
Aspartic acid	g	0.253	0	0.250	0.063
Glutamic acid	g	0.385	0	0.381	0.095
Glycine	g	0.114	0	0.113	0.028
Proline	g	0.111	0	0.110	0.028
Serine	g	0.110	0	0.109	0.027
Other:					
Caffeine	mg	11	0	11	3
Theobromine	mg	362	0	358	90
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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 (3.5 oz)
Measure 2: amount to make 1/2 cup

NDB No. 19189 Desserts, puddings, chocolate, dry mix, regular, prepared with whole milk

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 142g	Measure 2* 570g	Measure 3*
Proximates:							
Water	g	74.40		0	105.65	424.08	
Energy	kcal	111		0	158	633	
Energy	kj	464		0	659	2645	
Protein (N x 5.95)	g	3.20		0	4.54	18.24	
Total lipid (fat)	g	3.40		0	4.83	19.38	
Carbohydrate, by difference	g	18.00		0	25.56	102.60	
Fiber, total dietary	g	1.0		0	1.4	5.7	
Ash	g	1.00		0	1.42	5.70	
Sugars, total	g						
Minerals:							
Calcium	mg	111		0	158	633	
Iron	mg	0.36		0	0.51	2.05	
Magnesium	mg	15		0	21	86	
Phosphorus	mg	93		0	132	530	
Potassium	mg	163		0	231	929	
Sodium	mg	103		0	146	587	
Zinc	mg	0.45		0	0.64	2.56	
Copper	mg	0.075		0	0.107	0.428	
Manganese	mg	0.043		0	0.061	0.245	
Selenium	µg	1.7	0.309	12	2.4	9.7	
Vitamins:							
Ascorbic acid	mg	0.7		0	1.0	4.0	
Thiamin	mg	0.031		0	0.044	0.177	
Riboflavin	mg	0.174		0	0.247	0.992	
Niacin	mg	0.104		0	0.148	0.593	
Pantothenic acid	mg	0.277		0	0.393	1.579	
Vitamin B-6	mg	0.036		0	0.051	0.205	
Folate	µg	4		0	6	23	
Vitamin B-12	µg	0.25		0	0.36	1.43	
Vitamin A	IU	110		0	156	627	
Vitamin A, RE	µg	26		0	37	148	
Vitamin E, α-TE	mg	0.060		0	0.085	0.342	
Lipids:							
Saturated, total	g	2.090		0	2.968	11.913	
4:0	g	0.090		0	0.128	0.513	
6.0	g	0.050		0	0.071	0.285	
8:0	g	0.030		0	0.043	0.171	
10:0	g	0.070		0	0.099	0.399	
12:0	g	0.080		0	0.114	0.456	
14:0	g	0.300		0	0.426	1.710	
15.0	g						
16:0	g	0.920		0	1.306	5.244	
17:0	g						
18:0	g	0.540		0	0.767	3.078	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.000	0	1.420	5.700
14:1	g				
16:1	g	0.070	0	0.099	0.399
18:1	g	0.930	0	1.321	5.301
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.130	0	0.185	0.741
18:2	g	0.080	0	0.114	0.456
18:3	g	0.040	0	0.057	0.228
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	12	0	17	68
Phytosterols	mg	0	0	0	0
Amino acids:					
Tryptophan	g	0.044	0	0.062	0.251
Threonine	g	0.137	0	0.195	0.781
Isoleucine	g	0.179	0	0.254	1.020
Leucine	g	0.288	0	0.409	1.642
Lysine	g	0.233	0	0.331	1.328
Methionine	g	0.071	0	0.101	0.405
Cystine	g	0.030	0	0.043	0.171
Phenylalanine	g	0.149	0	0.212	0.849
Tyrosine	g	0.145	0	0.206	0.826
Valine	g	0.205	0	0.291	1.168
Arginine	g	0.120	0	0.170	0.684
Histidine	g	0.080	0	0.114	0.456
Alanine	g	0.111	0	0.158	0.633
Aspartic acid	g	0.244	0	0.346	1.391
Glutamic acid	g	0.624	0	0.886	3.557
Glycine	g	0.075	0	0.107	0.428
Proline	g	0.278	0	0.395	1.585
Serine	g	0.164	0	0.233	0.935
Other:					
Caffeine	mg	2	0	3	11
Theobromine	mg	62	0	88	353
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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: package yield (2 cups)

NDB No. 19190 Desserts, puddings, chocolate, dry mix, regular, prepared with 2% milk

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 142g	Measure 2* 570g	Measure 3*
Proximates:							
Water	g	73.90		0	104.94	421.23	
Energy	kcal	106		0	151	604	
Energy	kj	444		0	630	2531	
Protein (N x 5.95)	g	3.30		0	4.69	18.81	
Total lipid (fat)	g	2.00		0	2.84	11.40	
Carbohydrate, by difference	g	19.70		0	27.97	112.29	
Fiber, total dietary	g	0.3		0	0.4	1.7	
Ash	g	1.00		0	1.42	5.70	
Sugars, total	g						
Minerals:							
Calcium	mg	113		0	160	644	
Iron	mg	0.36		0	0.51	2.05	
Magnesium	mg	21		0	30	120	
Phosphorus	mg	97		0	138	553	
Potassium	mg	169		0	240	963	
Sodium	mg	105		0	149	599	
Zinc	mg	0.46		0	0.65	2.62	
Copper	mg	0.074		0	0.105	0.422	
Manganese	mg	0.043		0	0.061	0.245	
Selenium	µg	1.8		0	2.6	10.3	
Vitamins:							
Ascorbic acid	mg	0.7		0	1.0	4.0	
Thiamin	mg	0.032		0	0.045	0.182	
Riboflavin	mg	0.148		0	0.210	0.844	
Niacin	mg	0.106		0	0.151	0.604	
Pantothenic acid	mg	0.282		0	0.400	1.607	
Vitamin B-6	mg	0.037		0	0.053	0.211	
Folate	µg	4		0	6	23	
Vitamin B-12	µg	0.25		0	0.36	1.43	
Vitamin A	IU	178		0	253	1015	
Vitamin A, RE	µg	48		0	68	274	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	1.240		0	1.761	7.068	
4:0	g	0.050		0	0.071	0.285	
6.0	g	0.030		0	0.043	0.171	
8:0	g	0.020		0	0.028	0.114	
10:0	g	0.040		0	0.057	0.228	
12:0	g	0.050		0	0.071	0.285	
14:0	g	0.170		0	0.241	0.969	
15.0	g						
16:0	g	0.540		0	0.767	3.078	
17:0	g						
18:0	g	0.320		0	0.454	1.824	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.590	0	0.838	3.363
14:1	g				
16:1	g	0.040	0	0.057	0.228
18:1	g	0.550	0	0.781	3.135
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.070	0	0.099	0.399
18:2	g	0.050	0	0.071	0.285
18:3	g	0.030	0	0.043	0.171
18:4	g				
20:4	g	0.000	0	0.000	0.000
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	7	0	10	40
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.045	0	0.064	0.257
Threonine	g	0.140	0	0.199	0.798
Isoleucine	g	0.182	0	0.258	1.037
Leucine	g	0.293	0	0.416	1.670
Lysine	g	0.238	0	0.338	1.357
Methionine	g	0.073	0	0.104	0.416
Cystine	g	0.031	0	0.044	0.177
Phenylalanine	g	0.152	0	0.216	0.866
Tyrosine	g	0.148	0	0.210	0.844
Valine	g	0.209	0	0.297	1.191
Arginine	g	0.123	0	0.175	0.701
Histidine	g	0.081	0	0.115	0.462
Alanine	g	0.114	0	0.162	0.650
Aspartic acid	g	0.250	0	0.355	1.425
Glutamic acid	g	0.636	0	0.903	3.625
Glycine	g	0.078	0	0.111	0.445
Proline	g	0.282	0	0.400	1.607
Serine	g	0.167	0	0.237	0.952
Other:					
Caffeine	mg	2	0	3	11
Theobromine	mg	62	0	88	353
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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: package yield (2 cups)

NDB No. 19191 Desserts, puddings, coconut cream, dry mix, instant, prepared with 2% milk

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 147g	Measure 2* 587g	Measure 3*
Proximates:							
Water	g	74.40		0	109.37	436.73	
Energy	kcal	107		0	157	628	
Energy	kj	448		0	659	2630	
Protein (N x 5.95)	g	2.90		0	4.26	17.02	
Total lipid (fat)	g	2.30		0	3.38	13.50	
Carbohydrate, by difference	g	19.20		0	28.22	112.70	
Fiber, total dietary	g	0.1		0	0.1	0.6	
Ash	g	1.20		0	1.76	7.04	
Sugars, total	g						
Minerals:							
Calcium	mg	102		0	150	599	
Iron	mg	0.15		0	0.22	0.88	
Magnesium	mg	14		0	21	82	
Phosphorus	mg	201		0	295	1180	
Potassium	mg	132		0	194	775	
Sodium	mg	246		0	362	1444	
Zinc	mg	0.33		0	0.49	1.94	
Copper	mg	0.025		0	0.037	0.147	
Manganese	mg	0.019		0	0.028	0.112	
Selenium	µg	2.0		0	2.9	11.7	
Vitamins:							
Ascorbic acid	mg	0.8		0	1.2	4.7	
Thiamin	mg	0.034		0	0.050	0.200	
Riboflavin	mg	0.138		0	0.203	0.810	
Niacin	mg	0.086		0	0.126	0.505	
Pantothenic acid	mg	0.271		0	0.398	1.591	
Vitamin B-6	mg	0.038		0	0.056	0.223	
Folate	µg	4		0	6	23	
Vitamin B-12	µg	0.30		0	0.44	1.76	
Vitamin A	IU	170		0	250	998	
Vitamin A, RE	µg	47		0	69	276	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	1.370		0	2.014	8.042	
4:0	g	0.050		0	0.074	0.294	
6.0	g	0.030		0	0.044	0.176	
8:0	g	0.050		0	0.074	0.294	
10:0	g	0.060		0	0.088	0.352	
12:0	g	0.210		0	0.309	1.233	
14:0	g	0.230		0	0.338	1.350	
15.0	g						
16:0	g	0.500		0	0.735	2.935	
17:0	g						
18:0	g	0.230		0	0.338	1.350	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.620	0	0.911	3.639
14:1	g				
16:1	g	0.040	0	0.059	0.235
18:1	g	0.580	0	0.853	3.405
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.190	0	0.279	1.115
18:2	g	0.160	0	0.235	0.939
18:3	g	0.030	0	0.044	0.176
18:4	g				
20:4	g	0.000	0	0.000	0.000
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	6	0	9	35
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.038	0	0.056	0.223
Threonine	g	0.124	0	0.182	0.728
Isoleucine	g	0.165	0	0.243	0.969
Leucine	g	0.269	0	0.395	1.579
Lysine	g	0.216	0	0.318	1.268
Methionine	g	0.069	0	0.101	0.405
Cystine	g	0.027	0	0.040	0.158
Phenylalanine	g	0.134	0	0.197	0.787
Tyrosine	g	0.132	0	0.194	0.775
Valine	g	0.185	0	0.272	1.086
Arginine	g	0.115	0	0.169	0.675
Histidine	g	0.075	0	0.110	0.440
Alanine	g	0.098	0	0.144	0.575
Aspartic acid	g	0.213	0	0.313	1.250
Glutamic acid	g	0.583	0	0.857	3.422
Glycine	g	0.062	0	0.091	0.364
Proline	g	0.262	0	0.385	1.538
Serine	g	0.150	0	0.221	0.881
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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: package yield (2 cups)

NDB No. 19193 Desserts, puddings, rice, ready-to-eat

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 142g	Measure 3*
Proximates:							
Water	g	67.90	0.296	16	19.25	96.42	
Energy	kcal	163		0	46	231	
Energy	kj	682		0	193	968	
Protein (N x 5.95)	g	2.00	0.021	15	0.57	2.84	
Total lipid (fat)	g	7.50	0.069	15	2.13	10.65	
Carbohydrate, by difference	g	22.00		0	6.24	31.24	
Fiber, total dietary	g	0.1		0	0.0	0.1	
Ash	g	0.60	0.007	15	0.17	0.85	
Sugars, total	g						
Minerals:							
Calcium	mg	52	1.429	15	15	74	
Iron	mg	0.30		1	0.09	0.43	
Magnesium	mg	8		1	2	11	
Phosphorus	mg	68		1	19	97	
Potassium	mg	60		1	17	85	
Sodium	mg	85		1	24	121	
Zinc	mg	0.49		1	0.14	0.70	
Copper	mg	0.022		1	0.006	0.031	
Manganese	mg	0.126		1	0.036	0.179	
Selenium	µg	2.2		0	0.6	3.1	
Vitamins:							
Ascorbic acid	mg	0.5		1	0.1	0.7	
Thiamin	mg	0.018	0.001	15	0.005	0.026	
Riboflavin	mg	0.072	0.002	15	0.020	0.102	
Niacin	mg	0.161	0.006	14	0.046	0.229	
Pantothenic acid	mg	0.232		1	0.066	0.329	
Vitamin B-6	mg	0.029		1	0.008	0.041	
Folate	µg	3		1	1	4	
Vitamin B-12	µg	0.21		1	0.06	0.30	
Vitamin A	IU	114		1	32	162	
Vitamin A, RE	µg	35		0	10	50	
Vitamin E, α-TE	mg	1.376		0	0.390	1.954	
Lipids:							
Saturated, total	g	1.170		0	0.332	1.661	
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	0.020		1	0.006	0.028	
15.0	g						
16:0	g	0.760		1	0.215	1.079	
17:0	g						
18:0	g	0.380		1	0.108	0.540	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.210	0	0.910	4.558
14:1	g				
16:1	g	0.030	1	0.009	0.043
18:1	g	3.170	1	0.899	4.501
20:1	g				
22.1	g				
Polyunsaturated, total	g	2.790	0	0.791	3.962
18:2	g	2.590	1	0.734	3.678
18:3	g	0.190	1	0.054	0.270
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	1	1	0	1
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.026	0	0.007	0.037
Threonine	g	0.084	0	0.024	0.119
Isoleucine	g	0.112	0	0.032	0.159
Leucine	g	0.186	0	0.053	0.264
Lysine	g	0.142	0	0.040	0.202
Methionine	g	0.048	0	0.014	0.068
Cystine	g	0.019	0	0.005	0.027
Phenylalanine	g	0.094	0	0.027	0.133
Tyrosine	g	0.091	0	0.026	0.129
Valine	g	0.127	0	0.036	0.180
Arginine	g	0.080	0	0.023	0.114
Histidine	g	0.051	0	0.014	0.072
Alanine	g	0.072	0	0.020	0.102
Aspartic acid	g	0.150	0	0.043	0.213
Glutamic acid	g	0.399	0	0.113	0.567
Glycine	g	0.046	0	0.013	0.065
Proline	g	0.176	0	0.050	0.250
Serine	g	0.104	0	0.029	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 oz
Measure 2: 1 can (5 oz)

NDB No. 19194 Desserts, puddings, rice, dry mix

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 106g	Measure 2* 27g	Measure 3*
Proximates:							
Water	g	4.80		1	5.09	1.30	
Energy	kcal	376		0	399	102	
Energy	kj	1573		0	1667	425	
Protein (N x 5.95)	g	2.70		1	2.86	0.73	
Total lipid (fat)	g	0.10		1	0.11	0.03	
Carbohydrate, by difference	g	91.20		0	96.67	24.62	
Fiber, total dietary	g	0.7		0	0.7	0.2	
Ash	g	1.10		1	1.17	0.30	
Sugars, total	g						
Minerals:							
Calcium	mg	14		1	15	4	
Iron	mg	1.79		1	1.90	0.48	
Magnesium	mg	8		1	8	2	
Phosphorus	mg	39		1	41	11	
Potassium	mg	5		1	5	1	
Sodium	mg	366		1	388	99	
Zinc	mg	0.31		1	0.33	0.08	
Copper	mg	0.062		1	0.066	0.017	
Manganese	mg	0.300		1	0.318	0.081	
Selenium	µg	0.5		0	0.5	0.1	
Vitamins:							
Ascorbic acid	mg	0.0		1	0.0	0.0	
Thiamin	mg	0.248		1	0.263	0.067	
Riboflavin	mg	0.012		1	0.013	0.003	
Niacin	mg	2.013		1	2.134	0.544	
Pantothenic acid	mg	0.108		1	0.114	0.029	
Vitamin B-6	mg	0.013		1	0.014	0.004	
Folate	µg	1		1	1	0	
Vitamin B-12	µg	0.00		1	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						
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	1	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
Measure 2: amount to make 1/2 cup

NDB No. 19195 Desserts, puddings, rice, dry mix, prepared with whole milk

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 144g	Measure 2* 576g	Measure 3*
Proximates:							
Water	g	72.20		0	103.97	415.87	
Energy	kcal	122		0	176	703	
Energy	kj	510		0	734	2938	
Protein (N x 5.95)	g	3.30		0	4.75	19.01	
Total lipid (fat)	g	2.80		0	4.03	16.13	
Carbohydrate, by difference	g	20.90		0	30.10	120.38	
Fiber, total dietary	g	0.1		0	0.1	0.6	
Ash	g	0.80		0	1.15	4.61	
Sugars, total	g						
Minerals:							
Calcium	mg	103		0	148	593	
Iron	mg	0.38		0	0.55	2.19	
Magnesium	mg	13		0	19	75	
Phosphorus	mg	86		0	124	495	
Potassium	mg	129		0	186	743	
Sodium	mg	109		0	157	628	
Zinc	mg	0.38		0	0.55	2.19	
Copper	mg	0.020		0	0.029	0.115	
Manganese	mg	0.057		0	0.082	0.328	
Selenium	µg	1.7		0	2.4	9.8	
Vitamins:							
Ascorbic acid	mg	0.7		0	1.0	4.0	
Thiamin	mg	0.075		0	0.108	0.432	
Riboflavin	mg	0.139		0	0.200	0.801	
Niacin	mg	0.445		0	0.641	2.563	
Pantothenic acid	mg	0.285		0	0.410	1.642	
Vitamin B-6	mg	0.034		0	0.049	0.196	
Folate	µg	4		0	6	23	
Vitamin B-12	µg	0.24		0	0.35	1.38	
Vitamin A	IU	107		0	154	616	
Vitamin A, RE	µg	20		0	29	115	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	1.760		0	2.534	10.138	
4:0	g	0.090		0	0.130	0.518	
6.0	g	0.050		0	0.072	0.288	
8:0	g	0.030		0	0.043	0.173	
10:0	g	0.070		0	0.101	0.403	
12:0	g	0.080		0	0.115	0.461	
14:0	g	0.290		0	0.418	1.670	
15.0	g						
16:0	g	0.780		0	1.123	4.493	
17:0	g						
18:0	g	0.360		0	0.518	2.074	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.810	0	1.166	4.666
14:1	g				
16:1	g	0.070	0	0.101	0.403
18:1	g	0.750	0	1.080	4.320
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.110	0	0.158	0.634
18:2	g	0.070	0	0.101	0.403
18:3	g	0.040	0	0.058	0.230
18:4	g				
20:4	g	0.000	0	0.000	0.000
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	11	0	16	63
Phytosterols	mg	0	0	0	0
Amino acids:					
Tryptophan	g	0.037	0	0.053	0.213
Threonine	g	0.120	0	0.173	0.691
Isoleucine	g	0.161	0	0.232	0.927
Leucine	g	0.260	0	0.374	1.498
Lysine	g	0.210	0	0.302	1.210
Methionine	g	0.066	0	0.095	0.380
Cystine	g	0.024	0	0.035	0.138
Phenylalanine	g	0.128	0	0.184	0.737
Tyrosine	g	0.128	0	0.184	0.737
Valine	g	0.178	0	0.256	1.025
Arginine	g	0.096	0	0.138	0.553
Histidine	g	0.072	0	0.104	0.415
Alanine	g	0.091	0	0.131	0.524
Aspartic acid	g	0.201	0	0.289	1.158
Glutamic acid	g	0.555	0	0.799	3.197
Glycine	g	0.056	0	0.081	0.323
Proline	g	0.257	0	0.370	1.480
Serine	g	0.144	0	0.207	0.829
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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: package yield (2 cups)

NDB No. 19197 Desserts, CPC, ALSA Mousse Mix, powder, dark chocolate

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 21g	Measure 2*	Measure 3*
Proximates:							
Water	g	1.74		3	0.37		
Energy	kcal	501		0	105		
Energy	kj	2096		0	440		
Protein (N x 5.95)	g	9.43		3	1.98		
Total lipid (fat)	g	24.26		3	5.09		
Carbohydrate, by difference	g	61.33		0	12.88		
Fiber, total dietary	g						
Ash	g	3.22		3	0.68		
Sugars, total	g	36.33		2	7.63		
Minerals:							
Calcium	mg						
Iron	mg						
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	396		3	83		
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU						
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	17.160		2	3.604		
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
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: 2-1/2 tablespoons

NDB No. 19198 Desserts, puddings, tapioca, dry mix

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 92g	Measure 2* 23g	Measure 3*
Proximates:							
Water	g	4.00	0.043	6	3.68	0.92	
Energy	kcal	369		0	339	85	
Energy	kj	1544		0	1420	355	
Protein (N x 5.95)	g	0.10		0	0.09	0.02	
Total lipid (fat)	g	0.10		0	0.09	0.02	
Carbohydrate, by difference	g	94.30		0	86.76	21.69	
Fiber, total dietary	g	0.2		0	0.2	0.0	
Ash	g	1.40	0.040	6	1.29	0.32	
Sugars, total	g	65.00		0	59.80	14.95	
Minerals:							
Calcium	mg	4		0	4	1	
Iron	mg	0.12		0	0.11	0.03	
Magnesium	mg	2		0	2	0	
Phosphorus	mg	4		0	4	1	
Potassium	mg	5		0	5	1	
Sodium	mg	477		0	439	110	
Zinc	mg	0.08		0	0.07	0.02	
Copper	mg	0.029		0	0.027	0.007	
Manganese	mg	0.033		0	0.030	0.008	
Selenium	µg	0.9		0	0.8	0.2	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.001		0	0.001	0.000	
Riboflavin	mg	0.006		0	0.006	0.001	
Niacin	mg	0.004		0	0.004	0.001	
Pantothenic acid	mg	0.015		0	0.014	0.003	
Vitamin B-6	mg	0.001		0	0.001	0.000	
Folate	µg	0		0	0	0	
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	0.002	0	0.002	0.000
Threonine	g	0.004	0	0.004	0.001
Isoleucine	g	0.004	0	0.004	0.001
Leucine	g	0.009	0	0.008	0.002
Lysine	g	0.004	0	0.004	0.001
Methionine	g	0.002	0	0.002	0.000
Cystine	g	0.003	0	0.003	0.001
Phenylalanine	g	0.004	0	0.004	0.001
Tyrosine	g	0.003	0	0.003	0.001
Valine	g	0.005	0	0.005	0.001
Arginine	g	0.012	0	0.011	0.003
Histidine	g	0.003	0	0.003	0.001
Alanine	g	0.006	0	0.006	0.001
Aspartic acid	g	0.009	0	0.008	0.002
Glutamic acid	g	0.024	0	0.022	0.006
Glycine	g	0.004	0	0.004	0.001
Proline	g	0.007	0	0.006	0.002
Serine	g	0.004	0	0.004	0.001
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 package (3.5 oz)
Measure 2: amount to make 1/2 cup

NDB No. 19199 Desserts, puddings, tapioca, dry mix, prepared with whole milk

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 141g	Measure 2* 563g	Measure 3*
Proximates:							
Water	g	73.80		0	104.06	415.49	
Energy	kcal	114		0	161	642	
Energy	kj	477		0	673	2686	
Protein (N x 5.95)	g	2.90		0	4.09	16.33	
Total lipid (fat)	g	2.90		0	4.09	16.33	
Carbohydrate, by difference	g	19.60		0	27.64	110.35	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.90		0	1.27	5.07	
Sugars, total	g						
Minerals:							
Calcium	mg	104		0	147	586	
Iron	mg	0.06		0	0.08	0.34	
Magnesium	mg	12		0	17	68	
Phosphorus	mg	82		0	116	462	
Potassium	mg	132		0	186	743	
Sodium	mg	121		0	171	681	
Zinc	mg	0.34		0	0.48	1.91	
Copper	mg	0.013		0	0.018	0.073	
Manganese	mg	0.007		0	0.010	0.039	
Selenium	µg	1.8		0	2.5	10.1	
Vitamins:							
Ascorbic acid	mg	0.7		0	1.0	3.9	
Thiamin	mg	0.030		0	0.042	0.169	
Riboflavin	mg	0.141		0	0.199	0.794	
Niacin	mg	0.073		0	0.103	0.411	
Pantothenic acid	mg	0.274		0	0.386	1.543	
Vitamin B-6	mg	0.038		0	0.054	0.214	
Folate	µg	4		0	6	23	
Vitamin B-12	µg	0.25		0	0.35	1.41	
Vitamin A	IU	109		0	154	614	
Vitamin A, RE	µg	27		0	38	152	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	1.800		0	2.538	10.134	
4:0	g	0.090		0	0.127	0.507	
6.0	g	0.050		0	0.071	0.282	
8:0	g	0.030		0	0.042	0.169	
10:0	g	0.070		0	0.099	0.394	
12:0	g	0.080		0	0.113	0.450	
14:0	g	0.030		0	0.042	0.169	
15.0	g						
16:0	g	0.800		0	1.128	4.504	
17:0	g						
18:0	g	0.370		0	0.522	2.083	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.830	0	1.170	4.673
14:1	g				
16:1	g	0.070	0	0.099	0.394
18:1	g	0.760	0	1.072	4.279
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.110	0	0.155	0.619
18:2	g	0.070	0	0.099	0.394
18:3	g	0.040	0	0.056	0.225
18:4	g				
20:4	g	0.000	0	0.000	0.000
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	12	0	17	68
Phytosterols	mg	0	0	0	0
Amino acids:					
Tryptophan	g	0.038	0	0.054	0.214
Threonine	g	0.123	0	0.173	0.692
Isoleucine	g	0.165	0	0.233	0.929
Leucine	g	0.268	0	0.378	1.509
Lysine	g	0.216	0	0.305	1.216
Methionine	g	0.068	0	0.096	0.383
Cystine	g	0.026	0	0.037	0.146
Phenylalanine	g	0.132	0	0.186	0.743
Tyrosine	g	0.132	0	0.186	0.743
Valine	g	0.183	0	0.258	1.030
Arginine	g	0.100	0	0.141	0.563
Histidine	g	0.074	0	0.104	0.417
Alanine	g	0.094	0	0.133	0.529
Aspartic acid	g	0.208	0	0.293	1.171
Glutamic acid	g	0.573	0	0.808	3.226
Glycine	g	0.058	0	0.082	0.327
Proline	g	0.264	0	0.372	1.486
Serine	g	0.148	0	0.209	0.833
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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: package yield (2 cups)

NDB No. 19201 Desserts, puddings, vanilla, ready-to-eat

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 113g	Measure 3*
Proximates:							
Water	g	71.20	0.127	64	20.19	80.46	
Energy	kcal	130		0	37	147	
Energy	kj	544		0	154	615	
Protein (N x 5.95)	g	2.30	0.041	64	0.65	2.60	
Total lipid (fat)	g	3.60	0.053	64	1.02	4.07	
Carbohydrate, by difference	g	21.90		0	6.21	24.75	
Fiber, total dietary	g	0.1		0	0.0	0.1	
Ash	g	0.90	0.011	63	0.26	1.02	
Sugars, total	g						
Minerals:							
Calcium	mg	88	1.246	63	25	99	
Iron	mg	0.13	0.007	61	0.04	0.15	
Magnesium	mg	8	0.070	65	2	9	
Phosphorus	mg	68	1.110	63	19	77	
Potassium	mg	113	1.712	63	32	128	
Sodium	mg	135		1	38	153	
Zinc	mg	0.25	0.007	62	0.07	0.28	
Copper	mg	0.030	0.003	62	0.009	0.034	
Manganese	mg	0.008		1	0.002	0.009	
Selenium	µg	1.4		0	0.4	1.6	
Vitamins:							
Ascorbic acid	mg	0.0	0.041	5	0.0	0.0	
Thiamin	mg	0.022	0.001	63	0.006	0.025	
Riboflavin	mg	0.139	0.003	63	0.039	0.157	
Niacin	mg	0.252	0.020	63	0.071	0.285	
Pantothenic acid	mg	0.174	0.075	2	0.049	0.197	
Vitamin B-6	mg	0.011	0.001	2	0.003	0.012	
Folate	µg	0	0.000	2	0	0	
Vitamin B-12	µg	0.10	0.002	2	0.03	0.11	
Vitamin A	IU	21	12.725	5	6	24	
Vitamin A, RE	µg	6		0	2	7	
Vitamin E, α-TE	mg	0.125		0	0.035	0.141	
Lipids:							
Saturated, total	g	0.570		0	0.162	0.644	
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	0.010		1	0.003	0.011	
15.0	g						
16:0	g	0.370		1	0.105	0.418	
17:0	g						
18:0	g	0.190		1	0.054	0.215	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.540		0	0.437	1.740
14:1	g					
16:1	g	0.020		1	0.006	0.023
18:1	g	1.530		1	0.434	1.729
20:1	g	0.000		0	0.000	0.000
22.1	g	0.000		0	0.000	0.000
Polyunsaturated, total	g	1.340		0	0.380	1.514
18:2	g	1.240		1	0.352	1.401
18:3	g	0.090		1	0.026	0.102
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	7	0.750	2	2	8
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.030		0	0.009	0.034
Threonine	g	0.099		0	0.028	0.112
Isoleucine	g	0.132		0	0.037	0.149
Leucine	g	0.216		0	0.061	0.244
Lysine	g	0.173		0	0.049	0.195
Methionine	g	0.055		0	0.016	0.062
Cystine	g	0.020		0	0.006	0.023
Phenylalanine	g	0.106		0	0.030	0.120
Tyrosine	g	0.105		0	0.030	0.119
Valine	g	0.146		0	0.041	0.165
Arginine	g	0.080		0	0.023	0.090
Histidine	g	0.060		0	0.017	0.068
Alanine	g	0.076		0	0.022	0.086
Aspartic acid	g	0.166		0	0.047	0.188
Glutamic acid	g	0.459		0	0.130	0.519
Glycine	g	0.047		0	0.013	0.053
Proline	g	0.212		0	0.060	0.240
Serine	g	0.119		0	0.034	0.134
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

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

*** Common Measures:**

Measure 1: 1 oz

Measure 2: 1 snack size (4 oz)

NDB No. 19202 Desserts, puddings, vanilla, dry mix, instant

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 99g	Measure 2* 25g	Measure 3*
Proximates:							
Water	g	2.60	0.158	20	2.57	0.65	
Energy	kcal	368		0	364	92	
Energy	kj	1540		0	1525	385	
Protein (N x 5.95)	g	0.00	0.000	20	0.00	0.00	
Total lipid (fat)	g	0.60	0.024	20	0.59	0.15	
Carbohydrate, by difference	g	92.90		0	91.97	23.23	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	3.90	0.067	20	3.86	0.98	
Sugars, total	g	76.00		0	75.24	19.00	
Minerals:							
Calcium	mg	12	1.932	3	12	3	
Iron	mg	0.07		0	0.07	0.02	
Magnesium	mg	1		0	1	0	
Phosphorus	mg	705	9.672	3	698	176	
Potassium	mg	12	1.856	16	12	3	
Sodium	mg	1441	33.880	16	1427	360	
Zinc	mg	0.06	0.002	4	0.06	0.02	
Copper	mg	0.093	0.043	2	0.092	0.023	
Manganese	mg	0.031		0	0.031	0.008	
Selenium	µg	0.8		0	0.8	0.2	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.004		0	0.004	0.001	
Riboflavin	mg	0.032		0	0.032	0.008	
Niacin	mg	0.009		0	0.009	0.002	
Pantothenic acid	mg	0.031		0	0.031	0.008	
Vitamin B-6	mg	0.003		0	0.003	0.001	
Folate	µg	0		0	0	0	
Vitamin B-12	µg	0.04		0	0.04	0.01	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	0.060		0	0.059	0.015	
Lipids:							
Saturated, total	g	0.100		0	0.099	0.025	
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	0.000		1	0.000	0.000	
15.0	g						
16:0	g	0.060		1	0.059	0.015	
17:0	g						
18:0	g	0.030		1	0.030	0.008	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.270	0	0.267	0.068
14:1	g				
16:1	g	0.000	1	0.000	0.000
18:1	g	0.270	1	0.267	0.068
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.240	0	0.238	0.060
18:2	g	0.220	1	0.218	0.055
18:3	g	0.020	1	0.020	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	0.000	0	0.000	0.000
Threonine	g	0.000	0	0.000	0.000
Isoleucine	g	0.000	0	0.000	0.000
Leucine	g	0.000	0	0.000	0.000
Lysine	g	0.000	0	0.000	0.000
Methionine	g	0.000	0	0.000	0.000
Cystine	g	0.000	0	0.000	0.000
Phenylalanine	g	0.000	0	0.000	0.000
Tyrosine	g	0.000	0	0.000	0.000
Valine	g	0.000	0	0.000	0.000
Arginine	g	0.000	0	0.000	0.000
Histidine	g	0.000	0	0.000	0.000
Alanine	g	0.000	0	0.000	0.000
Aspartic acid	g	0.000	0	0.000	0.000
Glutamic acid	g	0.000	0	0.000	0.000
Glycine	g	0.000	0	0.000	0.000
Proline	g	0.000	0	0.000	0.000
Serine	g	0.000	0	0.000	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 package (3.5 oz)
Measure 2: amount to make 1/2 cup

NDB No. 19203 Desserts, puddings, vanilla, dry mix, instant, prepared with whole milk

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 142g	Measure 2* 569g	Measure 3*
Proximates:							
Water	g	73.50		0	104.37	418.21	
Energy	kcal	114		0	162	649	
Energy	kj	477		0	677	2714	
Protein (N x 5.95)	g	2.70		0	3.83	15.36	
Total lipid (fat)	g	2.90		0	4.12	16.50	
Carbohydrate, by difference	g	19.70		0	27.97	112.09	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.30		0	1.85	7.40	
Sugars, total	g						
Minerals:							
Calcium	mg	101		0	143	575	
Iron	mg	0.07		0	0.10	0.40	
Magnesium	mg	12		0	17	68	
Phosphorus	mg	197		0	280	1121	
Potassium	mg	128		0	182	728	
Sodium	mg	286		0	406	1627	
Zinc	mg	0.33		0	0.47	1.88	
Copper	mg	0.024		0	0.034	0.137	
Manganese	mg	0.007		0	0.010	0.040	
Selenium	µg	1.6		0	2.3	9.1	
Vitamins:							
Ascorbic acid	mg	0.8		0	1.1	4.6	
Thiamin	mg	0.033		0	0.047	0.188	
Riboflavin	mg	0.136		0	0.193	0.774	
Niacin	mg	0.074		0	0.105	0.421	
Pantothenic acid	mg	0.262		0	0.372	1.491	
Vitamin B-6	mg	0.036		0	0.051	0.205	
Folate	µg	4		0	6	23	
Vitamin B-12	µg	0.30		0	0.43	1.71	
Vitamin A	IU	105		0	149	597	
Vitamin A, RE	µg	25		0	36	142	
Vitamin E, α-TE	mg	0.060		0	0.085	0.341	
Lipids:							
Saturated, total	g	1.740		0	2.471	9.901	
4:0	g	0.090		0	0.128	0.512	
6.0	g	0.050		0	0.071	0.285	
8:0	g	0.030		0	0.043	0.171	
10:0	g	0.070		0	0.099	0.398	
12:0	g	0.080		0	0.114	0.455	
14:0	g	0.290		0	0.412	1.650	
15.0	g						
16:0	g	0.770		0	1.093	4.381	
17:0	g						
18:0	g	0.360		0	0.511	2.048	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.840	0	1.193	4.780
14:1	g				
16:1	g	0.070	0	0.099	0.398
18:1	g	0.780	0	1.108	4.438
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.150	0	0.213	0.853
18:2	g	0.100	0	0.142	0.569
18:3	g	0.050	0	0.071	0.285
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	11	0	16	63
Phytosterols	mg	0	0	0	0
Amino acids:					
Tryptophan	g	0.036	0	0.051	0.205
Threonine	g	0.117	0	0.166	0.666
Isoleucine	g	0.158	0	0.224	0.899
Leucine	g	0.255	0	0.362	1.451
Lysine	g	0.207	0	0.294	1.178
Methionine	g	0.065	0	0.092	0.370
Cystine	g	0.024	0	0.034	0.137
Phenylalanine	g	0.126	0	0.179	0.717
Tyrosine	g	0.126	0	0.179	0.717
Valine	g	0.174	0	0.247	0.990
Arginine	g	0.094	0	0.133	0.535
Histidine	g	0.071	0	0.101	0.404
Alanine	g	0.090	0	0.128	0.512
Aspartic acid	g	0.198	0	0.281	1.127
Glutamic acid	g	0.545	0	0.774	3.101
Glycine	g	0.055	0	0.078	0.313
Proline	g	0.252	0	0.358	1.434
Serine	g	0.141	0	0.200	0.802
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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: package yield (2 cups)

NDB No. 19204 Desserts, puddings, lemon, dry mix, instant, prepared with 2% milk

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 147g	Measure 2*	Measure 3*
Proximates:							
Water	g	74.20		0	109.07		
Energy	kcal	105		0	154		
Energy	kj	439		0	645		
Protein (N x 5.95)	g	2.80		0	4.12		
Total lipid (fat)	g	1.70		0	2.50		
Carbohydrate, by difference	g	20.20		0	29.69		
Fiber, total dietary	g	0.0		0	0.0		
Ash	g	1.20		0	1.76		
Sugars, total	g						
Minerals:							
Calcium	mg	101		0	148		
Iron	mg	0.06		0	0.09		
Magnesium	mg	11		0	16		
Phosphorus	mg	207		0	304		
Potassium	mg	129		0	190		
Sodium	mg	268		0	394		
Zinc	mg	0.33		0	0.49		
Copper	mg	0.009		0	0.013		
Manganese	mg	0.003		0	0.004		
Selenium	µg	1.8		0	2.6		
Vitamins:							
Ascorbic acid	mg	0.8		0	1.2		
Thiamin	mg	0.033		0	0.049		
Riboflavin	mg	0.137		0	0.201		
Niacin	mg	0.072		0	0.106		
Pantothenic acid	mg	0.267		0	0.392		
Vitamin B-6	mg	0.036		0	0.053		
Folate	µg	4		0	6		
Vitamin B-12	µg	0.30		0	0.44		
Vitamin A	IU	170		0	250		
Vitamin A, RE	µg	47		0	69		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	1.010		0	1.485		
4:0	g	0.050		0	0.074		
6.0	g	0.030		0	0.044		
8:0	g	0.020		0	0.029		
10:0	g	0.040		0	0.059		
12:0	g	0.050		0	0.074		
14:0	g	0.170		0	0.250		
15.0	g						
16:0	g	0.440		0	0.647		
17:0	g						
18:0	g	0.210		0	0.309		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.500	0	0.735
14:1	g			
16:1	g	0.040	0	0.059
18:1	g	0.460	0	0.676
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.100	0	0.147
18:2	g	0.080	0	0.118
18:3	g	0.030	0	0.044
18:4	g			
20:4	g	0.000	0	0.000
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	6	0	9
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.037	0	0.054
Threonine	g	0.119	0	0.175
Isoleucine	g	0.159	0	0.234
Leucine	g	0.258	0	0.379
Lysine	g	0.209	0	0.307
Methionine	g	0.066	0	0.097
Cystine	g	0.024	0	0.035
Phenylalanine	g	0.127	0	0.187
Tyrosine	g	0.127	0	0.187
Valine	g	0.176	0	0.259
Arginine	g	0.095	0	0.140
Histidine	g	0.071	0	0.104
Alanine	g	0.091	0	0.134
Aspartic acid	g	0.200	0	0.294
Glutamic acid	g	0.551	0	0.810
Glycine	g	0.056	0	0.082
Proline	g	0.255	0	0.375
Serine	g	0.143	0	0.210
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

NDB No. 19205 Desserts, egg custards, dry mix, prepared with 2% milk

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 133g	Measure 2* 533g	Measure 3*
Proximates:							
Water	g	74.30		0	98.82	396.02	
Energy	kcal	112		0	149	597	
Energy	kj	469		0	624	2500	
Protein (N x 5.95)	g	4.20		0	5.59	22.39	
Total lipid (fat)	g	2.80		0	3.72	14.92	
Carbohydrate, by difference	g	17.70		0	23.54	94.34	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.00		0	1.33	5.33	
Sugars, total	g						
Minerals:							
Calcium	mg	148		0	197	789	
Iron	mg	0.26		0	0.35	1.39	
Magnesium	mg	20		0	27	107	
Phosphorus	mg	132		0	176	704	
Potassium	mg	216		0	287	1151	
Sodium	mg	150		0	200	800	
Zinc	mg	0.53		0	0.70	2.82	
Copper	mg	0.019		0	0.025	0.101	
Manganese	mg	0.005		0	0.007	0.027	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.8		0	1.1	4.3	
Thiamin	mg	0.055		0	0.073	0.293	
Riboflavin	mg	0.217		0	0.289	1.157	
Niacin	mg	0.121		0	0.161	0.645	
Pantothenic acid	mg	0.608		0	0.809	3.241	
Vitamin B-6	mg	0.064		0	0.085	0.341	
Folate	µg	8		0	11	43	
Vitamin B-12	µg	0.46		0	0.61	2.45	
Vitamin A	IU	222		0	295	1183	
Vitamin A, RE	µg	56		0	74	298	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	1.420		0	1.889	7.569	
4:0	g	0.060		0	0.080	0.320	
6.0	g	0.040		0	0.053	0.213	
8:0	g	0.020		0	0.027	0.107	
10:0	g	0.050		0	0.067	0.267	
12:0	g	0.050		0	0.067	0.267	
14:0	g	0.190		0	0.253	1.013	
15.0	g						
16:0	g	0.710		0	0.944	3.784	
17:0	g						
18:0	g	0.300		0	0.399	1.599	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.890	0	1.184	4.744
14:1	g				
16:1	g	0.070	0	0.093	0.373
18:1	g	0.810	0	1.077	4.317
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.200	0	0.266	1.066
18:2	g	0.160	0	0.213	0.853
18:3	g	0.030	0	0.040	0.160
18:4	g				
20:4	g	0.010	0	0.013	0.053
20:5	g	0.000	0	0.000	0.000
22:5	g				
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	56	0	74	298
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.056	0	0.074	0.298
Threonine	g	0.196	0	0.261	1.045
Isoleucine	g	0.235	0	0.313	1.253
Leucine	g	0.384	0	0.511	2.047
Lysine	g	0.318	0	0.423	1.695
Methionine	g	0.096	0	0.128	0.512
Cystine	g	0.048	0	0.064	0.256
Phenylalanine	g	0.181	0	0.241	0.965
Tyrosine	g	0.179	0	0.238	0.954
Valine	g	0.255	0	0.339	1.359
Arginine	g	0.159	0	0.211	0.847
Histidine	g	0.103	0	0.137	0.549
Alanine	g	0.154	0	0.205	0.821
Aspartic acid	g	0.329	0	0.438	1.754
Glutamic acid	g	0.775	0	1.031	4.131
Glycine	g	0.090	0	0.120	0.480
Proline	g	0.338	0	0.450	1.802
Serine	g	0.231	0	0.307	1.231
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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: package yield (2 cups)

NDB No. 19206 Desserts, puddings, vanilla, dry mix, regular

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 88g	Measure 2* 22g	Measure 3*
Proximates:							
Water	g	3.90	0.165	22	3.43	0.86	
Energy	kcal	369		0	325	81	
Energy	kj	1544		0	1359	340	
Protein (N x 5.95)	g	0.30		1	0.26	0.07	
Total lipid (fat)	g	0.40	0.037	11	0.35	0.09	
Carbohydrate, by difference	g	93.50		0	82.28	20.57	
Fiber, total dietary	g	0.3		0	0.3	0.1	
Ash	g	2.00	0.087	22	1.76	0.44	
Sugars, total	g	72.73		0	64.00	16.00	
Minerals:							
Calcium	mg	15		0	13	3	
Iron	mg	0.11		0	0.10	0.02	
Magnesium	mg	0		0	0	0	
Phosphorus	mg	3		0	3	1	
Potassium	mg	20	1.431	17	18	4	
Sodium	mg	754	17.337	17	664	166	
Zinc	mg	0.03		0	0.03	0.01	
Copper	mg	0.041		0	0.036	0.009	
Manganese	mg	0.013		0	0.011	0.003	
Selenium	µg	0.9		0	0.8	0.2	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.000		0	0.000	0.000	
Riboflavin	mg	0.013		0	0.011	0.003	
Niacin	mg	0.001		0	0.001	0.000	
Pantothenic acid	mg	0.000		0	0.000	0.000	
Vitamin B-6	mg	0.000		0	0.000	0.000	
Folate	µg	0		0	0	0	
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	0.000		0	0.000	0.000	
Lipids:							
Saturated, total	g	0.090		0	0.079	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	0.090		1	0.079	0.020	
17:0	g						
18:0	g	0.000		1	0.000	0.000	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.030	0	0.026	0.007
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.030	1	0.026	0.007
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.170	0	0.150	0.037
18:2	g	0.160	1	0.141	0.035
18:3	g	0.010	1	0.009	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	0.001	0	0.001	0.000
Threonine	g	0.009	0	0.008	0.002
Isoleucine	g	0.010	0	0.009	0.002
Leucine	g	0.035	0	0.031	0.008
Lysine	g	0.006	0	0.005	0.001
Methionine	g	0.005	0	0.004	0.001
Cystine	g	0.006	0	0.005	0.001
Phenylalanine	g	0.013	0	0.011	0.003
Tyrosine	g	0.010	0	0.009	0.002
Valine	g	0.013	0	0.011	0.003
Arginine	g	0.012	0	0.011	0.003
Histidine	g	0.008	0	0.007	0.002
Alanine	g	0.019	0	0.017	0.004
Aspartic acid	g	0.020	0	0.018	0.004
Glutamic acid	g	0.052	0	0.046	0.011
Glycine	g	0.009	0	0.008	0.002
Proline	g	0.024	0	0.021	0.005
Serine	g	0.011	0	0.010	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 package (3.12 oz)
Measure 2: amount to make 1/2 cup

NDB No. 19207 Desserts, puddings, vanilla, dry mix, regular, prepared with whole milk

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 140g	Measure 2* 559g	Measure 3*
Proximates:							
Water	g	74.60		0	104.44	417.01	
Energy	kcal	111		0	155	620	
Energy	kj	464		0	650	2594	
Protein (N x 5.95)	g	2.90		0	4.06	16.21	
Total lipid (fat)	g	3.00		0	4.20	16.77	
Carbohydrate, by difference	g	18.50		0	25.90	103.42	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.90		0	1.26	5.03	
Sugars, total	g						
Minerals:							
Calcium	mg	107		0	150	598	
Iron	mg	0.05		0	0.07	0.28	
Magnesium	mg	13		0	18	73	
Phosphorus	mg	82		0	115	458	
Potassium	mg	136		0	190	760	
Sodium	mg	160		0	224	894	
Zinc	mg	0.35		0	0.49	1.96	
Copper	mg	0.012		0	0.017	0.067	
Manganese	mg	0.004		0	0.006	0.022	
Selenium	µg	1.8		0	2.5	10.1	
Vitamins:							
Ascorbic acid	mg	0.7		0	1.0	3.9	
Thiamin	mg	0.030		0	0.042	0.168	
Riboflavin	mg	0.142		0	0.199	0.794	
Niacin	mg	0.074		0	0.104	0.414	
Pantothenic acid	mg	0.276		0	0.386	1.543	
Vitamin B-6	mg	0.033		0	0.046	0.184	
Folate	µg	4		0	6	22	
Vitamin B-12	µg	0.25		0	0.35	1.40	
Vitamin A	IU	110		0	154	615	
Vitamin A, RE	µg	27		0	38	151	
Vitamin E, α-TE	mg	0.060		0	0.084	0.335	
Lipids:							
Saturated, total	g	1.830		0	2.562	10.230	
4:0	g	0.090		0	0.126	0.503	
6.0	g	0.060		0	0.084	0.335	
8:0	g	0.030		0	0.042	0.168	
10:0	g	0.070		0	0.098	0.391	
12:0	g	0.080		0	0.112	0.447	
14:0	g	0.310		0	0.434	1.733	
15.0	g						
16:0	g	0.820		0	1.148	4.584	
17:0	g						
18:0	g	0.370		0	0.518	2.068	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.850	0	1.190	4.752
14:1	g				
16:1	g	0.070	0	0.098	0.391
18:1	g	0.780	0	1.092	4.360
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.140	0	0.196	0.783
18:2	g	0.090	0	0.126	0.503
18:3	g	0.050	0	0.070	0.280
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	12	0	17	67
Phytosterols	mg	0	0	0	0
Amino acids:					
Tryptophan	g	0.039	0	0.055	0.218
Threonine	g	0.125	0	0.175	0.699
Isoleucine	g	0.168	0	0.235	0.939
Leucine	g	0.275	0	0.385	1.537
Lysine	g	0.219	0	0.307	1.224
Methionine	g	0.070	0	0.098	0.391
Cystine	g	0.026	0	0.036	0.145
Phenylalanine	g	0.135	0	0.189	0.755
Tyrosine	g	0.134	0	0.188	0.749
Valine	g	0.186	0	0.260	1.040
Arginine	g	0.101	0	0.141	0.565
Histidine	g	0.076	0	0.106	0.425
Alanine	g	0.097	0	0.136	0.542
Aspartic acid	g	0.212	0	0.297	1.185
Glutamic acid	g	0.584	0	0.818	3.265
Glycine	g	0.060	0	0.084	0.335
Proline	g	0.270	0	0.378	1.509
Serine	g	0.151	0	0.211	0.844
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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: package yield (2 cups)

NDB No. 19208 Desserts, puddings, rice, dry mix, prepared with 2% milk

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 144g	Measure 2* 576g	Measure 3*
Proximates:							
Water	g	73.20		0	105.41	421.63	
Energy	kcal	112		0	161	645	
Energy	kj	469		0	675	2701	
Protein (N x 5.95)	g	3.30		0	4.75	19.01	
Total lipid (fat)	g	1.60		0	2.30	9.22	
Carbohydrate, by difference	g	21.00		0	30.24	120.96	
Fiber, total dietary	g	0.1		0	0.1	0.6	
Ash	g	0.80		0	1.15	4.61	
Sugars, total	g						
Minerals:							
Calcium	mg	105		0	151	605	
Iron	mg	0.38		0	0.55	2.19	
Magnesium	mg	13		0	19	75	
Phosphorus	mg	88		0	127	507	
Potassium	mg	132		0	190	760	
Sodium	mg	110		0	158	634	
Zinc	mg	0.39		0	0.56	2.25	
Copper	mg	0.018		0	0.026	0.104	
Manganese	mg	0.057		0	0.082	0.328	
Selenium	µg	1.9		0	2.7	10.9	
Vitamins:							
Ascorbic acid	mg	0.7		0	1.0	4.0	
Thiamin	mg	0.076		0	0.109	0.438	
Riboflavin	mg	0.142		0	0.204	0.818	
Niacin	mg	0.446		0	0.642	2.569	
Pantothenic acid	mg	0.291		0	0.419	1.676	
Vitamin B-6	mg	0.035		0	0.050	0.202	
Folate	µg	4		0	6	23	
Vitamin B-12	µg	0.25		0	0.36	1.44	
Vitamin A	IU	173		0	249	996	
Vitamin A, RE	µg	36		0	52	207	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	1.010		0	1.454	5.818	
4:0	g	0.050		0	0.072	0.288	
6.0	g	0.030		0	0.043	0.173	
8:0	g	0.020		0	0.029	0.115	
10:0	g	0.040		0	0.058	0.230	
12:0	g	0.050		0	0.072	0.288	
14:0	g	0.170		0	0.245	0.979	
15.0	g						
16:0	g	0.440		0	0.634	2.534	
17:0	g						
18:0	g	0.200		0	0.288	1.152	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.450	0	0.648	2.592
14:1	g				
16:1	g	0.040	0	0.058	0.230
18:1	g	0.420	0	0.605	2.419
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.060	0	0.086	0.346
18:2	g	0.040	0	0.058	0.230
18:3	g	0.020	0	0.029	0.115
18:4	g				
20:4	g	0.000	0	0.000	0.000
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	6	0	9	35
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.038	0	0.055	0.219
Threonine	g	0.121	0	0.174	0.697
Isoleucine	g	0.162	0	0.233	0.933
Leucine	g	0.263	0	0.379	1.515
Lysine	g	0.213	0	0.307	1.227
Methionine	g	0.067	0	0.096	0.386
Cystine	g	0.025	0	0.036	0.144
Phenylalanine	g	0.129	0	0.186	0.743
Tyrosine	g	0.129	0	0.186	0.743
Valine	g	0.180	0	0.259	1.037
Arginine	g	0.097	0	0.140	0.559
Histidine	g	0.073	0	0.105	0.420
Alanine	g	0.092	0	0.132	0.530
Aspartic acid	g	0.203	0	0.292	1.169
Glutamic acid	g	0.561	0	0.808	3.231
Glycine	g	0.057	0	0.082	0.328
Proline	g	0.259	0	0.373	1.492
Serine	g	0.146	0	0.210	0.841
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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: package yield (2 cups)

NDB No. 19209 Desserts, puddings, tapioca, dry mix, prepared with 2% milk

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 141g	Measure 2* 563g	Measure 3*
Proximates:							
Water	g	74.80		0	105.47	421.12	
Energy	kcal	104		0	147	586	
Energy	kj	435		0	613	2449	
Protein (N x 5.95)	g	2.90		0	4.09	16.33	
Total lipid (fat)	g	1.70		0	2.40	9.57	
Carbohydrate, by difference	g	19.70		0	27.78	110.91	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.90		0	1.27	5.07	
Sugars, total	g						
Minerals:							
Calcium	mg	106		0	149	597	
Iron	mg	0.06		0	0.08	0.34	
Magnesium	mg	12		0	17	68	
Phosphorus	mg	83		0	117	467	
Potassium	mg	134		0	189	754	
Sodium	mg	122		0	172	687	
Zinc	mg	0.35		0	0.49	1.97	
Copper	mg	0.012		0	0.017	0.068	
Manganese	mg	0.007		0	0.010	0.039	
Selenium	µg	2.0		0	2.8	11.3	
Vitamins:							
Ascorbic acid	mg	0.7		0	1.0	3.9	
Thiamin	mg	0.031		0	0.044	0.175	
Riboflavin	mg	0.144		0	0.203	0.811	
Niacin	mg	0.075		0	0.106	0.422	
Pantothenic acid	mg	0.280		0	0.395	1.576	
Vitamin B-6	mg	0.039		0	0.055	0.220	
Folate	µg	4		0	6	23	
Vitamin B-12	µg	0.25		0	0.35	1.41	
Vitamin A	IU	178		0	251	1002	
Vitamin A, RE	µg	49		0	69	276	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	1.040		0	1.466	5.855	
4:0	g	0.060		0	0.085	0.338	
6.0	g	0.030		0	0.042	0.169	
8:0	g	0.020		0	0.028	0.113	
10:0	g	0.040		0	0.056	0.225	
12:0	g	0.050		0	0.071	0.282	
14:0	g	0.170		0	0.240	0.957	
15.0	g						
16:0	g	0.450		0	0.635	2.534	
17:0	g						
18:0	g	0.210		0	0.296	1.182	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.470	0	0.663	2.646
14:1	g				
16:1	g	0.040	0	0.056	0.225
18:1	g	0.430	0	0.606	2.421
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.060	0	0.085	0.338
18:2	g	0.040	0	0.056	0.225
18:3	g	0.030	0	0.042	0.169
18:4	g				
20:4	g	0.000	0	0.000	0.000
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	6	0	8	34
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.039	0	0.055	0.220
Threonine	g	0.124	0	0.175	0.698
Isoleucine	g	0.167	0	0.235	0.940
Leucine	g	0.270	0	0.381	1.520
Lysine	g	0.219	0	0.309	1.233
Methionine	g	0.069	0	0.097	0.388
Cystine	g	0.026	0	0.037	0.146
Phenylalanine	g	0.133	0	0.188	0.749
Tyrosine	g	0.133	0	0.188	0.749
Valine	g	0.185	0	0.261	1.042
Arginine	g	0.101	0	0.142	0.569
Histidine	g	0.075	0	0.106	0.422
Alanine	g	0.095	0	0.134	0.535
Aspartic acid	g	0.210	0	0.296	1.182
Glutamic acid	g	0.579	0	0.816	3.260
Glycine	g	0.059	0	0.083	0.332
Proline	g	0.267	0	0.376	1.503
Serine	g	0.150	0	0.212	0.845
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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: package yield (2 cups)

NDB No. 19211 Desserts, puddings, vanilla, dry mix, instant, prepared with 2% milk

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 142g	Measure 2* 569g	Measure 3*
Proximates:							
Water	g	74.50		0	105.79	423.90	
Energy	kcal	104		0	148	592	
Energy	kj	435		0	618	2475	
Protein (N x 5.95)	g	2.80		0	3.98	15.93	
Total lipid (fat)	g	1.70		0	2.41	9.67	
Carbohydrate, by difference	g	19.80		0	28.12	112.66	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.30		0	1.85	7.40	
Sugars, total	g						
Minerals:							
Calcium	mg	103		0	146	586	
Iron	mg	0.07		0	0.10	0.40	
Magnesium	mg	12		0	17	68	
Phosphorus	mg	199		0	283	1132	
Potassium	mg	130		0	185	740	
Sodium	mg	286		0	406	1627	
Zinc	mg	0.33		0	0.47	1.88	
Copper	mg	0.023		0	0.033	0.131	
Manganese	mg	0.007		0	0.010	0.040	
Selenium	µg	1.8		0	2.6	10.2	
Vitamins:							
Ascorbic acid	mg	0.8		0	1.1	4.6	
Thiamin	mg	0.033		0	0.047	0.188	
Riboflavin	mg	0.138		0	0.196	0.785	
Niacin	mg	0.075		0	0.107	0.427	
Pantothenic acid	mg	0.267		0	0.379	1.519	
Vitamin B-6	mg	0.036		0	0.051	0.205	
Folate	µg	4		0	6	23	
Vitamin B-12	µg	0.30		0	0.43	1.71	
Vitamin A	IU	170		0	241	967	
Vitamin A, RE	µg	45		0	64	256	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	1.010		0	1.434	5.747	
4:0	g	0.050		0	0.071	0.285	
6.0	g	0.030		0	0.043	0.171	
8:0	g	0.020		0	0.028	0.114	
10:0	g	0.040		0	0.057	0.228	
12:0	g	0.050		0	0.071	0.285	
14:0	g	0.170		0	0.241	0.967	
15.0	g						
16:0	g	0.440		0	0.625	2.504	
17:0	g						
18:0	g	0.210		0	0.298	1.195	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.500	0	0.710	2.845
14:1	g				
16:1	g	0.040	0	0.057	0.228
18:1	g	0.460	0	0.653	2.617
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.100	0	0.142	0.569
18:2	g	0.070	0	0.099	0.398
18:3	g	0.030	0	0.043	0.171
18:4	g				
20:4	g	0.000	0	0.000	0.000
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	6	0	9	34
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.037	0	0.053	0.211
Threonine	g	0.119	0	0.169	0.677
Isoleucine	g	0.159	0	0.226	0.905
Leucine	g	0.258	0	0.366	1.468
Lysine	g	0.209	0	0.297	1.189
Methionine	g	0.066	0	0.094	0.376
Cystine	g	0.024	0	0.034	0.137
Phenylalanine	g	0.127	0	0.180	0.723
Tyrosine	g	0.127	0	0.180	0.723
Valine	g	0.176	0	0.250	1.001
Arginine	g	0.095	0	0.135	0.541
Histidine	g	0.071	0	0.101	0.404
Alanine	g	0.091	0	0.129	0.518
Aspartic acid	g	0.200	0	0.284	1.138
Glutamic acid	g	0.551	0	0.782	3.135
Glycine	g	0.056	0	0.080	0.319
Proline	g	0.255	0	0.362	1.451
Serine	g	0.143	0	0.203	0.814
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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: package yield (2 cups)

NDB No. 19212 Desserts, puddings, vanilla, dry mix, regular, prepared with 2% milk

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 140g	Measure 2* 559g	Measure 3*
Proximates:							
Water	g	75.70		0	105.98	423.16	
Energy	kcal	101		0	141	565	
Energy	kj	423		0	592	2365	
Protein (N x 5.95)	g	3.00		0	4.20	16.77	
Total lipid (fat)	g	1.70		0	2.38	9.50	
Carbohydrate, by difference	g	18.70		0	26.18	104.53	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.00		0	1.40	5.59	
Sugars, total	g						
Minerals:							
Calcium	mg	109		0	153	609	
Iron	mg	0.05		0	0.07	0.28	
Magnesium	mg	13		0	18	73	
Phosphorus	mg	84		0	118	470	
Potassium	mg	138		0	193	771	
Sodium	mg	160		0	224	894	
Zinc	mg	0.36		0	0.50	2.01	
Copper	mg	0.010		0	0.014	0.056	
Manganese	mg	0.004		0	0.006	0.022	
Selenium	µg	2.0		0	2.8	11.2	
Vitamins:							
Ascorbic acid	mg	0.7		0	1.0	3.9	
Thiamin	mg	0.031		0	0.043	0.173	
Riboflavin	mg	0.145		0	0.203	0.811	
Niacin	mg	0.075		0	0.105	0.419	
Pantothenic acid	mg	0.281		0	0.393	1.571	
Vitamin B-6	mg	0.034		0	0.048	0.190	
Folate	µg	4		0	6	22	
Vitamin B-12	µg	0.26		0	0.36	1.45	
Vitamin A	IU	180		0	252	1006	
Vitamin A, RE	µg	50		0	70	280	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	1.060		0	1.484	5.925	
4:0	g	0.060		0	0.084	0.335	
6.0	g	0.030		0	0.042	0.168	
8:0	g	0.020		0	0.028	0.112	
10:0	g	0.040		0	0.056	0.224	
12:0	g	0.050		0	0.070	0.280	
14:0	g	0.170		0	0.238	0.950	
15.0	g						
16:0	g	0.470		0	0.658	2.627	
17:0	g						
18:0	g	0.210		0	0.294	1.174	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.480	0	0.672	2.683
14:1	g				
16:1	g	0.040	0	0.056	0.224
18:1	g	0.440	0	0.616	2.460
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.090	0	0.126	0.503
18:2	g	0.060	0	0.084	0.335
18:3	g	0.030	0	0.042	0.168
18:4	g				
20:4	g	0.000	0	0.000	0.000
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	7	0	10	39
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.039	0	0.055	0.218
Threonine	g	0.127	0	0.178	0.710
Isoleucine	g	0.170	0	0.238	0.950
Leucine	g	0.278	0	0.389	1.554
Lysine	g	0.221	0	0.309	1.235
Methionine	g	0.070	0	0.098	0.391
Cystine	g	0.026	0	0.036	0.145
Phenylalanine	g	0.136	0	0.190	0.760
Tyrosine	g	0.136	0	0.190	0.760
Valine	g	0.188	0	0.263	1.051
Arginine	g	0.102	0	0.143	0.570
Histidine	g	0.077	0	0.108	0.430
Alanine	g	0.098	0	0.137	0.548
Aspartic acid	g	0.214	0	0.300	1.196
Glutamic acid	g	0.590	0	0.826	3.298
Glycine	g	0.060	0	0.084	0.335
Proline	g	0.273	0	0.382	1.526
Serine	g	0.153	0	0.214	0.855
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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: package yield (2 cups)

NDB No. 19213 Desserts, rennin, chocolate, dry mix, prepared with 2% milk

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 136g	Measure 2* 545g	Measure 3*
Proximates:							
Water	g	80.40		0	109.34	438.18	
Energy	kcal	81		0	110	441	
Energy	kj	339		0	461	1848	
Protein (N x 5.95)	g	3.20		0	4.35	17.44	
Total lipid (fat)	g	2.10		0	2.86	11.45	
Carbohydrate, by difference	g	13.50		0	18.36	73.58	
Fiber, total dietary	g	0.5		0	0.7	2.7	
Ash	g	0.80		0	1.09	4.36	
Sugars, total	g						
Minerals:							
Calcium	mg	126		0	171	687	
Iron	mg	0.30		0	0.41	1.64	
Magnesium	mg	20		0	27	109	
Phosphorus	mg	98		0	133	534	
Potassium	mg	182		0	248	992	
Sodium	mg	52		0	71	283	
Zinc	mg	0.51		0	0.69	2.78	
Copper	mg	0.081		0	0.110	0.441	
Manganese	mg	0.066		0	0.090	0.360	
Selenium	µg	2.3		0	3.1	12.5	
Vitamins:							
Ascorbic acid	mg	0.9		0	1.2	4.9	
Thiamin	mg	0.036		0	0.049	0.196	
Riboflavin	mg	0.155		0	0.211	0.845	
Niacin	mg	0.108		0	0.147	0.589	
Pantothenic acid	mg	0.292		0	0.397	1.591	
Vitamin B-6	mg	0.042		0	0.057	0.229	
Folate	µg	5		0	7	27	
Vitamin B-12	µg	0.33		0	0.45	1.80	
Vitamin A	IU	185		0	252	1008	
Vitamin A, RE	µg	44		0	60	240	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	1.270		0	1.727	6.922	
4:0	g	0.060		0	0.082	0.327	
6.0	g	0.030		0	0.041	0.163	
8:0	g	0.020		0	0.027	0.109	
10:0	g	0.040		0	0.054	0.218	
12:0	g	0.050		0	0.068	0.273	
14:0	g	0.180		0	0.245	0.981	
15.0	g						
16:0	g	0.550		0	0.748	2.998	
17:0	g						
18:0	g	0.330		0	0.449	1.799	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.600	0	0.816	3.270
14:1	g				
16:1	g	0.040	0	0.054	0.218
18:1	g	0.560	0	0.762	3.052
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.080	0	0.109	0.436
18:2	g	0.050	0	0.068	0.273
18:3	g	0.030	0	0.041	0.163
18:4	g				
20:4	g	0.000	0	0.000	0.000
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	7	0	10	38
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.043	0	0.058	0.234
Threonine	g	0.138	0	0.188	0.752
Isoleucine	g	0.181	0	0.246	0.986
Leucine	g	0.293	0	0.398	1.597
Lysine	g	0.238	0	0.324	1.297
Methionine	g	0.074	0	0.101	0.403
Cystine	g	0.029	0	0.039	0.158
Phenylalanine	g	0.148	0	0.201	0.807
Tyrosine	g	0.146	0	0.199	0.796
Valine	g	0.205	0	0.279	1.117
Arginine	g	0.118	0	0.160	0.643
Histidine	g	0.081	0	0.110	0.441
Alanine	g	0.112	0	0.152	0.610
Aspartic acid	g	0.240	0	0.326	1.308
Glutamic acid	g	0.633	0	0.861	3.450
Glycine	g	0.079	0	0.107	0.431
Proline	g	0.291	0	0.396	1.586
Serine	g	0.165	0	0.224	0.899
Other:					
Caffeine	mg	1	0	1	5
Theobromine	mg	42	0	57	229
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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: package yield (2 cups)

NDB No. 19214 Desserts, rennin, vanilla, dry mix, prepared with 2% milk

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 133g	Measure 2* 531g	Measure 3*
Proximates:							
Water	g	82.10		0	109.19	435.95	
Energy	kcal	76		0	101	404	
Energy	kj	318		0	423	1689	
Protein (N x 5.95)	g	3.10		0	4.12	16.46	
Total lipid (fat)	g	1.80		0	2.39	9.56	
Carbohydrate, by difference	g	12.30		0	16.36	65.31	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.70		0	0.93	3.72	
Sugars, total	g						
Minerals:							
Calcium	mg	121		0	161	643	
Iron	mg	0.05		0	0.07	0.27	
Magnesium	mg	13		0	17	69	
Phosphorus	mg	95		0	126	504	
Potassium	mg	142		0	189	754	
Sodium	mg	46		0	61	244	
Zinc	mg	0.36		0	0.48	1.91	
Copper	mg	0.012		0	0.016	0.064	
Manganese	mg	0.003		0	0.004	0.016	
Selenium	µg	2.1		0	2.8	11.2	
Vitamins:							
Ascorbic acid	mg	0.9		0	1.2	4.8	
Thiamin	mg	0.036		0	0.048	0.191	
Riboflavin	mg	0.153		0	0.203	0.812	
Niacin	mg	0.079		0	0.105	0.419	
Pantothenic acid	mg	0.294		0	0.391	1.561	
Vitamin B-6	mg	0.040		0	0.053	0.212	
Folate	µg	5		0	7	27	
Vitamin B-12	µg	0.33		0	0.44	1.75	
Vitamin A	IU	189		0	251	1004	
Vitamin A, RE	µg	52		0	69	276	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	1.100		0	1.463	5.841	
4:0	g	0.060		0	0.080	0.319	
6.0	g	0.040		0	0.053	0.212	
8:0	g	0.020		0	0.027	0.106	
10:0	g	0.050		0	0.067	0.266	
12:0	g	0.050		0	0.067	0.266	
14:0	g	0.180		0	0.239	0.956	
15.0	g						
16:0	g	0.480		0	0.638	2.549	
17:0	g						
18:0	g	0.220		0	0.293	1.168	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.500	0	0.665	2.655
14:1	g				
16:1	g	0.040	0	0.053	0.212
18:1	g	0.460	0	0.612	2.443
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.070	0	0.093	0.372
18:2	g	0.040	0	0.053	0.212
18:3	g	0.030	0	0.040	0.159
18:4	g				
20:4	g	0.000	0	0.000	0.000
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	7	0	9	37
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.041	0	0.055	0.218
Threonine	g	0.132	0	0.176	0.701
Isoleucine	g	0.177	0	0.235	0.940
Leucine	g	0.286	0	0.380	1.519
Lysine	g	0.231	0	0.307	1.227
Methionine	g	0.073	0	0.097	0.388
Cystine	g	0.027	0	0.036	0.143
Phenylalanine	g	0.141	0	0.188	0.749
Tyrosine	g	0.141	0	0.188	0.749
Valine	g	0.195	0	0.259	1.035
Arginine	g	0.106	0	0.141	0.563
Histidine	g	0.079	0	0.105	0.419
Alanine	g	0.100	0	0.133	0.531
Aspartic acid	g	0.221	0	0.294	1.174
Glutamic acid	g	0.611	0	0.813	3.244
Glycine	g	0.062	0	0.082	0.329
Proline	g	0.282	0	0.375	1.497
Serine	g	0.158	0	0.210	0.839
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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: package yield (2 cups)

NDB No. 19217 Frozen desserts, ices, water, fruit, reduced calorie, with aspartame

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 51g	Measure 2*	Measure 3*
Proximates:							
Water	g	93.20		0	47.53		
Energy	kcal	24		0	12		
Energy	kj	100		0	51		
Protein (N x 5.95)	g	0.50		0	0.26		
Total lipid (fat)	g	0.10		0	0.05		
Carbohydrate, by difference	g	6.20		0	3.16		
Fiber, total dietary	g	0.0		0	0.0		
Ash	g	0.10		0	0.05		
Sugars, total	g						
Minerals:							
Calcium	mg	2		0	1		
Iron	mg	0.13		0	0.07		
Magnesium	mg	2		1	1		
Phosphorus	mg	0		0	0		
Potassium	mg	26		0	13		
Sodium	mg	5		0	3		
Zinc	mg	0.04		1	0.02		
Copper	mg	0.017		1	0.009		
Manganese	mg	0.021		1	0.011		
Selenium	µg	0.2		0	0.1		
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.000		0	0.000		
Riboflavin	mg	0.000		0	0.000		
Niacin	mg	0.150		0	0.077		
Pantothenic acid	mg	0.000		0	0.000		
Vitamin B-6	mg	0.000		0	0.000		
Folate	µg	0		0	0		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	1		0	1		
Vitamin A, RE	µg	0		0	0		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.000		0	0.000		
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 bar

NDB No. 19218 Desserts, puddings, tapioca, ready-to-eat

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 142g	Measure 3* 113g
Proximates:							
Water	g	74.20	0.209	43	21.04	105.36	83.85
Energy	kcal	119		0	34	169	134
Energy	kj	498		0	141	707	563
Protein (N x 5.95)	g	2.00	0.050	43	0.57	2.84	2.26
Total lipid (fat)	g	3.70	0.100	43	1.05	5.25	4.18
Carbohydrate, by difference	g	19.40		0	5.50	27.55	21.92
Fiber, total dietary	g	0.1		0	0.0	0.1	0.1
Ash	g	0.70	0.020	43	0.20	0.99	0.79
Sugars, total	g	17.70		0	5.02	25.13	20.00
Minerals:							
Calcium	mg	84	3.895	43	24	119	95
Iron	mg	0.23	0.019	17	0.07	0.33	0.26
Magnesium	mg	8	0.095	17	2	11	9
Phosphorus	mg	79	0.761	17	22	112	89
Potassium	mg	97		0	27	138	110
Sodium	mg	159		0	45	226	180
Zinc	mg	0.27	0.006	17	0.08	0.38	0.31
Copper	mg	0.027	0.002	17	0.008	0.038	0.031
Manganese	mg	0.009		0	0.003	0.013	0.010
Selenium	µg	1.4		0	0.4	2.0	1.6
Vitamins:							
Ascorbic acid	mg	0.7		0	0.2	1.0	0.8
Thiamin	mg	0.022	0.001	43	0.006	0.031	0.025
Riboflavin	mg	0.098	0.003	43	0.028	0.139	0.111
Niacin	mg	0.312	0.017	17	0.088	0.443	0.353
Pantothenic acid	mg	0.196		0	0.056	0.278	0.221
Vitamin B-6	mg	0.024		0	0.007	0.034	0.027
Folate	µg	3		0	1	4	3
Vitamin B-12	µg	0.22		0	0.06	0.31	0.25
Vitamin A	IU	0	0.000	17	0	0	0
Vitamin A, RE	µg	0		0	0	0	0
Vitamin E, α-TE	mg	0.090		0	0.026	0.128	0.102
Lipids:							
Saturated, total	g	0.600		0	0.170	0.852	0.678
4:0	g	0.000		1	0.000	0.000	0.000
6.0	g	0.000		1	0.000	0.000	0.000
8:0	g	0.000		1	0.000	0.000	0.000
10:0	g	0.000		1	0.000	0.000	0.000
12:0	g	0.000		1	0.000	0.000	0.000
14:0	g	0.010		1	0.003	0.014	0.011
15.0	g						
16:0	g	0.390		1	0.111	0.554	0.441
17:0	g						
18:0	g	0.190		1	0.054	0.270	0.215
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.580	0	0.448	2.244	1.785
14:1	g					
16:1	g	0.020	1	0.006	0.028	0.023
18:1	g	1.570	1	0.445	2.229	1.774
20:1	g	0.000	0	0.000	0.000	0.000
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	1.360	0	0.386	1.931	1.537
18:2	g	1.270	1	0.360	1.803	1.435
18:3	g	0.100	1	0.028	0.142	0.113
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	1	0	0	1	1
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.027	0	0.008	0.038	0.031
Threonine	g	0.085	0	0.024	0.121	0.096
Isoleucine	g	0.114	0	0.032	0.162	0.129
Leucine	g	0.185	0	0.052	0.263	0.209
Lysine	g	0.149	0	0.042	0.212	0.168
Methionine	g	0.048	0	0.014	0.068	0.054
Cystine	g	0.019	0	0.005	0.027	0.021
Phenylalanine	g	0.092	0	0.026	0.131	0.104
Tyrosine	g	0.091	0	0.026	0.129	0.103
Valine	g	0.127	0	0.036	0.180	0.144
Arginine	g	0.073	0	0.021	0.104	0.082
Histidine	g	0.052	0	0.015	0.074	0.059
Alanine	g	0.067	0	0.019	0.095	0.076
Aspartic acid	g	0.145	0	0.041	0.206	0.164
Glutamic acid	g	0.399	0	0.113	0.567	0.451
Glycine	g	0.041	0	0.012	0.058	0.046
Proline	g	0.182	0	0.052	0.258	0.206
Serine	g	0.103	0	0.029	0.146	0.116
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

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

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 can (5 oz)
Measure 3: 1 snack size (4 oz)

NDB No. 19219 Desserts, puddings, coconut cream, dry mix, regular, prepared with 2% milk

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 140g	Measure 2* 559g	Measure 3*
Proximates:							
Water	g	75.60		0	105.84	422.60	
Energy	kcal	104		0	146	581	
Energy	kj	435		0	609	2432	
Protein (N x 5.95)	g	3.10		0	4.34	17.33	
Total lipid (fat)	g	2.50		0	3.50	13.97	
Carbohydrate, by difference	g	17.80		0	24.92	99.50	
Fiber, total dietary	g	0.2		0	0.3	1.1	
Ash	g	1.00		0	1.40	5.59	
Sugars, total	g						
Minerals:							
Calcium	mg	113		0	158	632	
Iron	mg	0.20		0	0.28	1.12	
Magnesium	mg	16		0	22	89	
Phosphorus	mg	89		0	125	498	
Potassium	mg	159		0	223	889	
Sodium	mg	163		0	228	911	
Zinc	mg	0.37		0	0.52	2.07	
Copper	mg	0.025		0	0.035	0.140	
Manganese	mg	0.037		0	0.052	0.207	
Selenium	µg	2.3		0	3.2	12.9	
Vitamins:							
Ascorbic acid	mg	0.7		0	1.0	3.9	
Thiamin	mg	0.032		0	0.045	0.179	
Riboflavin	mg	0.146		0	0.204	0.816	
Niacin	mg	0.091		0	0.127	0.509	
Pantothenic acid	mg	0.290		0	0.406	1.621	
Vitamin B-6	mg	0.145		0	0.203	0.811	
Folate	µg	4		0	6	22	
Vitamin B-12	µg	0.26		0	0.36	1.45	
Vitamin A	IU	180		0	252	1006	
Vitamin A, RE	µg	50		0	70	280	
Vitamin E, α-TE	mg	0.069		0	0.097	0.386	
Lipids:							
Saturated, total	g	1.800		0	2.520	10.062	
4:0	g	0.060		0	0.084	0.335	
6.0	g	0.040		0	0.056	0.224	
8:0	g	0.080		0	0.112	0.447	
10:0	g	0.090		0	0.126	0.503	
12:0	g	0.420		0	0.588	2.348	
14:0	g	0.320		0	0.448	1.789	
15.0	g						
16:0	g	0.530		0	0.742	2.963	
17:0	g						
18:0	g	0.260		0	0.364	1.453	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.520	0	0.728	2.907
14:1	g				
16:1	g	0.040	0	0.056	0.224
18:1	g	0.470	0	0.658	2.627
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.070	0	0.098	0.391
18:2	g	0.050	0	0.070	0.280
18:3	g	0.030	0	0.042	0.168
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	7	0	10	39
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.041	0	0.057	0.229
Threonine	g	0.131	0	0.183	0.732
Isoleucine	g	0.174	0	0.244	0.973
Leucine	g	0.283	0	0.396	1.582
Lysine	g	0.227	0	0.318	1.269
Methionine	g	0.072	0	0.101	0.402
Cystine	g	0.028	0	0.039	0.157
Phenylalanine	g	0.141	0	0.197	0.788
Tyrosine	g	0.138	0	0.193	0.771
Valine	g	0.195	0	0.273	1.090
Arginine	g	0.123	0	0.172	0.688
Histidine	g	0.079	0	0.111	0.442
Alanine	g	0.103	0	0.144	0.576
Aspartic acid	g	0.225	0	0.315	1.258
Glutamic acid	g	0.614	0	0.860	3.432
Glycine	g	0.066	0	0.092	0.369
Proline	g	0.275	0	0.385	1.537
Serine	g	0.158	0	0.221	0.883
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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: package yield (2 cups)

NDB No. 19220 Desserts, rennin, chocolate, dry mix

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 9g	Measure 2* 57g	Measure 3*
Proximates:							
Water	g	1.00		1	0.09	0.57	
Energy	kcal	363		0	33	207	
Energy	kj	1519		0	137	866	
Protein (N x 5.95)	g	2.40		1	0.22	1.37	
Total lipid (fat)	g	3.30		1	0.30	1.88	
Carbohydrate, by difference	g	91.50		0	8.23	52.16	
Fiber, total dietary	g	5.1		0	0.5	2.9	
Ash	g	1.40		1	0.13	0.80	
Sugars, total	g						
Minerals:							
Calcium	mg	166		1	15	95	
Iron	mg	2.55		1	0.23	1.45	
Magnesium	mg	81		1	7	46	
Phosphorus	mg	129		1	12	74	
Potassium	mg	430		1	39	245	
Sodium	mg	70		1	6	40	
Zinc	mg	1.58		1	0.14	0.90	
Copper	mg	0.735		1	0.066	0.419	
Manganese	mg	0.643		1	0.058	0.367	
Selenium	µg	2.9		0	0.3	1.7	
Vitamins:							
Ascorbic acid	mg	0.0		1	0.0	0.0	
Thiamin	mg	0.014		1	0.001	0.008	
Riboflavin	mg	0.063		1	0.006	0.036	
Niacin	mg	0.306		1	0.028	0.174	
Pantothenic acid	mg	0.044		1	0.004	0.025	
Vitamin B-6	mg	0.032		1	0.003	0.018	
Folate	µg	6		1	1	3	
Vitamin B-12	µg	0.00		1	0.00	0.00	
Vitamin A	IU	3		1	0	2	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	0.064		0	0.006	0.036	
Lipids:							
Saturated, total	g	1.940		0	0.175	1.106	
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	0.840		1	0.076	0.479	
17:0	g						
18:0	g	1.090		1	0.098	0.621	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.080	0	0.097	0.616
14:1	g				
16:1	g	0.010	1	0.001	0.006
18:1	g	1.070	1	0.096	0.610
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.100	0	0.009	0.057
18:2	g	0.090	1	0.008	0.051
18:3	g	0.000	1	0.000	0.000
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	0	1	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.030	0	0.003	0.017
Threonine	g	0.088	0	0.008	0.050
Isoleucine	g	0.085	0	0.008	0.048
Leucine	g	0.136	0	0.012	0.078
Lysine	g	0.120	0	0.011	0.068
Methionine	g	0.024	0	0.002	0.014
Cystine	g	0.025	0	0.002	0.014
Phenylalanine	g	0.107	0	0.010	0.061
Tyrosine	g	0.078	0	0.007	0.044
Valine	g	0.133	0	0.012	0.076
Arginine	g	0.148	0	0.013	0.084
Histidine	g	0.038	0	0.003	0.022
Alanine	g	0.134	0	0.012	0.076
Aspartic acid	g	0.230	0	0.021	0.131
Glutamic acid	g	0.351	0	0.032	0.200
Glycine	g	0.186	0	0.017	0.106
Proline	g	0.148	0	0.013	0.084
Serine	g	0.101	0	0.009	0.058
Other:					
Caffeine	mg	13	0	1	7
Theobromine	mg	424	0	38	242
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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 package (2 oz)

NDB No. 19221 Desserts, rennin, chocolate, dry mix, prepared with whole milk

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 136g	Measure 2* 545g	Measure 3*
Proximates:							
Water	g	79.30		0	107.85	432.19	
Energy	kcal	92		0	125	501	
Energy	kj	385		0	524	2098	
Protein (N x 5.95)	g	3.20		0	4.35	17.44	
Total lipid (fat)	g	3.30		0	4.49	17.98	
Carbohydrate, by difference	g	13.30		0	18.09	72.48	
Fiber, total dietary	g	0.5		0	0.7	2.7	
Ash	g	0.80		0	1.09	4.36	
Sugars, total	g						
Minerals:							
Calcium	mg	124		0	169	676	
Iron	mg	0.30		0	0.41	1.64	
Magnesium	mg	20		0	27	109	
Phosphorus	mg	97		0	132	529	
Potassium	mg	179		0	243	976	
Sodium	mg	51		0	69	278	
Zinc	mg	0.50		0	0.68	2.73	
Copper	mg	0.083		0	0.113	0.452	
Manganese	mg	0.066		0	0.090	0.360	
Selenium	µg	2.3		0	3.1	12.5	
Vitamins:							
Ascorbic acid	mg	0.8		0	1.1	4.4	
Thiamin	mg	0.036		0	0.049	0.196	
Riboflavin	mg	0.152		0	0.207	0.828	
Niacin	mg	0.106		0	0.144	0.578	
Pantothenic acid	mg	0.287		0	0.390	1.564	
Vitamin B-6	mg	0.041		0	0.056	0.223	
Folate	µg	5		0	7	27	
Vitamin B-12	µg	0.32		0	0.44	1.74	
Vitamin A	IU	114		0	155	621	
Vitamin A, RE	µg	24		0	33	131	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	2.060		0	2.802	11.227	
4:0	g	0.090		0	0.122	0.491	
6.0	g	0.060		0	0.082	0.327	
8:0	g	0.030		0	0.041	0.163	
10:0	g	0.080		0	0.109	0.436	
12:0	g	0.090		0	0.122	0.491	
14:0	g	0.310		0	0.422	1.689	
15.0	g						
16:0	g	0.910		0	1.238	4.960	
17:0	g						
18:0	g	0.490		0	0.666	2.671	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.970	0	1.319	5.287
14:1	g				
16:1	g	0.070	0	0.095	0.382
18:1	g	0.900	0	1.224	4.905
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.130	0	0.177	0.709
18:2	g	0.080	0	0.109	0.436
18:3	g	0.050	0	0.068	0.273
18:4	g				
20:4	g	0.000	0	0.000	0.000
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	12	0	16	65
Phytosterols	mg	0	0	0	0
Amino acids:					
Tryptophan	g	0.043	0	0.058	0.234
Threonine	g	0.136	0	0.185	0.741
Isoleucine	g	0.180	0	0.245	0.981
Leucine	g	0.290	0	0.394	1.580
Lysine	g	0.236	0	0.321	1.286
Methionine	g	0.073	0	0.099	0.398
Cystine	g	0.029	0	0.039	0.158
Phenylalanine	g	0.147	0	0.200	0.801
Tyrosine	g	0.144	0	0.196	0.785
Valine	g	0.203	0	0.276	1.106
Arginine	g	0.117	0	0.159	0.638
Histidine	g	0.081	0	0.110	0.441
Alanine	g	0.111	0	0.151	0.605
Aspartic acid	g	0.237	0	0.322	1.292
Glutamic acid	g	0.626	0	0.851	3.412
Glycine	g	0.079	0	0.107	0.431
Proline	g	0.288	0	0.392	1.570
Serine	g	0.164	0	0.223	0.894
Other:					
Caffeine	mg	1	0	1	5
Theobromine	mg	42	0	57	229
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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: package yield (2 cups)

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

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 11g	Measure 2* 43g	Measure 3*
Proximates:							
Water	g	0.40		1	0.04	0.17	
Energy	kcal	383		0	41	165	
Energy	kj	1602		0	173	689	
Protein (N x 5.95)	g	0.00		1	0.00	0.00	
Total lipid (fat)	g	0.00		1	0.00	0.00	
Carbohydrate, by difference	g	99.00		0	10.69	42.57	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.60		1	0.06	0.26	
Sugars, total	g						
Minerals:							
Calcium	mg	117		1	13	50	
Iron	mg	0.07		1	0.01	0.03	
Magnesium	mg	1		1	0	0	
Phosphorus	mg	91		1	10	39	
Potassium	mg	3		1	0	1	
Sodium	mg	6		1	1	3	
Zinc	mg	0.04		1	0.00	0.02	
Copper	mg	0.058		1	0.006	0.025	
Manganese	mg	0.009		1	0.001	0.004	
Selenium	µg	0.7		0	0.1	0.3	
Vitamins:							
Ascorbic acid	mg	0.0		1	0.0	0.0	
Thiamin	mg	0.000		1	0.000	0.000	
Riboflavin	mg	0.021		1	0.002	0.009	
Niacin	mg	0.001		1	0.000	0.000	
Pantothenic acid	mg	0.001		1	0.000	0.000	
Vitamin B-6	mg	0.001		1	0.000	0.000	
Folate	µg	0		1	0	0	
Vitamin B-12	µg	0.00		1	0.00	0.00	
Vitamin A	IU	0		1	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	0.003		0	0.000	0.001	
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	1	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 package (1.5 oz)

NDB No. 19223 Desserts, rennin, vanilla, dry mix, prepared with whole milk

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 133g	Measure 2* 531g	Measure 3*
Proximates:							
Water	g	81.00		0	107.73	430.11	
Energy	kcal	87		0	116	462	
Energy	kj	364		0	484	1933	
Protein (N x 5.95)	g	3.00		0	3.99	15.93	
Total lipid (fat)	g	3.10		0	4.12	16.46	
Carbohydrate, by difference	g	12.20		0	16.23	64.78	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.70		0	0.93	3.72	
Sugars, total	g						
Minerals:							
Calcium	mg	119		0	158	632	
Iron	mg	0.05		0	0.07	0.27	
Magnesium	mg	12		0	16	64	
Phosphorus	mg	93		0	124	494	
Potassium	mg	140		0	186	743	
Sodium	mg	46		0	61	244	
Zinc	mg	0.35		0	0.47	1.86	
Copper	mg	0.014		0	0.019	0.074	
Manganese	mg	0.003		0	0.004	0.016	
Selenium	µg	2.1		0	2.8	11.2	
Vitamins:							
Ascorbic acid	mg	0.9		0	1.2	4.8	
Thiamin	mg	0.035		0	0.047	0.186	
Riboflavin	mg	0.151		0	0.201	0.802	
Niacin	mg	0.077		0	0.102	0.409	
Pantothenic acid	mg	0.289		0	0.384	1.535	
Vitamin B-6	mg	0.039		0	0.052	0.207	
Folate	µg	5		0	7	27	
Vitamin B-12	µg	0.33		0	0.44	1.75	
Vitamin A	IU	116		0	154	616	
Vitamin A, RE	µg	25		0	33	133	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	1.910		0	2.540	10.142	
4:0	g	0.090		0	0.120	0.478	
6.0	g	0.060		0	0.080	0.319	
8:0	g	0.030		0	0.040	0.159	
10:0	g	0.080		0	0.106	0.425	
12:0	g	0.090		0	0.120	0.478	
14:0	g	0.320		0	0.426	1.699	
15.0	g						
16:0	g	0.850		0	1.131	4.513	
17:0	g						
18:0	g	0.390		0	0.519	2.071	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.880	0	1.170	4.673
14:1	g				
16:1	g	0.070	0	0.093	0.372
18:1	g	0.810	0	1.077	4.301
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.120	0	0.160	0.637
18:2	g	0.070	0	0.093	0.372
18:3	g	0.050	0	0.067	0.266
18:4	g				
20:4	g	0.000	0	0.000	0.000
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	13	0	17	69
Phytosterols	mg	0	0	0	0
Amino acids:					
Tryptophan	g	0.040	0	0.053	0.212
Threonine	g	0.130	0	0.173	0.690
Isoleucine	g	0.175	0	0.233	0.929
Leucine	g	0.283	0	0.376	1.503
Lysine	g	0.229	0	0.305	1.216
Methionine	g	0.072	0	0.096	0.382
Cystine	g	0.027	0	0.036	0.143
Phenylalanine	g	0.139	0	0.185	0.738
Tyrosine	g	0.139	0	0.185	0.738
Valine	g	0.193	0	0.257	1.025
Arginine	g	0.105	0	0.140	0.558
Histidine	g	0.078	0	0.104	0.414
Alanine	g	0.099	0	0.132	0.526
Aspartic acid	g	0.219	0	0.291	1.163
Glutamic acid	g	0.604	0	0.803	3.207
Glycine	g	0.061	0	0.081	0.324
Proline	g	0.279	0	0.371	1.481
Serine	g	0.157	0	0.209	0.834
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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: package yield (2 cups)

NDB No. 19225 Desserts, rennin, tablets, unsweetened

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 10g	Measure 2*	Measure 3*
Proximates:							
Water	g	6.50	0.800	2	0.64		
Energy	kcal	84		0	8		
Energy	kj	351		0	35		
Protein (N x 5.95)	g	1.00	0.200	2	0.10		
Total lipid (fat)	g	0.10	0.020	2	0.01		
Carbohydrate, by difference	g	19.80		0	1.96		
Fiber, total dietary	g	0.0		0	0.0		
Ash	g	72.50	1.450	2	7.18		
Sugars, total	g						
Minerals:							
Calcium	mg	3733	17.320	2	370		
Iron	mg	7.07	4.425	2	0.70		
Magnesium	mg	18	10.199	3	2		
Phosphorus	mg	340	29.499	2	34		
Potassium	mg	292	287.850	2	29		
Sodium	mg	26050	949.846	2	2579		
Zinc	mg	6.36	5.835	2	0.63		
Copper	mg	0.200	0.000	2	0.020		
Manganese	mg	0.895	0.615	2	0.089		
Selenium	µg	0.0		0	0.0		
Vitamins:							
Ascorbic acid	mg	0.0		1	0.0		
Thiamin	mg	0.000		1	0.000		
Riboflavin	mg	0.000		1	0.000		
Niacin	mg	0.000		1	0.000		
Pantothenic acid	mg	0.000		1	0.000		
Vitamin B-6	mg	0.000		1	0.000		
Folate	µg	0		1	0		
Vitamin B-12	µg	0.00		1	0.00		
Vitamin A	IU	0		1	0		
Vitamin A, RE	µg	0		0	0		
Vitamin E, α-TE	mg	0.000		0	0.000		
Lipids:							
Saturated, total	g	0.041		0	0.004		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.000		0	0.000		
10:0	g	0.000		0	0.000		
12:0	g	0.000		0	0.000		
14:0	g	0.004		0	0.000		
15.0	g						
16:0	g	0.021		0	0.002		
17:0	g						
18:0	g	0.014		0	0.001		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.038	0	0.004
14:1	g			
16:1	g	0.004	0	0.000
18:1	g	0.033	0	0.003
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.007	0	0.001
18:2	g	0.005	0	0.000
18:3	g	0.001	0	0.000
18:4	g	0.000	0	0.000
20:4	g	0.001	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	1	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 (0.35 oz)

NDB No. 19226 Frostings, chocolate, creamy, ready-to-eat

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 462g	Measure 2* 38g	Measure 3*
Proximates:							
Water	g	17.00	0.689	13	78.54	6.46	
Energy	kcal	397		0	1834	151	
Energy	kj	1661		0	7674	631	
Protein (N x 5.95)	g	1.10	0.047	13	5.08	0.42	
Total lipid (fat)	g	17.60	0.432	12	81.31	6.69	
Carbohydrate, by difference	g	63.20		0	291.98	24.02	
Fiber, total dietary	g	0.6		0	2.8	0.2	
Ash	g	1.00	0.101	9	4.62	0.38	
Sugars, total	g	57.70		1	266.57	21.93	
Minerals:							
Calcium	mg	8	0.511	7	37	3	
Iron	mg	1.42	0.079	7	6.56	0.54	
Magnesium	mg	21	1.743	6	97	8	
Phosphorus	mg	79		1	365	30	
Potassium	mg	196	18.573	9	906	74	
Sodium	mg	183	19.804	15	845	70	
Zinc	mg	0.29	0.054	4	1.34	0.11	
Copper	mg	0.200	0.045	4	0.924	0.076	
Manganese	mg	0.240		1	1.109	0.091	
Selenium	µg	0.8		0	3.7	0.3	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.013	0.001	7	0.060	0.005	
Riboflavin	mg	0.017	0.003	7	0.079	0.006	
Niacin	mg	0.119	0.004	7	0.550	0.045	
Pantothenic acid	mg	0.028	0.009	5	0.129	0.011	
Vitamin B-6	mg	0.005		1	0.023	0.002	
Folate	µg	0		1	0	0	
Vitamin B-12	µg	0.00		1	0.00	0.00	
Vitamin A	IU	655		1	3026	249	
Vitamin A, RE	µg	198		0	915	75	
Vitamin E, α-TE	mg	2.369		0	10.945	0.900	
Lipids:							
Saturated, total	g	5.530		0	25.549	2.101	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g	2.410	0.000	3	11.134	0.916	
17:0	g						
18:0	g	3.060	0.000	3	14.137	1.163	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	9.020		0	41.672	3.428
14:1	g					
16:1	g					
18:1	g	9.020	0.000	3	41.672	3.428
20:1	g					
22.1	g					
Polyunsaturated, total	g	2.130		0	9.841	0.809
18:2	g	2.130	0.000	3	9.841	0.809
18:3	g					
18:4	g					
20:4	g					
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	0		1	0	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.016		0	0.074	0.006
Threonine	g	0.043		0	0.199	0.016
Isoleucine	g	0.042		0	0.194	0.016
Leucine	g	0.066		0	0.305	0.025
Lysine	g	0.054		0	0.249	0.021
Methionine	g	0.011		0	0.051	0.004
Cystine	g	0.013		0	0.060	0.005
Phenylalanine	g	0.052		0	0.240	0.020
Tyrosine	g	0.041		0	0.189	0.016
Valine	g	0.065		0	0.300	0.025
Arginine	g	0.061		0	0.282	0.023
Histidine	g	0.019		0	0.088	0.007
Alanine	g	0.050		0	0.231	0.019
Aspartic acid	g	0.108		0	0.499	0.041
Glutamic acid	g	0.163		0	0.753	0.062
Glycine	g	0.048		0	0.222	0.018
Proline	g	0.047		0	0.217	0.018
Serine	g	0.047		0	0.217	0.018
Other:						
Caffeine	mg	2		0	9	1
Theobromine	mg	79		0	365	30
Alcohol	g					

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

*** Common Measures:**

Measure 1: 16 oz package
Measure 2: 1/12 package

NDB No. 19227 Frostings, coconut-nut, ready-to-eat

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 462g	Measure 2* 38g	Measure 3*
Proximates:							
Water	g	21.00	0.064	9	97.02	7.98	
Energy	kcal	412		0	1903	157	
Energy	kj	1724		0	7965	655	
Protein (N x 5.95)	g	1.50	0.066	9	6.93	0.57	
Total lipid (fat)	g	24.00	0.063	9	110.88	9.12	
Carbohydrate, by difference	g	52.80		0	243.94	20.06	
Fiber, total dietary	g	1.4		0	6.5	0.5	
Ash	g	0.80	0.007	9	3.70	0.30	
Sugars, total	g	40.00		0	184.80	15.20	
Minerals:							
Calcium	mg	13	0.958	9	60	5	
Iron	mg	0.54	0.035	8	2.49	0.21	
Magnesium	mg	19	0.787	9	88	7	
Phosphorus	mg	63		1	291	24	
Potassium	mg	186	2.451	9	859	71	
Sodium	mg	195	0.959	9	901	74	
Zinc	mg	0.41	0.014	8	1.89	0.16	
Copper	mg	0.125	0.006	8	0.578	0.048	
Manganese	mg	0.841		1	3.885	0.320	
Selenium	µg	3.1		0	14.3	1.2	
Vitamins:							
Ascorbic acid	mg	0.3		1	1.4	0.1	
Thiamin	mg	0.035	0.001	9	0.162	0.013	
Riboflavin	mg	0.019	0.004	9	0.088	0.007	
Niacin	mg	0.212	0.031	9	0.979	0.081	
Pantothenic acid	mg	0.267		1	1.234	0.101	
Vitamin B-6	mg	0.054		1	0.249	0.021	
Folate	µg	6		1	28	2	
Vitamin B-12	µg	0.00		1	0.00	0.00	
Vitamin A	IU	0		1	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	1.135		0	5.244	0.431	
Lipids:							
Saturated, total	g	7.030		0	32.479	2.671	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.020		1	0.092	0.008	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.300		1	1.386	0.114	
12:0	g	1.880		1	8.686	0.714	
14:0	g	0.740		1	3.419	0.281	
15.0	g						
16:0	g	2.510		1	11.596	0.954	
17:0	g						
18:0	g	1.580		1	7.300	0.600	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	12.210	0	56.410	4.640
14:1	g				
16:1	g	0.040	1	0.185	0.015
18:1	g	12.120	1	55.994	4.606
20:1	g	0.060	1	0.277	0.023
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	3.410	0	15.754	1.296
18:2	g	3.250	1	15.015	1.235
18:3	g	0.160	1	0.739	0.061
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	1	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.031	0	0.143	0.012
Threonine	g	0.047	0	0.217	0.018
Isoleucine	g	0.057	0	0.263	0.022
Leucine	g	0.096	0	0.444	0.036
Lysine	g	0.054	0	0.249	0.021
Methionine	g	0.031	0	0.143	0.012
Cystine	g	0.035	0	0.162	0.013
Phenylalanine	g	0.072	0	0.333	0.027
Tyrosine	g	0.049	0	0.226	0.019
Valine	g	0.073	0	0.337	0.028
Arginine	g	0.205	0	0.947	0.078
Histidine	g	0.039	0	0.180	0.015
Alanine	g	0.063	0	0.291	0.024
Aspartic acid	g	0.129	0	0.596	0.049
Glutamic acid	g	0.287	0	1.326	0.109
Glycine	g	0.067	0	0.310	0.025
Proline	g	0.062	0	0.286	0.024
Serine	g	0.068	0	0.314	0.026
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 16 oz package
Measure 2: 1/12 package

NDB No. 19228 Frostings, cream cheese-flavor, ready-to-eat

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 462g	Measure 2* 38g	Measure 3*
Proximates:							
Water	g	15.10	0.000	3	69.76	5.74	
Energy	kcal	413		0	1908	157	
Energy	kj	1728		0	7983	657	
Protein (N x 5.95)	g	0.10	0.000	3	0.46	0.04	
Total lipid (fat)	g	17.30	0.000	2	79.93	6.57	
Carbohydrate, by difference	g	66.70		0	308.15	25.35	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.90	0.000	2	4.16	0.34	
Sugars, total	g						
Minerals:							
Calcium	mg	3	0.000	2	14	1	
Iron	mg	0.16	0.000	2	0.74	0.06	
Magnesium	mg	2		1	9	1	
Phosphorus	mg	3		1	14	1	
Potassium	mg	35	0.000	2	162	13	
Sodium	mg	237	0.000	2	1095	90	
Zinc	mg	0.00		1	0.00	0.00	
Copper	mg	0.020		1	0.092	0.008	
Manganese	mg	0.011		1	0.051	0.004	
Selenium	µg	0.6		0	2.8	0.2	
Vitamins:							
Ascorbic acid	mg	0.0		1	0.0	0.0	
Thiamin	mg	0.000		1	0.000	0.000	
Riboflavin	mg	0.006	0.000	2	0.028	0.002	
Niacin	mg	0.011	0.000	2	0.051	0.004	
Pantothenic acid	mg	0.003		1	0.014	0.001	
Vitamin B-6	mg	0.000		1	0.000	0.000	
Folate	µg	0		1	0	0	
Vitamin B-12	µg	0.00		1	0.00	0.00	
Vitamin A	IU	383		1	1769	146	
Vitamin A, RE	µg	116		0	536	44	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	5.040		0	23.285	1.915	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g	2.390		3	11.042	0.908	
17:0	g						
18:0	g	2.590		3	11.966	0.984	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	9.030	0	41.719	3.431
14:1	g				
16:1	g				
18:1	g	9.030	3	41.719	3.431
20:1	g				
22.1	g				
Polyunsaturated, total	g	2.350	0	10.857	0.893
18:2	g	2.250	3	10.395	0.855
18:3	g	0.090	3	0.416	0.034
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	0	1	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.001	0	0.005	0.000
Threonine	g	0.002	0	0.009	0.001
Isoleucine	g	0.002	0	0.009	0.001
Leucine	g	0.004	0	0.018	0.002
Lysine	g	0.002	0	0.009	0.001
Methionine	g	0.001	0	0.005	0.000
Cystine	g	0.001	0	0.005	0.000
Phenylalanine	g	0.003	0	0.014	0.001
Tyrosine	g	0.002	0	0.009	0.001
Valine	g	0.003	0	0.014	0.001
Arginine	g	0.002	0	0.009	0.001
Histidine	g	0.001	0	0.005	0.000
Alanine	g	0.002	0	0.009	0.001
Aspartic acid	g	0.003	0	0.014	0.001
Glutamic acid	g	0.018	0	0.083	0.007
Glycine	g	0.002	0	0.009	0.001
Proline	g	0.006	0	0.028	0.002
Serine	g	0.003	0	0.014	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: 16 oz package
Measure 2: 1/12 package

NDB No. 19229 Frostings, sour cream-flavor, ready-to-eat

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 462g	Measure 2* 38g	Measure 3*
Proximates:							
Water	g	14.20	0.118	5	65.60	5.40	
Energy	kcal	412		0	1903	157	
Energy	kj	1724		0	7965	655	
Protein (N x 5.95)	g	0.10	0.018	5	0.46	0.04	
Total lipid (fat)	g	17.20	0.338	5	79.46	6.54	
Carbohydrate, by difference	g	67.60		0	312.31	25.69	
Fiber, total dietary	g	0.1		0	0.5	0.0	
Ash	g	0.80	0.013	5	3.70	0.30	
Sugars, total	g						
Minerals:							
Calcium	mg	2	0.450	2	9	1	
Iron	mg	0.07	0.008	6	0.32	0.03	
Magnesium	mg	2	1.650	2	9	1	
Phosphorus	mg	4	0.230	4	18	2	
Potassium	mg	194	2.114	4	896	74	
Sodium	mg	204	10.335	5	942	78	
Zinc	mg	0.01		1	0.05	0.00	
Copper	mg	0.010		1	0.046	0.004	
Manganese	mg	0.053		1	0.245	0.020	
Selenium	µg	0.6		0	2.8	0.2	
Vitamins:							
Ascorbic acid	mg	0.0		1	0.0	0.0	
Thiamin	mg	0.010	0.004	5	0.046	0.004	
Riboflavin	mg	0.020	0.010	2	0.092	0.008	
Niacin	mg	0.668	0.153	5	3.086	0.254	
Pantothenic acid	mg	0.040		1	0.185	0.015	
Vitamin B-6	mg	0.004		1	0.018	0.002	
Folate	µg	1		1	5	0	
Vitamin B-12	µg	0.01		1	0.05	0.00	
Vitamin A	IU	401		1	1853	152	
Vitamin A, RE	µg	122		0	564	46	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	5.010		0	23.146	1.904	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g	2.380		3	10.996	0.904	
17:0	g						
18:0	g	2.570		3	11.873	0.977	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	8.990	0	41.534	3.416
14:1	g				
16:1	g				
18:1	g	8.990	3	41.534	3.416
20:1	g				
22.1	g				
Polyunsaturated, total	g	2.340	0	10.811	0.889
18:2	g	2.240	3	10.349	0.851
18:3	g	0.090	3	0.416	0.034
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	0	1	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.002	0	0.009	0.001
Threonine	g	0.003	0	0.014	0.001
Isoleucine	g	0.005	0	0.023	0.002
Leucine	g	0.008	0	0.037	0.003
Lysine	g	0.005	0	0.023	0.002
Methionine	g	0.002	0	0.009	0.001
Cystine	g	0.002	0	0.009	0.001
Phenylalanine	g	0.005	0	0.023	0.002
Tyrosine	g	0.004	0	0.018	0.002
Valine	g	0.005	0	0.023	0.002
Arginine	g	0.004	0	0.018	0.002
Histidine	g	0.002	0	0.009	0.001
Alanine	g	0.004	0	0.018	0.002
Aspartic acid	g	0.005	0	0.023	0.002
Glutamic acid	g	0.033	0	0.152	0.013
Glycine	g	0.003	0	0.014	0.001
Proline	g	0.012	0	0.055	0.005
Serine	g	0.006	0	0.028	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: 16 oz package
Measure 2: 1/12 package

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

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 462g	Measure 2* 38g	Measure 3*
Proximates:							
Water	g	13.20	0.318	11	60.98	5.02	
Energy	kcal	419		0	1936	159	
Energy	kj	1753		0	8099	666	
Protein (N x 5.95)	g	0.10	0.051	9	0.46	0.04	
Total lipid (fat)	g	16.80	0.324	13	77.62	6.38	
Carbohydrate, by difference	g	69.40		0	320.63	26.37	
Fiber, total dietary	g	0.1		0	0.5	0.0	
Ash	g	0.50	0.048	10	2.31	0.19	
Sugars, total	g	63.70		0	294.29	24.21	
Minerals:							
Calcium	mg	3	0.152	6	14	1	
Iron	mg	0.11	0.024	4	0.51	0.04	
Magnesium	mg	1	0.211	4	5	0	
Phosphorus	mg	39		1	180	15	
Potassium	mg	37	2.141	7	171	14	
Sodium	mg	90	24.752	10	416	34	
Zinc	mg	0.00	0.000	3	0.00	0.00	
Copper	mg	0.007	0.007	3	0.032	0.003	
Manganese	mg	0.040		0	0.185	0.015	
Selenium	µg	0.6		0	2.8	0.2	
Vitamins:							
Ascorbic acid	mg	0.0	0.000	2	0.0	0.0	
Thiamin	mg	0.000	0.000	3	0.000	0.000	
Riboflavin	mg	0.006	0.000	5	0.028	0.002	
Niacin	mg	0.011	0.000	5	0.051	0.004	
Pantothenic acid	mg	0.000	0.000	2	0.000	0.000	
Vitamin B-6	mg	0.000	0.000	3	0.000	0.000	
Folate	µg	0	0.000	3	0	0	
Vitamin B-12	µg	0.00	0.000	3	0.00	0.00	
Vitamin A	IU	746	73.901	3	3447	283	
Vitamin A, RE	µg	226		0	1044	86	
Vitamin E, α-TE	mg	4.719		0	21.802	1.793	
Lipids:							
Saturated, total	g	4.890		0	22.592	1.858	
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	2.320		3	10.718	0.882	
17:0	g						
18:0	g	2.510		3	11.596	0.954	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	8.770	0	40.517	3.333
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	8.770	3	40.517	3.333
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	2.280	0	10.534	0.866
18:2	g	2.190	3	10.118	0.832
18:3	g	0.090	3	0.416	0.034
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	1	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.002	0	0.009	0.001
Threonine	g	0.006	0	0.028	0.002
Isoleucine	g	0.007	0	0.032	0.003
Leucine	g	0.014	0	0.065	0.005
Lysine	g	0.009	0	0.042	0.003
Methionine	g	0.003	0	0.014	0.001
Cystine	g	0.002	0	0.009	0.001
Phenylalanine	g	0.006	0	0.028	0.002
Tyrosine	g	0.006	0	0.028	0.002
Valine	g	0.008	0	0.037	0.003
Arginine	g	0.005	0	0.023	0.002
Histidine	g	0.004	0	0.018	0.002
Alanine	g	0.006	0	0.028	0.002
Aspartic acid	g	0.010	0	0.046	0.004
Glutamic acid	g	0.027	0	0.125	0.010
Glycine	g	0.003	0	0.014	0.001
Proline	g	0.012	0	0.055	0.005
Serine	g	0.007	0	0.032	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: 16 oz package
Measure 2: 1/12 package

NDB No. 19231 Desserts, flan, caramel custard, dry mix, prepared with 2% milk

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 533g	Measure 2* 133g	Measure 3*
Proximates:							
Water	g	75.30		0	401.35	100.15	
Energy	kcal	102		0	544	136	
Energy	kj	427		0	2276	568	
Protein (N x 5.95)	g	3.00		0	15.99	3.99	
Total lipid (fat)	g	1.80		0	9.59	2.39	
Carbohydrate, by difference	g	19.20		0	102.34	25.54	
Fiber, total dietary	g	0.1		0	0.5	0.1	
Ash	g	0.70		0	3.73	0.93	
Sugars, total	g						
Minerals:							
Calcium	mg	115		0	613	153	
Iron	mg	0.06		0	0.32	0.08	
Magnesium	mg	13		0	69	17	
Phosphorus	mg	87		0	464	116	
Potassium	mg	146		0	778	194	
Sodium	mg	50		0	267	67	
Zinc	mg	0.36		0	1.92	0.48	
Copper	mg	0.010		0	0.053	0.013	
Manganese	mg	0.002		0	0.011	0.003	
Selenium	µg	5.1		0	27.2	6.8	
Vitamins:							
Ascorbic acid	mg	0.7		0	3.7	0.9	
Thiamin	mg	0.032		0	0.171	0.043	
Riboflavin	mg	0.151		0	0.805	0.201	
Niacin	mg	0.079		0	0.421	0.105	
Pantothenic acid	mg	0.292		0	1.556	0.388	
Vitamin B-6	mg	0.035		0	0.187	0.047	
Folate	µg	4		0	21	5	
Vitamin B-12	µg	0.27		0	1.44	0.36	
Vitamin A	IU	187		0	997	249	
Vitamin A, RE	µg	47		0	251	63	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	1.100		0	5.863	1.463	
4:0	g	0.060		0	0.320	0.080	
6.0	g	0.030		0	0.160	0.040	
8:0	g	0.020		0	0.107	0.027	
10:0	g	0.050		0	0.267	0.067	
12:0	g	0.050		0	0.267	0.067	
14:0	g	0.180		0	0.959	0.239	
15.0	g						
16:0	g	0.480		0	2.558	0.638	
17:0	g						
18:0	g	0.220		0	1.173	0.293	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.500	0	2.665	0.665
14:1	g				
16:1	g	0.040	0	0.213	0.053
18:1	g	0.460	0	2.452	0.612
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.070	0	0.373	0.093
18:2	g	0.040	0	0.213	0.053
18:3	g	0.030	0	0.160	0.040
18:4	g				
20:4	g	0.000	0	0.000	0.000
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	7	0	37	9
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.041	0	0.219	0.055
Threonine	g	0.131	0	0.698	0.174
Isoleucine	g	0.176	0	0.938	0.234
Leucine	g	0.284	0	1.514	0.378
Lysine	g	0.230	0	1.226	0.306
Methionine	g	0.073	0	0.389	0.097
Cystine	g	0.027	0	0.144	0.036
Phenylalanine	g	0.140	0	0.746	0.186
Tyrosine	g	0.140	0	0.746	0.186
Valine	g	0.194	0	1.034	0.258
Arginine	g	0.105	0	0.560	0.140
Histidine	g	0.079	0	0.421	0.105
Alanine	g	0.100	0	0.533	0.133
Aspartic acid	g	0.220	0	1.173	0.293
Glutamic acid	g	0.607	0	3.235	0.807
Glycine	g	0.062	0	0.330	0.082
Proline	g	0.281	0	1.498	0.374
Serine	g	0.157	0	0.837	0.209
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

NDB No. 19232 Desserts, flan, caramel custard, dry mix, prepared with whole milk

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 533g	Measure 2* 133g	Measure 3*
Proximates:							
Water	g	74.20		0	395.49	98.69	
Energy	kcal	113		0	602	150	
Energy	kj	473		0	2521	629	
Protein (N x 5.95)	g	3.00		0	15.99	3.99	
Total lipid (fat)	g	3.10		0	16.52	4.12	
Carbohydrate, by difference	g	19.10		0	101.80	25.40	
Fiber, total dietary	g	0.1		0	0.5	0.1	
Ash	g	0.70		0	3.73	0.93	
Sugars, total	g						
Minerals:							
Calcium	mg	113		0	602	150	
Iron	mg	0.06		0	0.32	0.08	
Magnesium	mg	12		0	64	16	
Phosphorus	mg	86		0	458	114	
Potassium	mg	144		0	768	192	
Sodium	mg	49		0	261	65	
Zinc	mg	0.35		0	1.87	0.47	
Copper	mg	0.012		0	0.064	0.016	
Manganese	mg	0.002		0	0.011	0.003	
Selenium	µg	4.9		0	26.1	6.5	
Vitamins:							
Ascorbic acid	mg	0.7		0	3.7	0.9	
Thiamin	mg	0.031		0	0.165	0.041	
Riboflavin	mg	0.148		0	0.789	0.197	
Niacin	mg	0.077		0	0.410	0.102	
Pantothenic acid	mg	0.287		0	1.530	0.382	
Vitamin B-6	mg	0.035		0	0.187	0.047	
Folate	µg	4		0	21	5	
Vitamin B-12	µg	0.26		0	1.39	0.35	
Vitamin A	IU	115		0	613	153	
Vitamin A, RE	µg	26		0	139	35	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	1.900		0	10.127	2.527	
4:0	g	0.090		0	0.480	0.120	
6.0	g	0.060		0	0.320	0.080	
8:0	g	0.030		0	0.160	0.040	
10:0	g	0.080		0	0.426	0.106	
12:0	g	0.090		0	0.480	0.120	
14:0	g	0.320		0	1.706	0.426	
15.0	g						
16:0	g	0.840		0	4.477	1.117	
17:0	g						
18:0	g	0.390		0	2.079	0.519	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.880	0	4.690	1.170
14:1	g				
16:1	g	0.070	0	0.373	0.093
18:1	g	0.810	0	4.317	1.077
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.120	0	0.640	0.160
18:2	g	0.070	0	0.373	0.093
18:3	g	0.050	0	0.267	0.067
18:4	g				
20:4	g	0.000	0	0.000	0.000
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	12	0	64	16
Phytosterols	mg	0	0	0	0
Amino acids:					
Tryptophan	g	0.040	0	0.213	0.053
Threonine	g	0.129	0	0.688	0.172
Isoleucine	g	0.174	0	0.927	0.231
Leucine	g	0.281	0	1.498	0.374
Lysine	g	0.228	0	1.215	0.303
Methionine	g	0.072	0	0.384	0.096
Cystine	g	0.026	0	0.139	0.035
Phenylalanine	g	0.138	0	0.736	0.184
Tyrosine	g	0.138	0	0.736	0.184
Valine	g	0.192	0	1.023	0.255
Arginine	g	0.104	0	0.554	0.138
Histidine	g	0.078	0	0.416	0.104
Alanine	g	0.099	0	0.528	0.132
Aspartic acid	g	0.218	0	1.162	0.290
Glutamic acid	g	0.600	0	3.198	0.798
Glycine	g	0.061	0	0.325	0.081
Proline	g	0.278	0	1.482	0.370
Serine	g	0.156	0	0.831	0.207
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

NDB No. 19240 Frostings, chocolate, creamy, dry mix

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 388g	Measure 2*	Measure 3*
Proximates:							
Water	g	0.60		1	2.33		
Energy	kcal	389		0	1509		
Energy	kj	1628		0	6317		
Protein (N x 5.95)	g	1.30		1	5.04		
Total lipid (fat)	g	5.20		1	20.18		
Carbohydrate, by difference	g	92.00		0	356.96		
Fiber, total dietary	g	2.4		0	9.3		
Ash	g	0.60		1	2.33		
Sugars, total	g						
Minerals:							
Calcium	mg	11		1	43		
Iron	mg	1.19		1	4.62		
Magnesium	mg	38		1	147		
Phosphorus	mg	62		1	241		
Potassium	mg	180		1	698		
Sodium	mg	76		1	295		
Zinc	mg	0.81		1	3.14		
Copper	mg	0.294		1	1.141		
Manganese	mg	0.333		1	1.292		
Selenium	µg	1.6		0	6.2		
Vitamins:							
Ascorbic acid	mg	0.0		1	0.0		
Thiamin	mg	0.006		1	0.023		
Riboflavin	mg	0.029		1	0.113		
Niacin	mg	0.142		1	0.551		
Pantothenic acid	mg	0.029		1	0.113		
Vitamin B-6	mg	0.080		1	0.310		
Folate	µg	3		1	12		
Vitamin B-12	µg	0.00		1	0.00		
Vitamin A	IU	0		1	0		
Vitamin A, RE	µg	0		0	0		
Vitamin E, α-TE	mg	0.988		0	3.833		
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	1	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.020	0	0.078
Threonine	g	0.053	0	0.206
Isoleucine	g	0.052	0	0.202
Leucine	g	0.082	0	0.318
Lysine	g	0.067	0	0.260
Methionine	g	0.014	0	0.054
Cystine	g	0.016	0	0.062
Phenylalanine	g	0.064	0	0.248
Tyrosine	g	0.050	0	0.194
Valine	g	0.080	0	0.310
Arginine	g	0.076	0	0.295
Histidine	g	0.023	0	0.089
Alanine	g	0.062	0	0.241
Aspartic acid	g	0.133	0	0.516
Glutamic acid	g	0.202	0	0.784
Glycine	g	0.060	0	0.233
Proline	g	0.058	0	0.225
Serine	g	0.058	0	0.225
Other:				
Caffeine	mg	6	0	23
Theobromine	mg	188	0	729
Alcohol	g			

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

NDB No. 19241 Frostings, chocolate, creamy, dry mix, prepared with butter

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 499g	Measure 2* 42g	Measure 3*
Proximates:							
Water	g	13.30		0	66.37	5.59	
Energy	kcal	382		0	1906	160	
Energy	kj	1598		0	7974	671	
Protein (N x 5.95)	g	1.10		0	5.49	0.46	
Total lipid (fat)	g	13.10		0	65.37	5.50	
Carbohydrate, by difference	g	71.60		0	357.28	30.07	
Fiber, total dietary	g	1.8		0	9.0	0.8	
Ash	g	0.70		0	3.49	0.29	
Sugars, total	g						
Minerals:							
Calcium	mg	11		0	55	5	
Iron	mg	0.94		0	4.69	0.39	
Magnesium	mg	30		0	150	13	
Phosphorus	mg	50		0	250	21	
Potassium	mg	143		0	714	60	
Sodium	mg	151		0	753	63	
Zinc	mg	0.64		0	3.19	0.27	
Copper	mg	0.231		0	1.153	0.097	
Manganese	mg	0.260		0	1.297	0.109	
Selenium	µg	1.3		0	6.5	0.5	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.005		0	0.025	0.002	
Riboflavin	mg	0.026		0	0.130	0.011	
Niacin	mg	0.115		0	0.574	0.048	
Pantothenic acid	mg	0.035		0	0.175	0.015	
Vitamin B-6	mg	0.063		0	0.314	0.026	
Folate	µg	0		0	0	0	
Vitamin B-12	µg	0.01		0	0.05	0.00	
Vitamin A	IU	340		0	1697	143	
Vitamin A, RE	µg	60		0	299	25	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	5.610		0	27.994	2.356	
4:0	g	0.290		0	1.447	0.122	
6.0	g	0.170		0	0.848	0.071	
8:0	g	0.100		0	0.499	0.042	
10:0	g	0.230		0	1.148	0.097	
12:0	g	0.250		0	1.248	0.105	
14:0	g	0.910		0	4.541	0.382	
15.0	g						
16:0	g	2.370		0	11.826	0.995	
17:0	g						
18:0	g	1.090		0	5.439	0.458	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.600	0	12.974	1.092
14:1	g				
16:1	g	0.200	0	0.998	0.084
18:1	g	2.270	0	11.327	0.953
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.330	0	1.647	0.139
18:2	g	0.200	0	0.998	0.084
18:3	g	0.130	0	0.649	0.055
18:4	g				
20:4	g	0.000	0	0.000	0.000
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	24	0	120	10
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.017	0	0.085	0.007
Threonine	g	0.045	0	0.225	0.019
Isoleucine	g	0.046	0	0.230	0.019
Leucine	g	0.073	0	0.364	0.031
Lysine	g	0.060	0	0.299	0.025
Methionine	g	0.013	0	0.065	0.005
Cystine	g	0.014	0	0.070	0.006
Phenylalanine	g	0.055	0	0.274	0.023
Tyrosine	g	0.044	0	0.220	0.018
Valine	g	0.069	0	0.344	0.029
Arginine	g	0.062	0	0.309	0.026
Histidine	g	0.021	0	0.105	0.009
Alanine	g	0.051	0	0.254	0.021
Aspartic acid	g	0.111	0	0.554	0.047
Glutamic acid	g	0.177	0	0.883	0.074
Glycine	g	0.049	0	0.245	0.021
Proline	g	0.054	0	0.269	0.023
Serine	g	0.050	0	0.250	0.021
Other:					
Caffeine	mg	4	0	20	2
Theobromine	mg	145	0	724	61
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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 yields
Measure 2: 1/12 package

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

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 411g	Measure 2* 34g	Measure 3*
Proximates:							
Water	g	0.70	0.095	4	2.88	0.24	
Energy	kcal	410		0	1685	139	
Energy	kj	1715		0	7049	583	
Protein (N x 5.95)	g	0.30	0.022	4	1.23	0.10	
Total lipid (fat)	g	4.90	0.377	3	20.14	1.67	
Carbohydrate, by difference	g	93.80		0	385.52	31.89	
Fiber, total dietary	g	0.1		0	0.4	0.0	
Ash	g	0.30		1	1.23	0.10	
Sugars, total	g						
Minerals:							
Calcium	mg	3		1	12	1	
Iron	mg	0.00		1	0.00	0.00	
Magnesium	mg	2		1	8	1	
Phosphorus	mg	4		1	16	1	
Potassium	mg	7	4.525	2	29	2	
Sodium	mg	13	4.125	2	53	4	
Zinc	mg	0.01		1	0.04	0.00	
Copper	mg	0.035		1	0.144	0.012	
Manganese	mg	0.012		1	0.049	0.004	
Selenium	µg	0.8		0	3.3	0.3	
Vitamins:							
Ascorbic acid	mg	0.0		1	0.0	0.0	
Thiamin	mg	0.000		1	0.000	0.000	
Riboflavin	mg	0.002		1	0.008	0.001	
Niacin	mg	0.001		1	0.004	0.000	
Pantothenic acid	mg	0.007		1	0.029	0.002	
Vitamin B-6	mg	0.001		1	0.004	0.000	
Folate	µg	0		1	0	0	
Vitamin B-12	µg	0.00		1	0.00	0.00	
Vitamin A	IU	0		1	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	0.671		0	2.758	0.228	
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	1	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.001	0	0.004	0.000
Threonine	g	0.009	0	0.037	0.003
Isoleucine	g	0.010	0	0.041	0.003
Leucine	g	0.035	0	0.144	0.012
Lysine	g	0.006	0	0.025	0.002
Methionine	g	0.005	0	0.021	0.002
Cystine	g	0.006	0	0.025	0.002
Phenylalanine	g	0.013	0	0.053	0.004
Tyrosine	g	0.010	0	0.041	0.003
Valine	g	0.013	0	0.053	0.004
Arginine	g	0.012	0	0.049	0.004
Histidine	g	0.008	0	0.033	0.003
Alanine	g	0.019	0	0.078	0.006
Aspartic acid	g	0.020	0	0.082	0.007
Glutamic acid	g	0.052	0	0.214	0.018
Glycine	g	0.009	0	0.037	0.003
Proline	g	0.024	0	0.099	0.008
Serine	g	0.011	0	0.045	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 package
Measure 2: 1/12 package

NDB No. 19245 Frostings, vanilla, creamy, dry mix, prepared with butter

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 517g	Measure 2* 43g	Measure 3*
Proximates:							
Water	g	11.60		0	59.97	4.99	
Energy	kcal	423		0	2187	182	
Energy	kj	1770		0	9151	761	
Protein (N x 5.95)	g	0.20		0	1.03	0.09	
Total lipid (fat)	g	16.70		0	86.34	7.18	
Carbohydrate, by difference	g	70.70		0	365.52	30.40	
Fiber, total dietary	g	0.1		0	0.5	0.0	
Ash	g	0.80		0	4.14	0.34	
Sugars, total	g						
Minerals:							
Calcium	mg	9		0	47	4	
Iron	mg	0.25		0	1.29	0.11	
Magnesium	mg	2		0	10	1	
Phosphorus	mg	27		0	140	12	
Potassium	mg	20		0	103	9	
Sodium	mg	209		0	1081	90	
Zinc	mg	0.12		0	0.62	0.05	
Copper	mg	0.050		0	0.259	0.022	
Manganese	mg	0.040		0	0.207	0.017	
Selenium	µg	0.7		0	3.6	0.3	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.021		0	0.109	0.009	
Riboflavin	mg	0.023		0	0.119	0.010	
Niacin	mg	0.349		0	1.804	0.150	
Pantothenic acid	mg	0.041		0	0.212	0.018	
Vitamin B-6	mg	0.001		0	0.005	0.000	
Folate	µg	0		0	0	0	
Vitamin B-12	µg	0.01		0	0.05	0.00	
Vitamin A	IU	463		0	2394	199	
Vitamin A, RE	µg	95		0	491	41	
Vitamin E, α-TE	mg	0.704		0	3.640	0.303	
Lipids:							
Saturated, total	g	7.140		0	36.914	3.070	
4:0	g	0.290		0	1.499	0.125	
6.0	g	0.170		0	0.879	0.073	
8:0	g	0.100		0	0.517	0.043	
10:0	g	0.230		0	1.189	0.099	
12:0	g	0.250		0	1.293	0.108	
14:0	g	0.910		0	4.705	0.391	
15.0	g						
16:0	g	3.110		0	16.079	1.337	
17:0	g						
18:0	g	1.880		0	9.720	0.808	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	5.400	0	27.918	2.322
14:1	g				
16:1	g	0.200	0	1.034	0.086
18:1	g	5.060	0	26.160	2.176
20:1	g				
22.1	g				
Polyunsaturated, total	g	3.240	0	16.751	1.393
18:2	g	2.940	0	15.200	1.264
18:3	g	0.300	0	1.551	0.129
18:4	g				
20:4	g	0.000	0	0.000	0.000
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	24	0	124	10
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.002	0	0.010	0.001
Threonine	g	0.009	0	0.047	0.004
Isoleucine	g	0.011	0	0.057	0.005
Leucine	g	0.029	0	0.150	0.012
Lysine	g	0.011	0	0.057	0.005
Methionine	g	0.005	0	0.026	0.002
Cystine	g	0.004	0	0.021	0.002
Phenylalanine	g	0.012	0	0.062	0.005
Tyrosine	g	0.010	0	0.052	0.004
Valine	g	0.014	0	0.072	0.006
Arginine	g	0.010	0	0.052	0.004
Histidine	g	0.007	0	0.036	0.003
Alanine	g	0.014	0	0.072	0.006
Aspartic acid	g	0.018	0	0.093	0.008
Glutamic acid	g	0.049	0	0.253	0.021
Glycine	g	0.007	0	0.036	0.003
Proline	g	0.023	0	0.119	0.010
Serine	g	0.011	0	0.057	0.005
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 package yields
Measure 2: 1/12 package

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

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 207g	Measure 2* 17g	Measure 3*
Proximates:							
Water	g	1.90		1	3.93	0.32	
Energy	kcal	371		0	768	63	
Energy	kj	1552		0	3213	264	
Protein (N x 5.95)	g	2.30		1	4.76	0.39	
Total lipid (fat)	g	0.00		1	0.00	0.00	
Carbohydrate, by difference	g	94.90		0	196.44	16.13	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.90		1	1.86	0.15	
Sugars, total	g						
Minerals:							
Calcium	mg	4		1	8	1	
Iron	mg	0.09		1	0.19	0.02	
Magnesium	mg	3		1	6	1	
Phosphorus	mg	7		1	14	1	
Potassium	mg	117		1	242	20	
Sodium	mg	234		1	484	40	
Zinc	mg	0.01		1	0.02	0.00	
Copper	mg	0.037		1	0.077	0.006	
Manganese	mg	0.007		1	0.014	0.001	
Selenium	µg	4.1		0	8.5	0.7	
Vitamins:							
Ascorbic acid	mg	0.0		1	0.0	0.0	
Thiamin	mg	0.001		1	0.002	0.000	
Riboflavin	mg	0.058		0	0.120	0.010	
Niacin	mg	1.000		1	2.070	0.170	
Pantothenic acid	mg	0.052		1	0.108	0.009	
Vitamin B-6	mg	0.001		1	0.002	0.000	
Folate	µg	3		1	6	1	
Vitamin B-12	µg	0.01		1	0.02	0.00	
Vitamin A	IU	0		1	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	0.000		0	0.000	0.000	
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	1	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.025	0	0.052	0.004
Threonine	g	0.099	0	0.205	0.017
Isoleucine	g	0.119	0	0.246	0.020
Leucine	g	0.182	0	0.377	0.031
Lysine	g	0.152	0	0.315	0.026
Methionine	g	0.072	0	0.149	0.012
Cystine	g	0.052	0	0.108	0.009
Phenylalanine	g	0.126	0	0.261	0.021
Tyrosine	g	0.080	0	0.166	0.014
Valine	g	0.138	0	0.286	0.023
Arginine	g	0.139	0	0.288	0.024
Histidine	g	0.048	0	0.099	0.008
Alanine	g	0.152	0	0.315	0.026
Aspartic acid	g	0.228	0	0.472	0.039
Glutamic acid	g	0.308	0	0.638	0.052
Glycine	g	0.154	0	0.319	0.026
Proline	g	0.133	0	0.275	0.023
Serine	g	0.151	0	0.313	0.026
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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
Measure 2: 1/12 package

NDB No. 19247 Frostings, white, fluffy, dry mix, prepared with water

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 315g	Measure 2* 26g	Measure 3*
Proximates:							
Water	g	35.20		0	110.88	9.15	
Energy	kcal	244		0	769	63	
Energy	kj	1021		0	3216	265	
Protein (N x 5.95)	g	1.50		0	4.72	0.39	
Total lipid (fat)	g	0.00		0	0.00	0.00	
Carbohydrate, by difference	g	62.60		0	197.19	16.28	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.60		0	1.89	0.16	
Sugars, total	g						
Minerals:							
Calcium	mg	4		0	13	1	
Iron	mg	0.06		0	0.19	0.02	
Magnesium	mg	2		0	6	1	
Phosphorus	mg	5		0	16	1	
Potassium	mg	77		0	243	20	
Sodium	mg	156		0	491	41	
Zinc	mg	0.02		0	0.06	0.01	
Copper	mg	0.027		0	0.085	0.007	
Manganese	mg	0.005		0	0.016	0.001	
Selenium	µg	2.6		0	8.2	0.7	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.001		0	0.003	0.000	
Riboflavin	mg	0.026		0	0.082	0.007	
Niacin	mg	0.660		0	2.079	0.172	
Pantothenic acid	mg	0.034		0	0.107	0.009	
Vitamin B-6	mg	0.001		0	0.003	0.000	
Folate	µg	2		0	6	1	
Vitamin B-12	µg	0.01		0	0.03	0.00	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	0.000		0	0.000	0.000	
Lipids:							
Saturated, total	g	0.000		0	0.000	0.000	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g				
14:1	g				
16:1	g				
18:1	g				
20:1	g				
22.1	g				
Polyunsaturated, total	g				
18:2	g				
18:3	g				
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.016	0	0.050	0.004
Threonine	g	0.065	0	0.205	0.017
Isoleucine	g	0.079	0	0.249	0.021
Leucine	g	0.120	0	0.378	0.031
Lysine	g	0.100	0	0.315	0.026
Methionine	g	0.048	0	0.151	0.012
Cystine	g	0.034	0	0.107	0.009
Phenylalanine	g	0.083	0	0.261	0.022
Tyrosine	g	0.053	0	0.167	0.014
Valine	g	0.091	0	0.287	0.024
Arginine	g	0.092	0	0.290	0.024
Histidine	g	0.032	0	0.101	0.008
Alanine	g	0.100	0	0.315	0.026
Aspartic acid	g	0.151	0	0.476	0.039
Glutamic acid	g	0.203	0	0.639	0.053
Glycine	g	0.102	0	0.321	0.027
Proline	g	0.088	0	0.277	0.023
Serine	g	0.100	0	0.315	0.026
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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 yields
Measure 2: 1/12 package

NDB No. 19251 SOKOL, SOLO Poppy Seed Filling

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 36g	Measure 2*	Measure 3*
Proximates:							
Water	g	26.60		1	9.58		
Energy	kcal	332		0	119		
Energy	kj	1388		0	500		
Protein (N x 5.95)	g	4.80		1	1.73		
Total lipid (fat)	g	8.90		1	3.20		
Carbohydrate, by difference	g	58.10		0	20.92		
Fiber, total dietary	g						
Ash	g	1.60		1	0.58		
Sugars, total	g						
Minerals:							
Calcium	mg	322		1	116		
Iron	mg						
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	74		1	27		
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU						
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	1.030		1	0.371		
4:0	g						
6.0	g						
8:0	g	0.005		1	0.002		
10:0	g	0.005		1	0.002		
12:0	g	0.005		1	0.002		
14:0	g	0.005		1	0.002		
15.0	g	0.005		1	0.002		
16:0	g	0.848		1	0.305		
17:0	g	0.005		1	0.002		
18:0	g	0.182		1	0.066		
20:0	g	0.010		1	0.004		
22.0	g	0.005		1	0.002		
24:0	g						

Monounsaturated, total	g	1.306	0	0.470
14:1	g	0.005	1	0.002
16:1	g	0.019	1	0.007
18:1	g	1.282	1	0.462
20:1	g	0.005	1	0.002
22.1	g			
Polyunsaturated, total	g	5.578	0	2.008
18:2	g	5.506	1	1.982
18:3	g	0.067	1	0.024
18:4	g			
20:4	g	0.005	1	0.002
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg			
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

*** Common Measures:**

Measure 1: 2 tablespoons

NDB No. 19257 POLANER, POLANER ALL-FRUIT Strawberry Spread

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 18g	Measure 2*	Measure 3*
Proximates:							
Water	g	41.70		1	7.51		
Energy	kcal	231		0	42		
Energy	kj	966		0	174		
Protein (N x 5.95)	g	0.70		1	0.13		
Total lipid (fat)	g	0.00		1	0.00		
Carbohydrate, by difference	g	57.00		0	10.26		
Fiber, total dietary	g						
Ash	g	0.60		1	0.11		
Sugars, total	g	42.10		1	7.58		
Minerals:							
Calcium	mg						
Iron	mg						
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	20		1	4		
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU						
Vitamin A, RE	µg						
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
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

NDB No. 19259 Frozen desserts, CONAGRA, HEALTHY CHOICE Low Fat Dessert Praline Caramel

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 71g	Measure 2*	Measure 3*
Proximates:							
Water	g	57.23		1	40.63		
Energy	kcal	181		0	129		
Energy	kj	757		0	537		
Protein (N x 5.95)	g	3.79		1	2.69		
Total lipid (fat)	g	2.82		1	2.00		
Carbohydrate, by difference	g	35.21		0	25.00		
Fiber, total dietary	g						
Ash	g	0.95		1	0.67		
Sugars, total	g	33.80		1	24.00		
Minerals:							
Calcium	mg	140		1	99		
Iron	mg	0.11		1	0.08		
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	98		1	70		
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		1	0.0		
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU	280		1	199		
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.700		1	0.497		
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	1.370	1	0.973
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.750	1	0.533
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	6	1	4
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 (4 fl oz)

NDB No. 19260 Frozen desserts, ice cream, light (no sugar added), with aspartame, vanilla

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 65g	Measure 2*	Measure 3*
Proximates:							
Water	g	68.90		1	44.78		
Energy	kcal	152		0	99		
Energy	kj	636		0	413		
Protein (N x 5.95)	g	4.50		1	2.92		
Total lipid (fat)	g	6.50		1	4.22		
Carbohydrate, by difference	g	18.90		0	12.29		
Fiber, total dietary	g						
Ash	g	1.20		1	0.78		
Sugars, total	g	8.70		1	5.66		
Minerals:							
Calcium	mg	196		1	127		
Iron	mg						
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	89		1	58		
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU						
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	3.680		1	2.392		
4:0	g	0.213		1	0.138		
6.0	g	0.116		1	0.075		
8:0	g	0.067		1	0.044		
10:0	g	0.149		1	0.097		
12:0	g	0.153		1	0.099		
14:0	g	0.495		1	0.322		
15.0	g	0.053		1	0.034		
16:0	g	1.439		1	0.935		
17:0	g	0.032		1	0.021		
18:0	g	0.956		1	0.621		
20:0	g	0.012		1	0.008		
22.0	g	0.006		1	0.004		
24:0	g	0.005		1	0.003		

Monounsaturated, total	g	1.493	0	0.970
14:1	g	0.048	1	0.031
16:1	g	0.088	1	0.057
18:1	g	1.388	1	0.902
20:1	g	0.012	1	0.008
22.1	g	0.005	1	0.003
Polyunsaturated, total	g	0.215	0	0.140
18:2	g	0.165	1	0.107
18:3	g	0.032	1	0.021
18:4	g	0.005	1	0.003
20:4	g	0.011	1	0.007
20:5	g	0.002	1	0.001
22:5	g			
22:6	g			
Cholesterol	mg	17	1	11
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 (4 fl oz)

NDB No. 19262 Frozen desserts, ISLAY KLONDIKE, KLONDIKE BAR Vanilla Ice Cream, with chocolate coating

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 148g	Measure 2*	Measure 3*
Proximates:							
Water	g	46.70		1	69.12		
Energy	kcal	330		0	489		
Energy	kj	1381		0	2044		
Protein (N x 5.95)	g	4.20		1	6.22		
Total lipid (fat)	g	24.10		1	35.67		
Carbohydrate, by difference	g	24.10		0	35.67		
Fiber, total dietary	g						
Ash	g	0.90		1	1.33		
Sugars, total	g	20.70		1	30.64		
Minerals:							
Calcium	mg	143		1	212		
Iron	mg						
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	73		1	108		
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU	167		1	247		
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	13.100		1	19.388		
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	27	1	40
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 bar (5 fl oz)

NDB No. 19263 Frozen desserts, fruit and juice bars

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 77g	Measure 2* 92g	Measure 3*
Proximates:							
Water	g	78.30		0	60.29	72.04	
Energy	kcal	82		0	63	75	
Energy	kj	343		0	264	316	
Protein (N x 5.95)	g	1.20		0	0.92	1.10	
Total lipid (fat)	g	0.10		0	0.08	0.09	
Carbohydrate, by difference	g	20.20		0	15.55	18.58	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.20		0	0.15	0.18	
Sugars, total	g						
Minerals:							
Calcium	mg	5		0	4	5	
Iron	mg	0.19		0	0.15	0.17	
Magnesium	mg	4		0	3	4	
Phosphorus	mg	6		0	5	6	
Potassium	mg	53		0	41	49	
Sodium	mg	4		0	3	4	
Zinc	mg	0.05		0	0.04	0.05	
Copper	mg	0.000		0	0.000	0.000	
Manganese	mg	0.165		0	0.127	0.152	
Selenium	µg	0.2		0	0.2	0.2	
Vitamins:							
Ascorbic acid	mg	9.5		0	7.3	8.7	
Thiamin	mg	0.011		0	0.008	0.010	
Riboflavin	mg	0.018		0	0.014	0.017	
Niacin	mg	0.159		0	0.122	0.146	
Pantothenic acid	mg	0.040		0	0.031	0.037	
Vitamin B-6	mg	0.025		0	0.019	0.023	
Folate	µg	6		0	5	6	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	29		0	22	27	
Vitamin A, RE	µg	3		0	2	3	
Vitamin E, α-TE	mg	0.000		0	0.000	0.000	
Lipids:							
Saturated, total	g	0.000		0	0.000	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	0.030		0	0.023	0.028	
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	0.000	0	0.000	0.000
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.000	0	0.000	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	0.030	0	0.023	0.028
18:2	g	0.020	0	0.015	0.018
18:3	g	0.010	0	0.008	0.009
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
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 bar (2.5 fl oz)
Measure 2: 1 bar (3 fl oz)

NDB No. 19264 Frozen desserts, ESKIMO PIE, ESKIMO PIE BAR, Vanilla Ice Cream, with dark chocolate coating

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 50g	Measure 2*	Measure 3*
Proximates:							
Water	g	46.30		1	23.15		
Energy	kcal	331		0	166		
Energy	kj	1386		0	693		
Protein (N x 5.95)	g	4.10		1	2.05		
Total lipid (fat)	g	24.10		1	12.05		
Carbohydrate, by difference	g	24.50		0	12.25		
Fiber, total dietary	g						
Ash	g	1.00		1	0.50		
Sugars, total	g	18.30		1	9.15		
Minerals:							
Calcium	mg	119		1	60		
Iron	mg						
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	68		1	34		
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU						
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	14.500		1	7.250		
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	28	1	14
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 bar

NDB No. 19269 Snacks, GENERAL MILLS, BETTY CROCKER Fruit Roll Ups, berry flavored, with vitamin C

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2*	Measure 3*
Proximates:							
Water	g	10.20		1	2.86		
Energy	kcal	373		0	104		
Energy	kj	1559		0	437		
Protein (N x 5.95)	g	0.10		1	0.03		
Total lipid (fat)	g	3.50		1	0.98		
Carbohydrate, by difference	g	85.20		0	23.86		
Fiber, total dietary	g						
Ash	g	1.00		1	0.28		
Sugars, total	g	38.70		1	10.84		
Minerals:							
Calcium	mg						
Iron	mg						
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	317		1	89		
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg	3.2	0.387	12	0.9		
Vitamins:							
Ascorbic acid	mg	120.0		1	33.6		
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU						
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.990		1	0.277		
4:0	g						
6.0	g						
8:0	g	0.002		1	0.001		
10:0	g	0.002		1	0.001		
12:0	g	0.008		1	0.002		
14:0	g	0.023		1	0.006		
15.0	g	0.002		1	0.001		
16:0	g	0.614		1	0.172		
17:0	g	0.004		1	0.001		
18:0	g	0.330		1	0.092		
20:0	g	0.010		1	0.003		
22.0	g	0.006		1	0.002		
24:0	g						

Monounsaturated, total	g	1.724	0	0.483
14:1	g	0.002	1	0.001
16:1	g	0.014	1	0.004
18:1	g	1.703	1	0.477
20:1	g	0.006	1	0.002
22.1	g			
Polyunsaturated, total	g	0.093	0	0.026
18:2	g	0.080	1	0.022
18:3	g	0.011	1	0.003
18:4	g			
20:4	g	0.002	1	0.001
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg			
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

*** Common Measures:**

Measure 1: 2 rolls

NDB No. 19270 Frozen desserts, ice cream, chocolate

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 58g	Measure 2* 66g	Measure 3*
Proximates:							
Water	g	55.70	0.813	11	32.31	36.76	
Energy	kcal	216		0	125	143	
Energy	kj	904		0	524	597	
Protein (N x 5.95)	g	3.80	0.082	6	2.20	2.51	
Total lipid (fat)	g	11.00	0.427	6	6.38	7.26	
Carbohydrate, by difference	g	28.20		0	16.36	18.61	
Fiber, total dietary	g	1.2		0	0.7	0.8	
Ash	g	1.00	0.050	6	0.58	0.66	
Sugars, total	g						
Minerals:							
Calcium	mg	109	2.964	34	63	72	
Iron	mg	0.93	0.061	35	0.54	0.61	
Magnesium	mg	29	0.755	36	17	19	
Phosphorus	mg	107	1.632	28	62	71	
Potassium	mg	249	4.882	35	144	164	
Sodium	mg	76	2.707	36	44	50	
Zinc	mg	0.58	0.021	35	0.34	0.38	
Copper	mg	0.135	0.011	35	0.078	0.089	
Manganese	mg	0.140	0.008	35	0.081	0.092	
Selenium	µg	2.5	0.301	17	1.4	1.6	
Vitamins:							
Ascorbic acid	mg	0.7		0	0.4	0.5	
Thiamin	mg	0.042	0.004	5	0.024	0.028	
Riboflavin	mg	0.194	0.009	5	0.113	0.128	
Niacin	mg	0.226	0.015	5	0.131	0.149	
Pantothenic acid	mg	0.554	0.063	5	0.321	0.366	
Vitamin B-6	mg	0.055	0.003	5	0.032	0.036	
Folate	µg	16	1.147	5	9	11	
Vitamin B-12	µg	0.29	0.055	5	0.17	0.19	
Vitamin A	IU	416	30.100	5	241	275	
Vitamin A, RE	µg	119		0	69	79	
Vitamin E, α-TE	mg	0.329		0	0.191	0.217	
Lipids:							
Saturated, total	g	6.800		0	3.944	4.488	
4:0	g	0.340		1	0.197	0.224	
6.0	g	0.200		1	0.116	0.132	
8:0	g	0.120		1	0.070	0.079	
10:0	g	0.260		1	0.151	0.172	
12:0	g	0.290		1	0.168	0.191	
14:0	g	1.070		1	0.621	0.706	
15.0	g						
16:0	g	3.060		1	1.775	2.020	
17:0	g						
18:0	g	1.460		1	0.847	0.964	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.210	0	1.862	2.119
14:1	g				
16:1	g	0.240	1	0.139	0.158
18:1	g	2.970	1	1.723	1.960
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.410	0	0.238	0.271
18:2	g	0.250	1	0.145	0.165
18:3	g	0.150	1	0.087	0.099
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	34	1	20	22
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	3	1	2	2
Theobromine	mg	62	1	36	41
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 individual cup (3.5 fl oz)
Measure 2: 1/2 cup (4 fl oz)

NDB No. 19271 Frozen desserts, ice cream, strawberry

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 58g	Measure 2* 66g	Measure 3*
Proximates:							
Water	g	60.00	1.302	7	34.80	39.60	
Energy	kcal	192		0	111	127	
Energy	kj	803		0	466	530	
Protein (N x 5.95)	g	3.20	0.256	2	1.86	2.11	
Total lipid (fat)	g	8.40	0.450	2	4.87	5.54	
Carbohydrate, by difference	g	27.60		0	16.01	18.22	
Fiber, total dietary	g	0.3		0	0.2	0.2	
Ash	g	0.70	0.050	2	0.41	0.46	
Sugars, total	g						
Minerals:							
Calcium	mg	120	4.974	4	70	79	
Iron	mg	0.21	0.037	4	0.12	0.14	
Magnesium	mg	14	0.420	4	8	9	
Phosphorus	mg	100	1.000	2	58	66	
Potassium	mg	188	8.003	4	109	124	
Sodium	mg	60	10.493	4	35	40	
Zinc	mg	0.34	0.020	4	0.20	0.22	
Copper	mg	0.037	0.009	2	0.021	0.024	
Manganese	mg	0.078	0.035	4	0.045	0.051	
Selenium	µg	2.4		0	1.4	1.6	
Vitamins:							
Ascorbic acid	mg	7.7	3.300	2	4.5	5.1	
Thiamin	mg	0.045	0.005	2	0.026	0.030	
Riboflavin	mg	0.255	0.005	2	0.148	0.168	
Niacin	mg	0.170	0.010	2	0.099	0.112	
Pantothenic acid	mg	0.720	0.160	2	0.418	0.475	
Vitamin B-6	mg	0.050	0.000	2	0.029	0.033	
Folate	µg	12	8.200	2	7	8	
Vitamin B-12	µg	0.30	0.020	2	0.17	0.20	
Vitamin A	IU	320	9.500	2	186	211	
Vitamin A, RE	µg	78		0	45	51	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	5.190		0	3.010	3.425	
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	29	2.500	2	17	19
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 individual cup (3.5 fl oz)
Measure 2: 1/2 cup (4 fl oz)

NDB No. 19272 Snacks, FARLEY CANDY, FARLEY Fruit Snacks, with vitamins A, C, and E

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 26g	Measure 2*	Measure 3*
Proximates:							
Water	g	14.70		1	3.82		
Energy	kcal	341		0	89		
Energy	kj	1428		0	371		
Protein (N x 5.95)	g	4.40		1	1.14		
Total lipid (fat)	g	0.00		1	0.00		
Carbohydrate, by difference	g	80.90		0	21.03		
Fiber, total dietary	g						
Ash	g	0.00		1	0.00		
Sugars, total	g						
Minerals:							
Calcium	mg						
Iron	mg						
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	36		1	9		
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	90.3		1	23.5		
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU	5436		1	1413		
Vitamin A, RE	µg						
Vitamin E, α-TE	mg	40.000		1	10.400		
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
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 pouch

NDB No. 19273 Snacks, SUNKIST, SUNKIST Fruit Roll, strawberry, with vitamins A, C, and E

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 21g	Measure 2*	Measure 3*
Proximates:							
Water	g	14.60		1	3.07		
Energy	kcal	342		0	72		
Energy	kj	1432		0	301		
Protein (N x 5.95)	g	0.60		1	0.13		
Total lipid (fat)	g	1.00		1	0.21		
Carbohydrate, by difference	g	82.70		0	17.37		
Fiber, total dietary	g	7.7		1	1.6		
Ash	g	1.10		1	0.23		
Sugars, total	g						
Minerals:							
Calcium	mg						
Iron	mg						
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	111		1	23		
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	81.6		1	17.1		
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU	835		1	175		
Vitamin A, RE	µg						
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
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 roll

NDB No. 19280 Frozen desserts, ices, water, lime

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 99g	Measure 2*	Measure 3*
Proximates:							
Water	g	66.90		1	66.23		
Energy	kcal	128		0	127		
Energy	kj	536		0	531		
Protein (N x 5.95)	g	0.40		1	0.40		
Total lipid (fat)	g	0.00		1	0.00		
Carbohydrate, by difference	g	32.60		0	32.27		
Fiber, total dietary	g	0.0		0	0.0		
Ash	g	0.00		1	0.00		
Sugars, total	g						
Minerals:							
Calcium	mg	2		1	2		
Iron	mg	0.16		1	0.16		
Magnesium	mg	1		1	1		
Phosphorus	mg	1		1	1		
Potassium	mg	3		1	3		
Sodium	mg	22		1	22		
Zinc	mg	0.02		1	0.02		
Copper	mg	0.013		1	0.013		
Manganese	mg	0.020		1	0.020		
Selenium	µg	0.1		0	0.1		
Vitamins:							
Ascorbic acid	mg	1.0		1	1.0		
Thiamin	mg	0.001		1	0.001		
Riboflavin	mg	0.000		1	0.000		
Niacin	mg	0.007		1	0.007		
Pantothenic acid	mg	0.003		1	0.003		
Vitamin B-6	mg	0.001		1	0.001		
Folate	µg	0		1	0		
Vitamin B-12	µg	0.00		1	0.00		
Vitamin A	IU	0		1	0		
Vitamin A, RE	µg	0		0	0		
Vitamin E, α-TE	mg	0.000		0	0.000		
Lipids:							
Saturated, total	g	0.000		0	0.000		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.000		0	0.000		
10:0	g	0.000		0	0.000		
12:0	g	0.000		0	0.000		
14:0	g	0.000		0	0.000		
15.0	g						
16:0	g	0.000		0	0.000		
17:0	g						
18:0	g	0.000		0	0.000		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.000	0	0.000
14:1	g			
16:1	g	0.000	0	0.000
18:1	g	0.000	0	0.000
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.000	0	0.000
18:2	g	0.000	0	0.000
18:3	g	0.000	0	0.000
18:4	g	0.000	0	0.000
20:4	g	0.000	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	1	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 (4 fl oz)

NDB No. 19281 Frozen desserts, ice, italian, restaurant-prepared

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 29g	Measure 2* 116g	Measure 3*
Proximates:							
Water	g	86.40		2	25.06	100.22	
Energy	kcal	53		0	15	61	
Energy	kj	222		0	64	258	
Protein (N x 5.95)	g	0.03		2	0.01	0.03	
Total lipid (fat)	g	0.02		2	0.01	0.02	
Carbohydrate, by difference	g	13.50		0	3.92	15.66	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.05		2	0.01	0.06	
Sugars, total	g						
Minerals:							
Calcium	mg	1		2	0	1	
Iron	mg	0.09		2	0.03	0.10	
Magnesium	mg	0		2	0	0	
Phosphorus	mg	0		2	0	0	
Potassium	mg	6		2	2	7	
Sodium	mg	4		2	1	5	
Zinc	mg	0.03		2	0.01	0.03	
Copper	mg	0.010		0	0.003	0.012	
Manganese	mg	0.020		0	0.006	0.023	
Selenium	µg	0.1		0	0.0	0.1	
Vitamins:							
Ascorbic acid	mg	0.5		2	0.1	0.6	
Thiamin	mg	0.005		2	0.001	0.006	
Riboflavin	mg	0.010		2	0.003	0.012	
Niacin	mg	0.715		2	0.207	0.829	
Pantothenic acid	mg	0.005		2	0.001	0.006	
Vitamin B-6	mg	0.002		2	0.001	0.002	
Folate	µg	5		2	1	6	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	167		2	48	194	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	0.000		0	0.000	0.000	
Lipids:							
Saturated, total	g	0.000		0	0.000	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	0.000		0	0.000	0.000	
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	0.000	0	0.000	0.000
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.000	0	0.000	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	0.000	0	0.000	0.000
18:2	g	0.000	0	0.000	0.000
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 fl oz
Measure 2: 1/2 cup

NDB No. 19283 Frozen desserts, ice pops

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 52g	Measure 2* 128g	Measure 3* 88g
Proximates:							
Water	g	80.00		1	41.60	102.40	70.40
Energy	kcal	72		0	37	92	63
Energy	kj	301		0	157	385	265
Protein (N x 5.95)	g	0.00		1	0.00	0.00	0.00
Total lipid (fat)	g	0.00		1	0.00	0.00	0.00
Carbohydrate, by difference	g	18.90		0	9.83	24.19	16.63
Fiber, total dietary	g	0.0		0	0.0	0.0	0.0
Ash	g	1.10		1	0.57	1.41	0.97
Sugars, total	g						
Minerals:							
Calcium	mg	0		1	0	0	0
Iron	mg	0.00		1	0.00	0.00	0.00
Magnesium	mg	1		1	1	1	1
Phosphorus	mg	0		1	0	0	0
Potassium	mg	4	1.888	3	2	5	4
Sodium	mg	12	0.627	3	6	15	11
Zinc	mg	0.02		1	0.01	0.03	0.02
Copper	mg	0.009		1	0.005	0.012	0.008
Manganese	mg	0.006		1	0.003	0.008	0.005
Selenium	µg	0.0		0	0.0	0.0	0.0
Vitamins:							
Ascorbic acid	mg	0.0		1	0.0	0.0	0.0
Thiamin	mg	0.000		1	0.000	0.000	0.000
Riboflavin	mg	0.000		1	0.000	0.000	0.000
Niacin	mg	0.000		1	0.000	0.000	0.000
Pantothenic acid	mg	0.001		1	0.001	0.001	0.001
Vitamin B-6	mg	0.000		1	0.000	0.000	0.000
Folate	µg	0		1	0	0	0
Vitamin B-12	µg	0.00		1	0.00	0.00	0.00
Vitamin A	IU	0		1	0	0	0
Vitamin A, RE	µg	0		0	0	0	0
Vitamin E, α-TE	mg	0.000		0	0.000	0.000	0.000
Lipids:							
Saturated, total	g	0.000		0	0.000	0.000	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		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	0.000		0	0.000	0.000	0.000
17:0	g						
18:0	g	0.000		0	0.000	0.000	0.000
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.000	0	0.000	0.000	0.000
14:1	g					
16:1	g	0.000	0	0.000	0.000	0.000
18:1	g	0.000	0	0.000	0.000	0.000
20:1	g	0.000	0	0.000	0.000	0.000
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.000	0	0.000	0.000	0.000
18:2	g	0.000	0	0.000	0.000	0.000
18:3	g	0.000	0	0.000	0.000	0.000
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	1	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 bar (1.75 fl oz)
Measure 2: 1 double stick
Measure 3: 1 single stick

NDB No. 19293 Frozen desserts, yogurt, vanilla, soft-serve

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 72g	Measure 2*	Measure 3*
Proximates:							
Water	g	65.30	0.386	8	47.02		
Energy	kcal	159		0	114		
Energy	kj	665		0	479		
Protein (N x 5.95)	g	4.00	0.119	8	2.88		
Total lipid (fat)	g	5.60	0.120	8	4.03		
Carbohydrate, by difference	g	24.20		0	17.42		
Fiber, total dietary	g	0.0		0	0.0		
Ash	g	0.90	0.017	8	0.65		
Sugars, total	g						
Minerals:							
Calcium	mg	143	4.303	8	103		
Iron	mg	0.30		1	0.22		
Magnesium	mg	14	0.273	3	10		
Phosphorus	mg	129	3.055	3	93		
Potassium	mg	211	10.899	3	152		
Sodium	mg	87	4.037	8	63		
Zinc	mg	0.42	0.036	2	0.30		
Copper	mg	0.040	0.006	2	0.029		
Manganese	mg	0.009		1	0.006		
Selenium	µg	2.5		0	1.8		
Vitamins:							
Ascorbic acid	mg	0.8	0.097	2	0.6		
Thiamin	mg	0.037	0.007	3	0.027		
Riboflavin	mg	0.224	0.007	8	0.161		
Niacin	mg	0.287	0.003	3	0.207		
Pantothenic acid	mg	0.645		1	0.464		
Vitamin B-6	mg	0.080	0.004	2	0.058		
Folate	µg	6	0.012	2	4		
Vitamin B-12	µg	0.29	0.029	2	0.21		
Vitamin A	IU	212	8.609	3	153		
Vitamin A, RE	µg	57		0	41		
Vitamin E, α-TE	mg	0.050		0	0.036		
Lipids:							
Saturated, total	g	3.420		0	2.462		
4:0	g	0.180		1	0.130		
6.0	g	0.100		1	0.072		
8:0	g	0.060		1	0.043		
10:0	g	0.140		1	0.101		
12:0	g	0.160		1	0.115		
14:0	g	0.570		1	0.410		
15.0	g						
16:0	g	1.520		1	1.094		
17:0	g						
18:0	g	0.680		1	0.490		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.590		0	1.145
14:1	g				
16:1	g	0.130		1	0.094
18:1	g	1.460		1	1.051
20:1	g	0.000		0	0.000
22.1	g	0.000		0	0.000
Polyunsaturated, total	g	0.210		0	0.151
18:2	g	0.130		1	0.094
18:3	g	0.080		1	0.058
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	0.001	2	1
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.053		0	0.038
Threonine	g	0.169		0	0.122
Isoleucine	g	0.228		0	0.164
Leucine	g	0.368		0	0.265
Lysine	g	0.298		0	0.215
Methionine	g	0.094		0	0.068
Cystine	g	0.035		0	0.025
Phenylalanine	g	0.181		0	0.130
Tyrosine	g	0.181		0	0.130
Valine	g	0.252		0	0.181
Arginine	g	0.136		0	0.098
Histidine	g	0.102		0	0.073
Alanine	g	0.129		0	0.093
Aspartic acid	g	0.285		0	0.205
Glutamic acid	g	0.786		0	0.566
Glycine	g	0.080		0	0.058
Proline	g	0.364		0	0.262
Serine	g	0.204		0	0.147
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

NDB No. 19294 Fruit butters, apple

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 282g	Measure 2* 17g	Measure 3*
Proximates:							
Water	g	56.45		1	159.19	9.60	
Energy	kcal	173		0	488	29	
Energy	kj	724		0	2042	123	
Protein (N x 5.95)	g	0.39		1	1.10	0.07	
Total lipid (fat)	g	0.00		0	0.00	0.00	
Carbohydrate, by difference	g	42.77		0	120.61	7.27	
Fiber, total dietary	g	1.5		1	4.2	0.3	
Ash	g	0.39		1	1.10	0.07	
Sugars, total	g	35.30		1	99.55	6.00	
Minerals:							
Calcium	mg	14		1	39	2	
Iron	mg	0.31		1	0.87	0.05	
Magnesium	mg	5		0	14	1	
Phosphorus	mg	10		0	28	2	
Potassium	mg	91		0	257	15	
Sodium	mg	4		0	11	1	
Zinc	mg	0.06		1	0.17	0.01	
Copper	mg	0.080		1	0.226	0.014	
Manganese	mg	0.338		0	0.953	0.057	
Selenium	µg	0.6		0	1.7	0.1	
Vitamins:							
Ascorbic acid	mg	0.7		0	2.0	0.1	
Thiamin	mg	0.016		0	0.045	0.003	
Riboflavin	mg	0.022		0	0.062	0.004	
Niacin	mg	0.112		0	0.316	0.019	
Pantothenic acid	mg	0.059		0	0.166	0.010	
Vitamin B-6	mg	0.051		0	0.144	0.009	
Folate	µg	1		0	3	0	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	118		1	333	20	
Vitamin A, RE	µg	12		0	34	2	
Vitamin E, α-TE	mg	0.012		0	0.034	0.002	
Lipids:							
Saturated, total	g	0.000		0	0.000	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	0.000		0	0.000	0.000	
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	0.000	0	0.000	0.000
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.000	0	0.000	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	0.000	0	0.000	0.000
18:2	g	0.000	0	0.000	0.000
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 tablespoon

NDB No. 19296 Honey, strained or extracted

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 339g	Measure 2* 21g	Measure 3* 14g
Proximates:							
Water	g	17.10	0.071	509	57.97	3.59	2.39
Energy	kcal	304		0	1031	64	43
Energy	kj	1272		0	4312	267	178
Protein (N x 5.95)	g	0.30	0.007	508	1.02	0.06	0.04
Total lipid (fat)	g	0.00	0.002	3	0.00	0.00	0.00
Carbohydrate, by difference	g	82.40		0	279.34	17.30	11.54
Fiber, total dietary	g	0.2		0	0.7	0.0	0.0
Ash	g	0.20	0.009	508	0.68	0.04	0.03
Sugars, total	g						
Minerals:							
Calcium	mg	6	0.396	13	20	1	1
Iron	mg	0.42	0.110	14	1.42	0.09	0.06
Magnesium	mg	2	0.159	14	7	0	0
Phosphorus	mg	4	0.348	13	14	1	1
Potassium	mg	52	9.923	14	176	11	7
Sodium	mg	4	0.560	14	14	1	1
Zinc	mg	0.22	0.042	12	0.75	0.05	0.03
Copper	mg	0.036	0.008	14	0.122	0.008	0.005
Manganese	mg	0.080	0.026	14	0.271	0.017	0.011
Selenium	µg	0.8		2	2.7	0.2	0.1
Vitamins:							
Ascorbic acid	mg	0.5	0.141	4	1.7	0.1	0.1
Thiamin	mg	0.000		1	0.000	0.000	0.000
Riboflavin	mg	0.038	0.012	4	0.129	0.008	0.005
Niacin	mg	0.121	0.025	4	0.410	0.025	0.017
Pantothenic acid	mg	0.068	0.009	4	0.231	0.014	0.010
Vitamin B-6	mg	0.024	0.005	4	0.081	0.005	0.003
Folate	µg	2		1	7	0	0
Vitamin B-12	µg	0.00		1	0.00	0.00	0.00
Vitamin A	IU	0		1	0	0	0
Vitamin A, RE	µg	0		0	0	0	0
Vitamin E, α-TE	mg	0.000		0	0.000	0.000	0.000
Lipids:							
Saturated, total	g	0.000		0	0.000	0.000	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		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	0.000		0	0.000	0.000	0.000
17:0	g						
18:0	g	0.000		0	0.000	0.000	0.000
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.000	0	0.000	0.000	0.000
14:1	g					
16:1	g	0.000	0	0.000	0.000	0.000
18:1	g	0.000	0	0.000	0.000	0.000
20:1	g	0.000	0	0.000	0.000	0.000
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.000	0	0.000	0.000	0.000
18:2	g	0.000	0	0.000	0.000	0.000
18:3	g	0.000	0	0.000	0.000	0.000
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	1	0	0	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.004	0	0.014	0.001	0.001
Threonine	g	0.004	0	0.014	0.001	0.001
Isoleucine	g	0.008	0	0.027	0.002	0.001
Leucine	g	0.010	0	0.034	0.002	0.001
Lysine	g	0.008	0	0.027	0.002	0.001
Methionine	g	0.001	0	0.003	0.000	0.000
Cystine	g	0.003	0	0.010	0.001	0.000
Phenylalanine	g	0.011	0	0.037	0.002	0.002
Tyrosine	g	0.008	0	0.027	0.002	0.001
Valine	g	0.009	0	0.031	0.002	0.001
Arginine	g	0.005	0	0.017	0.001	0.001
Histidine	g	0.001	0	0.003	0.000	0.000
Alanine	g	0.006	0	0.020	0.001	0.001
Aspartic acid	g	0.027	0	0.092	0.006	0.004
Glutamic acid	g	0.018	0	0.061	0.004	0.003
Glycine	g	0.007	0	0.024	0.001	0.001
Proline	g	0.090	0	0.305	0.019	0.013
Serine	g	0.006	0	0.020	0.001	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 (0.5 oz)

NDB No. 19297 Jams and preserves

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 20g	Measure 2* 14g	Measure 3*
Proximates:							
Water	g	34.50	0.810	6	6.90	4.83	
Energy	kcal	242		0	48	34	
Energy	kj	1013		0	203	142	
Protein (N x 5.95)	g	0.70	0.106	11	0.14	0.10	
Total lipid (fat)	g	0.20	0.029	8	0.04	0.03	
Carbohydrate, by difference	g	64.40		0	12.88	9.02	
Fiber, total dietary	g	1.1		0	0.2	0.2	
Ash	g	0.20		1	0.04	0.03	
Sugars, total	g	48.50		1	9.70	6.79	
Minerals:							
Calcium	mg	20		1	4	3	
Iron	mg	0.49	0.070	3	0.10	0.07	
Magnesium	mg	4		1	1	1	
Phosphorus	mg	11		1	2	2	
Potassium	mg	77	2.028	3	15	11	
Sodium	mg	40	9.735	3	8	6	
Zinc	mg	0.06	0.022	4	0.01	0.01	
Copper	mg	0.100		1	0.020	0.014	
Manganese	mg	0.040		1	0.008	0.006	
Selenium	µg	2.0		1	0.4	0.3	
Vitamins:							
Ascorbic acid	mg	8.8	8.195	2	1.8	1.2	
Thiamin	mg	0.000		1	0.000	0.000	
Riboflavin	mg	0.022		1	0.004	0.003	
Niacin	mg	0.036		1	0.007	0.005	
Pantothenic acid	mg	0.020		1	0.004	0.003	
Vitamin B-6	mg	0.020	0.001	2	0.004	0.003	
Folate	µg	33		1	7	5	
Vitamin B-12	µg	0.00		1	0.00	0.00	
Vitamin A	IU	12		1	2	2	
Vitamin A, RE	µg	1		0	0	0	
Vitamin E, α-TE	mg	0.000		0	0.000	0.000	
Lipids:							
Saturated, total	g	0.010		0	0.002	0.001	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.000		0	0.000	0.000	
15.0	g						
16:0	g	0.010		1	0.002	0.001	
17:0	g						
18:0	g	0.000		1	0.000	0.000	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.110	0	0.022	0.015
14:1	g				
16:1	g	0.000	1	0.000	0.000
18:1	g	0.020	1	0.004	0.003
20:1	g	0.050	1	0.010	0.007
22.1	g	0.040	1	0.008	0.006
Polyunsaturated, total	g	0.000	0	0.000	0.000
18:2	g	0.000	0	0.000	0.000
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	1	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.008	0	0.002	0.001
Threonine	g	0.023	0	0.005	0.003
Isoleucine	g	0.017	0	0.003	0.002
Leucine	g	0.037	0	0.007	0.005
Lysine	g	0.030	0	0.006	0.004
Methionine	g	0.001	0	0.000	0.000
Cystine	g	0.006	0	0.001	0.001
Phenylalanine	g	0.021	0	0.004	0.003
Tyrosine	g	0.025	0	0.005	0.004
Valine	g	0.021	0	0.004	0.003
Arginine	g	0.032	0	0.006	0.004
Histidine	g	0.014	0	0.003	0.002
Alanine	g	0.037	0	0.007	0.005
Aspartic acid	g	0.166	0	0.033	0.023
Glutamic acid	g	0.109	0	0.022	0.015
Glycine	g	0.029	0	0.006	0.004
Proline	g	0.023	0	0.005	0.003
Serine	g	0.028	0	0.006	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 tablespoon
Measure 2: 1 packet (0.5 oz)

NDB No. 19300 Jellies

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 300g	Measure 2* 19g	Measure 3* 14g
Proximates:							
Water	g	28.40	2.506	7	85.20	5.40	3.98
Energy	kcal	271		0	813	51	38
Energy	kj	1134		0	3402	215	159
Protein (N x 5.95)	g	0.40	0.068	11	1.20	0.08	0.06
Total lipid (fat)	g	0.10	0.021	5	0.30	0.02	0.01
Carbohydrate, by difference	g	70.80		0	212.40	13.45	9.91
Fiber, total dietary	g	1.0		0	3.0	0.2	0.1
Ash	g	0.20		1	0.60	0.04	0.03
Sugars, total	g	41.50		2	124.50	7.88	5.81
Minerals:							
Calcium	mg	8	0.364	52	24	2	1
Iron	mg	0.20	0.016	32	0.60	0.04	0.03
Magnesium	mg	6	0.157	52	18	1	1
Phosphorus	mg	5	0.397	49	15	1	1
Potassium	mg	64	4.774	54	192	12	9
Sodium	mg	36	1.824	54	108	7	5
Zinc	mg	0.04	0.006	38	0.12	0.01	0.01
Copper	mg	0.018	0.003	33	0.054	0.003	0.003
Manganese	mg	0.139	0.013	30	0.417	0.026	0.019
Selenium	µg	2.0		0	6.0	0.4	0.3
Vitamins:							
Ascorbic acid	mg	0.9	0.130	3	2.7	0.2	0.1
Thiamin	mg	0.001		1	0.003	0.000	0.000
Riboflavin	mg	0.026		1	0.078	0.005	0.004
Niacin	mg	0.036		1	0.108	0.007	0.005
Pantothenic acid	mg	0.197		1	0.591	0.037	0.028
Vitamin B-6	mg	0.020		1	0.060	0.004	0.003
Folate	µg	1		1	3	0	0
Vitamin B-12	µg	0.00		1	0.00	0.00	0.00
Vitamin A	IU	17		1	51	3	2
Vitamin A, RE	µg	2		0	6	0	0
Vitamin E, α-TE	mg	0.000		0	0.000	0.000	0.000
Lipids:							
Saturated, total	g	0.018		0	0.054	0.003	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		0	0.000	0.000	0.000
15.0	g						
16:0	g	0.018		0	0.054	0.003	0.003
17:0	g						
18:0	g	0.002		0	0.006	0.000	0.000
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.032	0	0.096	0.006	0.004
14:1	g					
16:1	g	0.000	0	0.000	0.000	0.000
18:1	g	0.032	0	0.096	0.006	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	0.050	0	0.150	0.010	0.007
18:2	g	0.050	0	0.150	0.010	0.007
18:3	g	0.000	0	0.000	0.000	0.000
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	1	0	0	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g					
Threonine	g					
Isoleucine	g					
Leucine	g					
Lysine	g					
Methionine	g					
Cystine	g					
Phenylalanine	g					
Tyrosine	g					
Valine	g					
Arginine	g					
Histidine	g					
Alanine	g					
Aspartic acid	g					
Glutamic acid	g					
Glycine	g					
Proline	g					
Serine	g					
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

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

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 tablespoon
Measure 3: 1 packet (0.5 oz)

NDB No. 19301 Candies, fudge, chocolate marshmallow, with nuts, prepared-from-recipe

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 22g	Measure 2* 1314g	Measure 3*
Proximates:							
Water	g	7.40		0	1.63	97.24	
Energy	kcal	437		0	96	5742	
Energy	kj	1828		0	402	24020	
Protein (N x 5.95)	g	3.20		0	0.70	42.05	
Total lipid (fat)	g	19.60		0	4.31	257.54	
Carbohydrate, by difference	g	68.70		0	15.11	902.72	
Fiber, total dietary	g	1.7		0	0.4	22.3	
Ash	g	0.90		0	0.20	11.83	
Sugars, total	g						
Minerals:							
Calcium	mg	48		0	11	631	
Iron	mg	1.06		0	0.23	13.93	
Magnesium	mg	44		0	10	578	
Phosphorus	mg	83		0	18	1091	
Potassium	mg	167		0	37	2194	
Sodium	mg	94		0	21	1235	
Zinc	mg	0.71		0	0.16	9.33	
Copper	mg	0.307		0	0.068	4.034	
Manganese	mg	0.407		0	0.090	5.348	
Selenium	µg	1.7		0	0.4	22.3	
Vitamins:							
Ascorbic acid	mg	0.4		0	0.1	5.3	
Thiamin	mg	0.046		0	0.010	0.604	
Riboflavin	mg	0.081		0	0.018	1.064	
Niacin	mg	0.218		0	0.048	2.865	
Pantothenic acid	mg	0.156		0	0.034	2.050	
Vitamin B-6	mg	0.056		0	0.012	0.736	
Folate	µg	7		0	2	92	
Vitamin B-12	µg	0.03		0	0.01	0.39	
Vitamin A	IU	303		0	67	3981	
Vitamin A, RE	µg	72		0	16	946	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	9.700		0	2.134	127.458	
4:0	g	0.250		0	0.055	3.285	
6.0	g	0.150		0	0.033	1.971	
8:0	g	0.080		0	0.018	1.051	
10:0	g	0.190		0	0.042	2.497	
12:0	g	0.210		0	0.046	2.759	
14:0	g	0.810		0	0.178	10.643	
15.0	g						
16:0	g	4.400		0	0.968	57.816	
17:0	g						
18:0	g	3.380		0	0.744	44.413	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	5.770	0	1.269	75.818
14:1	g				
16:1	g	0.180	0	0.040	2.365
18:1	g	5.440	0	1.197	71.482
20:1	g	0.040	0	0.009	0.526
22.1	g				
Polyunsaturated, total	g	3.190	0	0.702	41.917
18:2	g	2.610	0	0.574	34.295
18:3	g	0.580	0	0.128	7.621
18:4	g				
20:4	g	0.000	0	0.000	0.000
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	22	0	5	289
Phytosterols	mg	7	0	2	92
Amino acids:					
Tryptophan	g	0.040	0	0.009	0.526
Threonine	g	0.114	0	0.025	1.498
Isoleucine	g	0.132	0	0.029	1.734
Leucine	g	0.219	0	0.048	2.878
Lysine	g	0.158	0	0.035	2.076
Methionine	g	0.052	0	0.011	0.683
Cystine	g	0.042	0	0.009	0.552
Phenylalanine	g	0.137	0	0.030	1.800
Tyrosine	g	0.110	0	0.024	1.445
Valine	g	0.173	0	0.038	2.273
Arginine	g	0.236	0	0.052	3.101
Histidine	g	0.066	0	0.015	0.867
Alanine	g	0.142	0	0.031	1.866
Aspartic acid	g	0.278	0	0.061	3.653
Glutamic acid	g	0.540	0	0.119	7.096
Glycine	g	0.171	0	0.038	2.247
Proline	g	0.204	0	0.045	2.681
Serine	g	0.149	0	0.033	1.958
Other:					
Caffeine	mg	16	0	4	210
Theobromine	mg	129	0	28	1695
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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
Measure 2: recipe yield (60 pieces)

NDB No. 19303 Marmalade, orange

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 320g	Measure 2* 20g	Measure 3* 14g
Proximates:							
Water	g	33.20		1	106.24	6.64	4.65
Energy	kcal	246		0	787	49	34
Energy	kj	1029		0	3293	206	144
Protein (N x 5.95)	g	0.30	0.058	3	0.96	0.06	0.04
Total lipid (fat)	g	0.00		1	0.00	0.00	0.00
Carbohydrate, by difference	g	66.30		0	212.16	13.26	9.28
Fiber, total dietary	g	0.2		0	0.6	0.0	0.0
Ash	g	0.20		1	0.64	0.04	0.03
Sugars, total	g						
Minerals:							
Calcium	mg	38		1	122	8	5
Iron	mg	0.15	0.029	3	0.48	0.03	0.02
Magnesium	mg	2		1	6	0	0
Phosphorus	mg	6		1	19	1	1
Potassium	mg	37		1	118	7	5
Sodium	mg	56		1	179	11	8
Zinc	mg	0.04	0.018	4	0.13	0.01	0.01
Copper	mg	0.090		1	0.288	0.018	0.013
Manganese	mg	0.020		1	0.064	0.004	0.003
Selenium	µg	0.2		0	0.6	0.0	0.0
Vitamins:							
Ascorbic acid	mg	4.8	2.285	3	15.4	1.0	0.7
Thiamin	mg	0.005		1	0.016	0.001	0.001
Riboflavin	mg	0.006		1	0.019	0.001	0.001
Niacin	mg	0.052		1	0.166	0.010	0.007
Pantothenic acid	mg	0.015		1	0.048	0.003	0.002
Vitamin B-6	mg	0.014		1	0.045	0.003	0.002
Folate	µg	36		1	115	7	5
Vitamin B-12	µg	0.00		1	0.00	0.00	0.00
Vitamin A	IU	47		1	150	9	7
Vitamin A, RE	µg	5		0	16	1	1
Vitamin E, α-TE	mg	0.000		0	0.000	0.000	0.000
Lipids:							
Saturated, total	g	0.000		0	0.000	0.000	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		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	0.000		0	0.000	0.000	0.000
17:0	g						
18:0	g	0.000		0	0.000	0.000	0.000
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.000	0	0.000	0.000	0.000
14:1	g					
16:1	g	0.000	0	0.000	0.000	0.000
18:1	g	0.000	0	0.000	0.000	0.000
20:1	g	0.000	0	0.000	0.000	0.000
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.000	0	0.000	0.000	0.000
18:2	g	0.000	0	0.000	0.000	0.000
18:3	g	0.000	0	0.000	0.000	0.000
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	1	0	0	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.003	0	0.010	0.001	0.000
Threonine	g	0.005	0	0.016	0.001	0.001
Isoleucine	g	0.008	0	0.026	0.002	0.001
Leucine	g	0.007	0	0.022	0.001	0.001
Lysine	g	0.015	0	0.048	0.003	0.002
Methionine	g	0.006	0	0.019	0.001	0.001
Cystine	g	0.003	0	0.010	0.001	0.000
Phenylalanine	g	0.010	0	0.032	0.002	0.001
Tyrosine	g	0.005	0	0.016	0.001	0.001
Valine	g	0.013	0	0.042	0.003	0.002
Arginine	g	0.021	0	0.067	0.004	0.003
Histidine	g	0.006	0	0.019	0.001	0.001
Alanine	g	0.016	0	0.051	0.003	0.002
Aspartic acid	g	0.036	0	0.115	0.007	0.005
Glutamic acid	g	0.030	0	0.096	0.006	0.004
Glycine	g	0.030	0	0.096	0.006	0.004
Proline	g	0.015	0	0.048	0.003	0.002
Serine	g	0.010	0	0.032	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 package (0.5 oz)

NDB No. 19304 Molasses

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 328g	Measure 2* 20g	Measure 3*
Proximates:							
Water	g	25.90	1.585	2	84.95	5.18	
Energy	kcal	266		0	872	53	
Energy	kj	1113		0	3651	223	
Protein (N x 5.95)	g	0.00		1	0.00	0.00	
Total lipid (fat)	g	0.10	0.040	2	0.33	0.02	
Carbohydrate, by difference	g	68.80		0	225.66	13.76	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	3.30	0.580	2	10.82	0.66	
Sugars, total	g						
Minerals:							
Calcium	mg	205	36.500	2	672	41	
Iron	mg	4.72	1.565	2	15.48	0.94	
Magnesium	mg	242	116.500	2	794	48	
Phosphorus	mg	31	20.250	2	102	6	
Potassium	mg	1464	281.000	2	4802	293	
Sodium	mg	37	8.500	2	121	7	
Zinc	mg	0.29	0.038	3	0.95	0.06	
Copper	mg	0.487	0.035	3	1.597	0.097	
Manganese	mg	1.530	0.430	2	5.018	0.306	
Selenium	µg	17.8	4.906	5	58.4	3.6	
Vitamins:							
Ascorbic acid	mg	0.0		1	0.0	0.0	
Thiamin	mg	0.041	0.001	2	0.134	0.008	
Riboflavin	mg	0.002		1	0.007	0.000	
Niacin	mg	0.930	0.140	2	3.050	0.186	
Pantothenic acid	mg	0.804	0.651	2	2.637	0.161	
Vitamin B-6	mg	0.670	0.048	2	2.198	0.134	
Folate	µg	0	0.250	2	0	0	
Vitamin B-12	µg	0.00		1	0.00	0.00	
Vitamin A	IU	0		1	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	0.000		0	0.000	0.000	
Lipids:							
Saturated, total	g	0.018		0	0.059	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	0.000		0	0.000	0.000	
15.0	g						
16:0	g	0.018		0	0.059	0.004	
17:0	g						
18:0	g	0.002		0	0.007	0.000	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.032	0	0.105	0.006
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.032	0	0.105	0.006
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.050	0	0.164	0.010
18:2	g	0.050	0	0.164	0.010
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	1	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
Cystine	g				
Phenylalanine	g				
Tyrosine	g				
Valine	g				
Arginine	g				
Histidine	g				
Alanine	g				
Aspartic acid	g				
Glutamic acid	g				
Glycine	g				
Proline	g				
Serine	g				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 tablespoon

NDB No. 19305 Molasses, blackstrap

Refuse: 0%

Nutrients 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* 20g	Measure 3*
Proximates:							
Water	g	28.70		1	94.14	5.74	
Energy	kcal	235		0	771	47	
Energy	kj	983		0	3224	197	
Protein (N x 5.95)	g	0.00		1	0.00	0.00	
Total lipid (fat)	g	0.00		1	0.00	0.00	
Carbohydrate, by difference	g	60.80		0	199.42	12.16	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	8.20		1	26.90	1.64	
Sugars, total	g						
Minerals:							
Calcium	mg	860		1	2821	172	
Iron	mg	17.50		1	57.40	3.50	
Magnesium	mg	215		1	705	43	
Phosphorus	mg	40		1	131	8	
Potassium	mg	2492		1	8174	498	
Sodium	mg	55		1	180	11	
Zinc	mg	1.00		1	3.28	0.20	
Copper	mg	2.040		1	6.691	0.408	
Manganese	mg	2.610		1	8.561	0.522	
Selenium	µg	17.8		0	58.4	3.6	
Vitamins:							
Ascorbic acid	mg	0.0		1	0.0	0.0	
Thiamin	mg	0.033		1	0.108	0.007	
Riboflavin	mg	0.052		1	0.171	0.010	
Niacin	mg	1.080		1	3.542	0.216	
Pantothenic acid	mg	0.880		1	2.886	0.176	
Vitamin B-6	mg	0.700		1	2.296	0.140	
Folate	µg	1		1	3	0	
Vitamin B-12	µg	0.00		1	0.00	0.00	
Vitamin A	IU	0		1	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	0.000		0	0.000	0.000	
Lipids:							
Saturated, total	g	0.000		0	0.000	0.000	
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	0.000	0	0.000	0.000
14:1	g				
16:1	g				
18:1	g				
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.000	0	0.000	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	1	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
Cystine	g				
Phenylalanine	g				
Tyrosine	g				
Valine	g				
Arginine	g				
Histidine	g				
Alanine	g				
Aspartic acid	g				
Glutamic acid	g				
Glycine	g				
Proline	g				
Serine	g				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 tablespoon

NDB No. 19310 Pectin, unsweetened, dry mix

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 50g	Measure 2*	Measure 3*
Proximates:							
Water	g	8.70	2.791	3	4.35		
Energy	kcal	325		0	163		
Energy	kj	1360		0	680		
Protein (N x 5.95)	g	0.30	0.000	2	0.15		
Total lipid (fat)	g	0.30	0.000	2	0.15		
Carbohydrate, by difference	g	90.40		0	45.20		
Fiber, total dietary	g	8.6		0	4.3		
Ash	g	0.30	0.150	2	0.15		
Sugars, total	g						
Minerals:							
Calcium	mg	7	3.100	2	4		
Iron	mg	2.71	0.885	2	1.36		
Magnesium	mg	1	0.550	2	1		
Phosphorus	mg	2	1.400	2	1		
Potassium	mg	7	0.700	2	4		
Sodium	mg	200	32.000	2	100		
Zinc	mg	0.47	0.010	2	0.24		
Copper	mg	0.420	0.120	2	0.210		
Manganese	mg	0.070	0.020	2	0.035		
Selenium	µg	0.0		0	0.0		
Vitamins:							
Ascorbic acid	mg	0.0		1	0.0		
Thiamin	mg	0.008	0.002	2	0.004		
Riboflavin	mg	0.060	0.010	2	0.030		
Niacin	mg	0.005	0.002	2	0.003		
Pantothenic acid	mg	0.110	0.020	2	0.055		
Vitamin B-6	mg	0.010	0.000	2	0.005		
Folate	µg	1	0.100	2	1		
Vitamin B-12	µg	0.00		1	0.00		
Vitamin A	IU	3	0.800	2	2		
Vitamin A, RE	µg	0		0	0		
Vitamin E, α-TE	mg	0.000		0	0.000		
Lipids:							
Saturated, total	g	0.050		0	0.025		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.000		0	0.000		
10:0	g	0.000		0	0.000		
12:0	g	0.001		0	0.001		
14:0	g	0.002		0	0.001		
15.0	g						
16:0	g	0.040		0	0.020		
17:0	g						
18:0	g	0.006		0	0.003		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.010	0	0.005
14:1	g			
16:1	g	0.001	0	0.001
18:1	g	0.012	0	0.006
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.090	0	0.045
18:2	g	0.072	0	0.036
18:3	g	0.015	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	1	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 (1.75 oz)

NDB No. 19311 Desserts, puddings, banana, ready-to-eat

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 142g	Measure 3*
Proximates:							
Water	g	72.00	0.157	19	20.41	102.24	
Energy	kcal	127		0	36	180	
Energy	kj	531		0	151	754	
Protein (N x 5.95)	g	2.40	0.022	19	0.68	3.41	
Total lipid (fat)	g	3.60	0.043	19	1.02	5.11	
Carbohydrate, by difference	g	21.20		0	6.01	30.10	
Fiber, total dietary	g	0.1		0	0.0	0.1	
Ash	g	0.90	0.007	19	0.26	1.28	
Sugars, total	g						
Minerals:							
Calcium	mg	85	0.426	19	24	121	
Iron	mg	0.13	0.010	19	0.04	0.18	
Magnesium	mg	8	0.086	19	2	11	
Phosphorus	mg	69	0.471	19	20	98	
Potassium	mg	110	0.932	19	31	156	
Sodium	mg	196	1.459	19	56	278	
Zinc	mg	0.28	0.005	19	0.08	0.40	
Copper	mg	0.028	0.002	19	0.008	0.040	
Manganese	mg	0.008		1	0.002	0.011	
Selenium	µg	1.4		0	0.4	2.0	
Vitamins:							
Ascorbic acid	mg	0.5		1	0.1	0.7	
Thiamin	mg	0.020	0.000	19	0.006	0.028	
Riboflavin	mg	0.147	0.003	19	0.042	0.209	
Niacin	mg	0.163	0.029	19	0.046	0.231	
Pantothenic acid	mg	0.160		1	0.045	0.227	
Vitamin B-6	mg	0.021		1	0.006	0.030	
Folate	µg	2		1	1	3	
Vitamin B-12	µg	0.18		1	0.05	0.26	
Vitamin A	IU	99		1	28	141	
Vitamin A, RE	µg	30		0	9	43	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.560		0	0.159	0.795	
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	0.010		1	0.003	0.014	
15.0	g						
16:0	g	0.360		1	0.102	0.511	
17:0	g						
18:0	g	0.180		1	0.051	0.256	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.530	0	0.434	2.173
14:1	g				
16:1	g	0.020	1	0.006	0.028
18:1	g	1.520	1	0.431	2.158
20:1	g				
22.1	g				
Polyunsaturated, total	g	1.330	0	0.377	1.889
18:2	g	1.240	1	0.352	1.761
18:3	g	0.090	1	0.026	0.128
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	0	1	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.031	0	0.009	0.044
Threonine	g	0.101	0	0.029	0.143
Isoleucine	g	0.136	0	0.039	0.193
Leucine	g	0.222	0	0.063	0.315
Lysine	g	0.177	0	0.050	0.251
Methionine	g	0.056	0	0.016	0.080
Cystine	g	0.021	0	0.006	0.030
Phenylalanine	g	0.109	0	0.031	0.155
Tyrosine	g	0.108	0	0.031	0.153
Valine	g	0.151	0	0.043	0.214
Arginine	g	0.082	0	0.023	0.116
Histidine	g	0.061	0	0.017	0.087
Alanine	g	0.079	0	0.022	0.112
Aspartic acid	g	0.171	0	0.048	0.243
Glutamic acid	g	0.472	0	0.134	0.670
Glycine	g	0.048	0	0.014	0.068
Proline	g	0.218	0	0.062	0.310
Serine	g	0.122	0	0.035	0.173
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 can (5 oz)

NDB No. 19312 Pie fillings, canned, apple

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 595g	Measure 2* 74g	Measure 3*
Proximates:							
Water	g	73.40	0.815	3	436.73	54.32	
Energy	kcal	101		0	601	75	
Energy	kj	423		0	2517	313	
Protein (N x 5.95)	g	0.10	0.031	2	0.60	0.07	
Total lipid (fat)	g	0.10	0.045	2	0.60	0.07	
Carbohydrate, by difference	g	26.20		0	155.89	19.39	
Fiber, total dietary	g	1.0		0	6.0	0.7	
Ash	g	0.30	0.095	2	1.78	0.22	
Sugars, total	g						
Minerals:							
Calcium	mg	4	0.100	2	24	3	
Iron	mg	0.29	0.010	2	1.73	0.21	
Magnesium	mg	2	0.100	2	12	1	
Phosphorus	mg	7	0.700	2	42	5	
Potassium	mg	45	18.000	2	268	33	
Sodium	mg	44	15.500	2	262	33	
Zinc	mg	0.04	0.010	2	0.24	0.03	
Copper	mg	0.055	0.015	2	0.327	0.041	
Manganese	mg	0.027	0.013	2	0.161	0.020	
Selenium	µg	0.4		0	2.4	0.3	
Vitamins:							
Ascorbic acid	mg	1.1		1	6.5	0.8	
Thiamin	mg	0.012	0.003	2	0.071	0.009	
Riboflavin	mg	0.011	0.000	2	0.065	0.008	
Niacin	mg	0.035	0.005	2	0.208	0.026	
Pantothenic acid	mg	0.042	0.011	2	0.250	0.031	
Vitamin B-6	mg	0.016	0.003	2	0.095	0.012	
Folate	µg	0	0.000	2	0	0	
Vitamin B-12	µg	0.00		1	0.00	0.00	
Vitamin A	IU	13		1	77	10	
Vitamin A, RE	µg	1		0	6	1	
Vitamin E, α-TE	mg	0.000		0	0.000	0.000	
Lipids:							
Saturated, total	g	0.020		0	0.119	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		1	0.000	0.000	
14:0	g	0.000		1	0.000	0.000	
15.0	g						
16:0	g	0.010		1	0.060	0.007	
17:0	g						
18:0	g	0.000		1	0.000	0.000	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.000	0	0.000	0.000
14:1	g				
16:1	g	0.000	1	0.000	0.000
18:1	g	0.000	1	0.000	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	0.030	0	0.179	0.022
18:2	g	0.020	1	0.119	0.015
18:3	g	0.000	1	0.000	0.000
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	1	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.001	0	0.006	0.001
Threonine	g	0.003	0	0.018	0.002
Isoleucine	g	0.003	0	0.018	0.002
Leucine	g	0.005	0	0.030	0.004
Lysine	g	0.005	0	0.030	0.004
Methionine	g	0.001	0	0.006	0.001
Cystine	g	0.001	0	0.006	0.001
Phenylalanine	g	0.002	0	0.012	0.001
Tyrosine	g	0.002	0	0.012	0.001
Valine	g	0.004	0	0.024	0.003
Arginine	g	0.002	0	0.012	0.001
Histidine	g	0.001	0	0.006	0.001
Alanine	g	0.003	0	0.018	0.002
Aspartic acid	g	0.028	0	0.167	0.021
Glutamic acid	g	0.008	0	0.048	0.006
Glycine	g	0.003	0	0.018	0.002
Proline	g	0.003	0	0.018	0.002
Serine	g	0.003	0	0.018	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 can (21 oz)
Measure 2: 1/8 can

NDB No. 19314 Pie fillings, canned, cherry

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 595g	Measure 2* 74g	Measure 3*
Proximates:							
Water	g	69.70	1.550	3	414.71	51.58	
Energy	kcal	115		0	684	85	
Energy	kj	481		0	2862	356	
Protein (N x 5.95)	g	0.50	0.094	2	2.98	0.37	
Total lipid (fat)	g	0.20	0.100	2	1.19	0.15	
Carbohydrate, by difference	g	29.30		0	174.34	21.68	
Fiber, total dietary	g	0.6		0	3.6	0.4	
Ash	g	0.30	0.025	2	1.78	0.22	
Sugars, total	g						
Minerals:							
Calcium	mg	11	3.050	2	65	8	
Iron	mg	0.24	0.070	2	1.43	0.18	
Magnesium	mg	7	0.900	2	42	5	
Phosphorus	mg	15	1.250	2	89	11	
Potassium	mg	105	0.000	2	625	78	
Sodium	mg	9	0.000	2	54	7	
Zinc	mg	0.05	0.005	2	0.30	0.04	
Copper	mg	0.080	0.010	2	0.476	0.059	
Manganese	mg	0.030	0.000	2	0.179	0.022	
Selenium	µg	0.4		0	2.4	0.3	
Vitamins:							
Ascorbic acid	mg	3.6		1	21.4	2.7	
Thiamin	mg	0.025	0.001	2	0.149	0.019	
Riboflavin	mg	0.016	0.002	2	0.095	0.012	
Niacin	mg	0.140	0.000	2	0.833	0.104	
Pantothenic acid	mg	0.063	0.021	2	0.375	0.047	
Vitamin B-6	mg	0.037	0.003	2	0.220	0.027	
Folate	µg	4	4.000	2	24	3	
Vitamin B-12	µg	0.00		1	0.00	0.00	
Vitamin A	IU	205	8.000	2	1220	152	
Vitamin A, RE	µg	21		0	125	16	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.050		0	0.298	0.037	
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	0.030		1	0.179	0.022	
17:0	g						
18:0	g	0.010		1	0.060	0.007	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.060	0	0.357	0.044
14:1	g				
16:1	g	0.000	1	0.000	0.000
18:1	g	0.060	1	0.357	0.044
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.060	0	0.357	0.044
18:2	g	0.030	1	0.179	0.022
18:3	g	0.030	1	0.179	0.022
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	0	1	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.002	0	0.012	0.001
Threonine	g	0.009	0	0.054	0.007
Isoleucine	g	0.009	0	0.054	0.007
Leucine	g	0.013	0	0.077	0.010
Lysine	g	0.016	0	0.095	0.012
Methionine	g	0.002	0	0.012	0.001
Cystine	g	0.002	0	0.012	0.001
Phenylalanine	g	0.008	0	0.048	0.006
Tyrosine	g	0.005	0	0.030	0.004
Valine	g	0.012	0	0.071	0.009
Arginine	g	0.007	0	0.042	0.005
Histidine	g	0.006	0	0.036	0.004
Alanine	g	0.013	0	0.077	0.010
Aspartic acid	g	0.247	0	1.470	0.183
Glutamic acid	g	0.017	0	0.101	0.013
Glycine	g	0.010	0	0.060	0.007
Proline	g	0.014	0	0.083	0.010
Serine	g	0.014	0	0.083	0.010
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 can (21 oz)
Measure 2: 1/8 can

NDB No. 19318 Desserts, puddings, banana, dry mix, instant

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 99g	Measure 2* 25g	Measure 3*
Proximates:							
Water	g	2.80	0.054	6	2.77	0.70	
Energy	kcal	367		0	363	92	
Energy	kj	1536		0	1521	384	
Protein (N x 5.95)	g	0.00	0.000	6	0.00	0.00	
Total lipid (fat)	g	0.60	0.074	6	0.59	0.15	
Carbohydrate, by difference	g	92.70		0	91.77	23.18	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	3.80	0.013	6	3.76	0.95	
Sugars, total	g						
Minerals:							
Calcium	mg	6		1	6	2	
Iron	mg	0.12		1	0.12	0.03	
Magnesium	mg	2		1	2	1	
Phosphorus	mg	804		1	796	201	
Potassium	mg	15		0	15	4	
Sodium	mg	1499		0	1484	375	
Zinc	mg	0.04		1	0.04	0.01	
Copper	mg	0.021		1	0.021	0.005	
Manganese	mg	0.010		1	0.010	0.003	
Selenium	µg	0.8		0	0.8	0.2	
Vitamins:							
Ascorbic acid	mg	0.0		1	0.0	0.0	
Thiamin	mg	0.001		1	0.001	0.000	
Riboflavin	mg	0.003		1	0.003	0.001	
Niacin	mg	0.002		1	0.002	0.001	
Pantothenic acid	mg	0.006		1	0.006	0.002	
Vitamin B-6	mg	0.001		1	0.001	0.000	
Folate	µg	0		1	0	0	
Vitamin B-12	µg	0.01		1	0.01	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	0.090		0	0.089	0.023	
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	0.000		1	0.000	0.000	
15.0	g						
16:0	g	0.060		1	0.059	0.015	
17:0	g						
18:0	g	0.020		1	0.020	0.005	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.140	0	0.139	0.035
14:1	g				
16:1	g	0.000	1	0.000	0.000
18:1	g	0.140	1	0.139	0.035
20:1	g	0.000	1	0.000	0.000
22.1	g				
Polyunsaturated, total	g	0.350	0	0.347	0.088
18:2	g	0.310	1	0.307	0.078
18:3	g	0.040	1	0.040	0.010
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	0	1	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 (3.5 oz)
Measure 2: amount to make 1/2 cup

NDB No. 19319 Desserts, puddings, banana, dry mix, instant, prepared with whole milk

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 147g	Measure 2* 587g	Measure 3*
Proximates:							
Water	g	73.50		0	108.05	431.44	
Energy	kcal	113		0	166	663	
Energy	kj	473		0	695	2777	
Protein (N x 5.95)	g	2.70		0	3.97	15.85	
Total lipid (fat)	g	2.90		0	4.26	17.02	
Carbohydrate, by difference	g	19.60		0	28.81	115.05	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.20		0	1.76	7.04	
Sugars, total	g						
Minerals:							
Calcium	mg	100		0	147	587	
Iron	mg	0.06		0	0.09	0.35	
Magnesium	mg	12		0	18	70	
Phosphorus	mg	214		0	315	1256	
Potassium	mg	128		0	188	751	
Sodium	mg	295		0	434	1732	
Zinc	mg	0.32		0	0.47	1.88	
Copper	mg	0.012		0	0.018	0.070	
Manganese	mg	0.003		0	0.004	0.018	
Selenium	µg	1.6		0	2.4	9.4	
Vitamins:							
Ascorbic acid	mg	0.8		0	1.2	4.7	
Thiamin	mg	0.032		0	0.047	0.188	
Riboflavin	mg	0.135		0	0.198	0.792	
Niacin	mg	0.070		0	0.103	0.411	
Pantothenic acid	mg	0.262		0	0.385	1.538	
Vitamin B-6	mg	0.035		0	0.051	0.205	
Folate	µg	4		0	6	23	
Vitamin B-12	µg	0.30		0	0.44	1.76	
Vitamin A	IU	105		0	154	616	
Vitamin A, RE	µg	25		0	37	147	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	1.740		0	2.558	10.214	
4:0	g	0.090		0	0.132	0.528	
6.0	g	0.050		0	0.074	0.294	
8:0	g	0.030		0	0.044	0.176	
10:0	g	0.070		0	0.103	0.411	
12:0	g	0.080		0	0.118	0.470	
14:0	g	0.290		0	0.426	1.702	
15.0	g						
16:0	g	0.770		0	1.132	4.520	
17:0	g						
18:0	g	0.360		0	0.529	2.113	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.820	0	1.205	4.813
14:1	g				
16:1	g	0.070	0	0.103	0.411
18:1	g	0.760	0	1.117	4.461
20:1	g	0.000	0	0.000	0.000
22.1	g				
Polyunsaturated, total	g	0.170	0	0.250	0.998
18:2	g	0.120	0	0.176	0.704
18:3	g	0.050	0	0.074	0.294
18:4	g				
20:4	g	0.000	0	0.000	0.000
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	11	0	16	65
Phytosterols	mg	0	0	0	0
Amino acids:					
Tryptophan	g	0.036	0	0.053	0.211
Threonine	g	0.117	0	0.172	0.687
Isoleucine	g	0.158	0	0.232	0.927
Leucine	g	0.255	0	0.375	1.497
Lysine	g	0.207	0	0.304	1.215
Methionine	g	0.065	0	0.096	0.382
Cystine	g	0.024	0	0.035	0.141
Phenylalanine	g	0.126	0	0.185	0.740
Tyrosine	g	0.126	0	0.185	0.740
Valine	g	0.174	0	0.256	1.021
Arginine	g	0.094	0	0.138	0.552
Histidine	g	0.071	0	0.104	0.417
Alanine	g	0.090	0	0.132	0.528
Aspartic acid	g	0.198	0	0.291	1.162
Glutamic acid	g	0.545	0	0.801	3.199
Glycine	g	0.055	0	0.081	0.323
Proline	g	0.252	0	0.370	1.479
Serine	g	0.141	0	0.207	0.828
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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: package yield (2 cups)

NDB No. 19320 Desserts, puddings, banana, dry mix, regular

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 88g	Measure 2* 22g	Measure 3*
Proximates:							
Water	g	4.10	0.100	6	3.61	0.90	
Energy	kcal	376		0	331	83	
Energy	kj	1573		0	1384	346	
Protein (N x 5.95)	g	0.00		0	0.00	0.00	
Total lipid (fat)	g	0.40	0.030	3	0.35	0.09	
Carbohydrate, by difference	g	92.90		0	81.75	20.44	
Fiber, total dietary	g	0.3		0	0.3	0.1	
Ash	g	2.50	0.079	6	2.20	0.55	
Sugars, total	g						
Minerals:							
Calcium	mg	20		1	18	4	
Iron	mg	0.05		1	0.04	0.01	
Magnesium	mg	8		1	7	2	
Phosphorus	mg	5		1	4	1	
Potassium	mg	17		0	15	4	
Sodium	mg	788		0	693	173	
Zinc	mg	0.09		1	0.08	0.02	
Copper	mg	0.020		1	0.018	0.004	
Manganese	mg	0.013		1	0.011	0.003	
Selenium	µg	0.9		0	0.8	0.2	
Vitamins:							
Ascorbic acid	mg	0.0		1	0.0	0.0	
Thiamin	mg	0.000		1	0.000	0.000	
Riboflavin	mg	0.000		1	0.000	0.000	
Niacin	mg	0.000		1	0.000	0.000	
Pantothenic acid	mg	0.000		1	0.000	0.000	
Vitamin B-6	mg	0.000		1	0.000	0.000	
Folate	µg	0		1	0	0	
Vitamin B-12	µg	0.00		1	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	0.090		0	0.079	0.020	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g	0.080		1	0.070	0.018	
17:0	g						
18:0	g	0.000		1	0.000	0.000	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.030	0	0.026	0.007
14:1	g				
16:1	g				
18:1	g	0.030	1	0.026	0.007
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.160	0	0.141	0.035
18:2	g	0.160	1	0.141	0.035
18:3	g	0.010	1	0.009	0.002
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	0	1	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.000	0	0.000	0.000
Threonine	g	0.001	0	0.001	0.000
Isoleucine	g	0.001	0	0.001	0.000
Leucine	g	0.005	0	0.004	0.001
Lysine	g	0.001	0	0.001	0.000
Methionine	g	0.001	0	0.001	0.000
Cystine	g	0.001	0	0.001	0.000
Phenylalanine	g	0.002	0	0.002	0.000
Tyrosine	g	0.001	0	0.001	0.000
Valine	g	0.002	0	0.002	0.000
Arginine	g	0.002	0	0.002	0.000
Histidine	g	0.001	0	0.001	0.000
Alanine	g	0.003	0	0.003	0.001
Aspartic acid	g	0.003	0	0.003	0.001
Glutamic acid	g	0.007	0	0.006	0.002
Glycine	g	0.001	0	0.001	0.000
Proline	g	0.003	0	0.003	0.001
Serine	g	0.002	0	0.002	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 package (3.12 oz)
Measure 2: amount to make 1/2 cup

NDB No. 19321 Desserts, puddings, banana, dry mix, regular, prepared with whole milk

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 140g	Measure 2* 559g	Measure 3*
Proximates:							
Water	g	74.60		0	104.44	417.01	
Energy	kcal	112		0	157	626	
Energy	kj	469		0	657	2622	
Protein (N x 5.95)	g	2.90		0	4.06	16.21	
Total lipid (fat)	g	3.00		0	4.20	16.77	
Carbohydrate, by difference	g	18.10		0	25.34	101.18	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.00		0	1.40	5.59	
Sugars, total	g						
Minerals:							
Calcium	mg	108		0	151	604	
Iron	mg	0.05		0	0.07	0.28	
Magnesium	mg	13		0	18	73	
Phosphorus	mg	83		0	116	464	
Potassium	mg	135		0	189	755	
Sodium	mg	165		0	231	922	
Zinc	mg	0.35		0	0.49	1.96	
Copper	mg	0.012		0	0.017	0.067	
Manganese	mg	0.004		0	0.006	0.022	
Selenium	µg	1.8		0	2.5	10.1	
Vitamins:							
Ascorbic acid	mg	0.7		0	1.0	3.9	
Thiamin	mg	0.030		0	0.042	0.168	
Riboflavin	mg	0.142		0	0.199	0.794	
Niacin	mg	0.074		0	0.104	0.414	
Pantothenic acid	mg	0.275		0	0.385	1.537	
Vitamin B-6	mg	0.033		0	0.046	0.184	
Folate	µg	4		0	6	22	
Vitamin B-12	µg	0.25		0	0.35	1.40	
Vitamin A	IU	110		0	154	615	
Vitamin A, RE	µg	27		0	38	151	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	1.830		0	2.562	10.230	
4:0	g	0.090		0	0.126	0.503	
6.0	g	0.060		0	0.084	0.335	
8:0	g	0.030		0	0.042	0.168	
10:0	g	0.070		0	0.098	0.391	
12:0	g	0.080		0	0.112	0.447	
14:0	g	0.310		0	0.434	1.733	
15.0	g						
16:0	g	0.820		0	1.148	4.584	
17:0	g						
18:0	g	0.370		0	0.518	2.068	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.850	0	1.190	4.752
14:1	g				
16:1	g	0.070	0	0.098	0.391
18:1	g	0.780	0	1.092	4.360
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.140	0	0.196	0.783
18:2	g	0.090	0	0.126	0.503
18:3	g	0.050	0	0.070	0.280
18:4	g				
20:4	g	0.000	0	0.000	0.000
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	12	0	17	67
Phytosterols	mg	0	0	0	0
Amino acids:					
Tryptophan	g	0.038	0	0.053	0.212
Threonine	g	0.124	0	0.174	0.693
Isoleucine	g	0.167	0	0.234	0.934
Leucine	g	0.270	0	0.378	1.509
Lysine	g	0.218	0	0.305	1.219
Methionine	g	0.069	0	0.097	0.386
Cystine	g	0.025	0	0.035	0.140
Phenylalanine	g	0.133	0	0.186	0.743
Tyrosine	g	0.133	0	0.186	0.743
Valine	g	0.184	0	0.258	1.029
Arginine	g	0.100	0	0.140	0.559
Histidine	g	0.075	0	0.105	0.419
Alanine	g	0.095	0	0.133	0.531
Aspartic acid	g	0.209	0	0.293	1.168
Glutamic acid	g	0.577	0	0.808	3.225
Glycine	g	0.059	0	0.083	0.330
Proline	g	0.267	0	0.374	1.493
Serine	g	0.150	0	0.210	0.838
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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: package yield (2 cups)

NDB No. 19322 Desserts, puddings, coconut cream, dry mix, instant

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 99g	Measure 2* 25g	Measure 3*
Proximates:							
Water	g	2.20	0.496	4	2.18	0.55	
Energy	kcal	387		0	383	97	
Energy	kj	1619		0	1603	405	
Protein (N x 5.95)	g	0.90	0.159	4	0.89	0.23	
Total lipid (fat)	g	4.10	1.159	4	4.06	1.02	
Carbohydrate, by difference	g	89.40		0	88.51	22.35	
Fiber, total dietary	g	0.7		0	0.7	0.2	
Ash	g	3.40	0.194	4	3.37	0.85	
Sugars, total	g						
Minerals:							
Calcium	mg	8		1	8	2	
Iron	mg	0.63		1	0.62	0.16	
Magnesium	mg	14		1	14	4	
Phosphorus	mg	721		1	714	180	
Potassium	mg	22	4.485	2	22	6	
Sodium	mg	1206	10.977	2	1194	302	
Zinc	mg	0.30		1	0.30	0.08	
Copper	mg	0.106		1	0.105	0.027	
Manganese	mg	0.101		1	0.100	0.025	
Selenium	µg	2.0		0	2.0	0.5	
Vitamins:							
Ascorbic acid	mg	0.0		1	0.0	0.0	
Thiamin	mg	0.009		1	0.009	0.002	
Riboflavin	mg	0.008		1	0.008	0.002	
Niacin	mg	0.084		1	0.083	0.021	
Pantothenic acid	mg	0.115		1	0.114	0.029	
Vitamin B-6	mg	0.041		1	0.041	0.010	
Folate	µg	1		1	1	0	
Vitamin B-12	µg	0.01		1	0.01	0.00	
Vitamin A	IU	0		1	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	0.427		0	0.423	0.107	
Lipids:							
Saturated, total	g	2.200		0	2.178	0.550	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.010		1	0.010	0.003	
8:0	g	0.170		1	0.168	0.043	
10:0	g	0.130		1	0.129	0.033	
12:0	g	0.990		1	0.980	0.248	
14:0	g	0.370		1	0.366	0.093	
15.0	g						
16:0	g	0.370		1	0.366	0.093	
17:0	g						
18:0	g	0.160		1	0.158	0.040	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.950	0	0.941	0.238
14:1	g				
16:1	g	0.010	1	0.010	0.003
18:1	g	0.940	1	0.931	0.235
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.760	0	0.752	0.190
18:2	g	0.710	1	0.703	0.178
18:3	g	0.050	1	0.050	0.013
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	1	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.010	0	0.010	0.003
Threonine	g	0.031	0	0.031	0.008
Isoleucine	g	0.035	0	0.035	0.009
Leucine	g	0.066	0	0.065	0.017
Lysine	g	0.039	0	0.039	0.010
Methionine	g	0.016	0	0.016	0.004
Cystine	g	0.015	0	0.015	0.004
Phenylalanine	g	0.041	0	0.041	0.010
Tyrosine	g	0.028	0	0.028	0.007
Valine	g	0.050	0	0.050	0.013
Arginine	g	0.117	0	0.116	0.029
Histidine	g	0.020	0	0.020	0.005
Alanine	g	0.041	0	0.041	0.010
Aspartic acid	g	0.078	0	0.077	0.020
Glutamic acid	g	0.185	0	0.183	0.046
Glycine	g	0.036	0	0.036	0.009
Proline	g	0.042	0	0.042	0.011
Serine	g	0.043	0	0.043	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 package (3.5 oz)
Measure 2: amount to make 1/2 cup

NDB No. 19323 Desserts, puddings, coconut cream, dry mix, instant, prepared with whole milk

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 147g	Measure 2* 587g	Measure 3*
Proximates:							
Water	g	73.40		0	107.90	430.86	
Energy	kcal	117		0	172	687	
Energy	kj	490		0	720	2876	
Protein (N x 5.95)	g	2.90		0	4.26	17.02	
Total lipid (fat)	g	3.50		0	5.14	20.55	
Carbohydrate, by difference	g	19.10		0	28.08	112.12	
Fiber, total dietary	g	0.1		0	0.1	0.6	
Ash	g	1.20		0	1.76	7.04	
Sugars, total	g						
Minerals:							
Calcium	mg	100		0	147	587	
Iron	mg	0.15		0	0.22	0.88	
Magnesium	mg	14		0	21	82	
Phosphorus	mg	200		0	294	1174	
Potassium	mg	129		0	190	757	
Sodium	mg	246		0	362	1444	
Zinc	mg	0.33		0	0.49	1.94	
Copper	mg	0.026		0	0.038	0.153	
Manganese	mg	0.019		0	0.028	0.112	
Selenium	µg	2.0		0	2.9	11.7	
Vitamins:							
Ascorbic acid	mg	0.8		0	1.2	4.7	
Thiamin	mg	0.033		0	0.049	0.194	
Riboflavin	mg	0.136		0	0.200	0.798	
Niacin	mg	0.084		0	0.123	0.493	
Pantothenic acid	mg	0.266		0	0.391	1.561	
Vitamin B-6	mg	0.037		0	0.054	0.217	
Folate	µg	4		0	6	23	
Vitamin B-12	µg	0.30		0	0.44	1.76	
Vitamin A	IU	105		0	154	616	
Vitamin A, RE	µg	25		0	37	147	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	2.100		0	3.087	12.327	
4:0	g	0.090		0	0.132	0.528	
6.0	g	0.050		0	0.074	0.294	
8:0	g	0.060		0	0.088	0.352	
10:0	g	0.090		0	0.132	0.528	
12:0	g	0.250		0	0.368	1.468	
14:0	g	0.350		0	0.514	2.054	
15.0	g						
16:0	g	0.830		0	1.220	4.872	
17:0	g						
18:0	g	0.380		0	0.559	2.231	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.960	0	1.411	5.635
14:1	g				
16:1	g	0.070	0	0.103	0.411
18:1	g	0.890	0	1.308	5.224
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.240	0	0.353	1.409
18:2	g	0.190	0	0.279	1.115
18:3	g	0.050	0	0.074	0.294
18:4	g				
20:4	g	0.000	0	0.000	0.000
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	11	0	16	65
Phytosterols	mg	0	0	0	0
Amino acids:					
Tryptophan	g	0.038	0	0.056	0.223
Threonine	g	0.123	0	0.181	0.722
Isoleucine	g	0.164	0	0.241	0.963
Leucine	g	0.266	0	0.391	1.561
Lysine	g	0.213	0	0.313	1.250
Methionine	g	0.068	0	0.100	0.399
Cystine	g	0.027	0	0.040	0.158
Phenylalanine	g	0.133	0	0.196	0.781
Tyrosine	g	0.130	0	0.191	0.763
Valine	g	0.183	0	0.269	1.074
Arginine	g	0.114	0	0.168	0.669
Histidine	g	0.074	0	0.109	0.434
Alanine	g	0.097	0	0.143	0.569
Aspartic acid	g	0.211	0	0.310	1.239
Glutamic acid	g	0.577	0	0.848	3.387
Glycine	g	0.061	0	0.090	0.358
Proline	g	0.259	0	0.381	1.520
Serine	g	0.149	0	0.219	0.875
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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: package yield (2 cups)

NDB No. 19324 Desserts, puddings, coconut cream, dry mix, regular

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 88g	Measure 2* 25g	Measure 3*
Proximates:							
Water	g	3.70	0.051	6	3.26	0.93	
Energy	kcal	392		0	345	98	
Energy	kj	1640		0	1443	410	
Protein (N x 5.95)	g	1.00		1	0.88	0.25	
Total lipid (fat)	g	5.50	0.228	6	4.84	1.38	
Carbohydrate, by difference	g	87.70		0	77.18	21.93	
Fiber, total dietary	g	1.6		0	1.4	0.4	
Ash	g	2.10	0.075	6	1.85	0.53	
Sugars, total	g	64.00		0	56.32	16.00	
Minerals:							
Calcium	mg	3		0	3	1	
Iron	mg	0.45		0	0.40	0.11	
Magnesium	mg	847		0	745	212	
Phosphorus	mg	37		0	33	9	
Potassium	mg	48		0	42	12	
Sodium	mg	1040		0	915	260	
Zinc	mg	0.21		0	0.18	0.05	
Copper	mg	0.109		0	0.096	0.027	
Manganese	mg	0.252		0	0.222	0.063	
Selenium	µg	2.7		0	2.4	0.7	
Vitamins:							
Ascorbic acid	mg	0.1		0	0.1	0.0	
Thiamin	mg	0.005		0	0.004	0.001	
Riboflavin	mg	0.021		0	0.018	0.005	
Niacin	mg	0.051		0	0.045	0.013	
Pantothenic acid	mg	0.068		0	0.060	0.017	
Vitamin B-6	mg	0.026		0	0.023	0.007	
Folate	µg	1		0	1	0	
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	0.115		0	0.101	0.029	
Lipids:							
Saturated, total	g	4.860		0	4.277	1.215	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.030		1	0.026	0.008	
8:0	g	0.380		1	0.334	0.095	
10:0	g	0.300		1	0.264	0.075	
12:0	g	2.430		1	2.138	0.608	
14:0	g	0.960		1	0.845	0.240	
15.0	g						
16:0	g	0.470		1	0.414	0.118	
17:0	g						
18:0	g	0.280		1	0.246	0.070	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.230	0	0.202	0.058
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.230	1	0.202	0.058
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.060	0	0.053	0.015
18:2	g	0.060	1	0.053	0.015
18:3	g	0.000	1	0.000	0.000
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.011	0	0.010	0.003
Threonine	g	0.034	0	0.030	0.009
Isoleucine	g	0.036	0	0.032	0.009
Leucine	g	0.071	0	0.062	0.018
Lysine	g	0.040	0	0.035	0.010
Methionine	g	0.018	0	0.016	0.004
Cystine	g	0.019	0	0.017	0.005
Phenylalanine	g	0.047	0	0.041	0.012
Tyrosine	g	0.029	0	0.026	0.007
Valine	g	0.056	0	0.049	0.014
Arginine	g	0.147	0	0.129	0.037
Histidine	g	0.022	0	0.019	0.006
Alanine	g	0.048	0	0.042	0.012
Aspartic acid	g	0.090	0	0.079	0.023
Glutamic acid	g	0.211	0	0.186	0.053
Glycine	g	0.043	0	0.038	0.011
Proline	g	0.041	0	0.036	0.010
Serine	g	0.048	0	0.042	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 (3.12 oz)
Measure 2: amount to make 1/2 cup

NDB No. 19325 Desserts, puddings, coconut cream, dry mix, regular, prepared with whole milk

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 140g	Measure 2* 559g	Measure 3*
Proximates:							
Water	g	74.60		0	104.44	417.01	
Energy	kcal	114		0	160	637	
Energy	kj	477		0	668	2666	
Protein (N x 5.95)	g	3.00		0	4.20	16.77	
Total lipid (fat)	g	3.80		0	5.32	21.24	
Carbohydrate, by difference	g	17.70		0	24.78	98.94	
Fiber, total dietary	g	0.2		0	0.3	1.1	
Ash	g	1.00		0	1.40	5.59	
Sugars, total	g						
Minerals:							
Calcium	mg	111		0	155	620	
Iron	mg	0.20		0	0.28	1.12	
Magnesium	mg	16		0	22	89	
Phosphorus	mg	88		0	123	492	
Potassium	mg	157		0	220	878	
Sodium	mg	162		0	227	906	
Zinc	mg	0.36		0	0.50	2.01	
Copper	mg	0.027		0	0.038	0.151	
Manganese	mg	0.037		0	0.052	0.207	
Selenium	µg	2.3		0	3.2	12.9	
Vitamins:							
Ascorbic acid	mg	0.7		0	1.0	3.9	
Thiamin	mg	0.032		0	0.045	0.179	
Riboflavin	mg	0.143		0	0.200	0.799	
Niacin	mg	0.089		0	0.125	0.498	
Pantothenic acid	mg	0.285		0	0.399	1.593	
Vitamin B-6	mg	0.144		0	0.202	0.805	
Folate	µg	4		0	6	22	
Vitamin B-12	µg	0.25		0	0.35	1.40	
Vitamin A	IU	110		0	154	615	
Vitamin A, RE	µg	22		0	31	123	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	2.570		0	3.598	14.366	
4:0	g	0.090		0	0.126	0.503	
6.0	g	0.060		0	0.084	0.335	
8:0	g	0.090		0	0.126	0.503	
10:0	g	0.120		0	0.168	0.671	
12:0	g	0.460		0	0.644	2.571	
14:0	g	0.450		0	0.630	2.516	
15.0	g						
16:0	g	0.880		0	1.232	4.919	
17:0	g						
18:0	g	0.420		0	0.588	2.348	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.880	0	1.232	4.919
14:1	g				
16:1	g	0.070	0	0.098	0.391
18:1	g	0.810	0	1.134	4.528
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.120	0	0.168	0.671
18:2	g	0.080	0	0.112	0.447
18:3	g	0.050	0	0.070	0.280
18:4	g				
20:4	g	0.000	0	0.000	0.000
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	12	0	17	67
Phytosterols	mg	0	0	0	0
Amino acids:					
Tryptophan	g	0.040	0	0.056	0.224
Threonine	g	0.129	0	0.181	0.721
Isoleucine	g	0.172	0	0.241	0.961
Leucine	g	0.280	0	0.392	1.565
Lysine	g	0.224	0	0.314	1.252
Methionine	g	0.072	0	0.101	0.402
Cystine	g	0.028	0	0.039	0.157
Phenylalanine	g	0.140	0	0.196	0.783
Tyrosine	g	0.137	0	0.192	0.766
Valine	g	0.193	0	0.270	1.079
Arginine	g	0.122	0	0.171	0.682
Histidine	g	0.078	0	0.109	0.436
Alanine	g	0.102	0	0.143	0.570
Aspartic acid	g	0.223	0	0.312	1.247
Glutamic acid	g	0.608	0	0.851	3.399
Glycine	g	0.065	0	0.091	0.363
Proline	g	0.272	0	0.381	1.520
Serine	g	0.157	0	0.220	0.878
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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: package yield (2 cups)

NDB No. 19330 Desserts, puddings, lemon, dry mix, instant

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 99g	Measure 2* 25g	Measure 3*
Proximates:							
Water	g	0.70	0.020	2	0.69	0.18	
Energy	kcal	378		0	374	95	
Energy	kj	1582		0	1566	396	
Protein (N x 5.95)	g	0.00	0.000	2	0.00	0.00	
Total lipid (fat)	g	0.70	0.001	2	0.69	0.18	
Carbohydrate, by difference	g	95.40		0	94.45	23.85	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	3.20	0.105	2	3.17	0.80	
Sugars, total	g						
Minerals:							
Calcium	mg	2		1	2	1	
Iron	mg	0.08		1	0.08	0.02	
Magnesium	mg	0		1	0	0	
Phosphorus	mg	752	5.454	2	744	188	
Potassium	mg	8	1.932	12	8	2	
Sodium	mg	1332	32.979	13	1319	333	
Zinc	mg	0.05		1	0.05	0.01	
Copper	mg	0.015		1	0.015	0.004	
Manganese	mg	0.009		1	0.009	0.002	
Selenium	µg	0.8		0	0.8	0.2	
Vitamins:							
Ascorbic acid	mg	0.0		1	0.0	0.0	
Thiamin	mg	0.001		1	0.001	0.000	
Riboflavin	mg	0.003		1	0.003	0.001	
Niacin	mg	0.001		1	0.001	0.000	
Pantothenic acid	mg	0.006		1	0.006	0.002	
Vitamin B-6	mg	0.001		1	0.001	0.000	
Folate	µg	0		1	0	0	
Vitamin B-12	µg	0.01		1	0.01	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	0.100		0	0.099	0.025	
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	0.000		1	0.000	0.000	
15.0	g						
16:0	g	0.070		1	0.069	0.018	
17:0	g						
18:0	g	0.030		1	0.030	0.008	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.280	0	0.277	0.070
14:1	g				
16:1	g	0.000	1	0.000	0.000
18:1	g	0.280	1	0.277	0.070
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.250	0	0.248	0.063
18:2	g	0.230	1	0.228	0.058
18:3	g	0.020	1	0.020	0.005
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	0	1	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.000	0	0.000	0.000
Threonine	g	0.000	0	0.000	0.000
Isoleucine	g	0.000	0	0.000	0.000
Leucine	g	0.000	0	0.000	0.000
Lysine	g	0.000	0	0.000	0.000
Methionine	g	0.000	0	0.000	0.000
Cystine	g	0.000	0	0.000	0.000
Phenylalanine	g	0.000	0	0.000	0.000
Tyrosine	g	0.000	0	0.000	0.000
Valine	g	0.000	0	0.000	0.000
Arginine	g	0.000	0	0.000	0.000
Histidine	g	0.000	0	0.000	0.000
Alanine	g	0.000	0	0.000	0.000
Aspartic acid	g	0.000	0	0.000	0.000
Glutamic acid	g	0.000	0	0.000	0.000
Glycine	g	0.000	0	0.000	0.000
Proline	g	0.000	0	0.000	0.000
Serine	g	0.000	0	0.000	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 package (3.5 oz)
Measure 2: amount to make 1/2 cup

NDB No. 19331 Desserts, puddings, lemon, dry mix, instant, prepared with whole milk

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 147g	Measure 2* 587g	Measure 3*
Proximates:							
Water	g	73.20		0	107.60	429.68	
Energy	kcal	115		0	169	675	
Energy	kj	481		0	707	2823	
Protein (N x 5.95)	g	2.70		0	3.97	15.85	
Total lipid (fat)	g	2.90		0	4.26	17.02	
Carbohydrate, by difference	g	20.10		0	29.55	117.99	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.10		0	1.62	6.46	
Sugars, total	g						
Minerals:							
Calcium	mg	99		0	146	581	
Iron	mg	0.06		0	0.09	0.35	
Magnesium	mg	11		0	16	65	
Phosphorus	mg	205		0	301	1203	
Potassium	mg	127		0	187	745	
Sodium	mg	267		0	392	1567	
Zinc	mg	0.32		0	0.47	1.88	
Copper	mg	0.011		0	0.016	0.065	
Manganese	mg	0.003		0	0.004	0.018	
Selenium	µg	1.8		0	2.6	10.6	
Vitamins:							
Ascorbic acid	mg	0.8		0	1.2	4.7	
Thiamin	mg	0.032		0	0.047	0.188	
Riboflavin	mg	0.135		0	0.198	0.792	
Niacin	mg	0.070		0	0.103	0.411	
Pantothenic acid	mg	0.262		0	0.385	1.538	
Vitamin B-6	mg	0.035		0	0.051	0.205	
Folate	µg	4		0	6	23	
Vitamin B-12	µg	0.30		0	0.44	1.76	
Vitamin A	IU	105		0	154	616	
Vitamin A, RE	µg	26		0	38	153	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	1.740		0	2.558	10.214	
4:0	g	0.090		0	0.132	0.528	
6.0	g	0.050		0	0.074	0.294	
8:0	g	0.030		0	0.044	0.176	
10:0	g	0.070		0	0.103	0.411	
12:0	g	0.080		0	0.118	0.470	
14:0	g	0.290		0	0.426	1.702	
15.0	g						
16:0	g	0.770		0	1.132	4.520	
17:0	g						
18:0	g	0.360		0	0.529	2.113	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.850	0	1.250	4.989
14:1	g				
16:1	g	0.070	0	0.103	0.411
18:1	g	0.780	0	1.147	4.579
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.150	0	0.221	0.881
18:2	g	0.100	0	0.147	0.587
18:3	g	0.050	0	0.074	0.294
18:4	g				
20:4	g	0.000	0	0.000	0.000
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	11	0	16	65
Phytosterols	mg	0	0	0	0
Amino acids:					
Tryptophan	g	0.036	0	0.053	0.211
Threonine	g	0.117	0	0.172	0.687
Isoleucine	g	0.158	0	0.232	0.927
Leucine	g	0.255	0	0.375	1.497
Lysine	g	0.207	0	0.304	1.215
Methionine	g	0.065	0	0.096	0.382
Cystine	g	0.024	0	0.035	0.141
Phenylalanine	g	0.126	0	0.185	0.740
Tyrosine	g	0.126	0	0.185	0.740
Valine	g	0.174	0	0.256	1.021
Arginine	g	0.094	0	0.138	0.552
Histidine	g	0.071	0	0.104	0.417
Alanine	g	0.090	0	0.132	0.528
Aspartic acid	g	0.198	0	0.291	1.162
Glutamic acid	g	0.545	0	0.801	3.199
Glycine	g	0.055	0	0.081	0.323
Proline	g	0.252	0	0.370	1.479
Serine	g	0.141	0	0.207	0.828
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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: package yield (2 cups)

NDB No. 19332 Desserts, puddings, lemon, dry mix, regular

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 85g	Measure 2* 21g	Measure 3*
Proximates:							
Water	g	5.20	0.050	2	4.42	1.10	
Energy	kcal	363		0	309	77	
Energy	kj	1519		0	1291	322	
Protein (N x 5.95)	g	0.10	0.015	2	0.09	0.02	
Total lipid (fat)	g	0.50		1	0.43	0.11	
Carbohydrate, by difference	g	91.80		0	78.03	19.46	
Fiber, total dietary	g	0.1		0	0.1	0.0	
Ash	g	2.40	0.065	2	2.04	0.51	
Sugars, total	g						
Minerals:							
Calcium	mg	5		1	4	1	
Iron	mg	0.17		1	0.14	0.04	
Magnesium	mg	4		1	3	1	
Phosphorus	mg	3		1	3	1	
Potassium	mg	5		1	4	1	
Sodium	mg	506		1	430	107	
Zinc	mg	0.02		1	0.02	0.00	
Copper	mg	0.024		1	0.020	0.005	
Manganese	mg	0.025		1	0.021	0.005	
Selenium	µg	1.1		0	0.9	0.2	
Vitamins:							
Ascorbic acid	mg	0.0		1	0.0	0.0	
Thiamin	mg	0.005		1	0.004	0.001	
Riboflavin	mg	0.024		1	0.020	0.005	
Niacin	mg	0.019		1	0.016	0.004	
Pantothenic acid	mg	0.030		1	0.026	0.006	
Vitamin B-6	mg	0.005		1	0.004	0.001	
Folate	µg	0		1	0	0	
Vitamin B-12	µg	0.00		1	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						
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	1	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.000	0	0.000	0.000
Threonine	g	0.002	0	0.002	0.000
Isoleucine	g	0.002	0	0.002	0.000
Leucine	g	0.008	0	0.007	0.002
Lysine	g	0.001	0	0.001	0.000
Methionine	g	0.001	0	0.001	0.000
Cystine	g	0.001	0	0.001	0.000
Phenylalanine	g	0.003	0	0.003	0.001
Tyrosine	g	0.002	0	0.002	0.000
Valine	g	0.003	0	0.003	0.001
Arginine	g	0.003	0	0.003	0.001
Histidine	g	0.002	0	0.002	0.000
Alanine	g	0.004	0	0.003	0.001
Aspartic acid	g	0.004	0	0.003	0.001
Glutamic acid	g	0.011	0	0.009	0.002
Glycine	g	0.002	0	0.002	0.000
Proline	g	0.005	0	0.004	0.001
Serine	g	0.002	0	0.002	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 package (3 oz)
Measure 2: amount to make 1/2 cup

NDB No. 19333 Desserts, puddings, lemon, dry mix, regular, prepared with sugar, egg yolk and water

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 146g	Measure 2* 729g	Measure 3*
Proximates:							
Water	g	72.70		0	106.14	529.98	
Energy	kcal	112		0	164	816	
Energy	kj	469		0	685	3419	
Protein (N x 5.95)	g	0.70		0	1.02	5.10	
Total lipid (fat)	g	1.30		0	1.90	9.48	
Carbohydrate, by difference	g	24.90		0	36.35	181.52	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.40		0	0.58	2.92	
Sugars, total	g						
Minerals:							
Calcium	mg	8		0	12	58	
Iron	mg	0.18		0	0.26	1.31	
Magnesium	mg	2		0	3	15	
Phosphorus	mg	21		0	31	153	
Potassium	mg	5		0	7	36	
Sodium	mg	64		0	93	467	
Zinc	mg	0.16		0	0.23	1.17	
Copper	mg	0.014		0	0.020	0.102	
Manganese	mg	0.008		0	0.012	0.058	
Selenium	µg	2.0		0	2.9	14.6	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.008		0	0.012	0.058	
Riboflavin	mg	0.032		0	0.047	0.233	
Niacin	mg	0.003		0	0.004	0.022	
Pantothenic acid	mg	0.161		0	0.235	1.174	
Vitamin B-6	mg	0.017		0	0.025	0.124	
Folate	µg	6		0	9	44	
Vitamin B-12	µg	0.13		0	0.19	0.95	
Vitamin A	IU	80		0	117	583	
Vitamin A, RE	µg	24		0	35	175	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.390		0	0.569	2.843	
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	0.280		0	0.409	2.041	
17:0	g						
18:0	g	0.100		0	0.146	0.729	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.480	0	0.701	3.499
14:1	g				
16:1	g	0.040	0	0.058	0.292
18:1	g	0.440	0	0.642	3.208
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	0.248	1.239
18:2	g	0.150	0	0.219	1.093
18:3	g	0.000	0	0.000	0.000
18:4	g				
20:4	g	0.020	0	0.029	0.146
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	53	0	77	386
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.008	0	0.012	0.058
Threonine	g	0.037	0	0.054	0.270
Isoleucine	g	0.035	0	0.051	0.255
Leucine	g	0.062	0	0.091	0.452
Lysine	g	0.055	0	0.080	0.401
Methionine	g	0.017	0	0.025	0.124
Cystine	g	0.013	0	0.019	0.095
Phenylalanine	g	0.030	0	0.044	0.219
Tyrosine	g	0.031	0	0.045	0.226
Valine	g	0.039	0	0.057	0.284
Arginine	g	0.050	0	0.073	0.365
Histidine	g	0.018	0	0.026	0.131
Alanine	g	0.036	0	0.053	0.262
Aspartic acid	g	0.068	0	0.099	0.496
Glutamic acid	g	0.089	0	0.130	0.649
Glycine	g	0.022	0	0.032	0.160
Proline	g	0.029	0	0.042	0.211
Serine	g	0.059	0	0.086	0.430
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

NDB No. 19334 Sugars, brown

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 220g	Measure 2* 145g	Measure 3* 3g
Proximates:							
Water	g	1.60	0.107	5	3.52	2.32	0.05
Energy	kcal	376		0	827	545	12
Energy	kj	1573		0	3461	2281	50
Protein (N x 5.95)	g	0.00		1	0.00	0.00	0.00
Total lipid (fat)	g	0.00		1	0.00	0.00	0.00
Carbohydrate, by difference	g	97.30		0	214.06	141.09	3.11
Fiber, total dietary	g	0.0		0	0.0	0.0	0.0
Ash	g	0.90	0.121	5	1.98	1.30	0.03
Sugars, total	g						
Minerals:							
Calcium	mg	85	4.909	6	187	123	3
Iron	mg	1.91	0.267	6	4.20	2.77	0.06
Magnesium	mg	29	7.047	6	64	42	1
Phosphorus	mg	22	3.599	4	48	32	1
Potassium	mg	346	67.929	6	761	502	11
Sodium	mg	39	7.367	6	86	57	1
Zinc	mg	0.18	0.049	6	0.40	0.26	0.01
Copper	mg	0.298	0.067	6	0.656	0.432	0.010
Manganese	mg	0.320	0.156	7	0.704	0.464	0.010
Selenium	µg	1.2	0.435	4	2.6	1.7	0.0
Vitamins:							
Ascorbic acid	mg	0.0		1	0.0	0.0	0.0
Thiamin	mg	0.008	0.003	5	0.018	0.012	0.000
Riboflavin	mg	0.007	0.002	4	0.015	0.010	0.000
Niacin	mg	0.082	0.014	5	0.180	0.119	0.003
Pantothenic acid	mg	0.111	0.042	5	0.244	0.161	0.004
Vitamin B-6	mg	0.026	0.009	5	0.057	0.038	0.001
Folate	µg	1	0.500	2	2	1	0
Vitamin B-12	µg	0.00		1	0.00	0.00	0.00
Vitamin A	IU	0		1	0	0	0
Vitamin A, RE	µg	0		0	0	0	0
Vitamin E, α-TE	mg	0.000		0	0.000	0.000	0.000
Lipids:							
Saturated, total	g	0.000		0	0.000	0.000	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		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	0.000		0	0.000	0.000	0.000
17:0	g						
18:0	g	0.000		0	0.000	0.000	0.000
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.000	0	0.000	0.000	0.000
14:1	g					
16:1	g	0.000	0	0.000	0.000	0.000
18:1	g	0.000	0	0.000	0.000	0.000
20:1	g	0.000	0	0.000	0.000	0.000
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.000	0	0.000	0.000	0.000
18:2	g	0.000	0	0.000	0.000	0.000
18:3	g	0.000	0	0.000	0.000	0.000
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	1	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, packed
Measure 2: 1 cup, unpacked
Measure 3: 1 teaspoon, brownulated

NDB No. 19335 Sugars, granulated

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 200g	Measure 2* 4g	Measure 3* 6g
Proximates:							
Water	g	0.00	0.014	9	0.00	0.00	0.00
Energy	kcal	387		0	774	16	23
Energy	kj	1619		0	3238	68	97
Protein (N x 5.95)	g	0.00		1	0.00	0.00	0.00
Total lipid (fat)	g	0.00	0.005	3	0.00	0.00	0.00
Carbohydrate, by difference	g	99.90		0	199.80	4.20	5.99
Fiber, total dietary	g	0.0		0	0.0	0.0	0.0
Ash	g	0.00	0.015	6	0.00	0.00	0.00
Sugars, total	g						
Minerals:							
Calcium	mg	1	0.170	19	2	0	0
Iron	mg	0.06	0.017	23	0.12	0.00	0.00
Magnesium	mg	0	0.178	24	0	0	0
Phosphorus	mg	2	0.712	12	4	0	0
Potassium	mg	2	0.334	21	4	0	0
Sodium	mg	1	0.455	12	2	0	0
Zinc	mg	0.03	0.014	17	0.06	0.00	0.00
Copper	mg	0.043	0.013	16	0.086	0.002	0.003
Manganese	mg	0.007	0.002	18	0.014	0.000	0.000
Selenium	µg	0.6	0.346	2	1.2	0.0	0.0
Vitamins:							
Ascorbic acid	mg	0.0		1	0.0	0.0	0.0
Thiamin	mg	0.000		1	0.000	0.000	0.000
Riboflavin	mg	0.019	0.006	3	0.038	0.001	0.001
Niacin	mg	0.000	0.000	3	0.000	0.000	0.000
Pantothenic acid	mg	0.000	0.000	3	0.000	0.000	0.000
Vitamin B-6	mg	0.000	0.000	3	0.000	0.000	0.000
Folate	µg	0	0.000	3	0	0	0
Vitamin B-12	µg	0.00		1	0.00	0.00	0.00
Vitamin A	IU	0		1	0	0	0
Vitamin A, RE	µg	0		0	0	0	0
Vitamin E, α-TE	mg	0.000		0	0.000	0.000	0.000
Lipids:							
Saturated, total	g	0.000		0	0.000	0.000	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		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	0.000		0	0.000	0.000	0.000
17:0	g						
18:0	g	0.000		0	0.000	0.000	0.000
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.000	0	0.000	0.000	0.000
14:1	g					
16:1	g	0.000	0	0.000	0.000	0.000
18:1	g	0.000	0	0.000	0.000	0.000
20:1	g	0.000	0	0.000	0.000	0.000
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.000	0	0.000	0.000	0.000
18:2	g	0.000	0	0.000	0.000	0.000
18:3	g	0.000	0	0.000	0.000	0.000
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	1	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
Measure 3: 1 individual packet

NDB No. 19336 Sugars, powdered

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 120g	Measure 2* 8g	Measure 3* 3g
Proximates:							
Water	g	0.30	0.031	4	0.36	0.02	0.01
Energy	kcal	389		0	467	31	10
Energy	kj	1628		0	1954	130	41
Protein (N x 5.95)	g	0.00		1	0.00	0.00	0.00
Total lipid (fat)	g	0.10	0.027	4	0.12	0.01	0.00
Carbohydrate, by difference	g	99.50		0	119.40	7.96	2.49
Fiber, total dietary	g	0.0		0	0.0	0.0	0.0
Ash	g	0.00		1	0.00	0.00	0.00
Sugars, total	g						
Minerals:							
Calcium	mg	1		1	1	0	0
Iron	mg	0.06		1	0.07	0.00	0.00
Magnesium	mg	0		1	0	0	0
Phosphorus	mg	2		1	2	0	0
Potassium	mg	2		1	2	0	0
Sodium	mg	1		1	1	0	0
Zinc	mg	0.03		1	0.04	0.00	0.00
Copper	mg	0.043		1	0.052	0.003	0.001
Manganese	mg	0.007		1	0.008	0.001	0.000
Selenium	µg	0.6		0	0.7	0.0	0.0
Vitamins:							
Ascorbic acid	mg	0.0		1	0.0	0.0	0.0
Thiamin	mg	0.000		1	0.000	0.000	0.000
Riboflavin	mg	0.000		1	0.000	0.000	0.000
Niacin	mg	0.000	0.000	4	0.000	0.000	0.000
Pantothenic acid	mg	0.000	0.000	4	0.000	0.000	0.000
Vitamin B-6	mg	0.000	0.000	4	0.000	0.000	0.000
Folate	µg	0	0.000	4	0	0	0
Vitamin B-12	µg	0.00		1	0.00	0.00	0.00
Vitamin A	IU	0		1	0	0	0
Vitamin A, RE	µg	0		0	0	0	0
Vitamin E, α-TE	mg	0.000		0	0.000	0.000	0.000
Lipids:							
Saturated, total	g	0.018		0	0.022	0.001	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		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	0.001	0.000
17:0	g						
18:0	g	0.002		0	0.002	0.000	0.000
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.032	0	0.038	0.003	0.001
14:1	g					
16:1	g	0.000	0	0.000	0.000	0.000
18:1	g	0.032	0	0.038	0.003	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	0.050	0	0.060	0.004	0.001
18:2	g	0.050	0	0.060	0.004	0.001
18:3	g	0.000	0	0.000	0.000	0.000
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	1	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, unsifted
Measure 2: 1 tablespoon, unsifted
Measure 3: 1 teaspoon

NDB No. 19337 Sweeteners, NUTRASWEET, EQUAL, packet

Refuse: 0%

Nutrients 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* 1g	Measure 3*
Proximates:							
Water	g	12.10		1	0.43	0.12	
Energy	kcal	352		0	12	4	
Energy	kj	1473		0	52	15	
Protein (N x 5.95)	g	2.18		1	0.08	0.02	
Total lipid (fat)	g	0.17		1	0.01	0.00	
Carbohydrate, by difference	g	85.54		0	3.03	0.86	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.01		0	0.00	0.00	
Sugars, total	g						
Minerals:							
Calcium	mg	1		1	0	0	
Iron	mg	0.06		1	0.00	0.00	
Magnesium	mg	1		1	0	0	
Phosphorus	mg	1		1	0	0	
Potassium	mg	2		1	0	0	
Sodium	mg	4		1	0	0	
Zinc	mg	0.00		0	0.00	0.00	
Copper	mg	0.000		0	0.000	0.000	
Manganese	mg	0.000		0	0.000	0.000	
Selenium	µg	2.6		0	0.1	0.0	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.000		0	0.000	0.000	
Riboflavin	mg	0.000		0	0.000	0.000	
Niacin	mg	0.000		0	0.000	0.000	
Pantothenic acid	mg	0.000		0	0.000	0.000	
Vitamin B-6	mg	0.000		0	0.000	0.000	
Folate	µg	0		0	0	0	
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	0.000		0	0.000	0.000	
Lipids:							
Saturated, total	g	0.030		0	0.001	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	0.000		0	0.000	0.000	
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	0.054	0	0.002	0.001
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.000	0	0.000	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	0.084	0	0.003	0.001
18:2	g	0.000	0	0.000	0.000
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 teaspoon
Measure 2: 1 packet

NDB No. 19340 Sugars, maple

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 3g	Measure 2* 28g	Measure 3* 28g
Proximates:							
Water	g	8.00		1	0.24	2.27	2.24
Energy	kcal	354		0	11	100	99
Energy	kj	1481		0	44	420	415
Protein (N x 5.95)	g	0.10		1	0.00	0.03	0.03
Total lipid (fat)	g	0.20		1	0.01	0.06	0.06
Carbohydrate, by difference	g	90.90		0	2.73	25.77	25.45
Fiber, total dietary	g	0.0		0	0.0	0.0	0.0
Ash	g	0.80		1	0.02	0.23	0.22
Sugars, total	g						
Minerals:							
Calcium	mg	90		1	3	26	25
Iron	mg	1.61		1	0.05	0.46	0.45
Magnesium	mg	19		1	1	5	5
Phosphorus	mg	3		1	0	1	1
Potassium	mg	274		1	8	78	77
Sodium	mg	11		1	0	3	3
Zinc	mg	6.06		1	0.18	1.72	1.70
Copper	mg	0.099		1	0.003	0.028	0.028
Manganese	mg	4.422		1	0.133	1.254	1.238
Selenium	µg	0.8		0	0.0	0.2	0.2
Vitamins:							
Ascorbic acid	mg	0.0		1	0.0	0.0	0.0
Thiamin	mg	0.009		1	0.000	0.003	0.003
Riboflavin	mg	0.013		1	0.000	0.004	0.004
Niacin	mg	0.040		1	0.001	0.011	0.011
Pantothenic acid	mg	0.048		1	0.001	0.014	0.013
Vitamin B-6	mg	0.003		1	0.000	0.001	0.001
Folate	µg	0		1	0	0	0
Vitamin B-12	µg	0.00		1	0.00	0.00	0.00
Vitamin A	IU	24		1	1	7	7
Vitamin A, RE	µg	2		0	0	1	1
Vitamin E, α-TE	mg	0.000		0	0.000	0.000	0.000
Lipids:							
Saturated, total	g	0.036		0	0.001	0.010	0.010
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	0.036		0	0.001	0.010	0.010
17:0	g						
18:0	g	0.004		0	0.000	0.001	0.001
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.064	0	0.002	0.018	0.018
14:1	g					
16:1	g	0.000	0	0.000	0.000	0.000
18:1	g	0.064	0	0.002	0.018	0.018
20:1	g	0.000	0	0.000	0.000	0.000
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.100	0	0.003	0.028	0.028
18:2	g	0.100	0	0.003	0.028	0.028
18:3	g	0.000	0	0.000	0.000	0.000
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	1	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 teaspoon
Measure 2: 1 oz
Measure 3: 1 piece (1-3/4" x 1-1/4" x 1/2")

NDB No. 19345 Syrups, chocolate, HERSHEY, HERSHEY'S Genuine Chocolate Flavor Lite Syrup

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 35g	Measure 2*	Measure 3*
Proximates:							
Water	g	64.32		0	22.51		
Energy	kcal	143		0	50		
Energy	kj	598		0	209		
Protein (N x 5.95)	g	1.80		1	0.63		
Total lipid (fat)	g	0.40		1	0.14		
Carbohydrate, by difference	g	32.90		0	11.52		
Fiber, total dietary	g	2.0		1	0.7		
Ash	g	0.57		0	0.20		
Sugars, total	g	27.00		0	9.45		
Minerals:							
Calcium	mg	11		1	4		
Iron	mg	0.00		1	0.00		
Magnesium	mg	15		0	5		
Phosphorus	mg	23		0	8		
Potassium	mg	77		0	27		
Sodium	mg	137		1	48		
Zinc	mg	0.23		0	0.08		
Copper	mg	0.128		0	0.045		
Manganese	mg	0.116		0	0.041		
Selenium	µg	0.6		0	0.2		
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.003		0	0.001		
Riboflavin	mg	0.021		0	0.007		
Niacin	mg	0.073		0	0.026		
Pantothenic acid	mg	0.008		0	0.003		
Vitamin B-6	mg	0.004		0	0.001		
Folate	µg	1		0	0		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	1		0	0		
Vitamin A, RE	µg	0		0	0		
Vitamin E, α-TE	mg	0.012		0	0.004		
Lipids:							
Saturated, total	g	0.237		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	0.000		
15.0	g						
16:0	g	0.108		0	0.038		
17:0	g						
18:0	g	0.125		0	0.044		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.134	0	0.047
14:1	g			
16:1	g	0.000	0	0.000
18:1	g	0.134	0	0.047
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.013	0	0.005
18:2	g	0.013	0	0.005
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	1	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	2	0	1
Theobromine	mg	80	0	28
Alcohol	g			

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

*** Common Measures:**

Measure 1: 2 tablespoons

NDB No. 19348 Syrups, chocolate, fudge-type

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 304g	Measure 2* 38g	Measure 3*
Proximates:							
Water	g	21.80		2	66.27	8.28	
Energy	kcal	350		0	1064	133	
Energy	kj	1464		0	4451	556	
Protein (N x 5.95)	g	4.60		1	13.98	1.75	
Total lipid (fat)	g	8.90		1	27.06	3.38	
Carbohydrate, by difference	g	62.90		0	191.22	23.90	
Fiber, total dietary	g	2.8		1	8.5	1.1	
Ash	g	1.80		1	5.47	0.68	
Sugars, total	g	41.80		1	127.07	15.88	
Minerals:							
Calcium	mg	81		0	246	31	
Iron	mg	1.30		0	3.95	0.49	
Magnesium	mg	51		0	155	19	
Phosphorus	mg	135		0	410	51	
Potassium	mg	362		0	1100	138	
Sodium	mg	346		1	1052	131	
Zinc	mg	0.68		0	2.07	0.26	
Copper	mg	0.288		0	0.876	0.109	
Manganese	mg	0.336		0	1.021	0.128	
Selenium	µg	3.7		0	11.2	1.4	
Vitamins:							
Ascorbic acid	mg	0.2		0	0.6	0.1	
Thiamin	mg	0.057		0	0.173	0.022	
Riboflavin	mg	0.222		0	0.675	0.084	
Niacin	mg	0.295		0	0.897	0.112	
Pantothenic acid	mg	0.484		0	1.471	0.184	
Vitamin B-6	mg	0.062		0	0.188	0.024	
Folate	µg	4		0	12	2	
Vitamin B-12	µg	0.21		0	0.64	0.08	
Vitamin A	IU	16		0	49	6	
Vitamin A, RE	µg	4		0	12	2	
Vitamin E, α-TE	mg	2.924		0	8.889	1.111	
Lipids:							
Saturated, total	g	3.980		1	12.099	1.512	
4:0	g	0.000		1	0.000	0.000	
6.0	g	0.000		1	0.000	0.000	
8:0	g	0.018		1	0.055	0.007	
10:0	g	0.047		1	0.143	0.018	
12:0	g	0.056		1	0.170	0.021	
14:0	g	0.237		1	0.720	0.090	
15.0	g						
16:0	g	1.801		1	5.475	0.684	
17:0	g						
18:0	g	0.756		1	2.298	0.287	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.857	0	11.725	1.466
14:1	g				
16:1	g	0.067	1	0.204	0.025
18:1	g	3.780	1	11.491	1.436
20:1	g	0.010	1	0.030	0.004
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.278	0	0.845	0.106
18:2	g	0.249	1	0.757	0.095
18:3	g	0.024	1	0.073	0.009
18:4	g	0.000	0	0.000	0.000
20:4	g	0.005	1	0.015	0.002
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	1	0.000	0.000
Cholesterol	mg	2	0	6	1
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.070	0	0.213	0.027
Threonine	g	0.226	0	0.687	0.086
Isoleucine	g	0.219	0	0.666	0.083
Leucine	g	0.352	0	1.070	0.134
Lysine	g	0.296	0	0.900	0.112
Methionine	g	0.070	0	0.213	0.027
Cystine	g	0.066	0	0.201	0.025
Phenylalanine	g	0.192	0	0.584	0.073
Tyrosine	g	0.161	0	0.489	0.061
Valine	g	0.269	0	0.818	0.102
Arginine	g	0.203	0	0.617	0.077
Histidine	g	0.086	0	0.261	0.033
Alanine	g	0.206	0	0.626	0.078
Aspartic acid	g	0.444	0	1.350	0.169
Glutamic acid	g	0.761	0	2.313	0.289
Glycine	g	0.154	0	0.468	0.059
Proline	g	0.255	0	0.775	0.097
Serine	g	0.213	0	0.648	0.081
Other:					
Caffeine	mg	6	0	18	2
Theobromine	mg	198	0	602	75
Alcohol	g				

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

NDB No. 19349 Syrups, corn, dark

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 328g	Measure 2* 20g	Measure 3*
Proximates:							
Water	g	22.80	1.534	5	74.78	4.56	
Energy	kcal	282		0	925	56	
Energy	kj	1180		0	3870	236	
Protein (N x 5.95)	g	0.00		1	0.00	0.00	
Total lipid (fat)	g	0.00	0.037	5	0.00	0.00	
Carbohydrate, by difference	g	76.60		0	251.25	15.32	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.40	0.073	4	1.31	0.08	
Sugars, total	g						
Minerals:							
Calcium	mg	18		1	59	4	
Iron	mg	0.37		1	1.21	0.07	
Magnesium	mg	8		1	26	2	
Phosphorus	mg	11		1	36	2	
Potassium	mg	44		1	144	9	
Sodium	mg	155	20.000	2	508	31	
Zinc	mg	0.04	0.013	5	0.13	0.01	
Copper	mg	0.053	0.009	5	0.174	0.011	
Manganese	mg	0.100	0.007	5	0.328	0.020	
Selenium	µg	0.9		0	3.0	0.2	
Vitamins:							
Ascorbic acid	mg	0.0		1	0.0	0.0	
Thiamin	mg	0.011	0.001	2	0.036	0.002	
Riboflavin	mg	0.009	0.007	2	0.030	0.002	
Niacin	mg	0.020	0.020	2	0.066	0.004	
Pantothenic acid	mg	0.023	0.012	2	0.075	0.005	
Vitamin B-6	mg	0.009	0.009	2	0.030	0.002	
Folate	µg	0	0.000	2	0	0	
Vitamin B-12	µg	0.00		1	0.00	0.00	
Vitamin A	IU	0		1	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	0.000		0	0.000	0.000	
Lipids:							
Saturated, total	g	0.000		0	0.000	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	0.000		0	0.000	0.000	
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	0.000	0	0.000	0.000
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.000	0	0.000	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	0.000	0	0.000	0.000
18:2	g	0.000	0	0.000	0.000
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	1	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
Cystine	g				
Phenylalanine	g				
Tyrosine	g				
Valine	g				
Arginine	g				
Histidine	g				
Alanine	g				
Aspartic acid	g				
Glutamic acid	g				
Glycine	g				
Proline	g				
Serine	g				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 tablespoon

NDB No. 19350 Syrups, corn, light

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 328g	Measure 2* 20g	Measure 3*
Proximates:							
Water	g	22.80	1.534	5	74.78	4.56	
Energy	kcal	282		0	925	56	
Energy	kj	1180		0	3870	236	
Protein (N x 5.95)	g	0.00		1	0.00	0.00	
Total lipid (fat)	g	0.00	0.037	5	0.00	0.00	
Carbohydrate, by difference	g	76.60		0	251.25	15.32	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.40	0.073	4	1.31	0.08	
Sugars, total	g						
Minerals:							
Calcium	mg	3		1	10	1	
Iron	mg	0.05		1	0.16	0.01	
Magnesium	mg	2		1	7	0	
Phosphorus	mg	2		1	7	0	
Potassium	mg	4		1	13	1	
Sodium	mg	121	5.500	2	397	24	
Zinc	mg	0.02	0.004	5	0.07	0.00	
Copper	mg	0.010	0.005	5	0.033	0.002	
Manganese	mg	0.088	0.019	5	0.289	0.018	
Selenium	µg	0.7		0	2.3	0.1	
Vitamins:							
Ascorbic acid	mg	0.0		1	0.0	0.0	
Thiamin	mg	0.011	0.001	2	0.036	0.002	
Riboflavin	mg	0.009	0.007	2	0.030	0.002	
Niacin	mg	0.020	0.020	2	0.066	0.004	
Pantothenic acid	mg	0.023	0.012	2	0.075	0.005	
Vitamin B-6	mg	0.009	0.009	2	0.030	0.002	
Folate	µg	0	0.000	2	0	0	
Vitamin B-12	µg	0.00		1	0.00	0.00	
Vitamin A	IU	0		1	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	0.000		0	0.000	0.000	
Lipids:							
Saturated, total	g	0.000		0	0.000	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	0.000		0	0.000	0.000	
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	0.000	0	0.000	0.000
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.000	0	0.000	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	0.000	0	0.000	0.000
18:2	g	0.000	0	0.000	0.000
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	1	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
Cystine	g				
Phenylalanine	g				
Tyrosine	g				
Valine	g				
Arginine	g				
Histidine	g				
Alanine	g				
Aspartic acid	g				
Glutamic acid	g				
Glycine	g				
Proline	g				
Serine	g				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 tablespoon

NDB No. 19351 Syrups, corn, high-fructose

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 310g	Measure 2* 19g	Measure 3*
Proximates:							
Water	g	24.00	1.498	6	74.40	4.56	
Energy	kcal	281		0	871	53	
Energy	kj	1176		0	3646	223	
Protein (N x 5.95)	g	0.00	0.000	3	0.00	0.00	
Total lipid (fat)	g	0.00	0.000	3	0.00	0.00	
Carbohydrate, by difference	g	76.00		0	235.60	14.44	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.00	0.004	6	0.00	0.00	
Sugars, total	g						
Minerals:							
Calcium	mg	0	0.051	19	0	0	
Iron	mg	0.03	0.009	19	0.09	0.01	
Magnesium	mg	0	0.015	19	0	0	
Phosphorus	mg	0		1	0	0	
Potassium	mg	0	0.005	16	0	0	
Sodium	mg	2	0.491	19	6	0	
Zinc	mg	0.02	0.007	19	0.06	0.00	
Copper	mg	0.029	0.005	10	0.090	0.006	
Manganese	mg	0.094		1	0.291	0.018	
Selenium	µg	0.7		0	2.2	0.1	
Vitamins:							
Ascorbic acid	mg	0.0		1	0.0	0.0	
Thiamin	mg	0.000		1	0.000	0.000	
Riboflavin	mg	0.019	0.009	3	0.059	0.004	
Niacin	mg	0.000	0.000	3	0.000	0.000	
Pantothenic acid	mg	0.011	0.011	3	0.034	0.002	
Vitamin B-6	mg	0.000	0.000	3	0.000	0.000	
Folate	µg	0		1	0	0	
Vitamin B-12	µg	0.00		1	0.00	0.00	
Vitamin A	IU	0		1	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	0.000		0	0.000	0.000	
Lipids:							
Saturated, total	g	0.000		0	0.000	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	0.000		0	0.000	0.000	
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	0.000	0	0.000	0.000
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.000	0	0.000	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	0.000	0	0.000	0.000
18:2	g	0.000	0	0.000	0.000
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	1	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
Cystine	g				
Phenylalanine	g				
Tyrosine	g				
Valine	g				
Arginine	g				
Histidine	g				
Alanine	g				
Aspartic acid	g				
Glutamic acid	g				
Glycine	g				
Proline	g				
Serine	g				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 tablespoon

NDB No. 19352 Syrups, malt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 384g	Measure 2* 24g	Measure 3*
Proximates:							
Water	g	21.10		1	81.02	5.06	
Energy	kcal	318		0	1221	76	
Energy	kj	1331		0	5111	319	
Protein (N x 5.95)	g	6.20		1	23.81	1.49	
Total lipid (fat)	g	0.00		1	0.00	0.00	
Carbohydrate, by difference	g	71.30		0	273.79	17.11	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.30		1	4.99	0.31	
Sugars, total	g						
Minerals:							
Calcium	mg	61		1	234	15	
Iron	mg	0.96		1	3.69	0.23	
Magnesium	mg	72		1	276	17	
Phosphorus	mg	236		1	906	57	
Potassium	mg	320		1	1229	77	
Sodium	mg	35		1	134	8	
Zinc	mg	0.14		1	0.54	0.03	
Copper	mg	0.200		1	0.768	0.048	
Manganese	mg	0.100		1	0.384	0.024	
Selenium	µg	12.3		0	47.2	3.0	
Vitamins:							
Ascorbic acid	mg	0.0		1	0.0	0.0	
Thiamin	mg	0.011		1	0.042	0.003	
Riboflavin	mg	0.393		1	1.509	0.094	
Niacin	mg	8.120		1	31.181	1.949	
Pantothenic acid	mg	0.171		1	0.657	0.041	
Vitamin B-6	mg	0.500		1	1.920	0.120	
Folate	µg	12		1	46	3	
Vitamin B-12	µg	0.00		1	0.00	0.00	
Vitamin A	IU	0		1	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	0.000		0	0.000	0.000	
Lipids:							
Saturated, total	g	0.000		0	0.000	0.000	
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	0.000	0	0.000	0.000
14:1	g				
16:1	g				
18:1	g				
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.000	0	0.000	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	1	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.075	0	0.288	0.018
Threonine	g	0.208	0	0.799	0.050
Isoleucine	g	0.210	0	0.806	0.050
Leucine	g	0.378	0	1.452	0.091
Lysine	g	0.267	0	1.025	0.064
Methionine	g	0.110	0	0.422	0.026
Cystine	g	0.065	0	0.250	0.016
Phenylalanine	g	0.260	0	0.998	0.062
Tyrosine	g	0.169	0	0.649	0.041
Valine	g	0.304	0	1.167	0.073
Arginine	g	0.283	0	1.087	0.068
Histidine	g	0.132	0	0.507	0.032
Alanine	g	0.271	0	1.041	0.065
Aspartic acid	g	0.558	0	2.143	0.134
Glutamic acid	g	1.006	0	3.863	0.241
Glycine	g	0.252	0	0.968	0.060
Proline	g	0.459	0	1.763	0.110
Serine	g	0.232	0	0.891	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
Measure 2: 1 tablespoon

NDB No. 19353 Syrups, maple

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 315g	Measure 2* 20g	Measure 3*
Proximates:							
Water	g	32.00	0.498	6	100.80	6.40	
Energy	kcal	262		0	825	52	
Energy	kj	1096		0	3452	219	
Protein (N x 5.95)	g	0.00	0.010	3	0.00	0.00	
Total lipid (fat)	g	0.20	0.116	3	0.63	0.04	
Carbohydrate, by difference	g	67.20		0	211.68	13.44	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.60	0.019	3	1.89	0.12	
Sugars, total	g	63.70		1	200.66	12.74	
Minerals:							
Calcium	mg	67	3.466	10	211	13	
Iron	mg	1.20		1	3.78	0.24	
Magnesium	mg	14	2.204	11	44	3	
Phosphorus	mg	2	0.929	3	6	0	
Potassium	mg	204	12.020	10	643	41	
Sodium	mg	9	3.455	13	28	2	
Zinc	mg	4.16	0.700	10	13.10	0.83	
Copper	mg	0.074	0.015	10	0.233	0.015	
Manganese	mg	3.298	0.974	10	10.389	0.660	
Selenium	µg	0.6		0	1.9	0.1	
Vitamins:							
Ascorbic acid	mg	0.0		1	0.0	0.0	
Thiamin	mg	0.006	0.001	3	0.019	0.001	
Riboflavin	mg	0.010	0.004	3	0.032	0.002	
Niacin	mg	0.030	0.000	3	0.094	0.006	
Pantothenic acid	mg	0.036	0.003	3	0.113	0.007	
Vitamin B-6	mg	0.002	0.002	3	0.006	0.000	
Folate	µg	0	0.167	3	0	0	
Vitamin B-12	µg	0.00		1	0.00	0.00	
Vitamin A	IU	0		1	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	0.000		0	0.000	0.000	
Lipids:							
Saturated, total	g	0.036		0	0.113	0.007	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.000		0	0.000	0.000	
15.0	g						
16:0	g	0.036		0	0.113	0.007	
17:0	g						
18:0	g	0.004		0	0.013	0.001	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.064	0	0.202	0.013
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.064	0	0.202	0.013
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.100	0	0.315	0.020
18:2	g	0.100	0	0.315	0.020
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	1	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
Cystine	g				
Phenylalanine	g				
Tyrosine	g				
Valine	g				
Arginine	g				
Histidine	g				
Alanine	g				
Aspartic acid	g				
Glutamic acid	g				
Glycine	g				
Proline	g				
Serine	g				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 tablespoon

NDB No. 19355 Syrups, sorghum

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 330g	Measure 2* 21g	Measure 3*
Proximates:							
Water	g	20.40		1	67.32	4.28	
Energy	kcal	290		0	957	61	
Energy	kj	1213		0	4003	255	
Protein (N x 5.95)	g	0.00		1	0.00	0.00	
Total lipid (fat)	g	0.00		1	0.00	0.00	
Carbohydrate, by difference	g	74.90		0	247.17	15.73	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	2.40		1	7.92	0.50	
Sugars, total	g						
Minerals:							
Calcium	mg	150		1	495	32	
Iron	mg	3.80		1	12.54	0.80	
Magnesium	mg	100		1	330	21	
Phosphorus	mg	56		1	185	12	
Potassium	mg	1000		1	3300	210	
Sodium	mg	8		1	26	2	
Zinc	mg	0.41		1	1.35	0.09	
Copper	mg	0.130		1	0.429	0.027	
Manganese	mg	1.530		1	5.049	0.321	
Selenium	µg	0.7		0	2.3	0.1	
Vitamins:							
Ascorbic acid	mg	0.0		1	0.0	0.0	
Thiamin	mg	0.100		1	0.330	0.021	
Riboflavin	mg	0.155		1	0.511	0.033	
Niacin	mg	0.100		1	0.330	0.021	
Pantothenic acid	mg	0.804		1	2.653	0.169	
Vitamin B-6	mg	0.670		1	2.211	0.141	
Folate	µg	0		1	0	0	
Vitamin B-12	µg	0.00		1	0.00	0.00	
Vitamin A	IU	0		1	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	0.000		0	0.000	0.000	
Lipids:							
Saturated, total	g	0.000		0	0.000	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	0.000		0	0.000	0.000	
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	0.000	0	0.000	0.000
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.000	0	0.000	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	0.000	0	0.000	0.000
18:2	g	0.000	0	0.000	0.000
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	1	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
Cystine	g				
Phenylalanine	g				
Tyrosine	g				
Valine	g				
Arginine	g				
Histidine	g				
Alanine	g				
Aspartic acid	g				
Glutamic acid	g				
Glycine	g				
Proline	g				
Serine	g				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 tablespoon

NDB No. 19360 Syrups, table blends, pancake, with 2% maple

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 315g	Measure 2* 20g	Measure 3*
Proximates:							
Water	g	30.10	1.274	3	94.81	6.02	
Energy	kcal	265		0	835	53	
Energy	kj	1109		0	3493	222	
Protein (N x 5.95)	g	0.00		1	0.00	0.00	
Total lipid (fat)	g	0.10	0.060	3	0.32	0.02	
Carbohydrate, by difference	g	69.60		0	219.24	13.92	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.20	0.064	3	0.63	0.04	
Sugars, total	g						
Minerals:							
Calcium	mg	5	0.050	2	16	1	
Iron	mg	0.07	0.000	2	0.22	0.01	
Magnesium	mg	2	0.200	2	6	0	
Phosphorus	mg	10	2.050	2	32	2	
Potassium	mg	6		1	19	1	
Sodium	mg	61	10.136	7	192	12	
Zinc	mg	0.23	0.025	2	0.72	0.05	
Copper	mg	0.045	0.015	2	0.142	0.009	
Manganese	mg	0.185	0.005	2	0.583	0.037	
Selenium	µg	0.6		0	1.9	0.1	
Vitamins:							
Ascorbic acid	mg	0.0		1	0.0	0.0	
Thiamin	mg	0.005	0.003	2	0.016	0.001	
Riboflavin	mg	0.017	0.015	2	0.054	0.003	
Niacin	mg	0.020		1	0.063	0.004	
Pantothenic acid	mg	0.008	0.008	2	0.025	0.002	
Vitamin B-6	mg	0.000	0.000	2	0.000	0.000	
Folate	µg	0	0.000	2	0	0	
Vitamin B-12	µg	0.00		1	0.00	0.00	
Vitamin A	IU	0		1	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	0.000		0	0.000	0.000	
Lipids:							
Saturated, total	g	0.018		0	0.057	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	0.000		0	0.000	0.000	
15.0	g						
16:0	g	0.018		0	0.057	0.004	
17:0	g						
18:0	g	0.002		0	0.006	0.000	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.032	0	0.101	0.006
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.032	0	0.101	0.006
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.050	0	0.158	0.010
18:2	g	0.050	0	0.158	0.010
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	1	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
Cystine	g				
Phenylalanine	g				
Tyrosine	g				
Valine	g				
Arginine	g				
Histidine	g				
Alanine	g				
Aspartic acid	g				
Glutamic acid	g				
Glycine	g				
Proline	g				
Serine	g				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 tablespoon

NDB No. 19361 Syrups, table blends, cane and 15% maple

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 315g	Measure 2* 20g	Measure 3*
Proximates:							
Water	g	24.20		0	76.23	4.84	
Energy	kcal	279		0	879	56	
Energy	kj	1167		0	3676	233	
Protein (N x 5.95)	g	0.10		0	0.32	0.02	
Total lipid (fat)	g	0.10		0	0.32	0.02	
Carbohydrate, by difference	g	75.20		0	236.88	15.04	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.40		0	1.26	0.08	
Sugars, total	g						
Minerals:							
Calcium	mg	13		0	41	3	
Iron	mg	0.82		0	2.58	0.16	
Magnesium	mg	4		0	13	1	
Phosphorus	mg	2		0	6	0	
Potassium	mg	34		0	107	7	
Sodium	mg	104		0	328	21	
Zinc	mg	0.64		0	2.02	0.13	
Copper	mg	0.020		0	0.063	0.004	
Manganese	mg	0.569		0	1.792	0.114	
Selenium	µg	0.7		0	2.2	0.1	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.010		0	0.032	0.002	
Riboflavin	mg	0.010		0	0.032	0.002	
Niacin	mg	0.021		0	0.066	0.004	
Pantothenic acid	mg	0.025		0	0.079	0.005	
Vitamin B-6	mg	0.008		0	0.025	0.002	
Folate	µg	0		0	0	0	
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	0.000		0	0.000	0.000	
Lipids:							
Saturated, total	g	0.018		0	0.057	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	0.000		0	0.000	0.000	
15.0	g						
16:0	g	0.018		0	0.057	0.004	
17:0	g						
18:0	g	0.002		0	0.006	0.000	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.032	0	0.101	0.006
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.032	0	0.101	0.006
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.050	0	0.158	0.010
18:2	g	0.050	0	0.158	0.010
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 tablespoon

NDB No. 19362 Syrups, table blends, corn, refiner, and sugar

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 316g	Measure 2* 20g	Measure 3*
Proximates:							
Water	g	15.60		1	49.30	3.12	
Energy	kcal	319		0	1008	64	
Energy	kj	1335		0	4219	267	
Protein (N x 5.95)	g	0.00		1	0.00	0.00	
Total lipid (fat)	g	0.00		1	0.00	0.00	
Carbohydrate, by difference	g	83.90		0	265.12	16.78	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.50		1	1.58	0.10	
Sugars, total	g						
Minerals:							
Calcium	mg	23		1	73	5	
Iron	mg	0.74		1	2.34	0.15	
Magnesium	mg	9		1	28	2	
Phosphorus	mg	8		1	25	2	
Potassium	mg	63		1	199	13	
Sodium	mg	71		1	224	14	
Zinc	mg	0.03		1	0.09	0.01	
Copper	mg	0.060		1	0.190	0.012	
Manganese	mg	0.088		1	0.278	0.018	
Selenium	µg	0.8		0	2.5	0.2	
Vitamins:							
Ascorbic acid	mg	0.0		1	0.0	0.0	
Thiamin	mg	0.006		1	0.019	0.001	
Riboflavin	mg	0.047		1	0.149	0.009	
Niacin	mg	0.020		1	0.063	0.004	
Pantothenic acid	mg	0.035		1	0.111	0.007	
Vitamin B-6	mg	0.009		1	0.028	0.002	
Folate	µg	3		1	9	1	
Vitamin B-12	µg	0.00		1	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	0.000		0	0.000	0.000	
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	1	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
Cystine	g				
Phenylalanine	g				
Tyrosine	g				
Valine	g				
Arginine	g				
Histidine	g				
Alanine	g				
Aspartic acid	g				
Glutamic acid	g				
Glycine	g				
Proline	g				
Serine	g				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 tablespoon

NDB No. 19364 Toppings, butterscotch or caramel

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 41g	Measure 2*	Measure 3*
Proximates:							
Water	g	32.00		1	13.12		
Energy	kcal	252		0	103		
Energy	kj	1054		0	432		
Protein (N x 5.95)	g	1.50	0.102	2	0.62		
Total lipid (fat)	g	0.10	0.050	2	0.04		
Carbohydrate, by difference	g	65.90		0	27.02		
Fiber, total dietary	g	0.9		0	0.4		
Ash	g	0.50		1	0.21		
Sugars, total	g						
Minerals:							
Calcium	mg	53	4.000	2	22		
Iron	mg	0.20	0.000	2	0.08		
Magnesium	mg	7		1	3		
Phosphorus	mg	47		1	19		
Potassium	mg	84		1	34		
Sodium	mg	349		1	143		
Zinc	mg	0.19		1	0.08		
Copper	mg	0.024		1	0.010		
Manganese	mg	0.050		1	0.021		
Selenium	µg	0.0		0	0.0		
Vitamins:							
Ascorbic acid	mg	0.3		1	0.1		
Thiamin	mg	0.012		1	0.005		
Riboflavin	mg	0.095	0.015	2	0.039		
Niacin	mg	0.039		1	0.016		
Pantothenic acid	mg	0.158		1	0.065		
Vitamin B-6	mg	0.014		1	0.006		
Folate	µg	2		1	1		
Vitamin B-12	µg	0.09		1	0.04		
Vitamin A	IU	90		1	37		
Vitamin A, RE	µg	27		0	11		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.110		0	0.045		
4:0	g	0.000		1	0.000		
6.0	g	0.000		1	0.000		
8:0	g	0.010		1	0.004		
10:0	g	0.010		1	0.004		
12:0	g	0.040		1	0.016		
14:0	g	0.020		1	0.008		
15.0	g						
16:0	g	0.020		1	0.008		
17:0	g						
18:0	g	0.010		1	0.004		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.020	0	0.008
14:1	g			
16:1	g	0.000	1	0.000
18:1	g	0.020	1	0.008
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.000	0	0.000
18:2	g	0.000	1	0.000
18:3	g	0.000	1	0.000
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	1	1	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.020	0	0.008
Threonine	g	0.066	0	0.027
Isoleucine	g	0.088	0	0.036
Leucine	g	0.143	0	0.059
Lysine	g	0.116	0	0.048
Methionine	g	0.036	0	0.015
Cystine	g	0.013	0	0.005
Phenylalanine	g	0.070	0	0.029
Tyrosine	g	0.070	0	0.029
Valine	g	0.098	0	0.040
Arginine	g	0.053	0	0.022
Histidine	g	0.040	0	0.016
Alanine	g	0.050	0	0.021
Aspartic acid	g	0.111	0	0.046
Glutamic acid	g	0.305	0	0.125
Glycine	g	0.031	0	0.013
Proline	g	0.141	0	0.058
Serine	g	0.079	0	0.032
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

*** Common Measures:**

Measure 1: 2 tablespoons

NDB No. 19365 Toppings, marshmallow cream

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 198g	Measure 3*
Proximates:							
Water	g	19.80		1	5.61	39.20	
Energy	kcal	322		0	91	638	
Energy	kj	1347		0	382	2667	
Protein (N x 5.95)	g	0.80		1	0.23	1.58	
Total lipid (fat)	g	0.30		1	0.09	0.59	
Carbohydrate, by difference	g	79.00		0	22.40	156.42	
Fiber, total dietary	g	0.1		0	0.0	0.2	
Ash	g	0.10		1	0.03	0.20	
Sugars, total	g	46.80		1	13.27	92.66	
Minerals:							
Calcium	mg	3		0	1	6	
Iron	mg	0.22		0	0.06	0.44	
Magnesium	mg	2		0	1	4	
Phosphorus	mg	8		0	2	16	
Potassium	mg	5		0	1	10	
Sodium	mg	49		1	14	97	
Zinc	mg	0.04		0	0.01	0.08	
Copper	mg	0.095		0	0.027	0.188	
Manganese	mg	0.008		0	0.002	0.016	
Selenium	µg	1.9		0	0.5	3.8	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.001		0	0.000	0.002	
Riboflavin	mg	0.001		0	0.000	0.002	
Niacin	mg	0.076		0	0.022	0.150	
Pantothenic acid	mg	0.005		0	0.001	0.010	
Vitamin B-6	mg	0.002		0	0.001	0.004	
Folate	µg	1		0	0	2	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	1		0	0	2	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	0.000		0	0.000	0.000	
Lipids:							
Saturated, total	g	0.056		0	0.016	0.111	
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	0.000		0	0.000	0.000	
14:0	g	0.001		0	0.000	0.002	
15.0	g						
16:0	g	0.040		0	0.011	0.079	
17:0	g						
18:0	g	0.015		0	0.004	0.030	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.080	0	0.023	0.158
14:1	g				
16:1	g	0.004	0	0.001	0.008
18:1	g	0.076	0	0.022	0.150
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.047	0	0.013	0.093
18:2	g	0.045	0	0.013	0.089
18:3	g	0.001	0	0.000	0.002
18:4	g	0.000	0	0.000	0.000
20:4	g	0.001	0	0.000	0.002
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.000	0	0.000	0.000
Threonine	g	0.034	0	0.010	0.067
Isoleucine	g	0.028	0	0.008	0.055
Leucine	g	0.064	0	0.018	0.127
Lysine	g	0.075	0	0.021	0.149
Methionine	g	0.015	0	0.004	0.030
Cystine	g	0.002	0	0.001	0.004
Phenylalanine	g	0.041	0	0.012	0.081
Tyrosine	g	0.010	0	0.003	0.020
Valine	g	0.049	0	0.014	0.097
Arginine	g	0.144	0	0.041	0.285
Histidine	g	0.017	0	0.005	0.034
Alanine	g	0.176	0	0.050	0.348
Aspartic acid	g	0.118	0	0.033	0.234
Glutamic acid	g	0.203	0	0.058	0.402
Glycine	g	0.407	0	0.115	0.806
Proline	g	0.269	0	0.076	0.533
Serine	g	0.059	0	0.017	0.117
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 jar

NDB No. 19366 Toppings, pineapple

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 340g	Measure 2* 42g	Measure 3*
Proximates:							
Water	g	33.00		1	112.20	13.86	
Energy	kcal	253		0	860	106	
Energy	kj	1059		0	3601	445	
Protein (N x 5.95)	g	0.10		0	0.34	0.04	
Total lipid (fat)	g	0.10		1	0.34	0.04	
Carbohydrate, by difference	g	66.40		0	225.76	27.89	
Fiber, total dietary	g	1.0		0	3.4	0.4	
Ash	g	0.40		1	1.36	0.17	
Sugars, total	g						
Minerals:							
Calcium	mg	22		0	75	9	
Iron	mg	0.48		0	1.63	0.20	
Magnesium	mg	2		1	7	1	
Phosphorus	mg	8		0	27	3	
Potassium	mg	317		0	1078	133	
Sodium	mg	63		0	214	26	
Zinc	mg	0.48		1	1.63	0.20	
Copper	mg	0.033		1	0.112	0.014	
Manganese	mg	0.713		1	2.424	0.299	
Selenium	µg	3.0		0	10.2	1.3	
Vitamins:							
Ascorbic acid	mg	58.6		0	199.2	24.6	
Thiamin	mg	0.030		1	0.102	0.013	
Riboflavin	mg	0.010		1	0.034	0.004	
Niacin	mg	0.090		1	0.306	0.038	
Pantothenic acid	mg	0.030		1	0.102	0.013	
Vitamin B-6	mg	0.020		1	0.068	0.008	
Folate	µg	3		1	10	1	
Vitamin B-12	µg	0.00		1	0.00	0.00	
Vitamin A	IU	21		0	71	9	
Vitamin A, RE	µg	2		0	7	1	
Vitamin E, α-TE	mg	0.000		0	0.000	0.000	
Lipids:							
Saturated, total	g	0.018		0	0.061	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	0.000		0	0.000	0.000	
14:0	g	0.000		0	0.000	0.000	
15.0	g						
16:0	g	0.018		0	0.061	0.008	
17:0	g						
18:0	g	0.002		0	0.007	0.001	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.032	0	0.109	0.013
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.032	0	0.109	0.013
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.050	0	0.170	0.021
18:2	g	0.050	0	0.170	0.021
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	1	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: 2 tablespoons

NDB No. 19367 Toppings, nuts in syrup

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 328g	Measure 2* 41g	Measure 3*
Proximates:							
Water	g	18.60		1	61.01	7.63	
Energy	kcal	408		0	1338	167	
Energy	kj	1707		0	5599	700	
Protein (N x 5.95)	g	4.50	0.466	2	14.76	1.85	
Total lipid (fat)	g	22.00	5.000	2	72.16	9.02	
Carbohydrate, by difference	g	53.40		0	175.15	21.89	
Fiber, total dietary	g	1.6		0	5.2	0.7	
Ash	g	1.60		1	5.25	0.66	
Sugars, total	g						
Minerals:							
Calcium	mg	40		1	131	16	
Iron	mg	1.05	0.050	2	3.44	0.43	
Magnesium	mg	63		1	207	26	
Phosphorus	mg	111		1	364	46	
Potassium	mg	209		1	686	86	
Sodium	mg	42		1	138	17	
Zinc	mg	1.04		1	3.41	0.43	
Copper	mg	0.475		1	1.558	0.195	
Manganese	mg	1.040		1	3.411	0.426	
Selenium	µg	1.4		0	4.6	0.6	
Vitamins:							
Ascorbic acid	mg	1.1		1	3.6	0.5	
Thiamin	mg	0.180	0.090	2	0.590	0.074	
Riboflavin	mg	0.120		1	0.394	0.049	
Niacin	mg	0.413		1	1.355	0.169	
Pantothenic acid	mg	0.210		1	0.689	0.086	
Vitamin B-6	mg	0.186		1	0.610	0.076	
Folate	µg	21		0	69	9	
Vitamin B-12	µg	0.00		1	0.00	0.00	
Vitamin A	IU	41		1	134	17	
Vitamin A, RE	µg	4		0	13	2	
Vitamin E, α-TE	mg	0.870		0	2.854	0.357	
Lipids:							
Saturated, total	g	1.960		0	6.429	0.804	
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	0.070		1	0.230	0.029	
15.0	g						
16:0	g	1.510		1	4.953	0.619	
17:0	g						
18:0	g	0.380		1	1.246	0.156	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	4.970	0	16.302	2.038
14:1	g				
16:1	g	0.060	1	0.197	0.025
18:1	g	4.730	1	15.514	1.939
20:1	g	0.190	1	0.623	0.078
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	13.730	0	45.034	5.629
18:2	g	11.300	1	37.064	4.633
18:3	g	2.420	1	7.938	0.992
18:4	g	0.000	0	0.000	0.000
20:4	g	0.010	1	0.033	0.004
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	1	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.059	0	0.194	0.024
Threonine	g	0.139	0	0.456	0.057
Isoleucine	g	0.176	0	0.577	0.072
Leucine	g	0.309	0	1.014	0.127
Lysine	g	0.121	0	0.397	0.050
Methionine	g	0.087	0	0.285	0.036
Cystine	g	0.108	0	0.354	0.044
Phenylalanine	g	0.196	0	0.643	0.080
Tyrosine	g	0.137	0	0.449	0.056
Valine	g	0.225	0	0.738	0.092
Arginine	g	0.655	0	2.148	0.269
Histidine	g	0.112	0	0.367	0.046
Alanine	g	0.190	0	0.623	0.078
Aspartic acid	g	0.459	0	1.506	0.188
Glutamic acid	g	0.875	0	2.870	0.359
Glycine	g	0.235	0	0.771	0.096
Proline	g	0.172	0	0.564	0.071
Serine	g	0.244	0	0.800	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
Measure 2: 2 tablespoons

NDB No. 19370 Candies, M&M MARS, SKITTLES Original Bite Size Candies

Refuse: 0%

Nutrients 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* 9979g	Measure 3* 57g
Proximates:							
Water	g	3.83		0	7.85	382.20	2.18
Energy	kcal	405		0	830	40415	231
Energy	kj	1695		0	3475	169144	966
Protein (N x 5.95)	g	0.19		0	0.39	18.96	0.11
Total lipid (fat)	g	4.37		0	8.96	436.08	2.49
Carbohydrate, by difference	g	90.64		0	185.81	9044.97	51.66
Fiber, total dietary	g	0.0		0	0.0	0.0	0.0
Ash	g	0.97		0	1.99	96.80	0.55
Sugars, total	g	76.02		0	155.84	7586.04	43.33
Minerals:							
Calcium	mg	0		0	0	0	0
Iron	mg	0.01		0	0.02	1.00	0.01
Magnesium	mg	1		0	2	100	1
Phosphorus	mg	2		0	4	200	1
Potassium	mg	5		0	10	499	3
Sodium	mg	16		0	33	1597	9
Zinc	mg	0.03		0	0.06	2.99	0.02
Copper	mg	0.044		0	0.090	4.391	0.025
Manganese	mg	0.039		0	0.080	3.892	0.022
Selenium	µg	0.7		0	1.4	69.9	0.4
Vitamins:							
Ascorbic acid	mg	66.9		0	137.1	6676.0	38.1
Thiamin	mg	0.002		0	0.004	0.200	0.001
Riboflavin	mg	0.021		0	0.043	2.096	0.012
Niacin	mg	0.017		0	0.035	1.696	0.010
Pantothenic acid	mg	0.005		0	0.010	0.499	0.003
Vitamin B-6	mg	0.006		0	0.012	0.599	0.003
Folate	µg	0		0	0	0	0
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	0.279		0	0.572	27.841	0.159
Lipids:							
Saturated, total	g	0.868		0	1.779	86.618	0.495
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	0.007		0	0.014	0.699	0.004
15.0	g						
16:0	g	0.622		0	1.275	62.069	0.355
17:0	g						
18:0	g	0.228		0	0.467	22.752	0.130
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.960	0	6.068	295.378	1.687
14:1	g					
16:1	g	0.026	0	0.053	2.595	0.015
18:1	g	2.896	0	5.937	288.992	1.651
20:1	g	0.026	0	0.053	2.595	0.015
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.120	0	0.246	11.975	0.068
18:2	g	0.014	0	0.029	1.397	0.008
18:3	g	0.000	0	0.000	0.000	0.000
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g					
Threonine	g					
Isoleucine	g					
Leucine	g					
Lysine	g					
Methionine	g					
Cystine	g					
Phenylalanine	g					
Tyrosine	g					
Valine	g					
Arginine	g					
Histidine	g					
Alanine	g					
Aspartic acid	g					
Glutamic acid	g					
Glycine	g					
Proline	g					
Serine	g					
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

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

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 package
Measure 3: 1 package (2 oz, 54 pieces)

NDB No. 19371 Frostings, vanilla, creamy, dry mix, 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* 517g	Measure 2* 43g	Measure 3*
Proximates:							
Water	g	11.60		0	59.97	4.99	
Energy	kcal	424		0	2192	182	
Energy	kj	1774		0	9172	763	
Protein (N x 5.95)	g	0.20		0	1.03	0.09	
Total lipid (fat)	g	16.60		0	85.82	7.14	
Carbohydrate, by difference	g	70.80		0	366.04	30.44	
Fiber, total dietary	g	0.1		0	0.5	0.0	
Ash	g	0.80		0	4.14	0.34	
Sugars, total	g						
Minerals:							
Calcium	mg	9		0	47	4	
Iron	mg	0.23		0	1.19	0.10	
Magnesium	mg	2		0	10	1	
Phosphorus	mg	27		0	140	12	
Potassium	mg	22		0	114	9	
Sodium	mg	222		0	1148	95	
Zinc	mg	0.11		0	0.57	0.05	
Copper	mg	0.048		0	0.248	0.021	
Manganese	mg	0.040		0	0.207	0.017	
Selenium	µg	0.6		0	3.1	0.3	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.022		0	0.114	0.009	
Riboflavin	mg	0.023		0	0.119	0.010	
Niacin	mg	0.347		0	1.794	0.149	
Pantothenic acid	mg	0.038		0	0.196	0.016	
Vitamin B-6	mg	0.002		0	0.010	0.001	
Folate	µg	0		0	0	0	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	491		0	2538	211	
Vitamin A, RE	µg	107		0	553	46	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	3.290		0	17.009	1.415	
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	0.020		0	0.103	0.009	
15.0	g						
16:0	g	1.820		0	9.409	0.783	
17:0	g						
18:0	g	1.450		0	7.497	0.624	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	6.770	0	35.001	2.911
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	6.770	0	35.001	2.911
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	5.730	0	29.624	2.464
18:2	g	5.440	0	28.125	2.339
18:3	g	0.290	0	1.499	0.125
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	29	0	150	12
Amino acids:					
Tryptophan	g	0.002	0	0.010	0.001
Threonine	g	0.009	0	0.047	0.004
Isoleucine	g	0.011	0	0.057	0.005
Leucine	g	0.029	0	0.150	0.012
Lysine	g	0.011	0	0.057	0.005
Methionine	g	0.005	0	0.026	0.002
Cystine	g	0.004	0	0.021	0.002
Phenylalanine	g	0.012	0	0.062	0.005
Tyrosine	g	0.010	0	0.052	0.004
Valine	g	0.014	0	0.072	0.006
Arginine	g	0.010	0	0.052	0.004
Histidine	g	0.007	0	0.036	0.003
Alanine	g	0.014	0	0.072	0.006
Aspartic acid	g	0.018	0	0.093	0.008
Glutamic acid	g	0.049	0	0.253	0.021
Glycine	g	0.007	0	0.036	0.003
Proline	g	0.023	0	0.119	0.010
Serine	g	0.011	0	0.057	0.005
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 package yields
Measure 2: 1/12 package

NDB No. 19372 Frostings, chocolate, creamy, dry mix, 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* 499g	Measure 2* 42g	Measure 3*
Proximates:							
Water	g	13.30		0	66.37	5.59	
Energy	kcal	383		0	1911	161	
Energy	kj	1602		0	7994	673	
Protein (N x 5.95)	g	1.10		0	5.49	0.46	
Total lipid (fat)	g	13.00		0	64.87	5.46	
Carbohydrate, by difference	g	71.70		0	357.78	30.11	
Fiber, total dietary	g	1.8		0	9.0	0.8	
Ash	g	0.70		0	3.49	0.29	
Sugars, total	g						
Minerals:							
Calcium	mg	12		0	60	5	
Iron	mg	0.93		0	4.64	0.39	
Magnesium	mg	30		0	150	13	
Phosphorus	mg	50		0	250	21	
Potassium	mg	145		0	724	61	
Sodium	mg	164		0	818	69	
Zinc	mg	0.64		0	3.19	0.27	
Copper	mg	0.229		0	1.143	0.096	
Manganese	mg	0.259		0	1.292	0.109	
Selenium	µg	1.2		0	6.0	0.5	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.006		0	0.030	0.003	
Riboflavin	mg	0.027		0	0.135	0.011	
Niacin	mg	0.113		0	0.564	0.047	
Pantothenic acid	mg	0.032		0	0.160	0.013	
Vitamin B-6	mg	0.063		0	0.314	0.026	
Folate	µg	0		0	0	0	
Vitamin B-12	µg	0.01		0	0.05	0.00	
Vitamin A	IU	367		0	1831	154	
Vitamin A, RE	µg	68		0	339	29	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	1.750		0	8.733	0.735	
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	0.020		0	0.100	0.008	
15.0	g						
16:0	g	1.080		0	5.389	0.454	
17:0	g						
18:0	g	0.660		0	3.293	0.277	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.980	0	19.860	1.672
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	3.980	0	19.860	1.672
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	2.820	0	14.072	1.184
18:2	g	2.700	0	13.473	1.134
18:3	g	0.120	0	0.599	0.050
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg	29	0	145	12
Amino acids:					
Tryptophan	g	0.017	0	0.085	0.007
Threonine	g	0.046	0	0.230	0.019
Isoleucine	g	0.046	0	0.230	0.019
Leucine	g	0.073	0	0.364	0.031
Lysine	g	0.060	0	0.299	0.025
Methionine	g	0.013	0	0.065	0.005
Cystine	g	0.014	0	0.070	0.006
Phenylalanine	g	0.055	0	0.274	0.023
Tyrosine	g	0.044	0	0.220	0.018
Valine	g	0.069	0	0.344	0.029
Arginine	g	0.062	0	0.309	0.026
Histidine	g	0.021	0	0.105	0.009
Alanine	g	0.051	0	0.254	0.021
Aspartic acid	g	0.111	0	0.554	0.047
Glutamic acid	g	0.177	0	0.883	0.074
Glycine	g	0.049	0	0.245	0.021
Proline	g	0.054	0	0.269	0.023
Serine	g	0.050	0	0.250	0.021
Other:					
Caffeine	mg	4	0	20	2
Theobromine	mg	145	0	724	61
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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 yields
Measure 2: 1/12 package

NDB No. 19375 Frostings, glaze, prepared-from-recipe

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 327g	Measure 2*	Measure 3*
Proximates:							
Water	g	17.70		0	57.88		
Energy	kcal	359		0	1174		
Energy	kj	1502		0	4912		
Protein (N x 5.95)	g	0.60		0	1.96		
Total lipid (fat)	g	7.90		0	25.83		
Carbohydrate, by difference	g	73.50		0	240.34		
Fiber, total dietary	g	0.0		0	0.0		
Ash	g	0.30		0	0.98		
Sugars, total	g						
Minerals:							
Calcium	mg	22		0	72		
Iron	mg	0.06		0	0.20		
Magnesium	mg	3		0	10		
Phosphorus	mg	18		0	59		
Potassium	mg	30		0	98		
Sodium	mg	94		0	307		
Zinc	mg	0.08		0	0.26		
Copper	mg	0.033		0	0.108		
Manganese	mg	0.006		0	0.020		
Selenium	µg	0.8		0	2.6		
Vitamins:							
Ascorbic acid	mg	0.2		0	0.7		
Thiamin	mg	0.007		0	0.023		
Riboflavin	mg	0.029		0	0.095		
Niacin	mg	0.016		0	0.052		
Pantothenic acid	mg	0.058		0	0.190		
Vitamin B-6	mg	0.008		0	0.026		
Folate	µg	1		0	3		
Vitamin B-12	µg	0.07		0	0.23		
Vitamin A	IU	318		0	1040		
Vitamin A, RE	µg	81		0	265		
Vitamin E, α-TE	mg	0.761		0	2.488		
Lipids:							
Saturated, total	g	1.750		0	5.723		
4:0	g	0.020		0	0.065		
6.0	g	0.010		0	0.033		
8:0	g	0.010		0	0.033		
10:0	g	0.010		0	0.033		
12:0	g	0.020		0	0.065		
14:0	g	0.070		0	0.229		
15.0	g						
16:0	g	1.020		0	3.335		
17:0	g						
18:0	g	0.600		0	1.962		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.370	0	11.020
14:1	g			
16:1	g	0.010	0	0.033
18:1	g	3.360	0	10.987
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	2.310	0	7.554
18:2	g	2.200	0	7.194
18:3	g	0.110	0	0.360
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	7
Phytosterols	mg	24	0	78
Amino acids:				
Tryptophan	g	0.008	0	0.026
Threonine	g	0.026	0	0.085
Isoleucine	g	0.035	0	0.114
Leucine	g	0.057	0	0.186
Lysine	g	0.046	0	0.150
Methionine	g	0.014	0	0.046
Cystine	g	0.005	0	0.016
Phenylalanine	g	0.028	0	0.092
Tyrosine	g	0.028	0	0.092
Valine	g	0.039	0	0.128
Arginine	g	0.021	0	0.069
Histidine	g	0.016	0	0.052
Alanine	g	0.020	0	0.065
Aspartic acid	g	0.044	0	0.144
Glutamic acid	g	0.121	0	0.396
Glycine	g	0.012	0	0.039
Proline	g	0.056	0	0.183
Serine	g	0.031	0	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: recipe yield

NDB No. 19380 Desserts, puddings, lemon, ready-to-eat

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 142g	Measure 3*
Proximates:							
Water	g	71.60	0.100	30	20.30	101.67	
Energy	kcal	125		0	35	178	
Energy	kj	523		0	148	743	
Protein (N x 5.95)	g	0.10	0.008	11	0.03	0.14	
Total lipid (fat)	g	3.00	0.068	30	0.85	4.26	
Carbohydrate, by difference	g	25.00		0	7.09	35.50	
Fiber, total dietary	g	0.1		0	0.0	0.1	
Ash	g	0.30	0.022	29	0.09	0.43	
Sugars, total	g						
Minerals:							
Calcium	mg	2		1	1	3	
Iron	mg	0.07		1	0.02	0.10	
Magnesium	mg	1		1	0	1	
Phosphorus	mg	5		1	1	7	
Potassium	mg	1		1	0	1	
Sodium	mg	140		1	40	199	
Zinc	mg	0.03		1	0.01	0.04	
Copper	mg	0.015		1	0.004	0.021	
Manganese	mg	0.008		1	0.002	0.011	
Selenium	µg	1.8		0	0.5	2.6	
Vitamins:							
Ascorbic acid	mg	0.1		1	0.0	0.1	
Thiamin	mg	0.000		1	0.000	0.000	
Riboflavin	mg	0.004		1	0.001	0.006	
Niacin	mg	0.002		1	0.001	0.003	
Pantothenic acid	mg	0.006		1	0.002	0.009	
Vitamin B-6	mg	0.000		1	0.000	0.000	
Folate	µg	0		1	0	0	
Vitamin B-12	µg	0.00		1	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	0.450		0	0.128	0.639	
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	0.300		1	0.085	0.426	
17:0	g						
18:0	g	0.150		1	0.043	0.213	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.300	0	0.369	1.846
14:1	g				
16:1	g	0.010	1	0.003	0.014
18:1	g	1.280	1	0.363	1.818
20:1	g				
22.1	g				
Polyunsaturated, total	g	1.140	0	0.323	1.619
18:2	g	1.060	1	0.301	1.505
18:3	g	0.080	1	0.023	0.114
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	0	1	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.000	0	0.000	0.000
Threonine	g	0.002	0	0.001	0.003
Isoleucine	g	0.003	0	0.001	0.004
Leucine	g	0.009	0	0.003	0.013
Lysine	g	0.002	0	0.001	0.003
Methionine	g	0.001	0	0.000	0.001
Cystine	g	0.002	0	0.001	0.003
Phenylalanine	g	0.004	0	0.001	0.006
Tyrosine	g	0.003	0	0.001	0.004
Valine	g	0.004	0	0.001	0.006
Arginine	g	0.004	0	0.001	0.006
Histidine	g	0.002	0	0.001	0.003
Alanine	g	0.005	0	0.001	0.007
Aspartic acid	g	0.005	0	0.001	0.007
Glutamic acid	g	0.014	0	0.004	0.020
Glycine	g	0.002	0	0.001	0.003
Proline	g	0.007	0	0.002	0.010
Serine	g	0.003	0	0.001	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 oz
Measure 2: 1 can (5 oz)

NDB No. 19387 Frozen desserts, ices, water, pineapple-coconut

Refuse: 0%

Nutrients 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	73.30		1	72.57		
Energy	kcal	113		0	112		
Energy	kj	473		0	468		
Protein (N x 5.95)	g	0.00		1	0.00		
Total lipid (fat)	g	2.60		1	2.57		
Carbohydrate, by difference	g	23.90		0	23.66		
Fiber, total dietary	g	0.7		0	0.7		
Ash	g	0.20		1	0.20		
Sugars, total	g						
Minerals:							
Calcium	mg	0		1	0		
Iron	mg	3.53		1	3.49		
Magnesium	mg	5		0	5		
Phosphorus	mg	9		0	9		
Potassium	mg	17		0	17		
Sodium	mg	35		1	35		
Zinc	mg	0.11		0	0.11		
Copper	mg	0.044		0	0.044		
Manganese	mg	0.161		0	0.159		
Selenium	µg	0.9		0	0.9		
Vitamins:							
Ascorbic acid	mg	13.2		1	13.1		
Thiamin	mg	0.006		0	0.006		
Riboflavin	mg	0.005		0	0.005		
Niacin	mg	0.034		0	0.034		
Pantothenic acid	mg	0.039		0	0.039		
Vitamin B-6	mg	0.016		0	0.016		
Folate	µg	1		0	1		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	0		1	0		
Vitamin A, RE	µg	0		0	0		
Vitamin E, α-TE	mg	0.055		0	0.054		
Lipids:							
Saturated, total	g	2.304		0	2.281		
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	0.111	0	0.110
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.029	0	0.029
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	1	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 (4 fl oz)

NDB No. 19393 Frozen desserts, yogurt, chocolate, soft-serve

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 72g	Measure 2*	Measure 3*
Proximates:							
Water	g	63.80	0.389	3	45.94		
Energy	kcal	160		0	115		
Energy	kj	669		0	482		
Protein (N x 5.95)	g	4.00	0.127	3	2.88		
Total lipid (fat)	g	6.00	0.084	3	4.32		
Carbohydrate, by difference	g	24.90		0	17.93		
Fiber, total dietary	g	2.2		0	1.6		
Ash	g	1.00	0.023	3	0.72		
Sugars, total	g						
Minerals:							
Calcium	mg	147	2.421	3	106		
Iron	mg	1.25		1	0.90		
Magnesium	mg	27	0.300	2	19		
Phosphorus	mg	139	1.000	2	100		
Potassium	mg	261	0.500	2	188		
Sodium	mg	98	3.821	3	71		
Zinc	mg	0.49	0.045	2	0.35		
Copper	mg	0.131	0.003	2	0.094		
Manganese	mg	0.121	0.004	2	0.087		
Selenium	µg	2.4		0	1.7		
Vitamins:							
Ascorbic acid	mg	0.3	0.033	2	0.2		
Thiamin	mg	0.036	0.001	2	0.026		
Riboflavin	mg	0.211	0.019	3	0.152		
Niacin	mg	0.305	0.005	2	0.220		
Pantothenic acid	mg	0.674	0.023	2	0.485		
Vitamin B-6	mg	0.074	0.001	2	0.053		
Folate	µg	11	0.773	2	8		
Vitamin B-12	µg	0.29	0.004	2	0.21		
Vitamin A	IU	160		1	115		
Vitamin A, RE	µg	43		0	31		
Vitamin E, α-TE	mg	0.135		0	0.097		
Lipids:							
Saturated, total	g	3.630		0	2.614		
4:0	g	0.160		1	0.115		
6.0	g	0.090		1	0.065		
8:0	g	0.050		1	0.036		
10:0	g	0.120		1	0.086		
12:0	g	0.130		1	0.094		
14:0	g	0.500		1	0.360		
15.0	g						
16:0	g	1.610		1	1.159		
17:0	g						
18:0	g	0.960		1	0.691		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.750		0	1.260
14:1	g				
16:1	g	0.110		1	0.079
18:1	g	1.640		1	1.181
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.220		0	0.158
18:2	g	0.140		1	0.101
18:3	g	0.070		1	0.050
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	5	0.050	2	4
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.056		0	0.040
Threonine	g	0.171		0	0.123
Isoleucine	g	0.214		0	0.154
Leucine	g	0.344		0	0.248
Lysine	g	0.279		0	0.201
Methionine	g	0.083		0	0.060
Cystine	g	0.040		0	0.029
Phenylalanine	g	0.189		0	0.136
Tyrosine	g	0.178		0	0.128
Valine	g	0.256		0	0.184
Arginine	g	0.164		0	0.118
Histidine	g	0.096		0	0.069
Alanine	g	0.147		0	0.106
Aspartic acid	g	0.323		0	0.233
Glutamic acid	g	0.758		0	0.546
Glycine	g	0.108		0	0.078
Proline	g	0.321		0	0.231
Serine	g	0.201		0	0.145
Other:					
Caffeine	mg	3		0	2
Theobromine	mg	106		0	76
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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 (4 fl oz)

NDB No. 19400 Snacks, banana chips

Refuse: 0%

Nutrients 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* 85g	Measure 3* 42g
Proximates:							
Water	g	4.30	0.200	2	1.22	3.65	1.81
Energy	kcal	519		0	147	441	218
Energy	kj	2171		0	615	1845	912
Protein (N x 5.95)	g	2.30	0.100	2	0.65	1.95	0.97
Total lipid (fat)	g	33.60	1.600	2	9.53	28.56	14.11
Carbohydrate, by difference	g	58.40		0	16.56	49.64	24.53
Fiber, total dietary	g	7.7		0	2.2	6.5	3.2
Ash	g	1.40	0.100	2	0.40	1.19	0.59
Sugars, total	g						
Minerals:							
Calcium	mg	18	0.950	2	5	15	8
Iron	mg	1.25	0.350	2	0.35	1.06	0.53
Magnesium	mg	76	3.600	2	22	65	32
Phosphorus	mg	56	1.999	2	16	48	24
Potassium	mg	536	7.998	2	152	456	225
Sodium	mg	6	1.350	2	2	5	3
Zinc	mg	0.75	0.250	2	0.21	0.64	0.32
Copper	mg	0.205	0.005	2	0.058	0.174	0.086
Manganese	mg	1.560	0.840	2	0.442	1.326	0.655
Selenium	µg	1.5		0	0.4	1.3	0.6
Vitamins:							
Ascorbic acid	mg	6.3	1.350	2	1.8	5.4	2.6
Thiamin	mg	0.085	0.005	2	0.024	0.072	0.036
Riboflavin	mg	0.017	0.013	2	0.005	0.014	0.007
Niacin	mg	0.710	0.010	2	0.201	0.603	0.298
Pantothenic acid	mg	0.620	0.120	2	0.176	0.527	0.260
Vitamin B-6	mg	0.260	0.020	2	0.074	0.221	0.109
Folate	µg	14	0.200	2	4	12	6
Vitamin B-12	µg	0.00		1	0.00	0.00	0.00
Vitamin A	IU	83		1	24	71	35
Vitamin A, RE	µg	8		0	2	7	3
Vitamin E, α-TE	mg	5.400		0	1.531	4.590	2.268
Lipids:							
Saturated, total	g	28.970		0	8.213	24.624	12.167
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.200		1	0.057	0.170	0.084
8:0	g	2.510		1	0.712	2.133	1.054
10:0	g	2.010		1	0.570	1.708	0.844
12:0	g	14.910		1	4.227	12.673	6.262
14:0	g	5.620		1	1.593	4.777	2.360
15.0	g						
16:0	g	2.790		1	0.791	2.372	1.172
17:0	g						
18:0	g	0.940		1	0.266	0.799	0.395
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.950	0	0.553	1.658	0.819
14:1	g					
16:1	g	0.000	1	0.000	0.000	0.000
18:1	g	1.950	1	0.553	1.658	0.819
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	0.630	0	0.179	0.536	0.265
18:2	g	0.620	1	0.176	0.527	0.260
18:3	g	0.010	1	0.003	0.009	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	1	0	0	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.027	0	0.008	0.023	0.011
Threonine	g	0.076	0	0.022	0.065	0.032
Isoleucine	g	0.074	0	0.021	0.063	0.031
Leucine	g	0.158	0	0.045	0.134	0.066
Lysine	g	0.107	0	0.030	0.091	0.045
Methionine	g	0.024	0	0.007	0.020	0.010
Cystine	g	0.039	0	0.011	0.033	0.016
Phenylalanine	g	0.086	0	0.024	0.073	0.036
Tyrosine	g	0.053	0	0.015	0.045	0.022
Valine	g	0.104	0	0.029	0.088	0.044
Arginine	g	0.104	0	0.029	0.088	0.044
Histidine	g	0.180	0	0.051	0.153	0.076
Alanine	g	0.087	0	0.025	0.074	0.037
Aspartic acid	g	0.253	0	0.072	0.215	0.106
Glutamic acid	g	0.248	0	0.070	0.211	0.104
Glycine	g	0.082	0	0.023	0.070	0.034
Proline	g	0.089	0	0.025	0.076	0.037
Serine	g	0.104	0	0.029	0.088	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 oz
Measure 2: 3 oz
Measure 3: 1-1/2 oz

NDB No. 19401 Snacks, cornnuts, barbecue-flavor

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 57g	Measure 3*
Proximates:							
Water	g	1.60	0.138	4	0.45	0.91	
Energy	kcal	436		0	124	247	
Energy	kj	1824		0	517	1034	
Protein (N x 5.95)	g	9.00	0.199	4	2.55	5.10	
Total lipid (fat)	g	14.30	1.038	4	4.05	8.11	
Carbohydrate, by difference	g	71.70		0	20.33	40.65	
Fiber, total dietary	g	8.4		0	2.4	4.8	
Ash	g	3.40	0.204	4	0.96	1.93	
Sugars, total	g						
Minerals:							
Calcium	mg	17	1.796	4	5	10	
Iron	mg	1.70	0.019	4	0.48	0.96	
Magnesium	mg	109	4.795	4	31	62	
Phosphorus	mg	283	10.570	4	80	160	
Potassium	mg	286	14.320	4	81	162	
Sodium	mg	976	45.193	6	277	553	
Zinc	mg	1.88	0.211	4	0.53	1.07	
Copper	mg	0.136	0.005	4	0.039	0.077	
Manganese	mg	0.487	0.029	4	0.138	0.276	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.4		1	0.1	0.2	
Thiamin	mg	0.350		1	0.099	0.198	
Riboflavin	mg	0.142		1	0.040	0.081	
Niacin	mg	1.507	0.042	4	0.427	0.854	
Pantothenic acid	mg	0.374		1	0.106	0.212	
Vitamin B-6	mg	0.187	0.011	4	0.053	0.106	
Folate	µg	0	0.001	3	0	0	
Vitamin B-12	µg	0.00		1	0.00	0.00	
Vitamin A	IU	338		1	96	192	
Vitamin A, RE	µg	34		0	10	19	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	2.580		0	0.731	1.463	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.030		1	0.009	0.017	
15.0	g						
16:0	g	1.600		1	0.454	0.907	
17:0	g						
18:0	g	0.950		1	0.269	0.539	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	7.360	0	2.087	4.173
14:1	g				
16:1	g	0.010	1	0.003	0.006
18:1	g	7.340	1	2.081	4.162
20:1	g				
22.1	g				
Polyunsaturated, total	g	3.220	0	0.913	1.826
18:2	g	3.170	1	0.899	1.797
18:3	g	0.050	1	0.014	0.028
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	0	1	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 oz
Measure 2: 2 oz

NDB No. 19402 Snacks, cornnuts, nacho-flavor

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 57g	Measure 3*
Proximates:							
Water	g	2.10	0.210	4	0.60	1.19	
Energy	kcal	438		0	124	248	
Energy	kj	1833		0	520	1039	
Protein (N x 5.95)	g	9.40	0.145	4	2.66	5.33	
Total lipid (fat)	g	14.20	0.385	4	4.03	8.05	
Carbohydrate, by difference	g	71.60		0	20.30	40.60	
Fiber, total dietary	g	8.0		0	2.3	4.5	
Ash	g	2.70	0.132	4	0.77	1.53	
Sugars, total	g						
Minerals:							
Calcium	mg	35	1.083	4	10	20	
Iron	mg	1.68	0.043	4	0.48	0.95	
Magnesium	mg	109	4.080	4	31	62	
Phosphorus	mg	309	4.966	4	88	175	
Potassium	mg	311	13.134	4	88	176	
Sodium	mg	634	38.053	4	180	359	
Zinc	mg	1.80	0.138	4	0.51	1.02	
Copper	mg	0.152	0.017	4	0.043	0.086	
Manganese	mg	0.410	0.024	4	0.116	0.232	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	15.5		1	4.4	8.8	
Thiamin	mg	0.366		1	0.104	0.208	
Riboflavin	mg	0.079	0.001	3	0.022	0.045	
Niacin	mg	1.212	0.113	4	0.344	0.687	
Pantothenic acid	mg	0.539		1	0.153	0.306	
Vitamin B-6	mg	0.205	0.005	4	0.058	0.116	
Folate	µg	15		1	4	9	
Vitamin B-12	µg	0.00		1	0.00	0.00	
Vitamin A	IU	39		1	11	22	
Vitamin A, RE	µg	4		0	1	2	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	2.560		0	0.726	1.452	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.030		1	0.009	0.017	
15.0	g						
16:0	g	1.590		1	0.451	0.902	
17:0	g						
18:0	g	0.940		1	0.266	0.533	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	7.310		0	2.072	4.145
14:1	g					
16:1	g	0.010		1	0.003	0.006
18:1	g	7.290		1	2.067	4.133
20:1	g					
22.1	g					
Polyunsaturated, total	g	3.200		0	0.907	1.814
18:2	g	3.150		1	0.893	1.786
18:3	g	0.050		1	0.014	0.028
18:4	g					
20:4	g					
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	2	0.088	3	1	1
Phytosterols	mg					
Amino acids:						
Tryptophan	g					
Threonine	g					
Isoleucine	g					
Leucine	g					
Lysine	g					
Methionine	g					
Cystine	g					
Phenylalanine	g					
Tyrosine	g					
Valine	g					
Arginine	g					
Histidine	g					
Alanine	g					
Aspartic acid	g					
Glutamic acid	g					
Glycine	g					
Proline	g					
Serine	g					
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

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

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 2 oz

NDB No. 19404 Snacks, granola bars, soft, uncoated, chocolate chip

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 43g	Measure 2* 28g	Measure 3*
Proximates:							
Water	g	5.40	0.100	2	2.30	1.53	
Energy	kcal	420		0	179	119	
Energy	kj	1757		0	747	498	
Protein (N x 5.95)	g	7.30	0.575	2	3.10	2.07	
Total lipid (fat)	g	16.60	0.000	2	7.06	4.71	
Carbohydrate, by difference	g	69.10		0	29.37	19.59	
Fiber, total dietary	g	4.8		0	2.0	1.4	
Ash	g	1.70	0.080	2	0.72	0.48	
Sugars, total	g						
Minerals:							
Calcium	mg	93	1.149	2	40	26	
Iron	mg	2.54	0.070	2	1.08	0.72	
Magnesium	mg	78		1	33	22	
Phosphorus	mg	230		1	98	65	
Potassium	mg	340	9.099	2	145	96	
Sodium	mg	272	6.300	2	116	77	
Zinc	mg	1.50		1	0.64	0.43	
Copper	mg	0.400		1	0.170	0.113	
Manganese	mg	1.300		1	0.553	0.369	
Selenium	µg	12.5		0	5.3	3.5	
Vitamins:							
Ascorbic acid	mg	0.0		1	0.0	0.0	
Thiamin	mg	0.228	0.018	2	0.097	0.065	
Riboflavin	mg	0.148	0.042	2	0.063	0.042	
Niacin	mg	0.956	0.004	2	0.406	0.271	
Pantothenic acid	mg	0.520		1	0.221	0.147	
Vitamin B-6	mg	0.103	0.003	2	0.044	0.029	
Folate	µg	22	0.900	2	9	6	
Vitamin B-12	µg	0.17		1	0.07	0.05	
Vitamin A	IU	43		1	18	12	
Vitamin A, RE	µg	5		0	2	1	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	10.180		0	4.326	2.886	
4:0	g						
6.0	g	0.060		1	0.026	0.017	
8:0	g	0.550		1	0.234	0.156	
10:0	g	0.440		1	0.187	0.125	
12:0	g	3.250		1	1.381	0.921	
14:0	g	1.240		1	0.527	0.352	
15.0	g						
16:0	g	2.580		1	1.097	0.731	
17:0	g						
18:0	g	2.060		1	0.876	0.584	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.530	0	1.500	1.001
14:1	g				
16:1	g	0.050	1	0.021	0.014
18:1	g	3.480	1	1.479	0.987
20:1	g				
22.1	g				
Polyunsaturated, total	g	1.970	0	0.837	0.558
18:2	g	1.870	1	0.795	0.530
18:3	g	0.100	1	0.043	0.028
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	1	1	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.091	0	0.039	0.026
Threonine	g	0.231	0	0.098	0.065
Isoleucine	g	0.273	0	0.116	0.077
Leucine	g	0.500	0	0.213	0.142
Lysine	g	0.278	0	0.118	0.079
Methionine	g	0.123	0	0.052	0.035
Cystine	g	0.150	0	0.064	0.043
Phenylalanine	g	0.350	0	0.149	0.099
Tyrosine	g	0.241	0	0.102	0.068
Valine	g	0.375	0	0.159	0.106
Arginine	g	0.472	0	0.201	0.134
Histidine	g	0.155	0	0.066	0.044
Alanine	g	0.345	0	0.147	0.098
Aspartic acid	g	0.586	0	0.249	0.166
Glutamic acid	g	1.400	0	0.595	0.397
Glycine	g	0.325	0	0.138	0.092
Proline	g	0.362	0	0.154	0.103
Serine	g	0.299	0	0.127	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 bar (1.5 oz)
Measure 2: 1 bar (1 oz)

NDB No. 19405 Snacks, granola bars, soft, uncoated, chocolate chip, graham and marshmallow

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2*	Measure 3*
Proximates:							
Water	g	6.00		1	1.70		
Energy	kcal	427		0	121		
Energy	kj	1787		0	507		
Protein (N x 5.95)	g	6.10		1	1.73		
Total lipid (fat)	g	15.50		1	4.39		
Carbohydrate, by difference	g	70.80		0	20.07		
Fiber, total dietary	g	4.0		0	1.1		
Ash	g	1.60		1	0.45		
Sugars, total	g						
Minerals:							
Calcium	mg	89		1	25		
Iron	mg	2.57		1	0.73		
Magnesium	mg	71		1	20		
Phosphorus	mg	202		1	57		
Potassium	mg	275		1	78		
Sodium	mg	316		1	90		
Zinc	mg	1.30		1	0.37		
Copper	mg	0.280		1	0.079		
Manganese	mg	1.280		1	0.363		
Selenium	µg	15.4		0	4.4		
Vitamins:							
Ascorbic acid	mg	0.0		1	0.0		
Thiamin	mg	0.140		1	0.040		
Riboflavin	mg	0.150		1	0.043		
Niacin	mg	1.000		1	0.284		
Pantothenic acid	mg	0.380		1	0.108		
Vitamin B-6	mg	0.050		1	0.014		
Folate	µg	21		1	6		
Vitamin B-12	µg	0.00		1	0.00		
Vitamin A	IU	47		1	13		
Vitamin A, RE	µg	5		0	1		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	9.180		0	2.603		
4:0	g						
6.0	g	0.060		1	0.017		
8:0	g	0.620		1	0.176		
10:0	g	0.490		1	0.139		
12:0	g	3.630		1	1.029		
14:0	g	1.380		1	0.391		
15.0	g						
16:0	g	2.000		1	0.567		
17:0	g						
18:0	g	1.000		1	0.284		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.920	0	0.828
14:1	g			
16:1	g	0.050	1	0.014
18:1	g	2.870	1	0.814
20:1	g			
22.1	g			
Polyunsaturated, total	g	2.550	0	0.723
18:2	g	2.410	1	0.683
18:3	g	0.130	1	0.037
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	1	1	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.086	0	0.024
Threonine	g	0.208	0	0.059
Isoleucine	g	0.247	0	0.070
Leucine	g	0.457	0	0.130
Lysine	g	0.246	0	0.070
Methionine	g	0.117	0	0.033
Cystine	g	0.140	0	0.040
Phenylalanine	g	0.318	0	0.090
Tyrosine	g	0.212	0	0.060
Valine	g	0.337	0	0.096
Arginine	g	0.452	0	0.128
Histidine	g	0.147	0	0.042
Alanine	g	0.312	0	0.088
Aspartic acid	g	0.522	0	0.148
Glutamic acid	g	1.313	0	0.372
Glycine	g	0.303	0	0.086
Proline	g	0.335	0	0.095
Serine	g	0.274	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 bar (1 oz)

NDB No. 19406 Snacks, granola bars, soft, uncoated, nut and raisin

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2*	Measure 3*
Proximates:							
Water	g	6.10		1	1.73		
Energy	kcal	454		0	129		
Energy	kj	1900		0	539		
Protein (N x 5.95)	g	8.00		1	2.27		
Total lipid (fat)	g	20.40		1	5.78		
Carbohydrate, by difference	g	63.60		0	18.03		
Fiber, total dietary	g	5.6		0	1.6		
Ash	g	1.90		1	0.54		
Sugars, total	g						
Minerals:							
Calcium	mg	84		1	24		
Iron	mg	2.18		1	0.62		
Magnesium	mg	91		1	26		
Phosphorus	mg	241		1	68		
Potassium	mg	392		1	111		
Sodium	mg	254		1	72		
Zinc	mg	1.60		1	0.45		
Copper	mg	0.380		1	0.108		
Manganese	mg	1.200		1	0.340		
Selenium	µg	15.4		0	4.4		
Vitamins:							
Ascorbic acid	mg	0.0		1	0.0		
Thiamin	mg	0.190		1	0.054		
Riboflavin	mg	0.190		1	0.054		
Niacin	mg	2.610		1	0.740		
Pantothenic acid	mg	0.430		1	0.122		
Vitamin B-6	mg	0.120		1	0.034		
Folate	µg	30		1	9		
Vitamin B-12	µg	0.24		1	0.07		
Vitamin A	IU	41		1	12		
Vitamin A, RE	µg	4		0	1		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	9.540		0	2.705		
4:0	g						
6.0	g	0.060		1	0.017		
8:0	g	0.670		1	0.190		
10:0	g	0.530		1	0.150		
12:0	g	3.990		1	1.131		
14:0	g	1.540		1	0.437		
15.0	g						
16:0	g	2.090		1	0.593		
17:0	g						
18:0	g	0.660		1	0.187		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	4.220	0	1.196
14:1	g			
16:1	g	0.040	1	0.011
18:1	g	4.140	1	1.174
20:1	g	0.030	1	0.009
22.1	g			
Polyunsaturated, total	g	5.520	0	1.565
18:2	g	5.360	1	1.520
18:3	g	0.170	1	0.048
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	1	1	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.099	0	0.028
Threonine	g	0.260	0	0.074
Isoleucine	g	0.301	0	0.085
Leucine	g	0.543	0	0.154
Lysine	g	0.300	0	0.085
Methionine	g	0.137	0	0.039
Cystine	g	0.161	0	0.046
Phenylalanine	g	0.387	0	0.110
Tyrosine	g	0.259	0	0.073
Valine	g	0.397	0	0.113
Arginine	g	0.635	0	0.180
Histidine	g	0.186	0	0.053
Alanine	g	0.372	0	0.105
Aspartic acid	g	0.712	0	0.202
Glutamic acid	g	1.645	0	0.466
Glycine	g	0.391	0	0.111
Proline	g	0.397	0	0.113
Serine	g	0.345	0	0.098
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

*** Common Measures:**
Measure 1: 1 bar (1 oz)

NDB No. 19407 Snacks, meat-based sticks, smoked

Refuse: 0%

Nutrients 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* 20g	Measure 3*
Proximates:							
Water	g	19.10	0.190	5	5.41	3.78	
Energy	kcal	550		0	156	109	
Energy	kj	2301		0	652	456	
Protein (N x 5.95)	g	21.50	0.512	5	6.10	4.26	
Total lipid (fat)	g	49.60	0.695	5	14.06	9.82	
Carbohydrate, by difference	g	5.40		0	1.53	1.07	
Fiber, total dietary	g						
Ash	g	4.40	0.151	5	1.25	0.87	
Sugars, total	g						
Minerals:							
Calcium	mg	68		1	19	13	
Iron	mg	3.40		1	0.96	0.67	
Magnesium	mg	21		1	6	4	
Phosphorus	mg	180		1	51	36	
Potassium	mg	257		1	73	51	
Sodium	mg	1480	37.416	5	420	293	
Zinc	mg	2.42		1	0.69	0.48	
Copper	mg	0.130		1	0.037	0.026	
Manganese	mg	0.086		1	0.024	0.017	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	6.8		1	1.9	1.3	
Thiamin	mg	0.141		1	0.040	0.028	
Riboflavin	mg	0.436		1	0.124	0.086	
Niacin	mg	4.540		1	1.287	0.899	
Pantothenic acid	mg	0.328		1	0.093	0.065	
Vitamin B-6	mg	0.205		1	0.058	0.041	
Folate	µg	0		1	0	0	
Vitamin B-12	µg	1.00		1	0.28	0.20	
Vitamin A	IU	1508		1	428	299	
Vitamin A, RE	µg	169		0	48	33	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	20.800		0	5.897	4.118	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.010		1	0.003	0.002	
12:0	g	0.330		1	0.094	0.065	
14:0	g	1.430		1	0.405	0.283	
15.0	g						
16:0	g	11.770		1	3.337	2.330	
17:0	g						
18:0	g	7.260		1	2.058	1.437	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	20.470		0	5.803	4.053
14:1	g					
16:1	g	2.300		1	0.652	0.455
18:1	g	17.910		1	5.077	3.546
20:1	g	0.250		1	0.071	0.050
22.1	g					
Polyunsaturated, total	g	4.420		0	1.253	0.875
18:2	g	4.030		1	1.143	0.798
18:3	g	0.380		1	0.108	0.075
18:4	g					
20:4	g	0.010		1	0.003	0.002
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	133	0.926	4	38	26
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.184		0	0.052	0.036
Threonine	g	0.832		0	0.236	0.165
Isoleucine	g	0.818		0	0.232	0.162
Leucine	g	1.473		0	0.418	0.292
Lysine	g	1.518		0	0.430	0.301
Methionine	g	0.454		0	0.129	0.090
Cystine	g	0.291		0	0.082	0.058
Phenylalanine	g	0.801		0	0.227	0.159
Tyrosine	g	0.596		0	0.169	0.118
Valine	g	0.950		0	0.269	0.188
Arginine	g	1.522		0	0.431	0.301
Histidine	g	0.530		0	0.150	0.105
Alanine	g	1.470		0	0.417	0.291
Aspartic acid	g	1.979		0	0.561	0.392
Glutamic acid	g	3.037		0	0.861	0.601
Glycine	g	2.160		0	0.612	0.428
Proline	g	1.463		0	0.415	0.290
Serine	g	0.894		0	0.253	0.177
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

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

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 stick

NDB No. 19408 Snacks, pork skins, barbecue-flavor

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 14g	Measure 3*
Proximates:							
Water	g	2.10	0.171	6	0.60	0.30	
Energy	kcal	538		0	153	76	
Energy	kj	2251		0	638	319	
Protein (N x 5.95)	g	57.90	0.474	6	16.41	8.21	
Total lipid (fat)	g	31.80	1.124	6	9.02	4.51	
Carbohydrate, by difference	g	1.60		0	0.45	0.23	
Fiber, total dietary	g						
Ash	g	7.00	0.759	6	1.98	0.99	
Sugars, total	g						
Minerals:							
Calcium	mg	43		1	12	6	
Iron	mg	1.04	0.055	2	0.29	0.15	
Magnesium	mg	0		1	0	0	
Phosphorus	mg	220		1	62	31	
Potassium	mg	180		1	51	26	
Sodium	mg	2667	194.364	9	756	378	
Zinc	mg	0.71		1	0.20	0.10	
Copper	mg	0.350		1	0.099	0.050	
Manganese	mg	0.074		1	0.021	0.010	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	1.5		1	0.4	0.2	
Thiamin	mg	0.084		1	0.024	0.012	
Riboflavin	mg	0.432	0.172	2	0.122	0.061	
Niacin	mg	3.355	0.976	2	0.951	0.476	
Pantothenic acid	mg	0.430		1	0.122	0.061	
Vitamin B-6	mg	0.156		1	0.044	0.022	
Folate	µg	31		1	9	4	
Vitamin B-12	µg	0.13		1	0.04	0.02	
Vitamin A	IU	1508		1	428	214	
Vitamin A, RE	µg	182		0	52	26	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	11.560		0	3.277	1.639	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.020		1	0.006	0.003	
12:0	g	0.070		1	0.020	0.010	
14:0	g	0.400		1	0.113	0.057	
15.0	g						
16:0	g	6.960		1	1.973	0.987	
17:0	g						
18:0	g	4.100		1	1.162	0.581	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	15.030		0	4.261	2.131
14:1	g					
16:1	g	0.990		1	0.281	0.140
18:1	g	13.780		1	3.907	1.954
20:1	g	0.250		1	0.071	0.035
22.1	g					
Polyunsaturated, total	g	3.450		0	0.978	0.489
18:2	g	3.410		1	0.967	0.484
18:3	g	0.000		1	0.000	0.000
18:4	g					
20:4	g	0.040		1	0.011	0.006
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	115	4.853	8	33	16
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.131		0	0.037	0.019
Threonine	g	1.765		0	0.500	0.250
Isoleucine	g	1.373		0	0.389	0.195
Leucine	g	3.221		0	0.913	0.457
Lysine	g	2.698		0	0.765	0.383
Methionine	g	0.476		0	0.135	0.067
Cystine	g	0.514		0	0.146	0.073
Phenylalanine	g	1.877		0	0.532	0.266
Tyrosine	g	1.186		0	0.336	0.168
Valine	g	2.334		0	0.662	0.331
Arginine	g	4.547		0	1.289	0.645
Histidine	g	0.719		0	0.204	0.102
Alanine	g	5.472		0	1.551	0.776
Aspartic acid	g	4.295		0	1.218	0.609
Glutamic acid	g	7.302		0	2.070	1.035
Glycine	g	11.036		0	3.129	1.565
Proline	g	6.769		0	1.919	0.960
Serine	g	2.484		0	0.704	0.352
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

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

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1/2 oz

NDB No. 19410 Snacks, potato chips, made from dried potatoes, plain

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 198g	Measure 3*
Proximates:							
Water	g	1.40	0.096	14	0.40	2.77	
Energy	kcal	558		0	158	1105	
Energy	kj	2335		0	662	4623	
Protein (N x 5.95)	g	5.90	0.005	2	1.67	11.68	
Total lipid (fat)	g	38.40	0.784	8	10.89	76.03	
Carbohydrate, by difference	g	51.00		0	14.46	100.98	
Fiber, total dietary	g	3.6		0	1.0	7.1	
Ash	g	3.30	0.000	2	0.94	6.53	
Sugars, total	g						
Minerals:							
Calcium	mg	24	1.553	9	7	48	
Iron	mg	1.50	0.061	9	0.43	2.97	
Magnesium	mg	58	1.265	9	16	115	
Phosphorus	mg	157	7.247	8	45	311	
Potassium	mg	1008	26.927	9	286	1996	
Sodium	mg	656	31.815	9	186	1299	
Zinc	mg	0.59	0.024	9	0.17	1.17	
Copper	mg	0.160	0.013	9	0.045	0.317	
Manganese	mg	0.344	0.007	7	0.098	0.681	
Selenium	µg	8.1		0	2.3	16.0	
Vitamins:							
Ascorbic acid	mg	8.2	0.300	2	2.3	16.2	
Thiamin	mg	0.205	0.055	2	0.058	0.406	
Riboflavin	mg	0.120	0.000	2	0.034	0.238	
Niacin	mg	3.150	0.150	2	0.893	6.237	
Pantothenic acid	mg	0.212		1	0.060	0.420	
Vitamin B-6	mg	0.145		1	0.041	0.287	
Folate	µg	7		1	2	14	
Vitamin B-12	µg	0.00		1	0.00	0.00	
Vitamin A	IU	0		1	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	4.880		0	1.383	9.662	
Lipids:							
Saturated, total	g	9.450		0	2.679	18.711	
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	0.360		2	0.102	0.713	
15.0	g						
16:0	g	7.990		2	2.265	15.820	
17:0	g						
18:0	g	1.090		2	0.309	2.158	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	7.270		0	2.061	14.395
14:1	g					
16:1	g	0.360		2	0.102	0.713
18:1	g	6.900		2	1.956	13.662
20:1	g	0.000		0	0.000	0.000
22.1	g	0.000		0	0.000	0.000
Polyunsaturated, total	g	19.980		0	5.664	39.560
18:2	g	19.620		2	5.562	38.848
18:3	g	0.360		2	0.102	0.713
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	0.000	2	0	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.046		0	0.013	0.091
Threonine	g	0.258		0	0.073	0.511
Isoleucine	g	0.261		0	0.074	0.517
Leucine	g	0.389		0	0.110	0.770
Lysine	g	0.372		0	0.105	0.737
Methionine	g	0.069		0	0.020	0.137
Cystine	g	0.076		0	0.022	0.150
Phenylalanine	g	0.272		0	0.077	0.539
Tyrosine	g	0.233		0	0.066	0.461
Valine	g	0.346		0	0.098	0.685
Arginine	g	0.287		0	0.081	0.568
Histidine	g	0.132		0	0.037	0.261
Alanine	g	0.213		0	0.060	0.422
Aspartic acid	g	1.195		0	0.339	2.366
Glutamic acid	g	0.989		0	0.280	1.958
Glycine	g	0.204		0	0.058	0.404
Proline	g	0.215		0	0.061	0.426
Serine	g	0.243		0	0.069	0.481
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

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

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 7 oz can

NDB No. 19411 Snacks, potato chips, plain, salted

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 227g	Measure 3*
Proximates:							
Water	g	1.90	0.053	191	0.54	4.31	
Energy	kcal	536		0	152	1217	
Energy	kj	2243		0	636	5092	
Protein (N x 5.95)	g	7.00	0.122	145	1.98	15.89	
Total lipid (fat)	g	34.60	0.247	158	9.81	78.54	
Carbohydrate, by difference	g	52.90		0	15.00	120.08	
Fiber, total dietary	g	4.5		0	1.3	10.2	
Ash	g	3.60	0.068	157	1.02	8.17	
Sugars, total	g						
Minerals:							
Calcium	mg	24	0.517	223	7	54	
Iron	mg	1.63	0.028	248	0.46	3.70	
Magnesium	mg	67	0.605	240	19	152	
Phosphorus	mg	165	2.256	237	47	375	
Potassium	mg	1275	11.564	234	361	2894	
Sodium	mg	594	9.375	251	168	1348	
Zinc	mg	1.09	0.048	88	0.31	2.47	
Copper	mg	0.306	0.009	218	0.087	0.695	
Manganese	mg	0.440	0.010	210	0.125	0.999	
Selenium	µg	8.1	0.815	34	2.3	18.4	
Vitamins:							
Ascorbic acid	mg	31.1	1.498	93	8.8	70.6	
Thiamin	mg	0.167	0.008	125	0.047	0.379	
Riboflavin	mg	0.197	0.013	122	0.056	0.447	
Niacin	mg	3.827	0.133	129	1.085	8.687	
Pantothenic acid	mg	0.402	0.031	24	0.114	0.913	
Vitamin B-6	mg	0.660	0.029	73	0.187	1.498	
Folate	µg	45	0.735	24	13	102	
Vitamin B-12	µg	0.00		1	0.00	0.00	
Vitamin A	IU	0	0.000	5	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	4.880		0	1.383	11.078	
Lipids:							
Saturated, total	g	10.960		0	3.107	24.879	
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		31	0.000	0.000	
12:0	g	0.080		31	0.023	0.182	
14:0	g	0.300		31	0.085	0.681	
15.0	g						
16:0	g	9.320		31	2.642	21.156	
17:0	g						
18:0	g	1.110		31	0.315	2.520	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	9.840		0	2.790	22.337
14:1	g					
16:1	g	0.180		31	0.051	0.409
18:1	g	9.510		31	2.696	21.588
20:1	g	0.150		31	0.043	0.341
22.1	g	0.000		0	0.000	0.000
Polyunsaturated, total	g	12.170		0	3.450	27.626
18:2	g	11.980		31	3.396	27.195
18:3	g	0.190		31	0.054	0.431
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	0.000	24	0	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.108		0	0.031	0.245
Threonine	g	0.253		0	0.072	0.574
Isoleucine	g	0.283		0	0.080	0.642
Leucine	g	0.419		0	0.119	0.951
Lysine	g	0.424		0	0.120	0.962
Methionine	g	0.110		0	0.031	0.250
Cystine	g	0.089		0	0.025	0.202
Phenylalanine	g	0.310		0	0.088	0.704
Tyrosine	g	0.259		0	0.073	0.588
Valine	g	0.392		0	0.111	0.890
Arginine	g	0.321		0	0.091	0.729
Histidine	g	0.153		0	0.043	0.347
Alanine	g	0.214		0	0.061	0.486
Aspartic acid	g	1.706		0	0.484	3.873
Glutamic acid	g	1.170		0	0.332	2.656
Glycine	g	0.207		0	0.059	0.470
Proline	g	0.251		0	0.071	0.570
Serine	g	0.303		0	0.086	0.688
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

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

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 8 oz bag

NDB No. 19412 Snacks, potato chips, made from dried potatoes, cheese-flavor

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 191g	Measure 3*
Proximates:							
Water	g	1.90		1	0.54	3.63	
Energy	kcal	551		0	156	1052	
Energy	kj	2305		0	653	4403	
Protein (N x 5.95)	g	7.00		1	1.98	13.37	
Total lipid (fat)	g	37.00		1	10.49	70.67	
Carbohydrate, by difference	g	50.60		0	14.35	96.65	
Fiber, total dietary	g	3.4		0	0.9	6.4	
Ash	g	3.50		1	0.99	6.68	
Sugars, total	g						
Minerals:							
Calcium	mg	110		1	31	210	
Iron	mg	1.60		1	0.45	3.06	
Magnesium	mg	53		1	15	101	
Phosphorus	mg	163		1	46	311	
Potassium	mg	381		1	108	728	
Sodium	mg	755		1	214	1442	
Zinc	mg	0.64		1	0.18	1.22	
Copper	mg	0.056		1	0.016	0.107	
Manganese	mg	0.058		1	0.016	0.111	
Selenium	µg	8.1		0	2.3	15.5	
Vitamins:							
Ascorbic acid	mg	8.5		1	2.4	16.2	
Thiamin	mg	0.180		1	0.051	0.344	
Riboflavin	mg	0.120		1	0.034	0.229	
Niacin	mg	2.600		1	0.737	4.966	
Pantothenic acid	mg	0.338		1	0.096	0.646	
Vitamin B-6	mg	0.521		1	0.148	0.995	
Folate	µg	18		1	5	34	
Vitamin B-12	µg	0.00		1	0.00	0.00	
Vitamin A	IU	1		1	0	2	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	9.570		0	2.713	18.279	
4:0	g	0.050		1	0.014	0.096	
6.0	g	0.030		1	0.009	0.057	
8:0	g	0.010		1	0.003	0.019	
10:0	g	0.040		1	0.011	0.076	
12:0	g	0.040		1	0.011	0.076	
14:0	g	0.470		1	0.133	0.898	
15.0	g						
16:0	g	7.780		1	2.206	14.860	
17:0	g						
18:0	g	1.160		1	0.329	2.216	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	7.140	0	2.024	13.637
14:1	g				
16:1	g	0.360	1	0.102	0.688
18:1	g	6.780	1	1.922	12.950
20:1	g				
22.1	g				
Polyunsaturated, total	g	18.660	0	5.290	35.641
18:2	g	18.310	1	5.191	34.972
18:3	g	0.350	1	0.099	0.669
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	4	1	1	8
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.066	0	0.019	0.126
Threonine	g	0.291	0	0.082	0.556
Isoleucine	g	0.329	0	0.093	0.628
Leucine	g	0.509	0	0.144	0.972
Lysine	g	0.476	0	0.135	0.909
Methionine	g	0.109	0	0.031	0.208
Cystine	g	0.081	0	0.023	0.155
Phenylalanine	g	0.320	0	0.091	0.611
Tyrosine	g	0.282	0	0.080	0.539
Valine	g	0.411	0	0.117	0.785
Arginine	g	0.321	0	0.091	0.613
Histidine	g	0.171	0	0.048	0.327
Alanine	g	0.237	0	0.067	0.453
Aspartic acid	g	1.062	0	0.301	2.028
Glutamic acid	g	1.242	0	0.352	2.372
Glycine	g	0.202	0	0.057	0.386
Proline	g	0.395	0	0.112	0.754
Serine	g	0.308	0	0.087	0.588
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 oz

Measure 2: 1 can (6.25 oz)

NDB No. 19413 Snacks, rice cakes, brown rice, corn

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 9g	Measure 2* 18g	Measure 3*
Proximates:							
Water	g	5.90	0.612	3	0.53	1.06	
Energy	kcal	385		0	35	69	
Energy	kj	1611		0	145	290	
Protein (N x 5.95)	g	8.40	0.275	3	0.76	1.51	
Total lipid (fat)	g	3.20	0.088	3	0.29	0.58	
Carbohydrate, by difference	g	81.20		0	7.31	14.62	
Fiber, total dietary	g	2.9		1	0.3	0.5	
Ash	g	1.40	0.168	3	0.13	0.25	
Sugars, total	g						
Minerals:							
Calcium	mg	9	0.850	2	1	2	
Iron	mg	1.17	0.290	2	0.11	0.21	
Magnesium	mg	114		1	10	21	
Phosphorus	mg	320		1	29	58	
Potassium	mg	275	5.500	2	25	50	
Sodium	mg	291		1	26	52	
Zinc	mg	2.22		1	0.20	0.40	
Copper	mg	0.420		1	0.038	0.076	
Manganese	mg	5.080		1	0.457	0.914	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		1	0.0	0.0	
Thiamin	mg	0.080	0.040	2	0.007	0.014	
Riboflavin	mg	0.104	0.004	2	0.009	0.019	
Niacin	mg	6.435	1.255	2	0.579	1.158	
Pantothenic acid	mg	0.930		1	0.084	0.167	
Vitamin B-6	mg	0.140		1	0.013	0.025	
Folate	µg	19		1	2	3	
Vitamin B-12	µg	0.00		1	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	0.630		0	0.057	0.113	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g	0.000		1	0.000	0.000	
14:0	g	0.010		1	0.001	0.002	
15.0	g						
16:0	g	0.540		1	0.049	0.097	
17:0	g						
18:0	g	0.060		1	0.005	0.011	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.140	0	0.103	0.205
14:1	g				
16:1	g	0.010	1	0.001	0.002
18:1	g	1.130	1	0.102	0.203
20:1	g				
22.1	g				
Polyunsaturated, total	g	1.130	0	0.102	0.203
18:2	g	1.090	1	0.098	0.196
18:3	g	0.050	1	0.005	0.009
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	0	1	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.092	0	0.008	0.017
Threonine	g	0.306	0	0.028	0.055
Isoleucine	g	0.337	0	0.030	0.061
Leucine	g	0.781	0	0.070	0.141
Lysine	g	0.293	0	0.026	0.053
Methionine	g	0.183	0	0.016	0.033
Cystine	g	0.114	0	0.010	0.021
Phenylalanine	g	0.423	0	0.038	0.076
Tyrosine	g	0.319	0	0.029	0.057
Valine	g	0.469	0	0.042	0.084
Arginine	g	0.569	0	0.051	0.102
Histidine	g	0.223	0	0.020	0.040
Alanine	g	0.524	0	0.047	0.094
Aspartic acid	g	0.721	0	0.065	0.130
Glutamic acid	g	1.655	0	0.149	0.298
Glycine	g	0.390	0	0.035	0.070
Proline	g	0.485	0	0.044	0.087
Serine	g	0.420	0	0.038	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 cake
Measure 2: 2 cakes

NDB No. 19414 Snacks, rice cakes, brown rice, multigrain

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 9g	Measure 2* 18g	Measure 3*
Proximates:							
Water	g	6.30	0.193	10	0.57	1.13	
Energy	kcal	387		0	35	70	
Energy	kj	1619		0	146	291	
Protein (N x 5.95)	g	8.50	0.227	10	0.77	1.53	
Total lipid (fat)	g	3.50	0.342	10	0.32	0.63	
Carbohydrate, by difference	g	80.10		0	7.21	14.42	
Fiber, total dietary	g	3.0		0	0.3	0.5	
Ash	g	1.60	0.107	10	0.14	0.29	
Sugars, total	g						
Minerals:							
Calcium	mg	21	3.261	10	2	4	
Iron	mg	1.96	0.191	10	0.18	0.35	
Magnesium	mg	137	4.021	4	12	25	
Phosphorus	mg	370	16.832	4	33	67	
Potassium	mg	294	19.023	8	26	53	
Sodium	mg	252	76.269	3	23	45	
Zinc	mg	2.53	0.184	4	0.23	0.46	
Copper	mg	0.427	0.033	3	0.038	0.077	
Manganese	mg	5.220	0.160	3	0.470	0.940	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0	0.000	4	0.0	0.0	
Thiamin	mg	0.067	0.017	8	0.006	0.012	
Riboflavin	mg	0.184	0.041	8	0.017	0.033	
Niacin	mg	6.602	0.284	7	0.594	1.188	
Pantothenic acid	mg	1.002	0.039	4	0.090	0.180	
Vitamin B-6	mg	0.137	0.007	4	0.012	0.025	
Folate	µg	20	2.723	4	2	4	
Vitamin B-12	µg	0.00		1	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	0.560		0	0.050	0.101	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		1	0.000	0.000	
12:0	g	0.000		1	0.000	0.000	
14:0	g	0.010		1	0.001	0.002	
15.0	g						
16:0	g	0.460		1	0.041	0.083	
17:0	g						
18:0	g	0.080		1	0.007	0.014	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.160	0	0.104	0.209
14:1	g				
16:1	g	0.010	1	0.001	0.002
18:1	g	1.150	1	0.104	0.207
20:1	g	0.000	1	0.000	0.000
22.1	g				
Polyunsaturated, total	g	1.440	0	0.130	0.259
18:2	g	1.000	1	0.090	0.180
18:3	g	0.440	1	0.040	0.079
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	0.107	0	0.010	0.019
Threonine	g	0.303	0	0.027	0.055
Isoleucine	g	0.351	0	0.032	0.063
Leucine	g	0.682	0	0.061	0.123
Lysine	g	0.313	0	0.028	0.056
Methionine	g	0.182	0	0.016	0.033
Cystine	g	0.107	0	0.010	0.019
Phenylalanine	g	0.424	0	0.038	0.076
Tyrosine	g	0.299	0	0.027	0.054
Valine	g	0.481	0	0.043	0.087
Arginine	g	0.624	0	0.056	0.112
Histidine	g	0.208	0	0.019	0.037
Alanine	g	0.484	0	0.044	0.087
Aspartic acid	g	0.771	0	0.069	0.139
Glutamic acid	g	1.714	0	0.154	0.309
Glycine	g	0.409	0	0.037	0.074
Proline	g	0.409	0	0.037	0.074
Serine	g	0.427	0	0.038	0.077
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 cake
Measure 2: 2 cakes

NDB No. 19415 Snacks, potato sticks

Refuse: 0%

Nutrients 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* 18g	Measure 3*
Proximates:							
Water	g	2.20	0.118	3	0.62	0.40	
Energy	kcal	522		0	148	94	
Energy	kj	2184		0	619	393	
Protein (N x 5.95)	g	6.70	0.204	3	1.90	1.21	
Total lipid (fat)	g	34.40	0.512	3	9.75	6.19	
Carbohydrate, by difference	g	53.30		0	15.11	9.59	
Fiber, total dietary	g	3.4		0	1.0	0.6	
Ash	g	3.30	0.118	3	0.94	0.59	
Sugars, total	g						
Minerals:							
Calcium	mg	18	0.275	3	5	3	
Iron	mg	2.27	0.733	3	0.64	0.41	
Magnesium	mg	64	0.233	3	18	12	
Phosphorus	mg	172	0.943	3	49	31	
Potassium	mg	1237	10.247	3	351	223	
Sodium	mg	250	9.427	3	71	45	
Zinc	mg	0.99	0.006	3	0.28	0.18	
Copper	mg	0.315	0.005	3	0.089	0.057	
Manganese	mg	0.423	0.004	3	0.120	0.076	
Selenium	µg	8.1		0	2.3	1.5	
Vitamins:							
Ascorbic acid	mg	47.3	0.407	3	13.4	8.5	
Thiamin	mg	0.096	0.002	3	0.027	0.017	
Riboflavin	mg	0.116	0.005	3	0.033	0.021	
Niacin	mg	4.785	0.094	3	1.357	0.861	
Pantothenic acid	mg	0.403	0.033	3	0.114	0.073	
Vitamin B-6	mg	0.320	0.006	3	0.091	0.058	
Folate	µg	40	2.351	3	11	7	
Vitamin B-12	µg	0.00		1	0.00	0.00	
Vitamin A	IU	0		1	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	4.880		0	1.383	0.878	
Lipids:							
Saturated, total	g	8.880		0	2.517	1.598	
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	0.270		1	0.077	0.049	
15.0	g						
16:0	g	7.810		1	2.214	1.406	
17:0	g						
18:0	g	0.800		1	0.227	0.144	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	6.160	0	1.746	1.109
14:1	g				
16:1	g	0.270	1	0.077	0.049
18:1	g	5.880	1	1.667	1.058
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	17.900	0	5.075	3.222
18:2	g	17.800	1	5.046	3.204
18:3	g	0.070	1	0.020	0.013
18:4	g	0.000	0	0.000	0.000
20:4	g	0.030	1	0.009	0.005
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	1	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 oz
Measure 2: 1/2 cup

NDB No. 19416 Snacks, rice cakes, brown rice, rye

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 9g	Measure 2* 18g	Measure 3*
Proximates:							
Water	g	6.80	0.164	3	0.61	1.22	
Energy	kcal	386		0	35	69	
Energy	kj	1615		0	145	291	
Protein (N x 5.95)	g	8.10	0.279	3	0.73	1.46	
Total lipid (fat)	g	3.80	0.219	3	0.34	0.68	
Carbohydrate, by difference	g	79.90		0	7.19	14.38	
Fiber, total dietary	g	4.0		1	0.4	0.7	
Ash	g	1.50	0.194	3	0.14	0.27	
Sugars, total	g						
Minerals:							
Calcium	mg	21	9.500	2	2	4	
Iron	mg	1.80	0.800	2	0.16	0.32	
Magnesium	mg	144		1	13	26	
Phosphorus	mg	380		1	34	68	
Potassium	mg	311	30.500	2	28	56	
Sodium	mg	110		1	10	20	
Zinc	mg	3.00		1	0.27	0.54	
Copper	mg	0.390		1	0.035	0.070	
Manganese	mg	2.977		1	0.268	0.536	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		1	0.0	0.0	
Thiamin	mg	0.091	0.031	2	0.008	0.016	
Riboflavin	mg	0.090	0.010	2	0.008	0.016	
Niacin	mg	7.040	1.090	2	0.634	1.267	
Pantothenic acid	mg	1.110		1	0.100	0.200	
Vitamin B-6	mg	0.150		1	0.013	0.027	
Folate	µg	5		1	0	1	
Vitamin B-12	µg	0.00		1	0.00	0.00	
Vitamin A	IU	3		1	0	1	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.580		0	0.052	0.104	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g	0.000		1	0.000	0.000	
14:0	g	0.010		1	0.001	0.002	
15.0	g						
16:0	g	0.450		1	0.041	0.081	
17:0	g						
18:0	g	0.110		1	0.010	0.020	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.310	0	0.118	0.236
14:1	g				
16:1	g	0.010	1	0.001	0.002
18:1	g	1.300	1	0.117	0.234
20:1	g	0.000	1	0.000	0.000
22.1	g				
Polyunsaturated, total	g	1.550	0	0.140	0.279
18:2	g	1.490	1	0.134	0.268
18:3	g	0.060	1	0.005	0.011
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	0	1	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.097	0	0.009	0.017
Threonine	g	0.294	0	0.026	0.053
Isoleucine	g	0.328	0	0.030	0.059
Leucine	g	0.621	0	0.056	0.112
Lysine	g	0.316	0	0.028	0.057
Methionine	g	0.165	0	0.015	0.030
Cystine	g	0.127	0	0.011	0.023
Phenylalanine	g	0.399	0	0.036	0.072
Tyrosine	g	0.261	0	0.023	0.047
Valine	g	0.451	0	0.041	0.081
Arginine	g	0.553	0	0.050	0.100
Histidine	g	0.204	0	0.018	0.037
Alanine	g	0.443	0	0.040	0.080
Aspartic acid	g	0.716	0	0.064	0.129
Glutamic acid	g	1.769	0	0.159	0.318
Glycine	g	0.392	0	0.035	0.071
Proline	g	0.531	0	0.048	0.096
Serine	g	0.402	0	0.036	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 cake
Measure 2: 2 cakes

NDB No. 19418 Snacks, sesame sticks, wheat-based, salted

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 57g	Measure 3*
Proximates:							
Water	g	2.00		1	0.57	1.13	
Energy	kcal	541		0	153	307	
Energy	kj	2264		0	642	1284	
Protein (N x 5.95)	g	10.90		1	3.09	6.18	
Total lipid (fat)	g	36.70		1	10.40	20.81	
Carbohydrate, by difference	g	46.50		0	13.18	26.37	
Fiber, total dietary	g	2.8		0	0.8	1.6	
Ash	g	3.90		1	1.11	2.21	
Sugars, total	g						
Minerals:							
Calcium	mg	170		1	48	96	
Iron	mg	0.74		1	0.21	0.42	
Magnesium	mg	45		1	13	26	
Phosphorus	mg	138		1	39	78	
Potassium	mg	177		1	50	100	
Sodium	mg	1488		1	422	844	
Zinc	mg	1.17		1	0.33	0.66	
Copper	mg	0.406		1	0.115	0.230	
Manganese	mg	0.904		1	0.256	0.513	
Selenium	µg	17.1		0	4.8	9.7	
Vitamins:							
Ascorbic acid	mg	0.0		1	0.0	0.0	
Thiamin	mg	0.123		1	0.035	0.070	
Riboflavin	mg	0.063		1	0.018	0.036	
Niacin	mg	1.552		1	0.440	0.880	
Pantothenic acid	mg	0.234		1	0.066	0.133	
Vitamin B-6	mg	0.086		1	0.024	0.049	
Folate	µg	22		1	6	12	
Vitamin B-12	µg	0.00		1	0.00	0.00	
Vitamin A	IU	88		1	25	50	
Vitamin A, RE	µg	9		0	3	5	
Vitamin E, α-TE	mg	3.900		0	1.106	2.211	
Lipids:							
Saturated, total	g	6.480		0	1.837	3.674	
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		1	0.000	0.000	
10:0	g	0.010		1	0.003	0.006	
12:0	g	0.010		1	0.003	0.006	
14:0	g	0.110		1	0.031	0.062	
15.0	g						
16:0	g	5.000		1	1.418	2.835	
17:0	g						
18:0	g	1.350		1	0.383	0.765	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	10.910	0	3.093	6.186
14:1	g				
16:1	g	0.070	1	0.020	0.040
18:1	g	10.830	1	3.070	6.141
20:1	g	0.000	1	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	17.420	0	4.939	9.877
18:2	g	16.440	1	4.661	9.321
18:3	g	0.970	1	0.275	0.550
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	1	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	1	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.144	0	0.041	0.082
Threonine	g	0.330	0	0.094	0.187
Isoleucine	g	0.420	0	0.119	0.238
Leucine	g	0.767	0	0.217	0.435
Lysine	g	0.359	0	0.102	0.204
Methionine	g	0.192	0	0.054	0.109
Cystine	g	0.201	0	0.057	0.114
Phenylalanine	g	0.545	0	0.155	0.309
Tyrosine	g	0.353	0	0.100	0.200
Valine	g	0.468	0	0.133	0.265
Arginine	g	0.650	0	0.184	0.369
Histidine	g	0.259	0	0.073	0.147
Alanine	g	0.389	0	0.110	0.221
Aspartic acid	g	0.716	0	0.203	0.406
Glutamic acid	g	3.089	0	0.876	1.751
Glycine	g	0.436	0	0.124	0.247
Proline	g	0.994	0	0.282	0.564
Serine	g	0.545	0	0.155	0.309
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 2 oz

NDB No. 19419 Snacks, corn cakes

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 9g	Measure 2* 18g	Measure 3*
Proximates:							
Water	g	4.60		1	0.41	0.83	
Energy	kcal	387		0	35	70	
Energy	kj	1619		0	146	291	
Protein (N x 5.95)	g	8.10		1	0.73	1.46	
Total lipid (fat)	g	2.40		1	0.22	0.43	
Carbohydrate, by difference	g	83.40		0	7.51	15.01	
Fiber, total dietary	g	1.9		0	0.2	0.3	
Ash	g	1.50		1	0.14	0.27	
Sugars, total	g						
Minerals:							
Calcium	mg	19		1	2	3	
Iron	mg	1.40		1	0.13	0.25	
Magnesium	mg	114		1	10	21	
Phosphorus	mg	157		1	14	28	
Potassium	mg	157		1	14	28	
Sodium	mg	488		1	44	88	
Zinc	mg	2.00		1	0.18	0.36	
Copper	mg	0.420		1	0.038	0.076	
Manganese	mg	1.815		1	0.163	0.327	
Selenium	µg	9.9		0	0.9	1.8	
Vitamins:							
Ascorbic acid	mg	0.0		1	0.0	0.0	
Thiamin	mg	0.250		1	0.023	0.045	
Riboflavin	mg	0.050		1	0.005	0.009	
Niacin	mg	5.150		1	0.464	0.927	
Pantothenic acid	mg	0.830		1	0.075	0.149	
Vitamin B-6	mg	0.140		1	0.013	0.025	
Folate	µg	19		1	2	3	
Vitamin B-12	µg	0.00		1	0.00	0.00	
Vitamin A	IU	242		1	22	44	
Vitamin A, RE	µg	24		0	2	4	
Vitamin E, α-TE	mg	0.120		0	0.011	0.022	
Lipids:							
Saturated, total	g	0.420		0	0.038	0.076	
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		1	0.000	0.000	
14:0	g	0.010		1	0.001	0.002	
15.0	g						
16:0	g	0.360		1	0.032	0.065	
17:0	g						
18:0	g	0.040		1	0.004	0.007	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.760	0	0.068	0.137
14:1	g				
16:1	g	0.010	1	0.001	0.002
18:1	g	0.760	1	0.068	0.137
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.930	0	0.084	0.167
18:2	g	0.890	1	0.080	0.160
18:3	g	0.030	1	0.003	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	1	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.081	0	0.007	0.015
Threonine	g	0.301	0	0.027	0.054
Isoleucine	g	0.316	0	0.028	0.057
Leucine	g	0.837	0	0.075	0.151
Lysine	g	0.267	0	0.024	0.048
Methionine	g	0.177	0	0.016	0.032
Cystine	g	0.124	0	0.011	0.022
Phenylalanine	g	0.408	0	0.037	0.073
Tyrosine	g	0.317	0	0.029	0.057
Valine	g	0.442	0	0.040	0.080
Arginine	g	0.506	0	0.046	0.091
Histidine	g	0.227	0	0.020	0.041
Alanine	g	0.540	0	0.049	0.097
Aspartic acid	g	0.659	0	0.059	0.119
Glutamic acid	g	1.584	0	0.143	0.285
Glycine	g	0.365	0	0.033	0.066
Proline	g	0.548	0	0.049	0.099
Serine	g	0.402	0	0.036	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 cake
Measure 2: 2 cakes

NDB No. 19420 Snacks, granola bars, hard, peanut butter

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 24g	Measure 3*
Proximates:							
Water	g	2.30		1	0.65	0.54	
Energy	kcal	483		0	137	114	
Energy	kj	2021		0	573	477	
Protein (N x 5.95)	g	9.80		1	2.78	2.31	
Total lipid (fat)	g	23.80		1	6.75	5.62	
Carbohydrate, by difference	g	62.30		0	17.66	14.70	
Fiber, total dietary	g	2.9		0	0.8	0.7	
Ash	g	1.70		1	0.48	0.40	
Sugars, total	g						
Minerals:							
Calcium	mg	41		1	12	10	
Iron	mg	2.40		1	0.68	0.57	
Magnesium	mg	55		1	16	13	
Phosphorus	mg	139		1	39	33	
Potassium	mg	291		1	82	69	
Sodium	mg	283		1	80	67	
Zinc	mg	1.25		1	0.35	0.30	
Copper	mg	0.218		1	0.062	0.051	
Manganese	mg	0.922		1	0.261	0.218	
Selenium	µg	15.0		0	4.3	3.5	
Vitamins:							
Ascorbic acid	mg	0.2		1	0.1	0.0	
Thiamin	mg	0.210		1	0.060	0.050	
Riboflavin	mg	0.090		1	0.026	0.021	
Niacin	mg	1.970		1	0.558	0.465	
Pantothenic acid	mg	0.387		1	0.110	0.091	
Vitamin B-6	mg	0.096		1	0.027	0.023	
Folate	µg	18		1	5	4	
Vitamin B-12	µg	0.00		1	0.00	0.00	
Vitamin A	IU	16		1	5	4	
Vitamin A, RE	µg	2		0	1	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	3.200		0	0.907	0.755	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g	0.020		2	0.006	0.005	
14:0	g	0.020		2	0.006	0.005	
15.0	g						
16:0	g	2.210		2	0.627	0.522	
17:0	g						
18:0	g	0.900		2	0.255	0.212	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	7.000	0	1.985	1.652
14:1	g				
16:1	g	0.010	2	0.003	0.002
18:1	g	6.910	2	1.959	1.631
20:1	g	0.080	2	0.023	0.019
22.1	g				
Polyunsaturated, total	g	12.080	0	3.425	2.851
18:2	g	11.950	2	3.388	2.820
18:3	g	0.110	2	0.031	0.026
18:4	g				
20:4	g	0.020	2	0.006	0.005
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	0	1	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.131	0	0.037	0.031
Threonine	g	0.310	0	0.088	0.073
Isoleucine	g	0.350	0	0.099	0.083
Leucine	g	0.679	0	0.192	0.160
Lysine	g	0.376	0	0.107	0.089
Methionine	g	0.144	0	0.041	0.034
Cystine	g	0.200	0	0.057	0.047
Phenylalanine	g	0.502	0	0.142	0.118
Tyrosine	g	0.383	0	0.109	0.090
Valine	g	0.455	0	0.129	0.107
Arginine	g	0.977	0	0.277	0.231
Histidine	g	0.236	0	0.067	0.056
Alanine	g	0.424	0	0.120	0.100
Aspartic acid	g	1.059	0	0.300	0.250
Glutamic acid	g	2.036	0	0.577	0.480
Glycine	g	0.558	0	0.158	0.132
Proline	g	0.495	0	0.140	0.117
Serine	g	0.483	0	0.137	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 oz
Measure 2: 1 bar

NDB No. 19421 Snacks, potato chips, cheese-flavor

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 170g	Measure 3*
Proximates:							
Water	g	1.80	0.165	4	0.51	3.06	
Energy	kcal	496		0	141	843	
Energy	kj	2075		0	588	3528	
Protein (N x 5.95)	g	8.50	0.481	4	2.41	14.45	
Total lipid (fat)	g	27.20	0.784	4	7.71	46.24	
Carbohydrate, by difference	g	57.70		0	16.36	98.09	
Fiber, total dietary	g	5.2		0	1.5	8.8	
Ash	g	4.80	0.303	4	1.36	8.16	
Sugars, total	g						
Minerals:							
Calcium	mg	72	2.237	4	20	122	
Iron	mg	1.84	0.275	4	0.52	3.13	
Magnesium	mg	75	2.182	4	21	128	
Phosphorus	mg	299	7.739	4	85	508	
Potassium	mg	1528	31.456	4	433	2598	
Sodium	mg	793	104.016	5	225	1348	
Zinc	mg	0.91	0.143	4	0.26	1.55	
Copper	mg	0.250	0.052	4	0.071	0.425	
Manganese	mg	0.446	0.035	4	0.126	0.758	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	54.1	13.104	4	15.3	92.0	
Thiamin	mg	0.155	0.003	4	0.044	0.264	
Riboflavin	mg	0.158	0.010	4	0.045	0.269	
Niacin	mg	5.000	0.129	4	1.418	8.500	
Pantothenic acid	mg	0.790	0.105	4	0.224	1.343	
Vitamin B-6	mg	0.348	0.039	4	0.099	0.592	
Folate	µg	0	0.002	4	0	0	
Vitamin B-12	µg	0.00		1	0.00	0.00	
Vitamin A	IU	33		1	9	56	
Vitamin A, RE	µg	8		0	2	14	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	8.600		0	2.438	14.620	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		31	0.000	0.000	
12:0	g	0.060		31	0.017	0.102	
14:0	g	0.240		31	0.068	0.408	
15.0	g						
16:0	g	7.320		31	2.075	12.444	
17:0	g						
18:0	g	0.870		31	0.247	1.479	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	7.720	0	2.189	13.124
14:1	g				
16:1	g	0.140	31	0.040	0.238
18:1	g	7.470	31	2.118	12.699
20:1	g	0.120	31	0.034	0.204
22.1	g				
Polyunsaturated, total	g	9.560	0	2.710	16.252
18:2	g	9.410	31	2.668	15.997
18:3	g	0.150	31	0.043	0.255
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	4	1	1	7
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.073	0	0.021	0.124
Threonine	g	0.365	0	0.103	0.620
Isoleucine	g	0.392	0	0.111	0.666
Leucine	g	0.594	0	0.168	1.010
Lysine	g	0.554	0	0.157	0.942
Methionine	g	0.116	0	0.033	0.197
Cystine	g	0.104	0	0.029	0.177
Phenylalanine	g	0.388	0	0.110	0.660
Tyrosine	g	0.329	0	0.093	0.559
Valine	g	0.501	0	0.142	0.852
Arginine	g	0.400	0	0.113	0.680
Histidine	g	0.194	0	0.055	0.330
Alanine	g	0.299	0	0.085	0.508
Aspartic acid	g	1.494	0	0.424	2.540
Glutamic acid	g	1.446	0	0.410	2.458
Glycine	g	0.268	0	0.076	0.456
Proline	g	0.394	0	0.112	0.670
Serine	g	0.357	0	0.101	0.607
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 oz

Measure 2: 1 bag (6 oz)

NDB No. 19422 Snacks, potato chips, light

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 170g	Measure 3*
Proximates:							
Water	g	1.00	0.075	5	0.28	1.70	
Energy	kcal	471		0	134	801	
Energy	kj	1971		0	559	3351	
Protein (N x 5.95)	g	7.10	0.260	5	2.01	12.07	
Total lipid (fat)	g	20.80	0.314	6	5.90	35.36	
Carbohydrate, by difference	g	66.90		0	18.97	113.73	
Fiber, total dietary	g	5.9		0	1.7	10.0	
Ash	g	4.10	0.264	5	1.16	6.97	
Sugars, total	g						
Minerals:							
Calcium	mg	21	5.400	2	6	36	
Iron	mg	1.35	0.050	2	0.38	2.30	
Magnesium	mg	89	2.100	2	25	151	
Phosphorus	mg	193	4.654	2	55	328	
Potassium	mg	1744	5.979	2	494	2965	
Sodium	mg	492	27.049	2	139	836	
Zinc	mg	0.07		1	0.02	0.12	
Copper	mg	0.600	0.000	2	0.170	1.020	
Manganese	mg	0.440		1	0.125	0.748	
Selenium	µg	8.1		0	2.3	13.8	
Vitamins:							
Ascorbic acid	mg	25.7	2.768	3	7.3	43.7	
Thiamin	mg	0.208	0.017	2	0.059	0.354	
Riboflavin	mg	0.267	0.002	2	0.076	0.454	
Niacin	mg	7.000	0.810	2	1.985	11.900	
Pantothenic acid	mg	0.271		1	0.077	0.461	
Vitamin B-6	mg	0.671	0.034	2	0.190	1.141	
Folate	µg	27		1	8	46	
Vitamin B-12	µg	0.00		1	0.00	0.00	
Vitamin A	IU	0		1	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	2.900		0	0.822	4.930	
Lipids:							
Saturated, total	g	4.160		0	1.179	7.072	
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	0.120		1	0.034	0.204	
15.0	g						
16:0	g	3.520		1	0.998	5.984	
17:0	g						
18:0	g	0.510		1	0.145	0.867	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	4.800	0	1.361	8.160
14:1	g				
16:1	g	0.500	1	0.142	0.850
18:1	g	4.300	1	1.219	7.310
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	10.940	0	3.101	18.598
18:2	g	10.750	1	3.048	18.275
18:3	g	0.190	1	0.054	0.323
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	1	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.111	0	0.031	0.189
Threonine	g	0.260	0	0.074	0.442
Isoleucine	g	0.291	0	0.082	0.495
Leucine	g	0.430	0	0.122	0.731
Lysine	g	0.435	0	0.123	0.740
Methionine	g	0.113	0	0.032	0.192
Cystine	g	0.092	0	0.026	0.156
Phenylalanine	g	0.318	0	0.090	0.541
Tyrosine	g	0.265	0	0.075	0.451
Valine	g	0.403	0	0.114	0.685
Arginine	g	0.329	0	0.093	0.559
Histidine	g	0.157	0	0.045	0.267
Alanine	g	0.220	0	0.062	0.374
Aspartic acid	g	1.750	0	0.496	2.975
Glutamic acid	g	1.200	0	0.340	2.040
Glycine	g	0.213	0	0.060	0.362
Proline	g	0.257	0	0.073	0.437
Serine	g	0.311	0	0.088	0.529
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 bag (6 oz)

NDB No. 19424 Snacks, tortilla chips, nacho-flavor, light

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 170g	Measure 3*
Proximates:							
Water	g	1.30	0.109	15	0.37	2.21	
Energy	kcal	445		0	126	757	
Energy	kj	1862		0	528	3165	
Protein (N x 5.95)	g	8.70	0.233	15	2.47	14.79	
Total lipid (fat)	g	15.20	0.153	24	4.31	25.84	
Carbohydrate, by difference	g	71.60		0	20.30	121.72	
Fiber, total dietary	g	4.8		0	1.4	8.1	
Ash	g	3.20	0.041	15	0.91	5.44	
Sugars, total	g						
Minerals:							
Calcium	mg	159	4.372	15	45	270	
Iron	mg	1.63	0.037	15	0.46	2.77	
Magnesium	mg	97	1.668	15	27	165	
Phosphorus	mg	318	2.774	15	90	541	
Potassium	mg	272	2.543	15	77	462	
Sodium	mg	1003	16.229	24	284	1705	
Zinc	mg						
Copper	mg	0.143	0.020	12	0.041	0.243	
Manganese	mg	0.436	0.007	12	0.124	0.741	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.2	0.058	12	0.1	0.3	
Thiamin	mg	0.222	0.003	15	0.063	0.377	
Riboflavin	mg	0.274	0.006	15	0.078	0.466	
Niacin	mg	0.415	0.107	15	0.118	0.706	
Pantothenic acid	mg						
Vitamin B-6	mg	0.231		1	0.065	0.393	
Folate	µg	26		1	7	44	
Vitamin B-12	µg	0.00		1	0.00	0.00	
Vitamin A	IU	380	11.470	15	108	646	
Vitamin A, RE	µg	42		0	12	71	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	2.910		0	0.825	4.947	
4:0	g	0.010		3	0.003	0.017	
6.0	g						
8:0	g						
10:0	g						
12:0	g	0.030		3	0.009	0.051	
14:0	g	0.110		3	0.031	0.187	
15.0	g						
16:0	g	1.880		3	0.533	3.196	
17:0	g						
18:0	g	0.880		3	0.249	1.496	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	8.950		0	2.537	15.215
14:1	g					
16:1	g	0.060		3	0.017	0.102
18:1	g	8.890		3	2.520	15.113
20:1	g					
22.1	g					
Polyunsaturated, total	g	2.100		0	0.595	3.570
18:2	g	2.020		3	0.573	3.434
18:3	g	0.090		3	0.026	0.153
18:4	g					
20:4	g					
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	3	0.084	15	1	5
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.069		0	0.020	0.117
Threonine	g	0.314		0	0.089	0.534
Isoleucine	g	0.331		0	0.094	0.563
Leucine	g	0.989		0	0.280	1.681
Lysine	g	0.316		0	0.090	0.537
Methionine	g	0.181		0	0.051	0.308
Cystine	g	0.139		0	0.039	0.236
Phenylalanine	g	0.417		0	0.118	0.709
Tyrosine	g	0.352		0	0.100	0.598
Valine	g	0.446		0	0.126	0.758
Arginine	g	0.429		0	0.122	0.729
Histidine	g	0.262		0	0.074	0.445
Alanine	g	0.569		0	0.161	0.967
Aspartic acid	g	0.596		0	0.169	1.013
Glutamic acid	g	1.669		0	0.473	2.837
Glycine	g	0.320		0	0.091	0.544
Proline	g	0.755		0	0.214	1.283
Serine	g	0.411		0	0.117	0.699
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

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

*** Common Measures:**

Measure 1: 1 oz

Measure 2: 1 bag (6 oz)

NDB No. 19438 Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1*	Measure 2*	Measure 3*
Proximates:							
Water	g	5.90		0			
Energy	kcal	414		0			
Energy	kj	1732		0			
Protein (N x 5.95)	g	3.40		0			
Total lipid (fat)	g	9.00		0			
Carbohydrate, by difference	g	80.50		0			
Fiber, total dietary	g	0.6		0			
Ash	g	1.20		0			
Sugars, total	g						
Minerals:							
Calcium	mg	3		0			
Iron	mg	2.20		0			
Magnesium	mg	13		0			
Phosphorus	mg	42		0			
Potassium	mg	39		0			
Sodium	mg	351		0			
Zinc	mg	0.50		0			
Copper	mg	0.100		0			
Manganese	mg	1.601		0			
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0			
Thiamin	mg	0.700		0			
Riboflavin	mg	0.800		0			
Niacin	mg	9.100		0			
Pantothenic acid	mg	0.000		0			
Vitamin B-6	mg	0.900		0			
Folate	µg	24		0			
Vitamin B-12	µg	0.00		0			
Vitamin A	IU	909		0			
Vitamin A, RE	µg	273		0			
Vitamin E, α-TE	mg	0.000		0			
Lipids:							
Saturated, total	g	1.400		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	0.009		0			
15.0	g						
16:0	g	0.878		0			
17:0	g						
18:0	g	0.324		0			
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.500	0
14:1	g		
16:1	g	0.018	0
18:1	g	1.943	0
20:1	g	0.018	0
22.1	g	0.000	0
Polyunsaturated, total	g	5.100	0
18:2	g	4.346	0
18:3	g	0.579	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		
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. 19439 Snacks, KELLOGG, KELLOGG'S Low Fat Granola Bar, Crunchy Almond/Brown Sugar

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1*	Measure 2*	Measure 3*
Proximates:							
Water	g	5.00		0			
Energy	kcal	390		0			
Energy	kj	1632		0			
Protein (N x 5.95)	g	8.00		0			
Total lipid (fat)	g	7.40		0			
Carbohydrate, by difference	g	78.00		0			
Fiber, total dietary	g	6.2		0			
Ash	g	1.60		0			
Sugars, total	g						
Minerals:							
Calcium	mg	35		0			
Iron	mg	8.60		0			
Magnesium	mg	87		0			
Phosphorus	mg	248		0			
Potassium	mg	249		0			
Sodium	mg	291		0			
Zinc	mg	2.20		0			
Copper	mg	0.700		0			
Manganese	mg	1.797		0			
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0			
Thiamin	mg	0.700		0			
Riboflavin	mg	0.800		0			
Niacin	mg	9.500		0			
Pantothenic acid	mg	0.671		0			
Vitamin B-6	mg	1.000		0			
Folate	µg	0		0			
Vitamin B-12	µg	0.00		0			
Vitamin A	IU	2381		0			
Vitamin A, RE	µg	713		0			
Vitamin E, α-TE	mg	0.000		0			
Lipids:							
Saturated, total	g	1.100		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	0.009		0			
14:0	g	0.004		0			
15.0	g						
16:0	g	0.684		0			
17:0	g						
18:0	g	0.237		0			
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.800	0
14:1	g		
16:1	g	0.004	0
18:1	g	1.769	0
20:1	g	0.000	0
22.1	g	0.000	0
Polyunsaturated, total	g	4.500	0
18:2	g	4.038	0
18:3	g	0.043	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		
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. 19440 Snacks, M&M MARS, KUDOS Whole Grain Bars, chocolate chip

Refuse: 0%

Nutrients 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	4.90		0			
Energy	kcal	437		0			
Energy	kj	1828		0			
Protein (N x 5.95)	g	5.76		0			
Total lipid (fat)	g	16.35		0			
Carbohydrate, by difference	g	67.69		0			
Fiber, total dietary	g	3.6		0			
Ash	g	5.30		0			
Sugars, total	g						
Minerals:							
Calcium	mg	783		0			
Iron	mg	9.17		0			
Magnesium	mg	70		0			
Phosphorus	mg	207		0			
Potassium	mg	279		0			
Sodium	mg	280		0			
Zinc	mg	1.41		0			
Copper	mg	0.312		0			
Manganese	mg	1.067		0			
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	46.6		0			
Thiamin	mg	0.169		0			
Riboflavin	mg	0.201		0			
Niacin	mg	1.539		0			
Pantothenic acid	mg	0.468		0			
Vitamin B-6	mg	0.117		0			
Folate	µg	13		0			
Vitamin B-12	µg	0.14		0			
Vitamin A	IU	4206		0			
Vitamin A, RE	µg	1253		0			
Vitamin E, α-TE	mg	10.791		0			
Lipids:							
Saturated, total	g	9.450		0			
4:0	g	0.070		0			
6.0	g	0.041		0			
8:0	g	0.025		0			
10:0	g	0.054		0			
12:0	g	0.063		0			
14:0	g	0.512		0			
15.0	g						
16:0	g	4.525		0			
17:0	g						
18:0	g	4.043		0			
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	5.243	0
14:1	g		
16:1	g	0.051	0
18:1	g	5.161	0
20:1	g	0.000	0
22.1	g	0.000	0
Polyunsaturated, total	g	0.851	0
18:2	g	0.803	0
18:3	g	0.048	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	136	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. 19441 Snacks, KELLOGG, KELLOGG'S NUTRI-GRAIN Cereal Bars, fruit

Refuse: 0%

Nutrients 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	14.50		0			
Energy	kcal	368		0			
Energy	kj	1540		0			
Protein (N x 5.95)	g	4.40		0			
Total lipid (fat)	g	7.50		0			
Carbohydrate, by difference	g	72.90		0			
Fiber, total dietary	g	2.1		0			
Ash	g	0.80		0			
Sugars, total	g						
Minerals:							
Calcium	mg	41		0			
Iron	mg	4.86		0			
Magnesium	mg	27		0			
Phosphorus	mg	103		0			
Potassium	mg	197		0			
Sodium	mg	297		0			
Zinc	mg	4.10		0			
Copper	mg	0.100		0			
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0			
Thiamin	mg	1.000		0			
Riboflavin	mg	1.100		0			
Niacin	mg	13.500		0			
Pantothenic acid	mg	0.000		0			
Vitamin B-6	mg	1.400		0			
Folate	µg	108		0			
Vitamin B-12	µg	0.00		0			
Vitamin A	IU	2027		0			
Vitamin A, RE	µg	614		0			
Vitamin E, α-TE	mg	0.000		0			
Lipids:							
Saturated, total	g	1.500		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	0.002		0			
14:0	g	0.001		0			
15.0	g						
16:0	g	0.860		0			
17:0	g						
18:0	g	0.153		0			
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	5.000	0
14:1	g		
16:1	g	0.054	0
18:1	g	4.977	0
20:1	g	0.023	0
22.1	g	0.003	0
Polyunsaturated, total	g	0.900	0
18:2	g	0.850	0
18:3	g	0.056	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		
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. 19524 Snacks, taro chips

Refuse: 0%

Nutrients 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* 23g	Measure 3*
Proximates:							
Water	g	2.00	0.694	3	0.57	0.46	
Energy	kcal	498		0	141	115	
Energy	kj	2084		0	591	479	
Protein (N x 5.95)	g	2.30	0.273	3	0.65	0.53	
Total lipid (fat)	g	24.90	0.540	2	7.06	5.73	
Carbohydrate, by difference	g	68.10		0	19.31	15.66	
Fiber, total dietary	g	7.2		0	2.0	1.7	
Ash	g	2.70	0.061	3	0.77	0.62	
Sugars, total	g						
Minerals:							
Calcium	mg	60	15.850	2	17	14	
Iron	mg	1.20	0.150	2	0.34	0.28	
Magnesium	mg	84		1	24	19	
Phosphorus	mg	131		1	37	30	
Potassium	mg	755	68.500	2	214	174	
Sodium	mg	342	27.500	2	97	79	
Zinc	mg	0.38		1	0.11	0.09	
Copper	mg	0.280		1	0.079	0.064	
Manganese	mg	0.001		1	0.000	0.000	
Selenium	µg	1.8		0	0.5	0.4	
Vitamins:							
Ascorbic acid	mg	5.0		1	1.4	1.1	
Thiamin	mg	0.174	0.063	3	0.049	0.040	
Riboflavin	mg	0.029		1	0.008	0.007	
Niacin	mg	0.515	0.475	2	0.146	0.118	
Pantothenic acid	mg	0.668		1	0.189	0.154	
Vitamin B-6	mg	0.438		1	0.124	0.101	
Folate	µg	20		1	6	5	
Vitamin B-12	µg	0.00		1	0.00	0.00	
Vitamin A	IU	0		1	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	4.900		0	1.389	1.127	
Lipids:							
Saturated, total	g	6.430		0	1.823	1.479	
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	0.200		1	0.057	0.046	
15.0	g						
16:0	g	5.650		1	1.602	1.300	
17:0	g						
18:0	g	0.570		1	0.162	0.131	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	4.430	0	1.256	1.019
14:1	g				
16:1	g	0.200	1	0.057	0.046
18:1	g	4.230	1	1.199	0.973
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	12.880	0	3.651	2.962
18:2	g	12.820	1	3.634	2.949
18:3	g	0.060	1	0.017	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	1	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.036	0	0.010	0.008
Threonine	g	0.106	0	0.030	0.024
Isoleucine	g	0.084	0	0.024	0.019
Leucine	g	0.172	0	0.049	0.040
Lysine	g	0.104	0	0.029	0.024
Methionine	g	0.032	0	0.009	0.007
Cystine	g	0.049	0	0.014	0.011
Phenylalanine	g	0.126	0	0.036	0.029
Tyrosine	g	0.085	0	0.024	0.020
Valine	g	0.127	0	0.036	0.029
Arginine	g	0.160	0	0.045	0.037
Histidine	g	0.052	0	0.015	0.012
Alanine	g	0.113	0	0.032	0.026
Aspartic acid	g	0.296	0	0.084	0.068
Glutamic acid	g	0.268	0	0.076	0.062
Glycine	g	0.114	0	0.032	0.026
Proline	g	0.092	0	0.026	0.021
Serine	g	0.142	0	0.040	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 oz
Measure 2: 10 chips

NDB No. 19701 Candies, semisweet chocolate, made with butter

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 170g	Measure 2* 182g	Measure 3* 173g
Proximates:							
Water	g	0.70	0.071	7	1.19	1.27	1.21
Energy	kcal	477		0	811	868	825
Energy	kj	1996		0	3393	3633	3453
Protein (N x 5.95)	g	4.20	0.089	5	7.14	7.64	7.27
Total lipid (fat)	g	29.70	0.777	8	50.49	54.05	51.38
Carbohydrate, by difference	g	63.40		0	107.78	115.39	109.68
Fiber, total dietary	g	5.9	0.900	2	10.0	10.7	10.2
Ash	g	1.20	0.050	7	2.04	2.18	2.08
Sugars, total	g						
Minerals:							
Calcium	mg	32	1.429	3	54	58	55
Iron	mg	3.13	0.283	5	5.32	5.70	5.41
Magnesium	mg	115	4.600	2	196	209	199
Phosphorus	mg	132	26.500	2	224	240	228
Potassium	mg	365	17.035	6	621	664	631
Sodium	mg	11	3.440	6	19	20	19
Zinc	mg	1.62	0.057	3	2.75	2.95	2.80
Copper	mg	0.700		1	1.190	1.274	1.211
Manganese	mg	0.800		1	1.360	1.456	1.384
Selenium	µg	3.2		0	5.4	5.8	5.5
Vitamins:							
Ascorbic acid	mg	0.0		1	0.0	0.0	0.0
Thiamin	mg	0.055	0.015	2	0.094	0.100	0.095
Riboflavin	mg	0.090	0.000	2	0.153	0.164	0.156
Niacin	mg	0.427	0.049	4	0.726	0.777	0.739
Pantothenic acid	mg	0.105		1	0.179	0.191	0.182
Vitamin B-6	mg	0.050		1	0.085	0.091	0.087
Folate	µg	3		1	5	5	5
Vitamin B-12	µg	0.00		1	0.00	0.00	0.00
Vitamin A	IU	60		0	102	109	104
Vitamin A, RE	µg	6		0	10	11	10
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	17.530		0	29.801	31.905	30.327
4:0	g	0.480		0	0.816	0.874	0.830
6.0	g	0.285		0	0.484	0.519	0.493
8:0	g	0.165		0	0.281	0.300	0.285
10:0	g	0.375		0	0.637	0.683	0.649
12:0	g	0.420		0	0.714	0.764	0.727
14:0	g	0.050		6	0.085	0.091	0.087
15.0	g						
16:0	g	8.030		6	13.651	14.615	13.892
17:0	g						
18:0	g	9.230		6	15.691	16.799	15.968
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	9.930		0	16.881	18.073	17.179
14:1	g						
16:1	g	0.360		0	0.612	0.655	0.623
18:1	g	9.930		6	16.881	18.073	17.179
20:1	g						
22.1	g						
Polyunsaturated, total	g	0.950		0	1.615	1.729	1.643
18:2	g	0.950		6	1.615	1.729	1.643
18:3	g	0.240		0	0.408	0.437	0.415
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	18		0	31	33	31
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.063		0	0.107	0.115	0.109
Threonine	g	0.168		0	0.286	0.306	0.291
Isoleucine	g	0.164		0	0.279	0.298	0.284
Leucine	g	0.257		0	0.437	0.468	0.445
Lysine	g	0.212		0	0.360	0.386	0.367
Methionine	g	0.044		0	0.075	0.080	0.076
Cystine	g	0.052		0	0.088	0.095	0.090
Phenylalanine	g	0.204		0	0.347	0.371	0.353
Tyrosine	g	0.159		0	0.270	0.289	0.275
Valine	g	0.254		0	0.432	0.462	0.439
Arginine	g	0.240		0	0.408	0.437	0.415
Histidine	g	0.073		0	0.124	0.133	0.126
Alanine	g	0.196		0	0.333	0.357	0.339
Aspartic acid	g	0.422		0	0.717	0.768	0.730
Glutamic acid	g	0.637		0	1.083	1.159	1.102
Glycine	g	0.190		0	0.323	0.346	0.329
Proline	g	0.181		0	0.308	0.329	0.313
Serine	g	0.183		0	0.311	0.333	0.317
Other:							
Caffeine	mg	62	3.923	6	105	113	107
Theobromine	mg	486	40.814	7	826	885	841
Alcohol	g						

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

*** Common Measures:**

Measure 1: 1 cup (6 oz package) chips
Measure 2: 1 cup, large chips
Measure 3: 1 cup, mini chips

NDB No. 19702 Desserts, gelatins, dry mix, with added ascorbic acid, sodium-citrate and salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 85g	Measure 2* 21g	Measure 3*
Proximates:							
Water	g	1.00	0.029	84	0.85	0.21	
Energy	kcal	381		0	324	81	
Energy	kj	1594		0	1355	340	
Protein (N x 5.95)	g	7.80	0.031	84	6.63	1.66	
Total lipid (fat)	g	0.00		1	0.00	0.00	
Carbohydrate, by difference	g	90.50		0	76.92	19.28	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.70	0.016	84	0.60	0.15	
Sugars, total	g						
Minerals:							
Calcium	mg	3	0.102	9	3	1	
Iron	mg	0.15		1	0.13	0.03	
Magnesium	mg	2		1	2	0	
Phosphorus	mg	142		1	121	30	
Potassium	mg	7	0.966	17	6	1	
Sodium	mg	491		0	417	105	
Zinc	mg	0.01	0.009	2	0.01	0.00	
Copper	mg	0.118		1	0.100	0.025	
Manganese	mg	0.016		1	0.014	0.003	
Selenium	µg	3.6		0	3.1	0.8	
Vitamins:							
Ascorbic acid	mg	62.8		0	53.4	13.4	
Thiamin	mg	0.002		1	0.002	0.000	
Riboflavin	mg	0.021		1	0.018	0.004	
Niacin	mg	0.008		1	0.007	0.002	
Pantothenic acid	mg	0.011		1	0.009	0.002	
Vitamin B-6	mg	0.010		1	0.009	0.002	
Folate	µg	3		1	3	1	
Vitamin B-12	µg	0.00		1	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	0.000		0	0.000	0.000	
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	1	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.000	0	0.000	0.000
Threonine	g	0.151	0	0.128	0.032
Isoleucine	g	0.118	0	0.100	0.025
Leucine	g	0.251	0	0.213	0.053
Lysine	g	0.354	0	0.301	0.075
Methionine	g	0.062	0	0.053	0.013
Cystine	g	0.000	0	0.000	0.000
Phenylalanine	g	0.177	0	0.150	0.038
Tyrosine	g	0.031	0	0.026	0.007
Valine	g	0.213	0	0.181	0.045
Arginine	g	0.676	0	0.575	0.144
Histidine	g	0.068	0	0.058	0.014
Alanine	g	0.818	0	0.695	0.174
Aspartic acid	g	0.538	0	0.457	0.115
Glutamic acid	g	0.894	0	0.760	0.190
Glycine	g	1.947	0	1.655	0.415
Proline	g	1.256	0	1.068	0.268
Serine	g	0.266	0	0.226	0.057
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero 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 (3 oz)
Measure 2: amount to make 1/2 cup

NDB No. 19703 Desserts, gelatins, dry mix, reduced calorie, with aspartame, added phosphorus, potassium, sodium, vitamin C

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 9g	Measure 2* 10g	Measure 3* 3g
Proximates:							
Water	g	6.70		0	0.60	0.67	0.17
Energy	kcal	345		0	31	35	9
Energy	kj	1443		0	130	144	36
Protein (N x 5.95)	g	55.30		0	4.98	5.53	1.38
Total lipid (fat)	g	0.00		1	0.00	0.00	0.00
Carbohydrate, by difference	g	33.30		0	3.00	3.33	0.83
Fiber, total dietary	g	0.0		0	0.0	0.0	0.0
Ash	g	4.70		0	0.42	0.47	0.12
Sugars, total	g						
Minerals:							
Calcium	mg	2		0	0	0	0
Iron	mg	0.02		1	0.00	0.00	0.00
Magnesium	mg	1		0	0	0	0
Phosphorus	mg	0		0	0	0	0
Potassium	mg	1985		0	179	199	50
Sodium	mg	2751		0	248	275	69
Zinc	mg	0.07		1	0.01	0.01	0.00
Copper	mg	1.016		1	0.091	0.102	0.025
Manganese	mg	0.049		1	0.004	0.005	0.001
Selenium	µg	25.5		0	2.3	2.5	0.6
Vitamins:							
Ascorbic acid	mg	490.0		0	44.1	49.0	12.3
Thiamin	mg	0.012		1	0.001	0.001	0.000
Riboflavin	mg	0.108		1	0.010	0.011	0.003
Niacin	mg	0.040		1	0.004	0.004	0.001
Pantothenic acid	mg	0.059		1	0.005	0.006	0.001
Vitamin B-6	mg	0.049		1	0.004	0.005	0.001
Folate	µg	14		1	1	1	0
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	0.000		0	0.000	0.000	0.000
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	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.000	0	0.000	0.000	0.000
Threonine	g	1.066	0	0.096	0.107	0.027
Isoleucine	g	0.837	0	0.075	0.084	0.021
Leucine	g	1.774	0	0.160	0.177	0.044
Lysine	g	2.501	0	0.225	0.250	0.063
Methionine	g	0.439	0	0.040	0.044	0.011
Cystine	g	0.000	0	0.000	0.000	0.000
Phenylalanine	g	1.256	0	0.113	0.126	0.031
Tyrosine	g	0.219	0	0.020	0.022	0.005
Valine	g	1.505	0	0.135	0.151	0.038
Arginine	g	4.784	0	0.431	0.478	0.120
Histidine	g	0.478	0	0.043	0.048	0.012
Alanine	g	5.790	0	0.521	0.579	0.145
Aspartic acid	g	3.807	0	0.343	0.381	0.095
Glutamic acid	g	6.328	0	0.570	0.633	0.158
Glycine	g	13.773	0	1.240	1.377	0.344
Proline	g	8.890	0	0.800	0.889	0.222
Serine	g	1.884	0	0.170	0.188	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 tablespoon
Measure 2: 1 package (0.35 oz)
Measure 3: amount to make 1/2 cup

NDB No. 19704 Desserts, gelatins, dry mix, reduced calorie, with aspartame, no added sodium

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 9g	Measure 2* 10g	Measure 3* 3g
Proximates:							
Water	g	6.70		0	0.60	0.67	0.17
Energy	kcal	345		0	31	35	9
Energy	kj	1443		0	130	144	36
Protein (N x 5.95)	g	55.30		0	4.98	5.53	1.38
Total lipid (fat)	g	0.00		1	0.00	0.00	0.00
Carbohydrate, by difference	g	33.30		0	3.00	3.33	0.83
Fiber, total dietary	g	0.0		0	0.0	0.0	0.0
Ash	g	4.70		0	0.42	0.47	0.12
Sugars, total	g						
Minerals:							
Calcium	mg	2		0	0	0	0
Iron	mg	0.02		1	0.00	0.00	0.00
Magnesium	mg	1		0	0	0	0
Phosphorus	mg	1293		0	116	129	32
Potassium	mg	14	1.459	7	1	1	0
Sodium	mg	158		0	14	16	4
Zinc	mg	0.07		1	0.01	0.01	0.00
Copper	mg	1.016		1	0.091	0.102	0.025
Manganese	mg	0.049		1	0.004	0.005	0.001
Selenium	µg	25.5		0	2.3	2.5	0.6
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	0.0
Thiamin	mg	0.012		1	0.001	0.001	0.000
Riboflavin	mg	0.108		1	0.010	0.011	0.003
Niacin	mg	0.040		1	0.004	0.004	0.001
Pantothenic acid	mg	0.059		1	0.005	0.006	0.001
Vitamin B-6	mg	0.049		1	0.004	0.005	0.001
Folate	µg	14		1	1	1	0
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	0.000		0	0.000	0.000	0.000
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	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.000	0	0.000	0.000	0.000
Threonine	g	1.066	0	0.096	0.107	0.027
Isoleucine	g	0.837	0	0.075	0.084	0.021
Leucine	g	1.774	0	0.160	0.177	0.044
Lysine	g	2.501	0	0.225	0.250	0.063
Methionine	g	0.439	0	0.040	0.044	0.011
Cystine	g	0.000	0	0.000	0.000	0.000
Phenylalanine	g	1.256	0	0.113	0.126	0.031
Tyrosine	g	0.219	0	0.020	0.022	0.005
Valine	g	1.505	0	0.135	0.151	0.038
Arginine	g	4.784	0	0.431	0.478	0.120
Histidine	g	0.478	0	0.043	0.048	0.012
Alanine	g	5.790	0	0.521	0.579	0.145
Aspartic acid	g	3.807	0	0.343	0.381	0.095
Glutamic acid	g	6.328	0	0.570	0.633	0.158
Glycine	g	13.773	0	1.240	1.377	0.344
Proline	g	8.890	0	0.800	0.889	0.222
Serine	g	1.884	0	0.170	0.188	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 tablespoon
Measure 2: 1 package (0.35 oz)
Measure 3: amount to make 1/2 cup

NDB No. 19705 Desserts, puddings, banana, dry mix, instant, with added oil

Refuse: 0%

Nutrients 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* 25g	Measure 3*
Proximates:							
Water	g	2.80	0.054	6	2.77	0.70	
Energy	kcal	386		0	382	97	
Energy	kj	1615		0	1599	404	
Protein (N x 5.95)	g	0.00	0.000	6	0.00	0.00	
Total lipid (fat)	g	4.40		0	4.36	1.10	
Carbohydrate, by difference	g	89.00		0	88.11	22.25	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	3.80	0.013	6	3.76	0.95	
Sugars, total	g						
Minerals:							
Calcium	mg	6		0	6	2	
Iron	mg	0.12		0	0.12	0.03	
Magnesium	mg	2		0	2	1	
Phosphorus	mg	804		0	796	201	
Potassium	mg	15		0	15	4	
Sodium	mg	1499		0	1484	375	
Zinc	mg	0.04		0	0.04	0.01	
Copper	mg	0.021		0	0.021	0.005	
Manganese	mg	0.010		0	0.010	0.003	
Selenium	µg	0.8		0	0.8	0.2	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.001		0	0.001	0.000	
Riboflavin	mg	0.003		0	0.003	0.001	
Niacin	mg	0.002		0	0.002	0.001	
Pantothenic acid	mg	0.006		0	0.006	0.002	
Vitamin B-6	mg	0.001		0	0.001	0.000	
Folate	µg	0		0	0	0	
Vitamin B-12	µg	0.01		0	0.01	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	0.790		0	0.782	0.198	
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	0.620		0	0.614	0.155	
17:0	g						
18:0	g	0.160		0	0.158	0.040	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.300	0	1.287	0.325
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	1.290	0	1.277	0.323
20:1	g	0.000	0	0.000	0.000
22.1	g				
Polyunsaturated, total	g	2.120	0	2.099	0.530
18:2	g	1.990	0	1.970	0.498
18:3	g	0.120	0	0.119	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				
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 (3.5 oz)
Measure 2: amount to make 1/2 cup

NDB No. 19706 Desserts, puddings, banana, dry mix, regular, with added oil

Refuse: 0%

Nutrients 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* 22g	Measure 3*
Proximates:							
Water	g	4.10	0.100	6	3.61	0.90	
Energy	kcal	387		0	341	85	
Energy	kj	1619		0	1425	356	
Protein (N x 5.95)	g	0.00		0	0.00	0.00	
Total lipid (fat)	g	5.00		0	4.40	1.10	
Carbohydrate, by difference	g	88.40		0	77.79	19.45	
Fiber, total dietary	g	0.3		0	0.3	0.1	
Ash	g	2.50	0.079	6	2.20	0.55	
Sugars, total	g						
Minerals:							
Calcium	mg	20		1	18	4	
Iron	mg	0.05		1	0.04	0.01	
Magnesium	mg	8		1	7	2	
Phosphorus	mg	5		1	4	1	
Potassium	mg	17		0	15	4	
Sodium	mg	788		0	693	173	
Zinc	mg	0.09		1	0.08	0.02	
Copper	mg	0.020		1	0.018	0.004	
Manganese	mg	0.013		1	0.011	0.003	
Selenium	µg	0.9		0	0.8	0.2	
Vitamins:							
Ascorbic acid	mg	0.0		1	0.0	0.0	
Thiamin	mg	0.000		1	0.000	0.000	
Riboflavin	mg	0.000		1	0.000	0.000	
Niacin	mg	0.000		1	0.000	0.000	
Pantothenic acid	mg	0.000		1	0.000	0.000	
Vitamin B-6	mg	0.000		1	0.000	0.000	
Folate	µg	0		1	0	0	
Vitamin B-12	µg	0.00		1	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	0.900		0	0.792	0.198	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g	0.700		0	0.616	0.154	
17:0	g						
18:0	g	0.180		0	0.158	0.040	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.480	0	1.302	0.326
14:1	g				
16:1	g				
18:1	g	1.470	0	1.294	0.323
20:1	g				
22.1	g				
Polyunsaturated, total	g	2.410	0	2.121	0.530
18:2	g	2.270	0	1.998	0.499
18:3	g	0.140	0	0.123	0.031
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	0	1	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.000	0	0.000	0.000
Threonine	g	0.001	0	0.001	0.000
Isoleucine	g	0.001	0	0.001	0.000
Leucine	g	0.005	0	0.004	0.001
Lysine	g	0.001	0	0.001	0.000
Methionine	g	0.001	0	0.001	0.000
Cystine	g	0.001	0	0.001	0.000
Phenylalanine	g	0.002	0	0.002	0.000
Tyrosine	g	0.001	0	0.001	0.000
Valine	g	0.002	0	0.002	0.000
Arginine	g	0.002	0	0.002	0.000
Histidine	g	0.001	0	0.001	0.000
Alanine	g	0.003	0	0.003	0.001
Aspartic acid	g	0.003	0	0.003	0.001
Glutamic acid	g	0.007	0	0.006	0.002
Glycine	g	0.001	0	0.001	0.000
Proline	g	0.003	0	0.003	0.001
Serine	g	0.002	0	0.002	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 package (3.12 oz)
Measure 2: amount to make 1/2 cup

NDB No. 19708 Desserts, puddings, lemon, dry mix, regular, with added oil, potassium, 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* 85g	Measure 2* 21g	Measure 3*
Proximates:							
Water	g	5.20	0.050	2	4.42	1.10	
Energy	kcal	366		0	311	78	
Energy	kj	1531		0	1301	325	
Protein (N x 5.95)	g	0.10	0.015	2	0.09	0.02	
Total lipid (fat)	g	1.50		0	1.27	0.32	
Carbohydrate, by difference	g	90.30		0	76.75	19.14	
Fiber, total dietary	g	0.1		0	0.1	0.0	
Ash	g	2.40	0.065	2	2.04	0.51	
Sugars, total	g						
Minerals:							
Calcium	mg						
Iron	mg	0.17		1	0.14	0.04	
Magnesium	mg	4		1	3	1	
Phosphorus	mg	3		1	3	1	
Potassium	mg	257		0	218	54	
Sodium	mg	849		0	722	180	
Zinc	mg	0.02		1	0.02	0.00	
Copper	mg	0.024		1	0.020	0.005	
Manganese	mg	0.025		1	0.021	0.005	
Selenium	µg	0.7		0	0.6	0.1	
Vitamins:							
Ascorbic acid	mg	0.0		1	0.0	0.0	
Thiamin	mg	0.005		1	0.004	0.001	
Riboflavin	mg	0.024		1	0.020	0.005	
Niacin	mg	0.019		1	0.016	0.004	
Pantothenic acid	mg	0.030		1	0.026	0.006	
Vitamin B-6	mg	0.005		1	0.004	0.001	
Folate	µg	0		1	0	0	
Vitamin B-12	µg	0.00		1	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	0.270		0	0.230	0.057	
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	0.210		0	0.179	0.045	
17:0	g						
18:0	g	0.050		0	0.043	0.011	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.440	0	0.374	0.093
14:1	g				
16:1	g	0.010	1	0.009	0.002
18:1	g	0.440	0	0.374	0.093
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.720	0	0.612	0.153
18:2	g	0.680	0	0.578	0.144
18:3	g	0.040	0	0.034	0.008
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	0	1	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.000	0	0.000	0.000
Threonine	g	0.002	0	0.002	0.000
Isoleucine	g	0.002	0	0.002	0.000
Leucine	g	0.008	0	0.007	0.002
Lysine	g	0.001	0	0.001	0.000
Methionine	g	0.001	0	0.001	0.000
Cystine	g	0.001	0	0.001	0.000
Phenylalanine	g	0.003	0	0.003	0.001
Tyrosine	g	0.002	0	0.002	0.000
Valine	g	0.003	0	0.003	0.001
Arginine	g	0.003	0	0.003	0.001
Histidine	g	0.002	0	0.002	0.000
Alanine	g	0.004	0	0.003	0.001
Aspartic acid	g	0.004	0	0.003	0.001
Glutamic acid	g	0.011	0	0.009	0.002
Glycine	g	0.002	0	0.002	0.000
Proline	g	0.005	0	0.004	0.001
Serine	g	0.002	0	0.002	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 package (3 oz)
Measure 2: amount to make 1/2 cup

NDB No. 19709 Sweets, desserts, puddings, tapioca, dry mix, with no added salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 92g	Measure 2* 23g	Measure 3*
Proximates:							
Water	g	4.00	0.043	6	3.68	0.92	
Energy	kcal	369		0	339	85	
Energy	kj	1544		0	1420	355	
Protein (N x 5.95)	g	0.10		1	0.09	0.02	
Total lipid (fat)	g	0.10		1	0.09	0.02	
Carbohydrate, by difference	g	94.30		0	86.76	21.69	
Fiber, total dietary	g	0.2		0	0.2	0.0	
Ash	g	1.40	0.040	6	1.29	0.32	
Sugars, total	g						
Minerals:							
Calcium	mg	4		1	4	1	
Iron	mg	0.12		1	0.11	0.03	
Magnesium	mg	2		1	2	0	
Phosphorus	mg	4		1	4	1	
Potassium	mg	5		1	5	1	
Sodium	mg	8		0	7	2	
Zinc	mg	0.08		1	0.07	0.02	
Copper	mg	0.029		1	0.027	0.007	
Manganese	mg	0.033		1	0.030	0.008	
Selenium	µg	0.1		0	0.1	0.0	
Vitamins:							
Ascorbic acid	mg	0.0		1	0.0	0.0	
Thiamin	mg	0.001		1	0.001	0.000	
Riboflavin	mg	0.006		1	0.006	0.001	
Niacin	mg	0.004		1	0.004	0.001	
Pantothenic acid	mg	0.015		1	0.014	0.003	
Vitamin B-6	mg	0.032		1	0.029	0.007	
Folate	µg	0		1	0	0	
Vitamin B-12	µg	0.00		1	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						
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	1	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.002	0	0.002	0.000
Threonine	g	0.004	0	0.004	0.001
Isoleucine	g	0.004	0	0.004	0.001
Leucine	g	0.009	0	0.008	0.002
Lysine	g	0.004	0	0.004	0.001
Methionine	g	0.002	0	0.002	0.000
Cystine	g	0.003	0	0.003	0.001
Phenylalanine	g	0.004	0	0.004	0.001
Tyrosine	g	0.003	0	0.003	0.001
Valine	g	0.005	0	0.005	0.001
Arginine	g	0.012	0	0.011	0.003
Histidine	g	0.003	0	0.003	0.001
Alanine	g	0.006	0	0.006	0.001
Aspartic acid	g	0.009	0	0.008	0.002
Glutamic acid	g	0.024	0	0.022	0.006
Glycine	g	0.004	0	0.004	0.001
Proline	g	0.007	0	0.006	0.002
Serine	g	0.004	0	0.004	0.001
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 package (3.5 oz)
Measure 2: amount to make 1/2 cup

NDB No. 19710 Desserts, puddings, vanilla, dry mix, regular, with added oil

Refuse: 0%

Nutrients 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* 22g	Measure 3*
Proximates:							
Water	g	3.90	0.165	22	3.43	0.86	
Energy	kcal	369		0	325	81	
Energy	kj	1544		0	1359	340	
Protein (N x 5.95)	g	0.30		1	0.26	0.07	
Total lipid (fat)	g	1.10		0	0.97	0.24	
Carbohydrate, by difference	g	92.40		0	81.31	20.33	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	2.00	0.087	22	1.76	0.44	
Sugars, total	g						
Minerals:							
Calcium	mg	15		0	13	3	
Iron	mg	0.05		0	0.04	0.01	
Magnesium	mg	5		0	4	1	
Phosphorus	mg	3		0	3	1	
Potassium	mg	20	1.431	17	18	4	
Sodium	mg	754	17.337	17	664	166	
Zinc	mg	0.09		0	0.08	0.02	
Copper	mg	0.020		0	0.018	0.004	
Manganese	mg	0.013		1	0.011	0.003	
Selenium	µg	0.9		0	0.8	0.2	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.000		0	0.000	0.000	
Riboflavin	mg	0.000		0	0.000	0.000	
Niacin	mg	0.000		0	0.000	0.000	
Pantothenic acid	mg	0.004		1	0.004	0.001	
Vitamin B-6	mg	0.000		0	0.000	0.000	
Folate	µg	0		1	0	0	
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	0.200		0	0.176	0.044	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g	0.160		0	0.141	0.035	
17:0	g						
18:0	g	0.040		0	0.035	0.009	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.320	0	0.282	0.070
14:1	g				
16:1	g				
18:1	g	0.320	0	0.282	0.070
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.530	0	0.466	0.117
18:2	g	0.500	0	0.440	0.110
18:3	g	0.030	0	0.026	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	0.001	0	0.001	0.000
Threonine	g	0.009	0	0.008	0.002
Isoleucine	g	0.010	0	0.009	0.002
Leucine	g	0.035	0	0.031	0.008
Lysine	g	0.006	0	0.005	0.001
Methionine	g	0.005	0	0.004	0.001
Cystine	g	0.006	0	0.005	0.001
Phenylalanine	g	0.013	0	0.011	0.003
Tyrosine	g	0.010	0	0.009	0.002
Valine	g	0.013	0	0.011	0.003
Arginine	g	0.012	0	0.011	0.003
Histidine	g	0.008	0	0.007	0.002
Alanine	g	0.019	0	0.017	0.004
Aspartic acid	g	0.020	0	0.018	0.004
Glutamic acid	g	0.052	0	0.046	0.011
Glycine	g	0.009	0	0.008	0.002
Proline	g	0.024	0	0.021	0.005
Serine	g	0.011	0	0.010	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 package (3.12 oz)
Measure 2: amount to make 1/2 cup

NDB No. 19711 Frostings, chocolate, creamy, ready-to-eat, without added phosphorus, vitamin A

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 462g	Measure 2* 38g	Measure 3*
Proximates:							
Water	g	17.00	0.689	13	78.54	6.46	
Energy	kcal	397		0	1834	151	
Energy	kj	1661		0	7674	631	
Protein (N x 5.95)	g	1.10	0.047	13	5.08	0.42	
Total lipid (fat)	g	17.60	0.432	12	81.31	6.69	
Carbohydrate, by difference	g	63.20		0	291.98	24.02	
Fiber, total dietary	g	0.6		0	2.8	0.2	
Ash	g	1.00	0.101	9	4.62	0.38	
Sugars, total	g						
Minerals:							
Calcium	mg	8	0.511	7	37	3	
Iron	mg	1.42	0.079	7	6.56	0.54	
Magnesium	mg	21	1.743	6	97	8	
Phosphorus	mg	59		0	273	22	
Potassium	mg	196	18.573	9	906	74	
Sodium	mg	183	19.804	15	845	70	
Zinc	mg	0.29	0.054	4	1.34	0.11	
Copper	mg	0.200	0.045	4	0.924	0.076	
Manganese	mg	0.240		1	1.109	0.091	
Selenium	µg	0.8		0	3.7	0.3	
Vitamins:							
Ascorbic acid	mg	0.0		1	0.0	0.0	
Thiamin	mg	0.013	0.001	7	0.060	0.005	
Riboflavin	mg	0.017	0.003	7	0.079	0.006	
Niacin	mg	0.119	0.004	7	0.550	0.045	
Pantothenic acid	mg	0.028	0.009	5	0.129	0.011	
Vitamin B-6	mg	0.005		1	0.023	0.002	
Folate	µg	0		1	0	0	
Vitamin B-12	µg	0.00		1	0.00	0.00	
Vitamin A	IU	3		0	14	1	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	5.530		0	25.549	2.101	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g	2.410		3	11.134	0.916	
17:0	g						
18:0	g	3.060		3	14.137	1.163	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	9.020	0	41.672	3.428
14:1	g				
16:1	g				
18:1	g	9.020	3	41.672	3.428
20:1	g				
22.1	g				
Polyunsaturated, total	g	2.130	0	9.841	0.809
18:2	g	2.130	3	9.841	0.809
18:3	g				
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	0	1	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.016	0	0.074	0.006
Threonine	g	0.043	0	0.199	0.016
Isoleucine	g	0.042	0	0.194	0.016
Leucine	g	0.066	0	0.305	0.025
Lysine	g	0.054	0	0.249	0.021
Methionine	g	0.011	0	0.051	0.004
Cystine	g	0.013	0	0.060	0.005
Phenylalanine	g	0.052	0	0.240	0.020
Tyrosine	g	0.041	0	0.189	0.016
Valine	g	0.065	0	0.300	0.025
Arginine	g	0.061	0	0.282	0.023
Histidine	g	0.019	0	0.088	0.007
Alanine	g	0.050	0	0.231	0.019
Aspartic acid	g	0.108	0	0.499	0.041
Glutamic acid	g	0.163	0	0.753	0.062
Glycine	g	0.048	0	0.222	0.018
Proline	g	0.047	0	0.217	0.018
Serine	g	0.047	0	0.217	0.018
Other:					
Caffeine	mg	2	0	9	1
Theobromine	mg	79	0	365	30
Alcohol	g				

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

*** Common Measures:**

Measure 1: 16 oz package
Measure 2: 1/12 package

NDB No. 19712 Frostings, coconut-nut, ready-to-eat, without added phosphorus

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 462g	Measure 2* 38g	Measure 3*
Proximates:							
Water	g	21.00	0.064	9	97.02	7.98	
Energy	kcal	412		0	1903	157	
Energy	kj	1724		0	7965	655	
Protein (N x 5.95)	g	1.50	0.066	9	6.93	0.57	
Total lipid (fat)	g	24.00	0.063	9	110.88	9.12	
Carbohydrate, by difference	g	52.80		0	243.94	20.06	
Fiber, total dietary	g	1.4		0	6.5	0.5	
Ash	g	0.80	0.007	9	3.70	0.30	
Sugars, total	g						
Minerals:							
Calcium	mg	13	0.958	9	60	5	
Iron	mg	0.54	0.035	8	2.49	0.21	
Magnesium	mg	19	0.787	9	88	7	
Phosphorus	mg	47		0	217	18	
Potassium	mg	186	2.451	9	859	71	
Sodium	mg	195	0.959	9	901	74	
Zinc	mg	0.41	0.014	8	1.89	0.16	
Copper	mg	0.125	0.006	8	0.578	0.048	
Manganese	mg	0.841		1	3.885	0.320	
Selenium	µg	3.1		0	14.3	1.2	
Vitamins:							
Ascorbic acid	mg	0.3		1	1.4	0.1	
Thiamin	mg	0.035	0.001	9	0.162	0.013	
Riboflavin	mg	0.019	0.004	9	0.088	0.007	
Niacin	mg	0.212	0.031	9	0.979	0.081	
Pantothenic acid	mg	0.267		1	1.234	0.101	
Vitamin B-6	mg	0.054		1	0.249	0.021	
Folate	µg	6		1	28	2	
Vitamin B-12	µg	0.00		1	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	7.030		0	32.479	2.671	
4:0	g						
6.0	g	0.020		1	0.092	0.008	
8:0	g						
10:0	g	0.300		1	1.386	0.114	
12:0	g	1.880		1	8.686	0.714	
14:0	g	0.740		1	3.419	0.281	
15.0	g						
16:0	g	2.510		1	11.596	0.954	
17:0	g						
18:0	g	1.580		1	7.300	0.600	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	12.210	0	56.410	4.640
14:1	g				
16:1	g	0.040	1	0.185	0.015
18:1	g	12.120	1	55.994	4.606
20:1	g	0.060	1	0.277	0.023
22.1	g				
Polyunsaturated, total	g	3.410	0	15.754	1.296
18:2	g	3.250	1	15.015	1.235
18:3	g	0.160	1	0.739	0.061
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	0	1	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.031	0	0.143	0.012
Threonine	g	0.047	0	0.217	0.018
Isoleucine	g	0.057	0	0.263	0.022
Leucine	g	0.096	0	0.444	0.036
Lysine	g	0.054	0	0.249	0.021
Methionine	g	0.031	0	0.143	0.012
Cystine	g	0.035	0	0.162	0.013
Phenylalanine	g	0.072	0	0.333	0.027
Tyrosine	g	0.049	0	0.226	0.019
Valine	g	0.073	0	0.337	0.028
Arginine	g	0.205	0	0.947	0.078
Histidine	g	0.039	0	0.180	0.015
Alanine	g	0.063	0	0.291	0.024
Aspartic acid	g	0.129	0	0.596	0.049
Glutamic acid	g	0.287	0	1.326	0.109
Glycine	g	0.067	0	0.310	0.025
Proline	g	0.062	0	0.286	0.024
Serine	g	0.068	0	0.314	0.026
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 16 oz package
Measure 2: 1/12 package

NDB No. 19713 Frostings, cream cheese-flavor, ready-to-eat, without added sodium, vitamin A

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 462g	Measure 2* 38g	Measure 3*
Proximates:							
Water	g	15.10	0.000	3	69.76	5.74	
Energy	kcal	413		0	1908	157	
Energy	kj	1728		0	7983	657	
Protein (N x 5.95)	g	0.10	0.000	3	0.46	0.04	
Total lipid (fat)	g	17.30	0.000	2	79.93	6.57	
Carbohydrate, by difference	g	66.70		0	308.15	25.35	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.90	0.000	2	4.16	0.34	
Sugars, total	g						
Minerals:							
Calcium	mg	3	0.000	2	14	1	
Iron	mg	0.16	0.000	2	0.74	0.06	
Magnesium	mg	2		1	9	1	
Phosphorus	mg	3		1	14	1	
Potassium	mg	35	0.000	2	162	13	
Sodium	mg	39		0	180	15	
Zinc	mg	0.00		1	0.00	0.00	
Copper	mg	0.020		1	0.092	0.008	
Manganese	mg	0.011		1	0.051	0.004	
Selenium	µg	0.6		0	2.8	0.2	
Vitamins:							
Ascorbic acid	mg	0.0		1	0.0	0.0	
Thiamin	mg	0.000		1	0.000	0.000	
Riboflavin	mg	0.006	0.000	2	0.028	0.002	
Niacin	mg	0.011	0.000	2	0.051	0.004	
Pantothenic acid	mg	0.003		1	0.014	0.001	
Vitamin B-6	mg	0.000		1	0.000	0.000	
Folate	µg	0		1	0	0	
Vitamin B-12	µg	0.00		1	0.00	0.00	
Vitamin A	IU	1		0	5	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	5.040		0	23.285	1.915	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g	2.390		3	11.042	0.908	
17:0	g						
18:0	g	2.590		3	11.966	0.984	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	9.030	0	41.719	3.431
14:1	g				
16:1	g				
18:1	g	9.030	3	41.719	3.431
20:1	g				
22.1	g				
Polyunsaturated, total	g	2.350	0	10.857	0.893
18:2	g	2.250	3	10.395	0.855
18:3	g	0.090	3	0.416	0.034
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	0	1	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.001	0	0.005	0.000
Threonine	g	0.002	0	0.009	0.001
Isoleucine	g	0.002	0	0.009	0.001
Leucine	g	0.004	0	0.018	0.002
Lysine	g	0.002	0	0.009	0.001
Methionine	g	0.001	0	0.005	0.000
Cystine	g	0.001	0	0.005	0.000
Phenylalanine	g	0.003	0	0.014	0.001
Tyrosine	g	0.002	0	0.009	0.001
Valine	g	0.003	0	0.014	0.001
Arginine	g	0.002	0	0.009	0.001
Histidine	g	0.001	0	0.005	0.000
Alanine	g	0.002	0	0.009	0.001
Aspartic acid	g	0.003	0	0.014	0.001
Glutamic acid	g	0.018	0	0.083	0.007
Glycine	g	0.002	0	0.009	0.001
Proline	g	0.006	0	0.028	0.002
Serine	g	0.003	0	0.014	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: 16 oz package
Measure 2: 1/12 package

NDB No. 19714 Frostings, sour cream-flavor, ready-to-eat, without added phosphorus, potassium

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 462g	Measure 2* 38g	Measure 3*
Proximates:							
Water	g	14.20	0.118	5	65.60	5.40	
Energy	kcal	412		0	1903	157	
Energy	kj	1724		0	7965	655	
Protein (N x 5.95)	g	0.10	0.018	5	0.46	0.04	
Total lipid (fat)	g	17.20	0.338	5	79.46	6.54	
Carbohydrate, by difference	g	67.60		0	312.31	25.69	
Fiber, total dietary	g	0.1		0	0.5	0.0	
Ash	g	0.80	0.013	5	3.70	0.30	
Sugars, total	g						
Minerals:							
Calcium	mg	2	0.450	2	9	1	
Iron	mg	0.07	0.008	6	0.32	0.03	
Magnesium	mg	2	1.650	2	9	1	
Phosphorus	mg	38		0	176	14	
Potassium	mg	39		0	180	15	
Sodium	mg	204	10.335	5	942	78	
Zinc	mg	0.01		1	0.05	0.00	
Copper	mg	0.010		1	0.046	0.004	
Manganese	mg	0.053		1	0.245	0.020	
Selenium	µg	0.6		0	2.8	0.2	
Vitamins:							
Ascorbic acid	mg	0.0		1	0.0	0.0	
Thiamin	mg	0.010	0.004	5	0.046	0.004	
Riboflavin	mg	0.020	0.010	2	0.092	0.008	
Niacin	mg	0.668	0.153	5	3.086	0.254	
Pantothenic acid	mg	0.040		1	0.185	0.015	
Vitamin B-6	mg	0.004		1	0.018	0.002	
Folate	µg	1		1	5	0	
Vitamin B-12	µg	0.01		1	0.05	0.00	
Vitamin A	IU	401		1	1853	152	
Vitamin A, RE	µg	122		0	564	46	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	5.010		0	23.146	1.904	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g	2.380		3	10.996	0.904	
17:0	g						
18:0	g	2.570		3	11.873	0.977	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	8.990	0	41.534	3.416
14:1	g				
16:1	g				
18:1	g	8.990	3	41.534	3.416
20:1	g				
22.1	g				
Polyunsaturated, total	g	2.340	0	10.811	0.889
18:2	g	2.240	3	10.349	0.851
18:3	g	0.090	3	0.416	0.034
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	0	1	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.002	0	0.009	0.001
Threonine	g	0.003	0	0.014	0.001
Isoleucine	g	0.005	0	0.023	0.002
Leucine	g	0.008	0	0.037	0.003
Lysine	g	0.005	0	0.023	0.002
Methionine	g	0.002	0	0.009	0.001
Cystine	g	0.002	0	0.009	0.001
Phenylalanine	g	0.005	0	0.023	0.002
Tyrosine	g	0.004	0	0.018	0.002
Valine	g	0.005	0	0.023	0.002
Arginine	g	0.004	0	0.018	0.002
Histidine	g	0.002	0	0.009	0.001
Alanine	g	0.004	0	0.018	0.002
Aspartic acid	g	0.005	0	0.023	0.002
Glutamic acid	g	0.033	0	0.152	0.013
Glycine	g	0.003	0	0.014	0.001
Proline	g	0.012	0	0.055	0.005
Serine	g	0.006	0	0.028	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: 16 oz package
Measure 2: 1/12 package

NDB No. 19715 Frostings, vanilla, creamy, ready-to-eat, without added phosphorus, vitamin A

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 462g	Measure 2* 38g	Measure 3*
Proximates:							
Water	g	13.20	0.318	11	60.98	5.02	
Energy	kcal	419		0	1936	159	
Energy	kj	1753		0	8099	666	
Protein (N x 5.95)	g	0.10	0.051	9	0.46	0.04	
Total lipid (fat)	g	16.80	0.324	13	77.62	6.38	
Carbohydrate, by difference	g	69.40		0	320.63	26.37	
Fiber, total dietary	g	0.1		0	0.5	0.0	
Ash	g	0.50	0.048	10	2.31	0.19	
Sugars, total	g						
Minerals:							
Calcium	mg	3	0.152	6	14	1	
Iron	mg	0.11	0.024	4	0.51	0.04	
Magnesium	mg	1	0.211	4	5	0	
Phosphorus	mg	3		0	14	1	
Potassium	mg	37	2.141	7	171	14	
Sodium	mg	90	24.752	10	416	34	
Zinc	mg	0.00	0.000	3	0.00	0.00	
Copper	mg	0.007	0.007	3	0.032	0.003	
Manganese	mg	0.040		0	0.185	0.015	
Selenium	µg	0.6		0	2.8	0.2	
Vitamins:							
Ascorbic acid	mg	0.0	0.000	2	0.0	0.0	
Thiamin	mg	0.000	0.000	3	0.000	0.000	
Riboflavin	mg	0.006	0.000	5	0.028	0.002	
Niacin	mg	0.011	0.000	5	0.051	0.004	
Pantothenic acid	mg	0.000	0.000	2	0.000	0.000	
Vitamin B-6	mg	0.000	0.000	3	0.000	0.000	
Folate	µg	0	0.000	3	0	0	
Vitamin B-12	µg	0.00	0.000	3	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	4.890		0	22.592	1.858	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g	2.320		3	10.718	0.882	
17:0	g						
18:0	g	2.510		3	11.596	0.954	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	8.770	0	40.517	3.333
14:1	g				
16:1	g				
18:1	g	8.770	3	40.517	3.333
20:1	g				
22.1	g				
Polyunsaturated, total	g	2.280	0	10.534	0.866
18:2	g	2.190	3	10.118	0.832
18:3	g	0.090	3	0.416	0.034
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	0	1	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.002	0	0.009	0.001
Threonine	g	0.006	0	0.028	0.002
Isoleucine	g	0.007	0	0.032	0.003
Leucine	g	0.014	0	0.065	0.005
Lysine	g	0.009	0	0.042	0.003
Methionine	g	0.003	0	0.014	0.001
Cystine	g	0.002	0	0.009	0.001
Phenylalanine	g	0.006	0	0.028	0.002
Tyrosine	g	0.006	0	0.028	0.002
Valine	g	0.008	0	0.037	0.003
Arginine	g	0.005	0	0.023	0.002
Histidine	g	0.004	0	0.018	0.002
Alanine	g	0.006	0	0.028	0.002
Aspartic acid	g	0.010	0	0.046	0.004
Glutamic acid	g	0.027	0	0.125	0.010
Glycine	g	0.003	0	0.014	0.001
Proline	g	0.012	0	0.055	0.005
Serine	g	0.007	0	0.032	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: 16 oz package
Measure 2: 1/12 package

NDB No. 19717 Frozen desserts, ice pops, with added ascorbic acid

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 52g	Measure 2* 128g	Measure 3* 88g
Proximates:							
Water	g	80.00		1	41.60	102.40	70.40
Energy	kcal	72		0	37	92	63
Energy	kj	301		0	157	385	265
Protein (N x 5.95)	g	0.00		1	0.00	0.00	0.00
Total lipid (fat)	g	0.00		1	0.00	0.00	0.00
Carbohydrate, by difference	g	18.90		0	9.83	24.19	16.63
Fiber, total dietary	g	0.0		0	0.0	0.0	0.0
Ash	g	1.10		1	0.57	1.41	0.97
Sugars, total	g						
Minerals:							
Calcium	mg	0		1	0	0	0
Iron	mg	0.00		1	0.00	0.00	0.00
Magnesium	mg	1		1	1	1	1
Phosphorus	mg	0		1	0	0	0
Potassium	mg	4	1.888	3	2	5	4
Sodium	mg	12	0.627	3	6	15	11
Zinc	mg	0.02		1	0.01	0.03	0.02
Copper	mg	0.009		1	0.005	0.012	0.008
Manganese	mg	0.006		1	0.003	0.008	0.005
Selenium	µg	0.0		0	0.0	0.0	0.0
Vitamins:							
Ascorbic acid	mg	10.7		0	5.6	13.7	9.4
Thiamin	mg	0.000		1	0.000	0.000	0.000
Riboflavin	mg	0.000		1	0.000	0.000	0.000
Niacin	mg	0.000		1	0.000	0.000	0.000
Pantothenic acid	mg	0.001		1	0.001	0.001	0.001
Vitamin B-6	mg	0.000		1	0.000	0.000	0.000
Folate	µg	0		1	0	0	0
Vitamin B-12	µg	0.00		1	0.00	0.00	0.00
Vitamin A	IU	0		1	0	0	0
Vitamin A, RE	µg	0		0	0	0	0
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.000		0	0.000	0.000	0.000
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	1	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 bar (1.75 fl oz)
Measure 2: 1 double stick
Measure 3: 1 single stick

NDB No. 19719 Jams and preserves, apricot

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 20g	Measure 2* 14g	Measure 3*
Proximates:							
Water	g	34.50	0.810	6	6.90	4.83	
Energy	kcal	242		0	48	34	
Energy	kj	1013		0	203	142	
Protein (N x 5.95)	g	0.70	0.106	11	0.14	0.10	
Total lipid (fat)	g	0.20	0.029	8	0.04	0.03	
Carbohydrate, by difference	g	64.40		0	12.88	9.02	
Fiber, total dietary	g	1.2		0	0.2	0.2	
Ash	g	0.20		1	0.04	0.03	
Sugars, total	g						
Minerals:							
Calcium	mg	20		1	4	3	
Iron	mg	0.49	0.070	3	0.10	0.07	
Magnesium	mg	4		1	1	1	
Phosphorus	mg	11		1	2	2	
Potassium	mg	77	2.028	3	15	11	
Sodium	mg	40	9.735	3	8	6	
Zinc	mg	0.06	0.022	4	0.01	0.01	
Copper	mg	0.100		1	0.020	0.014	
Manganese	mg	0.040		1	0.008	0.006	
Selenium	µg	2.0		0	0.4	0.3	
Vitamins:							
Ascorbic acid	mg	8.8	8.195	2	1.8	1.2	
Thiamin	mg	0.000		1	0.000	0.000	
Riboflavin	mg	0.022		1	0.004	0.003	
Niacin	mg	0.036		1	0.007	0.005	
Pantothenic acid	mg	0.020		1	0.004	0.003	
Vitamin B-6	mg	0.020	0.001	2	0.004	0.003	
Folate	µg	33		1	7	5	
Vitamin B-12	µg	0.00		1	0.00	0.00	
Vitamin A	IU	205		0	41	29	
Vitamin A, RE	µg	20		0	4	3	
Vitamin E, α-TE	mg	0.000		0	0.000	0.000	
Lipids:							
Saturated, total	g	0.010		0	0.002	0.001	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.000		0	0.000	0.000	
15.0	g						
16:0	g	0.010		1	0.002	0.001	
17:0	g						
18:0	g	0.000		1	0.000	0.000	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.110	0	0.022	0.015
14:1	g				
16:1	g	0.000	1	0.000	0.000
18:1	g	0.020	1	0.004	0.003
20:1	g	0.050	1	0.010	0.007
22.1	g	0.040	1	0.008	0.006
Polyunsaturated, total	g	0.000	0	0.000	0.000
18:2	g	0.000	0	0.000	0.000
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	1	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.008	0	0.002	0.001
Threonine	g	0.023	0	0.005	0.003
Isoleucine	g	0.017	0	0.003	0.002
Leucine	g	0.037	0	0.007	0.005
Lysine	g	0.030	0	0.006	0.004
Methionine	g	0.001	0	0.000	0.000
Cystine	g	0.006	0	0.001	0.001
Phenylalanine	g	0.021	0	0.004	0.003
Tyrosine	g	0.025	0	0.005	0.004
Valine	g	0.021	0	0.004	0.003
Arginine	g	0.032	0	0.006	0.004
Histidine	g	0.014	0	0.003	0.002
Alanine	g	0.037	0	0.007	0.005
Aspartic acid	g	0.166	0	0.033	0.023
Glutamic acid	g	0.109	0	0.022	0.015
Glycine	g	0.029	0	0.006	0.004
Proline	g	0.023	0	0.005	0.003
Serine	g	0.028	0	0.006	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 tablespoon
Measure 2: 1 packet (0.5 oz)

NDB No. 19720 Syrups, table blends, pancake, with 2% maple, with added potassium

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 315g	Measure 2* 20g	Measure 3*
Proximates:							
Water	g	30.10	1.274	3	94.81	6.02	
Energy	kcal	265		0	835	53	
Energy	kj	1109		0	3493	222	
Protein (N x 5.95)	g	0.00		1	0.00	0.00	
Total lipid (fat)	g	0.10	0.060	3	0.32	0.02	
Carbohydrate, by difference	g	69.60		0	219.24	13.92	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.20	0.064	3	0.63	0.04	
Sugars, total	g						
Minerals:							
Calcium	mg	5	0.050	2	16	1	
Iron	mg	0.07	0.000	2	0.22	0.01	
Magnesium	mg	2	0.200	2	6	0	
Phosphorus	mg	10	2.050	2	32	2	
Potassium	mg	22		0	69	4	
Sodium	mg	61	10.136	7	192	12	
Zinc	mg	0.23	0.025	2	0.72	0.05	
Copper	mg	0.045	0.015	2	0.142	0.009	
Manganese	mg	0.185	0.005	2	0.583	0.037	
Selenium	µg	0.6		0	1.9	0.1	
Vitamins:							
Ascorbic acid	mg	0.0		1	0.0	0.0	
Thiamin	mg	0.005	0.003	2	0.016	0.001	
Riboflavin	mg	0.017	0.015	2	0.054	0.003	
Niacin	mg	0.020		1	0.063	0.004	
Pantothenic acid	mg	0.008	0.008	2	0.025	0.002	
Vitamin B-6	mg	0.000	0.000	2	0.000	0.000	
Folate	µg	0	0.000	2	0	0	
Vitamin B-12	µg	0.00		1	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	0.000		0	0.000	0.000	
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	1	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
Cystine	g				
Phenylalanine	g				
Tyrosine	g				
Valine	g				
Arginine	g				
Histidine	g				
Alanine	g				
Aspartic acid	g				
Glutamic acid	g				
Glycine	g				
Proline	g				
Serine	g				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 tablespoon

NDB No. 19800 Snacks, corn cakes, very 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* 9g	Measure 2* 18g	Measure 3*
Proximates:							
Water	g	4.60		1	0.41	0.83	
Energy	kcal	387		0	35	70	
Energy	kj	1619		0	146	291	
Protein (N x 5.95)	g	8.10		1	0.73	1.46	
Total lipid (fat)	g	2.40		1	0.22	0.43	
Carbohydrate, by difference	g	83.40		0	7.51	15.01	
Fiber, total dietary	g						
Ash	g	1.50		1	0.14	0.27	
Sugars, total	g						
Minerals:							
Calcium	mg	19		1	2	3	
Iron	mg	1.40		1	0.13	0.25	
Magnesium	mg	114		1	10	21	
Phosphorus	mg	157		1	14	28	
Potassium	mg	157		1	14	28	
Sodium	mg	28		1	3	5	
Zinc	mg	2.00		1	0.18	0.36	
Copper	mg	0.420		1	0.038	0.076	
Manganese	mg	1.815		1	0.163	0.327	
Selenium	µg	9.9		0	0.9	1.8	
Vitamins:							
Ascorbic acid	mg	0.0		1	0.0	0.0	
Thiamin	mg	0.250		1	0.023	0.045	
Riboflavin	mg	0.050		1	0.005	0.009	
Niacin	mg	5.150		1	0.464	0.927	
Pantothenic acid	mg	0.830		1	0.075	0.149	
Vitamin B-6	mg	0.140		1	0.013	0.025	
Folate	µg	19		1	2	3	
Vitamin B-12	µg	0.00		1	0.00	0.00	
Vitamin A	IU	242		1	22	44	
Vitamin A, RE	µg	24		0	2	4	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.420		0	0.038	0.076	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g	0.000		1	0.000	0.000	
14:0	g	0.010		1	0.001	0.002	
15.0	g						
16:0	g	0.360		1	0.032	0.065	
17:0	g						
18:0	g	0.040		1	0.004	0.007	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.760	0	0.068	0.137
14:1	g				
16:1	g	0.010	1	0.001	0.002
18:1	g	0.760	1	0.068	0.137
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.930	0	0.084	0.167
18:2	g	0.890	1	0.080	0.160
18:3	g	0.030	1	0.003	0.005
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	0	1	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.081	0	0.007	0.015
Threonine	g	0.301	0	0.027	0.054
Isoleucine	g	0.316	0	0.028	0.057
Leucine	g	0.837	0	0.075	0.151
Lysine	g	0.267	0	0.024	0.048
Methionine	g	0.177	0	0.016	0.032
Cystine	g	0.124	0	0.011	0.022
Phenylalanine	g	0.408	0	0.037	0.073
Tyrosine	g	0.317	0	0.029	0.057
Valine	g	0.442	0	0.040	0.080
Arginine	g	0.506	0	0.046	0.091
Histidine	g	0.227	0	0.020	0.041
Alanine	g	0.540	0	0.049	0.097
Aspartic acid	g	0.659	0	0.059	0.119
Glutamic acid	g	1.584	0	0.143	0.285
Glycine	g	0.365	0	0.033	0.066
Proline	g	0.548	0	0.049	0.099
Serine	g	0.402	0	0.036	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 cake
Measure 2: 2 cakes

NDB No. 19802 Snacks, corn-based, extruded, puffs or twists, cheese-flavor, enriched

Refuse: 0%

Nutrients 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* 227g	Measure 3*
Proximates:							
Water	g	1.50	0.038	156	0.43	3.40	
Energy	kcal	554		0	157	1258	
Energy	kj	2318		0	657	5262	
Protein (N x 5.95)	g	7.60	0.148	139	2.15	17.25	
Total lipid (fat)	g	34.40	0.236	151	9.75	78.09	
Carbohydrate, by difference	g	53.80		0	15.25	122.13	
Fiber, total dietary	g	1.1		0	0.3	2.5	
Ash	g	2.70	0.048	121	0.77	6.13	
Sugars, total	g						
Minerals:							
Calcium	mg	58	1.197	158	16	132	
Iron	mg	1.10		1	0.31	2.50	
Magnesium	mg	18	0.246	150	5	41	
Phosphorus	mg	108	2.660	151	31	245	
Potassium	mg	166	2.529	154	47	377	
Sodium	mg	1050	15.620	165	298	2384	
Zinc	mg	0.38	0.019	120	0.11	0.86	
Copper	mg	0.063	0.006	79	0.018	0.143	
Manganese	mg	0.071	0.003	110	0.020	0.161	
Selenium	µg	3.0		0	0.9	6.8	
Vitamins:							
Ascorbic acid	mg	0.2	0.050	20	0.1	0.5	
Thiamin	mg	0.260		0	0.074	0.590	
Riboflavin	mg	0.200		0	0.057	0.454	
Niacin	mg	1.180		0	0.335	2.679	
Pantothenic acid	mg	0.374	0.041	7	0.106	0.849	
Vitamin B-6	mg	0.133	0.007	26	0.038	0.302	
Folate	µg	120		1	34	272	
Vitamin B-12	µg	0.14		1	0.04	0.32	
Vitamin A	IU	265	14.548	56	75	602	
Vitamin A, RE	µg	34		0	10	77	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	6.590		0	1.868	14.959	
4:0	g	0.030		3	0.009	0.068	
6.0	g						
8:0	g						
10:0	g						
12:0	g	0.060		3	0.017	0.136	
14:0	g	0.240		3	0.068	0.545	
15.0	g						
16:0	g	4.250		3	1.205	9.648	
17:0	g						
18:0	g	2.000		3	0.567	4.540	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	20.280		0	5.749	46.036
14:1	g					
16:1	g	0.130		3	0.037	0.295
18:1	g	20.160		3	5.715	45.763
20:1	g					
22.1	g					
Polyunsaturated, total	g	4.760		0	1.349	10.805
18:2	g	4.570		3	1.296	10.374
18:3	g	0.190		3	0.054	0.431
18:4	g					
20:4	g					
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	4	0.172	63	1	9
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.094		0	0.027	0.213
Threonine	g	0.391		0	0.111	0.888
Isoleucine	g	0.366		0	0.104	0.831
Leucine	g	0.783		0	0.222	1.777
Lysine	g	0.456		0	0.129	1.035
Methionine	g	0.151		0	0.043	0.343
Cystine	g	0.138		0	0.039	0.313
Phenylalanine	g	0.299		0	0.085	0.679
Tyrosine	g	0.258		0	0.073	0.586
Valine	g	0.404		0	0.115	0.917
Arginine	g	0.283		0	0.080	0.642
Histidine	g	0.181		0	0.051	0.411
Alanine	g	0.424		0	0.120	0.962
Aspartic acid	g	0.645		0	0.183	1.464
Glutamic acid	g	1.387		0	0.393	3.148
Glycine	g	0.217		0	0.062	0.493
Proline	g	0.558		0	0.158	1.267
Serine	g	0.367		0	0.104	0.833
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

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

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 8 oz bag

NDB No. 19803 Snacks, corn-based, extruded, chips, plain, made with enriched masa flour

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1*	Measure 2*	Measure 3*
Proximates:							
Water	g	1.00		0			
Energy	kcal	539		0			
Energy	kj	2255		0			
Protein (N x 5.95)	g	6.60		0			
Total lipid (fat)	g	33.40		0			
Carbohydrate, by difference	g	56.90		0			
Fiber, total dietary	g	4.9		0			
Ash	g	2.20		0			
Sugars, total	g						
Minerals:							
Calcium	mg	127		0			
Iron	mg	6.60		1			
Magnesium	mg	76		0			
Phosphorus	mg	185		0			
Potassium	mg	142		0			
Sodium	mg	630		0			
Zinc	mg	1.26		0			
Copper	mg	0.161		0			
Manganese	mg	0.381		0			
Selenium	µg	11.3		0			
Vitamins:							
Ascorbic acid	mg	0.0		0			
Thiamin	mg	0.480		1			
Riboflavin	mg	0.560		1			
Niacin	mg	7.200		1			
Pantothenic acid	mg	0.394		0			
Vitamin B-6	mg	0.242		0			
Folate	µg	275		1			
Vitamin B-12	µg	0.00		0			
Vitamin A	IU	94		0			
Vitamin A, RE	µg	9		0			
Vitamin E, α-TE	mg	1.360		0			
Lipids:							
Saturated, total	g	4.550		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	3.570		0			
17:0	g						
18:0	g	0.970		0			
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	9.660	0
14:1	g		
16:1	g	0.090	0
18:1	g	9.570	0
20:1	g	0.000	0
22.1	g	0.000	0
Polyunsaturated, total	g	16.480	0
18:2	g	15.230	0
18:3	g	1.260	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	0	0
Amino acids:			
Tryptophan	g	0.046	0
Threonine	g	0.246	0
Isoleucine	g	0.235	0
Leucine	g	0.803	0
Lysine	g	0.185	0
Methionine	g	0.137	0
Cystine	g	0.119	0
Phenylalanine	g	0.322	0
Tyrosine	g	0.266	0
Valine	g	0.331	0
Arginine	g	0.326	0
Histidine	g	0.200	0
Alanine	g	0.491	0
Aspartic acid	g	0.456	0
Glutamic acid	g	1.230	0
Glycine	g	0.269	0
Proline	g	0.572	0
Serine	g	0.312	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. 19804 Snacks, corn-based, extruded, chips, barbecue-flavor, made with enriched masa flour

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2*	Measure 3*
Proximates:							
Water	g	1.20		0	0.34		
Energy	kcal	523		0	148		
Energy	kj	2188		0	620		
Protein (N x 5.95)	g	7.00		0	1.98		
Total lipid (fat)	g	32.70		0	9.27		
Carbohydrate, by difference	g	56.20		0	15.93		
Fiber, total dietary	g						
Ash	g	2.80		0	0.79		
Sugars, total	g						
Minerals:							
Calcium	mg	131		0	37		
Iron	mg	4.90		0	1.39		
Magnesium	mg	77		0	22		
Phosphorus	mg	207		0	59		
Potassium	mg	236		0	67		
Sodium	mg	763		0	216		
Zinc	mg	1.06		0	0.30		
Copper	mg	0.166		0	0.047		
Manganese	mg	0.774		0	0.219		
Selenium	µg	6.7		0	1.9		
Vitamins:							
Ascorbic acid	mg	1.7		0	0.5		
Thiamin	mg	0.420		1	0.119		
Riboflavin	mg	0.480		1	0.136		
Niacin	mg	6.300		1	1.786		
Pantothenic acid	mg	0.143		0	0.041		
Vitamin B-6	mg	0.230		0	0.065		
Folate	µg	200		1	57		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	611		0	173		
Vitamin A, RE	µg	61		0	17		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	4.460		0	1.264		
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	3.510		0	0.995		
17:0	g						
18:0	g	0.960		0	0.272		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	9.480	0	2.688
14:1	g			
16:1	g	0.090	0	0.026
18:1	g	9.390	0	2.662
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	16.170	0	4.584
18:2	g	14.940	0	4.235
18:3	g	1.230	0	0.349
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	0.063	0	0.018
Threonine	g	0.279	0	0.079
Isoleucine	g	0.277	0	0.079
Leucine	g	0.747	0	0.212
Lysine	g	0.284	0	0.081
Methionine	g	0.134	0	0.038
Cystine	g	0.119	0	0.034
Phenylalanine	g	0.333	0	0.094
Tyrosine	g	0.273	0	0.077
Valine	g	0.357	0	0.101
Arginine	g	0.373	0	0.106
Histidine	g	0.200	0	0.057
Alanine	g	0.475	0	0.135
Aspartic acid	g	0.586	0	0.166
Glutamic acid	g	1.243	0	0.352
Glycine	g	0.293	0	0.083
Proline	g	0.521	0	0.148
Serine	g	0.337	0	0.096
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

*** Common Measures:**
Measure 1: 1 oz

NDB No. 19806 Snacks, popcorn, air-popped, white popcorn

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 8g	Measure 2* 28g	Measure 3*
Proximates:							
Water	g	4.10	0.289	3	0.33	1.16	
Energy	kcal	382		0	31	108	
Energy	kj	1598		0	128	453	
Protein (N x 5.95)	g	12.00	0.569	3	0.96	3.40	
Total lipid (fat)	g	4.20	1.185	3	0.34	1.19	
Carbohydrate, by difference	g	77.90		0	6.23	22.08	
Fiber, total dietary	g	15.1		0	1.2	4.3	
Ash	g	1.80	0.088	3	0.14	0.51	
Sugars, total	g						
Minerals:							
Calcium	mg	10	1.739	3	1	3	
Iron	mg	2.66	0.300	3	0.21	0.75	
Magnesium	mg	131	16.063	4	10	37	
Phosphorus	mg	300	49.950	3	24	85	
Potassium	mg	301	28.884	3	24	85	
Sodium	mg	4	0.450	2	0	1	
Zinc	mg	3.44	0.381	3	0.28	0.98	
Copper	mg	0.420	0.080	3	0.034	0.119	
Manganese	mg	0.943	0.092	3	0.075	0.267	
Selenium	µg	9.9		0	0.8	2.8	
Vitamins:							
Ascorbic acid	mg	0.0	0.000	2	0.0	0.0	
Thiamin	mg	0.203	0.024	4	0.016	0.058	
Riboflavin	mg	0.283	0.063	4	0.023	0.080	
Niacin	mg	1.944	0.053	4	0.156	0.551	
Pantothenic acid	mg	0.420	0.077	5	0.034	0.119	
Vitamin B-6	mg	0.245	0.039	4	0.020	0.069	
Folate	µg	23	2.500	2	2	7	
Vitamin B-12	µg	0.00		1	0.00	0.00	
Vitamin A	IU	27		0	2	8	
Vitamin A, RE	µg	3		0	0	1	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.570		0	0.046	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	0.500		1	0.040	0.142	
17:0	g						
18:0	g	0.070		1	0.006	0.020	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.100	0	0.088	0.312
14:1	g				
16:1	g	0.000	1	0.000	0.000
18:1	g	1.100	1	0.088	0.312
20:1	g				
22.1	g				
Polyunsaturated, total	g	1.900	0	0.152	0.539
18:2	g	1.840	1	0.147	0.522
18:3	g	0.060	1	0.005	0.017
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	0	1	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.085	0	0.007	0.024
Threonine	g	0.452	0	0.036	0.128
Isoleucine	g	0.431	0	0.034	0.122
Leucine	g	1.473	0	0.118	0.418
Lysine	g	0.338	0	0.027	0.096
Methionine	g	0.252	0	0.020	0.071
Cystine	g	0.217	0	0.017	0.062
Phenylalanine	g	0.590	0	0.047	0.167
Tyrosine	g	0.488	0	0.039	0.138
Valine	g	0.607	0	0.049	0.172
Arginine	g	0.598	0	0.048	0.170
Histidine	g	0.367	0	0.029	0.104
Alanine	g	0.900	0	0.072	0.255
Aspartic acid	g	0.836	0	0.067	0.237
Glutamic acid	g	2.255	0	0.180	0.639
Glycine	g	0.492	0	0.039	0.139
Proline	g	1.048	0	0.084	0.297
Serine	g	0.571	0	0.046	0.162
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

NDB No. 19807 Snacks, popcorn, oil-popped, white popcorn

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 11g	Measure 2* 28g	Measure 3*
Proximates:							
Water	g	2.80	0.152	50	0.31	0.79	
Energy	kcal	500		0	55	142	
Energy	kj	2092		0	230	593	
Protein (N x 5.95)	g	9.00	0.264	32	0.99	2.55	
Total lipid (fat)	g	28.10	1.074	40	3.09	7.97	
Carbohydrate, by difference	g	57.20		0	6.29	16.22	
Fiber, total dietary	g	10.0		0	1.1	2.8	
Ash	g	2.90	0.215	32	0.32	0.82	
Sugars, total	g						
Minerals:							
Calcium	mg	10	1.080	55	1	3	
Iron	mg	2.78	0.091	63	0.31	0.79	
Magnesium	mg	108	3.123	50	12	31	
Phosphorus	mg	250	7.888	49	28	71	
Potassium	mg	225	9.120	51	25	64	
Sodium	mg	884	65.964	29	97	251	
Zinc	mg	2.64	0.094	52	0.29	0.75	
Copper	mg	0.221	0.010	48	0.024	0.063	
Manganese	mg	0.879	0.031	48	0.097	0.249	
Selenium	µg	7.3		0	0.8	2.1	
Vitamins:							
Ascorbic acid	mg	0.3	0.195	5	0.0	0.1	
Thiamin	mg	0.134	0.021	20	0.015	0.038	
Riboflavin	mg	0.136	0.015	23	0.015	0.039	
Niacin	mg	1.550	0.059	20	0.171	0.439	
Pantothenic acid	mg	0.305	0.053	7	0.034	0.086	
Vitamin B-6	mg	0.209	0.017	6	0.023	0.059	
Folate	µg	17	1.686	3	2	5	
Vitamin B-12	µg	0.00		1	0.00	0.00	
Vitamin A	IU	11		0	1	3	
Vitamin A, RE	µg	2		0	0	1	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	4.890		0	0.538	1.386	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.070		1	0.008	0.020	
15.0	g						
16:0	g	3.860		1	0.425	1.094	
17:0	g						
18:0	g	0.960		1	0.106	0.272	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	8.170		0	0.899	2.316
14:1	g					
16:1	g	0.050		1	0.006	0.014
18:1	g	8.120		1	0.893	2.302
20:1	g					
22.1	g					
Polyunsaturated, total	g	13.420		0	1.476	3.805
18:2	g	12.680		1	1.395	3.595
18:3	g	0.730		1	0.080	0.207
18:4	g					
20:4	g					
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	0	0.000	6	0	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.063		0	0.007	0.018
Threonine	g	0.338		0	0.037	0.096
Isoleucine	g	0.323		0	0.036	0.092
Leucine	g	1.103		0	0.121	0.313
Lysine	g	0.253		0	0.028	0.072
Methionine	g	0.189		0	0.021	0.054
Cystine	g	0.163		0	0.018	0.046
Phenylalanine	g	0.442		0	0.049	0.125
Tyrosine	g	0.366		0	0.040	0.104
Valine	g	0.455		0	0.050	0.129
Arginine	g	0.448		0	0.049	0.127
Histidine	g	0.275		0	0.030	0.078
Alanine	g	0.674		0	0.074	0.191
Aspartic acid	g	0.626		0	0.069	0.177
Glutamic acid	g	1.689		0	0.186	0.479
Glycine	g	0.369		0	0.041	0.105
Proline	g	0.785		0	0.086	0.223
Serine	g	0.428		0	0.047	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: 1 cup
Measure 2: 1 oz

NDB No. 19809 Snacks, potato chips, plain, made with partially hydrogenated soybean oil, salted

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 227g	Measure 3*
Proximates:							
Water	g	1.90	0.053	191	0.54	4.31	
Energy	kcal	536		0	152	1217	
Energy	kj	2243		0	636	5092	
Protein (N x 5.95)	g	7.00	0.122	145	1.98	15.89	
Total lipid (fat)	g	34.60	0.247	158	9.81	78.54	
Carbohydrate, by difference	g	52.90		0	15.00	120.08	
Fiber, total dietary	g	4.8		0	1.4	10.9	
Ash	g	3.60	0.068	157	1.02	8.17	
Sugars, total	g						
Minerals:							
Calcium	mg	24	0.517	223	7	54	
Iron	mg	1.63	0.028	248	0.46	3.70	
Magnesium	mg	67	0.605	240	19	152	
Phosphorus	mg	165	2.256	237	47	375	
Potassium	mg	1275	11.564	234	361	2894	
Sodium	mg	594	9.375	251	168	1348	
Zinc	mg	1.09	0.048	88	0.31	2.47	
Copper	mg	0.306	0.009	218	0.087	0.695	
Manganese	mg	0.440	0.010	210	0.125	0.999	
Selenium	µg	8.1		0	2.3	18.4	
Vitamins:							
Ascorbic acid	mg	31.1	1.498	93	8.8	70.6	
Thiamin	mg	0.167	0.008	125	0.047	0.379	
Riboflavin	mg	0.197	0.013	122	0.056	0.447	
Niacin	mg	3.827	0.133	129	1.085	8.687	
Pantothenic acid	mg	0.402	0.031	24	0.114	0.913	
Vitamin B-6	mg	0.660	0.029	73	0.187	1.498	
Folate	µg	45	0.735	24	13	102	
Vitamin B-12	µg						
Vitamin A	IU	0	0.000	5	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	5.430		0	1.539	12.326	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g	3.970		1	1.125	9.012	
17:0	g						
18:0	g	1.460		1	0.414	3.314	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	18.000		0	5.103	40.860
14:1	g					
16:1	g					
18:1	g	17.930		1	5.083	40.701
20:1	g	0.070		1	0.020	0.159
22.1	g					
Polyunsaturated, total	g	9.160		0	2.597	20.793
18:2	g	8.900		1	2.523	20.203
18:3	g	0.260		1	0.074	0.590
18:4	g					
20:4	g					
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	0	0.000	24	0	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.108		0	0.031	0.245
Threonine	g	0.253		0	0.072	0.574
Isoleucine	g	0.283		0	0.080	0.642
Leucine	g	0.419		0	0.119	0.951
Lysine	g	0.424		0	0.120	0.962
Methionine	g	0.110		0	0.031	0.250
Cystine	g	0.089		0	0.025	0.202
Phenylalanine	g	0.310		0	0.088	0.704
Tyrosine	g	0.259		0	0.073	0.588
Valine	g	0.392		0	0.111	0.890
Arginine	g	0.321		0	0.091	0.729
Histidine	g	0.153		0	0.043	0.347
Alanine	g	0.214		0	0.061	0.486
Aspartic acid	g	1.706		0	0.484	3.873
Glutamic acid	g	1.170		0	0.332	2.656
Glycine	g	0.207		0	0.059	0.470
Proline	g	0.251		0	0.071	0.570
Serine	g	0.303		0	0.086	0.688
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

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

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 8 oz bag

NDB No. 19810 Snacks, potato chips, plain, made with partially hydrogenated soybean oil, unsalted

Refuse: 0%

Nutrients 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* 227g	Measure 3*
Proximates:							
Water	g	1.90	0.053	191	0.54	4.31	
Energy	kcal	536		0	152	1217	
Energy	kj	2243		0	636	5092	
Protein (N x 5.95)	g	7.00	0.122	145	1.98	15.89	
Total lipid (fat)	g	34.60	0.247	158	9.81	78.54	
Carbohydrate, by difference	g	52.90		0	15.00	120.08	
Fiber, total dietary	g	4.8		0	1.4	10.9	
Ash	g	3.60	0.068	157	1.02	8.17	
Sugars, total	g						
Minerals:							
Calcium	mg	24	0.517	223	7	54	
Iron	mg	1.63	0.028	248	0.46	3.70	
Magnesium	mg	67	0.605	240	19	152	
Phosphorus	mg	165	2.256	237	47	375	
Potassium	mg	1275	11.564	234	361	2894	
Sodium	mg	8		0	2	18	
Zinc	mg	1.09	0.048	88	0.31	2.47	
Copper	mg	0.306	0.009	218	0.087	0.695	
Manganese	mg	0.440	0.010	210	0.125	0.999	
Selenium	µg	8.1		0	2.3	18.4	
Vitamins:							
Ascorbic acid	mg	31.1	1.498	93	8.8	70.6	
Thiamin	mg	0.167	0.008	125	0.047	0.379	
Riboflavin	mg	0.197	0.013	122	0.056	0.447	
Niacin	mg	3.827	0.133	129	1.085	8.687	
Pantothenic acid	mg	0.402	0.031	24	0.114	0.913	
Vitamin B-6	mg	0.660	0.029	73	0.187	1.498	
Folate	µg	45	0.735	24	13	102	
Vitamin B-12	µg						
Vitamin A	IU	0	0.000	5	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	5.430		0	1.539	12.326	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g	3.970		1	1.125	9.012	
17:0	g						
18:0	g	1.460		1	0.414	3.314	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	18.000		0	5.103	40.860
14:1	g					
16:1	g					
18:1	g	17.930		1	5.083	40.701
20:1	g	0.070		1	0.020	0.159
22.1	g					
Polyunsaturated, total	g	9.160		0	2.597	20.793
18:2	g	8.900		1	2.523	20.203
18:3	g	0.260		1	0.074	0.590
18:4	g					
20:4	g					
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	0	0.000	24	0	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.108		0	0.031	0.245
Threonine	g	0.253		0	0.072	0.574
Isoleucine	g	0.283		0	0.080	0.642
Leucine	g	0.419		0	0.119	0.951
Lysine	g	0.424		0	0.120	0.962
Methionine	g	0.110		0	0.031	0.250
Cystine	g	0.089		0	0.025	0.202
Phenylalanine	g	0.310		0	0.088	0.704
Tyrosine	g	0.259		0	0.073	0.588
Valine	g	0.392		0	0.111	0.890
Arginine	g	0.321		0	0.091	0.729
Histidine	g	0.153		0	0.043	0.347
Alanine	g	0.214		0	0.061	0.486
Aspartic acid	g	1.706		0	0.484	3.873
Glutamic acid	g	1.170		0	0.332	2.656
Glycine	g	0.207		0	0.059	0.470
Proline	g	0.251		0	0.071	0.570
Serine	g	0.303		0	0.086	0.688
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

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

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 8 oz bag

NDB No. 19811 Snacks, potato chips, plain, unsalted

Refuse: 0%

Nutrients 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* 227g	Measure 3*
Proximates:							
Water	g	1.90	0.053	191	0.54	4.31	
Energy	kcal	536		0	152	1217	
Energy	kj	2243		0	636	5092	
Protein (N x 5.95)	g	7.00	0.122	145	1.98	15.89	
Total lipid (fat)	g	34.60	0.247	158	9.81	78.54	
Carbohydrate, by difference	g	52.90		0	15.00	120.08	
Fiber, total dietary	g	4.8		0	1.4	10.9	
Ash	g	3.60	0.068	157	1.02	8.17	
Sugars, total	g						
Minerals:							
Calcium	mg	24	0.517	223	7	54	
Iron	mg	1.63	0.028	248	0.46	3.70	
Magnesium	mg	67	0.605	240	19	152	
Phosphorus	mg	165	2.256	237	47	375	
Potassium	mg	1275	11.564	234	361	2894	
Sodium	mg	8		0	2	18	
Zinc	mg	1.09	0.048	88	0.31	2.47	
Copper	mg	0.306	0.009	218	0.087	0.695	
Manganese	mg	0.440	0.010	210	0.125	0.999	
Selenium	µg	8.1		0	2.3	18.4	
Vitamins:							
Ascorbic acid	mg	31.1	1.498	93	8.8	70.6	
Thiamin	mg	0.167	0.008	125	0.047	0.379	
Riboflavin	mg	0.197	0.013	122	0.056	0.447	
Niacin	mg	3.827	0.133	129	1.085	8.687	
Pantothenic acid	mg	0.402	0.031	24	0.114	0.913	
Vitamin B-6	mg	0.660	0.029	73	0.187	1.498	
Folate	µg	45	0.735	24	13	102	
Vitamin B-12	µg	0.00		1	0.00	0.00	
Vitamin A	IU	0	0.000	5	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	4.880		0	1.383	11.078	
Lipids:							
Saturated, total	g	10.960		0	3.107	24.879	
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		31	0.000	0.000	
12:0	g	0.080		31	0.023	0.182	
14:0	g	0.300		31	0.085	0.681	
15.0	g						
16:0	g	9.320		31	2.642	21.156	
17:0	g						
18:0	g	1.110		31	0.315	2.520	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	9.840		0	2.790	22.337
14:1	g					
16:1	g	0.180		31	0.051	0.409
18:1	g	9.510		31	2.696	21.588
20:1	g	0.150		31	0.043	0.341
22.1	g	0.000		0	0.000	0.000
Polyunsaturated, total	g	12.170		0	3.450	27.626
18:2	g	11.980		31	3.396	27.195
18:3	g	0.190		31	0.054	0.431
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	0.000	24	0	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.108		0	0.031	0.245
Threonine	g	0.253		0	0.072	0.574
Isoleucine	g	0.283		0	0.080	0.642
Leucine	g	0.419		0	0.119	0.951
Lysine	g	0.424		0	0.120	0.962
Methionine	g	0.110		0	0.031	0.250
Cystine	g	0.089		0	0.025	0.202
Phenylalanine	g	0.310		0	0.088	0.704
Tyrosine	g	0.259		0	0.073	0.588
Valine	g	0.392		0	0.111	0.890
Arginine	g	0.321		0	0.091	0.729
Histidine	g	0.153		0	0.043	0.347
Alanine	g	0.214		0	0.061	0.486
Aspartic acid	g	1.706		0	0.484	3.873
Glutamic acid	g	1.170		0	0.332	2.656
Glycine	g	0.207		0	0.059	0.470
Proline	g	0.251		0	0.071	0.570
Serine	g	0.303		0	0.086	0.688
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

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

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 8 oz bag

NDB No. 19812 Snacks, pretzels, hard, plain, made with unenriched flour, salted

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 60g	Measure 3*
Proximates:							
Water	g	3.30	0.134	105	0.94	1.98	
Energy	kcal	381		0	108	229	
Energy	kj	1594		0	452	956	
Protein (N x 5.95)	g	9.10	0.126	85	2.58	5.46	
Total lipid (fat)	g	3.50	0.158	94	0.99	2.10	
Carbohydrate, by difference	g	79.20		0	22.45	47.52	
Fiber, total dietary	g	2.8		0	0.8	1.7	
Ash	g	4.90	0.179	82	1.39	2.94	
Sugars, total	g						
Minerals:							
Calcium	mg	36	1.651	101	10	22	
Iron	mg	1.67		0	0.47	1.00	
Magnesium	mg	35	0.954	85	10	21	
Phosphorus	mg	113	4.774	88	32	68	
Potassium	mg	146	3.832	104	41	88	
Sodium	mg	1715	61.055	87	486	1029	
Zinc	mg	0.85	0.035	74	0.24	0.51	
Copper	mg	0.264	0.028	68	0.075	0.158	
Manganese	mg	1.789	0.203	64	0.507	1.073	
Selenium	µg	5.8		0	1.6	3.5	
Vitamins:							
Ascorbic acid	mg	0.0	0.000	8	0.0	0.0	
Thiamin	mg	0.180		0	0.051	0.108	
Riboflavin	mg	0.100		0	0.028	0.060	
Niacin	mg	1.920		0	0.544	1.152	
Pantothenic acid	mg	0.288	0.076	2	0.082	0.173	
Vitamin B-6	mg	0.116	0.029	4	0.033	0.070	
Folate	µg	83		1	24	50	
Vitamin B-12	µg	0.00		1	0.00	0.00	
Vitamin A	IU	0	0.000	15	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.750		0	0.213	0.450	
4:0	g						
6.0	g						
8:0	g	0.010		7	0.003	0.006	
10:0	g	0.010		7	0.003	0.006	
12:0	g	0.030		7	0.009	0.018	
14:0	g	0.020		7	0.006	0.012	
15.0	g						
16:0	g	0.470		7	0.133	0.282	
17:0	g						
18:0	g	0.210		7	0.060	0.126	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.360		0	0.386	0.816
14:1	g					
16:1	g	0.020		4	0.006	0.012
18:1	g	1.350		7	0.383	0.810
20:1	g					
22.1	g					
Polyunsaturated, total	g	1.220		0	0.346	0.732
18:2	g	1.150		7	0.326	0.690
18:3	g	0.060		7	0.017	0.036
18:4	g					
20:4	g					
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	0	0.000	13	0	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.109		0	0.031	0.065
Threonine	g	0.259		0	0.073	0.155
Isoleucine	g	0.345		0	0.098	0.207
Leucine	g	0.636		0	0.180	0.382
Lysine	g	0.221		0	0.063	0.133
Methionine	g	0.164		0	0.046	0.098
Cystine	g	0.196		0	0.056	0.118
Phenylalanine	g	0.453		0	0.128	0.272
Tyrosine	g	0.266		0	0.075	0.160
Valine	g	0.392		0	0.111	0.235
Arginine	g	0.349		0	0.099	0.209
Histidine	g	0.201		0	0.057	0.121
Alanine	g	0.304		0	0.086	0.182
Aspartic acid	g	0.415		0	0.118	0.249
Glutamic acid	g	3.037		0	0.861	1.822
Glycine	g	0.327		0	0.093	0.196
Proline	g	1.018		0	0.289	0.611
Serine	g	0.447		0	0.127	0.268
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

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

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 10 twists

NDB No. 19813 Snacks, pretzels, hard, plain, made with unenriched flour, unsalted

Refuse: 0%

Nutrients 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* 60g	Measure 3*
Proximates:							
Water	g	3.30	0.134	105	0.94	1.98	
Energy	kcal	381		0	108	229	
Energy	kj	1594		0	452	956	
Protein (N x 5.95)	g	9.10	0.126	85	2.58	5.46	
Total lipid (fat)	g	3.50	0.158	94	0.99	2.10	
Carbohydrate, by difference	g	79.20		0	22.45	47.52	
Fiber, total dietary	g	2.8		0	0.8	1.7	
Ash	g	4.90	0.179	82	1.39	2.94	
Sugars, total	g						
Minerals:							
Calcium	mg	36	1.651	101	10	22	
Iron	mg	1.67		0	0.47	1.00	
Magnesium	mg	35	0.954	85	10	21	
Phosphorus	mg	113	4.774	88	32	68	
Potassium	mg	146	3.832	104	41	88	
Sodium	mg	289		0	82	173	
Zinc	mg	0.85	0.035	74	0.24	0.51	
Copper	mg	0.264	0.028	68	0.075	0.158	
Manganese	mg	1.789	0.203	64	0.507	1.073	
Selenium	µg	5.8		0	1.6	3.5	
Vitamins:							
Ascorbic acid	mg	0.0	0.000	8	0.0	0.0	
Thiamin	mg	0.180		0	0.051	0.108	
Riboflavin	mg	0.100		0	0.028	0.060	
Niacin	mg	1.920		0	0.544	1.152	
Pantothenic acid	mg	0.288	0.076	2	0.082	0.173	
Vitamin B-6	mg	0.116	0.029	4	0.033	0.070	
Folate	µg	83		1	24	50	
Vitamin B-12	µg	0.00		1	0.00	0.00	
Vitamin A	IU	0	0.000	15	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.750		0	0.213	0.450	
4:0	g						
6.0	g						
8:0	g	0.010		7	0.003	0.006	
10:0	g	0.010		7	0.003	0.006	
12:0	g	0.030		7	0.009	0.018	
14:0	g	0.020		7	0.006	0.012	
15.0	g						
16:0	g	0.470		7	0.133	0.282	
17:0	g						
18:0	g	0.210		7	0.060	0.126	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.360		0	0.386	0.816
14:1	g					
16:1	g	0.020		4	0.006	0.012
18:1	g	1.350		7	0.383	0.810
20:1	g					
22.1	g					
Polyunsaturated, total	g	1.220		0	0.346	0.732
18:2	g	1.150		7	0.326	0.690
18:3	g	0.060		7	0.017	0.036
18:4	g					
20:4	g					
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	0	0.000	13	0	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.109		0	0.031	0.065
Threonine	g	0.259		0	0.073	0.155
Isoleucine	g	0.345		0	0.098	0.207
Leucine	g	0.636		0	0.180	0.382
Lysine	g	0.221		0	0.063	0.133
Methionine	g	0.164		0	0.046	0.098
Cystine	g	0.196		0	0.056	0.118
Phenylalanine	g	0.453		0	0.128	0.272
Tyrosine	g	0.266		0	0.075	0.160
Valine	g	0.392		0	0.111	0.235
Arginine	g	0.349		0	0.099	0.209
Histidine	g	0.201		0	0.057	0.121
Alanine	g	0.304		0	0.086	0.182
Aspartic acid	g	0.415		0	0.118	0.249
Glutamic acid	g	3.037		0	0.861	1.822
Glycine	g	0.327		0	0.093	0.196
Proline	g	1.018		0	0.289	0.611
Serine	g	0.447		0	0.127	0.268
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

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

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 10 twists

NDB No. 19814 Snacks, pretzels, hard, plain, unsalted

Refuse: 0%

Nutrients 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* 60g	Measure 3*
Proximates:							
Water	g	3.30	0.134	105	0.94	1.98	
Energy	kcal	381		0	108	229	
Energy	kj	1594		0	452	956	
Protein (N x 5.95)	g	9.10	0.126	85	2.58	5.46	
Total lipid (fat)	g	3.50	0.158	94	0.99	2.10	
Carbohydrate, by difference	g	79.20		0	22.45	47.52	
Fiber, total dietary	g	2.8		0	0.8	1.7	
Ash	g	4.90	0.179	82	1.39	2.94	
Sugars, total	g						
Minerals:							
Calcium	mg	36	1.651	101	10	22	
Iron	mg	4.32	0.113	76	1.22	2.59	
Magnesium	mg	35	0.954	85	10	21	
Phosphorus	mg	113	4.774	88	32	68	
Potassium	mg	146	3.832	104	41	88	
Sodium	mg	289		0	82	173	
Zinc	mg	0.85	0.035	74	0.24	0.51	
Copper	mg	0.264	0.028	68	0.075	0.158	
Manganese	mg	1.789	0.203	64	0.507	1.073	
Selenium	µg	5.8		0	1.6	3.5	
Vitamins:							
Ascorbic acid	mg	0.0	0.000	8	0.0	0.0	
Thiamin	mg	0.461	0.016	61	0.131	0.277	
Riboflavin	mg	0.623	0.066	62	0.177	0.374	
Niacin	mg	5.251	0.145	62	1.489	3.151	
Pantothenic acid	mg	0.288	0.076	2	0.082	0.173	
Vitamin B-6	mg	0.116	0.029	4	0.033	0.070	
Folate	µg	83		1	24	50	
Vitamin B-12	µg	0.00		1	0.00	0.00	
Vitamin A	IU	0	0.000	15	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	0.210		0	0.060	0.126	
Lipids:							
Saturated, total	g	0.750		0	0.213	0.450	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.010		7	0.003	0.006	
10:0	g	0.010		7	0.003	0.006	
12:0	g	0.030		7	0.009	0.018	
14:0	g	0.020		7	0.006	0.012	
15.0	g						
16:0	g	0.470		7	0.133	0.282	
17:0	g						
18:0	g	0.210		7	0.060	0.126	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.360		0	0.386	0.816
14:1	g					
16:1	g	0.020		4	0.006	0.012
18:1	g	1.350		7	0.383	0.810
20:1	g	0.000		0	0.000	0.000
22.1	g	0.000		0	0.000	0.000
Polyunsaturated, total	g	1.220		0	0.346	0.732
18:2	g	1.150		7	0.326	0.690
18:3	g	0.060		7	0.017	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	0.000	13	0	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.109		0	0.031	0.065
Threonine	g	0.259		0	0.073	0.155
Isoleucine	g	0.345		0	0.098	0.207
Leucine	g	0.636		0	0.180	0.382
Lysine	g	0.221		0	0.063	0.133
Methionine	g	0.164		0	0.046	0.098
Cystine	g	0.196		0	0.056	0.118
Phenylalanine	g	0.453		0	0.128	0.272
Tyrosine	g	0.266		0	0.075	0.160
Valine	g	0.392		0	0.111	0.235
Arginine	g	0.349		0	0.099	0.209
Histidine	g	0.201		0	0.057	0.121
Alanine	g	0.304		0	0.086	0.182
Aspartic acid	g	0.415		0	0.118	0.249
Glutamic acid	g	3.037		0	0.861	1.822
Glycine	g	0.327		0	0.093	0.196
Proline	g	1.018		0	0.289	0.611
Serine	g	0.447		0	0.127	0.268
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

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

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 10 twists

NDB No. 19816 Snacks, rice cakes, brown rice, plain, unsalted

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 9g	Measure 2* 18g	Measure 3*
Proximates:							
Water	g	5.80	0.420	10	0.52	1.04	
Energy	kcal	387		0	35	70	
Energy	kj	1619		0	146	291	
Protein (N x 5.95)	g	8.20	0.431	10	0.74	1.48	
Total lipid (fat)	g	2.80	0.340	10	0.25	0.50	
Carbohydrate, by difference	g	81.50		0	7.33	14.67	
Fiber, total dietary	g	4.2		0	0.4	0.8	
Ash	g	1.70	0.188	10	0.15	0.31	
Sugars, total	g						
Minerals:							
Calcium	mg	11	1.255	9	1	2	
Iron	mg	1.49	0.124	9	0.13	0.27	
Magnesium	mg	131	3.500	2	12	24	
Phosphorus	mg	360	0.000	2	32	65	
Potassium	mg	290	21.258	6	26	52	
Sodium	mg	26		0	2	5	
Zinc	mg	3.00	0.000	2	0.27	0.54	
Copper	mg	0.445	0.035	2	0.040	0.080	
Manganese	mg	3.730		1	0.336	0.671	
Selenium	µg	24.6		0	2.2	4.4	
Vitamins:							
Ascorbic acid	mg	0.0	0.000	4	0.0	0.0	
Thiamin	mg	0.061	0.012	9	0.005	0.011	
Riboflavin	mg	0.165	0.036	8	0.015	0.030	
Niacin	mg	7.806	0.419	7	0.703	1.405	
Pantothenic acid	mg	1.000	0.000	2	0.090	0.180	
Vitamin B-6	mg	0.150	0.000	2	0.013	0.027	
Folate	µg	21	0.500	2	2	4	
Vitamin B-12	µg	0.00	0.000	2	0.00	0.00	
Vitamin A	IU	46		0	4	8	
Vitamin A, RE	µg	5		0	0	1	
Vitamin E, α-TE	mg	0.100		0	0.009	0.018	
Lipids:							
Saturated, total	g	0.570		0	0.051	0.103	
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		1	0.000	0.000	
14:0	g	0.010		1	0.001	0.002	
15.0	g						
16:0	g	0.480		1	0.043	0.086	
17:0	g						
18:0	g	0.050		1	0.005	0.009	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.030	0	0.093	0.185
14:1	g				
16:1	g	0.010	1	0.001	0.002
18:1	g	1.020	1	0.092	0.184
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.990	0	0.089	0.178
18:2	g	0.970	1	0.087	0.175
18:3	g	0.010	1	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	1	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.104	0	0.009	0.019
Threonine	g	0.299	0	0.027	0.054
Isoleucine	g	0.346	0	0.031	0.062
Leucine	g	0.675	0	0.061	0.122
Lysine	g	0.311	0	0.028	0.056
Methionine	g	0.184	0	0.017	0.033
Cystine	g	0.099	0	0.009	0.018
Phenylalanine	g	0.421	0	0.038	0.076
Tyrosine	g	0.306	0	0.028	0.055
Valine	g	0.479	0	0.043	0.086
Arginine	g	0.618	0	0.056	0.111
Histidine	g	0.207	0	0.019	0.037
Alanine	g	0.476	0	0.043	0.086
Aspartic acid	g	0.764	0	0.069	0.138
Glutamic acid	g	1.662	0	0.150	0.299
Glycine	g	0.402	0	0.036	0.072
Proline	g	0.383	0	0.034	0.069
Serine	g	0.422	0	0.038	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 cake
Measure 2: 2 cakes

NDB No. 19817 Snacks, rice cakes, brown rice, buckwheat, unsalted

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 9g	Measure 2* 18g	Measure 3*
Proximates:							
Water	g	5.90	0.500	4	0.53	1.06	
Energy	kcal	380		0	34	68	
Energy	kj	1590		0	143	286	
Protein (N x 5.95)	g	9.00	0.698	4	0.81	1.62	
Total lipid (fat)	g	3.50	0.405	4	0.32	0.63	
Carbohydrate, by difference	g	80.10		0	7.21	14.42	
Fiber, total dietary	g						
Ash	g	1.60	0.121	4	0.14	0.29	
Sugars, total	g						
Minerals:							
Calcium	mg	11	2.903	4	1	2	
Iron	mg	1.14	0.188	4	0.10	0.21	
Magnesium	mg	151		1	14	27	
Phosphorus	mg	380		1	34	68	
Potassium	mg	299	10.966	4	27	54	
Sodium	mg	4		0	0	1	
Zinc	mg	2.50		1	0.23	0.45	
Copper	mg	0.380		1	0.034	0.068	
Manganese	mg	6.180		1	0.556	1.112	
Selenium	µg	16.4		0	1.5	3.0	
Vitamins:							
Ascorbic acid	mg	0.0		1	0.0	0.0	
Thiamin	mg	0.056	0.010	4	0.005	0.010	
Riboflavin	mg	0.103	0.009	4	0.009	0.019	
Niacin	mg	8.096	1.129	4	0.729	1.457	
Pantothenic acid	mg	1.160		1	0.104	0.209	
Vitamin B-6	mg	0.130		1	0.012	0.023	
Folate	µg	21		1	2	4	
Vitamin B-12	µg	0.00		1	0.00	0.00	
Vitamin A	IU	0	0.000	2	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.640		0	0.058	0.115	
4:0	g						
6.0	g						
8:0	g	0.020		1	0.002	0.004	
10:0	g	0.010		1	0.001	0.002	
12:0	g	0.010		1	0.001	0.002	
14:0	g	0.020		1	0.002	0.004	
15.0	g						
16:0	g	0.510		1	0.046	0.092	
17:0	g						
18:0	g	0.050		1	0.005	0.009	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.110	0	0.100	0.200
14:1	g				
16:1	g	0.020	1	0.002	0.004
18:1	g	1.090	1	0.098	0.196
20:1	g				
22.1	g	0.010	1	0.001	0.002
Polyunsaturated, total	g	1.110	0	0.100	0.200
18:2	g	1.050	1	0.095	0.189
18:3	g	0.070	1	0.006	0.013
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	0	1	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.125	0	0.011	0.023
Threonine	g	0.340	0	0.031	0.061
Isoleucine	g	0.358	0	0.032	0.064
Leucine	g	0.638	0	0.057	0.115
Lysine	g	0.414	0	0.037	0.075
Methionine	g	0.152	0	0.014	0.027
Cystine	g	0.137	0	0.012	0.025
Phenylalanine	g	0.399	0	0.036	0.072
Tyrosine	g	0.233	0	0.021	0.042
Valine	g	0.489	0	0.044	0.088
Arginine	g	0.677	0	0.061	0.122
Histidine	g	0.218	0	0.020	0.039
Alanine	g	0.517	0	0.047	0.093
Aspartic acid	g	0.800	0	0.072	0.144
Glutamic acid	g	1.568	0	0.141	0.282
Glycine	g	0.603	0	0.054	0.109
Proline	g	0.376	0	0.034	0.068
Serine	g	0.467	0	0.042	0.084
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 cake
Measure 2: 2 cakes

NDB No. 19818 Snacks, rice cakes, brown rice, multigrain, unsalted

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 9g	Measure 2* 18g	Measure 3*
Proximates:							
Water	g	6.30	0.193	10	0.57	1.13	
Energy	kcal	387		0	35	70	
Energy	kj	1619		0	146	291	
Protein (N x 5.95)	g	8.50	0.227	10	0.77	1.53	
Total lipid (fat)	g	3.50	0.342	10	0.32	0.63	
Carbohydrate, by difference	g	80.10		0	7.21	14.42	
Fiber, total dietary	g						
Ash	g	1.60	0.107	10	0.14	0.29	
Sugars, total	g						
Minerals:							
Calcium	mg	21	3.261	10	2	4	
Iron	mg	1.96	0.191	10	0.18	0.35	
Magnesium	mg	137	4.021	4	12	25	
Phosphorus	mg	370	16.832	4	33	67	
Potassium	mg	294	19.023	8	26	53	
Sodium	mg	4		0	0	1	
Zinc	mg	2.53	0.184	4	0.23	0.46	
Copper	mg	0.427	0.033	3	0.038	0.077	
Manganese	mg	5.220	0.160	3	0.470	0.940	
Selenium	µg	20.0		0	1.8	3.6	
Vitamins:							
Ascorbic acid	mg	0.0	0.000	4	0.0	0.0	
Thiamin	mg	0.067	0.017	8	0.006	0.012	
Riboflavin	mg	0.184	0.041	8	0.017	0.033	
Niacin	mg	6.602	0.284	7	0.594	1.188	
Pantothenic acid	mg	1.002	0.039	4	0.090	0.180	
Vitamin B-6	mg	0.137	0.007	4	0.012	0.025	
Folate	µg	20	2.723	4	2	4	
Vitamin B-12	µg	0.00		1	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	0.560		0	0.050	0.101	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		1	0.000	0.000	
12:0	g	0.000		1	0.000	0.000	
14:0	g	0.010		1	0.001	0.002	
15.0	g						
16:0	g	0.460		1	0.041	0.083	
17:0	g						
18:0	g	0.080		1	0.007	0.014	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.160	0	0.104	0.209
14:1	g				
16:1	g	0.010	1	0.001	0.002
18:1	g	1.150	1	0.104	0.207
20:1	g	0.000	1	0.000	0.000
22.1	g				
Polyunsaturated, total	g	1.440	0	0.130	0.259
18:2	g	1.000	1	0.090	0.180
18:3	g	0.440	1	0.040	0.079
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	0.107	0	0.010	0.019
Threonine	g	0.303	0	0.027	0.055
Isoleucine	g	0.351	0	0.032	0.063
Leucine	g	0.682	0	0.061	0.123
Lysine	g	0.313	0	0.028	0.056
Methionine	g	0.182	0	0.016	0.033
Cystine	g	0.107	0	0.010	0.019
Phenylalanine	g	0.424	0	0.038	0.076
Tyrosine	g	0.299	0	0.027	0.054
Valine	g	0.481	0	0.043	0.087
Arginine	g	0.624	0	0.056	0.112
Histidine	g	0.208	0	0.019	0.037
Alanine	g	0.484	0	0.044	0.087
Aspartic acid	g	0.771	0	0.069	0.139
Glutamic acid	g	1.714	0	0.154	0.309
Glycine	g	0.409	0	0.037	0.074
Proline	g	0.409	0	0.037	0.074
Serine	g	0.427	0	0.038	0.077
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 cake
Measure 2: 2 cakes

NDB No. 19819 Snacks, rice cakes, brown rice, sesame seed, unsalted

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 9g	Measure 2* 18g	Measure 3*
Proximates:							
Water	g	5.90	0.318	7	0.53	1.06	
Energy	kcal	392		0	35	71	
Energy	kj	1640		0	148	295	
Protein (N x 5.95)	g	7.60	0.325	7	0.68	1.37	
Total lipid (fat)	g	3.80	0.241	7	0.34	0.68	
Carbohydrate, by difference	g	81.50		0	7.33	14.67	
Fiber, total dietary	g						
Ash	g	1.20	0.163	7	0.11	0.22	
Sugars, total	g						
Minerals:							
Calcium	mg	12	1.779	6	1	2	
Iron	mg	1.58	0.248	6	0.14	0.28	
Magnesium	mg	136	0.500	2	12	24	
Phosphorus	mg	375	5.000	2	34	68	
Potassium	mg	290	13.163	6	26	52	
Sodium	mg	4		0	0	1	
Zinc	mg	3.00	0.000	2	0.27	0.54	
Copper	mg	0.390	0.010	2	0.035	0.070	
Manganese	mg	4.299		1	0.387	0.774	
Selenium	µg	24.1		0	2.2	4.3	
Vitamins:							
Ascorbic acid	mg	3.0		1	0.3	0.5	
Thiamin	mg	0.048	0.011	5	0.004	0.009	
Riboflavin	mg	0.085	0.013	6	0.008	0.015	
Niacin	mg	7.205	0.632	4	0.648	1.297	
Pantothenic acid	mg	1.461		1	0.131	0.263	
Vitamin B-6	mg	0.155	0.005	2	0.014	0.028	
Folate	µg	18	5.500	2	2	3	
Vitamin B-12	µg	0.00	0.000	2	0.00	0.00	
Vitamin A	IU	0	0.000	2	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.540		0	0.049	0.097	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g	0.000		1	0.000	0.000	
14:0	g	0.010		1	0.001	0.002	
15.0	g						
16:0	g	0.430		1	0.039	0.077	
17:0	g						
18:0	g	0.080		1	0.007	0.014	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.100	0	0.099	0.198
14:1	g				
16:1	g	0.010	1	0.001	0.002
18:1	g	1.090	1	0.098	0.196
20:1	g	0.000	1	0.000	0.000
22.1	g				
Polyunsaturated, total	g	1.150	0	0.104	0.207
18:2	g	1.110	1	0.100	0.200
18:3	g	0.040	1	0.004	0.007
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	0	1	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.100	0	0.009	0.018
Threonine	g	0.279	0	0.025	0.050
Isoleucine	g	0.321	0	0.029	0.058
Leucine	g	0.625	0	0.056	0.113
Lysine	g	0.288	0	0.026	0.052
Methionine	g	0.174	0	0.016	0.031
Cystine	g	0.094	0	0.008	0.017
Phenylalanine	g	0.391	0	0.035	0.070
Tyrosine	g	0.286	0	0.026	0.051
Valine	g	0.444	0	0.040	0.080
Arginine	g	0.595	0	0.054	0.107
Histidine	g	0.193	0	0.017	0.035
Alanine	g	0.440	0	0.040	0.079
Aspartic acid	g	0.710	0	0.064	0.128
Glutamic acid	g	1.550	0	0.140	0.279
Glycine	g	0.380	0	0.034	0.068
Proline	g	0.355	0	0.032	0.064
Serine	g	0.394	0	0.035	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 cake
Measure 2: 2 cakes

NDB No. 19820 Snacks, sesame sticks, wheat-based, unsalted

Refuse: 0%

Nutrients 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* 57g	Measure 3*
Proximates:							
Water	g	2.00		1	0.57	1.13	
Energy	kcal	541		0	153	307	
Energy	kj	2264		0	642	1284	
Protein (N x 5.95)	g	10.90		1	3.09	6.18	
Total lipid (fat)	g	36.70		1	10.40	20.81	
Carbohydrate, by difference	g	46.50		0	13.18	26.37	
Fiber, total dietary	g						
Ash	g	3.90		1	1.11	2.21	
Sugars, total	g						
Minerals:							
Calcium	mg	170		1	48	96	
Iron	mg	0.74		1	0.21	0.42	
Magnesium	mg	45		1	13	26	
Phosphorus	mg	138		1	39	78	
Potassium	mg	177		1	50	100	
Sodium	mg	29		0	8	16	
Zinc	mg	1.17		1	0.33	0.66	
Copper	mg	0.406		1	0.115	0.230	
Manganese	mg	0.904		1	0.256	0.513	
Selenium	µg	17.1		0	4.8	9.7	
Vitamins:							
Ascorbic acid	mg	0.0		1	0.0	0.0	
Thiamin	mg	0.123		1	0.035	0.070	
Riboflavin	mg	0.063		1	0.018	0.036	
Niacin	mg	1.552		1	0.440	0.880	
Pantothenic acid	mg	0.234		1	0.066	0.133	
Vitamin B-6	mg	0.086		1	0.024	0.049	
Folate	µg	22		1	6	12	
Vitamin B-12	µg	0.00		1	0.00	0.00	
Vitamin A	IU	88		1	25	50	
Vitamin A, RE	µg	9		0	3	5	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	6.480		0	1.837	3.674	
4:0	g						
6.0	g						
8:0	g	0.000		1	0.000	0.000	
10:0	g	0.010		1	0.003	0.006	
12:0	g	0.010		1	0.003	0.006	
14:0	g	0.110		1	0.031	0.062	
15.0	g						
16:0	g	5.000		1	1.418	2.835	
17:0	g						
18:0	g	1.350		1	0.383	0.765	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	10.910	0	3.093	6.186
14:1	g				
16:1	g	0.070	1	0.020	0.040
18:1	g	10.830	1	3.070	6.141
20:1	g	0.000	1	0.000	0.000
22.1	g				
Polyunsaturated, total	g	17.420	0	4.939	9.877
18:2	g	16.440	1	4.661	9.321
18:3	g	0.970	1	0.275	0.550
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	1	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.144	0	0.041	0.082
Threonine	g	0.330	0	0.094	0.187
Isoleucine	g	0.420	0	0.119	0.238
Leucine	g	0.767	0	0.217	0.435
Lysine	g	0.359	0	0.102	0.204
Methionine	g	0.192	0	0.054	0.109
Cystine	g	0.201	0	0.057	0.114
Phenylalanine	g	0.545	0	0.155	0.309
Tyrosine	g	0.353	0	0.100	0.200
Valine	g	0.468	0	0.133	0.265
Arginine	g	0.650	0	0.184	0.369
Histidine	g	0.259	0	0.073	0.147
Alanine	g	0.389	0	0.110	0.221
Aspartic acid	g	0.716	0	0.203	0.406
Glutamic acid	g	3.089	0	0.876	1.751
Glycine	g	0.436	0	0.124	0.247
Proline	g	0.994	0	0.282	0.564
Serine	g	0.545	0	0.155	0.309
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 2 oz

NDB No. 19821 Snacks, trail mix, regular, unsalted

Refuse: 0%

Nutrients 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* 28g	Measure 3* 42g
Proximates:							
Water	g	9.20		1	13.80	2.61	3.86
Energy	kcal	462		0	693	131	194
Energy	kj	1933		0	2900	548	812
Protein (N x 5.95)	g	13.80		1	20.70	3.91	5.80
Total lipid (fat)	g	29.40		1	44.10	8.33	12.35
Carbohydrate, by difference	g	44.90		0	67.35	12.73	18.86
Fiber, total dietary	g						
Ash	g	2.60		1	3.90	0.74	1.09
Sugars, total	g						
Minerals:							
Calcium	mg	78		1	117	22	33
Iron	mg	3.05		1	4.58	0.86	1.28
Magnesium	mg	158		1	237	45	66
Phosphorus	mg	345		1	518	98	145
Potassium	mg	685		1	1028	194	288
Sodium	mg	10		0	15	3	4
Zinc	mg	3.22		1	4.83	0.91	1.35
Copper	mg	0.985		1	1.478	0.279	0.414
Manganese	mg	1.034		1	1.551	0.293	0.434
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	1.4		1	2.1	0.4	0.6
Thiamin	mg	0.462		1	0.693	0.131	0.194
Riboflavin	mg	0.198		1	0.297	0.056	0.083
Niacin	mg	4.712		1	7.068	1.336	1.979
Pantothenic acid	mg	0.895		1	1.343	0.254	0.376
Vitamin B-6	mg	0.298		1	0.447	0.084	0.125
Folate	µg	71		1	107	20	30
Vitamin B-12	µg	0.00		1	0.00	0.00	0.00
Vitamin A	IU	18		1	27	5	8
Vitamin A, RE	µg	2		0	3	1	1
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	5.550		0	8.325	1.573	2.331
4:0	g						
6.0	g	0.010		1	0.015	0.003	0.004
8:0	g	0.200		1	0.300	0.057	0.084
10:0	g	0.160		1	0.240	0.045	0.067
12:0	g	1.170		1	1.755	0.332	0.491
14:0	g	0.480		1	0.720	0.136	0.202
15.0	g						
16:0	g	2.530		1	3.795	0.717	1.063
17:0	g						
18:0	g	1.000		1	1.500	0.284	0.420
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	12.530	0	18.795	3.552	5.263
14:1	g					
16:1	g	0.070	1	0.105	0.020	0.029
18:1	g	12.290	1	18.435	3.484	5.162
20:1	g	0.170	1	0.255	0.048	0.071
22.1	g					
Polyunsaturated, total	g	9.650	0	14.475	2.736	4.053
18:2	g	9.580	1	14.370	2.716	4.024
18:3	g	0.070	1	0.105	0.020	0.029
18:4	g					
20:4	g					
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	0	1	0	0	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.166	0	0.249	0.047	0.070
Threonine	g	0.482	0	0.723	0.137	0.202
Isoleucine	g	0.515	0	0.773	0.146	0.216
Leucine	g	0.890	0	1.335	0.252	0.374
Lysine	g	0.515	0	0.773	0.146	0.216
Methionine	g	0.202	0	0.303	0.057	0.085
Cystine	g	0.217	0	0.325	0.062	0.091
Phenylalanine	g	0.658	0	0.987	0.187	0.276
Tyrosine	g	0.457	0	0.686	0.130	0.192
Valine	g	0.658	0	0.987	0.187	0.276
Arginine	g	1.520	0	2.280	0.431	0.638
Histidine	g	0.357	0	0.536	0.101	0.150
Alanine	g	0.587	0	0.881	0.166	0.247
Aspartic acid	g	1.523	0	2.284	0.432	0.640
Glutamic acid	g	3.023	0	4.535	0.857	1.270
Glycine	g	0.775	0	1.163	0.220	0.326
Proline	g	0.625	0	0.938	0.177	0.263
Serine	g	0.650	0	0.975	0.184	0.273
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates 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 oz
Measure 3: 1-1/2 oz

NDB No. 19822 Snacks, trail mix, regular, with chocolate chips, unsalted nuts and seeds

Refuse: 0%

Nutrients 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* 28g	Measure 3* 42g
Proximates:							
Water	g	6.60		1	9.64	1.87	2.77
Energy	kcal	484		0	707	137	203
Energy	kj	2025		0	2957	574	851
Protein (N x 5.95)	g	14.20		1	20.73	4.03	5.96
Total lipid (fat)	g	31.90		1	46.57	9.04	13.40
Carbohydrate, by difference	g	44.90		0	65.55	12.73	18.86
Fiber, total dietary	g						
Ash	g	2.30		1	3.36	0.65	0.97
Sugars, total	g						
Minerals:							
Calcium	mg	109		1	159	31	46
Iron	mg	3.39		1	4.95	0.96	1.42
Magnesium	mg	161		1	235	46	68
Phosphorus	mg	387		1	565	110	163
Potassium	mg	648		1	946	184	272
Sodium	mg	27		0	39	8	11
Zinc	mg	3.14		1	4.58	0.89	1.32
Copper	mg	0.844		1	1.232	0.239	0.354
Manganese	mg	1.062		1	1.551	0.301	0.446
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	1.3		1	1.9	0.4	0.5
Thiamin	mg	0.413		1	0.603	0.117	0.173
Riboflavin	mg	0.224		1	0.327	0.064	0.094
Niacin	mg	4.405		1	6.431	1.249	1.850
Pantothenic acid	mg	0.964		1	1.407	0.273	0.405
Vitamin B-6	mg	0.259		1	0.378	0.073	0.109
Folate	µg	65		1	95	18	27
Vitamin B-12	µg	0.00		1	0.00	0.00	0.00
Vitamin A	IU	44		1	64	12	18
Vitamin A, RE	µg	5		0	7	1	2
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	6.100		0	8.906	1.729	2.562
4:0	g						
6.0	g	0.010		1	0.015	0.003	0.004
8:0	g	0.210		1	0.307	0.060	0.088
10:0	g	0.180		1	0.263	0.051	0.076
12:0	g	1.260		1	1.840	0.357	0.529
14:0	g	0.540		1	0.788	0.153	0.227
15.0	g						
16:0	g	2.750		1	4.015	0.780	1.155
17:0	g						
18:0	g	1.150		1	1.679	0.326	0.483
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	13.540	0	19.768	3.839	5.687
14:1	g					
16:1	g	0.070	1	0.102	0.020	0.029
18:1	g	13.280	1	19.389	3.765	5.578
20:1	g	0.190	1	0.277	0.054	0.080
22.1	g					
Polyunsaturated, total	g	11.290	0	16.483	3.201	4.742
18:2	g	11.210	1	16.367	3.178	4.708
18:3	g	0.080	1	0.117	0.023	0.034
18:4	g					
20:4	g					
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	4	1	6	1	2
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.163	0	0.238	0.046	0.068
Threonine	g	0.501	0	0.731	0.142	0.210
Isoleucine	g	0.555	0	0.810	0.157	0.233
Leucine	g	0.955	0	1.394	0.271	0.401
Lysine	g	0.584	0	0.853	0.166	0.245
Methionine	g	0.217	0	0.317	0.062	0.091
Cystine	g	0.191	0	0.279	0.054	0.080
Phenylalanine	g	0.687	0	1.003	0.195	0.289
Tyrosine	g	0.506	0	0.739	0.143	0.213
Valine	g	0.702	0	1.025	0.199	0.295
Arginine	g	1.498	0	2.187	0.425	0.629
Histidine	g	0.356	0	0.520	0.101	0.150
Alanine	g	0.581	0	0.848	0.165	0.244
Aspartic acid	g	1.531	0	2.235	0.434	0.643
Glutamic acid	g	3.006	0	4.389	0.852	1.263
Glycine	g	0.767	0	1.120	0.217	0.322
Proline	g	0.689	0	1.006	0.195	0.289
Serine	g	0.656	0	0.958	0.186	0.276
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates 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 oz
Measure 3: 1-1/2 oz

NDB No. 19857 Snacks, tortilla chips, nacho-flavor, made with enriched masa flour

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2*	Measure 3*
Proximates:							
Water	g	1.70		0	0.48		
Energy	kcal	498		0	141		
Energy	kj	2084		0	591		
Protein (N x 5.95)	g	7.80		0	2.21		
Total lipid (fat)	g	25.60		0	7.26		
Carbohydrate, by difference	g	62.40		0	17.69		
Fiber, total dietary	g	5.3		0	1.5		
Ash	g	2.60		0	0.74		
Sugars, total	g						
Minerals:							
Calcium	mg	147		0	42		
Iron	mg	3.70		1	1.05		
Magnesium	mg	82		0	23		
Phosphorus	mg	244		0	69		
Potassium	mg	216		0	61		
Sodium	mg	708		0	201		
Zinc	mg	1.20		0	0.34		
Copper	mg	0.177		0	0.050		
Manganese	mg	0.408		0	0.116		
Selenium	µg	13.0		0	3.7		
Vitamins:							
Ascorbic acid	mg	1.8		0	0.5		
Thiamin	mg	0.400		1	0.113		
Riboflavin	mg	0.350		1	0.099		
Niacin	mg	4.000		1	1.134		
Pantothenic acid	mg	0.290		0	0.082		
Vitamin B-6	mg	0.286		0	0.081		
Folate	µg	130		1	37		
Vitamin B-12	µg	0.05		0	0.01		
Vitamin A	IU	371		0	105		
Vitamin A, RE	µg	41		0	12		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	4.900		0	1.389		
4:0	g	0.020		0	0.006		
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	0.050		0	0.014		
14:0	g	0.180		0	0.051		
15.0	g						
16:0	g	3.170		0	0.899		
17:0	g						
18:0	g	1.480		0	0.420		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	15.090	0	4.278
14:1	g			
16:1	g	0.100	0	0.028
18:1	g	15.000	0	4.253
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	3.540	0	1.004
18:2	g	3.400	0	0.964
18:3	g	0.140	0	0.040
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	3	0	1
Phytosterols	mg	0	0	0
Amino acids:				
Tryptophan	g	0.066	0	0.019
Threonine	g	0.282	0	0.080
Isoleucine	g	0.296	0	0.084
Leucine	g	0.881	0	0.250
Lysine	g	0.291	0	0.082
Methionine	g	0.163	0	0.046
Cystine	g	0.125	0	0.035
Phenylalanine	g	0.374	0	0.106
Tyrosine	g	0.318	0	0.090
Valine	g	0.402	0	0.114
Arginine	g	0.387	0	0.110
Histidine	g	0.238	0	0.067
Alanine	g	0.503	0	0.143
Aspartic acid	g	0.537	0	0.152
Glutamic acid	g	1.507	0	0.427
Glycine	g	0.286	0	0.081
Proline	g	0.676	0	0.192
Serine	g	0.370	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 oz