NDB No. 20001 Amaranth

Amaranthus spp.

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 195g	Measure 2*	Measure 3*
Proximates:							
Water	g	9.84	0.748	11	19.19		
Energy	kcal	374		0	729		
Energy	kj	1565		0	3052		
Protein (N x 5.95)	g	14.45	0.688	12	28.18		
Total lipid (fat)	g	6.51	0.327	12	12.69		
Carbohydrate, by difference	g	66.17		0	129.03		
Fiber, total dietary	g	15.2		0	29.6		
Ash	g	3.04	0.651	11	5.93		
Sugars, total	g						
Minerals:							
Calcium	mg	153	6.859	10	298		
Iron	mg	7.59	0.551	9	14.80		
Magnesium	mg	266	9.715	10	519		
Phosphorus	mg	455	1.250	2	887		
Potassium	mg	366	26.193	10	714		
Sodium	mg	21	4.696	11	41		
Zinc	mg	3.18	0.192	10	6.20		
Copper	mg	0.777	0.067	10	1.515		
Manganese	mg	2.260	0.244	10	4.407		
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	4.2		1	8.2		
Thiamin	mg	0.080	0.014	2	0.156		
Riboflavin	mg	0.208	0.016	3	0.406		
Niacin	mg	1.286	0.438	5	2.508		
Pantothenic acid	mg	1.047	0.057	2	2.042		
Vitamin B-6	mg	0.223	0.009	2	0.435		
Folate	µg	49	1.690	2	96		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	0		0	0		
Vitamin A, RE	µg	0		0	0		
Vitamin E, α-TE	mg	1.030		0	2.008		
Lipids:							
Saturated, total	g	1.662		0	3.241		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.011		7	0.021		
15.0	g						
16:0	g	1.284		7	2.504		
17:0	g						
18:0	g	0.220		7	0.429		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.433	0	2.794
14:1	g			
16:1	g			
18:1	g	1.433	7	2.794
20:1	g			
22.1	g			
Polyunsaturated, total	g	2.891	0	5.637
18:2	g	2.834	7	5.526
18:3	g	0.057	7	0.111
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	0	0
Phytosterols	mg	24	1	47
Amino acids:				
Tryptophan	g	0.181	10	0.353
Threonine	g	0.558	38	1.088
Isoleucine	g	0.582	38	1.135
Leucine	g	0.879	38	1.714
Lysine	g	0.747	38	1.457
Methionine	g	0.226	32	0.441
Cystine	g	0.191	28	0.372
Phenylalanine	g	0.542	32	1.057
Tyrosine	g	0.329	32	0.642
Valine	g	0.679	38	1.324
Arginine	g	1.060	30	2.067
Histidine	g	0.389	32	0.759
Alanine	g	0.799	30	1.558
Aspartic acid	g	1.261	30	2.459
Glutamic acid	g	2.259	30	4.405
Glycine	g	1.636	32	3.190
Proline	g	0.698	28	1.361
Serine	g	1.148	32	2.239
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

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

NDB No. 20003 Arrowroot 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* 128g	Measure 2*	Measure 3*
Proximates:							
Water	g	11.37	0.340	2	14.55		
Energy	kcal	357		0	457		
Energy	kj	1494		0	1912		
Protein (N x 5.95)	g	0.30	0.000	2	0.38		
Total lipid (fat)	g	0.10	0.100	3	0.13		
Carbohydrate, by difference	g	88.15		0	112.83		
Fiber, total dietary	g	3.4		0	4.4		
Ash	g	0.08	0.000	2	0.10		
Sugars, total	g						
Minerals:							
Calcium	mg	40	0.176	2	51		
Iron	mg	0.33	0.028	2	0.42		
Magnesium	mg	3	0.050	2	4		
Phosphorus	mg	5	0.099	2	6		
Potassium	mg	11	1.329	2	14		
Sodium	mg	2	0.042	2	3		
Zinc	mg	0.07	0.007	2	0.09		
Copper	mg	0.040	0.021	2	0.051		
Manganese	mg	0.470	0.042	2	0.602		
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.001	0.000	2	0.001		
Riboflavin	mg	0.000	0.000	2	0.000		
Niacin	mg	0.000	0.000	2	0.000		
Pantothenic acid	mg	0.130	0.004	2	0.166		
Vitamin B-6	mg	0.005	0.001	2	0.006		
Folate	µg	7	0.389	2	9		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	0		0	0		
Vitamin A, RE	µg	0		0	0		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.019		0	0.024		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.001		1	0.001		
15.0	g						
16:0	g	0.017		1	0.022		
17:0	g						
18:0	g	0.001		1	0.001		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.002	0	0.003
14:1	g			
16:1	g	0.000	1	0.000
18:1	g	0.002	1	0.003
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.045	0	0.058
18:2	g	0.036	1	0.046
18:3	g	0.009	1	0.012
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.004	1	0.005
Threonine	g	0.012	1	0.015
Isoleucine	g	0.010	1	0.013
Leucine	g	0.019	1	0.024
Lysine	g	0.013	1	0.017
Methionine	g	0.006	0	0.008
Cystine	g	0.006	1	0.008
Phenylalanine	g	0.012	1	0.015
Tyrosine	g	0.009	1	0.012
Valine	g	0.014	1	0.018
Arginine	g	0.012	1	0.015
Histidine	g	0.004	1	0.005
Alanine	g	0.014	1	0.018
Aspartic acid	g	0.047	1	0.060
Glutamic acid	g	0.050	1	0.064
Glycine	g	0.014	1	0.018
Proline	g	0.009	1	0.012
Serine	g	0.013	1	0.017
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

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

NDB No. 20004 Barley
Hordeum vulgare L.

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 184g	Measure 2*	Measure 3*
Proximates:							
Water	g	9.44	0.554	7	17.37		
Energy	kcal	354		0	651		
Energy	kj	1481		0	2725		
Protein (N x 5.95)	g	12.48	0.574	12	22.96		
Total lipid (fat)	g	2.30	0.253	6	4.23		
Carbohydrate, by difference	g	73.48		0	135.20		
Fiber, total dietary	g	17.3		0	31.8		
Ash	g	2.29	0.077	14	4.21		
Sugars, total	g						
Minerals:							
Calcium	mg	33	1.773	16	61		
Iron	mg	3.60	0.154	19	6.62		
Magnesium	mg	133	3.571	16	245		
Phosphorus	mg	264	24.799	9	486		
Potassium	mg	452	8.962	16	832		
Sodium	mg	12	1.241	15	22		
Zinc	mg	2.77	0.081	28	5.10		
Copper	mg	0.498	0.021	25	0.916		
Manganese	mg	1.943	0.149	21	3.575		
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.646	0.428	2	1.189		
Riboflavin	mg	0.285	0.021	2	0.524		
Niacin	mg	4.604		0	8.471		
Pantothenic acid	mg	0.282		0	0.519		
Vitamin B-6	mg	0.318	0.037	3	0.585		
Folate	µg	19	1.847	6	35		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	22		0	40		
Vitamin A, RE	µg	2		0	4		
Vitamin E, α-TE	mg	0.600		0	1.104		
Lipids:							
Saturated, total	g	0.482		0	0.887		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g	0.006		299	0.011		
14:0	g	0.011		299	0.020		
15.0	g						
16:0	g	0.411		299	0.756		
17:0	g						
18:0	g	0.017		299	0.031		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.295	0	0.543
14:1	g			
16:1	g	0.006	299	0.011
18:1	g	0.241	299	0.443
20:1	g			
22.1	g			
Polyunsaturated, total	g	1.108	0	2.039
18:2	g	0.999	299	1.838
18:3	g	0.110	299	0.202
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	0.208	28	0.383
Threonine	g	0.424	60	0.780
Isoleucine	g	0.456	60	0.839
Leucine	g	0.848	60	1.560
Lysine	g	0.465	65	0.856
Methionine	g	0.240	61	0.442
Cystine	g	0.276	38	0.508
Phenylalanine	g	0.700	60	1.288
Tyrosine	g	0.358	58	0.659
Valine	g	0.612	60	1.126
Arginine	g	0.625	60	1.150
Histidine	g	0.281	60	0.517
Alanine	g	0.486	58	0.894
Aspartic acid	g	0.779	58	1.433
Glutamic acid	g	3.261	58	6.000
Glycine	g	0.452	58	0.832
Proline	g	1.484	58	2.731
Serine	g	0.527	54	0.970
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

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

NDB No. 20005 Barley, pearled, raw

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 200g	Measure 2*	Measure 3*
Proximates:							
Water	g	10.09	0.366	18	20.18		
Energy	kcal	352		0	704		
Energy	kj	1473		0	2946		
Protein (N x 5.95)	g	9.91	0.425	23	19.82		
Total lipid (fat)	g	1.16	0.060	18	2.32		
Carbohydrate, by difference	g	77.72		0	155.44		
Fiber, total dietary	g	15.6		0	31.2		
Ash	g	1.11	0.063	18	2.22		
Sugars, total	g						
Minerals:							
Calcium	mg	29	1.599	11	58		
Iron	mg	2.50	0.137	27	5.00		
Magnesium	mg	79	3.972	11	158		
Phosphorus	mg	221	11.212	15	442		
Potassium	mg	280	10.233	13	560		
Sodium	mg	9	2.228	13	18		
Zinc	mg	2.13	0.108	23	4.26		
Copper	mg	0.420	0.025	22	0.840		
Manganese	mg	1.322	0.080	20	2.644		
Selenium	µg	37.7		6	75.4		
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.191	0.015	15	0.382		
Riboflavin	mg	0.114	0.021	10	0.228		
Niacin	mg	4.604	0.222	12	9.208		
Pantothenic acid	mg	0.282	0.056	10	0.564		
Vitamin B-6	mg	0.260	0.020	11	0.520		
Folate	µg	23	1.222	8	46		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	22	0.000	2	44		
Vitamin A, RE	µg	2		0	4		
Vitamin E, α-TE	mg	0.130		0	0.260		
Lipids:							
Saturated, total	g	0.244		0	0.488		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.000		0	0.000		
10:0	g	0.000		0	0.000		
12:0	g	0.003		0	0.006		
14:0	g	0.006		0	0.012		
15.0	g						
16:0	g	0.208		0	0.416		
17:0	g						
18:0	g	0.008		0	0.016		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.149	0	0.298
14:1	g			
16:1	g	0.003	0	0.006
18:1	g	0.122	0	0.244
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.560	0	1.120
18:2	g	0.505	0	1.010
18:3	g	0.055	0	0.110
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	0.165	0	0.330
Threonine	g	0.337	0	0.674
Isoleucine	g	0.362	0	0.724
Leucine	g	0.673	0	1.346
Lysine	g	0.369	0	0.738
Methionine	g	0.190	0	0.380
Cystine	g	0.219	0	0.438
Phenylalanine	g	0.556	0	1.112
Tyrosine	g	0.284	0	0.568
Valine	g	0.486	0	0.972
Arginine	g	0.496	0	0.992
Histidine	g	0.223	0	0.446
Alanine	g	0.386	0	0.772
Aspartic acid	g	0.619	0	1.238
Glutamic acid	g	2.588	0	5.176
Glycine	g	0.359	0	0.718
Proline	g	1.178	0	2.356
Serine	g	0.418	0	0.836
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

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

NDB No. 20006 Barley, pearled, cooked

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 157g	Measure 2*	Measure 3*
Proximates:							
Water	g	68.80	2.514	5	108.02		
Energy	kcal	123		0	193		
Energy	kj	515		0	809		
Protein (N x 5.95)	g	2.26	0.151	4	3.55		
Total lipid (fat)	g	0.44	0.058	5	0.69		
Carbohydrate, by difference	g	28.22		0	44.31		
Fiber, total dietary	g	3.8		0	6.0		
Ash	g	0.27	0.011	5	0.42		
Sugars, total	g						
Minerals:							
Calcium	mg	11	2.387	4	17		
Iron	mg	1.33	0.331	5	2.09		
Magnesium	mg	22	2.159	5	35		
Phosphorus	mg	54	2.338	5	85		
Potassium	mg	93	21.316	5	146		
Sodium	mg	3		1	5		
Zinc	mg	0.82	0.125	5	1.29		
Copper	mg	0.105	0.032	5	0.165		
Manganese	mg	0.259	0.000	2	0.407		
Selenium	µg	8.6		0	13.5		
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.083	0.017	4	0.130		
Riboflavin	mg	0.062	0.002	3	0.097		
Niacin	mg	2.063	0.630	3	3.239		
Pantothenic acid	mg	0.135	0.063	3	0.212		
Vitamin B-6	mg	0.115	0.032	3	0.181		
Folate	µg	16	8.849	3	25		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	7		0	11		
Vitamin A, RE	µg	1		0	2		
Vitamin E, α-TE	mg	0.050		0	0.079		
Lipids:							
Saturated, total	g	0.093		0	0.146		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.000		0	0.000		
10:0	g	0.000		0	0.000		
12:0	g	0.001		0	0.002		
14:0	g	0.002		0	0.003		
15.0	g						
16:0	g	0.079		0	0.124		
17:0	g						
18:0	g	0.003		0	0.005		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.057	0	0.089
14:1	g			
16:1	g	0.001	0	0.002
18:1	g	0.047	0	0.074
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.214	0	0.336
18:2	g	0.193	0	0.303
18:3	g	0.021	0	0.033
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.038	0	0.060
Threonine	g	0.077	0	0.121
Isoleucine	g	0.083	0	0.130
Leucine	g	0.154	0	0.242
Lysine	g	0.084	0	0.132
Methionine	g	0.043	0	0.068
Cystine	g	0.050	0	0.079
Phenylalanine	g	0.127	0	0.199
Tyrosine	g	0.065	0	0.102
Valine	g	0.111	0	0.174
Arginine	g	0.113	0	0.177
Histidine	g	0.051	0	0.080
Alanine	g	0.088	0	0.138
Aspartic acid	g	0.141	0	0.221
Glutamic acid	g	0.591	0	0.928
Glycine	g	0.082	0	0.129
Proline	g	0.269	0	0.422
Serine	g	0.095	0	0.149
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

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

NDB No. 20008 Buckwheat

Fagopyrum esculentum Moench

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 170g	Measure 2*	Measure 3*
Proximates:							
Water	g	9.75	2.650	2	16.57		
Energy	kcal	343		0	583		
Energy	kj	1435		0	2440		
Protein (N x 5.95)	g	13.25	0.650	2	22.52		
Total lipid (fat)	g	3.40	0.600	2	5.78		
Carbohydrate, by difference	g	71.50		0	121.55		
Fiber, total dietary	g	10.0		0	17.0		
Ash	g	2.10	0.100	2	3.57		
Sugars, total	g						
Minerals:							
Calcium	mg	18		1	31		
Iron	mg	2.20		1	3.74		
Magnesium	mg	231		1	393		
Phosphorus	mg	347		1	590		
Potassium	mg	460		1	782		
Sodium	mg	1		1	2		
Zinc	mg	2.40		1	4.08		
Copper	mg	1.100		1	1.870		
Manganese	mg	1.300		1	2.210		
Selenium	µg	8.3		0	14.1		
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.101		1	0.172		
Riboflavin	mg	0.425		1	0.723		
Niacin	mg	7.020		1	11.934		
Pantothenic acid	mg	1.233		0	2.096		
Vitamin B-6	mg	0.210		1	0.357		
Folate	µg	30		1	51		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	0		0	0		
Vitamin A, RE	µg	0		0	0		
Vitamin E, α-TE	mg	1.030		0	1.751		
Lipids:							
Saturated, total	g	0.741		0	1.260		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.035		13	0.060		
10:0	g	0.018		13	0.031		
12:0	g	0.010		13	0.017		
14:0	g	0.025		13	0.043		
15.0	g						
16:0	g	0.450		13	0.765		
17:0	g						
18:0	g	0.047		13	0.080		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.040	0	1.768
14:1	g			
16:1	g	0.023	13	0.039
18:1	g	0.988	13	1.680
20:1	g	0.000	0	0.000
22.1	g	0.012	13	0.020
Polyunsaturated, total	g	1.039	0	1.766
18:2	g	0.961	13	1.634
18:3	g	0.078	13	0.133
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	0.192	5	0.326
Threonine	g	0.506	17	0.860
Isoleucine	g	0.498	17	0.847
Leucine	g	0.832	17	1.414
Lysine	g	0.672	17	1.142
Methionine	g	0.172	17	0.292
Cystine	g	0.229	10	0.389
Phenylalanine	g	0.520	16	0.884
Tyrosine	g	0.241	15	0.410
Valine	g	0.678	17	1.153
Arginine	g	0.982	17	1.669
Histidine	g	0.309	16	0.525
Alanine	g	0.748	14	1.272
Aspartic acid	g	1.133	13	1.926
Glutamic acid	g	2.046	14	3.478
Glycine	g	1.031	14	1.753
Proline	g	0.507	14	0.862
Serine	g	0.685	14	1.165
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

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

NDB No. 20009 Buckwheat groats, roasted, dry

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 164g	Measure 2*	Measure 3*
Proximates:							
Water	g	8.41	0.569	5	13.79		
Energy	kcal	346		0	567		
Energy	kj	1448		0	2375		
Protein (N x 5.95)	g	11.73	1.464	5	19.24		
Total lipid (fat)	g	2.71	0.554	5	4.44		
Carbohydrate, by difference	g	74.95		0	122.92		
Fiber, total dietary	g	10.3		0	16.9		
Ash	g	2.20	0.460	5	3.61		
Sugars, total	g						
Minerals:							
Calcium	mg	17	1.271	5	28		
Iron	mg	2.47	0.605	4	4.05		
Magnesium	mg	221	39.768	4	362		
Phosphorus	mg	319	114.955	4	523		
Potassium	mg	320	103.806	5	525		
Sodium	mg	11	0.700	2	18		
Zinc	mg	2.42	0.326	5	3.97		
Copper	mg	0.624	0.074	5	1.023		
Manganese	mg	1.618	0.082	2	2.654		
Selenium	µg	8.4		1	13.8		
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.224	0.110	5	0.367		
Riboflavin	mg	0.271	0.075	5	0.444		
Niacin	mg	5.135	0.911	4	8.421		
Pantothenic acid	mg	1.233	0.145	5	2.022		
Vitamin B-6	mg	0.353	0.105	4	0.579		
Folate	µg	42	4.005	3	69		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	0		0	0		
Vitamin A, RE	µg	0		0	0		
Vitamin E, α-TE	mg	1.030		0	1.689		
Lipids:							
Saturated, total	g	0.591		0	0.969		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.028		0	0.046		
10:0	g	0.014		0	0.023		
12:0	g	0.008		0	0.013		
14:0	g	0.020		0	0.033		
15.0	g						
16:0	g	0.359		0	0.589		
17:0	g						
18:0	g	0.038		0	0.062		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.828	0	1.358
14:1	g			
16:1	g	0.018	0	0.030
18:1	g	0.788	0	1.292
20:1	g	0.000	0	0.000
22.1	g	0.009	0	0.015
Polyunsaturated, total	g	0.828	0	1.358
18:2	g	0.766	0	1.256
18:3	g	0.062	0	0.102
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	0.170	0	0.279
Threonine	g	0.448	0	0.735
Isoleucine	g	0.441	0	0.723
Leucine	g	0.736	0	1.207
Lysine	g	0.595	0	0.976
Methionine	g	0.153	0	0.251
Cystine	g	0.202	0	0.331
Phenylalanine	g	0.461	0	0.756
Tyrosine	g	0.213	0	0.349
Valine	g	0.600	0	0.984
Arginine	g	0.869	0	1.425
Histidine	g	0.273	0	0.448
Alanine	g	0.662	0	1.086
Aspartic acid	g	1.003	0	1.645
Glutamic acid	g	1.811	0	2.970
Glycine	g	0.912	0	1.496
Proline	g	0.449	0	0.736
Serine	g	0.606	0	0.994
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

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

NDB No. 20010 Buckwheat groats, roasted, cooked

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 168g	Measure 2*	Measure 3*
Proximates:							
Water	g	75.63	2.133	5	127.06		
Energy	kcal	92		0	155		
Energy	kj	385		0	647		
Protein (N x 5.95)	g	3.38	0.114	5	5.68		
Total lipid (fat)	g	0.62	0.051	8	1.04		
Carbohydrate, by difference	g	19.94		0	33.50		
Fiber, total dietary	g	2.7		0	4.5		
Ash	g	0.43	0.043	5	0.72		
Sugars, total	g						
Minerals:							
Calcium	mg	7	0.664	5	12		
Iron	mg	0.80	0.126	5	1.34		
Magnesium	mg	51	7.520	5	86		
Phosphorus	mg	70	19.311	4	118		
Potassium	mg	88	19.635	4	148		
Sodium	mg	4	0.198	5	7		
Zinc	mg	0.61	0.039	5	1.02		
Copper	mg	0.146	0.009	5	0.245		
Manganese	mg	0.403	0.033	2	0.677		
Selenium	µg	2.2		0	3.7		
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.040	0.017	6	0.067		
Riboflavin	mg	0.039	0.007	6	0.066		
Niacin	mg	0.940	0.106	4	1.579		
Pantothenic acid	mg	0.359	0.025	5	0.603		
Vitamin B-6	mg	0.077	0.020	4	0.129		
Folate	µg	14	7.187	4	24		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	0		0	0		
Vitamin A, RE	µg	0		0	0		
Vitamin E, α-TE	mg	0.236		0	0.396		
Lipids:							
Saturated, total	g	0.134		0	0.225		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.006		0	0.010		
10:0	g	0.003		0	0.005		
12:0	g	0.002		0	0.003		
14:0	g	0.004		0	0.007		
15.0	g						
16:0	g	0.082		0	0.138		
17:0	g						
18:0	g	0.009		0	0.015		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.188	0	0.316
14:1	g			
16:1	g	0.004	0	0.007
18:1	g	0.179	0	0.301
20:1	g	0.000	0	0.000
22.1	g	0.002	0	0.003
Polyunsaturated, total	g	0.188	0	0.316
18:2	g	0.174	0	0.292
18:3	g	0.014	0	0.024
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.049	0	0.082
Threonine	g	0.129	0	0.217
Isoleucine	g	0.127	0	0.213
Leucine	g	0.212	0	0.356
Lysine	g	0.172	0	0.289
Methionine	g	0.044	0	0.074
Cystine	g	0.058	0	0.097
Phenylalanine	g	0.133	0	0.223
Tyrosine	g	0.062	0	0.104
Valine	g	0.173	0	0.291
Arginine	g	0.250	0	0.420
Histidine	g	0.079	0	0.133
Alanine	g	0.191	0	0.321
Aspartic acid	g	0.289	0	0.486
Glutamic acid	g	0.522	0	0.877
Glycine	g	0.263	0	0.442
Proline	g	0.129	0	0.217
Serine	g	0.175	0	0.294
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

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

NDB No. 20011 Buckwheat flour, whole-groat

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 120g	Measure 2*	Measure 3*
Proximates:							
Water	g	11.15	0.404	6	13.38		
Energy	kcal	335		0	402		
Energy	kj	1402		0	1682		
Protein (N x 5.95)	g	12.62	0.213	6	15.14		
Total lipid (fat)	g	3.10	0.088	6	3.72		
Carbohydrate, by difference	g	70.59		0	84.71		
Fiber, total dietary	g	10.0		0	12.0		
Ash	g	2.54	0.161	6	3.05		
Sugars, total	g						
Minerals:							
Calcium	mg	41	4.070	4	49		
Iron	mg	4.06	1.473	4	4.87		
Magnesium	mg	251	19.245	4	301		
Phosphorus	mg	337	101.189	4	404		
Potassium	mg	577	18.677	4	692		
Sodium	mg	11		0	13		
Zinc	mg	3.12	0.127	4	3.74		
Copper	mg	0.515	0.090	4	0.618		
Manganese	mg	2.030	0.099	2	2.436		
Selenium	µg	5.7		1	6.8		
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.417	0.103	4	0.500		
Riboflavin	mg	0.190	0.044	5	0.228		
Niacin	mg	6.150	0.528	4	7.380		
Pantothenic acid	mg	0.440	0.060	4	0.528		
Vitamin B-6	mg	0.582	0.016	5	0.698		
Folate	µg	54	6.750	8	65		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	0		0	0		
Vitamin A, RE	µg	0		0	0		
Vitamin E, α-TE	mg	1.030		0	1.236		
Lipids:							
Saturated, total	g	0.677		0	0.812		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.032		0	0.038		
10:0	g	0.016		0	0.019		
12:0	g	0.009		0	0.011		
14:0	g	0.023		0	0.028		
15.0	g						
16:0	g	0.411		0	0.493		
17:0	g						
18:0	g	0.043		0	0.052		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.949	0	1.139
14:1	g			
16:1	g	0.021	0	0.025
18:1	g	0.902	0	1.082
20:1	g	0.000	0	0.000
22.1	g	0.011	0	0.013
Polyunsaturated, total	g	0.949	0	1.139
18:2	g	0.877	0	1.052
18:3	g	0.071	0	0.085
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.183	0	0.220
Threonine	g	0.482	0	0.578
Isoleucine	g	0.474	0	0.569
Leucine	g	0.792	0	0.950
Lysine	g	0.640	0	0.768
Methionine	g	0.164	0	0.197
Cystine	g	0.218	0	0.262
Phenylalanine	g	0.495	0	0.594
Tyrosine	g	0.230	0	0.276
Valine	g	0.646	0	0.775
Arginine	g	0.935	0	1.122
Histidine	g	0.294	0	0.353
Alanine	g	0.712	0	0.854
Aspartic acid	g	1.078	0	1.294
Glutamic acid	g	1.948	0	2.338
Glycine	g	0.981	0	1.177
Proline	g	0.482	0	0.578
Serine	g	0.652	0	0.782
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

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

NDB No. 20012 Bulgur, dry

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 140g	Measure 2*	Measure 3*
Proximates:							
Water	g	9.00	0.462	6	12.60		
Energy	kcal	342		0	479		
Energy	kj	1431		0	2003		
Protein (N x 5.95)	g	12.29	0.432	5	17.21		
Total lipid (fat)	g	1.33	0.114	7	1.86		
Carbohydrate, by difference	g	75.87		0	106.22		
Fiber, total dietary	g	18.3		0	25.6		
Ash	g	1.51	0.026	7	2.11		
Sugars, total	g						
Minerals:							
Calcium	mg	35	5.694	10	49		
Iron	mg	2.46	0.293	9	3.44		
Magnesium	mg	164	23.365	9	230		
Phosphorus	mg	300	36.990	9	420		
Potassium	mg	410	37.960	9	574		
Sodium	mg	17	5.124	6	24		
Zinc	mg	1.93	0.251	11	2.70		
Copper	mg	0.335	0.028	11	0.469		
Manganese	mg	3.048	0.222	4	4.267		
Selenium	µg	2.3	0.177	2	3.2		
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.232	0.018	6	0.325		
Riboflavin	mg	0.115	0.043	6	0.161		
Niacin	mg	5.114	0.384	5	7.160		
Pantothenic acid	mg	1.045	0.250	6	1.463		
Vitamin B-6	mg	0.342	0.025	5	0.479		
Folate	µg	27	3.034	5	38		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	0		0	0		
Vitamin A, RE	µg	0		0	0		
Vitamin E, α-TE	mg	0.160		0	0.224		
Lipids:							
Saturated, total	g	0.232		0	0.325		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.013		0	0.018		
10:0	g	0.000		0	0.000		
12:0	g	0.000		0	0.000		
14:0	g	0.001		0	0.001		
15.0	g						
16:0	g	0.203		0	0.284		
17:0	g						
18:0	g	0.011		0	0.015		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.173	0	0.242
14:1	g			
16:1	g	0.007	0	0.010
18:1	g	0.166	0	0.232
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.541	0	0.757
18:2	g	0.518	0	0.725
18:3	g	0.023	0	0.032
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	0.190	0	0.266
Threonine	g	0.354	0	0.496
Isoleucine	g	0.455	0	0.637
Leucine	g	0.830	0	1.162
Lysine	g	0.339	0	0.475
Methionine	g	0.190	0	0.266
Cystine	g	0.285	0	0.399
Phenylalanine	g	0.580	0	0.812
Tyrosine	g	0.358	0	0.501
Valine	g	0.554	0	0.776
Arginine	g	0.575	0	0.805
Histidine	g	0.285	0	0.399
Alanine	g	0.436	0	0.610
Aspartic acid	g	0.630	0	0.882
Glutamic acid	g	3.878	0	5.429
Glycine	g	0.495	0	0.693
Proline	g	1.275	0	1.785
Serine	g	0.580	0	0.812
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

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

NDB No. 20013 Bulgur, cooked

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 182g	Measure 2* 8g	Measure 3*
Proximates:							
Water	g	77.76	1.005	7	141.52	6.53	
Energy	kcal	83		0	151	7	
Energy	kj	347		0	632	29	
Protein (N x 5.95)	g	3.08	0.438	4	5.61	0.26	
Total lipid (fat)	g	0.24	0.023	7	0.44	0.02	
Carbohydrate, by difference	g	18.58		0	33.82	1.56	
Fiber, total dietary	g	4.5		0	8.2	0.4	
Ash	g	0.34	0.013	4	0.62	0.03	
Sugars, total	g						
Minerals:							
Calcium	mg	10	0.035	3	18	1	
Iron	mg	0.96	0.281	3	1.75	0.08	
Magnesium	mg	32	1.947	3	58	3	
Phosphorus	mg	40	9.664	3	73	3	
Potassium	mg	68	8.771	3	124	6	
Sodium	mg	5	0.058	3	9	0	
Zinc	mg	0.57	0.058	3	1.04	0.05	
Copper	mg	0.075	0.008	3	0.137	0.006	
Manganese	mg	0.609		1	1.108	0.051	
Selenium	µg	0.6		0	1.1	0.1	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.057	0.005	5	0.104	0.005	
Riboflavin	mg	0.028	0.006	5	0.051	0.002	
Niacin	mg	1.000	0.170	3	1.820	0.084	
Pantothenic acid	mg	0.344	0.114	4	0.626	0.029	
Vitamin B-6	mg	0.083	0.017	3	0.151	0.007	
Folate	µg	18	3.538	3	33	2	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	0.029		0	0.053	0.002	
Lipids:							
Saturated, total	g	0.042		0	0.076	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	0.002		0	0.004	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	0.037		0	0.067	0.003	
17:0	g						
18:0	g	0.002		0	0.004	0.000	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.031	0	0.056	0.003
14:1	g				
16:1	g	0.001	0	0.002	0.000
18:1	g	0.030	0	0.055	0.003
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.098	0	0.178	0.008
18:2	g	0.094	0	0.171	0.008
18:3	g	0.004	0	0.007	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	0.048	0	0.087	0.004
Threonine	g	0.089	0	0.162	0.007
Isoleucine	g	0.114	0	0.207	0.010
Leucine	g	0.208	0	0.379	0.017
Lysine	g	0.085	0	0.155	0.007
Methionine	g	0.048	0	0.087	0.004
Cystine	g	0.071	0	0.129	0.006
Phenylalanine	g	0.145	0	0.264	0.012
Tyrosine	g	0.090	0	0.164	0.008
Valine	g	0.139	0	0.253	0.012
Arginine	g	0.144	0	0.262	0.012
Histidine	g	0.071	0	0.129	0.006
Alanine	g	0.109	0	0.198	0.009
Aspartic acid	g	0.158	0	0.288	0.013
Glutamic acid	g	0.973	0	1.771	0.082
Glycine	g	0.124	0	0.226	0.010
Proline	g	0.320	0	0.582	0.027
Serine	g	0.145	0	0.264	0.012
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 tablespoon

NDB No. 20014 Corn, yellow

Zea mays mays L.

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 166g	Measure 2*	Measure 3*
Proximates:							
Water	g	10.37	1.037	10	17.21		
Energy	kcal	365		0	606		
Energy	kj	1527		0	2535		
Protein (N x 5.95)	g	9.42	0.337	7	15.64		
Total lipid (fat)	g	4.74	0.456	4	7.87		
Carbohydrate, by difference	g	74.26		0	123.27		
Fiber, total dietary	g						
Ash	g	1.20	0.070	4	1.99		
Sugars, total	g						
Minerals:							
Calcium	mg	7	0.886	4	12		
Iron	mg	2.71	0.403	6	4.50		
Magnesium	mg	127		1	211		
Phosphorus	mg	210	28.792	5	349		
Potassium	mg	287		1	476		
Sodium	mg	35		1	58		
Zinc	mg	2.21	0.477	5	3.67		
Copper	mg	0.314	0.071	6	0.521		
Manganese	mg	0.485	0.125	3	0.805		
Selenium	µg	15.5	3.023	5	25.7		
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.385		1	0.639		
Riboflavin	mg	0.201		1	0.334		
Niacin	mg	3.627		1	6.021		
Pantothenic acid	mg	0.424		1	0.704		
Vitamin B-6	mg	0.622	0.131	2	1.033		
Folate	µg	19		0	32		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	469		0	779		
Vitamin A, RE	µg	47		0	78		
Vitamin E, α-TE	mg	0.750		0	1.245		
Lipids:							
Saturated, total	g	0.667		0	1.107		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g	0.569		197	0.945		
17:0	g						
18:0	g	0.075		197	0.125		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.251	0	2.077
14:1	g			
16:1	g	0.004	197	0.007
18:1	g	1.247	197	2.070
20:1	g			
22.1	g			
Polyunsaturated, total	g	2.163	0	3.591
18:2	g	2.097	197	3.481
18:3	g	0.065	197	0.108
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	0.067	16	0.111
Threonine	g	0.354	35	0.588
Isoleucine	g	0.337	35	0.559
Leucine	g	1.155	35	1.917
Lysine	g	0.265	101	0.440
Methionine	g	0.197	34	0.327
Cystine	g	0.170	30	0.282
Phenylalanine	g	0.463	35	0.769
Tyrosine	g	0.383	34	0.636
Valine	g	0.477	34	0.792
Arginine	g	0.470	31	0.780
Histidine	g	0.287	19	0.476
Alanine	g	0.705	29	1.170
Aspartic acid	g	0.655	29	1.087
Glutamic acid	g	1.768	29	2.935
Glycine	g	0.386	29	0.641
Proline	g	0.822	28	1.365
Serine	g	0.447	29	0.742
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

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

NDB No. 20015 Corn bran, crude

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 76g	Measure 2*	Measure 3*
Proximates:							
Water	g	4.71	0.554	6	3.58		
Energy	kcal	224		0	170		
Energy	kj	937		0	712		
Protein (N x 5.95)	g	8.36	1.760	6	6.35		
Total lipid (fat)	g	0.92	0.097	6	0.70		
Carbohydrate, by difference	g	85.64		0	65.09		
Fiber, total dietary	g	85.5		0	65.0		
Ash	g	0.36	0.019	6	0.27		
Sugars, total	g						
Minerals:							
Calcium	mg	42	2.640	5	32		
Iron	mg	2.79	0.006	3	2.12		
Magnesium	mg	64	6.385	5	49		
Phosphorus	mg	72	5.429	4	55		
Potassium	mg	44	2.600	5	33		
Sodium	mg	7	0.157	5	5		
Zinc	mg	1.56	0.139	5	1.19		
Copper	mg	0.248	0.032	5	0.188		
Manganese	mg	0.140	0.001	2	0.106		
Selenium	µg	16.5		0	12.5		
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.010	0.004	5	0.008		
Riboflavin	mg	0.100	0.006	6	0.076		
Niacin	mg	2.735	0.351	4	2.079		
Pantothenic acid	mg	0.636	0.279	4	0.483		
Vitamin B-6	mg	0.152	0.014	4	0.116		
Folate	µg	4	1.435	4	3		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	71	4.200	2	54		
Vitamin A, RE	µg	7		0	5		
Vitamin E, α-TE	mg	2.320		0	1.763		
Lipids:							
Saturated, total	g	0.130		0	0.099		
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	0.111		0	0.084		
17:0	g						
18:0	g	0.015		0	0.011		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.243	0	0.185
14:1	g			
16:1	g	0.001	0	0.001
18:1	g	0.243	0	0.185
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.421	0	0.320
18:2	g	0.408	0	0.310
18:3	g	0.013	0	0.010
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

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

NDB No. 20016 Corn flour, whole-grain, yellow

Refuse: 0%

Nutrients 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*	Measure 3*
Proximates:							
Water	g	10.91	0.079	2	12.76		
Energy	kcal	361		0	422		
Energy	kj	1510		0	1767		
Protein (N x 5.95)	g	6.93	0.085	2	8.11		
Total lipid (fat)	g	3.86	0.057	2	4.52		
Carbohydrate, by difference	g	76.85		0	89.91		
Fiber, total dietary	g	13.4		0	15.7		
Ash	g	1.45	0.007	2	1.70		
Sugars, total	g						
Minerals:							
Calcium	mg	7	0.417	2	8		
Iron	mg	2.38	0.085	2	2.78		
Magnesium	mg	93	3.302	2	109		
Phosphorus	mg	272	9.396	2	318		
Potassium	mg	315	9.396	2	369		
Sodium	mg	5		1	6		
Zinc	mg	1.73	0.113	2	2.02		
Copper	mg	0.230	0.035	2	0.269		
Manganese	mg	0.460	0.021	2	0.538		
Selenium	µg	15.4		0	18.0		
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.246	0.013	2	0.288		
Riboflavin	mg	0.080	0.009	2	0.094		
Niacin	mg	1.900	0.035	2	2.223		
Pantothenic acid	mg	0.658	0.038	2	0.770		
Vitamin B-6	mg	0.370		0	0.433		
Folate	µg	25	3.762	2	29		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	469		0	549		
Vitamin A, RE	µg	47		0	55		
Vitamin E, α-TE	mg	0.250		0	0.293		
Lipids:							
Saturated, total	g	0.543		0	0.635		
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	0.463		197	0.542		
17:0	g						
18:0	g	0.061		197	0.071		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.018	0	1.191
14:1	g			
16:1	g	0.003	197	0.004
18:1	g	1.015	197	1.188
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	1.759	0	2.058
18:2	g	1.706	197	1.996
18:3	g	0.053	197	0.062
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	0.049	0	0.057
Threonine	g	0.261	0	0.305
Isoleucine	g	0.248	0	0.290
Leucine	g	0.850	0	0.995
Lysine	g	0.195	0	0.228
Methionine	g	0.145	0	0.170
Cystine	g	0.125	0	0.146
Phenylalanine	g	0.340	0	0.398
Tyrosine	g	0.282	0	0.330
Valine	g	0.351	0	0.411
Arginine	g	0.345	0	0.404
Histidine	g	0.211	0	0.247
Alanine	g	0.518	0	0.606
Aspartic acid	g	0.482	0	0.564
Glutamic acid	g	1.300	0	1.521
Glycine	g	0.284	0	0.332
Proline	g	0.605	0	0.708
Serine	g	0.329	0	0.385
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

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

NDB No. 20017 Corn flour, masa, 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* 114g	Measure 2*	Measure 3*
Proximates:							
Water	g	9.03	0.242	24	10.29		
Energy	kcal	365		0	416		
Energy	kj	1527		0	1741		
Protein (N x 5.95)	g	9.34	0.144	24	10.65		
Total lipid (fat)	g	3.78	0.099	24	4.31		
Carbohydrate, by difference	g	76.27		0	86.95		
Fiber, total dietary	g	9.6		0	10.9		
Ash	g	1.57	0.022	24	1.79		
Sugars, total	g						
Minerals:							
Calcium	mg	141	10.103	29	161		
Iron	mg	7.21	0.503	30	8.22		
Magnesium	mg	110	0.285	3	125		
Phosphorus	mg	223	27.332	8	254		
Potassium	mg	298	20.888	9	340		
Sodium	mg	5	1.172	6	6		
Zinc	mg	1.78	0.181	4	2.03		
Copper	mg	0.169	0.023	9	0.193		
Manganese	mg	0.484	0.021	10	0.552		
Selenium	µg	15.0		1	17.1		
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	1.429	0.087	22	1.629		
Riboflavin	mg	0.753	0.051	22	0.858		
Niacin	mg	9.843	0.443	22	11.221		
Pantothenic acid	mg	0.658		1	0.750		
Vitamin B-6	mg	0.370	0.070	3	0.422		
Folate	µg	187		0	213		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	0		0	0		
Vitamin A, RE	µg	0		0	0		
Vitamin E, α-TE	mg	0.250		0	0.285		
Lipids:							
Saturated, total	g	0.532		0	0.606		
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	0.453		197	0.516		
17:0	g						
18:0	g	0.060		197	0.068		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.997	0	1.137
14:1	g			
16:1	g	0.003	197	0.003
18:1	g	0.994	197	1.133
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	1.724	0	1.965
18:2	g	1.672	197	1.906
18:3	g	0.052	197	0.059
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.066	0	0.075
Threonine	g	0.351	0	0.400
Isoleucine	g	0.334	0	0.381
Leucine	g	1.146	0	1.306
Lysine	g	0.263	0	0.300
Methionine	g	0.196	0	0.223
Cystine	g	0.168	0	0.192
Phenylalanine	g	0.459	0	0.523
Tyrosine	g	0.380	0	0.433
Valine	g	0.473	0	0.539
Arginine	g	0.466	0	0.531
Histidine	g	0.285	0	0.325
Alanine	g	0.699	0	0.797
Aspartic acid	g	0.650	0	0.741
Glutamic acid	g	1.754	0	2.000
Glycine	g	0.383	0	0.437
Proline	g	0.815	0	0.929
Serine	g	0.444	0	0.506
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

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

NDB No. 20018 Corn flour, degermed, unenriched, yellow

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 126g	Measure 2*	Measure 3*
Proximates:							
Water	g	9.81		2	12.36		
Energy	kcal	375		0	473		
Energy	kj	1569		0	1977		
Protein (N x 5.95)	g	5.59		2	7.04		
Total lipid (fat)	g	1.39		2	1.75		
Carbohydrate, by difference	g	82.75		0	104.27		
Fiber, total dietary	g	1.9		2	2.4		
Ash	g	0.46		2	0.58		
Sugars, total	g						
Minerals:							
Calcium	mg	2		2	3		
Iron	mg	0.91		2	1.15		
Magnesium	mg	18		2	23		
Phosphorus	mg	60		2	76		
Potassium	mg	90		2	113		
Sodium	mg	1		2	1		
Zinc	mg	0.37		2	0.47		
Copper	mg	0.142		2	0.179		
Manganese	mg	0.056		2	0.071		
Selenium	µg	8.0		0	10.1		
Vitamins:							
Ascorbic acid	mg	0.0		2	0.0		
Thiamin	mg	0.074		2	0.093		
Riboflavin	mg	0.058		2	0.073		
Niacin	mg	2.656		2	3.347		
Pantothenic acid	mg	0.052		2	0.066		
Vitamin B-6	mg	0.097		2	0.122		
Folate	µg	48		0	60		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	51		2	64		
Vitamin A, RE	µg	5		2	6		
Vitamin E, α-TE	mg	0.330		0	0.416		
Lipids:							
Saturated, total	g	0.171		0	0.215		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.000		0	0.000		
10:0	g	0.000		0	0.000		
12:0	g	0.001		0	0.001		
14:0	g	0.001		0	0.001		
15.0	g						
16:0	g	0.140		1	0.176		
17:0	g						
18:0	g	0.025		1	0.032		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.274	0	0.345
14:1	g			
16:1	g	0.004	0	0.005
18:1	g	0.274	1	0.345
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.695	0	0.876
18:2	g	0.673	1	0.848
18:3	g	0.022	1	0.028
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

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

NDB No. 20020 Cornmeal, whole-grain, yellow

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 122g	Measure 2*	Measure 3*
Proximates:							
Water	g	10.26	0.140	10	12.52		
Energy	kcal	362		0	442		
Energy	kj	1515		0	1848		
Protein (N x 5.95)	g	8.12	0.306	7	9.91		
Total lipid (fat)	g	3.59	0.227	7	4.38		
Carbohydrate, by difference	g	76.89		0	93.81		
Fiber, total dietary	g	7.3		0	8.9		
Ash	g	1.13	0.032	7	1.38		
Sugars, total	g						
Minerals:							
Calcium	mg	6	1.029	9	7		
Iron	mg	3.45	0.371	9	4.21		
Magnesium	mg	127	18.535	6	155		
Phosphorus	mg	241	9.434	3	294		
Potassium	mg	287	9.760	6	350		
Sodium	mg	35	5.497	6	43		
Zinc	mg	1.82	0.109	6	2.22		
Copper	mg	0.193	0.021	6	0.235		
Manganese	mg	0.498	0.020	3	0.608		
Selenium	µg	15.5		0	18.9		
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.385	0.052	8	0.470		
Riboflavin	mg	0.201	0.034	9	0.245		
Niacin	mg	3.632	0.537	8	4.431		
Pantothenic acid	mg	0.425	0.054	6	0.518		
Vitamin B-6	mg	0.304	0.035	3	0.371		
Folate	µg	25		0	31		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	469	6.399	2	572		
Vitamin A, RE	µg	47		0	57		
Vitamin E, α-TE	mg	0.670		0	0.817		
Lipids:							
Saturated, total	g	0.505		0	0.616		
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	0.431		0	0.526		
17:0	g						
18:0	g	0.057		0	0.070		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.948	0	1.157
14:1	g			
16:1	g	0.003	0	0.004
18:1	g	0.945	0	1.153
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	1.638	0	1.998
18:2	g	1.589	0	1.939
18:3	g	0.049	0	0.060
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.057	0	0.070
Threonine	g	0.305	0	0.372
Isoleucine	g	0.291	0	0.355
Leucine	g	0.996	0	1.215
Lysine	g	0.228	0	0.278
Methionine	g	0.170	0	0.207
Cystine	g	0.146	0	0.178
Phenylalanine	g	0.399	0	0.487
Tyrosine	g	0.330	0	0.403
Valine	g	0.411	0	0.501
Arginine	g	0.405	0	0.494
Histidine	g	0.248	0	0.303
Alanine	g	0.608	0	0.742
Aspartic acid	g	0.565	0	0.689
Glutamic acid	g	1.525	0	1.860
Glycine	g	0.333	0	0.406
Proline	g	0.709	0	0.865
Serine	g	0.386	0	0.471
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

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

NDB No. 20022 Cornmeal, degermed, enriched, yellow

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 138g	Measure 2*	Measure 3*
Proximates:							
Water	g	11.59	0.049	513	15.99		
Energy	kcal	366		0	505		
Energy	kj	1531		0	2113		
Protein (N x 5.95)	g	8.48	0.060	127	11.70		
Total lipid (fat)	g	1.65	0.032	128	2.28		
Carbohydrate, by difference	g	77.68		0	107.20		
Fiber, total dietary	g	7.4		0	10.2		
Ash	g	0.60	0.010	127	0.83		
Sugars, total	g						
Minerals:							
Calcium	mg	5	1.366	8	7		
Iron	mg	4.13	0.055	207	5.70		
Magnesium	mg	40	5.045	8	55		
Phosphorus	mg	84	10.675	8	116		
Potassium	mg	162	13.315	24	224		
Sodium	mg	3	0.637	114	4		
Zinc	mg	0.72	0.058	27	0.99		
Copper	mg	0.078	0.006	23	0.108		
Manganese	mg	0.105	0.006	3	0.145		
Selenium	µg	7.8	0.965	13	10.8		
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.715	0.014	128	0.987		
Riboflavin	mg	0.407	0.009	129	0.562		
Niacin	mg	5.034	0.109	133	6.947		
Pantothenic acid	mg	0.312	0.023	25	0.431		
Vitamin B-6	mg	0.257	0.041	5	0.355		
Folate	µg	187		0	258		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	413	7.700	2	570		
Vitamin A, RE	µg	41		0	57		
Vitamin E, α-TE	mg	0.330		0	0.455		
Lipids:							
Saturated, total	g	0.225		0	0.311		
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		327	0.000		
12:0	g	0.001		327	0.001		
14:0	g	0.001		327	0.001		
15.0	g						
16:0	g	0.186		327	0.257		
17:0	g						
18:0	g	0.025		327	0.035		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.412	0	0.569
14:1	g			
16:1	g	0.005	327	0.007
18:1	g	0.407	327	0.562
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.710	0	0.980
18:2	g	0.690	327	0.952
18:3	g	0.020	327	0.028
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

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

NDB No. 20023 Cornmeal, self-rising, bolted, plain, enriched, yellow

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 122g	Measure 2*	Measure 3*
Proximates:							
Water	g	12.59	0.037	442	15.36		
Energy	kcal	334		0	407		
Energy	kj	1397		0	1704		
Protein (N x 5.95)	g	8.28	0.111	17	10.10		
Total lipid (fat)	g	3.40	0.100	2	4.15		
Carbohydrate, by difference	g	70.28		0	85.74		
Fiber, total dietary	g	6.7		0	8.2		
Ash	g	5.45	0.046	17	6.65		
Sugars, total	g						
Minerals:							
Calcium	mg	361	6.875	16	440		
Iron	mg	5.76		1	7.03		
Magnesium	mg	86		1	105		
Phosphorus	mg	804	16.370	16	981		
Potassium	mg	255	48.005	3	311		
Sodium	mg	1247	156.251	3	1521		
Zinc	mg	2.00		1	2.44		
Copper	mg	0.150		1	0.183		
Manganese	mg	0.498		0	0.608		
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.661		1	0.806		
Riboflavin	mg	0.400		1	0.488		
Niacin	mg	5.291		1	6.455		
Pantothenic acid	mg	0.425		1	0.518		
Vitamin B-6	mg	0.540		1	0.659		
Folate	µg	187		0	228		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	469		0	572		
Vitamin A, RE	µg	47		0	57		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.478		0	0.583		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g	0.408		197	0.498		
17:0	g						
18:0	g	0.054		197	0.066		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.897	0	1.094
14:1	g			
16:1	g	0.003	197	0.004
18:1	g	0.894	197	1.091
20:1	g			
22.1	g			
Polyunsaturated, total	g	1.550	0	1.891
18:2	g	1.503	197	1.834
18:3	g	0.047	197	0.057
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.058	0	0.071
Threonine	g	0.311	0	0.379
Isoleucine	g	0.296	0	0.361
Leucine	g	1.015	0	1.238
Lysine	g	0.233	0	0.284
Methionine	g	0.174	0	0.212
Cystine	g	0.149	0	0.182
Phenylalanine	g	0.407	0	0.497
Tyrosine	g	0.337	0	0.411
Valine	g	0.419	0	0.511
Arginine	g	0.413	0	0.504
Histidine	g	0.253	0	0.309
Alanine	g	0.620	0	0.756
Aspartic acid	g	0.576	0	0.703
Glutamic acid	g	1.554	0	1.896
Glycine	g	0.339	0	0.414
Proline	g	0.723	0	0.882
Serine	g	0.393	0	0.479
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

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

NDB No. 20024 Cornmeal, self-rising, bolted, with wheat flour added, enriched, yellow

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 170g	Measure 2*	Measure 3*
Proximates:							
Water	g	10.33	0.101	43	17.56		
Energy	kcal	348		0	592		
Energy	kj	1456		0	2475		
Protein (N x 5.95)	g	8.41	0.060	39	14.30		
Total lipid (fat)	g	2.85	0.168	43	4.84		
Carbohydrate, by difference	g	73.43		0	124.83		
Fiber, total dietary	g	6.3		0	10.7		
Ash	g	4.98	0.049	43	8.47		
Sugars, total	g						
Minerals:							
Calcium	mg	299	5.521	38	508		
Iron	mg	4.95	0.937	6	8.41		
Magnesium	mg	54	19.500	2	92		
Phosphorus	mg	651	13.495	37	1107		
Potassium	mg	207	20.553	8	352		
Sodium	mg	1319	22.355	8	2242		
Zinc	mg	1.39	0.082	10	2.36		
Copper	mg	0.139	0.007	10	0.236		
Manganese	mg	0.516		0	0.877		
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.713	0.160	6	1.212		
Riboflavin	mg	0.433	0.099	6	0.736		
Niacin	mg	5.202	0.898	8	8.843		
Pantothenic acid	mg	0.383	0.065	10	0.651		
Vitamin B-6	mg	0.385	0.125	2	0.655		
Folate	µg	184		0	313		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	287		1	488		
Vitamin A, RE	µg	29		0	49		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.400		0	0.680		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g	0.341		0	0.580		
17:0	g						
18:0	g	0.045		0	0.077		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.751	0	1.277
14:1	g			
16:1	g	0.002	0	0.003
18:1	g	0.748	0	1.272
20:1	g			
22.1	g			
Polyunsaturated, total	g	1.297	0	2.205
18:2	g	1.258	0	2.139
18:3	g	0.039	0	0.066
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.065	0	0.111
Threonine	g	0.305	0	0.518
Isoleucine	g	0.300	0	0.510
Leucine	g	0.973	0	1.654
Lysine	g	0.230	0	0.391
Methionine	g	0.173	0	0.294
Cystine	g	0.155	0	0.264
Phenylalanine	g	0.414	0	0.704
Tyrosine	g	0.332	0	0.564
Valine	g	0.415	0	0.706
Arginine	g	0.410	0	0.697
Histidine	g	0.249	0	0.423
Alanine	g	0.584	0	0.993
Aspartic acid	g	0.555	0	0.944
Glutamic acid	g	1.736	0	2.951
Glycine	g	0.340	0	0.578
Proline	g	0.765	0	1.301
Serine	g	0.402	0	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 cup

NDB No. 20025 Cornmeal, self-rising, degermed, enriched, yellow

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 138g	Measure 2*	Measure 3*
Proximates:							
Water	g	10.17	0.217	21	14.03		
Energy	kcal	355		0	490		
Energy	kj	1485		0	2049		
Protein (N x 5.95)	g	8.41	0.079	20	11.61		
Total lipid (fat)	g	1.72	0.106	21	2.37		
Carbohydrate, by difference	g	74.79		0	103.21		
Fiber, total dietary	g	7.1		0	9.8		
Ash	g	4.91	0.038	21	6.78		
Sugars, total	g						
Minerals:							
Calcium	mg	350	5.142	20	483		
Iron	mg	4.73	0.163	20	6.53		
Magnesium	mg	49		1	68		
Phosphorus	mg	623	8.900	19	860		
Potassium	mg	170	7.475	4	235		
Sodium	mg	1348	47.041	4	1860		
Zinc	mg	1.00		1	1.38		
Copper	mg	0.130		1	0.179		
Manganese	mg	0.105		0	0.145		
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.678	0.025	20	0.936		
Riboflavin	mg	0.387	0.016	21	0.534		
Niacin	mg	4.566	0.196	21	6.301		
Pantothenic acid	mg	0.312		0	0.431		
Vitamin B-6	mg	0.390		1	0.538		
Folate	µg	187		0	258		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	413		0	570		
Vitamin A, RE	µg	41		0	57		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.234		0	0.323		
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		0	0.000		
12:0	g	0.001		0	0.001		
14:0	g	0.001		0	0.001		
15.0	g						
16:0	g	0.194		0	0.268		
17:0	g						
18:0	g	0.026		0	0.036		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.429	0	0.592
14:1	g			
16:1	g	0.005	0	0.007
18:1	g	0.424	0	0.585
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.739	0	1.020
18:2	g	0.719	0	0.992
18:3	g	0.020	0	0.028
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

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

NDB No. 20027 Cornstarch

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 128g	Measure 2*	Measure 3*
Proximates:							
Water	g	8.32	0.705	5	10.65		
Energy	kcal	381		0	488		
Energy	kj	1594		0	2040		
Protein (N x 5.95)	g	0.26	0.026	5	0.33		
Total lipid (fat)	g	0.05	0.025	3	0.06		
Carbohydrate, by difference	g	91.27		0	116.83		
Fiber, total dietary	g	0.9		0	1.2		
Ash	g	0.09	0.003	4	0.12		
Sugars, total	g						
Minerals:							
Calcium	mg	2	0.534	7	3		
Iron	mg	0.47	0.125	6	0.60		
Magnesium	mg	3	0.124	7	4		
Phosphorus	mg	13	0.598	3	17		
Potassium	mg	3	0.398	7	4		
Sodium	mg	9	2.545	4	12		
Zinc	mg	0.06	0.018	6	0.08		
Copper	mg	0.050	0.014	2	0.064		
Manganese	mg	0.053	0.023	3	0.068		
Selenium	µg	2.8	0.336	8	3.6		
Vitamins:							
Ascorbic acid	mg	0.0		0	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		0	0.00		
Vitamin A	IU	0		0	0		
Vitamin A, RE	µg	0		0	0		
Vitamin E, α-TE	mg	0.000		0	0.000		
Lipids:							
Saturated, total	g	0.009		0	0.012		
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	0.009		1	0.012		
17:0	g						
18:0	g	0.001		1	0.001		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.016	0	0.020
14:1	g			
16:1	g	0.000	0	0.000
18:1	g	0.016	1	0.020
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.025	0	0.032
18:2	g	0.025	1	0.032
18:3	g	0.000	1	0.000
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.001	76	0.001
Threonine	g	0.009	11	0.012
Isoleucine	g	0.010	11	0.013
Leucine	g	0.036	11	0.046
Lysine	g	0.006	68	0.008
Methionine	g	0.006	10	0.008
Cystine	g	0.006	10	0.008
Phenylalanine	g	0.013	11	0.017
Tyrosine	g	0.010	11	0.013
Valine	g	0.014	10	0.018
Arginine	g	0.012	11	0.015
Histidine	g	0.008	11	0.010
Alanine	g	0.019	10	0.024
Aspartic acid	g	0.020	11	0.026
Glutamic acid	g	0.053	11	0.068
Glycine	g	0.009	11	0.012
Proline	g	0.024	11	0.031
Serine	g	0.012	11	0.015
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

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

NDB No. 20028 Couscous, dry

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 173g	Measure 2*	Measure 3*
Proximates:							
Water	g	8.56	0.377	6	14.81		
Energy	kcal	376		0	650		
Energy	kj	1573		0	2721		
Protein (N x 5.95)	g	12.76	0.820	6	22.07		
Total lipid (fat)	g	0.64	0.244	6	1.11		
Carbohydrate, by difference	g	77.43		0	133.95		
Fiber, total dietary	g	5.0		0	8.7		
Ash	g	0.62	0.110	6	1.07		
Sugars, total	g						
Minerals:							
Calcium	mg	24	2.132	6	42		
Iron	mg	1.08	0.180	6	1.87		
Magnesium	mg	44	2.856	6	76		
Phosphorus	mg	170	11.311	5	294		
Potassium	mg	166	17.521	6	287		
Sodium	mg	10	2.073	5	17		
Zinc	mg	0.83	0.243	5	1.44		
Copper	mg	0.247	0.022	6	0.427		
Manganese	mg	0.780	0.007	2	1.349		
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.163	0.018	5	0.282		
Riboflavin	mg	0.078	0.013	5	0.135		
Niacin	mg	3.490	0.083	4	6.038		
Pantothenic acid	mg	1.243	0.275	5	2.150		
Vitamin B-6	mg	0.110	0.024	4	0.190		
Folate	µg	20	2.876	4	35		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	0		0	0		
Vitamin A, RE	µg	0		0	0		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.117		0	0.202		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.001		0	0.002		
15.0	g						
16:0	g	0.109		0	0.189		
17:0	g						
18:0	g	0.006		0	0.010		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.089	0	0.154
14:1	g			
16:1	g	0.002	0	0.003
18:1	g	0.086	0	0.149
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.252	0	0.436
18:2	g	0.240	0	0.415
18:3	g	0.012	0	0.021
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.163	2	0.282
Threonine	g	0.337	6	0.583
Isoleucine	g	0.493	6	0.853
Leucine	g	0.872	6	1.509
Lysine	g	0.245	6	0.424
Methionine	g	0.199	6	0.344
Cystine	g	0.360	6	0.623
Phenylalanine	g	0.620	6	1.073
Tyrosine	g	0.335	6	0.580
Valine	g	0.544	6	0.941
Arginine	g	0.470	6	0.813
Histidine	g	0.259	6	0.448
Alanine	g	0.374	6	0.647
Aspartic acid	g	0.521	6	0.901
Glutamic acid	g	4.600	6	7.958
Glycine	g	0.403	6	0.697
Proline	g	1.404	6	2.429
Serine	g	0.601	6	1.040
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

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

NDB No. 20029 Couscous, cooked

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 157g	Measure 2* 528g	Measure 3* 86g
Proximates:							
Water	g	72.57	0.155	7	113.93	383.17	62.41
Energy	kcal	112		0	176	591	96
Energy	kj	469		0	736	2476	403
Protein (N x 5.95)	g	3.79	0.149	3	5.95	20.01	3.26
Total lipid (fat)	g	0.16	0.060	7	0.25	0.84	0.14
Carbohydrate, by difference	g	23.22		0	36.46	122.60	19.97
Fiber, total dietary	g	1.4		0	2.2	7.4	1.2
Ash	g	0.26	0.008	4	0.41	1.37	0.22
Sugars, total	g						
Minerals:							
Calcium	mg	8	0.248	4	13	42	7
Iron	mg	0.38	0.028	4	0.60	2.01	0.33
Magnesium	mg	8	1.181	4	13	42	7
Phosphorus	mg	22	13.273	4	35	116	19
Potassium	mg	58	4.557	3	91	306	50
Sodium	mg	5	0.495	4	8	26	4
Zinc	mg	0.26	0.062	4	0.41	1.37	0.22
Copper	mg	0.041	0.011	3	0.064	0.216	0.035
Manganese	mg	0.084		1	0.132	0.444	0.072
Selenium	µg	27.5		0	43.2	145.2	23.6
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	0.0
Thiamin	mg	0.063	0.006	5	0.099	0.333	0.054
Riboflavin	mg	0.027	0.011	5	0.042	0.143	0.023
Niacin	mg	0.983	0.155	3	1.543	5.190	0.845
Pantothenic acid	mg	0.371	0.148	4	0.582	1.959	0.319
Vitamin B-6	mg	0.051	0.001	3	0.080	0.269	0.044
Folate	µg	15	8.665	3	24	79	13
Vitamin B-12	µg	0.00		0	0.00	0.00	0.00
Vitamin A	IU	0		0	0	0	0
Vitamin A, RE	µg	0		0	0	0	0
Vitamin E, α-TE	mg	0.013		0	0.020	0.069	0.011
Lipids:							
Saturated, total	g	0.029		0	0.046	0.153	0.025
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		29	0.000	0.000	0.000
15.0	g						
16:0	g	0.027		29	0.042	0.143	0.023
17:0	g						
18:0	g	0.001		29	0.002	0.005	0.001
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.022	0	0.035	0.116	0.019
14:1	g					
16:1	g	0.001	29	0.002	0.005	0.001
18:1	g	0.022	29	0.035	0.116	0.019
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	0.064	0	0.100	0.338	0.055
18:2	g	0.060	29	0.094	0.317	0.052
18:3	g	0.003	29	0.005	0.016	0.003
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.049	0	0.077	0.259	0.042
Threonine	g	0.100	0	0.157	0.528	0.086
Isoleucine	g	0.147	0	0.231	0.776	0.126
Leucine	g	0.259	0	0.407	1.368	0.223
Lysine	g	0.073	0	0.115	0.385	0.063
Methionine	g	0.059	0	0.093	0.312	0.051
Cystine	g	0.107	0	0.168	0.565	0.092
Phenylalanine	g	0.184	0	0.289	0.972	0.158
Tyrosine	g	0.100	0	0.157	0.528	0.086
Valine	g	0.162	0	0.254	0.855	0.139
Arginine	g	0.140	0	0.220	0.739	0.120
Histidine	g	0.077	0	0.121	0.407	0.066
Alanine	g	0.111	0	0.174	0.586	0.095
Aspartic acid	g	0.155	0	0.243	0.818	0.133
Glutamic acid	g	1.367	0	2.146	7.218	1.176
Glycine	g	0.120	0	0.188	0.634	0.103
Proline	g	0.417	0	0.655	2.202	0.359
Serine	g	0.179	0	0.281	0.945	0.154
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

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

*** Common Measures:**

Measure 1: 1 cup, cooked
Measure 2: 1 cup, dry, yields
Measure 3: 1 oz, dry, yields

NDB No. 20030 Hominy, canned, 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* 165g	Measure 2*	Measure 3*
Proximates:							
Water	g	82.53	1.910	9	136.17		
Energy	kcal	72		0	119		
Energy	kj	301		0	497		
Protein (N x 5.95)	g	1.48	0.237	7	2.44		
Total lipid (fat)	g	0.88	0.176	7	1.45		
Carbohydrate, by difference	g	14.26		0	23.53		
Fiber, total dietary	g	2.5		0	4.1		
Ash	g	0.86	0.085	7	1.42		
Sugars, total	g						
Minerals:							
Calcium	mg	10	2.154	9	17		
Iron	mg	0.62	0.099	9	1.02		
Magnesium	mg	16	0.882	7	26		
Phosphorus	mg	35	3.020	7	58		
Potassium	mg	9	2.049	7	15		
Sodium	mg	210	19.570	7	347		
Zinc	mg	1.05	0.103	6	1.73		
Copper	mg	0.030	0.013	5	0.050		
Manganese	mg	0.070	0.007	2	0.116		
Selenium	µg	3.0		0	5.0		
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.003	0.002	8	0.005		
Riboflavin	mg	0.006	0.003	8	0.010		
Niacin	mg	0.033	0.013	6	0.054		
Pantothenic acid	mg	0.154	0.052	4	0.254		
Vitamin B-6	mg	0.005	0.003	4	0.008		
Folate	µg	1	0.122	4	2		
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	0.050		0	0.083		
Lipids:							
Saturated, total	g	0.123		0	0.203		
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	0.105		197	0.173		
17:0	g						
18:0	g	0.014		197	0.023		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.231	0	0.381
14:1	g			
16:1	g	0.001	197	0.002
18:1	g	0.230	197	0.380
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.399	0	0.658
18:2	g	0.387	197	0.639
18:3	g	0.012	197	0.020
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.008	0	0.013
Threonine	g	0.050	0	0.083
Isoleucine	g	0.058	0	0.096
Leucine	g	0.202	0	0.333
Lysine	g	0.033	0	0.054
Methionine	g	0.031	0	0.051
Cystine	g	0.033	0	0.054
Phenylalanine	g	0.076	0	0.125
Tyrosine	g	0.056	0	0.092
Valine	g	0.077	0	0.127
Arginine	g	0.068	0	0.112
Histidine	g	0.045	0	0.074
Alanine	g	0.107	0	0.177
Aspartic acid	g	0.115	0	0.190
Glutamic acid	g	0.299	0	0.493
Glycine	g	0.052	0	0.086
Proline	g	0.138	0	0.228
Serine	g	0.065	0	0.107
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

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

NDB No. 20031 Millet, raw

Panicum miliaceum L.

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 200g	Measure 2*	Measure 3*
Proximates:							
Water	g	8.67	0.584	8	17.34		
Energy	kcal	378		0	756		
Energy	kj	1582		0	3164		
Protein (N x 5.95)	g	11.02	0.685	9	22.04		
Total lipid (fat)	g	4.22	0.228	9	8.44		
Carbohydrate, by difference	g	72.85		0	145.70		
Fiber, total dietary	g	8.5		0	17.0		
Ash	g	3.25	0.350	8	6.50		
Sugars, total	g						
Minerals:							
Calcium	mg	8	0.388	19	16		
Iron	mg	3.01	0.096	19	6.02		
Magnesium	mg	114	4.732	19	228		
Phosphorus	mg	285		1	570		
Potassium	mg	195	5.610	19	390		
Sodium	mg	5	0.741	19	10		
Zinc	mg	1.68	0.114	19	3.36		
Copper	mg	0.750	0.028	19	1.500		
Manganese	mg	1.632	0.076	19	3.264		
Selenium	µg	2.7		1	5.4		
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.421		1	0.842		
Riboflavin	mg	0.290		1	0.580		
Niacin	mg	4.720		1	9.440		
Pantothenic acid	mg	0.848	0.129	2	1.696		
Vitamin B-6	mg	0.384		1	0.768		
Folate	µg	85		0	170		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	0		0	0		
Vitamin A, RE	µg	0		0	0		
Vitamin E, α-TE	mg	0.180		0	0.360		
Lipids:							
Saturated, total	g	0.723		0	1.446		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g	0.003		143	0.006		
14:0	g						
15.0	g						
16:0	g	0.528		143	1.056		
17:0	g						
18:0	g	0.154		143	0.308		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.773	0	1.546
14:1	g			
16:1	g	0.014	143	0.028
18:1	g	0.739	143	1.478
20:1	g	0.020	143	0.040
22.1	g			
Polyunsaturated, total	g	2.134	0	4.268
18:2	g	2.015	143	4.030
18:3	g	0.118	143	0.236
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	0.119	5	0.238
Threonine	g	0.353	8	0.706
Isoleucine	g	0.465	8	0.930
Leucine	g	1.400	8	2.800
Lysine	g	0.212	8	0.424
Methionine	g	0.221	7	0.442
Cystine	g	0.212	3	0.424
Phenylalanine	g	0.580	7	1.160
Tyrosine	g	0.340	7	0.680
Valine	g	0.578	8	1.156
Arginine	g	0.382	7	0.764
Histidine	g	0.236	7	0.472
Alanine	g	0.986	7	1.972
Aspartic acid	g	0.726	7	1.452
Glutamic acid	g	2.396	7	4.792
Glycine	g	0.287	7	0.574
Proline	g	0.877	7	1.754
Serine	g	0.644	7	1.288
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

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

NDB No. 20032 Millet, cooked

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 174g	Measure 2*	Measure 3*
Proximates:							
Water	g	71.41		1	124.25		
Energy	kcal	119		0	207		
Energy	kj	498		0	867		
Protein (N x 5.95)	g	3.51		1	6.11		
Total lipid (fat)	g	1.00		1	1.74		
Carbohydrate, by difference	g	23.67		0	41.19		
Fiber, total dietary	g	1.3		0	2.3		
Ash	g	0.41		1	0.71		
Sugars, total	g						
Minerals:							
Calcium	mg	3		1	5		
Iron	mg	0.63		1	1.10		
Magnesium	mg	44		1	77		
Phosphorus	mg	100		1	174		
Potassium	mg	62		1	108		
Sodium	mg	2		1	3		
Zinc	mg	0.91		1	1.58		
Copper	mg	0.161		1	0.280		
Manganese	mg	0.272		1	0.473		
Selenium	µg	0.9		0	1.6		
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.106		1	0.184		
Riboflavin	mg	0.082		1	0.143		
Niacin	mg	1.330		1	2.314		
Pantothenic acid	mg	0.171		1	0.298		
Vitamin B-6	mg	0.108		1	0.188		
Folate	µg	19		0	33		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	0		0	0		
Vitamin A, RE	µg	0		0	0		
Vitamin E, α-TE	mg	0.180		0	0.313		
Lipids:							
Saturated, total	g	0.172		0	0.299		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.000		0	0.000		
10:0	g	0.000		0	0.000		
12:0	g	0.001		0	0.002		
14:0	g	0.000		0	0.000		
15.0	g						
16:0	g	0.126		0	0.219		
17:0	g						
18:0	g	0.037		0	0.064		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.184	0	0.320
14:1	g			
16:1	g	0.003	0	0.005
18:1	g	0.176	0	0.306
20:1	g	0.005	0	0.009
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.508	0	0.884
18:2	g	0.480	0	0.835
18:3	g	0.028	0	0.049
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.038	0	0.066
Threonine	g	0.113	0	0.197
Isoleucine	g	0.148	0	0.258
Leucine	g	0.446	0	0.776
Lysine	g	0.067	0	0.117
Methionine	g	0.070	0	0.122
Cystine	g	0.067	0	0.117
Phenylalanine	g	0.185	0	0.322
Tyrosine	g	0.108	0	0.188
Valine	g	0.184	0	0.320
Arginine	g	0.122	0	0.212
Histidine	g	0.075	0	0.130
Alanine	g	0.314	0	0.546
Aspartic acid	g	0.231	0	0.402
Glutamic acid	g	0.763	0	1.328
Glycine	g	0.092	0	0.160
Proline	g	0.279	0	0.485
Serine	g	0.205	0	0.357
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

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

NDB No. 20033 Oat bran, raw

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 94g	Measure 2*	Measure 3*
Proximates:							
Water	g	6.55	0.850	8	6.16		
Energy	kcal	246		0	231		
Energy	kj	1029		0	967		
Protein (N x 5.95)	g	17.30	1.452	9	16.26		
Total lipid (fat)	g	7.03	0.274	6	6.61		
Carbohydrate, by difference	g	66.22		0	62.25		
Fiber, total dietary	g	15.4		0	14.5		
Ash	g	2.89	0.493	8	2.72		
Sugars, total	g						
Minerals:							
Calcium	mg	58	6.316	8	55		
Iron	mg	5.41	0.626	8	5.09		
Magnesium	mg	235	11.707	8	221		
Phosphorus	mg	734	26.002	5	690		
Potassium	mg	566	36.718	8	532		
Sodium	mg	4	0.996	8	4		
Zinc	mg	3.11	0.388	7	2.92		
Copper	mg	0.403	0.027	7	0.379		
Manganese	mg	5.630	0.094	4	5.292		
Selenium	µg	45.2	2.998	2	42.5		
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	1.170	0.089	5	1.100		
Riboflavin	mg	0.220	0.063	7	0.207		
Niacin	mg	0.934	0.060	7	0.878		
Pantothenic acid	mg	1.494	0.264	6	1.404		
Vitamin B-6	mg	0.165	0.009	6	0.155		
Folate	µg	52	8.623	6	49		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	0		0	0		
Vitamin A, RE	µg	0		0	0		
Vitamin E, α-TE	mg	1.710		0	1.607		
Lipids:							
Saturated, total	g	1.328		0	1.248		
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	0.026		0	0.024		
14:0	g	0.016		0	0.015		
15.0	g						
16:0	g	1.128		0	1.060		
17:0	g						
18:0	g	0.071		0	0.067		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.376	0	2.233
14:1	g			
16:1	g	0.014	0	0.013
18:1	g	2.362	0	2.220
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	2.766	0	2.600
18:2	g	2.645	0	2.486
18:3	g	0.121	0	0.114
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.335	1	0.315
Threonine	g	0.502	1	0.472
Isoleucine	g	0.668	1	0.628
Leucine	g	1.374	1	1.292
Lysine	g	0.760	1	0.714
Methionine	g	0.335	1	0.315
Cystine	g	0.576	1	0.541
Phenylalanine	g	0.908	1	0.854
Tyrosine	g	0.668	1	0.628
Valine	g	0.964	1	0.906
Arginine	g	1.279	1	1.202
Histidine	g	0.410	1	0.385
Alanine	g	0.872	1	0.820
Aspartic acid	g	1.576	1	1.481
Glutamic acid	g	3.748	1	3.523
Glycine	g	0.947	1	0.890
Proline	g	0.982	1	0.923
Serine	g	0.890	1	0.837
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

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

NDB No. 20034 Oat bran, cooked

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 219g	Measure 2*	Measure 3*
Proximates:							
Water	g	84.00		0	183.96		
Energy	kcal	40		0	88		
Energy	kj	167		0	366		
Protein (N x 5.95)	g	3.21		0	7.03		
Total lipid (fat)	g	0.86		0	1.88		
Carbohydrate, by difference	g	11.44		0	25.05		
Fiber, total dietary	g	2.6		0	5.7		
Ash	g	0.49		0	1.07		
Sugars, total	g						
Minerals:							
Calcium	mg	10		0	22		
Iron	mg	0.88		0	1.93		
Magnesium	mg	40		0	88		
Phosphorus	mg	119		0	261		
Potassium	mg	92		0	201		
Sodium	mg	1		0	2		
Zinc	mg	0.53		0	1.16		
Copper	mg	0.066		0	0.145		
Manganese	mg	0.964		0	2.111		
Selenium	µg	7.7		0	16.9		
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.160		0	0.350		
Riboflavin	mg	0.034		0	0.074		
Niacin	mg	0.144		0	0.315		
Pantothenic acid	mg	0.217		0	0.475		
Vitamin B-6	mg	0.025		0	0.055		
Folate	µg	6		0	13		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	0		0	0		
Vitamin A, RE	µg	0		0	0		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.163		0	0.357		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g	0.003		0	0.007		
14:0	g	0.002		0	0.004		
15.0	g						
16:0	g	0.138		0	0.302		
17:0	g						
18:0	g	0.009		0	0.020		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.291	0	0.637
14:1	g			
16:1	g	0.002	0	0.004
18:1	g	0.290	0	0.635
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.339	0	0.742
18:2	g	0.324	0	0.710
18:3	g	0.015	0	0.033
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.057	0	0.125
Threonine	g	0.086	0	0.188
Isoleucine	g	0.114	0	0.250
Leucine	g	0.235	0	0.515
Lysine	g	0.130	0	0.285
Methionine	g	0.057	0	0.125
Cystine	g	0.099	0	0.217
Phenylalanine	g	0.155	0	0.339
Tyrosine	g	0.114	0	0.250
Valine	g	0.165	0	0.361
Arginine	g	0.219	0	0.480
Histidine	g	0.070	0	0.153
Alanine	g	0.149	0	0.326
Aspartic acid	g	0.270	0	0.591
Glutamic acid	g	0.642	0	1.406
Glycine	g	0.162	0	0.355
Proline	g	0.168	0	0.368
Serine	g	0.152	0	0.333
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

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

NDB No. 20035 Quinoa

Chenopodium quinoa Willd.

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 170g	Measure 2*	Measure 3*
Proximates:							
Water	g	9.30		1	15.81		
Energy	kcal	374		0	636		
Energy	kj	1565		0	2661		
Protein (N x 5.95)	g	13.10		1	22.27		
Total lipid (fat)	g	5.80		1	9.86		
Carbohydrate, by difference	g	68.90		0	117.13		
Fiber, total dietary	g	5.9		0	10.0		
Ash	g	2.90		1	4.93		
Sugars, total	g						
Minerals:							
Calcium	mg	60		1	102		
Iron	mg	9.25		1	15.72		
Magnesium	mg	210		1	357		
Phosphorus	mg	410		1	697		
Potassium	mg	740		1	1258		
Sodium	mg	21		0	36		
Zinc	mg	3.30		1	5.61		
Copper	mg	0.820		1	1.394		
Manganese	mg	2.260		0	3.842		
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.198		1	0.337		
Riboflavin	mg	0.396		1	0.673		
Niacin	mg	2.930		1	4.981		
Pantothenic acid	mg	1.047		0	1.780		
Vitamin B-6	mg	0.223		0	0.379		
Folate	µg	49		0	83		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	0		0	0		
Vitamin A, RE	µg	0		0	0		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.590		0	1.003		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g	0.541		1	0.920		
17:0	g						
18:0	g	0.049		1	0.083		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.535	0	2.609
14:1	g			
16:1	g	0.010	1	0.017
18:1	g	1.525	1	2.592
20:1	g			
22.1	g			
Polyunsaturated, total	g	2.347	0	3.990
18:2	g	2.214	1	3.764
18:3	g	0.133	1	0.226
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g	0.459	1	0.780
Isoleucine	g	0.472	1	0.802
Leucine	g	0.786	1	1.336
Lysine	g	0.734	1	1.248
Methionine	g	0.262	1	0.445
Cystine	g			
Phenylalanine	g	0.537	1	0.913
Tyrosine	g	0.367	1	0.624
Valine	g	0.589	1	1.001
Arginine	g	0.918	1	1.561
Histidine	g	0.314	1	0.534
Alanine	g	0.616	1	1.047
Aspartic acid	g	0.956	1	1.625
Glutamic acid	g	1.559	1	2.650
Glycine	g	0.681	1	1.158
Proline	g	0.407	1	0.692
Serine	g	0.484	1	0.823
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

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

NDB No. 20036 Rice, brown, long-grain, raw

Oryza sativa L.

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 185g	Measure 2*	Measure 3*
Proximates:							
Water	g	10.37	0.494	10	19.18		
Energy	kcal	370		0	685		
Energy	kj	1548		0	2864		
Protein (N x 5.95)	g	7.94	0.248	10	14.69		
Total lipid (fat)	g	2.92	0.216	9	5.40		
Carbohydrate, by difference	g	77.24		0	142.89		
Fiber, total dietary	g	3.5		0	6.5		
Ash	g	1.53	0.098	9	2.83		
Sugars, total	g						
Minerals:							
Calcium	mg	23	6.630	5	43		
Iron	mg	1.47	0.272	5	2.72		
Magnesium	mg	143	12.183	4	265		
Phosphorus	mg	333	36.383	5	616		
Potassium	mg	223	18.481	4	413		
Sodium	mg	7	1.891	5	13		
Zinc	mg	2.02	0.109	4	3.74		
Copper	mg	0.277	0.025	4	0.512		
Manganese	mg	3.743	0.254	4	6.925		
Selenium	µg	23.4	15.351	2	43.3		
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.401	0.028	10	0.742		
Riboflavin	mg	0.093	0.010	9	0.172		
Niacin	mg	5.091	0.283	10	9.418		
Pantothenic acid	mg	1.493	0.307	4	2.762		
Vitamin B-6	mg	0.509	0.059	4	0.942		
Folate	µg	20	4.027	9	37		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	0		0	0		
Vitamin A, RE	µg	0		0	0		
Vitamin E, α-TE	mg	0.720		0	1.332		
Lipids:							
Saturated, total	g	0.584		0	1.080		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.000		0	0.000		
10:0	g	0.000		0	0.000		
12:0	g	0.003		73	0.006		
14:0	g	0.011		73	0.020		
15.0	g						
16:0	g	0.498		73	0.921		
17:0	g						
18:0	g	0.052		73	0.096		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.056	0	1.954
14:1	g			
16:1	g	0.010	73	0.019
18:1	g	1.046	73	1.935
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	1.044	0	1.931
18:2	g	1.000	73	1.850
18:3	g	0.044	73	0.081
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	0.101	25	0.187
Threonine	g	0.291	40	0.538
Isoleucine	g	0.336	40	0.622
Leucine	g	0.657	40	1.215
Lysine	g	0.303	58	0.561
Methionine	g	0.179	44	0.331
Cystine	g	0.096	37	0.178
Phenylalanine	g	0.410	40	0.759
Tyrosine	g	0.298	39	0.551
Valine	g	0.466	40	0.862
Arginine	g	0.602	40	1.114
Histidine	g	0.202	40	0.374
Alanine	g	0.463	39	0.857
Aspartic acid	g	0.743	40	1.375
Glutamic acid	g	1.618	40	2.993
Glycine	g	0.391	40	0.723
Proline	g	0.372	37	0.688
Serine	g	0.411	40	0.760
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

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

NDB No. 20037 Rice, brown, long-grain, cooked

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 195g	Measure 2*	Measure 3*
Proximates:							
Water	g	73.09	0.985	4	142.53		
Energy	kcal	111		0	216		
Energy	kj	464		0	905		
Protein (N x 5.95)	g	2.58	0.119	4	5.03		
Total lipid (fat)	g	0.90	0.091	4	1.75		
Carbohydrate, by difference	g	22.96		0	44.77		
Fiber, total dietary	g	1.8		0	3.5		
Ash	g	0.46	0.059	4	0.90		
Sugars, total	g						
Minerals:							
Calcium	mg	10		1	20		
Iron	mg	0.42		1	0.82		
Magnesium	mg	43		1	84		
Phosphorus	mg	83		1	162		
Potassium	mg	43		1	84		
Sodium	mg	5		1	10		
Zinc	mg	0.63		1	1.23		
Copper	mg	0.100		1	0.195		
Manganese	mg	0.905		1	1.765		
Selenium	µg	9.8	1.525	5	19.1		
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.096		1	0.187		
Riboflavin	mg	0.025		1	0.049		
Niacin	mg	1.528		1	2.980		
Pantothenic acid	mg	0.285		1	0.556		
Vitamin B-6	mg	0.145		1	0.283		
Folate	µg	4		1	8		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	0		0	0		
Vitamin A, RE	µg	0		0	0		
Vitamin E, α-TE	mg	0.720		0	1.404		
Lipids:							
Saturated, total	g	0.180		0	0.351		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.000		0	0.000		
10:0	g	0.000		0	0.000		
12:0	g	0.001		0	0.002		
14:0	g	0.003		0	0.006		
15.0	g						
16:0	g	0.154		0	0.300		
17:0	g						
18:0	g	0.016		0	0.031		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.327	0	0.638
14:1	g			
16:1	g	0.003	0	0.006
18:1	g	0.323	0	0.630
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.323	0	0.630
18:2	g	0.309	0	0.603
18:3	g	0.014	0	0.027
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.033	0	0.064
Threonine	g	0.095	0	0.185
Isoleucine	g	0.109	0	0.213
Leucine	g	0.214	0	0.417
Lysine	g	0.099	0	0.193
Methionine	g	0.058	0	0.113
Cystine	g	0.031	0	0.060
Phenylalanine	g	0.133	0	0.259
Tyrosine	g	0.097	0	0.189
Valine	g	0.151	0	0.294
Arginine	g	0.196	0	0.382
Histidine	g	0.066	0	0.129
Alanine	g	0.151	0	0.294
Aspartic acid	g	0.242	0	0.472
Glutamic acid	g	0.526	0	1.026
Glycine	g	0.127	0	0.248
Proline	g	0.121	0	0.236
Serine	g	0.134	0	0.261
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

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

NDB No. 20038 Oats

Avena sativa L.

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 156g	Measure 2*	Measure 3*
Proximates:							
Water	g	8.22	0.380	17	12.82		
Energy	kcal	389		0	607		
Energy	kj	1628		0	2540		
Protein (N x 5.95)	g	16.89	0.326	50	26.35		
Total lipid (fat)	g	6.90	0.705	14	10.76		
Carbohydrate, by difference	g	66.27		0	103.38		
Fiber, total dietary	g	10.6		0	16.5		
Ash	g	1.72	0.003	2	2.68		
Sugars, total	g						
Minerals:							
Calcium	mg	54	2.526	8	84		
Iron	mg	4.72	0.137	37	7.36		
Magnesium	mg	177	7.132	14	276		
Phosphorus	mg	523	18.845	14	816		
Potassium	mg	429	21.539	14	669		
Sodium	mg	2	0.000	2	3		
Zinc	mg	3.97	0.180	37	6.19		
Copper	mg	0.626	0.024	32	0.977		
Manganese	mg	4.916	0.420	18	7.669		
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.763		0	1.190		
Riboflavin	mg	0.139		0	0.217		
Niacin	mg	0.961		0	1.499		
Pantothenic acid	mg	1.349		0	2.104		
Vitamin B-6	mg	0.119		0	0.186		
Folate	µg	56		0	87		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	0		0	0		
Vitamin A, RE	µg	0		0	0		
Vitamin E, α-TE	mg	0.700		0	1.092		
Lipids:							
Saturated, total	g	1.217		0	1.899		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g	0.024		238	0.037		
14:0	g	0.015		238	0.023		
15.0	g						
16:0	g	1.034		238	1.613		
17:0	g						
18:0	g	0.065		238	0.101		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.178	0	3.398
14:1	g			
16:1	g	0.013	238	0.020
18:1	g	2.165	238	3.377
20:1	g			
22.1	g			
Polyunsaturated, total	g	2.535	0	3.955
18:2	g	2.424	238	3.781
18:3	g	0.111	238	0.173
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	0.234	21	0.365
Threonine	g	0.575	59	0.897
Isoleucine	g	0.694	59	1.083
Leucine	g	1.284	59	2.003
Lysine	g	0.701	59	1.094
Methionine	g	0.312	60	0.487
Cystine	g	0.408	48	0.636
Phenylalanine	g	0.895	58	1.396
Tyrosine	g	0.573	43	0.894
Valine	g	0.937	59	1.462
Arginine	g	1.192	58	1.860
Histidine	g	0.405	57	0.632
Alanine	g	0.881	43	1.374
Aspartic acid	g	1.448	43	2.259
Glutamic acid	g	3.712	43	5.791
Glycine	g	0.841	43	1.312
Proline	g	0.934	41	1.457
Serine	g	0.750	43	1.170
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

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

NDB No. 20040 Rice, brown, medium-grain, raw

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 190g	Measure 2*	Measure 3*
Proximates:							
Water	g	12.37	0.673	4	23.50		
Energy	kcal	362		0	688		
Energy	kj	1515		0	2879		
Protein (N x 5.95)	g	7.50	0.289	7	14.25		
Total lipid (fat)	g	2.68	0.225	5	5.09		
Carbohydrate, by difference	g	76.17		0	144.72		
Fiber, total dietary	g	3.4		0	6.5		
Ash	g	1.27	0.050	4	2.41		
Sugars, total	g						
Minerals:							
Calcium	mg	33		1	63		
Iron	mg	1.80	0.138	5	3.42		
Magnesium	mg	143		1	272		
Phosphorus	mg	264	17.324	3	502		
Potassium	mg	268	14.077	4	509		
Sodium	mg	4		1	8		
Zinc	mg	2.02		0	3.84		
Copper	mg	0.277		0	0.526		
Manganese	mg	3.743		0	7.112		
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.413	0.042	5	0.785		
Riboflavin	mg	0.043	0.007	5	0.082		
Niacin	mg	4.308	0.207	5	8.185		
Pantothenic acid	mg	1.493		0	2.837		
Vitamin B-6	mg	0.509		0	0.967		
Folate	µg	20		0	38		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	0		0	0		
Vitamin A, RE	µg	0		0	0		
Vitamin E, α-TE	mg	0.661		0	1.256		
Lipids:							
Saturated, total	g	0.536		0	1.018		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g	0.002		0	0.004		
14:0	g	0.010		0	0.019		
15.0	g						
16:0	g	0.457		0	0.868		
17:0	g						
18:0	g	0.048		0	0.091		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.971	0	1.845
14:1	g			
16:1	g	0.010	0	0.019
18:1	g	0.961	0	1.826
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.959	0	1.822
18:2	g	0.918	0	1.744
18:3	g	0.041	0	0.078
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	0.096	0	0.182
Threonine	g	0.275	0	0.523
Isoleucine	g	0.318	0	0.604
Leucine	g	0.620	0	1.178
Lysine	g	0.286	0	0.543
Methionine	g	0.169	0	0.321
Cystine	g	0.091	0	0.173
Phenylalanine	g	0.387	0	0.735
Tyrosine	g	0.281	0	0.534
Valine	g	0.440	0	0.836
Arginine	g	0.569	0	1.081
Histidine	g	0.190	0	0.361
Alanine	g	0.437	0	0.830
Aspartic acid	g	0.702	0	1.334
Glutamic acid	g	1.528	0	2.903
Glycine	g	0.369	0	0.701
Proline	g	0.352	0	0.669
Serine	g	0.388	0	0.737
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

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

NDB No. 20041 Rice, brown, medium-grain, cooked

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 195g	Measure 2*	Measure 3*
Proximates:							
Water	g	72.96		0	142.27		
Energy	kcal	112		0	218		
Energy	kj	469		0	915		
Protein (N x 5.95)	g	2.32		0	4.52		
Total lipid (fat)	g	0.83		0	1.62		
Carbohydrate, by difference	g	23.51		0	45.84		
Fiber, total dietary	g	1.8		0	3.5		
Ash	g	0.39		0	0.76		
Sugars, total	g						
Minerals:							
Calcium	mg	10		0	20		
Iron	mg	0.53		0	1.03		
Magnesium	mg	44		0	86		
Phosphorus	mg	77		0	150		
Potassium	mg	79		0	154		
Sodium	mg	1		0	2		
Zinc	mg	0.62		0	1.21		
Copper	mg	0.081		0	0.158		
Manganese	mg	1.097		0	2.139		
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.102		0	0.199		
Riboflavin	mg	0.012		0	0.023		
Niacin	mg	1.330		0	2.594		
Pantothenic acid	mg	0.392		0	0.764		
Vitamin B-6	mg	0.149		0	0.291		
Folate	µg	4		0	8		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	0		0	0		
Vitamin A, RE	µg	0		0	0		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.165		0	0.322		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g	0.001		0	0.002		
14:0	g	0.003		0	0.006		
15.0	g						
16:0	g	0.141		0	0.275		
17:0	g						
18:0	g	0.015		0	0.029		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.300	0	0.585
14:1	g			
16:1	g	0.003	0	0.006
18:1	g	0.297	0	0.579
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.296	0	0.577
18:2	g	0.283	0	0.552
18:3	g	0.013	0	0.025
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.030	0	0.059
Threonine	g	0.085	0	0.166
Isoleucine	g	0.098	0	0.191
Leucine	g	0.191	0	0.372
Lysine	g	0.088	0	0.172
Methionine	g	0.052	0	0.101
Cystine	g	0.028	0	0.055
Phenylalanine	g	0.119	0	0.232
Tyrosine	g	0.087	0	0.170
Valine	g	0.136	0	0.265
Arginine	g	0.175	0	0.341
Histidine	g	0.059	0	0.115
Alanine	g	0.135	0	0.263
Aspartic acid	g	0.217	0	0.423
Glutamic acid	g	0.472	0	0.920
Glycine	g	0.114	0	0.222
Proline	g	0.109	0	0.213
Serine	g	0.120	0	0.234
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

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

NDB No. 20044 Rice, white, long-grain, regular, raw, 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* 185g	Measure 2*	Measure 3*
Proximates:							
Water	g	11.62	0.332	58	21.50		
Energy	kcal	365		0	675		
Energy	kj	1527		0	2825		
Protein (N x 5.95)	g	7.13	0.134	70	13.19		
Total lipid (fat)	g	0.66	0.053	23	1.22		
Carbohydrate, by difference	g	79.95		0	147.91		
Fiber, total dietary	g	1.3		0	2.4		
Ash	g	0.64	0.022	60	1.18		
Sugars, total	g						
Minerals:							
Calcium	mg	28	3.052	22	52		
Iron	mg	4.31	0.584	6	7.97		
Magnesium	mg	25	1.776	13	46		
Phosphorus	mg	115	3.642	15	213		
Potassium	mg	115	10.363	17	213		
Sodium	mg	5	1.051	10	9		
Zinc	mg	1.09	0.068	13	2.02		
Copper	mg	0.220	0.016	13	0.407		
Manganese	mg	1.088	0.049	6	2.013		
Selenium	µg	15.1	5.193	7	27.9		
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.576	0.019	5	1.066		
Riboflavin	mg	0.049	0.011	19	0.091		
Niacin	mg	4.192	0.323	12	7.755		
Pantothenic acid	mg	1.014	0.194	6	1.876		
Vitamin B-6	mg	0.164	0.008	7	0.303		
Folate	µg	231		0	427		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	0		0	0		
Vitamin A, RE	µg	0		0	0		
Vitamin E, α-TE	mg	0.130		0	0.241		
Lipids:							
Saturated, total	g	0.180		0	0.333		
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		19	0.007		
15.0	g						
16:0	g	0.161		19	0.298		
17:0	g						
18:0	g	0.012		19	0.022		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.206	0	0.381
14:1	g			
16:1	g	0.002	19	0.004
18:1	g	0.203	19	0.376
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.177	0	0.327
18:2	g	0.146	19	0.270
18:3	g	0.031	19	0.057
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	0.083	95	0.154
Threonine	g	0.255	127	0.472
Isoleucine	g	0.308	109	0.570
Leucine	g	0.589	125	1.090
Lysine	g	0.258	141	0.477
Methionine	g	0.168	121	0.311
Cystine	g	0.146	53	0.270
Phenylalanine	g	0.381	104	0.705
Tyrosine	g	0.238	173	0.440
Valine	g	0.435	109	0.805
Arginine	g	0.594	96	1.099
Histidine	g	0.168	96	0.311
Alanine	g	0.413	84	0.764
Aspartic acid	g	0.670	83	1.240
Glutamic acid	g	1.389	83	2.570
Glycine	g	0.325	84	0.601
Proline	g	0.335	98	0.620
Serine	g	0.375	84	0.694
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

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

NDB No. 20045 Rice, white, long-grain, regular, cooked

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 158g	Measure 2*	Measure 3*
Proximates:							
Water	g	68.44	0.398	23	108.14		
Energy	kcal	130		0	205		
Energy	kj	544		0	860		
Protein (N x 5.95)	g	2.69	0.059	20	4.25		
Total lipid (fat)	g	0.28	0.030	6	0.44		
Carbohydrate, by difference	g	28.17		0	44.51		
Fiber, total dietary	g	0.4		0	0.6		
Ash	g	0.41	0.059	20	0.65		
Sugars, total	g						
Minerals:							
Calcium	mg	10	0.868	33	16		
Iron	mg	1.20	0.093	39	1.90		
Magnesium	mg	12	0.566	38	19		
Phosphorus	mg	43	1.833	27	68		
Potassium	mg	35	1.936	34	55		
Sodium	mg	1	0.314	13	2		
Zinc	mg	0.49	0.026	43	0.77		
Copper	mg	0.069	0.005	42	0.109		
Manganese	mg	0.472	0.024	35	0.746		
Selenium	µg	7.5	0.459	47	11.8		
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.163	0.014	17	0.258		
Riboflavin	mg	0.013	0.001	9	0.021		
Niacin	mg	1.476	0.075	17	2.332		
Pantothenic acid	mg	0.390	0.033	13	0.616		
Vitamin B-6	mg	0.093	0.012	12	0.147		
Folate	µg	58		0	92		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	0		0	0		
Vitamin A, RE	µg	0		0	0		
Vitamin E, α-TE	mg	0.050		0	0.079		
Lipids:							
Saturated, total	g	0.077		0	0.122		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.000		0	0.000		
10:0	g	0.000		0	0.000		
12:0	g	0.000		0	0.000		
14:0	g	0.002		0	0.003		
15.0	g						
16:0	g	0.069		0	0.109		
17:0	g						
18:0	g	0.005		0	0.008		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.088	0	0.139
14:1	g			
16:1	g	0.001	0	0.002
18:1	g	0.087	0	0.137
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.076	0	0.120
18:2	g	0.062	0	0.098
18:3	g	0.013	0	0.021
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.031	0	0.049
Threonine	g	0.096	0	0.152
Isoleucine	g	0.116	0	0.183
Leucine	g	0.222	0	0.351
Lysine	g	0.097	0	0.153
Methionine	g	0.063	0	0.100
Cystine	g	0.055	0	0.087
Phenylalanine	g	0.144	0	0.228
Tyrosine	g	0.090	0	0.142
Valine	g	0.164	0	0.259
Arginine	g	0.224	0	0.354
Histidine	g	0.063	0	0.100
Alanine	g	0.156	0	0.246
Aspartic acid	g	0.253	0	0.400
Glutamic acid	g	0.524	0	0.828
Glycine	g	0.122	0	0.193
Proline	g	0.127	0	0.201
Serine	g	0.141	0	0.223
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

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

NDB No. 20046 Rice, white, long-grain, parboiled, dry, 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* 185g	Measure 2*	Measure 3*
Proximates:							
Water	g	10.16	0.581	8	18.80		
Energy	kcal	371		0	686		
Energy	kj	1552		0	2871		
Protein (N x 5.95)	g	6.79	0.187	9	12.56		
Total lipid (fat)	g	0.56	0.106	8	1.04		
Carbohydrate, by difference	g	81.72		0	151.18		
Fiber, total dietary	g	1.7		0	3.1		
Ash	g	0.77	0.028	8	1.42		
Sugars, total	g						
Minerals:							
Calcium	mg	60	6.098	4	111		
Iron	mg	3.56	0.613	4	6.59		
Magnesium	mg	31	7.846	4	57		
Phosphorus	mg	136	8.829	4	252		
Potassium	mg	120	17.867	4	222		
Sodium	mg	5	1.884	4	9		
Zinc	mg	0.96	0.155	5	1.78		
Copper	mg	0.191	0.033	5	0.353		
Manganese	mg	0.850	0.063	3	1.573		
Selenium	µg	23.0	2.828	8	42.5		
Vitamins:							
Ascorbic acid	mg	0.0		1	0.0		
Thiamin	mg	0.596	0.144	4	1.103		
Riboflavin	mg	0.070		1	0.130		
Niacin	mg	3.632	0.426	4	6.719		
Pantothenic acid	mg	1.133	0.148	4	2.096		
Vitamin B-6	mg	0.350	0.029	4	0.648		
Folate	µg	231		0	427		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	0		0	0		
Vitamin A, RE	µg	0		0	0		
Vitamin E, α-TE	mg	0.130		0	0.241		
Lipids:							
Saturated, total	g	0.151		0	0.279		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.000		0	0.000		
10:0	g	0.000		0	0.000		
12:0	g	0.000		0	0.000		
14:0	g	0.003		19	0.006		
15.0	g						
16:0	g	0.135		19	0.250		
17:0	g						
18:0	g	0.010		19	0.019		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.173	0	0.320
14:1	g			
16:1	g	0.002	19	0.004
18:1	g	0.171	19	0.316
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.149	0	0.276
18:2	g	0.122	19	0.226
18:3	g	0.026	19	0.048
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	0.079	0	0.146
Threonine	g	0.243	0	0.450
Isoleucine	g	0.293	0	0.542
Leucine	g	0.562	0	1.040
Lysine	g	0.246	0	0.455
Methionine	g	0.160	0	0.296
Cystine	g	0.139	0	0.257
Phenylalanine	g	0.363	0	0.672
Tyrosine	g	0.227	0	0.420
Valine	g	0.414	0	0.766
Arginine	g	0.566	0	1.047
Histidine	g	0.160	0	0.296
Alanine	g	0.394	0	0.729
Aspartic acid	g	0.638	0	1.180
Glutamic acid	g	1.325	0	2.451
Glycine	g	0.309	0	0.572
Proline	g	0.320	0	0.592
Serine	g	0.357	0	0.660
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

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

NDB No. 20047 Rice, white, long-grain, parboiled, cooked, 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* 175g	Measure 2* 175g	Measure 3* 145g
Proximates:							
Water	g	72.49	0.516	4	126.86	126.86	105.11
Energy	kcal	114		0	200	200	165
Energy	kj	477		0	835	835	692
Protein (N x 5.95)	g	2.29	0.018	4	4.01	4.01	3.32
Total lipid (fat)	g	0.27	0.015	4	0.47	0.47	0.39
Carbohydrate, by difference	g	24.73		0	43.28	43.28	35.86
Fiber, total dietary	g	0.4		0	0.7	0.7	0.6
Ash	g	0.22	0.028	4	0.39	0.39	0.32
Sugars, total	g						
Minerals:							
Calcium	mg	19	2.500	3	33	33	28
Iron	mg	1.13	0.577	3	1.98	1.98	1.64
Magnesium	mg	12	2.007	3	21	21	17
Phosphorus	mg	42	3.300	3	74	74	61
Potassium	mg	37	7.167	3	65	65	54
Sodium	mg	3	0.950	3	5	5	4
Zinc	mg	0.31	0.007	3	0.54	0.54	0.45
Copper	mg	0.094	0.003	3	0.164	0.164	0.136
Manganese	mg	0.260	0.034	3	0.455	0.455	0.377
Selenium	µg	8.2	0.696	10	14.3	14.3	11.9
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	0.0
Thiamin	mg	0.250		1	0.438	0.438	0.363
Riboflavin	mg	0.018		0	0.032	0.032	0.026
Niacin	mg	1.400		1	2.450	2.450	2.030
Pantothenic acid	mg	0.324	0.038	3	0.567	0.567	0.470
Vitamin B-6	mg	0.019		1	0.033	0.033	0.028
Folate	µg	50		0	88	88	73
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	0.050		0	0.088	0.088	0.072
Lipids:							
Saturated, total	g	0.073		0	0.128	0.128	0.106
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.000		0	0.000	0.000	0.000
14:0	g	0.002		0	0.004	0.004	0.003
15.0	g						
16:0	g	0.065		0	0.114	0.114	0.094
17:0	g						
18:0	g	0.005		0	0.009	0.009	0.007
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.084	0	0.147	0.147	0.122
14:1	g					
16:1	g	0.001	0	0.002	0.002	0.001
18:1	g	0.083	0	0.145	0.145	0.120
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	0.072	0	0.126	0.126	0.104
18:2	g	0.059	0	0.103	0.103	0.086
18:3	g	0.013	0	0.023	0.023	0.019
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.027	0	0.047	0.047	0.039
Threonine	g	0.082	0	0.144	0.144	0.119
Isoleucine	g	0.099	0	0.173	0.173	0.144
Leucine	g	0.190	0	0.333	0.333	0.276
Lysine	g	0.083	0	0.145	0.145	0.120
Methionine	g	0.054	0	0.094	0.094	0.078
Cystine	g	0.047	0	0.082	0.082	0.068
Phenylalanine	g	0.122	0	0.213	0.213	0.177
Tyrosine	g	0.077	0	0.135	0.135	0.112
Valine	g	0.140	0	0.245	0.245	0.203
Arginine	g	0.191	0	0.334	0.334	0.277
Histidine	g	0.054	0	0.094	0.094	0.078
Alanine	g	0.133	0	0.233	0.233	0.193
Aspartic acid	g	0.215	0	0.376	0.376	0.312
Glutamic acid	g	0.447	0	0.782	0.782	0.648
Glycine	g	0.104	0	0.182	0.182	0.151
Proline	g	0.108	0	0.189	0.189	0.157
Serine	g	0.121	0	0.212	0.212	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 cup
Measure 2: 1 cup, hot
Measure 3: 1 cup, cold

NDB No. 20048 Rice, white, long-grain, precooked or instant, enriched, dry

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 95g	Measure 2*	Measure 3*
Proximates:							
Water	g	8.14	0.409	8	7.73		
Energy	kcal	379		0	360		
Energy	kj	1586		0	1507		
Protein (N x 5.95)	g	7.66	0.258	10	7.28		
Total lipid (fat)	g	0.29	0.089	6	0.28		
Carbohydrate, by difference	g	83.59		0	79.41		
Fiber, total dietary	g	1.6		0	1.5		
Ash	g	0.33	0.029	9	0.31		
Sugars, total	g						
Minerals:							
Calcium	mg	18	2.390	5	17		
Iron	mg	4.19	0.533	9	3.98		
Magnesium	mg	12	3.421	5	11		
Phosphorus	mg	68	11.089	5	65		
Potassium	mg	18	3.541	6	17		
Sodium	mg	6	1.477	5	6		
Zinc	mg	0.96	0.051	5	0.91		
Copper	mg	0.165	0.042	5	0.157		
Manganese	mg	0.647	0.068	5	0.615		
Selenium	µg	46.9		2	44.6		
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.618	0.053	10	0.587		
Riboflavin	mg	0.060	0.041	6	0.057		
Niacin	mg	5.471	0.334	8	5.197		
Pantothenic acid	mg	0.432	0.073	6	0.410		
Vitamin B-6	mg	0.044	0.007	6	0.042		
Folate	µg	231		0	219		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	0		0	0		
Vitamin A, RE	µg	0		0	0		
Vitamin E, α-TE	mg	0.130		0	0.124		
Lipids:							
Saturated, total	g	0.078		0	0.074		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.000		0	0.000		
10:0	g	0.000		0	0.000		
12:0	g	0.000		0	0.000		
14:0	g	0.002		0	0.002		
15.0	g						
16:0	g	0.070		0	0.067		
17:0	g						
18:0	g	0.005		0	0.005		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.089	0	0.085
14:1	g			
16:1	g	0.001	0	0.001
18:1	g	0.088	0	0.084
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.077	0	0.073
18:2	g	0.063	0	0.060
18:3	g	0.014	0	0.013
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.089	0	0.085
Threonine	g	0.274	0	0.260
Isoleucine	g	0.331	0	0.314
Leucine	g	0.633	0	0.601
Lysine	g	0.277	0	0.263
Methionine	g	0.180	0	0.171
Cystine	g	0.157	0	0.149
Phenylalanine	g	0.409	0	0.389
Tyrosine	g	0.256	0	0.243
Valine	g	0.467	0	0.444
Arginine	g	0.638	0	0.606
Histidine	g	0.180	0	0.171
Alanine	g	0.444	0	0.422
Aspartic acid	g	0.719	0	0.683
Glutamic acid	g	1.493	0	1.418
Glycine	g	0.349	0	0.332
Proline	g	0.360	0	0.342
Serine	g	0.403	0	0.383
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

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

NDB No. 20049 Rice, white, long-grain, precooked or instant, enriched, 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* 165g	Measure 2*	Measure 3*
Proximates:							
Water	g	76.44		1	126.13		
Energy	kcal	98		0	162		
Energy	kj	410		0	677		
Protein (N x 5.95)	g	2.06		1	3.40		
Total lipid (fat)	g	0.16		1	0.26		
Carbohydrate, by difference	g	21.27		0	35.10		
Fiber, total dietary	g	0.6		0	1.0		
Ash	g	0.07		1	0.12		
Sugars, total	g						
Minerals:							
Calcium	mg	8		1	13		
Iron	mg	0.63		1	1.04		
Magnesium	mg	5		1	8		
Phosphorus	mg	14		1	23		
Potassium	mg	4		1	7		
Sodium	mg	3		1	5		
Zinc	mg	0.24		1	0.40		
Copper	mg	0.065		1	0.107		
Manganese	mg	0.235		1	0.388		
Selenium	µg	4.2	0.582	10	6.9		
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.075		1	0.124		
Riboflavin	mg	0.046		1	0.076		
Niacin	mg	0.880		1	1.452		
Pantothenic acid	mg	0.178	0.149	2	0.294		
Vitamin B-6	mg	0.010		1	0.017		
Folate	µg	41		0	68		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	0		0	0		
Vitamin A, RE	µg	0		0	0		
Vitamin E, α-TE	mg	0.050		0	0.083		
Lipids:							
Saturated, total	g	0.044		0	0.073		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.000		0	0.000		
10:0	g	0.000		0	0.000		
12:0	g	0.000		0	0.000		
14:0	g	0.001		0	0.002		
15.0	g						
16:0	g	0.040		0	0.066		
17:0	g						
18:0	g	0.003		0	0.005		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.051	0	0.084
14:1	g			
16:1	g	0.001	0	0.002
18:1	g	0.050	0	0.083
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.044	0	0.073
18:2	g	0.036	0	0.059
18:3	g	0.008	0	0.013
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.024	0	0.040
Threonine	g	0.074	0	0.122
Isoleucine	g	0.089	0	0.147
Leucine	g	0.170	0	0.281
Lysine	g	0.074	0	0.122
Methionine	g	0.048	0	0.079
Cystine	g	0.042	0	0.069
Phenylalanine	g	0.110	0	0.182
Tyrosine	g	0.069	0	0.114
Valine	g	0.126	0	0.208
Arginine	g	0.172	0	0.284
Histidine	g	0.048	0	0.079
Alanine	g	0.119	0	0.196
Aspartic acid	g	0.193	0	0.318
Glutamic acid	g	0.401	0	0.662
Glycine	g	0.094	0	0.155
Proline	g	0.097	0	0.160
Serine	g	0.108	0	0.178
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

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

NDB No. 20050 Rice, white, medium-grain, raw, 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* 195g	Measure 2*	Measure 3*
Proximates:							
Water	g	12.89	0.476	16	25.14		
Energy	kcal	360		0	702		
Energy	kj	1506		0	2937		
Protein (N x 5.95)	g	6.61	0.197	18	12.89		
Total lipid (fat)	g	0.58	0.058	6	1.13		
Carbohydrate, by difference	g	79.34		0	154.71		
Fiber, total dietary	g	1.4		0	2.7		
Ash	g	0.58	0.044	17	1.13		
Sugars, total	g						
Minerals:							
Calcium	mg	9	0.410	2	18		
Iron	mg	4.36	0.800	3	8.50		
Magnesium	mg	35	1.775	2	68		
Phosphorus	mg	108	5.412	4	211		
Potassium	mg	86	5.551	5	168		
Sodium	mg	1	0.170	2	2		
Zinc	mg	1.16	0.064	2	2.26		
Copper	mg	0.110	0.001	2	0.215		
Manganese	mg	1.100	0.050	2	2.145		
Selenium	µg	15.1	5.193	7	29.4		
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.578	0.030	3	1.127		
Riboflavin	mg	0.048	0.012	5	0.094		
Niacin	mg	5.093	1.111	3	9.931		
Pantothenic acid	mg	1.342	0.050	2	2.617		
Vitamin B-6	mg	0.145	0.006	2	0.283		
Folate	µg	231		0	450		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	0		0	0		
Vitamin A, RE	µg	0		0	0		
Vitamin E, α-TE	mg	0.130		0	0.254		
Lipids:							
Saturated, total	g	0.158		0	0.308		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.003		0	0.006		
15.0	g						
16:0	g	0.141		0	0.275		
17:0	g						
18:0	g	0.011		0	0.021		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.181	0	0.353
14:1	g			
16:1	g	0.002	0	0.004
18:1	g	0.179	0	0.349
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.155	0	0.302
18:2	g	0.128	0	0.250
18:3	g	0.027	0	0.053
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	0.077	0	0.150
Threonine	g	0.236	0	0.460
Isoleucine	g	0.285	0	0.556
Leucine	g	0.546	0	1.065
Lysine	g	0.239	0	0.466
Methionine	g	0.155	0	0.302
Cystine	g	0.135	0	0.263
Phenylalanine	g	0.353	0	0.688
Tyrosine	g	0.221	0	0.431
Valine	g	0.403	0	0.786
Arginine	g	0.551	0	1.074
Histidine	g	0.155	0	0.302
Alanine	g	0.383	0	0.747
Aspartic acid	g	0.621	0	1.211
Glutamic acid	g	1.288	0	2.512
Glycine	g	0.301	0	0.587
Proline	g	0.311	0	0.606
Serine	g	0.347	0	0.677
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

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

NDB No. 20051 Rice, white, medium-grain, cooked

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 186g	Measure 2*	Measure 3*
Proximates:							
Water	g	68.61		0	127.61		
Energy	kcal	130		0	242		
Energy	kj	544		0	1012		
Protein (N x 5.95)	g	2.38		0	4.43		
Total lipid (fat)	g	0.21		0	0.39		
Carbohydrate, by difference	g	28.59		0	53.18		
Fiber, total dietary	g	0.3		0	0.6		
Ash	g	0.21		0	0.39		
Sugars, total	g						
Minerals:							
Calcium	mg	3		0	6		
Iron	mg	1.49		0	2.77		
Magnesium	mg	13		0	24		
Phosphorus	mg	37		0	69		
Potassium	mg	29		0	54		
Sodium	mg	0		0	0		
Zinc	mg	0.42		0	0.78		
Copper	mg	0.038		0	0.071		
Manganese	mg	0.377		0	0.701		
Selenium	µg	7.5	0.459	47	13.9		
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.167		0	0.311		
Riboflavin	mg	0.016		0	0.030		
Niacin	mg	1.835		0	3.413		
Pantothenic acid	mg	0.411		0	0.764		
Vitamin B-6	mg	0.050		0	0.093		
Folate	µg	58		0	108		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	0		0	0		
Vitamin A, RE	µg	0		0	0		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.057		0	0.106		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.001		0	0.002		
15.0	g						
16:0	g	0.051		0	0.095		
17:0	g						
18:0	g	0.004		0	0.007		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.065	0	0.121
14:1	g			
16:1	g	0.001	0	0.002
18:1	g	0.064	0	0.119
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.056	0	0.104
18:2	g	0.046	0	0.086
18:3	g	0.010	0	0.019
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.028	0	0.052
Threonine	g	0.085	0	0.158
Isoleucine	g	0.103	0	0.192
Leucine	g	0.197	0	0.366
Lysine	g	0.086	0	0.160
Methionine	g	0.056	0	0.104
Cystine	g	0.049	0	0.091
Phenylalanine	g	0.127	0	0.236
Tyrosine	g	0.080	0	0.149
Valine	g	0.145	0	0.270
Arginine	g	0.198	0	0.368
Histidine	g	0.056	0	0.104
Alanine	g	0.138	0	0.257
Aspartic acid	g	0.224	0	0.417
Glutamic acid	g	0.464	0	0.863
Glycine	g	0.108	0	0.201
Proline	g	0.112	0	0.208
Serine	g	0.125	0	0.233
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

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

NDB No. 20052 Rice, white, short-grain, raw

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 200g	Measure 2*	Measure 3*
Proximates:							
Water	g	13.29	0.674	9	26.58		
Energy	kcal	358		0	716		
Energy	kj	1498		0	2996		
Protein (N x 5.95)	g	6.50	0.134	11	13.00		
Total lipid (fat)	g	0.52	0.043	5	1.04		
Carbohydrate, by difference	g	79.15		0	158.30		
Fiber, total dietary	g	2.8		0	5.6		
Ash	g	0.54	0.036	10	1.08		
Sugars, total	g						
Minerals:							
Calcium	mg	3	0.028	2	6		
Iron	mg	4.23		1	8.46		
Magnesium	mg	23	0.283	2	46		
Phosphorus	mg	95	1.201	2	190		
Potassium	mg	76	1.168	3	152		
Sodium	mg	1	0.007	2	2		
Zinc	mg	1.10	0.014	2	2.20		
Copper	mg	0.210	0.007	2	0.420		
Manganese	mg	1.037	0.085	3	2.074		
Selenium	µg	15.1	5.193	7	30.2		
Vitamins:							
Ascorbic acid	mg	0.0		1	0.0		
Thiamin	mg	0.565		1	1.130		
Riboflavin	mg	0.048		1	0.096		
Niacin	mg	4.113		1	8.226		
Pantothenic acid	mg	1.287	0.052	2	2.574		
Vitamin B-6	mg	0.171	0.017	3	0.342		
Folate	µg	231		0	462		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	0		0	0		
Vitamin A, RE	µg	0		0	0		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.140		0	0.280		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.003		19	0.006		
15.0	g						
16:0	g	0.125		19	0.250		
17:0	g						
18:0	g	0.010		19	0.020		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.161	0	0.322
14:1	g			
16:1	g	0.002	19	0.004
18:1	g	0.159	19	0.318
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.138	0	0.276
18:2	g	0.114	19	0.228
18:3	g	0.024	19	0.048
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.075	0	0.150
Threonine	g	0.233	0	0.466
Isoleucine	g	0.281	0	0.562
Leucine	g	0.538	0	1.076
Lysine	g	0.235	0	0.470
Methionine	g	0.153	0	0.306
Cystine	g	0.133	0	0.266
Phenylalanine	g	0.348	0	0.696
Tyrosine	g	0.217	0	0.434
Valine	g	0.397	0	0.794
Arginine	g	0.542	0	1.084
Histidine	g	0.153	0	0.306
Alanine	g	0.377	0	0.754
Aspartic acid	g	0.611	0	1.222
Glutamic acid	g	1.268	0	2.536
Glycine	g	0.296	0	0.592
Proline	g	0.306	0	0.612
Serine	g	0.342	0	0.684
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

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

NDB No. 20053 Rice, white, short-grain, cooked

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 186g	Measure 2*	Measure 3*
Proximates:							
Water	g	68.53		0	127.47		
Energy	kcal	130		0	242		
Energy	kj	544		0	1012		
Protein (N x 5.95)	g	2.36		0	4.39		
Total lipid (fat)	g	0.19		0	0.35		
Carbohydrate, by difference	g	28.73		0	53.44		
Fiber, total dietary	g						
Ash	g	0.20		0	0.37		
Sugars, total	g						
Minerals:							
Calcium	mg	1		0	2		
Iron	mg	1.46		0	2.72		
Magnesium	mg	8		0	15		
Phosphorus	mg	33		0	61		
Potassium	mg	26		0	48		
Sodium	mg	0		0	0		
Zinc	mg	0.40		0	0.74		
Copper	mg	0.072		0	0.134		
Manganese	mg	0.357		0	0.664		
Selenium	µg	7.5	0.459	47	13.9		
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.164		0	0.305		
Riboflavin	mg	0.016		0	0.030		
Niacin	mg	1.493		0	2.777		
Pantothenic acid	mg	0.397		0	0.738		
Vitamin B-6	mg	0.059		0	0.110		
Folate	µg	59		0	110		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	0		0	0		
Vitamin A, RE	µg	0		0	0		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.051		0	0.095		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.001		0	0.002		
15.0	g						
16:0	g	0.046		0	0.086		
17:0	g						
18:0	g	0.003		0	0.006		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.058	0	0.108
14:1	g			
16:1	g	0.001	0	0.002
18:1	g	0.058	0	0.108
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.050	0	0.093
18:2	g	0.041	0	0.076
18:3	g	0.009	0	0.017
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.027	0	0.050
Threonine	g	0.084	0	0.156
Isoleucine	g	0.102	0	0.190
Leucine	g	0.195	0	0.363
Lysine	g	0.085	0	0.158
Methionine	g	0.056	0	0.104
Cystine	g	0.048	0	0.089
Phenylalanine	g	0.126	0	0.234
Tyrosine	g	0.079	0	0.147
Valine	g	0.144	0	0.268
Arginine	g	0.197	0	0.366
Histidine	g	0.056	0	0.104
Alanine	g	0.137	0	0.255
Aspartic acid	g	0.222	0	0.413
Glutamic acid	g	0.460	0	0.856
Glycine	g	0.108	0	0.201
Proline	g	0.111	0	0.206
Serine	g	0.124	0	0.231
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 cup

NDB No. 20054 Rice, white, glutinous, raw

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 185g	Measure 2*	Measure 3*
Proximates:							
Water	g	10.46	0.414	3	19.35		
Energy	kcal	370		0	685		
Energy	kj	1548		0	2864		
Protein (N x 5.95)	g	6.81	0.931	3	12.60		
Total lipid (fat)	g	0.55	0.133	3	1.02		
Carbohydrate, by difference	g	81.68		0	151.11		
Fiber, total dietary	g	2.8		0	5.2		
Ash	g	0.49	0.111	3	0.91		
Sugars, total	g						
Minerals:							
Calcium	mg	11	1.471	3	20		
Iron	mg	1.60	0.650	3	2.96		
Magnesium	mg	23	1.059	3	43		
Phosphorus	mg	71	11.635	3	131		
Potassium	mg	77	14.821	3	142		
Sodium	mg	7	5.720	3	13		
Zinc	mg	1.20	0.147	3	2.22		
Copper	mg	0.171	0.020	3	0.316		
Manganese	mg	0.974	0.026	3	1.802		
Selenium	µg	15.1		0	27.9		
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.180	0.101	2	0.333		
Riboflavin	mg	0.055	0.055	3	0.102		
Niacin	mg	2.145	0.835	2	3.968		
Pantothenic acid	mg	0.824	0.179	4	1.524		
Vitamin B-6	mg	0.107	0.005	3	0.198		
Folate	µg	7	0.403	2	13		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	0		0	0		
Vitamin A, RE	µg	0		0	0		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.111		0	0.205		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g	0.001		73	0.002		
14:0	g	0.002		73	0.004		
15.0	g						
16:0	g	0.094		73	0.174		
17:0	g						
18:0	g	0.010		73	0.019		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.200	0	0.370
14:1	g			
16:1	g	0.002	73	0.004
18:1	g	0.198	73	0.366
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.198	0	0.366
18:2	g	0.189	73	0.350
18:3	g	0.008	73	0.015
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.079	0	0.146
Threonine	g	0.244	0	0.451
Isoleucine	g	0.294	0	0.544
Leucine	g	0.563	0	1.042
Lysine	g	0.246	0	0.455
Methionine	g	0.160	0	0.296
Cystine	g	0.140	0	0.259
Phenylalanine	g	0.364	0	0.673
Tyrosine	g	0.228	0	0.422
Valine	g	0.416	0	0.770
Arginine	g	0.568	0	1.051
Histidine	g	0.160	0	0.296
Alanine	g	0.395	0	0.731
Aspartic acid	g	0.640	0	1.184
Glutamic acid	g	1.328	0	2.457
Glycine	g	0.310	0	0.574
Proline	g	0.321	0	0.594
Serine	g	0.358	0	0.662
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

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

NDB No. 20055 Rice, white, glutinous, cooked

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 174g	Measure 2*	Measure 3*
Proximates:							
Water	g	76.63		1	133.34		
Energy	kcal	97		0	169		
Energy	kj	406		0	706		
Protein (N x 5.95)	g	2.02		1	3.51		
Total lipid (fat)	g	0.19		1	0.33		
Carbohydrate, by difference	g	21.09		0	36.70		
Fiber, total dietary	g	1.0		0	1.7		
Ash	g	0.07		1	0.12		
Sugars, total	g						
Minerals:							
Calcium	mg	2		1	3		
Iron	mg	0.14		1	0.24		
Magnesium	mg	5		1	9		
Phosphorus	mg	8		1	14		
Potassium	mg	10		1	17		
Sodium	mg	5		1	9		
Zinc	mg	0.41		1	0.71		
Copper	mg	0.049		1	0.085		
Manganese	mg	0.262		1	0.456		
Selenium	µg	5.6		0	9.7		
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.020		1	0.035		
Riboflavin	mg	0.013		0	0.023		
Niacin	mg	0.290		1	0.505		
Pantothenic acid	mg	0.215		1	0.374		
Vitamin B-6	mg	0.026		1	0.045		
Folate	µg	1		0	2		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	0		0	0		
Vitamin A, RE	µg	0		0	0		
Vitamin E, α-TE	mg	0.030		0	0.052		
Lipids:							
Saturated, total	g	0.039		0	0.068		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.000		0	0.000		
10:0	g	0.000		0	0.000		
12:0	g	0.000		0	0.000		
14:0	g	0.001		0	0.002		
15.0	g						
16:0	g	0.033		0	0.057		
17:0	g						
18:0	g	0.003		0	0.005		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.070	0	0.122
14:1	g			
16:1	g	0.001	0	0.002
18:1	g	0.070	0	0.122
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.069	0	0.120
18:2	g	0.066	0	0.115
18:3	g	0.003	0	0.005
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.023	0	0.040
Threonine	g	0.072	0	0.125
Isoleucine	g	0.087	0	0.151
Leucine	g	0.167	0	0.291
Lysine	g	0.073	0	0.127
Methionine	g	0.047	0	0.082
Cystine	g	0.041	0	0.071
Phenylalanine	g	0.108	0	0.188
Tyrosine	g	0.067	0	0.117
Valine	g	0.123	0	0.214
Arginine	g	0.168	0	0.292
Histidine	g	0.047	0	0.082
Alanine	g	0.117	0	0.204
Aspartic acid	g	0.190	0	0.331
Glutamic acid	g	0.393	0	0.684
Glycine	g	0.092	0	0.160
Proline	g	0.095	0	0.165
Serine	g	0.106	0	0.184
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

*** Common Measures:**

Measure 1: 1 cup, cooked

NDB No. 20056 Rice, white, with pasta, dry

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 163g	Measure 2*	Measure 3*
Proximates:							
Water	g	7.13	0.279	16	11.62		
Energy	kcal	368		0	600		
Energy	kj	1540		0	2510		
Protein (N x 5.95)	g	9.37	0.314	16	15.27		
Total lipid (fat)	g	2.44	0.673	16	3.98		
Carbohydrate, by difference	g	75.32		0	122.77		
Fiber, total dietary	g						
Ash	g	5.75	0.340	16	9.37		
Sugars, total	g						
Minerals:							
Calcium	mg	46	6.954	14	75		
Iron	mg	3.98	0.365	14	6.49		
Magnesium	mg	40	1.562	14	65		
Phosphorus	mg	158	8.505	14	258		
Potassium	mg	209	16.351	14	341		
Sodium	mg	1866	136.696	14	3042		
Zinc	mg	1.21	0.048	14	1.97		
Copper	mg	0.275	0.010	14	0.448		
Manganese	mg	1.040	0.074	14	1.695		
Selenium	µg	31.9		0	52.0		
Vitamins:							
Ascorbic acid	mg	0.6	0.583	12	1.0		
Thiamin	mg	0.760	0.048	14	1.239		
Riboflavin	mg	0.271	0.025	14	0.442		
Niacin	mg	7.012	0.481	14	11.430		
Pantothenic acid	mg	0.675	0.062	15	1.100		
Vitamin B-6	mg	0.145	0.011	14	0.236		
Folate	µg	208		0	339		
Vitamin B-12	µg	0.20		13	0.33		
Vitamin A	IU	0		0	0		
Vitamin A, RE	µg	0		0	0		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.440		0	0.717		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.005		0	0.008		
15.0	g						
16:0	g	0.400		0	0.652		
17:0	g						
18:0	g	0.028		0	0.046		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.642		0	1.046
14:1	g				
16:1	g	0.002		0	0.003
18:1	g	0.640		0	1.043
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.966		0	1.575
18:2	g	0.913		0	1.488
18:3	g	0.053		0	0.086
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	2	0.312	12	3
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.114		0	0.186
Threonine	g	0.299		0	0.487
Isoleucine	g	0.386		0	0.629
Leucine	g	0.722		0	1.177
Lysine	g	0.275		0	0.448
Methionine	g	0.191		0	0.311
Cystine	g	0.200		0	0.326
Phenylalanine	g	0.482		0	0.786
Tyrosine	g	0.330		0	0.538
Valine	g	0.504		0	0.822
Arginine	g	0.612		0	0.998
Histidine	g	0.208		0	0.339
Alanine	g	0.440		0	0.717
Aspartic acid	g	0.689		0	1.123
Glutamic acid	g	2.420		0	3.945
Glycine	g	0.376		0	0.613
Proline	g	0.666		0	1.086
Serine	g	0.472		0	0.769
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

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

NDB No. 20057 Rice, white, with pasta, cooked

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 202g	Measure 2*	Measure 3*
Proximates:							
Water	g	71.74	0.509	3	144.91		
Energy	kcal	122		0	246		
Energy	kj	510		0	1030		
Protein (N x 5.95)	g	2.54	0.109	3	5.13		
Total lipid (fat)	g	2.82	0.151	3	5.70		
Carbohydrate, by difference	g	21.43		0	43.29		
Fiber, total dietary	g	2.5		0	5.0		
Ash	g	1.47	0.094	3	2.97		
Sugars, total	g						
Minerals:							
Calcium	mg	8	0.072	3	16		
Iron	mg	0.94	0.029	3	1.90		
Magnesium	mg	12	1.844	3	24		
Phosphorus	mg	37	1.847	3	75		
Potassium	mg	42	3.780	3	85		
Sodium	mg	568		0	1147		
Zinc	mg	0.28	0.012	3	0.57		
Copper	mg	0.020	0.020	3	0.040		
Manganese	mg	0.209	0.011	3	0.422		
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.2		0	0.4		
Thiamin	mg	0.123	0.004	2	0.248		
Riboflavin	mg	0.077	0.002	2	0.156		
Niacin	mg	1.780	0.078	2	3.596		
Pantothenic acid	mg	0.287	0.093	3	0.580		
Vitamin B-6	mg	0.097	0.069	2	0.196		
Folate	µg	44		0	89		
Vitamin B-12	µg	0.06		0	0.12		
Vitamin A	IU	0		0	0		
Vitamin A, RE	µg	0		0	0		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.541		0	1.093		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.007		0	0.014		
15.0	g						
16:0	g	0.371		0	0.749		
17:0	g						
18:0	g	0.161		0	0.325		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.119	0	2.260
14:1	g			
16:1	g	0.001	0	0.002
18:1	g	1.118	0	2.258
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.947	0	1.913
18:2	g	0.903	0	1.824
18:3	g	0.044	0	0.089
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	1	0	2
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.031	0	0.063
Threonine	g	0.081	0	0.164
Isoleucine	g	0.105	0	0.212
Leucine	g	0.196	0	0.396
Lysine	g	0.075	0	0.152
Methionine	g	0.052	0	0.105
Cystine	g	0.054	0	0.109
Phenylalanine	g	0.131	0	0.265
Tyrosine	g	0.090	0	0.182
Valine	g	0.137	0	0.277
Arginine	g	0.166	0	0.335
Histidine	g	0.057	0	0.115
Alanine	g	0.120	0	0.242
Aspartic acid	g	0.187	0	0.378
Glutamic acid	g	0.657	0	1.327
Glycine	g	0.102	0	0.206
Proline	g	0.181	0	0.366
Serine	g	0.128	0	0.259
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

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

NDB No. 20060 Rice bran, crude

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 118g	Measure 2*	Measure 3*
Proximates:							
Water	g	6.13	1.111	10	7.23		
Energy	kcal	316		0	373		
Energy	kj	1322		0	1560		
Protein (N x 5.95)	g	13.35	0.528	4	15.75		
Total lipid (fat)	g	20.85	1.563	6	24.60		
Carbohydrate, by difference	g	49.69		0	58.63		
Fiber, total dietary	g	21.0		0	24.8		
Ash	g	9.98	0.659	5	11.78		
Sugars, total	g						
Minerals:							
Calcium	mg	57	6.106	5	67		
Iron	mg	18.54	3.556	5	21.88		
Magnesium	mg	781	150.607	5	922		
Phosphorus	mg	1677	236.516	5	1979		
Potassium	mg	1485	198.479	5	1752		
Sodium	mg	5	1.175	5	6		
Zinc	mg	6.04	0.928	5	7.13		
Copper	mg	0.728	0.095	5	0.859		
Manganese	mg	14.210	9.829	2	16.768		
Selenium	µg	15.6		1	18.4		
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	2.753	0.511	6	3.249		
Riboflavin	mg	0.284	0.073	4	0.335		
Niacin	mg	33.995	9.119	4	40.114		
Pantothenic acid	mg	7.390	2.219	4	8.720		
Vitamin B-6	mg	4.070	0.277	4	4.803		
Folate	µg	63	0.776	2	74		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	0		0	0		
Vitamin A, RE	µg	0		0	0		
Vitamin E, α-TE	mg	6.050		0	7.139		
Lipids:							
Saturated, total	g	4.171		0	4.922		
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	0.019		73	0.022		
14:0	g	0.078		73	0.092		
15.0	g						
16:0	g	3.557		73	4.197		
17:0	g						
18:0	g	0.373		73	0.440		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	7.549	0	8.908
14:1	g			
16:1	g	0.075	73	0.089
18:1	g	7.475	73	8.820
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	7.459	0	8.802
18:2	g	7.143	73	8.429
18:3	g	0.316	73	0.373
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	0.108	4	0.127
Threonine	g	0.555	24	0.655
Isoleucine	g	0.568	24	0.670
Leucine	g	1.022	24	1.206
Lysine	g	0.650	28	0.767
Methionine	g	0.306	25	0.361
Cystine	g	0.317	20	0.374
Phenylalanine	g	0.635	24	0.749
Tyrosine	g	0.411	24	0.485
Valine	g	0.881	24	1.040
Arginine	g	1.058	24	1.248
Histidine	g	0.355	24	0.419
Alanine	g	0.970	24	1.145
Aspartic acid	g	1.308	24	1.543
Glutamic acid	g	1.854	24	2.188
Glycine	g	0.875	24	1.032
Proline	g	0.668	24	0.788
Serine	g	0.662	24	0.781
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

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

NDB No. 20061 Rice flour, 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* 158g	Measure 2*	Measure 3*
Proximates:							
Water	g	11.89	0.000	2	18.79		
Energy	kcal	366		0	578		
Energy	kj	1531		0	2419		
Protein (N x 5.95)	g	5.95	0.041	2	9.40		
Total lipid (fat)	g	1.42	0.078	2	2.24		
Carbohydrate, by difference	g	80.13		0	126.61		
Fiber, total dietary	g	2.4		0	3.8		
Ash	g	0.61	0.007	2	0.96		
Sugars, total	g						
Minerals:							
Calcium	mg	10	0.453	2	16		
Iron	mg	0.35	0.007	2	0.55		
Magnesium	mg	35	1.513	2	55		
Phosphorus	mg	98	5.162	2	155		
Potassium	mg	76	5.367	2	120		
Sodium	mg	0	0.064	2	0		
Zinc	mg	0.80	0.042	2	1.26		
Copper	mg	0.130	0.007	2	0.205		
Manganese	mg	1.200	0.050	2	1.896		
Selenium	µg	15.1		0	23.9		
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.138	0.013	2	0.218		
Riboflavin	mg	0.021	0.001	2	0.033		
Niacin	mg	2.590	0.247	2	4.092		
Pantothenic acid	mg	0.819	0.044	2	1.294		
Vitamin B-6	mg	0.436	0.030	2	0.689		
Folate	µg	4	0.245	2	6		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	0		0	0		
Vitamin A, RE	µg	0		0	0		
Vitamin E, α-TE	mg	0.130		0	0.205		
Lipids:							
Saturated, total	g	0.386		0	0.610		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.000		0	0.000		
10:0	g	0.000		0	0.000		
12:0	g	0.000		0	0.000		
14:0	g	0.008		0	0.013		
15.0	g						
16:0	g	0.345		0	0.545		
17:0	g						
18:0	g	0.026		0	0.041		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.442	0	0.698
14:1	g			
16:1	g	0.005	0	0.008
18:1	g	0.436	0	0.689
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.379	0	0.599
18:2	g	0.313	0	0.495
18:3	g	0.067	0	0.106
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	0.072	20	0.114
Threonine	g	0.210	30	0.332
Isoleucine	g	0.244	30	0.386
Leucine	g	0.488	30	0.771
Lysine	g	0.207	31	0.327
Methionine	g	0.144	19	0.228
Cystine	g	0.107	27	0.169
Phenylalanine	g	0.317	29	0.501
Tyrosine	g	0.314	29	0.496
Valine	g	0.348	30	0.550
Arginine	g	0.516	30	0.815
Histidine	g	0.149	30	0.235
Alanine	g	0.332	29	0.525
Aspartic acid	g	0.549	29	0.867
Glutamic acid	g	1.097	29	1.733
Glycine	g	0.267	29	0.422
Proline	g	0.278	29	0.439
Serine	g	0.310	29	0.490
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

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

NDB No. 20062 Rye

Secale cereale L.

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 169g	Measure 2*	Measure 3*
Proximates:							
Water	g	10.95	0.850	2	18.51		
Energy	kcal	335		0	566		
Energy	kj	1402		0	2369		
Protein (N x 5.95)	g	14.76	2.868	2	24.94		
Total lipid (fat)	g	2.50	1.100	2	4.22		
Carbohydrate, by difference	g	69.76		0	117.89		
Fiber, total dietary	g	14.6		0	24.7		
Ash	g	2.02	0.175	2	3.41		
Sugars, total	g						
Minerals:							
Calcium	mg	33	1.500	4	56		
Iron	mg	2.67	0.150	4	4.51		
Magnesium	mg	121	2.250	4	204		
Phosphorus	mg	374	1.748	4	632		
Potassium	mg	264	13.250	4	446		
Sodium	mg	6	0.400	4	10		
Zinc	mg	3.73	0.215	4	6.30		
Copper	mg	0.450	0.015	4	0.761		
Manganese	mg	2.680	0.070	4	4.529		
Selenium	µg	35.3		0	59.7		
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.316		0	0.534		
Riboflavin	mg	0.251		0	0.424		
Niacin	mg	4.270		0	7.216		
Pantothenic acid	mg	1.456		0	2.461		
Vitamin B-6	mg	0.294		1	0.497		
Folate	µg	60		0	101		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	0		0	0		
Vitamin A, RE	µg	0		0	0		
Vitamin E, α-TE	mg	1.870		0	3.160		
Lipids:							
Saturated, total	g	0.287		0	0.485		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.000		0	0.000		
10:0	g	0.000		0	0.000		
12:0	g	0.000		0	0.000		
14:0	g	0.003		21	0.005		
15.0	g						
16:0	g	0.271		21	0.458		
17:0	g						
18:0	g	0.009		21	0.015		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.303	0	0.512
14:1	g			
16:1	g	0.010	21	0.017
18:1	g	0.280	21	0.473
20:1	g	0.013	21	0.022
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	1.115	0	1.884
18:2	g	0.958	21	1.619
18:3	g	0.157	21	0.265
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	0.154	5	0.260
Threonine	g	0.532	18	0.899
Isoleucine	g	0.549	18	0.928
Leucine	g	0.980	18	1.656
Lysine	g	0.605	18	1.022
Methionine	g	0.248	16	0.419
Cystine	g	0.329	4	0.556
Phenylalanine	g	0.674	18	1.139
Tyrosine	g	0.339	9	0.573
Valine	g	0.747	18	1.262
Arginine	g	0.813	16	1.374
Histidine	g	0.367	17	0.620
Alanine	g	0.711	9	1.202
Aspartic acid	g	1.177	9	1.989
Glutamic acid	g	3.661	9	6.187
Glycine	g	0.701	10	1.185
Proline	g	1.491	8	2.520
Serine	g	0.681	9	1.151
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

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

NDB No. 20063 Rye flour, 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* 128g	Measure 2*	Measure 3*
Proximates:							
Water	g	11.07	0.043	2	14.17		
Energy	kcal	324		0	415		
Energy	kj	1356		0	1736		
Protein (N x 5.95)	g	14.03	0.091	2	17.96		
Total lipid (fat)	g	2.69	0.071	2	3.44		
Carbohydrate, by difference	g	68.74		0	87.99		
Fiber, total dietary	g	22.6		0	28.9		
Ash	g	3.47	0.050	2	4.44		
Sugars, total	g						
Minerals:							
Calcium	mg	56	1.152	2	72		
Iron	mg	6.45	0.297	2	8.26		
Magnesium	mg	248	2.698	2	317		
Phosphorus	mg	632	27.598	2	809		
Potassium	mg	730	32.438	2	934		
Sodium	mg	1	0.219	2	1		
Zinc	mg	5.62	0.233	2	7.19		
Copper	mg	0.750	0.035	2	0.960		
Manganese	mg	6.730	0.170	2	8.614		
Selenium	µg	35.7		0	45.7		
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.316	0.028	2	0.404		
Riboflavin	mg	0.251	0.012	2	0.321		
Niacin	mg	4.270	0.262	2	5.466		
Pantothenic acid	mg	1.456	0.044	2	1.864		
Vitamin B-6	mg	0.443	0.018	2	0.567		
Folate	µg	60	11.884	6	77		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	0		0	0		
Vitamin A, RE	µg	0		0	0		
Vitamin E, α-TE	mg	2.580		0	3.302		
Lipids:							
Saturated, total	g	0.309		0	0.396		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.000		0	0.000		
10:0	g	0.000		0	0.000		
12:0	g	0.000		0	0.000		
14:0	g	0.003		0	0.004		
15.0	g						
16:0	g	0.292		0	0.374		
17:0	g						
18:0	g	0.010		0	0.013		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.326	0	0.417
14:1	g			
16:1	g	0.011	0	0.014
18:1	g	0.301	0	0.385
20:1	g	0.014	0	0.018
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	1.200	0	1.536
18:2	g	1.031	0	1.320
18:3	g	0.169	0	0.216
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.159	0	0.204
Threonine	g	0.486	0	0.622
Isoleucine	g	0.541	0	0.692
Leucine	g	0.970	0	1.242
Lysine	g	0.486	0	0.622
Methionine	g	0.209	0	0.268
Cystine	g	0.277	0	0.355
Phenylalanine	g	0.710	0	0.909
Tyrosine	g	0.277	0	0.355
Valine	g	0.703	0	0.900
Arginine	g	0.635	0	0.813
Histidine	g	0.313	0	0.401
Alanine	g	0.580	0	0.742
Aspartic acid	g	0.965	0	1.235
Glutamic acid	g	3.915	0	5.011
Glycine	g	0.534	0	0.684
Proline	g	1.501	0	1.921
Serine	g	0.763	0	0.977
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

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

NDB No. 20064 Rye flour, medium

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 102g	Measure 2*	Measure 3*
Proximates:							
Water	g	9.85	0.245	7	10.05		
Energy	kcal	354		0	361		
Energy	kj	1481		0	1511		
Protein (N x 5.95)	g	9.39	0.365	7	9.58		
Total lipid (fat)	g	1.77	0.151	7	1.81		
Carbohydrate, by difference	g	77.49		0	79.04		
Fiber, total dietary	g	14.6		0	14.9		
Ash	g	1.50	0.237	4	1.53		
Sugars, total	g						
Minerals:							
Calcium	mg	24	2.336	6	24		
Iron	mg	2.12	0.511	6	2.16		
Magnesium	mg	75	18.931	6	77		
Phosphorus	mg	207	44.149	6	211		
Potassium	mg	340	32.941	6	347		
Sodium	mg	3	0.932	6	3		
Zinc	mg	1.99	0.414	6	2.03		
Copper	mg	0.287	0.049	6	0.293		
Manganese	mg	5.460	0.106	2	5.569		
Selenium	µg	35.7		1	36.4		
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.287	0.015	6	0.293		
Riboflavin	mg	0.114	0.009	6	0.116		
Niacin	mg	1.727	0.311	6	1.762		
Pantothenic acid	mg	0.492	0.016	2	0.502		
Vitamin B-6	mg	0.268	0.025	3	0.273		
Folate	µg	19	1.860	2	19		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	0		0	0		
Vitamin A, RE	µg	0		0	0		
Vitamin E, α-TE	mg	1.330		0	1.357		
Lipids:							
Saturated, total	g	0.198		0	0.202		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.000		0	0.000		
10:0	g	0.000		0	0.000		
12:0	g	0.000		0	0.000		
14:0	g	0.002		0	0.002		
15.0	g						
16:0	g	0.187		0	0.191		
17:0	g						
18:0	g	0.006		0	0.006		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.208	0	0.212
14:1	g			
16:1	g	0.007	0	0.007
18:1	g	0.192	0	0.196
20:1	g	0.009	0	0.009
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.767	0	0.782
18:2	g	0.659	0	0.672
18:3	g	0.108	0	0.110
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	0.106	0	0.108
Threonine	g	0.325	0	0.331
Isoleucine	g	0.362	0	0.369
Leucine	g	0.649	0	0.662
Lysine	g	0.325	0	0.331
Methionine	g	0.140	0	0.143
Cystine	g	0.185	0	0.189
Phenylalanine	g	0.475	0	0.484
Tyrosine	g	0.185	0	0.189
Valine	g	0.470	0	0.479
Arginine	g	0.425	0	0.434
Histidine	g	0.209	0	0.213
Alanine	g	0.388	0	0.396
Aspartic acid	g	0.646	0	0.659
Glutamic acid	g	2.621	0	2.673
Glycine	g	0.358	0	0.365
Proline	g	1.005	0	1.025
Serine	g	0.511	0	0.521
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

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

NDB No. 20065 Rye flour, 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* 102g	Measure 2*	Measure 3*
Proximates:							
Water	g	8.78	0.011	2	8.96		
Energy	kcal	367		0	374		
Energy	kj	1536		0	1567		
Protein (N x 5.95)	g	8.39	0.059	2	8.56		
Total lipid (fat)	g	1.36	0.071	2	1.39		
Carbohydrate, by difference	g	80.23		0	81.83		
Fiber, total dietary	g	14.6		0	14.9		
Ash	g	1.24	0.007	2	1.26		
Sugars, total	g						
Minerals:							
Calcium	mg	21	0.856	2	21		
Iron	mg	1.80	0.177	2	1.84		
Magnesium	mg	70	6.413	2	71		
Phosphorus	mg	194	21.503	2	198		
Potassium	mg	233	9.950	2	238		
Sodium	mg	2	0.064	2	2		
Zinc	mg	1.75	0.177	2	1.78		
Copper	mg	0.250	0.035	2	0.255		
Manganese	mg	1.970	0.198	2	2.009		
Selenium	µg	35.7		0	36.4		
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.331	0.006	2	0.338		
Riboflavin	mg	0.090	0.004	2	0.092		
Niacin	mg	0.800	0.057	2	0.816		
Pantothenic acid	mg	0.665	0.027	2	0.678		
Vitamin B-6	mg	0.234	0.033	2	0.239		
Folate	µg	22	2.164	2	22		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	0		0	0		
Vitamin A, RE	µg	0		0	0		
Vitamin E, α-TE	mg	0.560		0	0.571		
Lipids:							
Saturated, total	g	0.145		0	0.148		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.000		0	0.000		
10:0	g	0.000		0	0.000		
12:0	g	0.000		0	0.000		
14:0	g	0.001		0	0.001		
15.0	g						
16:0	g	0.137		0	0.140		
17:0	g						
18:0	g	0.005		0	0.005		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.153	0	0.156
14:1	g			
16:1	g	0.005	0	0.005
18:1	g	0.142	0	0.145
20:1	g	0.006	0	0.006
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.565	0	0.576
18:2	g	0.485	0	0.495
18:3	g	0.080	0	0.082
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	0.095	0	0.097
Threonine	g	0.291	0	0.297
Isoleucine	g	0.324	0	0.330
Leucine	g	0.580	0	0.592
Lysine	g	0.291	0	0.297
Methionine	g	0.125	0	0.128
Cystine	g	0.165	0	0.168
Phenylalanine	g	0.424	0	0.432
Tyrosine	g	0.165	0	0.168
Valine	g	0.420	0	0.428
Arginine	g	0.380	0	0.388
Histidine	g	0.187	0	0.191
Alanine	g	0.347	0	0.354
Aspartic acid	g	0.577	0	0.589
Glutamic acid	g	2.340	0	2.387
Glycine	g	0.319	0	0.325
Proline	g	0.898	0	0.916
Serine	g	0.456	0	0.465
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

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

NDB No. 20066 Semolina, 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* 167g	Measure 2*	Measure 3*
Proximates:							
Water	g	12.67	1.013	3	21.16		
Energy	kcal	360		0	601		
Energy	kj	1506		0	2515		
Protein (N x 5.95)	g	12.68	0.184	16	21.18		
Total lipid (fat)	g	1.05	0.007	2	1.75		
Carbohydrate, by difference	g	72.83		0	121.63		
Fiber, total dietary	g	3.9		0	6.5		
Ash	g	0.77	0.026	45	1.29		
Sugars, total	g						
Minerals:							
Calcium	mg	17	0.510	4	28		
Iron	mg	4.36	0.092	2	7.28		
Magnesium	mg	47	5.656	6	78		
Phosphorus	mg	136	12.522	4	227		
Potassium	mg	186	9.879	4	311		
Sodium	mg	1	0.246	4	2		
Zinc	mg	1.05	0.078	4	1.75		
Copper	mg	0.189	0.004	4	0.316		
Manganese	mg	0.619	0.021	4	1.034		
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.811	0.083	2	1.354		
Riboflavin	mg	0.571	0.024	2	0.954		
Niacin	mg	5.990	0.297	2	10.003		
Pantothenic acid	mg	0.580	0.044	2	0.969		
Vitamin B-6	mg	0.103	0.004	4	0.172		
Folate	µg	154		0	257		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	0		0	0		
Vitamin A, RE	µg	0		0	0		
Vitamin E, α-TE	mg	0.060		0	0.100		
Lipids:							
Saturated, total	g	0.150		0	0.251		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.002		1	0.003		
15.0	g						
16:0	g	0.131		1	0.219		
17:0	g						
18:0	g	0.017		1	0.028		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.124	0	0.207
14:1	g			
16:1	g			
18:1	g	0.124	1	0.207
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.430	0	0.718
18:2	g	0.393	1	0.656
18:3	g	0.037	1	0.062
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	0.162	2	0.271
Threonine	g	0.335	6	0.559
Isoleucine	g	0.490	6	0.818
Leucine	g	0.867	6	1.448
Lysine	g	0.243	6	0.406
Methionine	g	0.198	6	0.331
Cystine	g	0.358	6	0.598
Phenylalanine	g	0.616	6	1.029
Tyrosine	g	0.333	6	0.556
Valine	g	0.540	6	0.902
Arginine	g	0.467	6	0.780
Histidine	g	0.257	6	0.429
Alanine	g	0.372	6	0.621
Aspartic acid	g	0.518	6	0.865
Glutamic acid	g	4.571	6	7.634
Glycine	g	0.401	6	0.670
Proline	g	1.395	6	2.330
Serine	g	0.598	6	0.999
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

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

NDB No. 20067 Sorghum

Sorghum spp.

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 192g	Measure 2*	Measure 3*
Proximates:							
Water	g	9.20		1	17.66		
Energy	kcal	339		0	651		
Energy	kj	1418		0	2723		
Protein (N x 5.95)	g	11.30	0.292	4	21.70		
Total lipid (fat)	g	3.30		1	6.34		
Carbohydrate, by difference	g	74.63		0	143.29		
Fiber, total dietary	g						
Ash	g	1.57	0.209	4	3.01		
Sugars, total	g						
Minerals:							
Calcium	mg	28		0	54		
Iron	mg	4.40		0	8.45		
Magnesium	mg						
Phosphorus	mg	287		0	551		
Potassium	mg	350		0	672		
Sodium	mg	6		0	12		
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.237	0.014	3	0.455		
Riboflavin	mg	0.142	0.012	3	0.273		
Niacin	mg	2.927	0.615	3	5.620		
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	0		0	0		
Vitamin A, RE	µg	0		0	0		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.457		0	0.877		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g	0.007		5	0.013		
14:0	g	0.009		5	0.017		
15.0	g						
16:0	g	0.407		5	0.781		
17:0	g						
18:0	g	0.035		5	0.067		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.993	0	1.907
14:1	g			
16:1	g	0.029	5	0.056
18:1	g	0.964	5	1.851
20:1	g			
22.1	g			
Polyunsaturated, total	g	1.370	0	2.630
18:2	g	1.305	5	2.506
18:3	g	0.065	5	0.125
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.124	14	0.238
Threonine	g	0.346	63	0.664
Isoleucine	g	0.433	63	0.831
Leucine	g	1.491	65	2.863
Lysine	g	0.229	69	0.440
Methionine	g	0.169	64	0.324
Cystine	g	0.127	51	0.244
Phenylalanine	g	0.546	63	1.048
Tyrosine	g	0.321	63	0.616
Valine	g	0.561	53	1.077
Arginine	g	0.355	64	0.682
Histidine	g	0.246	63	0.472
Alanine	g	1.033	62	1.983
Aspartic acid	g	0.743	62	1.427
Glutamic acid	g	2.439	62	4.683
Glycine	g	0.346	62	0.664
Proline	g	0.852	62	1.636
Serine	g	0.462	60	0.887
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

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

NDB No. 20068 Tapioca, pearl, dry

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 152g	Measure 2*	Measure 3*
Proximates:							
Water	g	10.99	0.016	2	16.70		
Energy	kcal	358		0	544		
Energy	kj	1498		0	2277		
Protein (N x 5.95)	g	0.19	0.000	2	0.29		
Total lipid (fat)	g	0.02	0.007	2	0.03		
Carbohydrate, by difference	g	88.69		0	134.81		
Fiber, total dietary	g	0.9		0	1.4		
Ash	g	0.11	0.001	2	0.17		
Sugars, total	g						
Minerals:							
Calcium	mg	20	0.019	2	30		
Iron	mg	1.58	0.021	2	2.40		
Magnesium	mg	1	0.042	2	2		
Phosphorus	mg	7	0.198	2	11		
Potassium	mg	11	0.017	2	17		
Sodium	mg	1	0.120	2	2		
Zinc	mg	0.12	0.002	2	0.18		
Copper	mg	0.020	0.003	2	0.030		
Manganese	mg	0.110	0.001	2	0.167		
Selenium	µg	0.8		5	1.2		
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.004	0.001	2	0.006		
Riboflavin	mg	0.000	0.000	2	0.000		
Niacin	mg	0.000	0.000	2	0.000		
Pantothenic acid	mg	0.135	0.010	2	0.205		
Vitamin B-6	mg	0.008	0.001	2	0.012		
Folate	µg	4	0.516	2	6		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	0		0	0		
Vitamin A, RE	µg	0		0	0		
Vitamin E, α-TE	mg	0.000		0	0.000		
Lipids:							
Saturated, total	g	0.005		0	0.008		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.000		0	0.000		
10:0	g	0.000		0	0.000		
12:0	g	0.000		0	0.000		
14:0	g	0.000		0	0.000		
15.0	g						
16:0	g	0.005		0	0.008		
17:0	g						
18:0	g	0.000		0	0.000		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.005	0	0.008
14:1	g			
16:1	g	0.000	0	0.000
18:1	g	0.005	0	0.008
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.003	0	0.005
18:2	g	0.002	0	0.003
18:3	g	0.001	0	0.002
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.003	23	0.005
Threonine	g	0.004	23	0.006
Isoleucine	g	0.004	23	0.006
Leucine	g	0.006	23	0.009
Lysine	g	0.006	23	0.009
Methionine	g	0.002	23	0.003
Cystine	g	0.004	20	0.006
Phenylalanine	g	0.004	23	0.006
Tyrosine	g	0.002	23	0.003
Valine	g	0.005	23	0.008
Arginine	g	0.019	23	0.029
Histidine	g	0.003	23	0.005
Alanine	g	0.005	22	0.008
Aspartic acid	g	0.011	22	0.017
Glutamic acid	g	0.029	22	0.044
Glycine	g	0.004	22	0.006
Proline	g	0.005	22	0.008
Serine	g	0.005	22	0.008
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

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

NDB No. 20069 Triticale

X Triticosecale rimpaui Wittm.

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 192g	Measure 2*	Measure 3*
Proximates:							
Water	g	10.51	0.657	3	20.18		
Energy	kcal	336		0	645		
Energy	kj	1406		0	2700		
Protein (N x 5.95)	g	13.05	2.618	3	25.06		
Total lipid (fat)	g	2.09	0.162	3	4.01		
Carbohydrate, by difference	g	72.13		0	138.49		
Fiber, total dietary	g						
Ash	g	2.23	0.137	3	4.28		
Sugars, total	g						
Minerals:							
Calcium	mg	37	4.097	6	71		
Iron	mg	2.57	0.252	6	4.93		
Magnesium	mg	130	12.512	6	250		
Phosphorus	mg	358	25.503	6	687		
Potassium	mg	332	11.954	6	637		
Sodium	mg	5	1.119	6	10		
Zinc	mg	3.45	0.480	6	6.62		
Copper	mg	0.457	0.041	6	0.877		
Manganese	mg	3.210	0.242	6	6.163		
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.416	0.013	2	0.799		
Riboflavin	mg	0.134	0.006	2	0.257		
Niacin	mg	1.430	0.113	2	2.746		
Pantothenic acid	mg	1.323	0.115	2	2.540		
Vitamin B-6	mg	0.138	0.002	2	0.265		
Folate	µg	73	3.747	2	140		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	0		0	0		
Vitamin A, RE	µg	0		0	0		
Vitamin E, α-TE	mg	0.900		0	1.728		
Lipids:							
Saturated, total	g	0.366		0	0.703		
4:0	g						
6.0	g						
8:0	g	0.018		13	0.035		
10:0	g						
12:0	g	0.014		13	0.027		
14:0	g	0.009		13	0.017		
15.0	g						
16:0	g	0.274		13	0.526		
17:0	g						
18:0	g	0.031		13	0.060		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.211	0	0.405
14:1	g			
16:1	g	0.018	13	0.035
18:1	g	0.178	13	0.342
20:1	g	0.015	13	0.029
22.1	g			
Polyunsaturated, total	g	0.913	0	1.753
18:2	g	0.853	13	1.638
18:3	g	0.061	13	0.117
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	0.157	4	0.301
Threonine	g	0.405	46	0.778
Isoleucine	g	0.479	27	0.920
Leucine	g	0.911	27	1.749
Lysine	g	0.365	46	0.701
Methionine	g	0.204	107	0.392
Cystine	g	0.275	8	0.528
Phenylalanine	g	0.638	108	1.225
Tyrosine	g	0.383	12	0.735
Valine	g	0.609	27	1.169
Arginine	g	0.671	27	1.288
Histidine	g	0.311	27	0.597
Alanine	g	0.486	9	0.933
Aspartic acid	g	0.785	9	1.507
Glutamic acid	g	4.006	9	7.692
Glycine	g	0.559	15	1.073
Proline	g	1.184	9	2.273
Serine	g	0.593	9	1.139
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

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

NDB No. 20070 Triticale flour, whole-grain

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 130g	Measure 2*	Measure 3*
Proximates:							
Water	g	10.01	0.202	6	13.01		
Energy	kcal	338		0	439		
Energy	kj	1414		0	1838		
Protein (N x 5.95)	g	13.18	0.787	7	17.13		
Total lipid (fat)	g	1.81	0.157	7	2.35		
Carbohydrate, by difference	g	73.14		0	95.08		
Fiber, total dietary	g	14.6		0	19.0		
Ash	g	1.85	0.053	6	2.40		
Sugars, total	g						
Minerals:							
Calcium	mg	35	2.081	6	46		
Iron	mg	2.59	0.097	7	3.37		
Magnesium	mg	153	4.355	6	199		
Phosphorus	mg	321	30.362	7	417		
Potassium	mg	466	16.784	6	606		
Sodium	mg	2	0.275	6	3		
Zinc	mg	2.66	0.043	6	3.46		
Copper	mg	0.559	0.020	6	0.727		
Manganese	mg	4.185	0.245	3	5.440		
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.378	0.035	6	0.491		
Riboflavin	mg	0.132	0.005	6	0.172		
Niacin	mg	2.860	0.627	6	3.718		
Pantothenic acid	mg	2.167	0.472	6	2.817		
Vitamin B-6	mg	0.403	0.026	5	0.524		
Folate	µg	74	6.362	8	96		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	0		0	0		
Vitamin A, RE	µg	0		0	0		
Vitamin E, α-TE	mg	1.905		0	2.477		
Lipids:							
Saturated, total	g	0.318		0	0.413		
4:0	g						
6.0	g						
8:0	g	0.015		0	0.020		
10:0	g						
12:0	g	0.012		0	0.016		
14:0	g	0.008		0	0.010		
15.0	g						
16:0	g	0.238		0	0.309		
17:0	g						
18:0	g	0.027		0	0.035		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.183	0	0.238
14:1	g			
16:1	g	0.016	0	0.021
18:1	g	0.154	0	0.200
20:1	g	0.013	0	0.017
22.1	g			
Polyunsaturated, total	g	0.794	0	1.032
18:2	g	0.741	0	0.963
18:3	g	0.053	0	0.069
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	0.158	0	0.205
Threonine	g	0.409	0	0.532
Isoleucine	g	0.484	0	0.629
Leucine	g	0.920	0	1.196
Lysine	g	0.369	0	0.480
Methionine	g	0.206	0	0.268
Cystine	g	0.278	0	0.361
Phenylalanine	g	0.644	0	0.837
Tyrosine	g	0.387	0	0.503
Valine	g	0.615	0	0.800
Arginine	g	0.678	0	0.881
Histidine	g	0.314	0	0.408
Alanine	g	0.491	0	0.638
Aspartic acid	g	0.794	0	1.032
Glutamic acid	g	4.048	0	5.262
Glycine	g	0.565	0	0.735
Proline	g	1.196	0	1.555
Serine	g	0.599	0	0.779
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

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

NDB No. 20071 Wheat, hard red spring

Triticum aestivum L.

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 192g	Measure 2*	Measure 3*
Proximates:							
Water	g	12.76	0.307	38	24.50		
Energy	kcal	329		0	632		
Energy	kj	1377		0	2644		
Protein (N x 5.95)	g	15.40	0.308	56	29.57		
Total lipid (fat)	g	1.92	0.101	5	3.69		
Carbohydrate, by difference	g	68.03		0	130.62		
Fiber, total dietary	g	12.2		0	23.4		
Ash	g	1.89	0.044	31	3.63		
Sugars, total	g						
Minerals:							
Calcium	mg	25	0.699	106	48		
Iron	mg	3.60	0.061	87	6.91		
Magnesium	mg	124	3.939	106	238		
Phosphorus	mg	332	14.278	21	637		
Potassium	mg	340	13.548	71	653		
Sodium	mg	2	0.085	70	4		
Zinc	mg	2.78	0.046	106	5.34		
Copper	mg	0.410	0.008	72	0.787		
Manganese	mg	4.055	0.091	51	7.786		
Selenium	µg	70.7		0	135.7		
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.504	0.082	19	0.968		
Riboflavin	mg	0.110	0.004	19	0.211		
Niacin	mg	5.710	0.740	2	10.963		
Pantothenic acid	mg	0.935	0.105	2	1.795		
Vitamin B-6	mg	0.336	0.039	5	0.645		
Folate	µg	43	2.980	2	83		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	0		0	0		
Vitamin A, RE	µg	0		0	0		
Vitamin E, α-TE	mg	1.440		0	2.765		
Lipids:							
Saturated, total	g	0.314		0	0.603		
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		83	0.000		
14:0	g	0.004		83	0.008		
15.0	g						
16:0	g	0.283		83	0.543		
17:0	g						
18:0	g	0.014		83	0.027		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.303	0	0.582
14:1	g			
16:1	g	0.066	83	0.127
18:1	g	0.236	83	0.453
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.765	0	1.469
18:2	g	0.727	83	1.396
18:3	g	0.036	83	0.069
18:4	g	0.000	0	0.000
20:4	g	0.002	83	0.004
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.195	4	0.374
Threonine	g	0.433	9	0.831
Isoleucine	g	0.541	9	1.039
Leucine	g	1.038	9	1.993
Lysine	g	0.404	10	0.776
Methionine	g	0.230	10	0.442
Cystine	g	0.404	5	0.776
Phenylalanine	g	0.724	10	1.390
Tyrosine	g	0.441	9	0.847
Valine	g	0.679	9	1.304
Arginine	g	0.702	10	1.348
Histidine	g	0.330	10	0.634
Alanine	g	0.555	9	1.066
Aspartic acid	g	0.808	10	1.551
Glutamic acid	g	4.946	10	9.496
Glycine	g	0.621	9	1.192
Proline	g	1.680	9	3.226
Serine	g	0.663	9	1.273
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

NDB No. 20072 Wheat, hard red winter

Triticum aestivum L.

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 192g	Measure 2*	Measure 3*
Proximates:							
Water	g	13.10	0.278	31	25.15		
Energy	kcal	327		0	628		
Energy	kj	1368		0	2627		
Protein (N x 5.95)	g	12.61	0.176	47	24.21		
Total lipid (fat)	g	1.54	0.097	6	2.96		
Carbohydrate, by difference	g	71.18		0	136.67		
Fiber, total dietary	g	12.2		0	23.4		
Ash	g	1.57	0.025	34	3.01		
Sugars, total	g						
Minerals:							
Calcium	mg	29	0.576	87	56		
Iron	mg	3.19	0.079	63	6.12		
Magnesium	mg	126	3.309	87	242		
Phosphorus	mg	288	12.275	27	553		
Potassium	mg	363	8.262	61	697		
Sodium	mg	2	0.152	58	4		
Zinc	mg	2.65	0.050	86	5.09		
Copper	mg	0.434	0.012	62	0.833		
Manganese	mg	3.985	0.092	41	7.651		
Selenium	µg	70.7		0	135.7		
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.383	0.005	17	0.735		
Riboflavin	mg	0.115	0.008	17	0.221		
Niacin	mg	5.464	0.181	5	10.491		
Pantothenic acid	mg	0.954	0.065	5	1.832		
Vitamin B-6	mg	0.300	0.024	9	0.576		
Folate	µg	38	2.812	5	73		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	0		0	0		
Vitamin A, RE	µg	0		0	0		
Vitamin E, α-TE	mg	1.440		0	2.765		
Lipids:							
Saturated, total	g	0.269		0	0.516		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.015		133	0.029		
10:0	g	0.000		0	0.000		
12:0	g	0.000		0	0.000		
14:0	g	0.001		133	0.002		
15.0	g						
16:0	g	0.234		133	0.449		
17:0	g						
18:0	g	0.013		133	0.025		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.200	0	0.384
14:1	g			
16:1	g	0.008	133	0.015
18:1	g	0.192	133	0.369
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.627	0	1.204
18:2	g	0.600	133	1.152
18:3	g	0.027	133	0.052
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.160	6	0.307
Threonine	g	0.365	6	0.701
Isoleucine	g	0.458	6	0.879
Leucine	g	0.854	6	1.640
Lysine	g	0.335	6	0.643
Methionine	g	0.201	6	0.386
Cystine	g	0.322	6	0.618
Phenylalanine	g	0.592	6	1.137
Tyrosine	g	0.387	6	0.743
Valine	g	0.556	6	1.068
Arginine	g	0.595	6	1.142
Histidine	g	0.285	6	0.547
Alanine	g	0.450	6	0.864
Aspartic acid	g	0.640	6	1.229
Glutamic acid	g	3.998	5	7.676
Glycine	g	0.528	5	1.014
Proline	g	1.289	5	2.475
Serine	g	0.586	5	1.125
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

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

NDB No. 20073 Wheat, soft red winter

Triticum aestivum L.

Refuse: 0%

Nutrients 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*	Measure 3*
Proximates:							
Water	g	12.17	0.310	22	20.45		
Energy	kcal	331		0	556		
Energy	kj	1385		0	2327		
Protein (N x 5.95)	g	10.35	0.111	20	17.39		
Total lipid (fat)	g	1.56	0.160	2	2.62		
Carbohydrate, by difference	g	74.24		0	124.72		
Fiber, total dietary	g	12.5		0	21.0		
Ash	g	1.68	0.018	8	2.82		
Sugars, total	g						
Minerals:							
Calcium	mg	27	1.158	54	45		
Iron	mg	3.21	0.098	48	5.39		
Magnesium	mg	126	4.550	53	212		
Phosphorus	mg	493	57.721	4	828		
Potassium	mg	397	10.666	30	667		
Sodium	mg	2	0.136	31	3		
Zinc	mg	2.63	0.091	53	4.42		
Copper	mg	0.450	0.017	34	0.756		
Manganese	mg	4.391	0.118	34	7.377		
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.394	0.007	11	0.662		
Riboflavin	mg	0.096	0.006	11	0.161		
Niacin	mg	4.800		1	8.064		
Pantothenic acid	mg	0.850		1	1.428		
Vitamin B-6	mg	0.272	0.053	3	0.457		
Folate	µg	41		1	69		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	0		0	0		
Vitamin A, RE	µg	0		0	0		
Vitamin E, α-TE	mg	1.440		0	2.419		
Lipids:							
Saturated, total	g	0.289		0	0.486		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.002		0	0.003		
15.0	g						
16:0	g	0.271		0	0.455		
17:0	g						
18:0	g	0.014		0	0.024		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.178	0	0.299
14:1	g			
16:1	g	0.008	0	0.013
18:1	g	0.170	0	0.286
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.656	0	1.102
18:2	g	0.628	0	1.055
18:3	g	0.028	0	0.047
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g	0.342	7	0.575
Isoleucine	g	0.396	7	0.665
Leucine	g	0.763	7	1.282
Lysine	g	0.315	7	0.529
Methionine	g	0.174	7	0.292
Cystine	g	0.300	1	0.504
Phenylalanine	g	0.508	6	0.853
Tyrosine	g	0.327	7	0.549
Valine	g	0.498	7	0.837
Arginine	g	0.522	7	0.877
Histidine	g	0.256	1	0.430
Alanine	g	0.412	1	0.692
Aspartic acid	g	0.557	1	0.936
Glutamic acid	g	3.663	1	6.154
Glycine	g	0.455	1	0.764
Proline	g	1.166	1	1.959
Serine	g	0.540	1	0.907
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

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

NDB No. 20074 Wheat, hard white

Triticum aestivum L.

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 192g	Measure 2*	Measure 3*
Proximates:							
Water	g	9.57	0.225	11	18.37		
Energy	kcal	342		0	657		
Energy	kj	1431		0	2748		
Protein (N x 5.95)	g	11.31	0.395	11	21.72		
Total lipid (fat)	g	1.71	0.123	8	3.28		
Carbohydrate, by difference	g	75.90		0	145.73		
Fiber, total dietary	g						
Ash	g	1.52	0.053	11	2.92		
Sugars, total	g						
Minerals:							
Calcium	mg	32	1.607	11	61		
Iron	mg	4.56	0.465	11	8.76		
Magnesium	mg	93	10.920	11	179		
Phosphorus	mg	355	15.546	11	682		
Potassium	mg	432	21.371	11	829		
Sodium	mg	2		0	4		
Zinc	mg	3.33	0.377	11	6.39		
Copper	mg	0.363	0.046	11	0.697		
Manganese	mg	3.821	0.320	11	7.336		
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.387	0.014	11	0.743		
Riboflavin	mg	0.108	0.003	11	0.207		
Niacin	mg	4.381	0.194	11	8.412		
Pantothenic acid	mg	0.954		0	1.832		
Vitamin B-6	mg	0.368	0.042	11	0.707		
Folate	µg	38		0	72		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	0		0	0		
Vitamin A, RE	µg	0		0	0		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.277		0	0.532		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g	0.261		8	0.501		
17:0	g						
18:0	g	0.016		8	0.031		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.203	0	0.390
14:1	g			
16:1	g			
18:1	g	0.203	8	0.390
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.750	0	1.440
18:2	g	0.715	8	1.373
18:3	g	0.035	8	0.067
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

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

NDB No. 20075 Wheat, soft white

Triticum aestivum L.

Refuse: 0%

Nutrients 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*	Measure 3*
Proximates:							
Water	g	10.42	0.140	126	17.51		
Energy	kcal	340		0	571		
Energy	kj	1423		0	2391		
Protein (N x 5.95)	g	10.69	0.148	124	17.96		
Total lipid (fat)	g	1.99	0.018	98	3.34		
Carbohydrate, by difference	g	75.36		0	126.60		
Fiber, total dietary	g	12.7		0	21.3		
Ash	g	1.54	0.019	125	2.59		
Sugars, total	g						
Minerals:							
Calcium	mg	34	0.951	123	57		
Iron	mg	5.37	0.323	123	9.02		
Magnesium	mg	90	2.518	123	151		
Phosphorus	mg	402	14.690	123	675		
Potassium	mg	435	7.261	123	731		
Sodium	mg	2		0	3		
Zinc	mg	3.46	0.185	123	5.81		
Copper	mg	0.426	0.022	123	0.716		
Manganese	mg	3.406	0.084	123	5.722		
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.410	0.005	124	0.689		
Riboflavin	mg	0.107	0.001	124	0.180		
Niacin	mg	4.766	0.051	124	8.007		
Pantothenic acid	mg	0.850		0	1.428		
Vitamin B-6	mg	0.378	0.008	128	0.635		
Folate	µg	41		0	68		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	0		0	0		
Vitamin A, RE	µg	0		0	0		
Vitamin E, α-TE	mg	1.440		0	2.419		
Lipids:							
Saturated, total	g	0.368		0	0.618		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.003		103	0.005		
15.0	g						
16:0	g	0.346		103	0.581		
17:0	g						
18:0	g	0.018		103	0.030		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.227	0	0.381
14:1	g			
16:1	g	0.010	103	0.017
18:1	g	0.217	103	0.365
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.837	0	1.406
18:2	g	0.800	103	1.344
18:3	g	0.036	103	0.060
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

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

NDB No. 20076 Wheat, durum

Triticum durum Desf.

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 192g	Measure 2*	Measure 3*
Proximates:							
Water	g	10.94	0.309	31	21.00		
Energy	kcal	339		0	651		
Energy	kj	1418		0	2723		
Protein (N x 5.95)	g	13.68	0.272	28	26.27		
Total lipid (fat)	g	2.47	0.066	18	4.74		
Carbohydrate, by difference	g	71.13		0	136.57		
Fiber, total dietary	g						
Ash	g	1.78	0.016	38	3.42		
Sugars, total	g						
Minerals:							
Calcium	mg	34	1.527	37	65		
Iron	mg	3.52	0.038	2	6.76		
Magnesium	mg	144	3.058	39	276		
Phosphorus	mg	508	20.742	37	975		
Potassium	mg	431	10.204	37	828		
Sodium	mg	2	0.486	9	4		
Zinc	mg	4.16	0.177	37	7.99		
Copper	mg	0.553	0.041	37	1.062		
Manganese	mg	3.012	0.249	30	5.783		
Selenium	µg	89.4		1	171.6		
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.419	0.013	30	0.804		
Riboflavin	mg	0.121	0.003	30	0.232		
Niacin	mg	6.738	0.213	30	12.937		
Pantothenic acid	mg	0.935		0	1.795		
Vitamin B-6	mg	0.419	0.017	31	0.804		
Folate	µg	43		0	83		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	0		0	0		
Vitamin A, RE	µg	0		0	0		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.454		0	0.872		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.003		29	0.006		
15.0	g						
16:0	g	0.422		29	0.810		
17:0	g						
18:0	g	0.022		29	0.042		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.344	0	0.660
14:1	g			
16:1	g	0.009	29	0.017
18:1	g	0.335	29	0.643
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.978	0	1.878
18:2	g	0.930	29	1.786
18:3	g	0.048	29	0.092
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.176	7	0.338
Threonine	g	0.366	9	0.703
Isoleucine	g	0.533	9	1.023
Leucine	g	0.934	9	1.793
Lysine	g	0.303	9	0.582
Methionine	g	0.221	8	0.424
Cystine	g	0.286	7	0.549
Phenylalanine	g	0.681	9	1.308
Tyrosine	g	0.357	8	0.685
Valine	g	0.594	9	1.140
Arginine	g	0.483	9	0.927
Histidine	g	0.322	9	0.618
Alanine	g	0.427	9	0.820
Aspartic acid	g	0.617	9	1.185
Glutamic acid	g	4.743	9	9.107
Glycine	g	0.495	9	0.950
Proline	g	1.459	9	2.801
Serine	g	0.667	9	1.281
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

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

NDB No. 20077 Wheat bran, crude

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 58g	Measure 2*	Measure 3*
Proximates:							
Water	g	9.89	0.680	15	5.74		
Energy	kcal	216		0	125		
Energy	kj	904		0	524		
Protein (N x 5.95)	g	15.55	0.522	13	9.02		
Total lipid (fat)	g	4.25	0.210	11	2.46		
Carbohydrate, by difference	g	64.51		0	37.42		
Fiber, total dietary	g	42.8		0	24.8		
Ash	g	5.79	0.246	13	3.36		
Sugars, total	g						
Minerals:							
Calcium	mg	73	7.008	4	42		
Iron	mg	10.57	1.200	5	6.13		
Magnesium	mg	611	75.506	4	354		
Phosphorus	mg	1013	92.602	3	588		
Potassium	mg	1182	123.940	4	686		
Sodium	mg	2	0.855	4	1		
Zinc	mg	7.27	0.632	4	4.22		
Copper	mg	0.998	0.112	4	0.579		
Manganese	mg	11.500	6.184	4	6.670		
Selenium	µg	77.6	3.649	2	45.0		
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.523	0.052	4	0.303		
Riboflavin	mg	0.577	0.064	3	0.335		
Niacin	mg	13.578	4.398	5	7.875		
Pantothenic acid	mg	2.181	0.478	4	1.265		
Vitamin B-6	mg	1.303	0.328	5	0.756		
Folate	µg	79	13.385	4	46		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	0		0	0		
Vitamin A, RE	µg	0		0	0		
Vitamin E, α-TE	mg	2.320		0	1.346		
Lipids:							
Saturated, total	g	0.630		0	0.365		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.000		0	0.000		
10:0	g	0.000		0	0.000		
12:0	g	0.002		8	0.001		
14:0	g	0.007		8	0.004		
15.0	g						
16:0	g	0.556		8	0.322		
17:0	g						
18:0	g	0.037		8	0.021		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.637	0	0.369
14:1	g			
16:1	g	0.017	8	0.010
18:1	g	0.619	8	0.359
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	2.212	0	1.283
18:2	g	2.039	8	1.183
18:3	g	0.167	8	0.097
18:4	g	0.000	0	0.000
20:4	g	0.005	8	0.003
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.282	2	0.164
Threonine	g	0.500	12	0.290
Isoleucine	g	0.486	12	0.282
Leucine	g	0.928	12	0.538
Lysine	g	0.600	12	0.348
Methionine	g	0.234	12	0.136
Cystine	g	0.371	12	0.215
Phenylalanine	g	0.595	12	0.345
Tyrosine	g	0.436	12	0.253
Valine	g	0.726	12	0.421
Arginine	g	1.087	12	0.630
Histidine	g	0.430	12	0.249
Alanine	g	0.765	12	0.444
Aspartic acid	g	1.130	12	0.655
Glutamic acid	g	2.874	12	1.667
Glycine	g	0.898	12	0.521
Proline	g	0.882	12	0.512
Serine	g	0.684	12	0.397
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

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

NDB No. 20078 Wheat germ, crude

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 115g	Measure 2*	Measure 3*
Proximates:							
Water	g	11.12	0.864	10	12.79		
Energy	kcal	360		0	414		
Energy	kj	1506		0	1732		
Protein (N x 5.95)	g	23.15	1.447	7	26.62		
Total lipid (fat)	g	9.72	0.403	8	11.18		
Carbohydrate, by difference	g	51.80		0	59.57		
Fiber, total dietary	g	13.2		0	15.2		
Ash	g	4.21	0.121	9	4.84		
Sugars, total	g						
Minerals:							
Calcium	mg	39	1.242	6	45		
Iron	mg	6.26	0.905	7	7.20		
Magnesium	mg	239	14.360	6	275		
Phosphorus	mg	842	18.808	6	968		
Potassium	mg	892	41.171	6	1026		
Sodium	mg	12	3.569	6	14		
Zinc	mg	12.29	0.669	6	14.13		
Copper	mg	0.796	0.034	6	0.915		
Manganese	mg	13.301	2.224	9	15.296		
Selenium	µg	79.2		1	91.1		
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	1.882	0.189	7	2.164		
Riboflavin	mg	0.499	0.059	7	0.574		
Niacin	mg	6.813	1.221	7	7.835		
Pantothenic acid	mg	2.257	0.141	6	2.596		
Vitamin B-6	mg	1.300	0.190	7	1.495		
Folate	µg	281	22.507	10	323		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	0		0	0		
Vitamin A, RE	µg	0		0	0		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	1.665		0	1.915		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.013		7	0.015		
15.0	g						
16:0	g	1.587		7	1.825		
17:0	g						
18:0	g	0.055		7	0.063		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.365	0	1.570
14:1	g			
16:1	g	0.034	7	0.039
18:1	g	1.332	7	1.532
20:1	g			
22.1	g			
Polyunsaturated, total	g	6.010	0	6.912
18:2	g	5.287	7	6.080
18:3	g	0.723	7	0.831
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	0.317	3	0.365
Threonine	g	0.968	13	1.113
Isoleucine	g	0.847	13	0.974
Leucine	g	1.571	13	1.807
Lysine	g	1.468	13	1.688
Methionine	g	0.456	13	0.524
Cystine	g	0.458	13	0.527
Phenylalanine	g	0.928	13	1.067
Tyrosine	g	0.704	12	0.810
Valine	g	1.198	13	1.378
Arginine	g	1.867	13	2.147
Histidine	g	0.643	13	0.739
Alanine	g	1.477	12	1.699
Aspartic acid	g	2.070	12	2.380
Glutamic acid	g	3.995	12	4.594
Glycine	g	1.424	12	1.638
Proline	g	1.231	12	1.416
Serine	g	1.102	12	1.267
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

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

NDB No. 20080 Wheat flour, whole-grain

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 120g	Measure 2*	Measure 3*
Proximates:							
Water	g	10.27	0.453	15	12.32		
Energy	kcal	339		0	407		
Energy	kj	1418		0	1702		
Protein (N x 5.95)	g	13.70	0.456	16	16.44		
Total lipid (fat)	g	1.87	0.040	10	2.24		
Carbohydrate, by difference	g	72.57		0	87.08		
Fiber, total dietary	g	12.2		0	14.6		
Ash	g	1.60	0.053	14	1.92		
Sugars, total	g						
Minerals:							
Calcium	mg	34	2.484	8	41		
Iron	mg	3.88	0.059	8	4.66		
Magnesium	mg	138	1.897	6	166		
Phosphorus	mg	346	3.784	6	415		
Potassium	mg	405	16.273	7	486		
Sodium	mg	5	1.583	7	6		
Zinc	mg	2.93	0.184	11	3.52		
Copper	mg	0.382	0.024	11	0.458		
Manganese	mg	3.799	0.309	10	4.559		
Selenium	µg	70.7	8.175	3	84.8		
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.447	0.018	20	0.536		
Riboflavin	mg	0.215	0.013	20	0.258		
Niacin	mg	6.365	0.263	8	7.638		
Pantothenic acid	mg	1.008	0.052	2	1.210		
Vitamin B-6	mg	0.341	0.019	3	0.409		
Folate	µg	44	4.194	7	53		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	0		0	0		
Vitamin A, RE	µg	0		0	0		
Vitamin E, α-TE	mg	1.230		0	1.476		
Lipids:							
Saturated, total	g	0.322		0	0.386		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.018		0	0.022		
10:0	g	0.000		0	0.000		
12:0	g	0.000		0	0.000		
14:0	g	0.003		0	0.004		
15.0	g						
16:0	g	0.271		0	0.325		
17:0	g						
18:0	g	0.015		0	0.018		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.232	0	0.278
14:1	g			
16:1	g	0.013	0	0.016
18:1	g	0.219	0	0.263
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.779	0	0.935
18:2	g	0.738	0	0.886
18:3	g	0.038	0	0.046
18:4	g	0.000	0	0.000
20:4	g	0.002	0	0.002
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.212	12	0.254
Threonine	g	0.395	25	0.474
Isoleucine	g	0.508	25	0.610
Leucine	g	0.926	25	1.111
Lysine	g	0.378	26	0.454
Methionine	g	0.212	26	0.254
Cystine	g	0.317	20	0.380
Phenylalanine	g	0.646	25	0.775
Tyrosine	g	0.400	24	0.480
Valine	g	0.618	25	0.742
Arginine	g	0.642	26	0.770
Histidine	g	0.317	26	0.380
Alanine	g	0.487	24	0.584
Aspartic acid	g	0.703	25	0.844
Glutamic acid	g	4.325	24	5.190
Glycine	g	0.552	23	0.662
Proline	g	1.422	23	1.706
Serine	g	0.646	23	0.775
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

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

NDB No. 20081 Wheat flour, white, all-purpose, enriched, bleached

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 125g	Measure 2*	Measure 3*
Proximates:							
Water	g	11.92	0.184	72	14.90		
Energy	kcal	364		0	455		
Energy	kj	1523		0	1904		
Protein (N x 5.95)	g	10.33	0.131	61	12.91		
Total lipid (fat)	g	0.98	0.038	29	1.23		
Carbohydrate, by difference	g	76.31		0	95.39		
Fiber, total dietary	g	2.7		0	3.4		
Ash	g	0.47	0.015	61	0.59		
Sugars, total	g						
Minerals:							
Calcium	mg	15	0.370	113	19		
Iron	mg	4.64	0.074	23	5.80		
Magnesium	mg	22	0.586	129	28		
Phosphorus	mg	108	2.395	47	135		
Potassium	mg	107	2.696	94	134		
Sodium	mg	2	0.226	82	3		
Zinc	mg	0.70	0.020	136	0.88		
Copper	mg	0.144	0.006	49	0.180		
Manganese	mg	0.682	0.030	48	0.853		
Selenium	µg	33.9	3.192	46	42.4		
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.785	0.015	36	0.981		
Riboflavin	mg	0.494	0.016	32	0.618		
Niacin	mg	5.904	0.123	19	7.380		
Pantothenic acid	mg	0.438	0.093	10	0.548		
Vitamin B-6	mg	0.044	0.003	45	0.055		
Folate	µg	154		0	193		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	0		0	0		
Vitamin A, RE	µg	0		0	0		
Vitamin E, α-TE	mg	0.060		0	0.075		
Lipids:							
Saturated, total	g	0.155		0	0.194		
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	0.148		10	0.185		
17:0	g						
18:0	g	0.007		10	0.009		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.087	0	0.109
14:1	g			
16:1	g	0.000	0	0.000
18:1	g	0.087	10	0.109
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.413	0	0.516
18:2	g	0.391	10	0.489
18:3	g	0.022	10	0.028
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.127	39	0.159
Threonine	g	0.281	67	0.351
Isoleucine	g	0.357	68	0.446
Leucine	g	0.710	68	0.888
Lysine	g	0.228	69	0.285
Methionine	g	0.183	67	0.229
Cystine	g	0.219	63	0.274
Phenylalanine	g	0.520	58	0.650
Tyrosine	g	0.312	56	0.390
Valine	g	0.415	58	0.519
Arginine	g	0.417	51	0.521
Histidine	g	0.230	51	0.287
Alanine	g	0.332	49	0.415
Aspartic acid	g	0.435	49	0.544
Glutamic acid	g	3.479	49	4.349
Glycine	g	0.371	49	0.464
Proline	g	1.198	49	1.498
Serine	g	0.516	49	0.645
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

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

NDB No. 20082 Wheat flour, white, all-purpose, self-rising, 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* 125g	Measure 2*	Measure 3*
Proximates:							
Water	g	10.59	0.196	34	13.24		
Energy	kcal	354		0	443		
Energy	kj	1481		0	1851		
Protein (N x 5.95)	g	9.89	0.149	37	12.36		
Total lipid (fat)	g	0.97	0.036	29	1.21		
Carbohydrate, by difference	g	74.22		0	92.78		
Fiber, total dietary	g	2.7		0	3.4		
Ash	g	4.33	0.045	32	5.41		
Sugars, total	g						
Minerals:							
Calcium	mg	338	9.355	30	423		
Iron	mg	4.67	0.140	7	5.84		
Magnesium	mg	19	0.299	5	24		
Phosphorus	mg	595	38.500	14	744		
Potassium	mg	124	5.756	11	155		
Sodium	mg	1270	39.347	12	1588		
Zinc	mg	0.62	0.095	5	0.78		
Copper	mg	0.112	0.009	5	0.140		
Manganese	mg	1.000		1	1.250		
Selenium	µg	34.4		0	43.0		
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.674	0.010	34	0.843		
Riboflavin	mg	0.414	0.011	34	0.517		
Niacin	mg	5.832	0.204	43	7.290		
Pantothenic acid	mg	0.438		0	0.548		
Vitamin B-6	mg	0.050		1	0.063		
Folate	µg	154		0	193		
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	0.060		0	0.075		
Lipids:							
Saturated, total	g	0.154		0	0.193		
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	0.147		0	0.184		
17:0	g						
18:0	g	0.007		0	0.009		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.086	0	0.108
14:1	g			
16:1	g	0.000	0	0.000
18:1	g	0.086	0	0.108
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.410	0	0.512
18:2	g	0.388	0	0.485
18:3	g	0.022	0	0.028
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.121	0	0.151
Threonine	g	0.269	0	0.336
Isoleucine	g	0.342	0	0.428
Leucine	g	0.680	0	0.850
Lysine	g	0.219	0	0.274
Methionine	g	0.175	0	0.219
Cystine	g	0.210	0	0.263
Phenylalanine	g	0.498	0	0.623
Tyrosine	g	0.298	0	0.373
Valine	g	0.397	0	0.496
Arginine	g	0.399	0	0.499
Histidine	g	0.220	0	0.275
Alanine	g	0.317	0	0.396
Aspartic acid	g	0.416	0	0.520
Glutamic acid	g	3.330	0	4.162
Glycine	g	0.356	0	0.445
Proline	g	1.146	0	1.433
Serine	g	0.494	0	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 cup

NDB No. 20083 Wheat flour, white, bread, 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* 137g	Measure 2*	Measure 3*
Proximates:							
Water	g	13.36	0.104	67	18.30		
Energy	kcal	361		0	495		
Energy	kj	1510		0	2069		
Protein (N x 5.95)	g	11.98	0.095	65	16.41		
Total lipid (fat)	g	1.66	0.038	9	2.27		
Carbohydrate, by difference	g	72.53		0	99.37		
Fiber, total dietary	g	2.4		0	3.3		
Ash	g	0.47	0.005	65	0.64		
Sugars, total	g						
Minerals:							
Calcium	mg	15	0.476	163	21		
Iron	mg	4.41		1	6.04		
Magnesium	mg	25	0.450	160	34		
Phosphorus	mg	97	2.621	11	133		
Potassium	mg	100	2.509	81	137		
Sodium	mg	2	0.047	74	3		
Zinc	mg	0.85	0.023	177	1.16		
Copper	mg	0.182	0.007	35	0.249		
Manganese	mg	0.792	0.029	55	1.085		
Selenium	µg	39.7	4.335	15	54.4		
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.812	0.032	12	1.112		
Riboflavin	mg	0.512	0.020	15	0.701		
Niacin	mg	7.554	0.676	9	10.349		
Pantothenic acid	mg	0.438		0	0.600		
Vitamin B-6	mg	0.037	0.003	46	0.051		
Folate	µg	154		0	211		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	0		0	0		
Vitamin A, RE	µg	0		0	0		
Vitamin E, α-TE	mg	0.050		0	0.069		
Lipids:							
Saturated, total	g	0.244		0	0.334		
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		79	0.001		
15.0	g						
16:0	g	0.218		79	0.299		
17:0	g						
18:0	g	0.010		79	0.014		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.140	0	0.192
14:1	g			
16:1	g	0.005	79	0.007
18:1	g	0.135	79	0.185
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.727	0	0.996
18:2	g	0.685	79	0.938
18:3	g	0.043	79	0.059
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.139	13	0.190
Threonine	g	0.320	23	0.438
Isoleucine	g	0.444	23	0.608
Leucine	g	0.828	23	1.134
Lysine	g	0.231	23	0.316
Methionine	g	0.210	22	0.288
Cystine	g	0.269	22	0.369
Phenylalanine	g	0.591	23	0.810
Tyrosine	g	0.328	23	0.449
Valine	g	0.502	23	0.688
Arginine	g	0.416	23	0.570
Histidine	g	0.254	23	0.348
Alanine	g	0.366	23	0.501
Aspartic acid	g	0.484	23	0.663
Glutamic acid	g	4.198	23	5.751
Glycine	g	0.410	23	0.562
Proline	g	1.409	23	1.930
Serine	g	0.580	23	0.795
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

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

NDB No. 20084 Wheat flour, white, cake, 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* 137g	Measure 2*	Measure 3*
Proximates:							
Water	g	12.51	0.180	25	17.14		
Energy	kcal	362		0	496		
Energy	kj	1515		0	2076		
Protein (N x 5.95)	g	8.20	0.079	21	11.23		
Total lipid (fat)	g	0.86	0.037	5	1.18		
Carbohydrate, by difference	g	78.03		0	106.90		
Fiber, total dietary	g	1.7		0	2.3		
Ash	g	0.39	0.013	35	0.53		
Sugars, total	g						
Minerals:							
Calcium	mg	14	0.461	63	19		
Iron	mg	7.32	0.000	2	10.03		
Magnesium	mg	16	0.802	77	22		
Phosphorus	mg	85	4.918	16	116		
Potassium	mg	105	4.130	41	144		
Sodium	mg	2	0.091	38	3		
Zinc	mg	0.62	0.041	72	0.85		
Copper	mg	0.139	0.007	23	0.190		
Manganese	mg	0.634	0.039	29	0.869		
Selenium	µg	4.9	0.408	6	6.7		
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.892	0.058	2	1.222		
Riboflavin	mg	0.430	0.014	2	0.589		
Niacin	mg	6.790	0.339	2	9.302		
Pantothenic acid	mg	0.458	0.019	3	0.627		
Vitamin B-6	mg	0.033	0.003	25	0.045		
Folate	µg	154		0	211		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	0		0	0		
Vitamin A, RE	µg	0		0	0		
Vitamin E, α-TE	mg	0.060		0	0.082		
Lipids:							
Saturated, total	g	0.127		0	0.174		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.000		0	0.000		
10:0	g	0.000		0	0.000		
12:0	g	0.000		0	0.000		
14:0	g	0.001		0	0.001		
15.0	g						
16:0	g	0.114		0	0.156		
17:0	g						
18:0	g	0.005		0	0.007		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.073	0	0.100
14:1	g			
16:1	g	0.003	0	0.004
18:1	g	0.070	0	0.096
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.379	0	0.519
18:2	g	0.357	0	0.489
18:3	g	0.022	0	0.030
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.118	6	0.162
Threonine	g	0.227	7	0.311
Isoleucine	g	0.311	7	0.426
Leucine	g	0.558	7	0.764
Lysine	g	0.285	7	0.390
Methionine	g	0.138	7	0.189
Cystine	g	0.178	7	0.244
Phenylalanine	g	0.388	7	0.532
Tyrosine	g	0.234	7	0.321
Valine	g	0.360	7	0.493
Arginine	g	0.314	7	0.430
Histidine	g	0.167	7	0.229
Alanine	g	0.247	7	0.338
Aspartic acid	g	0.342	7	0.469
Glutamic acid	g	2.710	7	3.713
Glycine	g	0.278	7	0.381
Proline	g	0.913	7	1.251
Serine	g	0.432	7	0.592
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

NDB No. 20086 Wheat flour, white, tortilla mix, 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* 111g	Measure 2*	Measure 3*
Proximates:							
Water	g	10.08	0.068	25	11.19		
Energy	kcal	405		0	450		
Energy	kj	1695		0	1881		
Protein (N x 5.95)	g	9.66	0.049	25	10.72		
Total lipid (fat)	g	10.63	0.083	25	11.80		
Carbohydrate, by difference	g	67.14		0	74.53		
Fiber, total dietary	g						
Ash	g	2.49	0.053	25	2.76		
Sugars, total	g						
Minerals:							
Calcium	mg	205	11.402	25	228		
Iron	mg	7.05		1	7.83		
Magnesium	mg	21		1	23		
Phosphorus	mg	210		1	233		
Potassium	mg	100	2.789	4	111		
Sodium	mg	677	49.467	4	751		
Zinc	mg	0.64		0	0.71		
Copper	mg	0.100		1	0.111		
Manganese	mg	0.614		0	0.682		
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.735	0.023	27	0.816		
Riboflavin	mg	0.493	0.017	27	0.547		
Niacin	mg	5.820	0.187	27	6.460		
Pantothenic acid	mg	0.394		0	0.437		
Vitamin B-6	mg	0.040		1	0.044		
Folate	µg	136		0	151		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	0		0	0		
Vitamin A, RE	µg	0		0	0		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	4.100		0	4.551		
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.010		0	0.011		
12:0	g	0.021		0	0.023		
14:0	g	0.132		0	0.147		
15.0	g						
16:0	g	2.557		0	2.838		
17:0	g						
18:0	g	1.379		0	1.531		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	4.541	0	5.041
14:1	g			
16:1	g	0.271	0	0.301
18:1	g	4.270	0	4.740
20:1	g			
22.1	g			
Polyunsaturated, total	g	1.522	0	1.689
18:2	g	1.399	0	1.553
18:3	g	0.123	0	0.137
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	0.119	0	0.132
Threonine	g	0.263	0	0.292
Isoleucine	g	0.334	0	0.371
Leucine	g	0.664	0	0.737
Lysine	g	0.213	0	0.236
Methionine	g	0.171	0	0.190
Cystine	g	0.205	0	0.228
Phenylalanine	g	0.486	0	0.539
Tyrosine	g	0.291	0	0.323
Valine	g	0.388	0	0.431
Arginine	g	0.390	0	0.433
Histidine	g	0.215	0	0.239
Alanine	g	0.310	0	0.344
Aspartic acid	g	0.407	0	0.452
Glutamic acid	g	3.253	0	3.611
Glycine	g	0.347	0	0.385
Proline	g	1.120	0	1.243
Serine	g	0.483	0	0.536
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

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

NDB No. 20087 Wheat, sprouted

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 108g	Measure 2*	Measure 3*
Proximates:							
Water	g	47.75	3.578	8	51.57		
Energy	kcal	198		0	214		
Energy	kj	828		0	894		
Protein (N x 5.95)	g	7.49	0.382	8	8.09		
Total lipid (fat)	g	1.27	0.106	8	1.37		
Carbohydrate, by difference	g	42.53		0	45.93		
Fiber, total dietary	g	1.1		0	1.2		
Ash	g	0.96	0.055	8	1.04		
Sugars, total	g						
Minerals:							
Calcium	mg	28	1.972	8	30		
Iron	mg	2.14	0.119	8	2.31		
Magnesium	mg	82	3.214	8	89		
Phosphorus	mg	200	10.970	8	216		
Potassium	mg	169	18.038	8	183		
Sodium	mg	16	1.569	8	17		
Zinc	mg	1.65	0.122	8	1.78		
Copper	mg	0.261	0.017	8	0.282		
Manganese	mg	1.858	0.197	8	2.007		
Selenium	µg	42.5		0	45.9		
Vitamins:							
Ascorbic acid	mg	2.6	0.448	8	2.8		
Thiamin	mg	0.225	0.009	8	0.243		
Riboflavin	mg	0.155	0.026	8	0.167		
Niacin	mg	3.087	0.130	8	3.334		
Pantothenic acid	mg	0.947	0.056	8	1.023		
Vitamin B-6	mg	0.265	0.012	8	0.286		
Folate	µg	38		0	41		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	0		0	0		
Vitamin A, RE	µg	0		0	0		
Vitamin E, α-TE	mg	0.050		0	0.054		
Lipids:							
Saturated, total	g	0.206		0	0.222		
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	0.194		0	0.210		
17:0	g						
18:0	g	0.012		0	0.013		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.151	0	0.163
14:1	g			
16:1	g	0.000	0	0.000
18:1	g	0.151	0	0.163
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.557	0	0.602
18:2	g	0.531	0	0.573
18:3	g	0.026	8	0.028
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.115	4	0.124
Threonine	g	0.254	4	0.274
Isoleucine	g	0.287	4	0.310
Leucine	g	0.507	4	0.548
Lysine	g	0.245	4	0.265
Methionine	g	0.116	3	0.125
Cystine	g	0.134	4	0.145
Phenylalanine	g	0.350	4	0.378
Tyrosine	g	0.275	4	0.297
Valine	g	0.361	4	0.390
Arginine	g	0.425	4	0.459
Histidine	g	0.196	4	0.212
Alanine	g	0.295	4	0.319
Aspartic acid	g	0.453	4	0.489
Glutamic acid	g	1.871	4	2.021
Glycine	g	0.306	4	0.330
Proline	g	0.674	4	0.728
Serine	g	0.341	4	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 cup

NDB No. 20088 Wild rice, raw

Zizania spp.

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 160g	Measure 2*	Measure 3*
Proximates:							
Water	g	7.76	0.226	40	12.42		
Energy	kcal	357		0	571		
Energy	kj	1494		0	2390		
Protein (N x 5.95)	g	14.73	0.258	43	23.57		
Total lipid (fat)	g	1.08	0.126	10	1.73		
Carbohydrate, by difference	g	74.90		0	119.84		
Fiber, total dietary	g	6.2		0	9.9		
Ash	g	1.53	0.055	10	2.45		
Sugars, total	g						
Minerals:							
Calcium	mg	21	3.346	41	34		
Iron	mg	1.96	0.108	40	3.14		
Magnesium	mg	177	8.782	41	283		
Phosphorus	mg	433	11.935	40	693		
Potassium	mg	427	11.327	41	683		
Sodium	mg	7	1.342	7	11		
Zinc	mg	5.96	0.309	41	9.54		
Copper	mg	0.524	0.057	41	0.838		
Manganese	mg	1.329	0.032	38	2.126		
Selenium	µg	2.8		2	4.5		
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.115	0.012	40	0.184		
Riboflavin	mg	0.262	0.013	40	0.419		
Niacin	mg	6.733	0.188	40	10.773		
Pantothenic acid	mg	1.074	0.235	7	1.718		
Vitamin B-6	mg	0.391	0.096	6	0.626		
Folate	µg	95	11.608	5	152		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	19		1	30		
Vitamin A, RE	µg	2		0	3		
Vitamin E, α-TE	mg	0.720		0	1.152		
Lipids:							
Saturated, total	g	0.156		0	0.250		
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	0.145		1	0.232		
17:0	g						
18:0	g	0.011		1	0.018		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.159	0	0.254
14:1	g			
16:1	g	0.000	0	0.000
18:1	g	0.159	1	0.254
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.676	0	1.082
18:2	g	0.377	1	0.603
18:3	g	0.300	1	0.480
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	0.179	8	0.286
Threonine	g	0.469	8	0.750
Isoleucine	g	0.618	8	0.989
Leucine	g	1.018	8	1.629
Lysine	g	0.629	8	1.006
Methionine	g	0.438	8	0.701
Cystine	g	0.174	4	0.278
Phenylalanine	g	0.721	8	1.154
Tyrosine	g	0.622	8	0.995
Valine	g	0.858	7	1.373
Arginine	g	1.136	8	1.818
Histidine	g	0.384	8	0.614
Alanine	g	0.825	8	1.320
Aspartic acid	g	1.419	8	2.270
Glutamic acid	g	2.565	8	4.104
Glycine	g	0.672	8	1.075
Proline	g	0.519	8	0.830
Serine	g	0.778	8	1.245
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

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

NDB No. 20089 Wild rice, cooked

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 164g	Measure 2*	Measure 3*
Proximates:							
Water	g	73.93	0.860	11	121.25		
Energy	kcal	101		0	166		
Energy	kj	423		0	694		
Protein (N x 5.95)	g	3.99	0.289	8	6.54		
Total lipid (fat)	g	0.34	0.019	11	0.56		
Carbohydrate, by difference	g	21.34		0	35.00		
Fiber, total dietary	g	1.8		0	3.0		
Ash	g	0.40	0.019	8	0.66		
Sugars, total	g						
Minerals:							
Calcium	mg	3	0.568	5	5		
Iron	mg	0.60	0.102	5	0.98		
Magnesium	mg	32	4.026	5	52		
Phosphorus	mg	82	6.035	5	134		
Potassium	mg	101	20.048	5	166		
Sodium	mg	3	0.277	5	5		
Zinc	mg	1.34	0.105	5	2.20		
Copper	mg	0.121	0.013	5	0.198		
Manganese	mg	0.282	0.048	2	0.462		
Selenium	µg	0.8		0	1.3		
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.052	0.005	5	0.085		
Riboflavin	mg	0.087	0.015	5	0.143		
Niacin	mg	1.287	0.159	3	2.111		
Pantothenic acid	mg	0.154	0.048	4	0.253		
Vitamin B-6	mg	0.135	0.004	4	0.221		
Folate	µg	26	3.515	3	43		
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	0.230		0	0.377		
Lipids:							
Saturated, total	g	0.049		0	0.080		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.000		0	0.000		
10:0	g	0.000		0	0.000		
12:0	g	0.000		0	0.000		
14:0	g	0.000		0	0.000		
15.0	g						
16:0	g	0.046		0	0.075		
17:0	g						
18:0	g	0.003		0	0.005		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.050	0	0.082
14:1	g			
16:1	g	0.000	0	0.000
18:1	g	0.050	0	0.082
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.213	0	0.349
18:2	g	0.119	0	0.195
18:3	g	0.095	0	0.156
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	0.049	0	0.080
Threonine	g	0.127	0	0.208
Isoleucine	g	0.167	0	0.274
Leucine	g	0.276	0	0.453
Lysine	g	0.170	0	0.279
Methionine	g	0.119	0	0.195
Cystine	g	0.047	0	0.077
Phenylalanine	g	0.195	0	0.320
Tyrosine	g	0.169	0	0.277
Valine	g	0.232	0	0.380
Arginine	g	0.308	0	0.505
Histidine	g	0.104	0	0.171
Alanine	g	0.223	0	0.366
Aspartic acid	g	0.384	0	0.630
Glutamic acid	g	0.695	0	1.140
Glycine	g	0.182	0	0.298
Proline	g	0.140	0	0.230
Serine	g	0.211	0	0.346
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

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

NDB No. 20090 Rice flour, 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* 158g	Measure 2*	Measure 3*
Proximates:							
Water	g	11.97	0.973	3	18.91		
Energy	kcal	363		0	574		
Energy	kj	1519		0	2400		
Protein (N x 5.95)	g	7.23	0.138	3	11.42		
Total lipid (fat)	g	2.78	0.405	3	4.39		
Carbohydrate, by difference	g	76.48		0	120.84		
Fiber, total dietary	g	4.6		0	7.3		
Ash	g	1.54	0.031	3	2.43		
Sugars, total	g						
Minerals:							
Calcium	mg	11	0.628	3	17		
Iron	mg	1.98	0.014	2	3.13		
Magnesium	mg	112	25.992	3	177		
Phosphorus	mg	337	5.748	3	532		
Potassium	mg	289	19.471	3	457		
Sodium	mg	8	1.188	3	13		
Zinc	mg	2.45	0.450	3	3.87		
Copper	mg	0.230	0.001	2	0.363		
Manganese	mg	4.013	0.607	3	6.341		
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.443	0.062	3	0.700		
Riboflavin	mg	0.080	0.016	3	0.126		
Niacin	mg	6.340	0.314	3	10.017		
Pantothenic acid	mg	1.591	0.104	3	2.514		
Vitamin B-6	mg	0.736	0.094	3	1.163		
Folate	µg	16	2.320	6	25		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	0		0	0		
Vitamin A, RE	µg	0		0	0		
Vitamin E, α-TE	mg	0.720		0	1.138		
Lipids:							
Saturated, total	g	0.557		0	0.880		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g	0.003		0	0.005		
14:0	g	0.010		0	0.016		
15.0	g						
16:0	g	0.475		0	0.751		
17:0	g						
18:0	g	0.050		0	0.079		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.008	0	1.593
14:1	g			
16:1	g	0.010	0	0.016
18:1	g	0.998	0	1.577
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.996	0	1.574
18:2	g	0.954	0	1.507
18:3	g	0.042	0	0.066
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.092	0	0.145
Threonine	g	0.265	0	0.419
Isoleucine	g	0.306	0	0.483
Leucine	g	0.598	0	0.945
Lysine	g	0.276	0	0.436
Methionine	g	0.163	0	0.258
Cystine	g	0.088	0	0.139
Phenylalanine	g	0.373	0	0.589
Tyrosine	g	0.271	0	0.428
Valine	g	0.424	0	0.670
Arginine	g	0.548	0	0.866
Histidine	g	0.184	0	0.291
Alanine	g	0.422	0	0.667
Aspartic acid	g	0.677	0	1.070
Glutamic acid	g	1.473	0	2.327
Glycine	g	0.356	0	0.562
Proline	g	0.339	0	0.536
Serine	g	0.374	0	0.591
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

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

NDB No. 20091 Pasta, corn, dry

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 105g	Measure 2* 57g	Measure 3*
Proximates:							
Water	g	10.00		1	10.50	5.70	
Energy	kcal	357		0	375	203	
Energy	kj	1494		0	1569	852	
Protein (N x 5.95)	g	7.46		1	7.83	4.25	
Total lipid (fat)	g	2.08		1	2.18	1.19	
Carbohydrate, by difference	g	79.26		0	83.22	45.18	
Fiber, total dietary	g	11.0		0	11.6	6.3	
Ash	g	1.20		1	1.26	0.68	
Sugars, total	g						
Minerals:							
Calcium	mg	4		1	4	2	
Iron	mg	0.93		1	0.98	0.53	
Magnesium	mg	119		0	125	68	
Phosphorus	mg	253		0	266	144	
Potassium	mg	294		0	309	168	
Sodium	mg	3		1	3	2	
Zinc	mg	1.79		0	1.88	1.02	
Copper	mg	0.202		0	0.212	0.115	
Manganese	mg	0.483		0	0.507	0.275	
Selenium	µg	7.9		0	8.3	4.5	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.231		1	0.243	0.132	
Riboflavin	mg	0.087		1	0.091	0.050	
Niacin	mg	2.430		1	2.551	1.385	
Pantothenic acid	mg	0.484		0	0.508	0.276	
Vitamin B-6	mg	0.206		0	0.216	0.117	
Folate	µg	25		0	26	14	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	170		1	179	97	
Vitamin A, RE	µg	17		0	18	10	
Vitamin E, α-TE	mg	1.010		0	1.061	0.576	
Lipids:							
Saturated, total	g	0.290		0	0.305	0.165	
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	0.247		0	0.259	0.141	
17:0	g						
18:0	g	0.033		0	0.035	0.019	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.543	0	0.570	0.310
14:1	g				
16:1	g	0.001	0	0.001	0.001
18:1	g	0.541	0	0.568	0.308
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.924	0	0.970	0.527
18:2	g	0.896	0	0.941	0.511
18:3	g	0.028	0	0.029	0.016
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.053	0	0.056	0.030
Threonine	g	0.280	0	0.294	0.160
Isoleucine	g	0.267	0	0.280	0.152
Leucine	g	0.915	0	0.961	0.522
Lysine	g	0.210	0	0.221	0.120
Methionine	g	0.156	0	0.164	0.089
Cystine	g	0.134	0	0.141	0.076
Phenylalanine	g	0.366	0	0.384	0.209
Tyrosine	g	0.303	0	0.318	0.173
Valine	g	0.378	0	0.397	0.215
Arginine	g	0.372	0	0.391	0.212
Histidine	g	0.228	0	0.239	0.130
Alanine	g	0.558	0	0.586	0.318
Aspartic acid	g	0.519	0	0.545	0.296
Glutamic acid	g	1.400	0	1.470	0.798
Glycine	g	0.306	0	0.321	0.174
Proline	g	0.651	0	0.684	0.371
Serine	g	0.354	0	0.372	0.202
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 2 oz

NDB No. 20092 Pasta, corn, cooked

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 140g	Measure 2*	Measure 3*
Proximates:							
Water	g	68.31		0	95.63		
Energy	kcal	126		0	176		
Energy	kj	527		0	738		
Protein (N x 5.95)	g	2.63		0	3.68		
Total lipid (fat)	g	0.73		0	1.02		
Carbohydrate, by difference	g	27.91		0	39.07		
Fiber, total dietary	g	4.8		0	6.7		
Ash	g	0.42		0	0.59		
Sugars, total	g						
Minerals:							
Calcium	mg	1		0	1		
Iron	mg	0.25		0	0.35		
Magnesium	mg	36		0	50		
Phosphorus	mg	76		0	106		
Potassium	mg	31		0	43		
Sodium	mg	0		0	0		
Zinc	mg	0.63		0	0.88		
Copper	mg	0.064		0	0.090		
Manganese	mg	0.153		0	0.214		
Selenium	µg	2.8		0	3.9		
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.053		0	0.074		
Riboflavin	mg	0.023		0	0.032		
Niacin	mg	0.556		0	0.778		
Pantothenic acid	mg	0.128		0	0.179		
Vitamin B-6	mg	0.058		0	0.081		
Folate	µg	6		0	8		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	57		0	80		
Vitamin A, RE	µg	6		0	8		
Vitamin E, α-TE	mg	0.330		0	0.462		
Lipids:							
Saturated, total	g	0.102		0	0.143		
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	0.087		0	0.122		
17:0	g						
18:0	g	0.011		0	0.015		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.191	0	0.267
14:1	g			
16:1	g	0.001	0	0.001
18:1	g	0.191	0	0.267
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.325	0	0.455
18:2	g	0.316	0	0.442
18:3	g	0.010	0	0.014
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.019	0	0.027
Threonine	g	0.099	0	0.139
Isoleucine	g	0.094	0	0.132
Leucine	g	0.322	0	0.451
Lysine	g	0.074	0	0.104
Methionine	g	0.055	0	0.077
Cystine	g	0.047	0	0.066
Phenylalanine	g	0.129	0	0.181
Tyrosine	g	0.107	0	0.150
Valine	g	0.133	0	0.186
Arginine	g	0.131	0	0.183
Histidine	g	0.080	0	0.112
Alanine	g	0.197	0	0.276
Aspartic acid	g	0.183	0	0.256
Glutamic acid	g	0.493	0	0.690
Glycine	g	0.108	0	0.151
Proline	g	0.229	0	0.321
Serine	g	0.125	0	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 cup

NDB No. 20093 Pasta, fresh-refrigerated, plain, as purchased

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 128g	Measure 2*	Measure 3*
Proximates:							
Water	g	31.00		1	39.68		
Energy	kcal	288		0	369		
Energy	kj	1205		0	1542		
Protein (N x 5.95)	g	11.31		1	14.48		
Total lipid (fat)	g	2.30		1	2.94		
Carbohydrate, by difference	g	54.73		0	70.05		
Fiber, total dietary	g						
Ash	g	0.66		1	0.84		
Sugars, total	g						
Minerals:							
Calcium	mg	15		1	19		
Iron	mg	3.35		1	4.29		
Magnesium	mg	46		0	59		
Phosphorus	mg	163		0	209		
Potassium	mg	179		0	229		
Sodium	mg	26		1	33		
Zinc	mg	1.22		0	1.56		
Copper	mg	0.228		0	0.292		
Manganese	mg	0.547		0	0.700		
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.705		1	0.902		
Riboflavin	mg	0.439		1	0.562		
Niacin	mg	3.350		1	4.288		
Pantothenic acid	mg	0.535		0	0.685		
Vitamin B-6	mg	0.093		0	0.119		
Folate	µg	176		0	225		
Vitamin B-12	µg	0.31		0	0.40		
Vitamin A	IU	47		0	60		
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.328		0	0.420		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.005		0	0.006		
15.0	g						
16:0	g	0.287		0	0.367		
17:0	g						
18:0	g	0.037		0	0.047		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.271	0	0.347
14:1	g			
16:1	g			
18:1	g	0.271	0	0.347
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.942	0	1.206
18:2	g	0.860	0	1.101
18:3	g	0.082	0	0.105
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	73	1	93
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.143	0	0.183
Threonine	g	0.295	0	0.378
Isoleucine	g	0.431	0	0.552
Leucine	g	0.763	0	0.977
Lysine	g	0.214	0	0.274
Methionine	g	0.174	0	0.223
Cystine	g	0.315	0	0.403
Phenylalanine	g	0.542	0	0.694
Tyrosine	g	0.293	0	0.375
Valine	g	0.476	0	0.609
Arginine	g	0.411	0	0.526
Histidine	g	0.226	0	0.289
Alanine	g	0.327	0	0.419
Aspartic acid	g	0.456	0	0.584
Glutamic acid	g	4.022	0	5.148
Glycine	g	0.353	0	0.452
Proline	g	1.227	0	1.571
Serine	g	0.526	0	0.673
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

*** Common Measures:**
Measure 1: 4.5 oz

NDB No. 20094 Pasta, fresh-refrigerated, plain, cooked

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 57g	Measure 2*	Measure 3*
Proximates:							
Water	g	68.56		0	39.08		
Energy	kcal	131		0	75		
Energy	kj	548		0	312		
Protein (N x 5.95)	g	5.15		0	2.94		
Total lipid (fat)	g	1.05		0	0.60		
Carbohydrate, by difference	g	24.93		0	14.21		
Fiber, total dietary	g						
Ash	g	0.30		0	0.17		
Sugars, total	g						
Minerals:							
Calcium	mg	6		0	3		
Iron	mg	1.14		0	0.65		
Magnesium	mg	18		0	10		
Phosphorus	mg	63		0	36		
Potassium	mg	24		0	14		
Sodium	mg	6		0	3		
Zinc	mg	0.56		0	0.32		
Copper	mg	0.093		0	0.053		
Manganese	mg	0.224		0	0.128		
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.209		0	0.119		
Riboflavin	mg	0.150		0	0.086		
Niacin	mg	0.992		0	0.565		
Pantothenic acid	mg	0.183		0	0.104		
Vitamin B-6	mg	0.034		0	0.019		
Folate	µg	64		0	36		
Vitamin B-12	µg	0.14		0	0.08		
Vitamin A	IU	20		0	11		
Vitamin A, RE	µg	6		0	3		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.150		0	0.086		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.002		0	0.001		
15.0	g						
16:0	g	0.131		0	0.075		
17:0	g						
18:0	g	0.017		0	0.010		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.124	0	0.071
14:1	g			
16:1	g			
18:1	g	0.124	0	0.071
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.429	0	0.245
18:2	g	0.392	0	0.223
18:3	g	0.037	0	0.021
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	33	0	19
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.065	0	0.037
Threonine	g	0.134	0	0.076
Isoleucine	g	0.197	0	0.112
Leucine	g	0.348	0	0.198
Lysine	g	0.097	0	0.055
Methionine	g	0.079	0	0.045
Cystine	g	0.143	0	0.082
Phenylalanine	g	0.247	0	0.141
Tyrosine	g	0.134	0	0.076
Valine	g	0.217	0	0.124
Arginine	g	0.187	0	0.107
Histidine	g	0.103	0	0.059
Alanine	g	0.149	0	0.085
Aspartic acid	g	0.208	0	0.119
Glutamic acid	g	1.832	0	1.044
Glycine	g	0.161	0	0.092
Proline	g	0.559	0	0.319
Serine	g	0.240	0	0.137
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

*** Common Measures:**
Measure 1: 2 oz

NDB No. 20095 Pasta, fresh-refrigerated, spinach, as purchased

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 128g	Measure 2*	Measure 3*
Proximates:							
Water	g	30.10		1	38.53		
Energy	kcal	289		0	370		
Energy	kj	1209		0	1548		
Protein (N x 5.95)	g	11.26		1	14.41		
Total lipid (fat)	g	2.10		1	2.69		
Carbohydrate, by difference	g	55.72		0	71.32		
Fiber, total dietary	g						
Ash	g	0.82		1	1.05		
Sugars, total	g						
Minerals:							
Calcium	mg	43		1	55		
Iron	mg	3.30		1	4.22		
Magnesium	mg	63		0	81		
Phosphorus	mg	148		0	189		
Potassium	mg	272		0	348		
Sodium	mg	27		1	35		
Zinc	mg	1.40		0	1.79		
Copper	mg	0.197		0	0.252		
Manganese	mg	0.781		0	1.000		
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.609		1	0.780		
Riboflavin	mg	0.398		1	0.509		
Niacin	mg	3.460		1	4.429		
Pantothenic acid	mg	0.688		0	0.881		
Vitamin B-6	mg	0.315		0	0.403		
Folate	µg	177		0	227		
Vitamin B-12	µg	0.31		0	0.40		
Vitamin A	IU	241		0	308		
Vitamin A, RE	µg	34		0	44		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.483		0	0.618		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.007		0	0.009		
15.0	g						
16:0	g	0.388		0	0.497		
17:0	g						
18:0	g	0.087		0	0.111		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.659	0	0.844
14:1	g			
16:1	g	0.063	0	0.081
18:1	g	0.595	0	0.762
20:1	g	0.001	0	0.001
22.1	g			
Polyunsaturated, total	g	0.467	0	0.598
18:2	g	0.403	0	0.516
18:3	g	0.064	0	0.082
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	73	0	93
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.150	0	0.192
Threonine	g	0.352	0	0.451
Isoleucine	g	0.488	0	0.625
Leucine	g	0.813	0	1.041
Lysine	g	0.336	0	0.430
Methionine	g	0.208	0	0.266
Cystine	g	0.297	0	0.380
Phenylalanine	g	0.560	0	0.717
Tyrosine	g	0.332	0	0.425
Valine	g	0.544	0	0.696
Arginine	g	0.480	0	0.614
Histidine	g	0.237	0	0.303
Alanine	g	0.399	0	0.511
Aspartic acid	g	0.601	0	0.769
Glutamic acid	g	3.449	0	4.415
Glycine	g	0.369	0	0.472
Proline	g	1.056	0	1.352
Serine	g	0.577	0	0.739
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

*** Common Measures:**
Measure 1: 4.5 oz

NDB No. 20096 Pasta, fresh-refrigerated, spinach, cooked

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 57g	Measure 2*	Measure 3*
Proximates:							
Water	g	68.58		0	39.09		
Energy	kcal	130		0	74		
Energy	kj	544		0	310		
Protein (N x 5.95)	g	5.06		0	2.88		
Total lipid (fat)	g	0.94		0	0.54		
Carbohydrate, by difference	g	25.04		0	14.27		
Fiber, total dietary	g						
Ash	g	0.37		0	0.21		
Sugars, total	g						
Minerals:							
Calcium	mg	18		0	10		
Iron	mg	1.11		0	0.63		
Magnesium	mg	24		0	14		
Phosphorus	mg	57		0	32		
Potassium	mg	37		0	21		
Sodium	mg	6		0	3		
Zinc	mg	0.63		0	0.36		
Copper	mg	0.080		0	0.046		
Manganese	mg	0.316		0	0.180		
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.178		0	0.101		
Riboflavin	mg	0.134		0	0.076		
Niacin	mg	1.011		0	0.576		
Pantothenic acid	mg	0.232		0	0.132		
Vitamin B-6	mg	0.113		0	0.064		
Folate	µg	64		0	36		
Vitamin B-12	µg	0.14		0	0.08		
Vitamin A	IU	103		0	59		
Vitamin A, RE	µg	14		0	8		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.217		0	0.124		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.003		0	0.002		
15.0	g						
16:0	g	0.174		0	0.099		
17:0	g						
18:0	g	0.039		0	0.022		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.296	0	0.169
14:1	g			
16:1	g	0.028	0	0.016
18:1	g	0.267	0	0.152
20:1	g	0.001	0	0.001
22.1	g			
Polyunsaturated, total	g	0.210	0	0.120
18:2	g	0.181	0	0.103
18:3	g	0.029	0	0.017
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	33	0	19
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.067	0	0.038
Threonine	g	0.158	0	0.090
Isoleucine	g	0.219	0	0.125
Leucine	g	0.365	0	0.208
Lysine	g	0.151	0	0.086
Methionine	g	0.093	0	0.053
Cystine	g	0.134	0	0.076
Phenylalanine	g	0.252	0	0.144
Tyrosine	g	0.149	0	0.085
Valine	g	0.245	0	0.140
Arginine	g	0.216	0	0.123
Histidine	g	0.107	0	0.061
Alanine	g	0.179	0	0.102
Aspartic acid	g	0.270	0	0.154
Glutamic acid	g	1.550	0	0.884
Glycine	g	0.166	0	0.095
Proline	g	0.474	0	0.270
Serine	g	0.259	0	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: 2 oz

NDB No. 20097 Pasta, homemade, made with egg, cooked

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 57g	Measure 2*	Measure 3*
Proximates:							
Water	g	68.71		0	39.16		
Energy	kcal	130		0	74		
Energy	kj	544		0	310		
Protein (N x 5.95)	g	5.28		0	3.01		
Total lipid (fat)	g	1.74		0	0.99		
Carbohydrate, by difference	g	23.54		0	13.42		
Fiber, total dietary	g						
Ash	g	0.73		0	0.42		
Sugars, total	g						
Minerals:							
Calcium	mg	10		0	6		
Iron	mg	1.16		0	0.66		
Magnesium	mg	14		0	8		
Phosphorus	mg	52		0	30		
Potassium	mg	21		0	12		
Sodium	mg	83		0	47		
Zinc	mg	0.44		0	0.25		
Copper	mg	0.056		0	0.032		
Manganese	mg	0.183		0	0.104		
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.173		0	0.099		
Riboflavin	mg	0.174		0	0.099		
Niacin	mg	1.257		0	0.716		
Pantothenic acid	mg	0.231		0	0.132		
Vitamin B-6	mg	0.037		0	0.021		
Folate	µg	43		0	25		
Vitamin B-12	µg	0.10		0	0.06		
Vitamin A	IU	58		0	33		
Vitamin A, RE	µg	17		0	10		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.408		0	0.233		
4:0	g						
6.0	g						
8:0	g	0.000		0	0.000		
10:0	g	0.000		0	0.000		
12:0	g	0.000		0	0.000		
14:0	g	0.004		0	0.002		
15.0	g						
16:0	g	0.301		0	0.172		
17:0	g						
18:0	g	0.097		0	0.055		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.508	0	0.290
14:1	g			
16:1	g	0.030	0	0.017
18:1	g	0.473	0	0.270
20:1	g	0.004	0	0.002
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.521	0	0.297
18:2	g	0.459	0	0.262
18:3	g	0.045	0	0.026
18:4	g			
20:4	g	0.014	0	0.008
20:5	g	0.000	0	0.000
22:5	g			
22:6	g	0.004	0	0.002
Cholesterol	mg	41	0	23
Phytosterols	mg	1	0	1
Amino acids:				
Tryptophan	g	0.067	0	0.038
Threonine	g	0.166	0	0.095
Isoleucine	g	0.223	0	0.127
Leucine	g	0.382	0	0.218
Lysine	g	0.165	0	0.094
Methionine	g	0.101	0	0.058
Cystine	g	0.143	0	0.082
Phenylalanine	g	0.262	0	0.149
Tyrosine	g	0.156	0	0.089
Valine	g	0.247	0	0.141
Arginine	g	0.223	0	0.127
Histidine	g	0.111	0	0.063
Alanine	g	0.187	0	0.107
Aspartic acid	g	0.288	0	0.164
Glutamic acid	g	1.628	0	0.928
Glycine	g	0.169	0	0.096
Proline	g	0.497	0	0.283
Serine	g	0.282	0	0.161
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

*** Common Measures:**
Measure 1: 2 oz

NDB No. 20098 Pasta, homemade, made without egg, cooked

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 57g	Measure 2*	Measure 3*
Proximates:							
Water	g	68.86		0	39.25		
Energy	kcal	124		0	71		
Energy	kj	519		0	296		
Protein (N x 5.95)	g	4.37		0	2.49		
Total lipid (fat)	g	0.98		0	0.56		
Carbohydrate, by difference	g	25.12		0	14.32		
Fiber, total dietary	g						
Ash	g	0.66		0	0.38		
Sugars, total	g						
Minerals:							
Calcium	mg	6		0	3		
Iron	mg	1.13		0	0.64		
Magnesium	mg	14		0	8		
Phosphorus	mg	40		0	23		
Potassium	mg	19		0	11		
Sodium	mg	74		0	42		
Zinc	mg	0.37		0	0.21		
Copper	mg	0.060		0	0.034		
Manganese	mg	0.193		0	0.110		
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.182		0	0.104		
Riboflavin	mg	0.148		0	0.084		
Niacin	mg	1.343		0	0.766		
Pantothenic acid	mg	0.150		0	0.086		
Vitamin B-6	mg	0.028		0	0.016		
Folate	µg	43		0	25		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	0		0	0		
Vitamin A, RE	µg	0		0	0		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.140		0	0.080		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.001		0	0.001		
15.0	g						
16:0	g	0.109		0	0.062		
17:0	g						
18:0	g	0.029		0	0.017		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.187	0	0.107
14:1	g			
16:1	g	0.001	0	0.001
18:1	g	0.185	0	0.105
20:1	g	0.001	0	0.001
22.1	g			
Polyunsaturated, total	g	0.508	0	0.290
18:2	g	0.453	0	0.258
18:3	g	0.055	0	0.031
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	0	0
Phytosterols	mg	2	0	1
Amino acids:				
Tryptophan	g	0.056	0	0.032
Threonine	g	0.116	0	0.066
Isoleucine	g	0.169	0	0.096
Leucine	g	0.299	0	0.170
Lysine	g	0.084	0	0.048
Methionine	g	0.068	0	0.039
Cystine	g	0.123	0	0.070
Phenylalanine	g	0.212	0	0.121
Tyrosine	g	0.115	0	0.066
Valine	g	0.186	0	0.106
Arginine	g	0.161	0	0.092
Histidine	g	0.089	0	0.051
Alanine	g	0.128	0	0.073
Aspartic acid	g	0.179	0	0.102
Glutamic acid	g	1.577	0	0.899
Glycine	g	0.138	0	0.079
Proline	g	0.481	0	0.274
Serine	g	0.206	0	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: 2 oz

NDB No. 20099 Macaroni, dry, 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* 105g	Measure 2* 84g	Measure 3* 93g
Proximates:							
Water	g	10.25	0.233	57	10.76	8.61	9.53
Energy	kcal	371		0	390	312	345
Energy	kj	1552		0	1630	1304	1443
Protein (N x 5.95)	g	12.78	0.161	70	13.42	10.74	11.89
Total lipid (fat)	g	1.58	0.064	47	1.66	1.33	1.47
Carbohydrate, by difference	g	74.69		0	78.42	62.74	69.46
Fiber, total dietary	g	2.4		0	2.5	2.0	2.2
Ash	g	0.70	0.014	58	0.74	0.59	0.65
Sugars, total	g						
Minerals:							
Calcium	mg	18	0.544	54	19	15	17
Iron	mg	3.86	0.142	67	4.05	3.24	3.59
Magnesium	mg	48	1.981	47	50	40	45
Phosphorus	mg	150	4.516	41	158	126	140
Potassium	mg	162	3.566	90	170	136	151
Sodium	mg	7	0.520	87	7	6	7
Zinc	mg	1.21	0.057	36	1.27	1.02	1.13
Copper	mg	0.254	0.014	36	0.267	0.213	0.236
Manganese	mg	0.694	0.032	32	0.729	0.583	0.645
Selenium	µg	62.2	3.130	23	65.3	52.2	57.8
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	0.0
Thiamin	mg	1.029	0.030	61	1.080	0.864	0.957
Riboflavin	mg	0.444	0.011	122	0.466	0.373	0.413
Niacin	mg	7.508	0.408	63	7.883	6.307	6.982
Pantothenic acid	mg	0.431	0.026	27	0.453	0.362	0.401
Vitamin B-6	mg	0.106	0.007	29	0.111	0.089	0.099
Folate	µg	231		0	243	194	215
Vitamin B-12	µg	0.00		0	0.00	0.00	0.00
Vitamin A	IU	0	0.000	7	0	0	0
Vitamin A, RE	µg	0		0	0	0	0
Vitamin E, α-TE	mg	0.130		0	0.137	0.109	0.121
Lipids:							
Saturated, total	g	0.225		0	0.236	0.189	0.209
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.000		0	0.000	0.000	0.000
14:0	g	0.003		0	0.003	0.003	0.003
15.0	g						
16:0	g	0.197		0	0.207	0.165	0.183
17:0	g						
18:0	g	0.025		0	0.026	0.021	0.023
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.186	0	0.195	0.156	0.173
14:1	g					
16:1	g	0.000	0	0.000	0.000	0.000
18:1	g	0.186	0	0.195	0.156	0.173
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	0.647	0	0.679	0.543	0.602
18:2	g	0.591	0	0.621	0.496	0.550
18:3	g	0.056	0	0.059	0.047	0.052
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	0.164	0	0.172	0.138	0.153
Threonine	g	0.338	0	0.355	0.284	0.314
Isoleucine	g	0.494	0	0.519	0.415	0.459
Leucine	g	0.874	0	0.918	0.734	0.813
Lysine	g	0.245	0	0.257	0.206	0.228
Methionine	g	0.199	0	0.209	0.167	0.185
Cystine	g	0.361	0	0.379	0.303	0.336
Phenylalanine	g	0.621	0	0.652	0.522	0.578
Tyrosine	g	0.336	0	0.353	0.282	0.312
Valine	g	0.545	0	0.572	0.458	0.507
Arginine	g	0.471	0	0.495	0.396	0.438
Histidine	g	0.259	0	0.272	0.218	0.241
Alanine	g	0.375	0	0.394	0.315	0.349
Aspartic acid	g	0.522	0	0.548	0.438	0.485
Glutamic acid	g	4.609	0	4.839	3.872	4.286
Glycine	g	0.404	0	0.424	0.339	0.376
Proline	g	1.406	0	1.476	1.181	1.308
Serine	g	0.602	0	0.632	0.506	0.560
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

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

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 cup spiral shaped
Measure 3: 1 cup small shells

NDB No. 20100 Macaroni, cooked, 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* 140g	Measure 2* 134g	Measure 3* 115g
Proximates:							
Water	g	65.99	0.750	38	92.39	88.43	75.89
Energy	kcal	141		0	197	189	162
Energy	kj	590		0	826	791	679
Protein (N x 5.95)	g	4.77	0.114	29	6.68	6.39	5.49
Total lipid (fat)	g	0.67	0.024	29	0.94	0.90	0.77
Carbohydrate, by difference	g	28.34		0	39.68	37.98	32.59
Fiber, total dietary	g	1.3		0	1.8	1.7	1.5
Ash	g	0.24	0.044	27	0.34	0.32	0.28
Sugars, total	g						
Minerals:							
Calcium	mg	7	0.417	45	10	9	8
Iron	mg	1.40	0.065	46	1.96	1.88	1.61
Magnesium	mg	18	1.289	46	25	24	21
Phosphorus	mg	54	2.800	45	76	72	62
Potassium	mg	31	1.571	46	43	42	36
Sodium	mg	1	0.122	33	1	1	1
Zinc	mg	0.53	0.035	46	0.74	0.71	0.61
Copper	mg	0.098	0.004	37	0.137	0.131	0.113
Manganese	mg	0.285	0.015	46	0.399	0.382	0.328
Selenium	µg	21.3	0.810	67	29.8	28.5	24.5
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	0.0
Thiamin	mg	0.204	0.010	29	0.286	0.273	0.235
Riboflavin	mg	0.098	0.005	29	0.137	0.131	0.113
Niacin	mg	1.672	0.093	29	2.341	2.240	1.923
Pantothenic acid	mg	0.112	0.009	32	0.157	0.150	0.129
Vitamin B-6	mg	0.035	0.005	29	0.049	0.047	0.040
Folate	µg	70		0	98	94	81
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	0.030		0	0.042	0.040	0.034
Lipids:							
Saturated, total	g	0.095		0	0.133	0.127	0.109
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.000		0	0.000	0.000	0.000
14:0	g	0.001		0	0.001	0.001	0.001
15.0	g						
16:0	g	0.083		0	0.116	0.111	0.095
17:0	g						
18:0	g	0.011		0	0.015	0.015	0.013
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.079	0	0.111	0.106	0.091
14:1	g					
16:1	g	0.000	0	0.000	0.000	0.000
18:1	g	0.079	0	0.111	0.106	0.091
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	0.273	0	0.382	0.366	0.314
18:2	g	0.249	0	0.349	0.334	0.286
18:3	g	0.024	0	0.034	0.032	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	0	0	0	0	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.061	0	0.085	0.082	0.070
Threonine	g	0.126	0	0.176	0.169	0.145
Isoleucine	g	0.184	0	0.258	0.247	0.212
Leucine	g	0.326	0	0.456	0.437	0.375
Lysine	g	0.091	0	0.127	0.122	0.105
Methionine	g	0.074	0	0.104	0.099	0.085
Cystine	g	0.134	0	0.188	0.180	0.154
Phenylalanine	g	0.231	0	0.323	0.310	0.266
Tyrosine	g	0.125	0	0.175	0.168	0.144
Valine	g	0.203	0	0.284	0.272	0.233
Arginine	g	0.176	0	0.246	0.236	0.202
Histidine	g	0.097	0	0.136	0.130	0.112
Alanine	g	0.140	0	0.196	0.188	0.161
Aspartic acid	g	0.195	0	0.273	0.261	0.224
Glutamic acid	g	1.718	0	2.405	2.302	1.976
Glycine	g	0.151	0	0.211	0.202	0.174
Proline	g	0.524	0	0.734	0.702	0.603
Serine	g	0.225	0	0.315	0.302	0.259
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

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

*** Common Measures:**

Measure 1: 1 cup elbow shaped
Measure 2: 1 cup spiral shaped
Measure 3: 1 cup small shells

NDB No. 20101 Macaroni, protein-fortified, dry, enriched, (n x 5.70)

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 93g	Measure 2* 57g	Measure 3*
Proximates:							
Water	g	9.23	0.620	14	8.58	5.26	
Energy	kcal	375		0	349	214	
Energy	kj	1569		0	1459	894	
Protein (N x 5.95)	g	19.86	0.618	17	18.47	11.32	
Total lipid (fat)	g	2.23	0.249	20	2.07	1.27	
Carbohydrate, by difference	g	67.56		0	62.83	38.51	
Fiber, total dietary	g	2.4		0	2.2	1.4	
Ash	g	1.12	0.082	14	1.04	0.64	
Sugars, total	g						
Minerals:							
Calcium	mg	39	5.526	19	36	22	
Iron	mg	4.15	0.334	19	3.86	2.37	
Magnesium	mg	65	12.843	6	60	37	
Phosphorus	mg	163	44.753	5	152	93	
Potassium	mg	201	26.503	6	187	115	
Sodium	mg	8	2.167	10	7	5	
Zinc	mg	1.79	0.290	6	1.66	1.02	
Copper	mg	0.278	0.053	6	0.259	0.158	
Manganese	mg	0.910	0.251	3	0.846	0.519	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	1.187	0.059	19	1.104	0.677	
Riboflavin	mg	0.475	0.022	20	0.442	0.271	
Niacin	mg	7.654	0.503	18	7.118	4.363	
Pantothenic acid	mg	0.684	0.085	4	0.636	0.390	
Vitamin B-6	mg	0.178	0.030	5	0.166	0.101	
Folate	µg	231		0	215	132	
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	0.328		0	0.305	0.187	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.004		1	0.004	0.002	
15.0	g						
16:0	g	0.291		1	0.271	0.166	
17:0	g						
18:0	g	0.032		1	0.030	0.018	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.271	0	0.252	0.154
14:1	g				
16:1	g	0.001	1	0.001	0.001
18:1	g	0.270	1	0.251	0.154
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.986	0	0.917	0.562
18:2	g	0.893	1	0.830	0.509
18:3	g	0.093	1	0.086	0.053
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	0.254	0	0.236	0.145
Threonine	g	0.561	0	0.522	0.320
Isoleucine	g	0.784	0	0.729	0.447
Leucine	g	1.369	0	1.273	0.780
Lysine	g	0.470	0	0.437	0.268
Methionine	g	0.317	0	0.295	0.181
Cystine	g	0.540	0	0.502	0.308
Phenylalanine	g	0.962	0	0.895	0.548
Tyrosine	g	0.540	0	0.502	0.308
Valine	g	0.871	0	0.810	0.496
Arginine	g	0.774	0	0.720	0.441
Histidine	g	0.415	0	0.386	0.237
Alanine	g	0.638	0	0.593	0.364
Aspartic acid	g	0.902	0	0.839	0.514
Glutamic acid	g	6.840	0	6.361	3.899
Glycine	g	0.662	0	0.616	0.377
Proline	g	2.084	0	1.938	1.188
Serine	g	0.941	0	0.875	0.536
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 cup elbow shaped
Measure 2: 2 oz

NDB No. 20102 Macaroni, protein-fortified, cooked, enriched, (n x 5.70)

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 115g	Measure 2*	Measure 3*
Proximates:							
Water	g	59.73	3.346	4	68.69		
Energy	kcal	164		0	189		
Energy	kj	686		0	789		
Protein (N x 5.95)	g	8.08	0.755	4	9.29		
Total lipid (fat)	g	0.21	0.096	7	0.24		
Carbohydrate, by difference	g	31.66		0	36.41		
Fiber, total dietary	g						
Ash	g	0.31	0.030	4	0.36		
Sugars, total	g						
Minerals:							
Calcium	mg	10	1.443	4	12		
Iron	mg	0.72	0.255	4	0.83		
Magnesium	mg	30	6.997	3	35		
Phosphorus	mg	50	24.913	3	58		
Potassium	mg	42	1.695	3	48		
Sodium	mg	5	0.806	3	6		
Zinc	mg	0.50	0.060	3	0.57		
Copper	mg	0.084	0.034	3	0.097		
Manganese	mg	0.417		1	0.480		
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.298	0.020	5	0.343		
Riboflavin	mg	0.161	0.009	5	0.185		
Niacin	mg	1.837	0.168	3	2.113		
Pantothenic acid	mg	0.286	0.073	4	0.329		
Vitamin B-6	mg	0.064	0.006	3	0.074		
Folate	µg	82		0	94		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	0		0	0		
Vitamin A, RE	µg	0		0	0		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.032		0	0.037		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.000		0	0.000		
15.0	g						
16:0	g	0.028		0	0.032		
17:0	g						
18:0	g	0.003		0	0.003		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.026	0	0.030
14:1	g			
16:1	g	0.000	0	0.000
18:1	g	0.026	0	0.030
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.095	0	0.109
18:2	g	0.086	0	0.099
18:3	g	0.009	0	0.010
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.103	0	0.118
Threonine	g	0.228	0	0.262
Isoleucine	g	0.319	0	0.367
Leucine	g	0.557	0	0.641
Lysine	g	0.191	0	0.220
Methionine	g	0.129	0	0.148
Cystine	g	0.220	0	0.253
Phenylalanine	g	0.391	0	0.450
Tyrosine	g	0.220	0	0.253
Valine	g	0.354	0	0.407
Arginine	g	0.315	0	0.362
Histidine	g	0.169	0	0.194
Alanine	g	0.259	0	0.298
Aspartic acid	g	0.367	0	0.422
Glutamic acid	g	2.782	0	3.199
Glycine	g	0.269	0	0.309
Proline	g	0.848	0	0.975
Serine	g	0.383	0	0.440
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

*** Common Measures:**

Measure 1: 1 cup small shells

NDB No. 20105 Macaroni, vegetable, dry, 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* 84g	Measure 2* 57g	Measure 3*
Proximates:							
Water	g	9.89	0.211	5	8.31	5.64	
Energy	kcal	367		0	308	209	
Energy	kj	1536		0	1290	876	
Protein (N x 5.95)	g	13.14	0.126	21	11.04	7.49	
Total lipid (fat)	g	1.04	0.558	5	0.87	0.59	
Carbohydrate, by difference	g	74.88		0	62.90	42.68	
Fiber, total dietary	g	4.3		0	3.6	2.5	
Ash	g	1.05	0.033	19	0.88	0.60	
Sugars, total	g						
Minerals:							
Calcium	mg	34	6.166	6	29	19	
Iron	mg	4.28	0.201	19	3.60	2.44	
Magnesium	mg	46	0.550	2	39	26	
Phosphorus	mg	116	2.396	2	97	66	
Potassium	mg	285	61.885	5	239	162	
Sodium	mg	43	20.731	5	36	25	
Zinc	mg	0.76	0.021	2	0.64	0.43	
Copper	mg	0.200	0.007	2	0.168	0.114	
Manganese	mg	3.846	0.446	2	3.231	2.192	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	1.032	0.021	20	0.867	0.588	
Riboflavin	mg	0.525	0.013	18	0.441	0.299	
Niacin	mg	7.328	0.215	20	6.156	4.177	
Pantothenic acid	mg	0.752	0.038	2	0.632	0.429	
Vitamin B-6	mg	0.129	0.004	2	0.108	0.074	
Folate	µg	231		0	194	132	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	160		1	134	91	
Vitamin A, RE	µg	16		0	13	9	
Vitamin E, α-TE	mg	0.100		0	0.084	0.057	
Lipids:							
Saturated, total	g	0.150		0	0.126	0.086	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.003		0	0.003	0.002	
15.0	g						
16:0	g	0.130		0	0.109	0.074	
17:0	g						
18:0	g	0.017		0	0.014	0.010	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.120	0	0.101	0.068
14:1	g				
16:1	g	0.001	0	0.001	0.001
18:1	g	0.120	0	0.101	0.068
20:1	g	0.000	0	0.000	0.000
22.1	g				
Polyunsaturated, total	g	0.426	0	0.358	0.243
18:2	g	0.376	0	0.316	0.214
18:3	g	0.049	0	0.041	0.028
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	0.168	0	0.141	0.096
Threonine	g	0.354	0	0.297	0.202
Isoleucine	g	0.508	0	0.427	0.290
Leucine	g	0.896	0	0.753	0.511
Lysine	g	0.269	0	0.226	0.153
Methionine	g	0.204	0	0.171	0.116
Cystine	g	0.363	0	0.305	0.207
Phenylalanine	g	0.632	0	0.531	0.360
Tyrosine	g	0.349	0	0.293	0.199
Valine	g	0.563	0	0.473	0.321
Arginine	g	0.487	0	0.409	0.278
Histidine	g	0.266	0	0.223	0.152
Alanine	g	0.393	0	0.330	0.224
Aspartic acid	g	0.567	0	0.476	0.323
Glutamic acid	g	4.649	0	3.905	2.650
Glycine	g	0.418	0	0.351	0.238
Proline	g	1.401	0	1.177	0.799
Serine	g	0.625	0	0.525	0.356
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 cup

Measure 2: 1 cup spiral shaped

NDB No. 20106 Macaroni, vegetable, cooked, 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* 134g	Measure 2*	Measure 3*
Proximates:							
Water	g	68.37		0	91.62		
Energy	kcal	128		0	172		
Energy	kj	536		0	718		
Protein (N x 5.95)	g	4.53		0	6.07		
Total lipid (fat)	g	0.11		0	0.15		
Carbohydrate, by difference	g	26.61		0	35.66		
Fiber, total dietary	g	4.3		0	5.8		
Ash	g	0.38		0	0.51		
Sugars, total	g						
Minerals:							
Calcium	mg	11		0	15		
Iron	mg	0.49		0	0.66		
Magnesium	mg	19		0	25		
Phosphorus	mg	50		0	67		
Potassium	mg	31		0	42		
Sodium	mg	6		0	8		
Zinc	mg	0.44		0	0.59		
Copper	mg	0.092		0	0.123		
Manganese	mg	0.986		0	1.321		
Selenium	µg	19.8		0	26.5		
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.112		0	0.150		
Riboflavin	mg	0.061		0	0.082		
Niacin	mg	1.071		0	1.435		
Pantothenic acid	mg	0.350		0	0.469		
Vitamin B-6	mg	0.024		0	0.032		
Folate	µg	65		0	87		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	53		0	71		
Vitamin A, RE	µg	5		0	7		
Vitamin E, α-TE	mg	0.040		0	0.054		
Lipids:							
Saturated, total	g	0.016		0	0.021		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.000		0	0.000		
10:0	g	0.000		0	0.000		
12:0	g	0.000		0	0.000		
14:0	g	0.000		0	0.000		
15.0	g						
16:0	g	0.013		0	0.017		
17:0	g						
18:0	g	0.002		0	0.003		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.012	0	0.016
14:1	g			
16:1	g	0.000	0	0.000
18:1	g	0.012	0	0.016
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.044	0	0.059
18:2	g	0.039	0	0.052
18:3	g	0.005	0	0.007
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.058	0	0.078
Threonine	g	0.122	0	0.163
Isoleucine	g	0.175	0	0.235
Leucine	g	0.309	0	0.414
Lysine	g	0.093	0	0.125
Methionine	g	0.070	0	0.094
Cystine	g	0.125	0	0.168
Phenylalanine	g	0.218	0	0.292
Tyrosine	g	0.120	0	0.161
Valine	g	0.194	0	0.260
Arginine	g	0.168	0	0.225
Histidine	g	0.092	0	0.123
Alanine	g	0.135	0	0.181
Aspartic acid	g	0.196	0	0.263
Glutamic acid	g	1.603	0	2.148
Glycine	g	0.144	0	0.193
Proline	g	0.483	0	0.647
Serine	g	0.215	0	0.288
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

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

NDB No. 20107 Macaroni, whole-wheat, dry

Refuse: 0%

Nutrients 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* 105g	Measure 3*
Proximates:							
Water	g	7.34	0.828	8	4.18	7.71	
Energy	kcal	348		0	198	365	
Energy	kj	1456		0	830	1529	
Protein (N x 5.95)	g	14.63	0.781	7	8.34	15.36	
Total lipid (fat)	g	1.40	0.345	8	0.80	1.47	
Carbohydrate, by difference	g	75.03		0	42.77	78.78	
Fiber, total dietary	g	8.3		0	4.7	8.7	
Ash	g	1.60	0.079	8	0.91	1.68	
Sugars, total	g						
Minerals:							
Calcium	mg	40	5.575	7	23	42	
Iron	mg	3.63	0.288	7	2.07	3.81	
Magnesium	mg	143	10.034	7	82	150	
Phosphorus	mg	258	36.228	6	147	271	
Potassium	mg	215	43.128	7	123	226	
Sodium	mg	8	1.858	7	5	8	
Zinc	mg	2.37	0.284	7	1.35	2.49	
Copper	mg	0.454	0.029	8	0.259	0.477	
Manganese	mg	3.055	0.734	4	1.741	3.208	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.488	0.034	7	0.278	0.512	
Riboflavin	mg	0.143	0.040	7	0.082	0.150	
Niacin	mg	5.130	0.095	6	2.924	5.386	
Pantothenic acid	mg	0.984	0.179	5	0.561	1.033	
Vitamin B-6	mg	0.223	0.060	6	0.127	0.234	
Folate	µg	57	7.296	6	32	60	
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	0.258		0	0.147	0.271	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.002		0	0.001	0.002	
15.0	g						
16:0	g	0.240		0	0.137	0.252	
17:0	g						
18:0	g	0.013		0	0.007	0.014	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.195	0	0.111	0.205
14:1	g				
16:1	g	0.005	0	0.003	0.005
18:1	g	0.190	0	0.108	0.200
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.556	0	0.317	0.584
18:2	g	0.529	0	0.302	0.555
18:3	g	0.027	0	0.015	0.028
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	0.188	0	0.107	0.197
Threonine	g	0.392	0	0.223	0.412
Isoleucine	g	0.570	0	0.325	0.598
Leucine	g	0.999	0	0.569	1.049
Lysine	g	0.324	0	0.185	0.340
Methionine	g	0.236	0	0.135	0.248
Cystine	g	0.306	0	0.174	0.321
Phenylalanine	g	0.728	0	0.415	0.764
Tyrosine	g	0.382	0	0.218	0.401
Valine	g	0.635	0	0.362	0.667
Arginine	g	0.517	0	0.295	0.543
Histidine	g	0.344	0	0.196	0.361
Alanine	g	0.457	0	0.260	0.480
Aspartic acid	g	0.660	0	0.376	0.693
Glutamic acid	g	5.073	0	2.892	5.327
Glycine	g	0.530	0	0.302	0.557
Proline	g	1.561	0	0.890	1.639
Serine	g	0.713	0	0.406	0.749
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 cup elbow shaped
Measure 2: 1 cup spiral shaped

NDB No. 20108 Macaroni, whole-wheat, cooked

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 140g	Measure 2*	Measure 3*
Proximates:							
Water	g	67.15	0.349	5	94.01		
Energy	kcal	124		0	174		
Energy	kj	519		0	727		
Protein (N x 5.95)	g	5.33	0.658	5	7.46		
Total lipid (fat)	g	0.54	0.222	5	0.76		
Carbohydrate, by difference	g	26.54		0	37.16		
Fiber, total dietary	g	2.8		0	3.9		
Ash	g	0.44	0.026	5	0.62		
Sugars, total	g						
Minerals:							
Calcium	mg	15	1.472	5	21		
Iron	mg	1.06	0.178	5	1.48		
Magnesium	mg	30	9.238	5	42		
Phosphorus	mg	89	15.799	4	125		
Potassium	mg	44	7.817	5	62		
Sodium	mg	3	0.380	5	4		
Zinc	mg	0.81	0.167	6	1.13		
Copper	mg	0.167	0.047	6	0.234		
Manganese	mg	1.379	0.081	2	1.931		
Selenium	µg	25.9		0	36.3		
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.108	0.005	6	0.151		
Riboflavin	mg	0.045	0.015	6	0.063		
Niacin	mg	0.707	0.341	4	0.990		
Pantothenic acid	mg	0.419	0.102	5	0.587		
Vitamin B-6	mg	0.079	0.005	4	0.111		
Folate	µg	5	1.381	3	7		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	0		0	0		
Vitamin A, RE	µg	0		0	0		
Vitamin E, α-TE	mg	0.100		0	0.140		
Lipids:							
Saturated, total	g	0.099		0	0.139		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.000		0	0.000		
10:0	g	0.000		0	0.000		
12:0	g	0.000		0	0.000		
14:0	g	0.001		0	0.001		
15.0	g						
16:0	g	0.092		0	0.129		
17:0	g						
18:0	g	0.005		0	0.007		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.075	0	0.105
14:1	g			
16:1	g	0.002	0	0.003
18:1	g	0.073	0	0.102
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.213	0	0.298
18:2	g	0.203	0	0.284
18:3	g	0.010	0	0.014
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	0.069	0	0.097
Threonine	g	0.143	0	0.200
Isoleucine	g	0.207	0	0.290
Leucine	g	0.364	0	0.510
Lysine	g	0.118	0	0.165
Methionine	g	0.086	0	0.120
Cystine	g	0.111	0	0.155
Phenylalanine	g	0.265	0	0.371
Tyrosine	g	0.139	0	0.195
Valine	g	0.231	0	0.323
Arginine	g	0.188	0	0.263
Histidine	g	0.125	0	0.175
Alanine	g	0.166	0	0.232
Aspartic acid	g	0.240	0	0.336
Glutamic acid	g	1.847	0	2.586
Glycine	g	0.193	0	0.270
Proline	g	0.568	0	0.795
Serine	g	0.260	0	0.364
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

*** Common Measures:**

Measure 1: 1 cup elbow shaped

NDB No. 20109 Noodles, egg, dry, 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* 38g	Measure 2* 57g	Measure 3*
Proximates:							
Water	g	9.67	0.434	31	3.67	5.51	
Energy	kcal	381		0	145	217	
Energy	kj	1594		0	606	909	
Protein (N x 5.95)	g	14.02	0.291	43	5.33	7.99	
Total lipid (fat)	g	4.21	0.152	42	1.60	2.40	
Carbohydrate, by difference	g	71.13		0	27.03	40.54	
Fiber, total dietary	g	2.7		0	1.0	1.5	
Ash	g	0.97	0.038	28	0.37	0.55	
Sugars, total	g						
Minerals:							
Calcium	mg	31	0.874	45	12	18	
Iron	mg	4.54	0.241	32	1.73	2.59	
Magnesium	mg	60	2.316	34	23	34	
Phosphorus	mg	214	5.370	33	81	122	
Potassium	mg	234	4.602	79	89	133	
Sodium	mg	21	0.906	85	8	12	
Zinc	mg	1.60	0.048	21	0.61	0.91	
Copper	mg	0.298	0.018	21	0.113	0.170	
Manganese	mg	0.716	0.028	17	0.272	0.408	
Selenium	µg	59.2	7.125	7	22.5	33.7	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	1.061	0.030	28	0.403	0.605	
Riboflavin	mg	0.479	0.022	28	0.182	0.273	
Niacin	mg	8.032	0.315	27	3.052	4.578	
Pantothenic acid	mg	0.700	0.067	15	0.266	0.399	
Vitamin B-6	mg	0.122	0.009	13	0.046	0.070	
Folate	µg	231		0	88	132	
Vitamin B-12	µg	0.40		1	0.15	0.23	
Vitamin A	IU	62	8.500	2	24	35	
Vitamin A, RE	µg	18		0	7	10	
Vitamin E, α-TE	mg	0.160		0	0.061	0.091	
Lipids:							
Saturated, total	g	0.889		0	0.338	0.507	
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	0.011		0	0.004	0.006	
15.0	g						
16:0	g	0.723		0	0.275	0.412	
17:0	g						
18:0	g	0.155		0	0.059	0.088	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.232		0	0.468	0.702
14:1	g					
16:1	g	0.095		0	0.036	0.054
18:1	g	1.137		0	0.432	0.648
20:1	g	0.000		0	0.000	0.000
22.1	g	0.000		0	0.000	0.000
Polyunsaturated, total	g	1.170		0	0.445	0.667
18:2	g	1.106		0	0.420	0.630
18:3	g	0.061		0	0.023	0.035
18:4	g	0.000		0	0.000	0.000
20:4	g	0.003		0	0.001	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	95	2.795	48	36	54
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.187		0	0.071	0.107
Threonine	g	0.424		0	0.161	0.242
Isoleucine	g	0.597		0	0.227	0.340
Leucine	g	1.002		0	0.381	0.571
Lysine	g	0.383		0	0.146	0.218
Methionine	g	0.257		0	0.098	0.146
Cystine	g	0.383		0	0.146	0.218
Phenylalanine	g	0.699		0	0.266	0.398
Tyrosine	g	0.405		0	0.154	0.231
Valine	g	0.665		0	0.253	0.379
Arginine	g	0.580		0	0.220	0.331
Histidine	g	0.293		0	0.111	0.167
Alanine	g	0.478		0	0.182	0.272
Aspartic acid	g	0.711		0	0.270	0.405
Glutamic acid	g	4.480		0	1.702	2.554
Glycine	g	0.446		0	0.169	0.254
Proline	g	1.368		0	0.520	0.780
Serine	g	0.728		0	0.277	0.415
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

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

NDB No. 20110 Noodles, egg, cooked, 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* 160g	Measure 2*	Measure 3*
Proximates:							
Water	g	68.70	0.875	23	109.92		
Energy	kcal	133		0	213		
Energy	kj	556		0	890		
Protein (N x 5.95)	g	4.75	0.149	14	7.60		
Total lipid (fat)	g	1.47	0.049	13	2.35		
Carbohydrate, by difference	g	24.84		0	39.74		
Fiber, total dietary	g	1.1		0	1.8		
Ash	g	0.24	0.015	14	0.38		
Sugars, total	g						
Minerals:							
Calcium	mg	12	0.629	30	19		
Iron	mg	1.59	0.107	31	2.54		
Magnesium	mg	19	1.186	31	30		
Phosphorus	mg	69	3.006	30	110		
Potassium	mg	28	2.026	31	45		
Sodium	mg	7	2.457	24	11		
Zinc	mg	0.62	0.032	31	0.99		
Copper	mg	0.086	0.007	24	0.138		
Manganese	mg	0.262	0.016	31	0.419		
Selenium	µg	21.7	1.075	52	34.7		
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.186	0.024	12	0.298		
Riboflavin	mg	0.083	0.008	12	0.133		
Niacin	mg	1.487	0.137	12	2.379		
Pantothenic acid	mg	0.145	0.014	15	0.232		
Vitamin B-6	mg	0.036	0.005	12	0.058		
Folate	µg	64		0	102		
Vitamin B-12	µg	0.09		1	0.14		
Vitamin A	IU	20		0	32		
Vitamin A, RE	µg	6		0	10		
Vitamin E, α-TE	mg	0.050		0	0.080		
Lipids:							
Saturated, total	g	0.310		0	0.496		
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	0.006		
15.0	g						
16:0	g	0.252		0	0.403		
17:0	g						
18:0	g	0.054		0	0.086		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.430	0	0.688
14:1	g			
16:1	g	0.033	0	0.053
18:1	g	0.397	0	0.635
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.408	0	0.653
18:2	g	0.386	0	0.618
18:3	g	0.021	0	0.034
18:4	g	0.000	0	0.000
20:4	g	0.001	0	0.002
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	33	1	53
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.063	0	0.101
Threonine	g	0.144	0	0.230
Isoleucine	g	0.202	0	0.323
Leucine	g	0.339	0	0.542
Lysine	g	0.130	0	0.208
Methionine	g	0.087	0	0.139
Cystine	g	0.130	0	0.208
Phenylalanine	g	0.236	0	0.378
Tyrosine	g	0.137	0	0.219
Valine	g	0.225	0	0.360
Arginine	g	0.196	0	0.314
Histidine	g	0.099	0	0.158
Alanine	g	0.162	0	0.259
Aspartic acid	g	0.241	0	0.386
Glutamic acid	g	1.516	0	2.426
Glycine	g	0.151	0	0.242
Proline	g	0.463	0	0.741
Serine	g	0.246	0	0.394
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

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

NDB No. 20111 Noodles, egg, spinach, dry, 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* 38g	Measure 2* 57g	Measure 3*
Proximates:							
Water	g	8.72	0.266	3	3.31	4.97	
Energy	kcal	382		0	145	218	
Energy	kj	1598		0	607	911	
Protein (N x 5.95)	g	14.61	0.663	4	5.55	8.33	
Total lipid (fat)	g	4.55	0.754	4	1.73	2.59	
Carbohydrate, by difference	g	70.32		0	26.72	40.08	
Fiber, total dietary	g	6.8		0	2.6	3.9	
Ash	g	1.79	0.347	3	0.68	1.02	
Sugars, total	g						
Minerals:							
Calcium	mg	56	10.249	4	21	32	
Iron	mg	4.20	0.588	3	1.60	2.39	
Magnesium	mg	82	23.673	3	31	47	
Phosphorus	mg	193	24.052	3	73	110	
Potassium	mg	355	53.161	3	135	202	
Sodium	mg	72	11.149	3	27	41	
Zinc	mg	1.83	0.209	3	0.70	1.04	
Copper	mg	0.257	0.015	3	0.098	0.146	
Manganese	mg	1.020	0.223	3	0.388	0.581	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	1.091	0.065	3	0.415	0.622	
Riboflavin	mg	0.477	0.009	3	0.181	0.272	
Niacin	mg	6.575	0.360	4	2.498	3.748	
Pantothenic acid	mg	0.899	0.133	3	0.342	0.512	
Vitamin B-6	mg	0.412	0.074	3	0.157	0.235	
Folate	µg	231		0	88	132	
Vitamin B-12	µg	0.40		1	0.15	0.23	
Vitamin A	IU	315		1	120	180	
Vitamin A, RE	µg	44		0	17	25	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	1.047		0	0.398	0.597	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.015		0	0.006	0.009	
15.0	g						
16:0	g	0.842		0	0.320	0.480	
17:0	g						
18:0	g	0.189		0	0.072	0.108	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.430	0	0.543	0.815
14:1	g				
16:1	g	0.137	0	0.052	0.078
18:1	g	1.290	0	0.490	0.735
20:1	g	0.003	0	0.001	0.002
22.1	g				
Polyunsaturated, total	g	1.012	0	0.385	0.577
18:2	g	0.874	0	0.332	0.498
18:3	g	0.138	0	0.052	0.079
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	95	1	36	54
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.194	0	0.074	0.111
Threonine	g	0.457	0	0.174	0.260
Isoleucine	g	0.633	0	0.241	0.361
Leucine	g	1.055	0	0.401	0.601
Lysine	g	0.436	0	0.166	0.249
Methionine	g	0.270	0	0.103	0.154
Cystine	g	0.386	0	0.147	0.220
Phenylalanine	g	0.727	0	0.276	0.414
Tyrosine	g	0.431	0	0.164	0.246
Valine	g	0.706	0	0.268	0.402
Arginine	g	0.623	0	0.237	0.355
Histidine	g	0.308	0	0.117	0.176
Alanine	g	0.517	0	0.196	0.295
Aspartic acid	g	0.780	0	0.296	0.445
Glutamic acid	g	4.476	0	1.701	2.551
Glycine	g	0.479	0	0.182	0.273
Proline	g	1.370	0	0.521	0.781
Serine	g	0.749	0	0.285	0.427
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

NDB No. 20112 Noodles, egg, spinach, cooked, 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* 160g	Measure 2*	Measure 3*
Proximates:							
Water	g	68.52		0	109.63		
Energy	kcal	132		0	211		
Energy	kj	552		0	883		
Protein (N x 5.95)	g	5.04		0	8.06		
Total lipid (fat)	g	1.57		0	2.51		
Carbohydrate, by difference	g	24.25		0	38.80		
Fiber, total dietary	g	2.3		0	3.7		
Ash	g	0.62		0	0.99		
Sugars, total	g						
Minerals:							
Calcium	mg	19		0	30		
Iron	mg	1.09		0	1.74		
Magnesium	mg	24		0	38		
Phosphorus	mg	57		0	91		
Potassium	mg	37		0	59		
Sodium	mg	12		0	19		
Zinc	mg	0.63		0	1.01		
Copper	mg	0.080		0	0.128		
Manganese	mg	0.317		0	0.507		
Selenium	µg	21.8		0	34.9		
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.245		0	0.392		
Riboflavin	mg	0.123		0	0.197		
Niacin	mg	1.474		0	2.358		
Pantothenic acid	mg	0.233		0	0.373		
Vitamin B-6	mg	0.114		0	0.182		
Folate	µg	64		0	102		
Vitamin B-12	µg	0.14		0	0.22		
Vitamin A	IU	103		0	165		
Vitamin A, RE	µg	14		0	22		
Vitamin E, α-TE	mg	0.050		0	0.080		
Lipids:							
Saturated, total	g	0.361		0	0.578		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.000		0	0.000		
10:0	g	0.000		0	0.000		
12:0	g	0.000		0	0.000		
14:0	g	0.005		0	0.008		
15.0	g						
16:0	g	0.290		0	0.464		
17:0	g						
18:0	g	0.065		0	0.104		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.493	0	0.789
14:1	g			
16:1	g	0.047	0	0.075
18:1	g	0.445	0	0.712
20:1	g	0.001	0	0.002
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.349	0	0.558
18:2	g	0.301	0	0.482
18:3	g	0.048	0	0.077
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	33	0	53
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.067	0	0.107
Threonine	g	0.157	0	0.251
Isoleucine	g	0.218	0	0.349
Leucine	g	0.364	0	0.582
Lysine	g	0.151	0	0.242
Methionine	g	0.093	0	0.149
Cystine	g	0.133	0	0.213
Phenylalanine	g	0.251	0	0.402
Tyrosine	g	0.149	0	0.238
Valine	g	0.244	0	0.390
Arginine	g	0.215	0	0.344
Histidine	g	0.106	0	0.170
Alanine	g	0.178	0	0.285
Aspartic acid	g	0.269	0	0.430
Glutamic acid	g	1.543	0	2.469
Glycine	g	0.165	0	0.264
Proline	g	0.472	0	0.755
Serine	g	0.258	0	0.413
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

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

NDB No. 20113 Noodles, chinese, chow mein

Refuse: 0%

Nutrients 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* 43g	Measure 3*
Proximates:							
Water	g	0.73	0.113	3	0.33	0.31	
Energy	kcal	527		0	237	227	
Energy	kj	2205		0	992	948	
Protein (N x 5.95)	g	8.38	0.683	3	3.77	3.60	
Total lipid (fat)	g	30.76	0.322	3	13.84	13.23	
Carbohydrate, by difference	g	57.54		0	25.89	24.74	
Fiber, total dietary	g	3.9		0	1.8	1.7	
Ash	g	2.60	0.167	3	1.17	1.12	
Sugars, total	g						
Minerals:							
Calcium	mg	20	2.922	3	9	9	
Iron	mg	4.73	0.672	3	2.13	2.03	
Magnesium	mg	52	8.339	3	23	22	
Phosphorus	mg	161	32.213	3	72	69	
Potassium	mg	120	48.721	3	54	52	
Sodium	mg	439	119.790	3	198	189	
Zinc	mg	1.40	0.357	3	0.63	0.60	
Copper	mg	0.167	0.057	3	0.075	0.072	
Manganese	mg	1.357	0.327	3	0.611	0.584	
Selenium	µg	43.0		2	19.4	18.5	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.578	0.121	3	0.260	0.249	
Riboflavin	mg	0.421	0.065	3	0.189	0.181	
Niacin	mg	5.950	0.931	3	2.678	2.559	
Pantothenic acid	mg	0.533	0.015	3	0.240	0.229	
Vitamin B-6	mg	0.110	0.038	3	0.050	0.047	
Folate	µg	90		0	41	39	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	85		1	38	37	
Vitamin A, RE	µg	9		0	4	4	
Vitamin E, α-TE	mg	0.160		0	0.072	0.069	
Lipids:							
Saturated, total	g	4.384		0	1.973	1.885	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.028		0	0.013	0.012	
15.0	g						
16:0	g	3.264		0	1.469	1.404	
17:0	g						
18:0	g	1.091		0	0.491	0.469	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	7.689	0	3.460	3.306
14:1	g				
16:1	g	0.057	0	0.026	0.025
18:1	g	7.576	0	3.409	3.258
20:1	g	0.057	0	0.026	0.025
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	17.331	0	7.799	7.452
18:2	g	15.354	0	6.909	6.602
18:3	g	1.976	0	0.889	0.850
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	0.107	0	0.048	0.046
Threonine	g	0.220	0	0.099	0.095
Isoleucine	g	0.323	0	0.145	0.139
Leucine	g	0.570	0	0.257	0.245
Lysine	g	0.160	0	0.072	0.069
Methionine	g	0.130	0	0.059	0.056
Cystine	g	0.235	0	0.106	0.101
Phenylalanine	g	0.405	0	0.182	0.174
Tyrosine	g	0.219	0	0.099	0.094
Valine	g	0.355	0	0.160	0.153
Arginine	g	0.307	0	0.138	0.132
Histidine	g	0.169	0	0.076	0.073
Alanine	g	0.245	0	0.110	0.105
Aspartic acid	g	0.341	0	0.153	0.147
Glutamic acid	g	3.006	0	1.353	1.293
Glycine	g	0.264	0	0.119	0.114
Proline	g	0.917	0	0.413	0.394
Serine	g	0.393	0	0.177	0.169
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates 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: 1.5 oz

NDB No. 20114 Noodles, japanese, soba, dry

Refuse: 0%

Nutrients 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	6.88	0.018	3	3.92		
Energy	kcal	336		0	192		
Energy	kj	1406		0	801		
Protein (N x 5.95)	g	14.38	0.201	3	8.20		
Total lipid (fat)	g	0.71	0.017	3	0.40		
Carbohydrate, by difference	g	74.62		0	42.53		
Fiber, total dietary	g						
Ash	g	3.41	0.017	3	1.94		
Sugars, total	g						
Minerals:							
Calcium	mg	35	2.560	2	20		
Iron	mg	2.70	0.092	2	1.54		
Magnesium	mg	95	0.417	2	54		
Phosphorus	mg	254	0.515	2	145		
Potassium	mg	252	15.599	2	144		
Sodium	mg	792	12.450	2	451		
Zinc	mg	1.71	0.007	2	0.97		
Copper	mg	0.230	0.014	2	0.131		
Manganese	mg	1.291		0	0.736		
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.480	0.017	3	0.274		
Riboflavin	mg	0.130	0.000	2	0.074		
Niacin	mg	3.210	0.050	2	1.830		
Pantothenic acid	mg	0.954		0	0.544		
Vitamin B-6	mg	0.240	0.078	2	0.137		
Folate	µg	60	1.336	2	34		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	0		0	0		
Vitamin A, RE	µg	0		0	0		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.136		0	0.078		
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.003		0	0.002		
12:0	g	0.002		0	0.001		
14:0	g	0.004		0	0.002		
15.0	g						
16:0	g	0.093		0	0.053		
17:0	g						
18:0	g	0.009		0	0.005		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.185	0	0.105
14:1	g			
16:1	g	0.004	0	0.002
18:1	g	0.181	0	0.103
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.220	0	0.125
18:2	g	0.204	0	0.116
18:3	g	0.016	0	0.009
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.204	0	0.116
Threonine	g	0.503	0	0.287
Isoleucine	g	0.553	0	0.315
Leucine	g	0.937	0	0.534
Lysine	g	0.607	0	0.346
Methionine	g	0.204	0	0.116
Cystine	g	0.268	0	0.153
Phenylalanine	g	0.617	0	0.352
Tyrosine	g	0.299	0	0.170
Valine	g	0.707	0	0.403
Arginine	g	0.899	0	0.512
Histidine	g	0.339	0	0.193
Alanine	g	0.705	0	0.402
Aspartic acid	g	1.058	0	0.603
Glutamic acid	g	3.113	0	1.774
Glycine	g	0.942	0	0.537
Proline	g	0.868	0	0.495
Serine	g	0.738	0	0.421
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

NDB No. 20115 Noodles, japanese, soba, cooked

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 114g	Measure 2*	Measure 3*
Proximates:							
Water	g	73.01	0.078	3	83.23		
Energy	kcal	99		0	113		
Energy	kj	414		0	472		
Protein (N x 5.95)	g	5.06	0.039	3	5.77		
Total lipid (fat)	g	0.10	0.017	3	0.11		
Carbohydrate, by difference	g	21.44		0	24.44		
Fiber, total dietary	g						
Ash	g	0.39	0.006	3	0.44		
Sugars, total	g						
Minerals:							
Calcium	mg	4	0.198	2	5		
Iron	mg	0.48	0.001	2	0.55		
Magnesium	mg	9	0.297	2	10		
Phosphorus	mg	25	1.252	2	29		
Potassium	mg	35	0.609	2	40		
Sodium	mg	60	0.677	2	68		
Zinc	mg	0.12	0.007	2	0.14		
Copper	mg	0.008	0.001	2	0.009		
Manganese	mg	0.374		0	0.426		
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.094	0.012	4	0.107		
Riboflavin	mg	0.026	0.001	6	0.030		
Niacin	mg	0.510	0.002	2	0.581		
Pantothenic acid	mg	0.235		0	0.268		
Vitamin B-6	mg	0.040	0.003	2	0.046		
Folate	µg	7	1.091	3	8		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	0		0	0		
Vitamin A, RE	µg	0		0	0		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.019		0	0.022		
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		0	0.000		
12:0	g	0.000		0	0.000		
14:0	g	0.001		0	0.001		
15.0	g						
16:0	g	0.013		0	0.015		
17:0	g						
18:0	g	0.001		0	0.001		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.026	0	0.030
14:1	g			
16:1	g	0.001	0	0.001
18:1	g	0.025	0	0.029
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.031	0	0.035
18:2	g	0.029	0	0.033
18:3	g	0.002	0	0.002
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.072	0	0.082
Threonine	g	0.177	0	0.202
Isoleucine	g	0.195	0	0.222
Leucine	g	0.330	0	0.376
Lysine	g	0.214	0	0.244
Methionine	g	0.072	0	0.082
Cystine	g	0.094	0	0.107
Phenylalanine	g	0.217	0	0.247
Tyrosine	g	0.105	0	0.120
Valine	g	0.249	0	0.284
Arginine	g	0.317	0	0.361
Histidine	g	0.119	0	0.136
Alanine	g	0.248	0	0.283
Aspartic acid	g	0.372	0	0.424
Glutamic acid	g	1.096	0	1.249
Glycine	g	0.332	0	0.378
Proline	g	0.306	0	0.349
Serine	g	0.260	0	0.296
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

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

NDB No. 20116 Noodles, japanese, somen, dry

Refuse: 0%

Nutrients 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	9.21	0.787	6	5.25		
Energy	kcal	356		0	203		
Energy	kj	1490		0	849		
Protein (N x 5.95)	g	11.35	0.317	6	6.47		
Total lipid (fat)	g	0.81	0.243	6	0.46		
Carbohydrate, by difference	g	74.10		0	42.24		
Fiber, total dietary	g	4.3		0	2.5		
Ash	g	4.54	0.287	6	2.59		
Sugars, total	g						
Minerals:							
Calcium	mg	23	3.531	6	13		
Iron	mg	1.32	0.207	5	0.75		
Magnesium	mg	28	3.652	5	16		
Phosphorus	mg	80	4.553	6	46		
Potassium	mg	164	33.584	6	93		
Sodium	mg	1840	344.922	6	1049		
Zinc	mg	0.45	0.068	5	0.26		
Copper	mg	0.144	0.013	4	0.082		
Manganese	mg	0.479	0.044	3	0.273		
Selenium	µg	8.3		0	4.7		
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.101	0.004	5	0.058		
Riboflavin	mg	0.026	0.003	5	0.015		
Niacin	mg	0.875	0.047	4	0.499		
Pantothenic acid	mg	0.491	0.116	3	0.280		
Vitamin B-6	mg	0.050	0.006	4	0.029		
Folate	µg	14	1.168	4	8		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	0		0	0		
Vitamin A, RE	µg	0		0	0		
Vitamin E, α-TE	mg	0.067		0	0.038		
Lipids:							
Saturated, total	g	0.115		0	0.066		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.000		0	0.000		
10:0	g	0.000		0	0.000		
12:0	g	0.000		0	0.000		
14:0	g	0.002		0	0.001		
15.0	g						
16:0	g	0.101		0	0.058		
17:0	g						
18:0	g	0.013		0	0.007		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.095	0	0.054
14:1	g			
16:1	g	0.000	0	0.000
18:1	g	0.095	0	0.054
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.330	0	0.188
18:2	g	0.302	0	0.172
18:3	g	0.029	0	0.017
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	0.145	0	0.083
Threonine	g	0.300	0	0.171
Isoleucine	g	0.439	0	0.250
Leucine	g	0.776	0	0.442
Lysine	g	0.218	0	0.124
Methionine	g	0.177	0	0.101
Cystine	g	0.320	0	0.182
Phenylalanine	g	0.551	0	0.314
Tyrosine	g	0.298	0	0.170
Valine	g	0.484	0	0.276
Arginine	g	0.418	0	0.238
Histidine	g	0.230	0	0.131
Alanine	g	0.333	0	0.190
Aspartic acid	g	0.464	0	0.264
Glutamic acid	g	4.092	0	2.332
Glycine	g	0.359	0	0.205
Proline	g	1.249	0	0.712
Serine	g	0.535	0	0.305
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

NDB No. 20117 Noodles, japanese, somen, cooked

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 176g	Measure 2*	Measure 3*
Proximates:							
Water	g	67.91	8.575	4	119.52		
Energy	kcal	131		0	231		
Energy	kj	548		0	964		
Protein (N x 5.95)	g	4.00	0.910	4	7.04		
Total lipid (fat)	g	0.18	0.140	7	0.32		
Carbohydrate, by difference	g	27.54		0	48.47		
Fiber, total dietary	g						
Ash	g	0.36	0.145	4	0.63		
Sugars, total	g						
Minerals:							
Calcium	mg	8	2.613	3	14		
Iron	mg	0.52	0.090	4	0.92		
Magnesium	mg	2	0.296	3	4		
Phosphorus	mg	27	10.868	4	48		
Potassium	mg	29	0.835	3	51		
Sodium	mg	161	68.422	3	283		
Zinc	mg	0.22	0.039	4	0.39		
Copper	mg	0.025	0.013	3	0.044		
Manganese	mg	0.251		1	0.442		
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.020	0.010	5	0.035		
Riboflavin	mg	0.033	0.028	5	0.058		
Niacin	mg	0.097	0.012	3	0.171		
Pantothenic acid	mg	0.172	0.077	4	0.303		
Vitamin B-6	mg	0.013	0.007	3	0.023		
Folate	µg	2	0.321	3	4		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	0		0	0		
Vitamin A, RE	µg	0		0	0		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.025		0	0.044		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.000		0	0.000		
15.0	g						
16:0	g	0.022		0	0.039		
17:0	g						
18:0	g	0.003		0	0.005		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.021	0	0.037
14:1	g			
16:1	g			
18:1	g	0.021	0	0.037
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.073	0	0.128
18:2	g	0.066	0	0.116
18:3	g	0.006	0	0.011
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.051	0	0.090
Threonine	g	0.106	0	0.187
Isoleucine	g	0.155	0	0.273
Leucine	g	0.274	0	0.482
Lysine	g	0.077	0	0.136
Methionine	g	0.062	0	0.109
Cystine	g	0.113	0	0.199
Phenylalanine	g	0.194	0	0.341
Tyrosine	g	0.105	0	0.185
Valine	g	0.171	0	0.301
Arginine	g	0.148	0	0.260
Histidine	g	0.081	0	0.143
Alanine	g	0.117	0	0.206
Aspartic acid	g	0.164	0	0.289
Glutamic acid	g	1.443	0	2.540
Glycine	g	0.126	0	0.222
Proline	g	0.440	0	0.774
Serine	g	0.189	0	0.333
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

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

NDB No. 20120 Spaghetti, dry, 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* 57g	Measure 2*	Measure 3*
Proximates:							
Water	g	10.25	0.233	57	5.84		
Energy	kcal	371		0	211		
Energy	kj	1552		0	885		
Protein (N x 5.95)	g	12.78	0.161	70	7.28		
Total lipid (fat)	g	1.58	0.064	47	0.90		
Carbohydrate, by difference	g	74.69		0	42.57		
Fiber, total dietary	g	2.4		0	1.4		
Ash	g	0.70	0.014	58	0.40		
Sugars, total	g						
Minerals:							
Calcium	mg	18	0.544	54	10		
Iron	mg	3.86	0.142	67	2.20		
Magnesium	mg	48	1.981	47	27		
Phosphorus	mg	150	4.516	41	86		
Potassium	mg	162	3.566	90	92		
Sodium	mg	7	0.520	87	4		
Zinc	mg	1.21	0.057	36	0.69		
Copper	mg	0.254	0.014	36	0.145		
Manganese	mg	0.694	0.032	32	0.396		
Selenium	µg	62.2	3.130	23	35.5		
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	1.029	0.030	61	0.587		
Riboflavin	mg	0.444	0.011	122	0.253		
Niacin	mg	7.508	0.408	63	4.280		
Pantothenic acid	mg	0.431	0.026	27	0.246		
Vitamin B-6	mg	0.106	0.007	29	0.060		
Folate	µg	231		0	132		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	0	0.000	7	0		
Vitamin A, RE	µg	0		0	0		
Vitamin E, α-TE	mg	0.160		0	0.091		
Lipids:							
Saturated, total	g	0.225		0	0.128		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.000		0	0.000		
10:0	g	0.000		0	0.000		
12:0	g	0.000		0	0.000		
14:0	g	0.003		0	0.002		
15.0	g						
16:0	g	0.197		0	0.112		
17:0	g						
18:0	g	0.025		0	0.014		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.186	0	0.106
14:1	g			
16:1	g	0.000	0	0.000
18:1	g	0.186	0	0.106
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.647	0	0.369
18:2	g	0.591	0	0.337
18:3	g	0.056	0	0.032
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	0.164	0	0.093
Threonine	g	0.338	0	0.193
Isoleucine	g	0.494	0	0.282
Leucine	g	0.874	0	0.498
Lysine	g	0.245	0	0.140
Methionine	g	0.199	0	0.113
Cystine	g	0.361	0	0.206
Phenylalanine	g	0.621	0	0.354
Tyrosine	g	0.336	0	0.192
Valine	g	0.545	0	0.311
Arginine	g	0.471	0	0.268
Histidine	g	0.259	0	0.148
Alanine	g	0.375	0	0.214
Aspartic acid	g	0.522	0	0.298
Glutamic acid	g	4.609	0	2.627
Glycine	g	0.404	0	0.230
Proline	g	1.406	0	0.801
Serine	g	0.602	0	0.343
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

NDB No. 20121 Spaghetti, cooked, enriched, without 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* 140g	Measure 2*	Measure 3*
Proximates:							
Water	g	65.99	0.750	38	92.39		
Energy	kcal	141		0	197		
Energy	kj	590		0	826		
Protein (N x 5.95)	g	4.77	0.114	29	6.68		
Total lipid (fat)	g	0.67	0.024	29	0.94		
Carbohydrate, by difference	g	28.34		0	39.68		
Fiber, total dietary	g	1.7		0	2.4		
Ash	g	0.24	0.044	27	0.34		
Sugars, total	g						
Minerals:							
Calcium	mg	7	0.417	45	10		
Iron	mg	1.40	0.065	46	1.96		
Magnesium	mg	18	1.289	46	25		
Phosphorus	mg	54	2.800	45	76		
Potassium	mg	31	1.571	46	43		
Sodium	mg	1	0.122	33	1		
Zinc	mg	0.53	0.035	46	0.74		
Copper	mg	0.098	0.004	37	0.137		
Manganese	mg	0.285	0.015	46	0.399		
Selenium	µg	21.3	0.810	67	29.8		
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.204	0.010	29	0.286		
Riboflavin	mg	0.098	0.005	29	0.137		
Niacin	mg	1.672	0.093	29	2.341		
Pantothenic acid	mg	0.112	0.009	32	0.157		
Vitamin B-6	mg	0.035	0.005	29	0.049		
Folate	µg	70		0	98		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	0		0	0		
Vitamin A, RE	µg	0		0	0		
Vitamin E, α-TE	mg	0.060		0	0.084		
Lipids:							
Saturated, total	g	0.095		0	0.133		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.000		0	0.000		
10:0	g	0.000		0	0.000		
12:0	g	0.000		0	0.000		
14:0	g	0.001		0	0.001		
15.0	g						
16:0	g	0.083		0	0.116		
17:0	g						
18:0	g	0.011		0	0.015		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.079	0	0.111
14:1	g			
16:1	g	0.000	0	0.000
18:1	g	0.079	0	0.111
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.273	0	0.382
18:2	g	0.249	0	0.349
18:3	g	0.024	0	0.034
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.061	0	0.085
Threonine	g	0.126	0	0.176
Isoleucine	g	0.184	0	0.258
Leucine	g	0.326	0	0.456
Lysine	g	0.091	0	0.127
Methionine	g	0.074	0	0.104
Cystine	g	0.134	0	0.188
Phenylalanine	g	0.231	0	0.323
Tyrosine	g	0.125	0	0.175
Valine	g	0.203	0	0.284
Arginine	g	0.176	0	0.246
Histidine	g	0.097	0	0.136
Alanine	g	0.140	0	0.196
Aspartic acid	g	0.195	0	0.273
Glutamic acid	g	1.718	0	2.405
Glycine	g	0.151	0	0.211
Proline	g	0.524	0	0.734
Serine	g	0.225	0	0.315
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

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

NDB No. 20122 Spaghetti, protein-fortified, dry, enriched (n x 5.70)

Refuse: 0%

Nutrients 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	9.23	0.620	14	5.26		
Energy	kcal	375		0	214		
Energy	kj	1569		0	894		
Protein (N x 5.95)	g	19.86	0.618	17	11.32		
Total lipid (fat)	g	2.23	0.249	20	1.27		
Carbohydrate, by difference	g	67.56		0	38.51		
Fiber, total dietary	g						
Ash	g	1.12	0.082	14	0.64		
Sugars, total	g						
Minerals:							
Calcium	mg	39	5.526	19	22		
Iron	mg	4.15	0.334	19	2.37		
Magnesium	mg	65	12.843	6	37		
Phosphorus	mg	163	44.753	5	93		
Potassium	mg	201	26.503	6	115		
Sodium	mg	8	2.167	10	5		
Zinc	mg	1.79	0.290	6	1.02		
Copper	mg	0.278	0.053	6	0.158		
Manganese	mg	0.910	0.251	3	0.519		
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	1.187	0.059	19	0.677		
Riboflavin	mg	0.475	0.022	20	0.271		
Niacin	mg	7.654	0.503	18	4.363		
Pantothenic acid	mg	0.684	0.085	4	0.390		
Vitamin B-6	mg	0.178	0.030	5	0.101		
Folate	µg	231		0	132		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	0		0	0		
Vitamin A, RE	µg	0		0	0		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.328		0	0.187		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.004		0	0.002		
15.0	g						
16:0	g	0.291		0	0.166		
17:0	g						
18:0	g	0.032		0	0.018		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.271	0	0.154
14:1	g			
16:1	g	0.001	0	0.001
18:1	g	0.270	0	0.154
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.986	0	0.562
18:2	g	0.893	0	0.509
18:3	g	0.093	0	0.053
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	0.254	0	0.145
Threonine	g	0.561	0	0.320
Isoleucine	g	0.784	0	0.447
Leucine	g	1.369	0	0.780
Lysine	g	0.470	0	0.268
Methionine	g	0.317	0	0.181
Cystine	g	0.540	0	0.308
Phenylalanine	g	0.962	0	0.548
Tyrosine	g	0.540	0	0.308
Valine	g	0.871	0	0.496
Arginine	g	0.774	0	0.441
Histidine	g	0.415	0	0.237
Alanine	g	0.638	0	0.364
Aspartic acid	g	0.902	0	0.514
Glutamic acid	g	6.840	0	3.899
Glycine	g	0.662	0	0.377
Proline	g	2.084	0	1.188
Serine	g	0.941	0	0.536
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

NDB No. 20123 Spaghetti, protein-fortified, cooked, enriched (N x 5.70)

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 140g	Measure 2*	Measure 3*
Proximates:							
Water	g	59.73	3.346	4	83.62		
Energy	kcal	164		0	230		
Energy	kj	686		0	960		
Protein (N x 5.95)	g	8.08	0.755	4	11.31		
Total lipid (fat)	g	0.21	0.096	7	0.29		
Carbohydrate, by difference	g	31.66		0	44.32		
Fiber, total dietary	g	1.7		0	2.4		
Ash	g	0.31	0.030	4	0.43		
Sugars, total	g						
Minerals:							
Calcium	mg	10	1.443	4	14		
Iron	mg	0.72	0.255	4	1.01		
Magnesium	mg	30	6.997	3	42		
Phosphorus	mg	50	24.913	3	70		
Potassium	mg	42	1.695	3	59		
Sodium	mg	5	0.806	3	7		
Zinc	mg	0.50	0.060	3	0.70		
Copper	mg	0.084	0.034	3	0.118		
Manganese	mg	0.417		1	0.584		
Selenium	µg	25.2		0	35.3		
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.298	0.020	5	0.417		
Riboflavin	mg	0.161	0.009	5	0.225		
Niacin	mg	1.837	0.168	3	2.572		
Pantothenic acid	mg	0.286	0.073	4	0.400		
Vitamin B-6	mg	0.064	0.006	3	0.090		
Folate	µg	82		0	115		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	0		0	0		
Vitamin A, RE	µg	0		0	0		
Vitamin E, α-TE	mg	0.060		0	0.084		
Lipids:							
Saturated, total	g	0.032		0	0.045		
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	0.028		0	0.039		
17:0	g						
18:0	g	0.003		0	0.004		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.026	0	0.036
14:1	g			
16:1	g	0.000	0	0.000
18:1	g	0.026	0	0.036
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.095	0	0.133
18:2	g	0.086	0	0.120
18:3	g	0.009	0	0.013
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.103	0	0.144
Threonine	g	0.228	0	0.319
Isoleucine	g	0.319	0	0.447
Leucine	g	0.557	0	0.780
Lysine	g	0.191	0	0.267
Methionine	g	0.129	0	0.181
Cystine	g	0.220	0	0.308
Phenylalanine	g	0.391	0	0.547
Tyrosine	g	0.220	0	0.308
Valine	g	0.354	0	0.496
Arginine	g	0.315	0	0.441
Histidine	g	0.169	0	0.237
Alanine	g	0.259	0	0.363
Aspartic acid	g	0.367	0	0.514
Glutamic acid	g	2.782	0	3.895
Glycine	g	0.269	0	0.377
Proline	g	0.848	0	1.187
Serine	g	0.383	0	0.536
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

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

NDB No. 20124 Spaghetti, whole-wheat, dry

Refuse: 0%

Nutrients 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	7.34	0.828	8	4.18		
Energy	kcal	348		0	198		
Energy	kj	1456		0	830		
Protein (N x 5.95)	g	14.63	0.781	7	8.34		
Total lipid (fat)	g	1.40	0.345	8	0.80		
Carbohydrate, by difference	g	75.03		0	42.77		
Fiber, total dietary	g						
Ash	g	1.60	0.079	8	0.91		
Sugars, total	g						
Minerals:							
Calcium	mg	40	5.575	7	23		
Iron	mg	3.63	0.288	7	2.07		
Magnesium	mg	143	10.034	7	82		
Phosphorus	mg	258	36.228	6	147		
Potassium	mg	215	43.128	7	123		
Sodium	mg	8	1.858	7	5		
Zinc	mg	2.37	0.284	7	1.35		
Copper	mg	0.454	0.029	8	0.259		
Manganese	mg	3.055	0.734	4	1.741		
Selenium	µg	73.0		0	41.6		
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.488	0.034	7	0.278		
Riboflavin	mg	0.143	0.040	7	0.082		
Niacin	mg	5.130	0.095	6	2.924		
Pantothenic acid	mg	0.984	0.179	5	0.561		
Vitamin B-6	mg	0.223	0.060	6	0.127		
Folate	µg	57	7.296	6	32		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	0		0	0		
Vitamin A, RE	µg	0		0	0		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.258		0	0.147		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.002		0	0.001		
15.0	g						
16:0	g	0.240		0	0.137		
17:0	g						
18:0	g	0.013		0	0.007		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.195	0	0.111
14:1	g			
16:1	g	0.005	0	0.003
18:1	g	0.190	0	0.108
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.556	0	0.317
18:2	g	0.529	0	0.302
18:3	g	0.027	0	0.015
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.188	0	0.107
Threonine	g	0.392	0	0.223
Isoleucine	g	0.570	0	0.325
Leucine	g	0.999	0	0.569
Lysine	g	0.324	0	0.185
Methionine	g	0.236	0	0.135
Cystine	g	0.306	0	0.174
Phenylalanine	g	0.728	0	0.415
Tyrosine	g	0.382	0	0.218
Valine	g	0.635	0	0.362
Arginine	g	0.517	0	0.295
Histidine	g	0.344	0	0.196
Alanine	g	0.457	0	0.260
Aspartic acid	g	0.660	0	0.376
Glutamic acid	g	5.073	0	2.892
Glycine	g	0.530	0	0.302
Proline	g	1.561	0	0.890
Serine	g	0.713	0	0.406
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

*** Common Measures:**
Measure 1: 2 oz

NDB No. 20125 Spaghetti, whole-wheat, cooked

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 140g	Measure 2*	Measure 3*
Proximates:							
Water	g	67.15	0.349	5	94.01		
Energy	kcal	124		0	174		
Energy	kj	519		0	727		
Protein (N x 5.95)	g	5.33	0.658	5	7.46		
Total lipid (fat)	g	0.54	0.222	5	0.76		
Carbohydrate, by difference	g	26.54		0	37.16		
Fiber, total dietary	g	4.5		0	6.3		
Ash	g	0.44	0.026	5	0.62		
Sugars, total	g						
Minerals:							
Calcium	mg	15	1.472	5	21		
Iron	mg	1.06	0.178	5	1.48		
Magnesium	mg	30	9.238	5	42		
Phosphorus	mg	89	15.799	4	125		
Potassium	mg	44	7.817	5	62		
Sodium	mg	3	0.380	5	4		
Zinc	mg	0.81	0.167	6	1.13		
Copper	mg	0.167	0.047	6	0.234		
Manganese	mg	1.379	0.081	2	1.931		
Selenium	µg	25.9		0	36.3		
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.108	0.005	6	0.151		
Riboflavin	mg	0.045	0.015	6	0.063		
Niacin	mg	0.707	0.341	4	0.990		
Pantothenic acid	mg	0.419	0.102	5	0.587		
Vitamin B-6	mg	0.079	0.005	4	0.111		
Folate	µg	5	1.381	3	7		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	0		0	0		
Vitamin A, RE	µg	0		0	0		
Vitamin E, α-TE	mg	0.050		0	0.070		
Lipids:							
Saturated, total	g	0.099		0	0.139		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.000		0	0.000		
10:0	g	0.000		0	0.000		
12:0	g	0.000		0	0.000		
14:0	g	0.001		0	0.001		
15.0	g						
16:0	g	0.092		0	0.129		
17:0	g						
18:0	g	0.005		0	0.007		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.075	0	0.105
14:1	g			
16:1	g	0.002	0	0.003
18:1	g	0.073	0	0.102
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.213	0	0.298
18:2	g	0.203	0	0.284
18:3	g	0.010	0	0.014
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	0.069	0	0.097
Threonine	g	0.143	0	0.200
Isoleucine	g	0.207	0	0.290
Leucine	g	0.364	0	0.510
Lysine	g	0.118	0	0.165
Methionine	g	0.086	0	0.120
Cystine	g	0.111	0	0.155
Phenylalanine	g	0.265	0	0.371
Tyrosine	g	0.139	0	0.195
Valine	g	0.231	0	0.323
Arginine	g	0.188	0	0.263
Histidine	g	0.125	0	0.175
Alanine	g	0.166	0	0.232
Aspartic acid	g	0.240	0	0.336
Glutamic acid	g	1.847	0	2.586
Glycine	g	0.193	0	0.270
Proline	g	0.568	0	0.795
Serine	g	0.260	0	0.364
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

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

NDB No. 20126 Spaghetti, spinach, dry

Refuse: 0%

Nutrients 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	8.34	0.384	3	4.75		
Energy	kcal	372		0	212		
Energy	kj	1556		0	887		
Protein (N x 5.95)	g	13.35	0.374	4	7.61		
Total lipid (fat)	g	1.57	0.189	3	0.89		
Carbohydrate, by difference	g	74.81		0	42.64		
Fiber, total dietary	g	10.6		0	6.0		
Ash	g	1.93	0.052	3	1.10		
Sugars, total	g						
Minerals:							
Calcium	mg	58	6.057	3	33		
Iron	mg	2.13	0.160	2	1.21		
Magnesium	mg	174	8.414	3	99		
Phosphorus	mg	332	18.397	3	189		
Potassium	mg	376	40.845	3	214		
Sodium	mg	36	11.646	3	21		
Zinc	mg	2.76	0.115	3	1.57		
Copper	mg	0.499	0.017	3	0.284		
Manganese	mg	2.645	0.599	3	1.508		
Selenium	µg	63.5		0	36.2		
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.373	0.078	4	0.213		
Riboflavin	mg	0.196	0.067	4	0.112		
Niacin	mg	4.550		1	2.593		
Pantothenic acid	mg	1.214	0.061	4	0.692		
Vitamin B-6	mg	0.323	0.020	3	0.184		
Folate	µg	48	2.164	2	27		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	461		0	263		
Vitamin A, RE	µg	46		0	26		
Vitamin E, α-TE	mg	0.042		0	0.024		
Lipids:							
Saturated, total	g	0.226		0	0.129		
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	0.002		
15.0	g						
16:0	g	0.196		0	0.112		
17:0	g						
18:0	g	0.026		0	0.015		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.181	0	0.103
14:1	g			
16:1	g	0.001	0	0.001
18:1	g	0.180	0	0.103
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.641	0	0.365
18:2	g	0.566	0	0.323
18:3	g	0.074	0	0.042
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	0.170	0	0.097
Threonine	g	0.360	0	0.205
Isoleucine	g	0.516	0	0.294
Leucine	g	0.911	0	0.519
Lysine	g	0.273	0	0.156
Methionine	g	0.208	0	0.119
Cystine	g	0.369	0	0.210
Phenylalanine	g	0.642	0	0.366
Tyrosine	g	0.355	0	0.202
Valine	g	0.572	0	0.326
Arginine	g	0.495	0	0.282
Histidine	g	0.271	0	0.154
Alanine	g	0.399	0	0.227
Aspartic acid	g	0.577	0	0.329
Glutamic acid	g	4.726	0	2.694
Glycine	g	0.425	0	0.242
Proline	g	1.424	0	0.812
Serine	g	0.635	0	0.362
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

NDB No. 20127 Spaghetti, spinach, cooked

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 140g	Measure 2*	Measure 3*
Proximates:							
Water	g	68.14		1	95.40		
Energy	kcal	130		0	182		
Energy	kj	544		0	762		
Protein (N x 5.95)	g	4.58		1	6.41		
Total lipid (fat)	g	0.63		1	0.88		
Carbohydrate, by difference	g	26.15		0	36.61		
Fiber, total dietary	g						
Ash	g	0.50		1	0.70		
Sugars, total	g						
Minerals:							
Calcium	mg	30		1	42		
Iron	mg	1.04		1	1.46		
Magnesium	mg	62		1	87		
Phosphorus	mg	108		1	151		
Potassium	mg	58		1	81		
Sodium	mg	14		1	20		
Zinc	mg	1.08		1	1.51		
Copper	mg	0.205		1	0.287		
Manganese	mg	1.504		1	2.106		
Selenium	µg	22.1		0	30.9		
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.097		1	0.136		
Riboflavin	mg	0.103		1	0.144		
Niacin	mg	1.530		1	2.142		
Pantothenic acid	mg	0.183	0.031	2	0.256		
Vitamin B-6	mg	0.096		1	0.134		
Folate	µg	12		1	17		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	152		0	213		
Vitamin A, RE	µg	15		0	21		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.091		0	0.127		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.002		0	0.003		
15.0	g						
16:0	g	0.078		0	0.109		
17:0	g						
18:0	g	0.011		0	0.015		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.072	0	0.101
14:1	g			
16:1	g	0.000	0	0.000
18:1	g	0.072	0	0.101
20:1	g	0.000	0	0.000
22.1	g			
Polyunsaturated, total	g	0.257	0	0.360
18:2	g	0.227	0	0.318
18:3	g	0.030	0	0.042
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.058	0	0.081
Threonine	g	0.123	0	0.172
Isoleucine	g	0.177	0	0.248
Leucine	g	0.312	0	0.437
Lysine	g	0.094	0	0.132
Methionine	g	0.071	0	0.099
Cystine	g	0.126	0	0.176
Phenylalanine	g	0.220	0	0.308
Tyrosine	g	0.122	0	0.171
Valine	g	0.196	0	0.274
Arginine	g	0.170	0	0.238
Histidine	g	0.093	0	0.130
Alanine	g	0.137	0	0.192
Aspartic acid	g	0.198	0	0.277
Glutamic acid	g	1.619	0	2.267
Glycine	g	0.146	0	0.204
Proline	g	0.488	0	0.683
Serine	g	0.218	0	0.305
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

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

NDB No. 20130 Barley flour or meal

Refuse: 0%

Nutrients 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	12.11		2	17.92		
Energy	kcal	345		0	511		
Energy	kj	1443		0	2136		
Protein (N x 5.95)	g	10.50		2	15.54		
Total lipid (fat)	g	1.60		2	2.37		
Carbohydrate, by difference	g	74.52		0	110.29		
Fiber, total dietary	g	10.1		2	14.9		
Ash	g	1.28		2	1.89		
Sugars, total	g						
Minerals:							
Calcium	mg	32		2	47		
Iron	mg	2.68		2	3.97		
Magnesium	mg	96		2	142		
Phosphorus	mg	296		2	438		
Potassium	mg	309		2	457		
Sodium	mg	4		2	6		
Zinc	mg	2.00		2	2.96		
Copper	mg	0.343		2	0.508		
Manganese	mg	1.034		2	1.530		
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		2	0.0		
Thiamin	mg	0.370		2	0.548		
Riboflavin	mg	0.114		2	0.169		
Niacin	mg	6.269		2	9.278		
Pantothenic acid	mg	0.145		2	0.215		
Vitamin B-6	mg	0.396		2	0.586		
Folate	µg	8		2	12		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	0		2	0		
Vitamin A, RE	µg	0		2	0		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.335		0	0.496		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g	0.004		0	0.006		
14:0	g	0.008		0	0.012		
15.0	g						
16:0	g	0.286		0	0.423		
17:0	g						
18:0	g	0.012		0	0.018		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.205	0	0.303
14:1	g			
16:1	g	0.004	0	0.006
18:1	g	0.168	0	0.249
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.771	0	1.141
18:2	g	0.695	0	1.029
18:3	g	0.077	0	0.114
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.175	0	0.259
Threonine	g	0.356	0	0.527
Isoleucine	g	0.383	0	0.567
Leucine	g	0.713	0	1.055
Lysine	g	0.391	0	0.579
Methionine	g	0.202	0	0.299
Cystine	g	0.232	0	0.343
Phenylalanine	g	0.589	0	0.872
Tyrosine	g	0.301	0	0.445
Valine	g	0.515	0	0.762
Arginine	g	0.526	0	0.778
Histidine	g	0.236	0	0.349
Alanine	g	0.409	0	0.605
Aspartic acid	g	0.655	0	0.969
Glutamic acid	g	2.741	0	4.057
Glycine	g	0.380	0	0.562
Proline	g	1.247	0	1.846
Serine	g	0.443	0	0.656
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

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

NDB No. 20131 Barley malt 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* 162g	Measure 2*	Measure 3*
Proximates:							
Water	g	8.21		2	13.30		
Energy	kcal	361		0	585		
Energy	kj	1510		0	2446		
Protein (N x 5.95)	g	10.28		2	16.65		
Total lipid (fat)	g	1.84		2	2.98		
Carbohydrate, by difference	g	78.30		0	126.85		
Fiber, total dietary	g	7.1		2	11.5		
Ash	g	1.37		2	2.22		
Sugars, total	g						
Minerals:							
Calcium	mg	37		2	60		
Iron	mg	4.71		2	7.63		
Magnesium	mg	97		2	157		
Phosphorus	mg	303		2	491		
Potassium	mg	224		2	363		
Sodium	mg	11		2	18		
Zinc	mg	2.06		2	3.34		
Copper	mg	0.270		2	0.437		
Manganese	mg	1.193		2	1.933		
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.6		2	1.0		
Thiamin	mg	0.309		2	0.501		
Riboflavin	mg	0.308		2	0.499		
Niacin	mg	5.636		2	9.130		
Pantothenic acid	mg	0.577		2	0.935		
Vitamin B-6	mg	0.655		2	1.061		
Folate	µg	38		2	62		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	19		2	31		
Vitamin A, RE	µg	2		2	3		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.386		0	0.625		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g	0.005		0	0.008		
14:0	g	0.009		0	0.015		
15.0	g						
16:0	g	0.353		0	0.572		
17:0	g						
18:0	g	0.015		0	0.024		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.254	0	0.411
14:1	g			
16:1	g	0.005	0	0.008
18:1	g	0.207	0	0.335
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.953	0	1.544
18:2	g	0.859	0	1.392
18:3	g	0.095	0	0.154
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	0.132	0	0.214
Threonine	g	0.407	0	0.659
Isoleucine	g	0.361	0	0.585
Leucine	g	0.746	0	1.209
Lysine	g	0.535	0	0.867
Methionine	g	0.294	0	0.476
Cystine	g	0.157	0	0.254
Phenylalanine	g	0.225	0	0.365
Tyrosine	g	0.341	0	0.552
Valine	g	0.503	0	0.815
Arginine	g	0.836	0	1.354
Histidine	g	0.275	0	0.446
Alanine	g	0.516	0	0.836
Aspartic acid	g	0.776	0	1.257
Glutamic acid	g	1.825	0	2.956
Glycine	g	0.440	0	0.713
Proline	g	1.123	0	1.819
Serine	g	0.465	0	0.753
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

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

NDB No. 20133 Rice noodles, dry [1]

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1*	Measure 2*	Measure 3*
Proximates:							
Water	g	11.91	1.115	3			
Energy	kcal	364		0			
Energy	kj	1523		0			
Protein (N x 5.95)	g	3.44		2			
Total lipid (fat)	g	0.56	0.212	3			
Carbohydrate, by difference	g	83.24		0			
Fiber, total dietary	g	1.6	0.469	3			
Ash	g	0.85	0.377	3			
Sugars, total	g						
Minerals:							
Calcium	mg	18	7.914	3			
Iron	mg	0.70		2			
Magnesium	mg	12	5.860	3			
Phosphorus	mg	153	36.259	3			
Potassium	mg	30	3.580	3			
Sodium	mg	182		2			
Zinc	mg	0.74	0.306	3			
Copper	mg	0.078	0.049	3			
Manganese	mg	0.498	0.095	3			
Selenium	µg	15.1		0			
Vitamins:							
Ascorbic acid	mg	0.0		3			
Thiamin	mg	0.031	0.022	3			
Riboflavin	mg	0.017	0.005	3			
Niacin	mg	0.221	0.075	3			
Pantothenic acid	mg	0.051	0.029	3			
Vitamin B-6	mg	0.015	0.002	3			
Folate	µg	3		1			
Vitamin B-12	µg	0.00		0			
Vitamin A	IU	0		0			
Vitamin A, RE	µg	0		0			
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.153		0			
4:0	g	0.000		0			
6.0	g	0.000		0			
8:0	g	0.000		0			
10:0	g	0.000		0			
12:0	g	0.000		0			
14:0	g	0.003		0			
15.0	g						
16:0	g	0.137		0			
17:0	g						
18:0	g	0.010		0			
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.175	0
14:1	g		
16:1	g	0.002	0
18:1	g	0.172	0
20:1	g	0.000	0
22.1	g	0.000	0
Polyunsaturated, total	g	0.150	0
18:2	g	0.124	0
18:3	g	0.026	0
18:4	g	0.000	0
20:4	g	0.000	0
20:5	g	0.000	0
22:5	g	0.000	0
22:6	g	0.000	0
Cholesterol	mg	0	0
Phytosterols	mg		
Amino acids:			
Tryptophan	g	0.040	0
Threonine	g	0.123	0
Isoleucine	g	0.149	0
Leucine	g	0.284	0
Lysine	g	0.124	0
Methionine	g	0.081	0
Cystine	g	0.071	0
Phenylalanine	g	0.184	0
Tyrosine	g	0.115	0
Valine	g	0.210	0
Arginine	g	0.287	0
Histidine	g	0.081	0
Alanine	g	0.199	0
Aspartic acid	g	0.323	0
Glutamic acid	g	0.670	0
Glycine	g	0.157	0
Proline	g	0.162	0
Serine	g	0.181	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.

Footnotes:

1 Imported product

NDB No. 20134 Rice noodles, cooked [1]

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 176g	Measure 2*	Measure 3*
Proximates:							
Water	g	73.82	1.107	3	129.92		
Energy	kcal	109		0	192		
Energy	kj	456		0	803		
Protein (N x 5.95)	g	0.91	0.509	3	1.60		
Total lipid (fat)	g	0.20	0.098	3	0.35		
Carbohydrate, by difference	g	24.90		0	43.82		
Fiber, total dietary	g	1.0		1	1.8		
Ash	g	0.18	0.063	3	0.32		
Sugars, total	g						
Minerals:							
Calcium	mg	4	2.259	3	7		
Iron	mg	0.14	0.025	3	0.25		
Magnesium	mg	3	1.668	3	5		
Phosphorus	mg	20	2.654	3	35		
Potassium	mg	4	0.536	3	7		
Sodium	mg	19		2	33		
Zinc	mg	0.25	0.195	3	0.44		
Copper	mg	0.038	0.012	3	0.067		
Manganese	mg	0.114	0.053	3	0.201		
Selenium	µg	4.5		0	7.9		
Vitamins:							
Ascorbic acid	mg	0.0		3	0.0		
Thiamin	mg	0.018	0.007	3	0.032		
Riboflavin	mg	0.004	0.001	3	0.007		
Niacin	mg	0.072	0.013	3	0.127		
Pantothenic acid	mg	0.011	0.001	3	0.019		
Vitamin B-6	mg	0.006	0.001	3	0.011		
Folate	µg	3		1	5		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	0		0	0		
Vitamin A, RE	µg	0		0	0		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.023		0	0.040		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.000		0	0.000		
10:0	g	0.000		0	0.000		
12:0	g	0.000		0	0.000		
14:0	g	0.000		0	0.000		
15.0	g						
16:0	g	0.021		0	0.037		
17:0	g						
18:0	g	0.002		0	0.004		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.026	0	0.046
14:1	g			
16:1	g	0.000	0	0.000
18:1	g	0.026	0	0.046
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.023	0	0.040
18:2	g	0.019	0	0.033
18:3	g	0.004	0	0.007
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.011	0	0.019
Threonine	g	0.033	0	0.058
Isoleucine	g	0.039	0	0.069
Leucine	g	0.075	0	0.132
Lysine	g	0.033	0	0.058
Methionine	g	0.021	0	0.037
Cystine	g	0.019	0	0.033
Phenylalanine	g	0.049	0	0.086
Tyrosine	g	0.030	0	0.053
Valine	g	0.056	0	0.099
Arginine	g	0.076	0	0.134
Histidine	g	0.021	0	0.037
Alanine	g	0.053	0	0.093
Aspartic acid	g	0.086	0	0.151
Glutamic acid	g	0.177	0	0.312
Glycine	g	0.041	0	0.072
Proline	g	0.043	0	0.076
Serine	g	0.048	0	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 cup

Footnotes:
1 Imported product

NDB No. 20301 Macaroni, protein-fortified, dry, enriched, (n x 6.25)

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 93g	Measure 2* 57g	Measure 3*
Proximates:							
Water	g	9.23	0.620	14	8.58	5.26	
Energy	kcal	374		0	348	213	
Energy	kj	1565		0	1455	892	
Protein (N x 5.95)	g	21.78		1	20.26	12.41	
Total lipid (fat)	g	2.23	0.249	20	2.07	1.27	
Carbohydrate, by difference	g	65.65		0	61.05	37.42	
Fiber, total dietary	g	2.4		0	2.2	1.4	
Ash	g	1.12	0.082	14	1.04	0.64	
Sugars, total	g						
Minerals:							
Calcium	mg	39	5.526	19	36	22	
Iron	mg	4.15	0.334	19	3.86	2.37	
Magnesium	mg	65	12.843	6	60	37	
Phosphorus	mg	163	44.753	5	152	93	
Potassium	mg	201	26.503	6	187	115	
Sodium	mg	8	2.167	10	7	5	
Zinc	mg	1.79	0.290	6	1.66	1.02	
Copper	mg	0.278	0.053	6	0.259	0.158	
Manganese	mg	0.910	0.251	3	0.846	0.519	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	1.187	0.059	19	1.104	0.677	
Riboflavin	mg	0.475	0.022	20	0.442	0.271	
Niacin	mg	7.654	0.503	18	7.118	4.363	
Pantothenic acid	mg	0.684	0.085	4	0.636	0.390	
Vitamin B-6	mg	0.178	0.030	5	0.166	0.101	
Folate	µg	231		0	215	132	
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	0.328		0	0.305	0.187	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.004		1	0.004	0.002	
15.0	g						
16:0	g	0.291		1	0.271	0.166	
17:0	g						
18:0	g	0.032		1	0.030	0.018	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.271	0	0.252	0.154
14:1	g				
16:1	g	0.001	1	0.001	0.001
18:1	g	0.270	1	0.251	0.154
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.986	0	0.917	0.562
18:2	g	0.893	1	0.830	0.509
18:3	g	0.093	1	0.086	0.053
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	0.254	0	0.236	0.145
Threonine	g	0.561	0	0.522	0.320
Isoleucine	g	0.784	0	0.729	0.447
Leucine	g	1.369	0	1.273	0.780
Lysine	g	0.470	0	0.437	0.268
Methionine	g	0.317	0	0.295	0.181
Cystine	g	0.540	0	0.502	0.308
Phenylalanine	g	0.962	0	0.895	0.548
Tyrosine	g	0.540	0	0.502	0.308
Valine	g	0.871	0	0.810	0.496
Arginine	g	0.774	0	0.720	0.441
Histidine	g	0.415	0	0.386	0.237
Alanine	g	0.638	0	0.593	0.364
Aspartic acid	g	0.902	0	0.839	0.514
Glutamic acid	g	6.840	0	6.361	3.899
Glycine	g	0.662	0	0.616	0.377
Proline	g	2.084	0	1.938	1.188
Serine	g	0.941	0	0.875	0.536
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 cup small shells
Measure 2: 2 oz

NDB No. 20302 Macaroni, protein-fortified, cooked, enriched, (n x 6.25)

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 115g	Measure 2* 58g	Measure 3*
Proximates:							
Water	g	59.73	3.346	4	68.69	34.64	
Energy	kcal	164		0	189	95	
Energy	kj	686		0	789	398	
Protein (N x 5.95)	g	8.86		1	10.19	5.14	
Total lipid (fat)	g	0.21	0.096	7	0.24	0.12	
Carbohydrate, by difference	g	30.88		0	35.51	17.91	
Fiber, total dietary	g	1.5		0	1.7	0.9	
Ash	g	0.31	0.030	4	0.36	0.18	
Sugars, total	g						
Minerals:							
Calcium	mg	10	1.443	4	12	6	
Iron	mg	0.72	0.255	4	0.83	0.42	
Magnesium	mg	30	6.997	3	35	17	
Phosphorus	mg	50	24.913	3	58	29	
Potassium	mg	42	1.695	3	48	24	
Sodium	mg	5	0.806	3	6	3	
Zinc	mg	0.50	0.060	3	0.57	0.29	
Copper	mg	0.084	0.034	3	0.097	0.049	
Manganese	mg	0.417		1	0.480	0.242	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.298	0.020	5	0.343	0.173	
Riboflavin	mg	0.161	0.009	5	0.185	0.093	
Niacin	mg	1.837	0.168	3	2.113	1.065	
Pantothenic acid	mg	0.286	0.073	4	0.329	0.166	
Vitamin B-6	mg	0.064	0.006	3	0.074	0.037	
Folate	µg	82		0	94	48	
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	0.032		0	0.037	0.019	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.000		0	0.000	0.000	
15.0	g						
16:0	g	0.028		0	0.032	0.016	
17:0	g						
18:0	g	0.003		0	0.003	0.002	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.026	0	0.030	0.015
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.026	0	0.030	0.015
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.095	0	0.109	0.055
18:2	g	0.086	0	0.099	0.050
18:3	g	0.009	0	0.010	0.005
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.103	0	0.118	0.060
Threonine	g	0.228	0	0.262	0.132
Isoleucine	g	0.319	0	0.367	0.185
Leucine	g	0.557	0	0.641	0.323
Lysine	g	0.191	0	0.220	0.111
Methionine	g	0.129	0	0.148	0.075
Cystine	g	0.220	0	0.253	0.128
Phenylalanine	g	0.391	0	0.450	0.227
Tyrosine	g	0.220	0	0.253	0.128
Valine	g	0.354	0	0.407	0.205
Arginine	g	0.315	0	0.362	0.183
Histidine	g	0.169	0	0.194	0.098
Alanine	g	0.259	0	0.298	0.150
Aspartic acid	g	0.367	0	0.422	0.213
Glutamic acid	g	2.782	0	3.199	1.614
Glycine	g	0.269	0	0.309	0.156
Proline	g	0.848	0	0.975	0.492
Serine	g	0.383	0	0.440	0.222
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 cup small shells
Measure 2: 1/2 cup

NDB No. 20310 Noodles, egg, cooked, enriched, with 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* 160g	Measure 2*	Measure 3*
Proximates:							
Water	g	68.70	0.875	23	109.92		
Energy	kcal	133		0	213		
Energy	kj	556		0	890		
Protein (N x 5.95)	g	4.75	0.149	14	7.60		
Total lipid (fat)	g	1.47	0.049	13	2.35		
Carbohydrate, by difference	g	24.84		0	39.74		
Fiber, total dietary	g	1.1		0	1.8		
Ash	g	0.24	0.015	14	0.38		
Sugars, total	g						
Minerals:							
Calcium	mg	12	0.629	30	19		
Iron	mg	1.59	0.107	31	2.54		
Magnesium	mg	19	1.186	31	30		
Phosphorus	mg	69	3.006	30	110		
Potassium	mg	28	2.026	31	45		
Sodium	mg	165		1	264		
Zinc	mg	0.62	0.032	31	0.99		
Copper	mg	0.086	0.007	24	0.138		
Manganese	mg	0.262	0.016	31	0.419		
Selenium	µg	21.7	1.075	52	34.7		
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.186	0.024	12	0.298		
Riboflavin	mg	0.083	0.008	12	0.133		
Niacin	mg	1.487	0.137	12	2.379		
Pantothenic acid	mg	0.145	0.014	15	0.232		
Vitamin B-6	mg	0.036	0.005	12	0.058		
Folate	µg	64		0	102		
Vitamin B-12	µg	0.09		1	0.14		
Vitamin A	IU	20		1	32		
Vitamin A, RE	µg	6		0	10		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.310		0	0.496		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.004		0	0.006		
15.0	g						
16:0	g	0.252		0	0.403		
17:0	g						
18:0	g	0.054		0	0.086		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.430	0	0.688
14:1	g			
16:1	g	0.033	0	0.053
18:1	g	0.397	0	0.635
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.408	0	0.653
18:2	g	0.386	0	0.618
18:3	g	0.021	0	0.034
18:4	g			
20:4	g	0.001	0	0.002
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	33	1	53
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.063	0	0.101
Threonine	g	0.144	0	0.230
Isoleucine	g	0.202	0	0.323
Leucine	g	0.339	0	0.542
Lysine	g	0.130	0	0.208
Methionine	g	0.087	0	0.139
Cystine	g	0.130	0	0.208
Phenylalanine	g	0.236	0	0.378
Tyrosine	g	0.137	0	0.219
Valine	g	0.225	0	0.360
Arginine	g	0.196	0	0.314
Histidine	g	0.099	0	0.158
Alanine	g	0.162	0	0.259
Aspartic acid	g	0.241	0	0.386
Glutamic acid	g	1.516	0	2.426
Glycine	g	0.151	0	0.242
Proline	g	0.463	0	0.741
Serine	g	0.246	0	0.394
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

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

NDB No. 20314 Corn, 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* 166g	Measure 2*	Measure 3*
Proximates:							
Water	g	10.37	1.037	10	17.21		
Energy	kcal	365		0	606		
Energy	kj	1527		0	2535		
Protein (N x 5.95)	g	9.42	0.337	7	15.64		
Total lipid (fat)	g	4.74	0.456	4	7.87		
Carbohydrate, by difference	g	74.26		0	123.27		
Fiber, total dietary	g						
Ash	g	1.20	0.070	4	1.99		
Sugars, total	g						
Minerals:							
Calcium	mg	7	0.886	4	12		
Iron	mg	2.71	0.403	6	4.50		
Magnesium	mg	127		1	211		
Phosphorus	mg	210	28.792	5	349		
Potassium	mg	287		1	476		
Sodium	mg	35		1	58		
Zinc	mg	2.21	0.477	5	3.67		
Copper	mg	0.314	0.071	6	0.521		
Manganese	mg	0.485	0.125	3	0.805		
Selenium	µg	15.5	3.023	5	25.7		
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.385		1	0.639		
Riboflavin	mg	0.201		1	0.334		
Niacin	mg	3.627		1	6.021		
Pantothenic acid	mg	0.424		1	0.704		
Vitamin B-6	mg	0.622	0.131	2	1.033		
Folate	µg						
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	0		1	0		
Vitamin A, RE	µg	0		1	0		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.667		0	1.107		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g	0.569		197	0.945		
17:0	g						
18:0	g	0.075		197	0.125		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.251	0	2.077
14:1	g			
16:1	g	0.004	197	0.007
18:1	g	1.247	197	2.070
20:1	g			
22.1	g			
Polyunsaturated, total	g	2.163	0	3.591
18:2	g	2.097	197	3.481
18:3	g	0.065	197	0.108
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	0.067	0	0.111
Threonine	g	0.354	0	0.588
Isoleucine	g	0.337	0	0.559
Leucine	g	1.155	0	1.917
Lysine	g	0.265	0	0.440
Methionine	g	0.197	0	0.327
Cystine	g	0.170	0	0.282
Phenylalanine	g	0.463	0	0.769
Tyrosine	g	0.383	0	0.636
Valine	g	0.477	0	0.792
Arginine	g	0.470	0	0.780
Histidine	g	0.287	0	0.476
Alanine	g	0.705	0	1.170
Aspartic acid	g	0.655	0	1.087
Glutamic acid	g	1.768	0	2.935
Glycine	g	0.386	0	0.641
Proline	g	0.822	0	1.365
Serine	g	0.447	0	0.742
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

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

NDB No. 20316 Corn flour, whole-grain, 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* 117g	Measure 2*	Measure 3*
Proximates:							
Water	g	10.91	0.079	2	12.76		
Energy	kcal	361		0	422		
Energy	kj	1510		0	1767		
Protein (N x 5.95)	g	6.93	0.085	2	8.11		
Total lipid (fat)	g	3.86	0.057	2	4.52		
Carbohydrate, by difference	g	76.85		0	89.91		
Fiber, total dietary	g	9.6		0	11.2		
Ash	g	1.45	0.007	2	1.70		
Sugars, total	g						
Minerals:							
Calcium	mg	7	0.417	2	8		
Iron	mg	2.38	0.085	2	2.78		
Magnesium	mg	93	3.302	2	109		
Phosphorus	mg	272	9.396	2	318		
Potassium	mg	315	9.396	2	369		
Sodium	mg	5		1	6		
Zinc	mg	1.73	0.113	2	2.02		
Copper	mg	0.230	0.035	2	0.269		
Manganese	mg	0.460	0.021	2	0.538		
Selenium	µg	15.4		0	18.0		
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.246	0.013	2	0.288		
Riboflavin	mg	0.080	0.009	2	0.094		
Niacin	mg	1.900	0.035	2	2.223		
Pantothenic acid	mg	0.658	0.038	2	0.770		
Vitamin B-6	mg	0.370		0	0.433		
Folate	µg	25	3.762	2	29		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	0		1	0		
Vitamin A, RE	µg	0		1	0		
Vitamin E, α-TE	mg	0.250		0	0.293		
Lipids:							
Saturated, total	g	0.543		0	0.635		
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	0.463		197	0.542		
17:0	g						
18:0	g	0.061		197	0.071		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.018	0	1.191
14:1	g			
16:1	g	0.003	197	0.004
18:1	g	1.015	197	1.188
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	1.759	0	2.058
18:2	g	1.706	197	1.996
18:3	g	0.053	197	0.062
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	0.049	0	0.057
Threonine	g	0.261	0	0.305
Isoleucine	g	0.248	0	0.290
Leucine	g	0.850	0	0.995
Lysine	g	0.195	0	0.228
Methionine	g	0.145	0	0.170
Cystine	g	0.125	0	0.146
Phenylalanine	g	0.340	0	0.398
Tyrosine	g	0.282	0	0.330
Valine	g	0.351	0	0.411
Arginine	g	0.345	0	0.404
Histidine	g	0.211	0	0.247
Alanine	g	0.518	0	0.606
Aspartic acid	g	0.482	0	0.564
Glutamic acid	g	1.300	0	1.521
Glycine	g	0.284	0	0.332
Proline	g	0.605	0	0.708
Serine	g	0.329	0	0.385
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

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

NDB No. 20317 Corn flour, masa, enriched, yellow

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 114g	Measure 2*	Measure 3*
Proximates:							
Water	g	9.03	0.242	24	10.29		
Energy	kcal	365		0	416		
Energy	kj	1527		0	1741		
Protein (N x 5.95)	g	9.34	0.144	24	10.65		
Total lipid (fat)	g	3.78	0.099	24	4.31		
Carbohydrate, by difference	g	76.27		0	86.95		
Fiber, total dietary	g						
Ash	g	1.57	0.022	24	1.79		
Sugars, total	g						
Minerals:							
Calcium	mg	141	10.103	29	161		
Iron	mg	7.21	0.503	30	8.22		
Magnesium	mg	110	0.285	3	125		
Phosphorus	mg	223	27.332	8	254		
Potassium	mg	298	20.888	9	340		
Sodium	mg	5	1.172	6	6		
Zinc	mg	1.78	0.181	4	2.03		
Copper	mg	0.169	0.023	9	0.193		
Manganese	mg	0.484	0.021	10	0.552		
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	1.429	0.087	22	1.629		
Riboflavin	mg	0.753	0.051	22	0.858		
Niacin	mg	9.843	0.443	22	11.221		
Pantothenic acid	mg	0.658		1	0.750		
Vitamin B-6	mg	0.370	0.070	3	0.422		
Folate	µg	187		0	213		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	469		1	535		
Vitamin A, RE	µg	47		1	54		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.532		0	0.606		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g	0.453		197	0.516		
17:0	g						
18:0	g	0.060		197	0.068		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.997	0	1.137
14:1	g			
16:1	g	0.003	197	0.003
18:1	g	0.994	197	1.133
20:1	g			
22.1	g			
Polyunsaturated, total	g	1.724	0	1.965
18:2	g	1.672	197	1.906
18:3	g	0.052	197	0.059
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.066	0	0.075
Threonine	g	0.351	0	0.400
Isoleucine	g	0.334	0	0.381
Leucine	g	1.146	0	1.306
Lysine	g	0.263	0	0.300
Methionine	g	0.196	0	0.223
Cystine	g	0.168	0	0.192
Phenylalanine	g	0.459	0	0.523
Tyrosine	g	0.380	0	0.433
Valine	g	0.473	0	0.539
Arginine	g	0.466	0	0.531
Histidine	g	0.285	0	0.325
Alanine	g	0.699	0	0.797
Aspartic acid	g	0.650	0	0.741
Glutamic acid	g	1.754	0	2.000
Glycine	g	0.383	0	0.437
Proline	g	0.815	0	0.929
Serine	g	0.444	0	0.506
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

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

NDB No. 20320 Cornmeal, whole-grain, 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* 122g	Measure 2*	Measure 3*
Proximates:							
Water	g	10.26	0.140	10	12.52		
Energy	kcal	362		0	442		
Energy	kj	1515		0	1848		
Protein (N x 5.95)	g	8.12	0.306	7	9.91		
Total lipid (fat)	g	3.59	0.227	7	4.38		
Carbohydrate, by difference	g	76.89		0	93.81		
Fiber, total dietary	g	7.3		0	8.9		
Ash	g	1.13	0.032	7	1.38		
Sugars, total	g						
Minerals:							
Calcium	mg	6	1.029	9	7		
Iron	mg	3.45	0.371	9	4.21		
Magnesium	mg	127	18.535	6	155		
Phosphorus	mg	241	9.434	3	294		
Potassium	mg	287	9.760	6	350		
Sodium	mg	35	5.497	6	43		
Zinc	mg	1.82	0.109	6	2.22		
Copper	mg	0.193	0.021	6	0.235		
Manganese	mg	0.498	0.020	3	0.608		
Selenium	µg	15.5		0	18.9		
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.385	0.052	8	0.470		
Riboflavin	mg	0.201	0.034	9	0.245		
Niacin	mg	3.632	0.537	8	4.431		
Pantothenic acid	mg	0.425	0.054	6	0.518		
Vitamin B-6	mg	0.304	0.035	3	0.371		
Folate	µg	25		0	31		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	0		1	0		
Vitamin A, RE	µg	0		1	0		
Vitamin E, α-TE	mg	0.330		0	0.403		
Lipids:							
Saturated, total	g	0.505		0	0.616		
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	0.431		0	0.526		
17:0	g						
18:0	g	0.057		0	0.070		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.948	0	1.157
14:1	g			
16:1	g	0.003	0	0.004
18:1	g	0.945	0	1.153
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	1.638	0	1.998
18:2	g	1.589	0	1.939
18:3	g	0.049	0	0.060
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.057	0	0.070
Threonine	g	0.305	0	0.372
Isoleucine	g	0.291	0	0.355
Leucine	g	0.996	0	1.215
Lysine	g	0.228	0	0.278
Methionine	g	0.170	0	0.207
Cystine	g	0.146	0	0.178
Phenylalanine	g	0.399	0	0.487
Tyrosine	g	0.330	0	0.403
Valine	g	0.411	0	0.501
Arginine	g	0.405	0	0.494
Histidine	g	0.248	0	0.303
Alanine	g	0.608	0	0.742
Aspartic acid	g	0.565	0	0.689
Glutamic acid	g	1.525	0	1.860
Glycine	g	0.333	0	0.406
Proline	g	0.709	0	0.865
Serine	g	0.386	0	0.471
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

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

NDB No. 20321 Spaghetti, cooked, enriched, with 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* 140g	Measure 2*	Measure 3*
Proximates:							
Water	g	65.99	0.750	38	92.39		
Energy	kcal	141		0	197		
Energy	kj	590		0	826		
Protein (N x 5.95)	g	4.77	0.114	29	6.68		
Total lipid (fat)	g	0.67	0.024	29	0.94		
Carbohydrate, by difference	g	28.34		0	39.68		
Fiber, total dietary	g	1.7		0	2.4		
Ash	g	0.24	0.044	27	0.34		
Sugars, total	g						
Minerals:							
Calcium	mg	7	0.417	45	10		
Iron	mg	1.40	0.065	46	1.96		
Magnesium	mg	18	1.289	46	25		
Phosphorus	mg	54	2.800	45	76		
Potassium	mg	31	1.571	46	43		
Sodium	mg	100		1	140		
Zinc	mg	0.53	0.035	46	0.74		
Copper	mg	0.098	0.004	37	0.137		
Manganese	mg	0.285	0.015	46	0.399		
Selenium	µg	21.3	0.810	67	29.8		
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.204	0.010	29	0.286		
Riboflavin	mg	0.098	0.005	29	0.137		
Niacin	mg	1.672	0.093	29	2.341		
Pantothenic acid	mg	0.112	0.009	32	0.157		
Vitamin B-6	mg	0.035	0.005	29	0.049		
Folate	µg	70		0	98		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	0		0	0		
Vitamin A, RE	µg	0		0	0		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.095		0	0.133		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.001		0	0.001		
15.0	g						
16:0	g	0.083		0	0.116		
17:0	g						
18:0	g	0.011		0	0.015		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.079	0	0.111
14:1	g			
16:1	g			
18:1	g	0.079	0	0.111
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.273	0	0.382
18:2	g	0.249	0	0.349
18:3	g	0.024	0	0.034
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.061	0	0.085
Threonine	g	0.126	0	0.176
Isoleucine	g	0.184	0	0.258
Leucine	g	0.326	0	0.456
Lysine	g	0.091	0	0.127
Methionine	g	0.074	0	0.104
Cystine	g	0.134	0	0.188
Phenylalanine	g	0.231	0	0.323
Tyrosine	g	0.125	0	0.175
Valine	g	0.203	0	0.284
Arginine	g	0.176	0	0.246
Histidine	g	0.097	0	0.136
Alanine	g	0.140	0	0.196
Aspartic acid	g	0.195	0	0.273
Glutamic acid	g	1.718	0	2.405
Glycine	g	0.151	0	0.211
Proline	g	0.524	0	0.734
Serine	g	0.225	0	0.315
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

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

NDB No. 20322 Cornmeal, degermed, enriched, 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* 138g	Measure 2*	Measure 3*
Proximates:							
Water	g	11.59	0.049	513	15.99		
Energy	kcal	366		0	505		
Energy	kj	1531		0	2113		
Protein (N x 5.95)	g	8.48	0.060	127	11.70		
Total lipid (fat)	g	1.65	0.032	128	2.28		
Carbohydrate, by difference	g	77.68		0	107.20		
Fiber, total dietary	g	7.4		0	10.2		
Ash	g	0.60	0.010	127	0.83		
Sugars, total	g						
Minerals:							
Calcium	mg	5	1.366	8	7		
Iron	mg	4.13	0.055	207	5.70		
Magnesium	mg	40	5.045	8	55		
Phosphorus	mg	84	10.675	8	116		
Potassium	mg	162	13.315	24	224		
Sodium	mg	3	0.637	114	4		
Zinc	mg	0.72	0.058	27	0.99		
Copper	mg	0.078	0.006	23	0.108		
Manganese	mg	0.105	0.006	3	0.145		
Selenium	µg	7.8		0	10.8		
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.715	0.014	128	0.987		
Riboflavin	mg	0.407	0.009	129	0.562		
Niacin	mg	5.034	0.109	133	6.947		
Pantothenic acid	mg	0.312	0.023	25	0.431		
Vitamin B-6	mg	0.257	0.041	5	0.355		
Folate	µg	187		0	258		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	0		1	0		
Vitamin A, RE	µg	0		1	0		
Vitamin E, α-TE	mg	0.330		0	0.455		
Lipids:							
Saturated, total	g	0.225		0	0.311		
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		327	0.000		
12:0	g	0.001		327	0.001		
14:0	g	0.001		327	0.001		
15.0	g						
16:0	g	0.186		327	0.257		
17:0	g						
18:0	g	0.025		327	0.035		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.412	0	0.569
14:1	g			
16:1	g	0.005	327	0.007
18:1	g	0.407	327	0.562
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.710	0	0.980
18:2	g	0.690	327	0.952
18:3	g	0.020	327	0.028
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

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

NDB No. 20323 Cornmeal, self-rising, bolted, plain, enriched, 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* 122g	Measure 2*	Measure 3*
Proximates:							
Water	g	12.59	0.037	442	15.36		
Energy	kcal	334		0	407		
Energy	kj	1397		0	1704		
Protein (N x 5.95)	g	8.28	0.111	17	10.10		
Total lipid (fat)	g	3.40	0.100	2	4.15		
Carbohydrate, by difference	g	70.28		0	85.74		
Fiber, total dietary	g	6.7		0	8.2		
Ash	g	5.45	0.046	17	6.65		
Sugars, total	g						
Minerals:							
Calcium	mg	361	6.875	16	440		
Iron	mg	5.76		1	7.03		
Magnesium	mg	86		1	105		
Phosphorus	mg	804	16.370	16	981		
Potassium	mg	255	48.005	3	311		
Sodium	mg	1247	156.251	3	1521		
Zinc	mg	2.00		1	2.44		
Copper	mg	0.150		1	0.183		
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.661		1	0.806		
Riboflavin	mg	0.400		1	0.488		
Niacin	mg	5.291		1	6.455		
Pantothenic acid	mg	0.425		1	0.518		
Vitamin B-6	mg	0.540		1	0.659		
Folate	µg	187		0	228		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	0		1	0		
Vitamin A, RE	µg	0		1	0		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.478		0	0.583		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g	0.408		197	0.498		
17:0	g						
18:0	g	0.054		197	0.066		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.897	0	1.094
14:1	g			
16:1	g	0.003	197	0.004
18:1	g	0.894	197	1.091
20:1	g			
22.1	g			
Polyunsaturated, total	g	1.550	0	1.891
18:2	g	1.503	197	1.834
18:3	g	0.047	197	0.057
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.058	0	0.071
Threonine	g	0.311	0	0.379
Isoleucine	g	0.296	0	0.361
Leucine	g	1.015	0	1.238
Lysine	g	0.233	0	0.284
Methionine	g	0.174	0	0.212
Cystine	g	0.149	0	0.182
Phenylalanine	g	0.407	0	0.497
Tyrosine	g	0.337	0	0.411
Valine	g	0.419	0	0.511
Arginine	g	0.413	0	0.504
Histidine	g	0.253	0	0.309
Alanine	g	0.620	0	0.756
Aspartic acid	g	0.576	0	0.703
Glutamic acid	g	1.554	0	1.896
Glycine	g	0.339	0	0.414
Proline	g	0.723	0	0.882
Serine	g	0.393	0	0.479
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

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

NDB No. 20324 Cornmeal, self-rising, bolted, with wheat flour added, enriched, 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*	Measure 3*
Proximates:							
Water	g	10.33	0.101	43	17.56		
Energy	kcal	348		0	592		
Energy	kj	1456		0	2475		
Protein (N x 5.95)	g	8.41	0.060	39	14.30		
Total lipid (fat)	g	2.85	0.168	43	4.84		
Carbohydrate, by difference	g	73.43		0	124.83		
Fiber, total dietary	g	6.3		0	10.7		
Ash	g	4.98	0.049	43	8.47		
Sugars, total	g						
Minerals:							
Calcium	mg	299	5.521	38	508		
Iron	mg	4.95	0.937	6	8.41		
Magnesium	mg	54	19.500	2	92		
Phosphorus	mg	651	13.495	37	1107		
Potassium	mg	207	20.553	8	352		
Sodium	mg	1319	22.355	8	2242		
Zinc	mg	1.39	0.082	10	2.36		
Copper	mg	0.139	0.007	10	0.236		
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.713	0.160	6	1.212		
Riboflavin	mg	0.433	0.099	6	0.736		
Niacin	mg	5.202	0.898	8	8.843		
Pantothenic acid	mg	0.383	0.065	10	0.651		
Vitamin B-6	mg	0.385	0.125	2	0.655		
Folate	µg	184		0	313		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	0		1	0		
Vitamin A, RE	µg	0		1	0		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.400		0	0.680		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g	0.341		0	0.580		
17:0	g						
18:0	g	0.045		0	0.077		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.751	0	1.277
14:1	g			
16:1	g	0.002	0	0.003
18:1	g	0.748	0	1.272
20:1	g			
22.1	g			
Polyunsaturated, total	g	1.297	0	2.205
18:2	g	1.258	0	2.139
18:3	g	0.039	0	0.066
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.065	0	0.111
Threonine	g	0.305	0	0.518
Isoleucine	g	0.300	0	0.510
Leucine	g	0.973	0	1.654
Lysine	g	0.230	0	0.391
Methionine	g	0.173	0	0.294
Cystine	g	0.155	0	0.264
Phenylalanine	g	0.414	0	0.704
Tyrosine	g	0.332	0	0.564
Valine	g	0.415	0	0.706
Arginine	g	0.410	0	0.697
Histidine	g	0.249	0	0.423
Alanine	g	0.584	0	0.993
Aspartic acid	g	0.555	0	0.944
Glutamic acid	g	1.736	0	2.951
Glycine	g	0.340	0	0.578
Proline	g	0.765	0	1.301
Serine	g	0.402	0	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 cup

NDB No. 20325 Cornmeal, self-rising, degermed, enriched, 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* 138g	Measure 2*	Measure 3*
Proximates:							
Water	g	10.17	0.217	21	14.03		
Energy	kcal	355		0	490		
Energy	kj	1485		0	2049		
Protein (N x 5.95)	g	8.41	0.079	20	11.61		
Total lipid (fat)	g	1.72	0.106	21	2.37		
Carbohydrate, by difference	g	74.79		0	103.21		
Fiber, total dietary	g	7.1		0	9.8		
Ash	g	4.91	0.038	21	6.78		
Sugars, total	g						
Minerals:							
Calcium	mg	350	5.142	20	483		
Iron	mg	4.73	0.163	20	6.53		
Magnesium	mg	49		1	68		
Phosphorus	mg	623	8.900	19	860		
Potassium	mg	170	7.475	4	235		
Sodium	mg	1348	47.041	4	1860		
Zinc	mg	1.00		1	1.38		
Copper	mg	0.130		1	0.179		
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.678	0.025	20	0.936		
Riboflavin	mg	0.387	0.016	21	0.534		
Niacin	mg	4.566	0.196	21	6.301		
Pantothenic acid	mg						
Vitamin B-6	mg	0.390		1	0.538		
Folate	µg	187		0	258		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	0		1	0		
Vitamin A, RE	µg	0		1	0		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.234		0	0.323		
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		0	0.000		
12:0	g	0.001		0	0.001		
14:0	g	0.001		0	0.001		
15.0	g						
16:0	g	0.194		0	0.268		
17:0	g						
18:0	g	0.026		0	0.036		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.429	0	0.592
14:1	g			
16:1	g	0.005	0	0.007
18:1	g	0.424	0	0.585
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.739	0	1.020
18:2	g	0.719	0	0.992
18:3	g	0.020	0	0.028
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

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

NDB No. 20330 Hominy, canned, yellow

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 160g	Measure 2*	Measure 3*
Proximates:							
Water	g	82.53	1.910	9	132.05		
Energy	kcal	72		0	115		
Energy	kj	301		0	482		
Protein (N x 5.95)	g	1.48	0.237	7	2.37		
Total lipid (fat)	g	0.88	0.176	7	1.41		
Carbohydrate, by difference	g	14.26		0	22.82		
Fiber, total dietary	g	2.5		0	4.0		
Ash	g	0.86	0.085	7	1.38		
Sugars, total	g						
Minerals:							
Calcium	mg	10	2.154	9	16		
Iron	mg	0.62	0.099	9	0.99		
Magnesium	mg	16	0.882	7	26		
Phosphorus	mg	35	3.020	7	56		
Potassium	mg	9	2.049	7	14		
Sodium	mg	210	19.570	7	336		
Zinc	mg	1.05	0.103	6	1.68		
Copper	mg	0.030	0.013	5	0.048		
Manganese	mg	0.070	0.007	2	0.112		
Selenium	µg	3.0		0	4.8		
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.003	0.002	8	0.005		
Riboflavin	mg	0.006	0.003	8	0.010		
Niacin	mg	0.033	0.013	6	0.053		
Pantothenic acid	mg	0.154	0.052	4	0.246		
Vitamin B-6	mg	0.005	0.003	4	0.008		
Folate	µg	1	0.122	4	2		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	110		1	176		
Vitamin A, RE	µg	11		1	18		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.123		0	0.197		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g	0.105		197	0.168		
17:0	g						
18:0	g	0.014		197	0.022		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.231	0	0.370
14:1	g			
16:1	g	0.001	197	0.002
18:1	g	0.230	197	0.368
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.399	0	0.638
18:2	g	0.387	197	0.619
18:3	g	0.012	197	0.019
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.008	0	0.013
Threonine	g	0.050	0	0.080
Isoleucine	g	0.058	0	0.093
Leucine	g	0.202	0	0.323
Lysine	g	0.033	0	0.053
Methionine	g	0.031	0	0.050
Cystine	g	0.033	0	0.053
Phenylalanine	g	0.076	0	0.122
Tyrosine	g	0.056	0	0.090
Valine	g	0.077	0	0.123
Arginine	g	0.068	0	0.109
Histidine	g	0.045	0	0.072
Alanine	g	0.107	0	0.171
Aspartic acid	g	0.115	0	0.184
Glutamic acid	g	0.299	0	0.478
Glycine	g	0.052	0	0.083
Proline	g	0.138	0	0.221
Serine	g	0.065	0	0.104
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

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

NDB No. 20345 Rice, white, long-grain, regular, cooked, enriched, with salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 158g	Measure 2*	Measure 3*
Proximates:							
Water	g	68.44	0.398	23	108.14		
Energy	kcal	130		0	205		
Energy	kj	544		0	860		
Protein (N x 5.95)	g	2.69	0.059	20	4.25		
Total lipid (fat)	g	0.28	0.030	6	0.44		
Carbohydrate, by difference	g	28.17		0	44.51		
Fiber, total dietary	g	0.4		0	0.6		
Ash	g	0.41	0.059	20	0.65		
Sugars, total	g						
Minerals:							
Calcium	mg	10	0.868	33	16		
Iron	mg	1.20	0.093	39	1.90		
Magnesium	mg	12	0.566	38	19		
Phosphorus	mg	43	1.833	27	68		
Potassium	mg	35	1.936	34	55		
Sodium	mg	382		1	604		
Zinc	mg	0.49	0.026	43	0.77		
Copper	mg	0.069	0.005	42	0.109		
Manganese	mg	0.472	0.024	35	0.746		
Selenium	µg	7.5	0.459	47	11.8		
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.163	0.014	17	0.258		
Riboflavin	mg	0.013	0.001	9	0.021		
Niacin	mg	1.476	0.075	17	2.332		
Pantothenic acid	mg	0.390	0.033	13	0.616		
Vitamin B-6	mg	0.093	0.012	12	0.147		
Folate	µg	58		0	92		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	0		0	0		
Vitamin A, RE	µg	0		0	0		
Vitamin E, α-TE	mg	0.130		0	0.205		
Lipids:							
Saturated, total	g	0.077		0	0.122		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.000		0	0.000		
10:0	g	0.000		0	0.000		
12:0	g	0.000		0	0.000		
14:0	g	0.002		0	0.003		
15.0	g						
16:0	g	0.069		0	0.109		
17:0	g						
18:0	g	0.005		0	0.008		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.088	0	0.139
14:1	g			
16:1	g	0.001	0	0.002
18:1	g	0.087	0	0.137
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.076	0	0.120
18:2	g	0.062	0	0.098
18:3	g	0.013	0	0.021
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.031	0	0.049
Threonine	g	0.096	0	0.152
Isoleucine	g	0.116	0	0.183
Leucine	g	0.222	0	0.351
Lysine	g	0.097	0	0.153
Methionine	g	0.063	0	0.100
Cystine	g	0.055	0	0.087
Phenylalanine	g	0.144	0	0.228
Tyrosine	g	0.090	0	0.142
Valine	g	0.164	0	0.259
Arginine	g	0.224	0	0.354
Histidine	g	0.063	0	0.100
Alanine	g	0.156	0	0.246
Aspartic acid	g	0.253	0	0.400
Glutamic acid	g	0.524	0	0.828
Glycine	g	0.122	0	0.193
Proline	g	0.127	0	0.201
Serine	g	0.141	0	0.223
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

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

NDB No. 20381 Wheat flour, white, all-purpose, enriched, calcium-fortified

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 125g	Measure 2*	Measure 3*
Proximates:							
Water	g	11.92	0.184	72	14.90		
Energy	kcal	364		0	455		
Energy	kj	1523		0	1904		
Protein (N x 5.95)	g	10.33	0.131	61	12.91		
Total lipid (fat)	g	0.98	0.038	29	1.23		
Carbohydrate, by difference	g	76.31		0	95.39		
Fiber, total dietary	g	2.7		0	3.4		
Ash	g	0.47	0.015	61	0.59		
Sugars, total	g						
Minerals:							
Calcium	mg	252		1	315		
Iron	mg	4.64	0.074	23	5.80		
Magnesium	mg	22	0.586	129	28		
Phosphorus	mg	108	2.395	47	135		
Potassium	mg	107	2.696	94	134		
Sodium	mg	2	0.226	82	3		
Zinc	mg	0.70	0.020	136	0.88		
Copper	mg	0.144	0.006	49	0.180		
Manganese	mg	0.682	0.030	48	0.853		
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.785	0.015	36	0.981		
Riboflavin	mg	0.494	0.016	32	0.618		
Niacin	mg	5.904	0.123	19	7.380		
Pantothenic acid	mg	0.438	0.093	10	0.548		
Vitamin B-6	mg	0.044	0.003	45	0.055		
Folate	µg	154		0	193		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	0		0	0		
Vitamin A, RE	µg	0		0	0		
Vitamin E, α-TE	mg	0.370		0	0.463		
Lipids:							
Saturated, total	g	0.155		0	0.194		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g	0.148		10	0.185		
17:0	g						
18:0	g	0.007		10	0.009		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.087	0	0.109
14:1	g			
16:1	g			
18:1	g	0.087	10	0.109
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.413	0	0.516
18:2	g	0.391	10	0.489
18:3	g	0.022	10	0.028
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.127	39	0.159
Threonine	g	0.281	67	0.351
Isoleucine	g	0.357	68	0.446
Leucine	g	0.710	68	0.888
Lysine	g	0.228	69	0.285
Methionine	g	0.183	67	0.229
Cystine	g	0.219	63	0.274
Phenylalanine	g	0.520	58	0.650
Tyrosine	g	0.312	56	0.390
Valine	g	0.415	58	0.519
Arginine	g	0.417	51	0.521
Histidine	g	0.230	51	0.287
Alanine	g	0.332	49	0.415
Aspartic acid	g	0.435	49	0.544
Glutamic acid	g	3.479	49	4.349
Glycine	g	0.371	49	0.464
Proline	g	1.198	49	1.498
Serine	g	0.516	49	0.645
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

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

NDB No. 20400 Macaroni, cooked, unenriched

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 140g	Measure 2*	Measure 3*
Proximates:							
Water	g	65.99	0.750	38	92.39		
Energy	kcal	141		0	197		
Energy	kj	590		0	826		
Protein (N x 5.95)	g	4.77	0.114	29	6.68		
Total lipid (fat)	g	0.67	0.024	29	0.94		
Carbohydrate, by difference	g	28.34		0	39.68		
Fiber, total dietary	g	1.3		0	1.8		
Ash	g	0.24	0.044	27	0.34		
Sugars, total	g						
Minerals:							
Calcium	mg	7	0.417	45	10		
Iron	mg	0.50		1	0.70		
Magnesium	mg	18	1.289	46	25		
Phosphorus	mg	54	2.800	45	76		
Potassium	mg	31	1.571	46	43		
Sodium	mg	1	0.122	33	1		
Zinc	mg	0.53	0.035	46	0.74		
Copper	mg	0.098	0.004	37	0.137		
Manganese	mg	0.285	0.015	46	0.399		
Selenium	µg	21.3	0.810	67	29.8		
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.020		1	0.028		
Riboflavin	mg	0.020		1	0.028		
Niacin	mg	0.400		1	0.560		
Pantothenic acid	mg	0.112	0.009	32	0.157		
Vitamin B-6	mg	0.035	0.005	29	0.049		
Folate	µg	7	0.886	22	10		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	0		0	0		
Vitamin A, RE	µg	0		0	0		
Vitamin E, α-TE	mg	0.030		0	0.042		
Lipids:							
Saturated, total	g	0.095		0	0.133		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.000		0	0.000		
10:0	g	0.000		0	0.000		
12:0	g	0.000		0	0.000		
14:0	g	0.001		0	0.001		
15.0	g						
16:0	g	0.083		0	0.116		
17:0	g						
18:0	g	0.011		0	0.015		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.079	0	0.111
14:1	g			
16:1	g	0.000	0	0.000
18:1	g	0.079	0	0.111
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.273	0	0.382
18:2	g	0.249	0	0.349
18:3	g	0.024	0	0.034
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.061	0	0.085
Threonine	g	0.126	0	0.176
Isoleucine	g	0.184	0	0.258
Leucine	g	0.326	0	0.456
Lysine	g	0.091	0	0.127
Methionine	g	0.074	0	0.104
Cystine	g	0.134	0	0.188
Phenylalanine	g	0.231	0	0.323
Tyrosine	g	0.125	0	0.175
Valine	g	0.203	0	0.284
Arginine	g	0.176	0	0.246
Histidine	g	0.097	0	0.136
Alanine	g	0.140	0	0.196
Aspartic acid	g	0.195	0	0.273
Glutamic acid	g	1.718	0	2.405
Glycine	g	0.151	0	0.211
Proline	g	0.524	0	0.734
Serine	g	0.225	0	0.315
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

*** Common Measures:**

Measure 1: 1 cup elbow shaped

NDB No. 20409 Noodles, egg, dry, unenriched

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 38g	Measure 2*	Measure 3*
Proximates:							
Water	g	9.67	0.434	31	3.67		
Energy	kcal	381		0	145		
Energy	kj	1594		0	606		
Protein (N x 5.95)	g	14.02	0.291	43	5.33		
Total lipid (fat)	g	4.21	0.152	42	1.60		
Carbohydrate, by difference	g	71.13		0	27.03		
Fiber, total dietary	g	2.7		0	1.0		
Ash	g	0.97	0.038	28	0.37		
Sugars, total	g						
Minerals:							
Calcium	mg	31	0.874	45	12		
Iron	mg	1.90		1	0.72		
Magnesium	mg	60	2.316	34	23		
Phosphorus	mg	214	5.370	33	81		
Potassium	mg	234	4.602	79	89		
Sodium	mg	21	0.906	85	8		
Zinc	mg	1.60	0.048	21	0.61		
Copper	mg	0.298	0.018	21	0.113		
Manganese	mg	0.716	0.028	17	0.272		
Selenium	µg	59.2	7.125	7	22.5		
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.170		1	0.065		
Riboflavin	mg	0.090		1	0.034		
Niacin	mg	2.100		0	0.798		
Pantothenic acid	mg	0.700	0.067	15	0.266		
Vitamin B-6	mg	0.122	0.009	13	0.046		
Folate	µg	29	6.837	12	11		
Vitamin B-12	µg	0.40		1	0.15		
Vitamin A	IU	62	8.500	2	24		
Vitamin A, RE	µg	18		0	7		
Vitamin E, α-TE	mg	0.160		0	0.061		
Lipids:							
Saturated, total	g	0.889		0	0.338		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.000		0	0.000		
10:0	g	0.000		0	0.000		
12:0	g	0.000		0	0.000		
14:0	g	0.011		0	0.004		
15.0	g						
16:0	g	0.723		0	0.275		
17:0	g						
18:0	g	0.155		0	0.059		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.232		0	0.468
14:1	g				
16:1	g	0.095		0	0.036
18:1	g	1.137		0	0.432
20:1	g	0.000		0	0.000
22.1	g	0.000		0	0.000
Polyunsaturated, total	g	1.170		0	0.445
18:2	g	1.106		0	0.420
18:3	g	0.061		0	0.023
18:4	g	0.000		0	0.000
20:4	g	0.003		0	0.001
20:5	g	0.000		0	0.000
22:5	g	0.000		0	0.000
22:6	g	0.000		0	0.000
Cholesterol	mg	95	2.795	48	36
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.187		0	0.071
Threonine	g	0.424		0	0.161
Isoleucine	g	0.597		0	0.227
Leucine	g	1.002		0	0.381
Lysine	g	0.383		0	0.146
Methionine	g	0.257		0	0.098
Cystine	g	0.383		0	0.146
Phenylalanine	g	0.699		0	0.266
Tyrosine	g	0.405		0	0.154
Valine	g	0.665		0	0.253
Arginine	g	0.580		0	0.220
Histidine	g	0.293		0	0.111
Alanine	g	0.478		0	0.182
Aspartic acid	g	0.711		0	0.270
Glutamic acid	g	4.480		0	1.702
Glycine	g	0.446		0	0.169
Proline	g	1.368		0	0.520
Serine	g	0.728		0	0.277
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

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

NDB No. 20410 Noodles, egg, cooked, unenriched, without 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* 160g	Measure 2*	Measure 3*
Proximates:							
Water	g	68.70	0.875	23	109.92		
Energy	kcal	133		0	213		
Energy	kj	556		0	890		
Protein (N x 5.95)	g	4.75	0.149	14	7.60		
Total lipid (fat)	g	1.47	0.049	13	2.35		
Carbohydrate, by difference	g	24.84		0	39.74		
Fiber, total dietary	g	1.1		0	1.8		
Ash	g	0.24	0.015	14	0.38		
Sugars, total	g						
Minerals:							
Calcium	mg	12	0.629	30	19		
Iron	mg	0.60		1	0.96		
Magnesium	mg	19	1.186	31	30		
Phosphorus	mg	69	3.006	30	110		
Potassium	mg	28	2.026	31	45		
Sodium	mg	7	2.457	24	11		
Zinc	mg	0.62	0.032	31	0.99		
Copper	mg	0.086	0.007	24	0.138		
Manganese	mg	0.262	0.016	31	0.419		
Selenium	µg	21.7	1.075	52	34.7		
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.030		1	0.048		
Riboflavin	mg	0.020		1	0.032		
Niacin	mg	0.400		1	0.640		
Pantothenic acid	mg	0.145	0.014	15	0.232		
Vitamin B-6	mg	0.036	0.005	12	0.058		
Folate	µg	7	1.371	12	11		
Vitamin B-12	µg	0.09		1	0.14		
Vitamin A	IU	20		0	32		
Vitamin A, RE	µg	6		0	10		
Vitamin E, α-TE	mg	0.050		0	0.080		
Lipids:							
Saturated, total	g	0.310		0	0.496		
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	0.006		
15.0	g						
16:0	g	0.252		0	0.403		
17:0	g						
18:0	g	0.054		0	0.086		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.430	0	0.688
14:1	g			
16:1	g	0.033	0	0.053
18:1	g	0.397	0	0.635
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.408	0	0.653
18:2	g	0.386	0	0.618
18:3	g	0.021	0	0.034
18:4	g	0.000	0	0.000
20:4	g	0.001	0	0.002
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	33	0	53
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.063	0	0.101
Threonine	g	0.144	0	0.230
Isoleucine	g	0.202	0	0.323
Leucine	g	0.339	0	0.542
Lysine	g	0.130	0	0.208
Methionine	g	0.087	0	0.139
Cystine	g	0.130	0	0.208
Phenylalanine	g	0.236	0	0.378
Tyrosine	g	0.137	0	0.219
Valine	g	0.225	0	0.360
Arginine	g	0.196	0	0.314
Histidine	g	0.099	0	0.158
Alanine	g	0.162	0	0.259
Aspartic acid	g	0.241	0	0.386
Glutamic acid	g	1.516	0	2.426
Glycine	g	0.151	0	0.242
Proline	g	0.463	0	0.741
Serine	g	0.246	0	0.394
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

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

NDB No. 20420 Spaghetti, dry, unenriched

Refuse: 0%

Nutrients 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	10.25	0.233	57	5.84		
Energy	kcal	371		0	211		
Energy	kj	1552		0	885		
Protein (N x 5.95)	g	12.78	0.161	70	7.28		
Total lipid (fat)	g	1.58	0.064	47	0.90		
Carbohydrate, by difference	g	74.69		0	42.57		
Fiber, total dietary	g	2.4		0	1.4		
Ash	g	0.70	0.014	58	0.40		
Sugars, total	g						
Minerals:							
Calcium	mg	18	0.544	54	10		
Iron	mg	1.30		1	0.74		
Magnesium	mg	48	1.981	47	27		
Phosphorus	mg	150	4.516	41	86		
Potassium	mg	162	3.566	90	92		
Sodium	mg	7	0.520	87	4		
Zinc	mg	1.21	0.057	36	0.69		
Copper	mg	0.254	0.014	36	0.145		
Manganese	mg	0.694	0.032	32	0.396		
Selenium	µg	62.2	3.130	23	35.5		
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.090		1	0.051		
Riboflavin	mg	0.060		1	0.034		
Niacin	mg	1.700		1	0.969		
Pantothenic acid	mg	0.431	0.026	27	0.246		
Vitamin B-6	mg	0.106	0.007	29	0.060		
Folate	µg	18	1.430	30	10		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	0	0.000	7	0		
Vitamin A, RE	µg	0		0	0		
Vitamin E, α-TE	mg	0.160		0	0.091		
Lipids:							
Saturated, total	g	0.225		0	0.128		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.003		0	0.002		
15.0	g						
16:0	g	0.197		0	0.112		
17:0	g						
18:0	g	0.025		0	0.014		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.186	0	0.106
14:1	g			
16:1	g			
18:1	g	0.186	0	0.106
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.647	0	0.369
18:2	g	0.591	0	0.337
18:3	g	0.056	0	0.032
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	0.164	0	0.093
Threonine	g	0.338	0	0.193
Isoleucine	g	0.494	0	0.282
Leucine	g	0.874	0	0.498
Lysine	g	0.245	0	0.140
Methionine	g	0.199	0	0.113
Cystine	g	0.361	0	0.206
Phenylalanine	g	0.621	0	0.354
Tyrosine	g	0.336	0	0.192
Valine	g	0.545	0	0.311
Arginine	g	0.471	0	0.268
Histidine	g	0.259	0	0.148
Alanine	g	0.375	0	0.214
Aspartic acid	g	0.522	0	0.298
Glutamic acid	g	4.609	0	2.627
Glycine	g	0.404	0	0.230
Proline	g	1.406	0	0.801
Serine	g	0.602	0	0.343
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

NDB No. 20421 Spaghetti, cooked, unenriched, without 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* 140g	Measure 2*	Measure 3*
Proximates:							
Water	g	65.99	0.750	38	92.39		
Energy	kcal	141		0	197		
Energy	kj	590		0	826		
Protein (N x 5.95)	g	4.77	0.114	29	6.68		
Total lipid (fat)	g	0.67	0.024	29	0.94		
Carbohydrate, by difference	g	28.34		0	39.68		
Fiber, total dietary	g	1.7		0	2.4		
Ash	g	0.24	0.044	27	0.34		
Sugars, total	g						
Minerals:							
Calcium	mg	7	0.417	45	10		
Iron	mg	0.50		1	0.70		
Magnesium	mg	18	1.289	46	25		
Phosphorus	mg	54	2.800	45	76		
Potassium	mg	31	1.571	46	43		
Sodium	mg	1	0.122	33	1		
Zinc	mg	0.53	0.035	46	0.74		
Copper	mg	0.098	0.004	37	0.137		
Manganese	mg	0.285	0.015	46	0.399		
Selenium	µg	21.3	0.810	67	29.8		
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.020		1	0.028		
Riboflavin	mg	0.020		1	0.028		
Niacin	mg	0.400		1	0.560		
Pantothenic acid	mg	0.112	0.009	32	0.157		
Vitamin B-6	mg	0.035	0.005	29	0.049		
Folate	µg	7	0.886	22	10		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	0		0	0		
Vitamin A, RE	µg	0		0	0		
Vitamin E, α-TE	mg	0.060		0	0.084		
Lipids:							
Saturated, total	g	0.095		0	0.133		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.000		0	0.000		
10:0	g	0.000		0	0.000		
12:0	g	0.000		0	0.000		
14:0	g	0.001		0	0.001		
15.0	g						
16:0	g	0.083		0	0.116		
17:0	g						
18:0	g	0.011		0	0.015		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.079	0	0.111
14:1	g			
16:1	g	0.000	0	0.000
18:1	g	0.079	0	0.111
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.273	0	0.382
18:2	g	0.249	0	0.349
18:3	g	0.024	0	0.034
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.061	0	0.085
Threonine	g	0.126	0	0.176
Isoleucine	g	0.184	0	0.258
Leucine	g	0.326	0	0.456
Lysine	g	0.091	0	0.127
Methionine	g	0.074	0	0.104
Cystine	g	0.134	0	0.188
Phenylalanine	g	0.231	0	0.323
Tyrosine	g	0.125	0	0.175
Valine	g	0.203	0	0.284
Arginine	g	0.176	0	0.246
Histidine	g	0.097	0	0.136
Alanine	g	0.140	0	0.196
Aspartic acid	g	0.195	0	0.273
Glutamic acid	g	1.718	0	2.405
Glycine	g	0.151	0	0.211
Proline	g	0.524	0	0.734
Serine	g	0.225	0	0.315
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

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

NDB No. 20422 Cornmeal, degermed, unenriched, yellow

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 138g	Measure 2*	Measure 3*
Proximates:							
Water	g	11.59	0.049	513	15.99		
Energy	kcal	366		0	505		
Energy	kj	1531		0	2113		
Protein (N x 5.95)	g	8.48	0.060	127	11.70		
Total lipid (fat)	g	1.65	0.032	128	2.28		
Carbohydrate, by difference	g	77.68		0	107.20		
Fiber, total dietary	g	7.4		0	10.2		
Ash	g	0.60	0.010	127	0.83		
Sugars, total	g						
Minerals:							
Calcium	mg	5	1.366	8	7		
Iron	mg	1.10		1	1.52		
Magnesium	mg	40	5.045	8	55		
Phosphorus	mg	84	10.675	8	116		
Potassium	mg	162	13.315	24	224		
Sodium	mg	3	0.637	114	4		
Zinc	mg	0.72	0.058	27	0.99		
Copper	mg	0.078	0.006	23	0.108		
Manganese	mg	0.105	0.006	3	0.145		
Selenium	µg	7.8	0.965	13	10.8		
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.140		1	0.193		
Riboflavin	mg	0.050		1	0.069		
Niacin	mg	1.000		1	1.380		
Pantothenic acid	mg	0.312	0.023	25	0.431		
Vitamin B-6	mg	0.257	0.041	5	0.355		
Folate	µg	48	3.385	23	66		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	413	7.700	2	570		
Vitamin A, RE	µg	41		0	57		
Vitamin E, α-TE	mg	0.330		0	0.455		
Lipids:							
Saturated, total	g	0.225		0	0.311		
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		327	0.000		
12:0	g	0.001		327	0.001		
14:0	g	0.001		327	0.001		
15.0	g						
16:0	g	0.186		327	0.257		
17:0	g						
18:0	g	0.025		327	0.035		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.412	0	0.569
14:1	g			
16:1	g	0.005	327	0.007
18:1	g	0.407	327	0.562
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.710	0	0.980
18:2	g	0.690	327	0.952
18:3	g	0.020	327	0.028
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

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

NDB No. 20444 Rice, white, long-grain, regular, raw, unenriched

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 185g	Measure 2*	Measure 3*
Proximates:							
Water	g	11.62	0.332	58	21.50		
Energy	kcal	365		0	675		
Energy	kj	1527		0	2825		
Protein (N x 5.95)	g	7.13	0.134	70	13.19		
Total lipid (fat)	g	0.66	0.053	23	1.22		
Carbohydrate, by difference	g	79.95		0	147.91		
Fiber, total dietary	g	1.3		0	2.4		
Ash	g	0.64	0.022	60	1.18		
Sugars, total	g						
Minerals:							
Calcium	mg	28	3.052	22	52		
Iron	mg	0.80		1	1.48		
Magnesium	mg	25	1.776	13	46		
Phosphorus	mg	115	3.642	15	213		
Potassium	mg	115	10.363	17	213		
Sodium	mg	5	1.051	10	9		
Zinc	mg	1.09	0.068	13	2.02		
Copper	mg	0.220	0.016	13	0.407		
Manganese	mg	1.088	0.049	6	2.013		
Selenium	µg	15.1	5.193	7	27.9		
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.070		1	0.130		
Riboflavin	mg	0.049	0.011	19	0.091		
Niacin	mg	1.600		1	2.960		
Pantothenic acid	mg	1.014	0.194	6	1.876		
Vitamin B-6	mg	0.164	0.008	7	0.303		
Folate	µg	8	0.962	5	15		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	0		0	0		
Vitamin A, RE	µg	0		0	0		
Vitamin E, α-TE	mg	0.130		0	0.241		
Lipids:							
Saturated, total	g	0.180		0	0.333		
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		19	0.007		
15.0	g						
16:0	g	0.161		19	0.298		
17:0	g						
18:0	g	0.012		19	0.022		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.206	0	0.381
14:1	g			
16:1	g	0.002	19	0.004
18:1	g	0.203	19	0.376
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.177	0	0.327
18:2	g	0.146	19	0.270
18:3	g	0.031	19	0.057
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	0.083	95	0.154
Threonine	g	0.255	127	0.472
Isoleucine	g	0.308	109	0.570
Leucine	g	0.589	125	1.090
Lysine	g	0.258	141	0.477
Methionine	g	0.168	121	0.311
Cystine	g	0.146	53	0.270
Phenylalanine	g	0.381	104	0.705
Tyrosine	g	0.238	173	0.440
Valine	g	0.435	109	0.805
Arginine	g	0.594	96	1.099
Histidine	g	0.168	96	0.311
Alanine	g	0.413	84	0.764
Aspartic acid	g	0.670	83	1.240
Glutamic acid	g	1.389	83	2.570
Glycine	g	0.325	84	0.601
Proline	g	0.335	98	0.620
Serine	g	0.375	84	0.694
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

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

NDB No. 20445 Rice, white, long-grain, regular, cooked, unenriched, without salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 158g	Measure 2*	Measure 3*
Proximates:							
Water	g	68.44	0.398	23	108.14		
Energy	kcal	130		0	205		
Energy	kj	544		0	860		
Protein (N x 5.95)	g	2.69	0.059	20	4.25		
Total lipid (fat)	g	0.28	0.030	6	0.44		
Carbohydrate, by difference	g	28.17		0	44.51		
Fiber, total dietary	g	0.4		0	0.6		
Ash	g	0.41	0.059	20	0.65		
Sugars, total	g						
Minerals:							
Calcium	mg	10	0.868	33	16		
Iron	mg	0.20		1	0.32		
Magnesium	mg	12	0.566	38	19		
Phosphorus	mg	43	1.833	27	68		
Potassium	mg	35	1.936	34	55		
Sodium	mg	1	0.314	13	2		
Zinc	mg	0.49	0.026	43	0.77		
Copper	mg	0.069	0.005	42	0.109		
Manganese	mg	0.472	0.024	35	0.746		
Selenium	µg	7.5	0.459	47	11.8		
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.020		1	0.032		
Riboflavin	mg	0.013	0.001	9	0.021		
Niacin	mg	0.400		1	0.632		
Pantothenic acid	mg	0.390	0.033	13	0.616		
Vitamin B-6	mg	0.093	0.012	12	0.147		
Folate	µg	3	0.184	8	5		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	0		0	0		
Vitamin A, RE	µg	0		0	0		
Vitamin E, α-TE	mg	0.130		0	0.205		
Lipids:							
Saturated, total	g	0.077		0	0.122		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.000		0	0.000		
10:0	g	0.000		0	0.000		
12:0	g	0.000		0	0.000		
14:0	g	0.002		0	0.003		
15.0	g						
16:0	g	0.069		0	0.109		
17:0	g						
18:0	g	0.005		0	0.008		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.088	0	0.139
14:1	g			
16:1	g	0.001	0	0.002
18:1	g	0.087	0	0.137
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.076	0	0.120
18:2	g	0.062	0	0.098
18:3	g	0.013	0	0.021
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.031	0	0.049
Threonine	g	0.096	0	0.152
Isoleucine	g	0.116	0	0.183
Leucine	g	0.222	0	0.351
Lysine	g	0.097	0	0.153
Methionine	g	0.063	0	0.100
Cystine	g	0.055	0	0.087
Phenylalanine	g	0.144	0	0.228
Tyrosine	g	0.090	0	0.142
Valine	g	0.164	0	0.259
Arginine	g	0.224	0	0.354
Histidine	g	0.063	0	0.100
Alanine	g	0.156	0	0.246
Aspartic acid	g	0.253	0	0.400
Glutamic acid	g	0.524	0	0.828
Glycine	g	0.122	0	0.193
Proline	g	0.127	0	0.201
Serine	g	0.141	0	0.223
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

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

NDB No. 20446 Rice, white, long-grain, parboiled, dry, unenriched

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 185g	Measure 2*	Measure 3*
Proximates:							
Water	g	10.16	0.581	8	18.80		
Energy	kcal	371		0	686		
Energy	kj	1552		0	2871		
Protein (N x 5.95)	g	6.79	0.187	9	12.56		
Total lipid (fat)	g	0.56	0.106	8	1.04		
Carbohydrate, by difference	g	81.72		0	151.18		
Fiber, total dietary	g	1.7		0	3.1		
Ash	g	0.77	0.028	8	1.42		
Sugars, total	g						
Minerals:							
Calcium	mg	60	6.098	4	111		
Iron	mg	1.50		1	2.77		
Magnesium	mg	31	7.846	4	57		
Phosphorus	mg	136	8.829	4	252		
Potassium	mg	120	17.867	4	222		
Sodium	mg	5	1.884	4	9		
Zinc	mg	0.96	0.155	5	1.78		
Copper	mg	0.191	0.033	5	0.353		
Manganese	mg	0.850	0.063	3	1.573		
Selenium	µg	23.0	2.828	8	42.5		
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.100		1	0.185		
Riboflavin	mg	0.070		1	0.130		
Niacin	mg	3.632	0.426	4	6.719		
Pantothenic acid	mg	1.133	0.148	4	2.096		
Vitamin B-6	mg	0.350	0.029	4	0.648		
Folate	µg	17	0.477	3	31		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	0		0	0		
Vitamin A, RE	µg	0		0	0		
Vitamin E, α-TE	mg	0.130		0	0.241		
Lipids:							
Saturated, total	g	0.151		0	0.279		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.003		0	0.006		
15.0	g						
16:0	g	0.135		0	0.250		
17:0	g						
18:0	g	0.010		0	0.019		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.173	0	0.320
14:1	g			
16:1	g	0.002	0	0.004
18:1	g	0.171	0	0.316
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.149	0	0.276
18:2	g	0.122	0	0.226
18:3	g	0.026	0	0.048
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.079	0	0.146
Threonine	g	0.243	0	0.450
Isoleucine	g	0.293	0	0.542
Leucine	g	0.562	0	1.040
Lysine	g	0.246	0	0.455
Methionine	g	0.160	0	0.296
Cystine	g	0.139	0	0.257
Phenylalanine	g	0.363	0	0.672
Tyrosine	g	0.227	0	0.420
Valine	g	0.414	0	0.766
Arginine	g	0.566	0	1.047
Histidine	g	0.160	0	0.296
Alanine	g	0.394	0	0.729
Aspartic acid	g	0.638	0	1.180
Glutamic acid	g	1.325	0	2.451
Glycine	g	0.309	0	0.572
Proline	g	0.320	0	0.592
Serine	g	0.357	0	0.660
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

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

NDB No. 20447 Rice, white, long-grain, parboiled, cooked, unenriched

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 175g	Measure 2*	Measure 3*
Proximates:							
Water	g	72.49	0.516	4	126.86		
Energy	kcal	114		0	200		
Energy	kj	477		0	835		
Protein (N x 5.95)	g	2.29	0.018	4	4.01		
Total lipid (fat)	g	0.27	0.015	4	0.47		
Carbohydrate, by difference	g	24.73		0	43.28		
Fiber, total dietary	g	0.4		0	0.7		
Ash	g	0.22	0.028	4	0.39		
Sugars, total	g						
Minerals:							
Calcium	mg	19	2.500	3	33		
Iron	mg	0.20		1	0.35		
Magnesium	mg	12	2.007	3	21		
Phosphorus	mg	42	3.300	3	74		
Potassium	mg	37	7.167	3	65		
Sodium	mg	3	0.950	3	5		
Zinc	mg	0.31	0.007	3	0.54		
Copper	mg	0.094	0.003	3	0.164		
Manganese	mg	0.260	0.034	3	0.455		
Selenium	µg	8.2	0.696	10	14.3		
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.020		1	0.035		
Riboflavin	mg	0.018		0	0.032		
Niacin	mg	1.400		1	2.450		
Pantothenic acid	mg	0.324	0.038	3	0.567		
Vitamin B-6	mg	0.019		1	0.033		
Folate	µg	4		0	7		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU						
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.073		0	0.128		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.002		0	0.004		
15.0	g						
16:0	g	0.065		0	0.114		
17:0	g						
18:0	g	0.005		0	0.009		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.084	0	0.147
14:1	g			
16:1	g	0.001	0	0.002
18:1	g	0.083	0	0.145
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.072	0	0.126
18:2	g	0.059	0	0.103
18:3	g	0.013	0	0.023
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.027	0	0.047
Threonine	g	0.082	0	0.144
Isoleucine	g	0.099	0	0.173
Leucine	g	0.190	0	0.333
Lysine	g	0.083	0	0.145
Methionine	g	0.054	0	0.094
Cystine	g	0.047	0	0.082
Phenylalanine	g	0.122	0	0.213
Tyrosine	g	0.077	0	0.135
Valine	g	0.140	0	0.245
Arginine	g	0.191	0	0.334
Histidine	g	0.054	0	0.094
Alanine	g	0.133	0	0.233
Aspartic acid	g	0.215	0	0.376
Glutamic acid	g	0.447	0	0.782
Glycine	g	0.104	0	0.182
Proline	g	0.108	0	0.189
Serine	g	0.121	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 cup

NDB No. 20450 Rice, white, medium-grain, raw, unenriched

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 195g	Measure 2*	Measure 3*
Proximates:							
Water	g	12.89	0.476	16	25.14		
Energy	kcal	360		0	702		
Energy	kj	1506		0	2937		
Protein (N x 5.95)	g	6.61	0.197	18	12.89		
Total lipid (fat)	g	0.58	0.058	6	1.13		
Carbohydrate, by difference	g	79.34		0	154.71		
Fiber, total dietary	g						
Ash	g	0.58	0.044	17	1.13		
Sugars, total	g						
Minerals:							
Calcium	mg	9	0.410	2	18		
Iron	mg	0.80		1	1.56		
Magnesium	mg	35	1.775	2	68		
Phosphorus	mg	108	5.412	4	211		
Potassium	mg	86	5.551	5	168		
Sodium	mg	1	0.170	2	2		
Zinc	mg	1.16	0.064	2	2.26		
Copper	mg	0.110	0.001	2	0.215		
Manganese	mg	1.100	0.050	2	2.145		
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.070		1	0.137		
Riboflavin	mg	0.048	0.012	5	0.094		
Niacin	mg	1.600		1	3.120		
Pantothenic acid	mg	1.342	0.050	2	2.617		
Vitamin B-6	mg	0.145	0.006	2	0.283		
Folate	µg	9	0.417	2	18		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU						
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.158		0	0.308		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.003		0	0.006		
15.0	g						
16:0	g	0.141		0	0.275		
17:0	g						
18:0	g	0.011		0	0.021		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.181	0	0.353
14:1	g			
16:1	g	0.002	0	0.004
18:1	g	0.179	0	0.349
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.155	0	0.302
18:2	g	0.128	0	0.250
18:3	g	0.027	0	0.053
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	0.077	0	0.150
Threonine	g	0.236	0	0.460
Isoleucine	g	0.285	0	0.556
Leucine	g	0.546	0	1.065
Lysine	g	0.239	0	0.466
Methionine	g	0.155	0	0.302
Cystine	g	0.135	0	0.263
Phenylalanine	g	0.353	0	0.688
Tyrosine	g	0.221	0	0.431
Valine	g	0.403	0	0.786
Arginine	g	0.551	0	1.074
Histidine	g	0.155	0	0.302
Alanine	g	0.383	0	0.747
Aspartic acid	g	0.621	0	1.211
Glutamic acid	g	1.288	0	2.512
Glycine	g	0.301	0	0.587
Proline	g	0.311	0	0.606
Serine	g	0.347	0	0.677
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

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

NDB No. 20451 Rice, white, medium-grain, cooked, unenriched

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 186g	Measure 2*	Measure 3*
Proximates:							
Water	g	68.61		0	127.61		
Energy	kcal	130		0	242		
Energy	kj	544		0	1012		
Protein (N x 5.95)	g	2.38		0	4.43		
Total lipid (fat)	g	0.21		0	0.39		
Carbohydrate, by difference	g	28.59		0	53.18		
Fiber, total dietary	g						
Ash	g	0.21		0	0.39		
Sugars, total	g						
Minerals:							
Calcium	mg	3		0	6		
Iron	mg	0.20		1	0.37		
Magnesium	mg	13		0	24		
Phosphorus	mg	37		0	69		
Potassium	mg	29		0	54		
Sodium	mg	0		0	0		
Zinc	mg	0.42		0	0.78		
Copper	mg	0.038		0	0.071		
Manganese	mg	0.377		0	0.701		
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.020		1	0.037		
Riboflavin	mg	0.016		0	0.030		
Niacin	mg	0.400		1	0.744		
Pantothenic acid	mg	0.411		0	0.764		
Vitamin B-6	mg	0.050		0	0.093		
Folate	µg	2		0	4		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	0		0	0		
Vitamin A, RE	µg	0		0	0		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.057		0	0.106		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.001		0	0.002		
15.0	g						
16:0	g	0.051		0	0.095		
17:0	g						
18:0	g	0.004		0	0.007		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.065	0	0.121
14:1	g			
16:1	g	0.001	0	0.002
18:1	g	0.064	0	0.119
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.056	0	0.104
18:2	g	0.046	0	0.086
18:3	g	0.010	0	0.019
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.028	0	0.052
Threonine	g	0.085	0	0.158
Isoleucine	g	0.103	0	0.192
Leucine	g	0.197	0	0.366
Lysine	g	0.086	0	0.160
Methionine	g	0.056	0	0.104
Cystine	g	0.049	0	0.091
Phenylalanine	g	0.127	0	0.236
Tyrosine	g	0.080	0	0.149
Valine	g	0.145	0	0.270
Arginine	g	0.198	0	0.368
Histidine	g	0.056	0	0.104
Alanine	g	0.138	0	0.257
Aspartic acid	g	0.224	0	0.417
Glutamic acid	g	0.464	0	0.863
Glycine	g	0.108	0	0.201
Proline	g	0.112	0	0.208
Serine	g	0.125	0	0.233
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

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

NDB No. 20452 Rice, white, short-grain, raw, unenriched

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 200g	Measure 2*	Measure 3*
Proximates:							
Water	g	13.29	0.674	9	26.58		
Energy	kcal	358		0	716		
Energy	kj	1498		0	2996		
Protein (N x 5.95)	g	6.50	0.134	11	13.00		
Total lipid (fat)	g	0.52	0.043	5	1.04		
Carbohydrate, by difference	g	79.15		0	158.30		
Fiber, total dietary	g						
Ash	g	0.54	0.036	10	1.08		
Sugars, total	g						
Minerals:							
Calcium	mg	3	0.028	2	6		
Iron	mg	0.80		0	1.60		
Magnesium	mg	23	0.283	2	46		
Phosphorus	mg	95	1.201	2	190		
Potassium	mg	76	1.168	3	152		
Sodium	mg	1	0.007	2	2		
Zinc	mg	1.10	0.014	2	2.20		
Copper	mg	0.210	0.007	2	0.420		
Manganese	mg	1.037	0.085	3	2.074		
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.070		0	0.140		
Riboflavin	mg	0.048		0	0.096		
Niacin	mg	1.600		0	3.200		
Pantothenic acid	mg	1.287	0.052	2	2.574		
Vitamin B-6	mg	0.171	0.017	3	0.342		
Folate	µg	6	0.587	2	12		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU						
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.140		0	0.280		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.003		0	0.006		
15.0	g						
16:0	g	0.125		0	0.250		
17:0	g						
18:0	g	0.010		0	0.020		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.161	0	0.322
14:1	g			
16:1	g	0.002	0	0.004
18:1	g	0.159	0	0.318
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.138	0	0.276
18:2	g	0.114	0	0.228
18:3	g	0.024	0	0.048
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.075	0	0.150
Threonine	g	0.233	0	0.466
Isoleucine	g	0.281	0	0.562
Leucine	g	0.538	0	1.076
Lysine	g	0.235	0	0.470
Methionine	g	0.153	0	0.306
Cystine	g	0.133	0	0.266
Phenylalanine	g	0.348	0	0.696
Tyrosine	g	0.217	0	0.434
Valine	g	0.397	0	0.794
Arginine	g	0.542	0	1.084
Histidine	g	0.153	0	0.306
Alanine	g	0.377	0	0.754
Aspartic acid	g	0.611	0	1.222
Glutamic acid	g	1.268	0	2.536
Glycine	g	0.296	0	0.592
Proline	g	0.306	0	0.612
Serine	g	0.342	0	0.684
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

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

NDB No. 20453 Rice, white, short-grain, cooked, unenriched

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 205g	Measure 2*	Measure 3*
Proximates:							
Water	g	68.53		0	140.49		
Energy	kcal	130		0	267		
Energy	kj	544		0	1115		
Protein (N x 5.95)	g	2.36		0	4.84		
Total lipid (fat)	g	0.19		0	0.39		
Carbohydrate, by difference	g	28.73		0	58.90		
Fiber, total dietary	g						
Ash	g	0.20		0	0.41		
Sugars, total	g						
Minerals:							
Calcium	mg	1		0	2		
Iron	mg	0.20		1	0.41		
Magnesium	mg	8		0	16		
Phosphorus	mg	33		0	68		
Potassium	mg	26		0	53		
Sodium	mg	0		0	0		
Zinc	mg	0.40		0	0.82		
Copper	mg	0.072		0	0.148		
Manganese	mg	0.357		0	0.732		
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.020		1	0.041		
Riboflavin	mg	0.016		0	0.033		
Niacin	mg	0.400		1	0.820		
Pantothenic acid	mg	0.397		0	0.814		
Vitamin B-6	mg	0.059		0	0.121		
Folate	µg	2		0	4		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU						
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.051		0	0.105		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.001		0	0.002		
15.0	g						
16:0	g	0.046		0	0.094		
17:0	g						
18:0	g	0.003		0	0.006		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.058	0	0.119
14:1	g			
16:1	g	0.001	0	0.002
18:1	g	0.058	0	0.119
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.050	0	0.103
18:2	g	0.041	0	0.084
18:3	g	0.009	0	0.018
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.027	0	0.055
Threonine	g	0.084	0	0.172
Isoleucine	g	0.102	0	0.209
Leucine	g	0.195	0	0.400
Lysine	g	0.085	0	0.174
Methionine	g	0.056	0	0.115
Cystine	g	0.048	0	0.098
Phenylalanine	g	0.126	0	0.258
Tyrosine	g	0.079	0	0.162
Valine	g	0.144	0	0.295
Arginine	g	0.197	0	0.404
Histidine	g	0.056	0	0.115
Alanine	g	0.137	0	0.281
Aspartic acid	g	0.222	0	0.455
Glutamic acid	g	0.460	0	0.943
Glycine	g	0.108	0	0.221
Proline	g	0.111	0	0.228
Serine	g	0.124	0	0.254
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

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

NDB No. 20466 Semolina, unenriched

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 167g	Measure 2*	Measure 3*
Proximates:							
Water	g	12.67	1.013	3	21.16		
Energy	kcal	360		0	601		
Energy	kj	1506		0	2515		
Protein (N x 5.95)	g	12.68	0.184	16	21.18		
Total lipid (fat)	g	1.05	0.007	2	1.75		
Carbohydrate, by difference	g	72.83		0	121.63		
Fiber, total dietary	g	3.9		0	6.5		
Ash	g	0.77	0.026	45	1.29		
Sugars, total	g						
Minerals:							
Calcium	mg	17	0.510	4	28		
Iron	mg	1.23		1	2.05		
Magnesium	mg	47	5.656	6	78		
Phosphorus	mg	136	12.522	4	227		
Potassium	mg	186	9.879	4	311		
Sodium	mg	1	0.246	4	2		
Zinc	mg	1.05	0.078	4	1.75		
Copper	mg	0.189	0.004	4	0.316		
Manganese	mg	0.619	0.021	4	1.034		
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.280		1	0.468		
Riboflavin	mg	0.080		1	0.134		
Niacin	mg	3.310		1	5.528		
Pantothenic acid	mg	0.580	0.044	2	0.969		
Vitamin B-6	mg	0.103	0.004	4	0.172		
Folate	µg	72	1.526	2	120		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	0		0	0		
Vitamin A, RE	µg	0		0	0		
Vitamin E, α-TE	mg	0.260		0	0.434		
Lipids:							
Saturated, total	g	0.150		0	0.251		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.000		0	0.000		
10:0	g	0.000		0	0.000		
12:0	g	0.000		0	0.000		
14:0	g	0.002		1	0.003		
15.0	g						
16:0	g	0.131		1	0.219		
17:0	g						
18:0	g	0.017		1	0.028		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.124	0	0.207
14:1	g			
16:1	g	0.000	0	0.000
18:1	g	0.124	1	0.207
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.430	0	0.718
18:2	g	0.393	1	0.656
18:3	g	0.037	1	0.062
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	0.162	6	0.271
Threonine	g	0.335	6	0.559
Isoleucine	g	0.490	6	0.818
Leucine	g	0.867	6	1.448
Lysine	g	0.243	6	0.406
Methionine	g	0.198	6	0.331
Cystine	g	0.358	6	0.598
Phenylalanine	g	0.616	6	1.029
Tyrosine	g	0.333	6	0.556
Valine	g	0.540	6	0.902
Arginine	g	0.467	6	0.780
Histidine	g	0.257	6	0.429
Alanine	g	0.372	6	0.621
Aspartic acid	g	0.518	6	0.865
Glutamic acid	g	4.571	6	7.634
Glycine	g	0.401	6	0.670
Proline	g	1.395	6	2.330
Serine	g	0.598	6	0.999
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

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

NDB No. 20481 Wheat flour, white, all-purpose, unenriched

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 125g	Measure 2*	Measure 3*
Proximates:							
Water	g	11.92	0.184	72	14.90		
Energy	kcal	364		0	455		
Energy	kj	1523		0	1904		
Protein (N x 5.95)	g	10.33	0.131	61	12.91		
Total lipid (fat)	g	0.98	0.038	29	1.23		
Carbohydrate, by difference	g	76.31		0	95.39		
Fiber, total dietary	g	2.7		1	3.4		
Ash	g	0.47	0.015	61	0.59		
Sugars, total	g						
Minerals:							
Calcium	mg	15	0.370	113	19		
Iron	mg	1.17		1	1.46		
Magnesium	mg	22	0.586	129	28		
Phosphorus	mg	108	2.395	47	135		
Potassium	mg	107	2.696	94	134		
Sodium	mg	2	0.226	82	3		
Zinc	mg	0.70	0.020	136	0.88		
Copper	mg	0.144	0.006	49	0.180		
Manganese	mg	0.682	0.030	48	0.853		
Selenium	µg	33.9	3.192	46	42.4		
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.120		1	0.150		
Riboflavin	mg	0.040		1	0.050		
Niacin	mg	1.250		1	1.563		
Pantothenic acid	mg	0.438	0.093	10	0.548		
Vitamin B-6	mg	0.044	0.003	45	0.055		
Folate	µg	26	3.672	15	33		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	0		0	0		
Vitamin A, RE	µg	0		0	0		
Vitamin E, α-TE	mg	0.060		0	0.075		
Lipids:							
Saturated, total	g	0.155		0	0.194		
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	0.148		10	0.185		
17:0	g						
18:0	g	0.007		10	0.009		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.087	0	0.109
14:1	g			
16:1	g	0.000	0	0.000
18:1	g	0.087	10	0.109
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.413	0	0.516
18:2	g	0.391	10	0.489
18:3	g	0.022	10	0.028
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.127	39	0.159
Threonine	g	0.281	67	0.351
Isoleucine	g	0.357	68	0.446
Leucine	g	0.710	68	0.888
Lysine	g	0.228	69	0.285
Methionine	g	0.183	67	0.229
Cystine	g	0.219	63	0.274
Phenylalanine	g	0.520	58	0.650
Tyrosine	g	0.312	56	0.390
Valine	g	0.415	58	0.519
Arginine	g	0.417	51	0.521
Histidine	g	0.230	51	0.287
Alanine	g	0.332	49	0.415
Aspartic acid	g	0.435	49	0.544
Glutamic acid	g	3.479	49	4.349
Glycine	g	0.371	49	0.464
Proline	g	1.198	49	1.498
Serine	g	0.516	49	0.645
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

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

NDB No. 20499 Macaroni, dry, unenriched

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 105g	Measure 2* 57g	Measure 3*
Proximates:							
Water	g	10.25	0.233	57	10.76	5.84	
Energy	kcal	371		0	390	211	
Energy	kj	1552		0	1630	885	
Protein (N x 5.95)	g	12.78	0.161	70	13.42	7.28	
Total lipid (fat)	g	1.58	0.064	47	1.66	0.90	
Carbohydrate, by difference	g	74.69		0	78.42	42.57	
Fiber, total dietary	g	2.4		0	2.5	1.4	
Ash	g	0.70	0.014	58	0.74	0.40	
Sugars, total	g						
Minerals:							
Calcium	mg	18	0.544	54	19	10	
Iron	mg	1.30		1	1.37	0.74	
Magnesium	mg	48	1.981	47	50	27	
Phosphorus	mg	150	4.516	41	158	86	
Potassium	mg	162	3.566	90	170	92	
Sodium	mg	7	0.520	87	7	4	
Zinc	mg	1.21	0.057	36	1.27	0.69	
Copper	mg	0.254	0.014	36	0.267	0.145	
Manganese	mg	0.694	0.032	32	0.729	0.396	
Selenium	µg	62.2	3.130	23	65.3	35.5	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.090		1	0.094	0.051	
Riboflavin	mg	0.060		1	0.063	0.034	
Niacin	mg	1.700		1	1.785	0.969	
Pantothenic acid	mg	0.431	0.026	27	0.453	0.246	
Vitamin B-6	mg	0.106	0.007	29	0.111	0.060	
Folate	µg	18	1.430	30	19	10	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	0	0.000	7	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	0.130		0	0.137	0.074	
Lipids:							
Saturated, total	g	0.225		0	0.236	0.128	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.003		0	0.003	0.002	
15.0	g						
16:0	g	0.197		0	0.207	0.112	
17:0	g						
18:0	g	0.025		0	0.026	0.014	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.186	0	0.195	0.106
14:1	g				
16:1	g				
18:1	g	0.186	0	0.195	0.106
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.647	0	0.679	0.369
18:2	g	0.591	0	0.621	0.337
18:3	g	0.056	0	0.059	0.032
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	0.164	0	0.172	0.093
Threonine	g	0.338	0	0.355	0.193
Isoleucine	g	0.494	0	0.519	0.282
Leucine	g	0.874	0	0.918	0.498
Lysine	g	0.245	0	0.257	0.140
Methionine	g	0.199	0	0.209	0.113
Cystine	g	0.361	0	0.379	0.206
Phenylalanine	g	0.621	0	0.652	0.354
Tyrosine	g	0.336	0	0.353	0.192
Valine	g	0.545	0	0.572	0.311
Arginine	g	0.471	0	0.495	0.268
Histidine	g	0.259	0	0.272	0.148
Alanine	g	0.375	0	0.394	0.214
Aspartic acid	g	0.522	0	0.548	0.298
Glutamic acid	g	4.609	0	4.839	2.627
Glycine	g	0.404	0	0.424	0.230
Proline	g	1.406	0	1.476	0.801
Serine	g	0.602	0	0.632	0.343
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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

*** Common Measures:**

Measure 1: 1 cup elbow shaped
Measure 2: 2 oz

NDB No. 20510 Noodles, egg, cooked, unenriched, with 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* 160g	Measure 2*	Measure 3*
Proximates:							
Water	g	68.70	0.875	23	109.92		
Energy	kcal	133		0	213		
Energy	kj	556		0	890		
Protein (N x 5.95)	g	4.75	0.149	14	7.60		
Total lipid (fat)	g	1.47	0.049	13	2.35		
Carbohydrate, by difference	g	24.84		0	39.74		
Fiber, total dietary	g						
Ash	g	0.24	0.015	14	0.38		
Sugars, total	g						
Minerals:							
Calcium	mg	12	0.629	30	19		
Iron	mg	0.60		1	0.96		
Magnesium	mg	19	1.186	31	30		
Phosphorus	mg	69	3.006	30	110		
Potassium	mg	28	2.026	31	45		
Sodium	mg	165		1	264		
Zinc	mg	0.62	0.032	31	0.99		
Copper	mg	0.086	0.007	24	0.138		
Manganese	mg	0.262	0.016	31	0.419		
Selenium	µg	21.7	1.075	52	34.7		
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.030		1	0.048		
Riboflavin	mg	0.020		1	0.032		
Niacin	mg	0.400		1	0.640		
Pantothenic acid	mg	0.145	0.014	15	0.232		
Vitamin B-6	mg	0.036	0.005	12	0.058		
Folate	µg	7	1.371	12	11		
Vitamin B-12	µg	0.09		1	0.14		
Vitamin A	IU	20		0	32		
Vitamin A, RE	µg	6		0	10		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.310		0	0.496		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.004		0	0.006		
15.0	g						
16:0	g	0.252		0	0.403		
17:0	g						
18:0	g	0.054		0	0.086		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.430	0	0.688
14:1	g			
16:1	g	0.033	0	0.053
18:1	g	0.397	0	0.635
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.408	0	0.653
18:2	g	0.386	0	0.618
18:3	g	0.021	0	0.034
18:4	g			
20:4	g	0.001	0	0.002
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	33	0	53
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.063	0	0.101
Threonine	g	0.144	0	0.230
Isoleucine	g	0.202	0	0.323
Leucine	g	0.339	0	0.542
Lysine	g	0.130	0	0.208
Methionine	g	0.087	0	0.139
Cystine	g	0.130	0	0.208
Phenylalanine	g	0.236	0	0.378
Tyrosine	g	0.137	0	0.219
Valine	g	0.225	0	0.360
Arginine	g	0.196	0	0.314
Histidine	g	0.099	0	0.158
Alanine	g	0.162	0	0.259
Aspartic acid	g	0.241	0	0.386
Glutamic acid	g	1.516	0	2.426
Glycine	g	0.151	0	0.242
Proline	g	0.463	0	0.741
Serine	g	0.246	0	0.394
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

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

NDB No. 20521 Spaghetti, cooked, unenriched, with 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* 140g	Measure 2*	Measure 3*
Proximates:							
Water	g	65.99	0.750	38	92.39		
Energy	kcal	141		0	197		
Energy	kj	590		0	826		
Protein (N x 5.95)	g	4.77	0.114	29	6.68		
Total lipid (fat)	g	0.67	0.024	29	0.94		
Carbohydrate, by difference	g	28.34		0	39.68		
Fiber, total dietary	g						
Ash	g	0.24	0.044	27	0.34		
Sugars, total	g						
Minerals:							
Calcium	mg	7	0.417	45	10		
Iron	mg	0.50		1	0.70		
Magnesium	mg	18	1.289	46	25		
Phosphorus	mg	54	2.800	45	76		
Potassium	mg	31	1.571	46	43		
Sodium	mg	100		1	140		
Zinc	mg	0.53	0.035	46	0.74		
Copper	mg	0.098	0.004	37	0.137		
Manganese	mg	0.285	0.015	46	0.399		
Selenium	µg	21.3	0.810	67	29.8		
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.020		1	0.028		
Riboflavin	mg	0.020		1	0.028		
Niacin	mg	0.400		1	0.560		
Pantothenic acid	mg	0.112	0.009	32	0.157		
Vitamin B-6	mg	0.035	0.005	29	0.049		
Folate	µg	7	0.886	22	10		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU						
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.095		0	0.133		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.001		0	0.001		
15.0	g						
16:0	g	0.083		0	0.116		
17:0	g						
18:0	g	0.011		0	0.015		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.079	0	0.111
14:1	g			
16:1	g			
18:1	g	0.079	0	0.111
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.273	0	0.382
18:2	g	0.249	0	0.349
18:3	g	0.024	0	0.034
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.061	0	0.085
Threonine	g	0.126	0	0.176
Isoleucine	g	0.184	0	0.258
Leucine	g	0.326	0	0.456
Lysine	g	0.091	0	0.127
Methionine	g	0.074	0	0.104
Cystine	g	0.134	0	0.188
Phenylalanine	g	0.231	0	0.323
Tyrosine	g	0.125	0	0.175
Valine	g	0.203	0	0.284
Arginine	g	0.176	0	0.246
Histidine	g	0.097	0	0.136
Alanine	g	0.140	0	0.196
Aspartic acid	g	0.195	0	0.273
Glutamic acid	g	1.718	0	2.405
Glycine	g	0.151	0	0.211
Proline	g	0.524	0	0.734
Serine	g	0.225	0	0.315
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

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

NDB No. 20522 Cornmeal, degermed, unenriched, 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* 138g	Measure 2*	Measure 3*
Proximates:							
Water	g	11.59	0.049	513	15.99		
Energy	kcal	366		0	505		
Energy	kj	1531		0	2113		
Protein (N x 5.95)	g	8.48	0.060	127	11.70		
Total lipid (fat)	g	1.65	0.032	128	2.28		
Carbohydrate, by difference	g	77.68		0	107.20		
Fiber, total dietary	g	7.4		0	10.2		
Ash	g	0.60	0.010	127	0.83		
Sugars, total	g						
Minerals:							
Calcium	mg	5	1.366	8	7		
Iron	mg	1.10		1	1.52		
Magnesium	mg	40	5.045	8	55		
Phosphorus	mg	84	10.675	8	116		
Potassium	mg	162	13.315	24	224		
Sodium	mg	3	0.637	114	4		
Zinc	mg	0.72	0.058	27	0.99		
Copper	mg	0.078	0.006	23	0.108		
Manganese	mg	0.105	0.006	3	0.145		
Selenium	µg	7.8	0.965	13	10.8		
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.140		1	0.193		
Riboflavin	mg	0.050		1	0.069		
Niacin	mg	1.000		1	1.380		
Pantothenic acid	mg	0.312	0.023	25	0.431		
Vitamin B-6	mg	0.257	0.041	5	0.355		
Folate	µg	48	3.385	23	66		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	0		1	0		
Vitamin A, RE	µg	0		1	0		
Vitamin E, α-TE	mg	0.330		0	0.455		
Lipids:							
Saturated, total	g	0.225		0	0.311		
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		327	0.000		
12:0	g	0.001		327	0.001		
14:0	g	0.001		327	0.001		
15.0	g						
16:0	g	0.186		327	0.257		
17:0	g						
18:0	g	0.025		327	0.035		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.412	0	0.569
14:1	g			
16:1	g	0.005	327	0.007
18:1	g	0.407	327	0.562
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.710	0	0.980
18:2	g	0.690	327	0.952
18:3	g	0.020	327	0.028
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

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

NDB No. 20523 Spaghetti, protein-fortified, cooked, enriched (n x 6.25)

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 140g	Measure 2*	Measure 3*
Proximates:							
Water	g	59.73	3.346	4	83.62		
Energy	kcal	164		0	230		
Energy	kj	686		0	960		
Protein (N x 5.95)	g	8.86		1	12.40		
Total lipid (fat)	g	0.21	0.096	7	0.29		
Carbohydrate, by difference	g	30.88		0	43.23		
Fiber, total dietary	g	2.0		0	2.8		
Ash	g	0.31	0.030	4	0.43		
Sugars, total	g						
Minerals:							
Calcium	mg	10	1.443	4	14		
Iron	mg	0.72	0.255	4	1.01		
Magnesium	mg	30	6.997	3	42		
Phosphorus	mg	50	24.913	3	70		
Potassium	mg	42	1.695	3	59		
Sodium	mg	5	0.806	3	7		
Zinc	mg	0.50	0.060	3	0.70		
Copper	mg	0.084	0.034	3	0.118		
Manganese	mg	0.417		1	0.584		
Selenium	µg	25.2		0	35.3		
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.298	0.020	5	0.417		
Riboflavin	mg	0.161	0.009	5	0.225		
Niacin	mg	1.837	0.168	3	2.572		
Pantothenic acid	mg	0.286	0.073	4	0.400		
Vitamin B-6	mg	0.064	0.006	3	0.090		
Folate	µg	82		0	115		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	0		0	0		
Vitamin A, RE	µg	0		0	0		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.032		0	0.045		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.000		0	0.000		
15.0	g						
16:0	g	0.028		0	0.039		
17:0	g						
18:0	g	0.003		0	0.004		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.026	0	0.036
14:1	g			
16:1	g	0.000	0	0.000
18:1	g	0.026	0	0.036
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.095	0	0.133
18:2	g	0.086	0	0.120
18:3	g	0.009	0	0.013
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.103	0	0.144
Threonine	g	0.228	0	0.319
Isoleucine	g	0.319	0	0.447
Leucine	g	0.557	0	0.780
Lysine	g	0.191	0	0.267
Methionine	g	0.129	0	0.181
Cystine	g	0.220	0	0.308
Phenylalanine	g	0.391	0	0.547
Tyrosine	g	0.220	0	0.308
Valine	g	0.354	0	0.496
Arginine	g	0.315	0	0.441
Histidine	g	0.169	0	0.237
Alanine	g	0.259	0	0.363
Aspartic acid	g	0.367	0	0.514
Glutamic acid	g	2.782	0	3.895
Glycine	g	0.269	0	0.377
Proline	g	0.848	0	1.187
Serine	g	0.383	0	0.536
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

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

NDB No. 20545 Rice, white, long-grain, regular, cooked, unenriched, with salt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 158g	Measure 2*	Measure 3*
Proximates:							
Water	g	68.44	0.398	23	108.14		
Energy	kcal	130		0	205		
Energy	kj	544		0	860		
Protein (N x 5.95)	g	2.69	0.059	20	4.25		
Total lipid (fat)	g	0.28	0.030	6	0.44		
Carbohydrate, by difference	g	28.17		0	44.51		
Fiber, total dietary	g	0.4		0	0.6		
Ash	g	0.41	0.059	20	0.65		
Sugars, total	g						
Minerals:							
Calcium	mg	10	0.868	33	16		
Iron	mg	0.20		1	0.32		
Magnesium	mg	12	0.566	38	19		
Phosphorus	mg	43	1.833	27	68		
Potassium	mg	35	1.936	34	55		
Sodium	mg	382		1	604		
Zinc	mg	0.49	0.026	43	0.77		
Copper	mg	0.069	0.005	42	0.109		
Manganese	mg	0.472	0.024	35	0.746		
Selenium	µg	7.5	0.459	47	11.8		
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.020		1	0.032		
Riboflavin	mg	0.013	0.001	9	0.021		
Niacin	mg	0.400		1	0.632		
Pantothenic acid	mg	0.390	0.033	13	0.616		
Vitamin B-6	mg	0.093	0.012	12	0.147		
Folate	µg	3	0.184	8	5		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	0		0	0		
Vitamin A, RE	µg	0		0	0		
Vitamin E, α-TE	mg	0.130		0	0.205		
Lipids:							
Saturated, total	g	0.077		0	0.122		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.000		0	0.000		
10:0	g	0.000		0	0.000		
12:0	g	0.000		0	0.000		
14:0	g	0.002		0	0.003		
15.0	g						
16:0	g	0.069		0	0.109		
17:0	g						
18:0	g	0.005		0	0.008		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.088	0	0.139
14:1	g			
16:1	g	0.001	0	0.002
18:1	g	0.087	0	0.137
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.076	0	0.120
18:2	g	0.062	0	0.098
18:3	g	0.013	0	0.021
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.031	0	0.049
Threonine	g	0.096	0	0.152
Isoleucine	g	0.116	0	0.183
Leucine	g	0.222	0	0.351
Lysine	g	0.097	0	0.153
Methionine	g	0.063	0	0.100
Cystine	g	0.055	0	0.087
Phenylalanine	g	0.144	0	0.228
Tyrosine	g	0.090	0	0.142
Valine	g	0.164	0	0.259
Arginine	g	0.224	0	0.354
Histidine	g	0.063	0	0.100
Alanine	g	0.156	0	0.246
Aspartic acid	g	0.253	0	0.400
Glutamic acid	g	0.524	0	0.828
Glycine	g	0.122	0	0.193
Proline	g	0.127	0	0.201
Serine	g	0.141	0	0.223
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

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

NDB No. 20581 Wheat flour, white, all-purpose, enriched, unbleached

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 125g	Measure 2*	Measure 3*
Proximates:							
Water	g	11.92	0.184	72	14.90		
Energy	kcal	364		0	455		
Energy	kj	1523		0	1904		
Protein (N x 5.95)	g	10.33	0.131	61	12.91		
Total lipid (fat)	g	0.98	0.038	29	1.23		
Carbohydrate, by difference	g	76.31		0	95.39		
Fiber, total dietary	g	2.7		0	3.4		
Ash	g	0.47	0.015	61	0.59		
Sugars, total	g						
Minerals:							
Calcium	mg	15	0.370	113	19		
Iron	mg	4.64	0.074	23	5.80		
Magnesium	mg	22	0.586	129	28		
Phosphorus	mg	108	2.395	47	135		
Potassium	mg	107	2.696	94	134		
Sodium	mg	2	0.226	82	3		
Zinc	mg	0.70	0.020	136	0.88		
Copper	mg	0.144	0.006	49	0.180		
Manganese	mg	0.682	0.030	48	0.853		
Selenium	µg	33.9	3.192	46	42.4		
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.785	0.015	36	0.981		
Riboflavin	mg	0.494	0.016	32	0.618		
Niacin	mg	5.904	0.123	19	7.380		
Pantothenic acid	mg	0.438	0.093	10	0.548		
Vitamin B-6	mg	0.044	0.003	45	0.055		
Folate	µg	154		0	193		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	0		0	0		
Vitamin A, RE	µg	0		0	0		
Vitamin E, α-TE	mg	0.370		0	0.463		
Lipids:							
Saturated, total	g	0.155		0	0.194		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g	0.148		10	0.185		
17:0	g						
18:0	g	0.007		10	0.009		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.087	0	0.109
14:1	g			
16:1	g			
18:1	g	0.087	10	0.109
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.413	0	0.516
18:2	g	0.391	10	0.489
18:3	g	0.022	10	0.028
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	0	0
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.127	39	0.159
Threonine	g	0.281	67	0.351
Isoleucine	g	0.357	68	0.446
Leucine	g	0.710	68	0.888
Lysine	g	0.228	69	0.285
Methionine	g	0.183	67	0.229
Cystine	g	0.219	63	0.274
Phenylalanine	g	0.520	58	0.650
Tyrosine	g	0.312	56	0.390
Valine	g	0.415	58	0.519
Arginine	g	0.417	51	0.521
Histidine	g	0.230	51	0.287
Alanine	g	0.332	49	0.415
Aspartic acid	g	0.435	49	0.544
Glutamic acid	g	3.479	49	4.349
Glycine	g	0.371	49	0.464
Proline	g	1.198	49	1.498
Serine	g	0.516	49	0.645
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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

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

NDB No. 20622 Spaghetti, protein-fortified, dry, enriched (n x 6.25)

Refuse: 0%

Nutrients 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	9.23	0.620	14	5.26		
Energy	kcal	374		0	213		
Energy	kj	1565		0	892		
Protein (N x 5.95)	g	21.78		1	12.41		
Total lipid (fat)	g	2.23	0.249	20	1.27		
Carbohydrate, by difference	g	65.65		0	37.42		
Fiber, total dietary	g	2.4		0	1.4		
Ash	g	1.12	0.082	14	0.64		
Sugars, total	g						
Minerals:							
Calcium	mg	39	5.526	19	22		
Iron	mg	4.15	0.334	19	2.37		
Magnesium	mg	65	12.843	6	37		
Phosphorus	mg	163	44.753	5	93		
Potassium	mg	201	26.503	6	115		
Sodium	mg	8	2.167	10	5		
Zinc	mg	1.79	0.290	6	1.02		
Copper	mg	0.278	0.053	6	0.158		
Manganese	mg	0.910	0.251	3	0.519		
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	1.187	0.059	19	0.677		
Riboflavin	mg	0.475	0.022	20	0.271		
Niacin	mg	7.654	0.503	18	4.363		
Pantothenic acid	mg	0.684	0.085	4	0.390		
Vitamin B-6	mg	0.178	0.030	5	0.101		
Folate	µg	231		0	132		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	0		0	0		
Vitamin A, RE	µg	0		0	0		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.328		0	0.187		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.004		0	0.002		
15.0	g						
16:0	g	0.291		0	0.166		
17:0	g						
18:0	g	0.032		0	0.018		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.271	0	0.154
14:1	g			
16:1	g	0.001	0	0.001
18:1	g	0.270	0	0.154
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.986	0	0.562
18:2	g	0.893	0	0.509
18:3	g	0.093	0	0.053
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	0.254	0	0.145
Threonine	g	0.561	0	0.320
Isoleucine	g	0.784	0	0.447
Leucine	g	1.369	0	0.780
Lysine	g	0.470	0	0.268
Methionine	g	0.317	0	0.181
Cystine	g	0.540	0	0.308
Phenylalanine	g	0.962	0	0.548
Tyrosine	g	0.540	0	0.308
Valine	g	0.871	0	0.496
Arginine	g	0.774	0	0.441
Histidine	g	0.415	0	0.237
Alanine	g	0.638	0	0.364
Aspartic acid	g	0.902	0	0.514
Glutamic acid	g	6.840	0	3.899
Glycine	g	0.662	0	0.377
Proline	g	2.084	0	1.188
Serine	g	0.941	0	0.536
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

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